Ice hockey — Forshall back for Capitals

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Kevin Forshall, pictured by Ian Coyle, is back for a 17th season with Edinburgh Capitals

Edinburgh Capitals have re-signed home-bred netminder Kevin Forshall for his 17th campaign at the Murrayfield side.

The 33-year-old will be third pick and he's happy to be on the fringes, concentrating more on helping teenage prospect Jordan McLaughlin develop his game.

He said: "I've been given a chance to sign this season but whilst it's tough, I know it's time to step to the side and let the younger generation through.

"My family commitments mean I have other things to focus on, but I'll still be part of the team and be pushing myself hard as well as use my experience to help Jordan."

Braehead Clan have announced the capture of 25-year-old Landon Oslanski, who joins from North American ECHL outfit Toledo Walleye.

Oslanski is making his first move to Europe and Clan head coach John Tripp said: "He's the kind of player I want at this team who can deliver night-in and night-out and someone I think the fans will really take to next season."

Fife Flyers bolstered their ranks with the addition of 25-year-old Danick Gauthier and can thank former coach Mark Morrison for his recommendation.

Gauthier played under Morrison at Manitoba Moose and Flyers' head coach Todd Dutiaume revealed: "I had a number of talks

with Mark and told him the type of player we were looking for. Danick topped that list for him.

"I had the opportunity to meet Danick and I was not only impressed by his character, but commitment to contributing in any way to help the Flyers towards a successful season.

"He'll bring size and grit into our forward line up and he also has the capability of increasing our offensive production."

Theatre's Support for Scottish Charity is a Smash Hit

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The Edinburgh Playhouse — the UK's largest theatre — and its audiences have raised a staggering total of £82,485.83 for Children's Hospices Across Scotland (CHAS).

In an almost 20-year-long run of support, the iconic live entertainment venue has co-ordinated bucket collections, held fundraising events and donated gifts in aid of supporting and raising awareness of the work, care and services provided by CHAS.

CHAS is the only charity in Scotland that provides hospice services for babies, children and young people with life-shortening conditions. The national charity offers palliative care and respite for the whole family via its two hospices, Rachel House in Kinross and Robin House in Balloch, and

its CHAS at Home service, which supports families in their own homes across the whole of Scotland.

Commenting on the total raised after almost 20 years of fundraising for CHAS, Edinburgh Playhouse Customer Experience Manager, Leane McColgan, said: "We've been working to help highlight the valuable work of CHAS for almost two decades and it's fantastic that during this period we've been able to raise more than £82,000.

"Upon Visiting Rachel House we had the opportunity to see first-hand how our support contributes directly towards sustaining the home from home environment that CHAS and its staff create, along with the care, services and support they provide to children and families throughout Scotland. These funds help ensure this important work is able to continue.

"This great achievement is made possible through the support and contributions of all of our audience members over the last twenty years."

The children's charity recently launched its *Keep The Joy Alive* campaign — aiming to grow its fundraising income over the next five years and realise its ambitions to support every child in Scotland with a life-shortening condition, and their family.

Sarah Dannfald, Community Fundraiser at CHAS, said: "We want to thank the Edinburgh Playhouse and its audiences for their amazing commitment and generosity. At CHAS, we want to make sure that wherever there's a child in Scotland with a life-shortening condition, we're on hand to support their entire family. The vital funds raised by our supporters helps us to keep the joy alive for families facing the most difficult time imaginable by ensuring that no matter how short their time together may be, it is filled with happiness."

The Edinburgh Playhouse, which is owned and operated by the Ambassador Theatre Group (ATG), supports a number of

charitable causes across the country. Through the support of audience members funds have also been raised for Artlink, Waverley Care and SAMH, amongst others.

New bagel shop opening in August

On 1 August a brand new shop will open on Portobello High Street when Bross Bagels opens its doors. With an idea and a recipe that comes from Montreal, the new café and deli will let you have a the chance to buy authentic bagels.

Montreal is the bagel capital of the world, and now you will be able to select from a range of bagels to take home or to eat with a variety of fillings. There will be a takeaway and sit in menu with specials such as lox and cream cheese as well as vegan bagels with smashed avocado, tomatoes, chilli oil and salt.

Canadian Larah Bross is the owner of the new shop which she has opened so that she can get her own bagel fix! She has struggled to find authentic Canadian bagels since moving here over a decade ago. Now with her business partner Marc Millar who is a photographer, and in a collaboration with Breadshare the local community bakery, Portobello will have the perfect bagel on offer.

The bagels are promised to be rustic, fresh and light whether you plump for the plain, sesame seed, poppy seed, wholemeal or vegan options.

Local suppliers have been selected for the fillings such as the smoked fish from Welch's fishmongers. And coffee will be served from local roasters Howdah in North Berwick.



Larah explained ""I grew up with authentic Canadian bagels — it was a staple for breakfast, brunch and lunch. Back home, bagels are as much of a culture as coffee, and people travel for miles to get their bagel supply — buying bagels and taking them home to enjoy with a big brunch feast is an occasion in itself.

"I've spent years yearning to find the bagels I grew up enjoying at home. For me, nothing beats the comfort and pleasure of eating warm, rustic freshly baked bagels. Authentic bagels are boiled before they are baked, which is a step often skipped in the bagels you'll find in supermarkets. It's been no easy task, but I believe that together with Breadshare, we've finally found the recipe for the perfect bagel. I want more people in Edinburgh to experience the flavour of authentic bagels, and to let them understand the absolute joy of that first bite!"

With an industrial inspired interior and a commitment to fully sustainable and recyclable materials, Bross Bagels will have 8 seats for customers to sit in and enjoy their fresh bagels and freshly ground coffee.

BROSS BAGELS, 186 Portobello High Street, EH15 1EX Opening Hours: Mon — Fri 8:30am-4pm Sat & Sun 10am-2pm www.brossbagels.com

Edinburgh more affordable than some UK cities when it comes to buying a home

Edinburgh is a lot more affordable than many other UK cities with house prices here averaging £228,009.

▶ With average joint salaries in the capital of around £65,558 and a minimum deposit requirement on a new home of around £11,400 a recent survey reckons it would take about a year to raise your part of the purchase price.

But MoneySuperMarket calculated this by reckoning that each couple could borrow 4.5 times their salary, which even in the heady days of 15% mortgage rates was barely achievable. However compared to other areas, such as Camden in London where the deposit required is around 56 per cent, it is still the case that buying a house here in Edinburgh is within reach of many. In some areas it would take over 10 years to save up the minimum deposit, so perhaps that is another reason why Edinburