



April 26–27, 2016
Summerhall, Edinburgh

Scotland's Foodscape

A SYMPOSIUM
INVESTIGATING THE
SIGNIFICANCE OF FOOD
IN SCOTLAND

programme at a glance

Day I

- 8:30 Registration Desk Open
- 9:30 Welcoming Remarks
- 9:40 Opening Plenary
- 11:00 Session Sampler I
- 12:15 Lunch (optional film & workshop)
- 13:30 Presentations A, B (Fraser, Cohen)
- 14:30 Workshops A, B (Wyness, Finlay)
- 15:45 Group Discussions
- 17:00 Break
- 18:30 Cocktail Hour
- 19:30 Dinner

Day II

- 8:30 Registration Desk Open
- 9:30 Panellist Commentary: Day I
- 10:00 Cheesemaking demonstration
- 10:40 Session Sampler II
- 11:45 Lunch (optional workshop & discussion)
- 13:00 Presentations C, D (MacKinnon, Williams)
- 14:00 Workshops C, D (Garvey, Knight)
- 15:00 Group Discussions
- 16:30 Panellist Commentary: Wrap-Up
- 18:00 Cocktail Hour

Symposium attendees are encouraged to actively participate in all aspects of both days, including the Group Discussions and Commentary sessions. The programme has been designed to stimulate cross-fertilization among the different elements, for a rich and complementary experience.

Contribute to a crowd-sourced record of the symposium!
When posting photos and videos, use **#ScotlandsFoodscape**.

presenters and sponsors

The Scotland's Foodscape symposium is presented by the Queen Margaret University MSc Gastronomy and the University of Gastronomic Sciences' Eco-Gastronomy Project.



Thank you to our invited guest panellists, on hand to observe, analyze, and comment on the proceedings:



Louise Gray,
freelance
journalist



Shirley Spear, Scottish
Food Commission &
Three Chimneys



Geoff Tansey, Food
Systems Academy &
Fabian Commission



Guy Grieve, the
Ethical Shellfish
Company

The organizers are enormously grateful to the following companies and organisations for their generous support of the symposium. Their involvement underscores the important relationships that constitute the concept of gastronomy—connections among food production and service, social and agrifood networks, international cultural exchange, and food scholarship. **Thank you!**

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Charlotte Flower Chocolates
Stockans Oatcakes
Colstoun House preserves
Williams & Johnson coffee
Adam Roe, edible insects
Silla Bjerrum, chef
Loch Arthur Creamery
Dunlop Dairy
Cream o' Galloway Cheese
Anne Dorward, Ayrshire
Rainton Farm
Humphrey Errington

full programme

locations: DR=Dissection Room HL=Histology Lab AT=Anatomy Theatre

Day I

- 8:30 **Registration Desk Open**
coffee, tea, and light snacks available
- 9:30 **DR Welcoming Remarks**
Petra Wend (Principal and Vice-Chancellor, QMU)
- 9:40 **DR Opening Plenary**
Shirley Spear (Scottish Food Comm'n, Three Chimneys)
Geoff Tansey (Food Systems Acad., Fabian Commission)
Guy Grieve (the Ethical Shellfish Company)
David Szanto (Eco-Gastronomy Project, UNISG)
- 10:40 **Break**
- 11:00 **DR Session Sampler I: short-form tastes of the Day I presentations and workshops**
Joy Fraser (George Mason University)
Roni Cohen (School of African and Oriental Studies)
Laura Wyness (Queen Margaret University)
Wilma Finlay (Cream o' Galloway)
- 11:50 **DR Session Sign-up (required)**
sign-up also required for lunchtime activities
- 12:15 **Lunch**
- 12:20 **HL Reinventing Our Daily Bread (a workshop)**
Veronica Burke and Andrew Whitley (Bread Matters)
- 12:45 **AT New Voices of Crofting (film and Q&A)**
Robin Haig (Scottish Crofting Federation)
- 13:15 **DR Welcome Back and Logistics**
- 13:30 **DR Presentation A**
Joy Fraser: *Haggis-fed Rustics? Competing Representations of Scottishness in Cultural Depictions of our National Dish*
AT Presentation B
Roni Cohen: *Keeping Kosher: The Challenges of Maintaining Food Communities in Scotland*
- 14:30 **DR Workshop A**
Laura Wyness: *Ancient Grains for Modern Palates: The Resurrection of Scottish Beremeal*
AT Workshop B
Wilma Finlay: *Field of Dreams: How Can We Produce for the Future?*
- 15:15 **DR Specialty coffee tasting** (Williams and Johnstone)
- 15:45 **DR, HL Group Discussions: facilitated, small-group sessions, AT provoking connection making and exchange**
- 17:00 **Break**
- 18:30 **DR The One Square Cocktail Hour: gin-based cocktails with foraged flavours by Mark Williams** (Galloway Wild Foods)
- 19:30 **DR Dinner: Reimagining the Table—Authenticity and deliciousness in Scotland** (a four-course meal from Appetite Direct)

Day II

- 8:30 **Registration Desk Open**
coffee, tea, and light snacks available
- 9:30 **DR Panellist Commentary: a reflection on Day I with Shirley Spear, Geoff Tansey, and Guy Grieve**
- 10:00 **DR An Interactive Journey through the Wonder and Alchemy of Artisan Cheesemaking**
live demonstration with Barry Graham
- 10:40 **DR Session Sampler II: short-form tastes of the Day II presentations and workshops**
Iain MacKinnon (Coventry University)
Mark Williams (Galloway Wild Foods)
Molly Garvey (Centre for Genomic Gastronomy)
Christine Knight (Edinburgh University)
- 11:30 **DR Session Sign-up (required)**
sign-up also required for lunchtime activities
- 11:45 **Lunch**
- 12:00 **HL The Next Generation of Eaters (a workshop)**
Lois White (QMU)
AT Brexit or Bremain: What is Best for Scotland's Food?
a discussion with Nourish Scotland
- 12:45 **Welcome Back and Logistics**
- 13:00 **AT Presentation C**
Iain MacKinnon: *Our Native Foodways: Sustenance from the Shores of the Hebrides*
DR Presentation D
Mark Williams: *Who Owns the Wild? The Contemporary Politics of Foraging*
- 14:00 **AT Workshop C**
Molly Garvey: *A Soyilent Social: Appreciating the Possibilities of a Foodless Future*
DR Workshop D
Christine Knight: *Deep Fried Mars Bar: A Scottish Legend?*
- 15:00 **DR, HL Group Discussions: facilitated, small-group sessions, AT provoking connection making and exchange**
- 16:00 **DR Tea, Coffee & Edible Insects with Adam Roe**
- 16:30 **DR Panellist Commentary: making connections across the symposium, with Shirley Spear, Geoff Tansey, and Guy Grieve**
- 18:00 **DR Cocktail Hour: "There are no facts, only interpretations"** (a Polish-Scottish culinary mash-up with chef Adrian Klonowski and gastronome Matylda Grzelak; accompanied by a selection of local beers)
- DR What would a right to food in Scotland look like?**
interactive theatre with Charlie Hanks

summaries & bios

Day I

Haggis-fed Rustics? Competing Representations of Scottishness in Cultural Depictions of our National Dish

Ever since it emerged as a distinctively Scottish dish in the mid-1700s, cultural depictions of haggis both within and beyond Scotland have encoded conflicting ideas about Scottishness. English attitudes towards Scottish cultural otherness find expression in eighteenth-century satirical portrayals of “beggarly Scots,” and later in accounts of monstrous haggises described by English travellers to Scotland. North of the Border, there remains a tendency to characterise the dish as a testament to innate Scots thrift and resourcefulness, even as controversy rages over the authenticity of the “tartan-and-haggis image.” Drawing on these and other examples, this presentation explores haggis’s evolving role as a contested symbol of Scottish nationality.



Joy Fraser is Assistant Professor of English and Associate Director of the Folklore Studies program at George Mason University in Fairfax, Virginia, USA. She is currently completing a book tracing haggis’s role as a contested symbol of Scottishness, provisionally entitled *Addressing the Haggis: Culture and Contestation in the Making of Scotland’s National Dish*. Her work on this and other topics has appeared in the journals *Contemporary Legend*, *Scottish Studies*, *Ethnologies*, and *Shima*.

folklore.gmu.edu/people/jfraser3

Keeping Kosher: The Challenges of Maintaining Food Communities in Scotland

What does it mean to be Scottish and kosher? This presentation will provide a brief history of the Jews in Scotland and how they have adapted to the culture. A series of key questions will be addressed, related to the principals and guidelines behind kosher food, as well as how the Jewish community has applied these rules in Scotland. How difficult has it been to maintain Jewishness and kosher rules in Edinburgh and Glasgow? How have Jews made ethnic Scottish food into kosher food? What kinds of struggles do Jews face in keeping kosher amongst non-Jewish friends? Given that the symposium is taking place during Passover, the talk will also include an explanation of and reflection on the kosher rules that apply to this important holiday.



Roni Cohen grew up in a Jewish community in Cleveland Ohio, USA. She has a Bachelor of Arts in International Relations and Conflict Resolution from the Interdisciplinary Center of Herzliya in Israel, as well as a Masters degree in Contemporary Chinese Studies from the University of Nottingham. She is currently studying for her second Masters degree, in Anthropology of Food, from the School of African and Oriental Studies (SOAS).

sojec.org/resources/resources.html

Ancient Grains for Modern Palates: The Resurrection of Scottish Beremeal

An indigenous grain grown in the North Western Isles of Scotland for thousands of years, Bere has been a key ingredient for land and people, being used to make bannock and home-brewed ale. But outside these areas Bere has remained largely unknown and has even become at risk of disappearing from its native environment. Beremeal flour is bursting with nutrients often lacking in modern diets. The QMU Centre for Food Innovation has been researching how to revive the grain and re-introduce it to the contemporary dinner table. In addition to improving diet, could this innovation positively affect rural communities and food supply chains in Scotland? Will our modern taste buds be receptive to this ancient flavour? Are there other ancient Scottish ingredients in need of revival, and is this a worthwhile venture? This is a chance to taste Britain’s oldest cereal and hear from Slow Food Scotland how bere and other indigenous products are being supported in the Ark of Taste.



Laura Wyness: Since obtaining her PhD in public health nutrition in 2006, Laura has worked in academia, government and charity sectors. As a Registered Nutritionist, she currently works on a variety of research projects to help companies reformulate or develop new healthy products. Having grown up on a farm near Aberdeen, she is keen to encourage people to become more connected with the food they eat. She loves exploring food trends and new research and, in particular, communicating the potential benefits of Scottish food to the population’s nutrition intake and health.

[@Laura_Wyness](https://twitter.com/Laura_Wyness)
[@ScotFoodQMU](https://www.facebook.com/ScotFoodQMU)

Field of Dreams: How Can We Produce for the Future?

Can we turn a vision of how food should be produced into a reality? Should ‘sustainable intensification’ be the only alternative given credence? There are many inspirational farmers ploughing lone furrows producing food ethically. Many end in failure, leaving the farmer frustrated and disillusioned. How do concerned citizens help these experiments become realistic alternatives? Cream o’ Galloway will share plans for a holistic ‘cow with calf’ cheesemaking dairy to be launched this winter. The workshop will explore governance structures best suited to this type of venture and how to convert concerned individuals into funders, ambassadors, and active members.



Wilma Finlay is managing director of Cream o’ Galloway, which she and husband David started 22 years ago on David’s dairy farm. They sell ice cream throughout most of Scotland and parts of England. They also run a visitor centre that attracts around 70,000 people annually. They employ 25 permanent staff and an additional 30 summer staff. For almost a decade they have been devising a sustainable, ethical dairying system, and for the past three years they have been making cheese on a small scale with the ultimate aim of using all the farm’s milk through the sale of dairy products.

creamogalloway.co.uk
[facebook.com/creamogalloway](https://www.facebook.com/creamogalloway)
[@creamogalloway](https://www.instagram.com/creamogalloway)

Reinventing Our Daily Bread

When we know what is in our bread, where it came from and who made it, it takes on new meaning and significance. Andrew Whitley will describe *Scotland the Bread*, a collaboration between researchers, farmers, millers, bakers, and communities that take (back) control of this important food. Taste the revolution: be amongst the first to savour nutritious, slowly-fermented bread made from heritage grains re-introduced to Scotland with the purpose of feeding people well. Share ideas and exchange stories of what bread means to you. Take home a sourdough starter and join a community in ferment.



Andrew Whitley is the author of *Bread Matters* and co-founder of the UK’s Real Bread Campaign. Andrew campaigns with thoughtfulness and commitment for better quality in our daily bread and an end to the adulteration of the staff of life. Increasingly concerned with the state of British bread, he did a Masters in Food Policy at City University, London, researching the changes in grains, agriculture, and baking methods that seemed to be making our basic food less nutritious and less digestible. As well as teaching people to bake real bread in the *Bread Matters* courses, Andrew is developing an organic agro-forestry project among whose objectives is to help build a local grain economy. Andrew is a trustee of the Soil Association.

Veronica Burke is a cook, facilitator and host who brings people together around a table of vital and nutritious food, where great things can begin to happen. She enjoyed a successful career in family court social work as an independent advocate for children, family media-

summaries & bios

tor, trainer, and editor of childcare law journals. She has now turned her attention to the significance of food beyond its function as fuel for the body. Veronica was the founding chair of the board of directors at Breadshare Community-supported Bakery and creates collaborations between Bread Matters and young volunteering groups, food networks, local businesses, renewable energy providers and others.

breadmatters.com
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[@ScotlandTheBread](https://twitter.com/ScotlandTheBread)

New Voices of Crofting

This is a short film made during the Scottish Crofting Federation's 2015 Annual Gathering. Young people value their connections to the land; they want to work the land and make their homes there. But against them stands the market economy: unaffordable land and housing, and a lack of employment opportunities in the rural communities they love. *New Voices of Crofting* shares the ambitions of a new generation from the land as they gather for change.



Robin Haig, a filmmaker and young crofter, hails from the northwest Highlands. Focusing on human connectedness, her stories, both fiction and documentary, examine people's social relationships with themselves, each other, and the

land. She has received three BAFTA Scotland New Talent Award nominations with her most recent short film, *Hula*, being nominated for this year's Best Drama. She is a founding member of the Scottish Crofting Federation Young Crofters and is currently participating in Nourish Scotland's "Making a Living from Local Food" coaching programme, with the aim to produce beef on her croft from Highland cattle, combining food and story.

facebook.com/groups/380910498782346
crofting.org
robinhaig.com
vimeo.com/131657540
[@onthecroft](https://twitter.com/onthecroft)

Day II

An Interactive Journey through the Wonder and Alchemy of Artisan Cheesemaking

As a veteran of the Scottish cheesemaking world, and having immersed himself in the wonder and alchemy of this remarkable process, Barry will take participants on an informative and interactive journey through the cheesemaking landscape in Scotland. He will simultaneously walk through the science, practicalities, and alchemy of cheesemaking whilst actually demonstrating the process, ending the session with a simple curd cheese that has been made during the workshop.



Barry Graham started making cheese from his own organic, unpasteurised milk on his community farm 30 years ago. He was a founding member (and is currently a committee member) of the Specialist Cheesemakers Association,

and has been a part of the remarkable growth of artisan cheesemaking within the UK. He has developed a range of distinctive, award-winning cheeses, and was named Best Food Producer at the 2011 Radio 4 Food & Farming Awards. Over the last five years he has been the driving force behind the Loch Arthur Farm Shop and Café.

locharthur.org.uk

Our Native Foodways: Sustenance from the Shores of the Hebrides

This presentation shares a small portion of the traditional food culture and practice of Scottish Gaels. It includes a little about native foodways of the Hebrides, mainly as these regard the area between the high tide line and the low tide line of the shore. The presentation also includes a

few observations and reflections on these forms of traditional knowledge, and, on the assumption that this kind of knowledge is worth maintaining and transmitting, on how we might appropriately share and extend these kinds of personal and family-oriented knowledge.



Iain MacKinnon belongs to a crofting family and to the Gaelic culture indigenous to the Highlands and Islands of Scotland. Their traditional world inspires his work, and the critical condition of their language and many cultural practices today gives that work a sense of urgency. He has chosen to spend time learning the traditions and humanity of his elders: his approach is rooted in the transformative power of our song, music, and indigenous knowledge. He would like his research to contribute to new self-understanding among peoples and to the restitution and renewal of traditional worlds.

[@iainmackinnon75](https://twitter.com/iainmackinnon75)

Who owns the Wild? The Contemporary Politics of Foraging

What place can foraging for wild food play in nourishing our population? The popular press isn't sure if it's a cheffy fad, a sweet autumn diversion, or a wicked scourge on nature led by pillaging hordes of Eastern Europeans. Conservation organisations fret over its increasing popularity. Is it a chance to reconnect with our planet, or the final nail in the coffin of threatened habitats? Wild food educator Mark Williams dissects these diverse attitudes and delves into the place of foraging in human evolution, our physical and mental well-being, and public policy.



Mark Williams is a wild food educator and operator of Galloway Wild Foods. After stumbling on his first chanterelles at sixteen, his fascination with wild foods swelled like a cep in the rain. His interest in great, well-sourced food has led to jobs as a fisherman, smoker, chef, full-time wild food forager, dairyman. He is now Scotland's only full-time foraging tutor.

gallowaywildfoods.com
[@markwildfood](https://twitter.com/markwildfood)

A Soylent Social: Appreciating the Possibilities of a Foodless Future

The Center for Genomic Gastronomy would like to cordially invite you to a Soylent Banquet, a decadence of macronutrients, powder, and oil. Soylent is the name of an American meal replacement drink that proposes an alternative to daily interaction with food. It is part of a new reiteration of the meal replacement market that caters to current "life-hacking" trends, rising climate consciousness, and a broke generation of graduates. What does the sudden rise of a meal replacement drink say about our eating needs and desires today? What happens when fuel food meets slow food, and how does it taste? What would be missing from a Soylent-only world? Is there a place for Soylent in Scotland?



Molly Garvey is a member of the Center for Genomic Gastronomy, an international artist-led think tank that examines the biotechnologies and biodiversity of human food systems. With a background in cheesemongering, organic farming, and performance, Molly's most recent work with the Center is FIELDTEST.

genomicgastronomy.com
[@centgg](https://twitter.com/centgg)

Deep Fried Mars Bar: A Scottish Legend?

The deep-fried Mars bar has become a notorious emblem for Scotland's diet—and for many, a national embarrassment. But why does a deep-fried chocolate bar provoke such strong reactions, whether disgust, disbelief, or laughter? Dr Christine Knight from the University of Edinburgh will discuss how the deep-fried Mars bar captured the public imagination. You'll have the chance to try a deep-fried Mars bar and think about how your personal response relates to the dish's wider cultural significance—including its relationship to national identity, history and politics, and changing ideas about fat.

summaries & bios



Christine Knight is Senior Research Fellow in Science, Technology & Innovation Studies, University of Edinburgh, and co-convenes the Food Researchers in Edinburgh network (FRIED). Christine researches contemporary food culture, focusing on nutrition and dietary advice. She currently holds a Wellcome Trust Research Fellowship to investigate the negative stereotype of the Scottish diet. Previously, her PhD explored the low-carbohydrate diet trend of the 1990s/2000s. Christine studied at the University of Adelaide, Australia, before moving to Scotland in 2008. She is a visiting fellow in the Food Values Research Group, University of Adelaide, and School of Health Sciences, Flinders University, South Australia.

stis.ed.ac.uk/scottishdiet

[@vegeknight](#)

[@FRIEDinburgh](#)

The Next Generation of Eaters: Reflections on Children's Food Education

Government funding to the Healthier Scotland Cooking Bus (HSCB) has recently been cut. It was the only programme in Scotland that trained primary school teachers how to lead practical cooking activities in the classroom (a responsibility for all teaching staff in Curriculum for Excellence). There is no replacement. This experiential interaction will see attendees participate in a simulation of a pupil session on the HSCB. By putting themselves in the shoes of the children that have benefitted from the programme, it is hoped participants will initiate a discussion on how we address this deficit in Scotland.



Lois White is a qualified nutritionist with a keen interest in food education and public health nutrition. Over the last three years she has worked as the Legacy Development Officer for the Healthier Scotland Cooking Bus programme, an innovative obesity intervention on wheels. Within this role, Lois travelled the length and breadth of the country to encourage and support practical cooking and the education of food, nutrition, and health in both school and community settings. Lois has also lectured in the MSc Gastronomy at QMU and currently sits on the Edinburgh Food Social board.

[@Lois_E_White](#)

Brexit or Bremain: What is Best for Scotland's Food?

Crooked cucumbers, straight bananas, and 'offal tube' sausages: reasons to leave the EU, or simply Euroskeptic paranoia? Come and join a lively debate on this important issue with Nourish Scotland. Food has mostly been omitted from EU referendum debates, yet the EU has a huge impact on how food is grown, bought, traded, sold and eaten. The Common Agricultural Policy (CAP) and the Commission's trade agenda (TTIP) are widely criticised, and rightly so, but this shouldn't obscure positive contributions made by the EU for our people, environment, and economy, both in the past and today. In or Out, we need to make our food system more sustainable, and Nourish argues that our chances look much better in.



Nourish Scotland works to create a stronger food culture in Scotland. It strives to make healthy, local, seasonal, and organic food available everywhere and to reconnect producers, retailers, consumers, and all who care for local, sustainable food. **Celia Nyssens** joined Nourish in the summer of 2015 to do public engagement work on the Common Agricultural Policy. With the EU referendum coming up, she is leading Nourish's activities to raise awareness about the importance of EU membership for advancing towards a sustainable food system.

nourishscotland.org

[@nourishscotland](#)

What would a right to food in Scotland look like?

We should all have the means to have access to nutritious, sustainably and ethically sourced food by right. But if such a right were enshrined in Scottish law, how would we make it a reality? Forum theatre is a method of inquiry and of practical empowerment, giving you, the "spectator" the chance to change the course of the action. Our protagonist is stuck in a broken food system—how can we change the outcome for her in this short play, and for all of us in Scotland?

Presented in collaboration with Nourish Scotland and Active Inquiry.



Charlie Hanks is a co-director of The Real Junk Food Project Edinburgh that, as well as addressing food waste, increasingly aims to build community empowerment around food. Bringing extensive performing experience together with ideas from a series of workshops with Active Inquiry theatre company and the Nourish Scotland Right to Food campaign, he is piloting this Theatre of the Oppressed project, which seeks ways to help the "oppressed" food consumer become an empowered food citizen.

[@trjfpEdinburgh](#)

"There are no facts, only interpretations." ~Friedrich Nietzsche

The increase in population of Scotland is mostly driven by inward migration. Historically, Scotland has been a country of outward migration. Edinburgh has the highest number of non-UK born residents in the region. The impact of immigration on the labor market critically depends on the skills of migrants and the skills of existing workers. Poles are the largest minority in Scotland. Scottish lobsters are on the menu in over 20 Michelin-starred restaurants in Tokyo alone. Scottish Beef and Lamb, Scotch Whisky and Orkney Cheddar have achieved Protected Geographical Indication (PGI) status.

This is a presentation of Scottish produce as seen through the eyes of two Poles, currently detached from the Scottish environment. The three offerings serve as an interpretation of the Scottish landscape, isolated from stereotypes. Foraging is not a means to complement each dish, but a way to form a link between European nations, between Poland and Scotland.



Matylda Grzelak and **Adrian Klonowski** work as a team, complementing each other on different levels. Together, they run restaurant Metamorfoza in Gdańsk, Poland. As the head chef, Adrian creates the dishes; Matylda, as PR manager, takes care of the overall concept and work philosophy. They focus on locality, region, and country in an unorthodox way. The *rule of three* governs their work, in terms of product sourcing and use, because raw simplicity is a virtue. The natural taste of the product provides an insight to the landscape. Adrian won the Gault et Millau Young Talent 2016 award for Poland and is a part of the avant-garde Polish Food Think Tank. Matylda is an alumna of Queen Margaret University and Heriot Watt University, and is a former master student at the University of Gastronomic Sciences in Pollenzo, Italy. She is also the JRE coordinator for Poland and a writer for *Finedininglovers*.

————— **notes** —————

**(Record your thoughts to serve as prompts during the
small-group discussions.)**

PRESENTATION/WORKSHOP/ACTIVITY: _____

KEY WORDS/CONCEPTS: _____

THIS MADE ME THINK ABOUT: _____

I WOULD LIKE TO KNOW MORE ABOUT: _____

PRESENTATION/WORKSHOP/ACTIVITY: _____

KEY WORDS/CONCEPTS: _____

THIS MADE ME THINK ABOUT: _____

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Scotland's Foodscape

notes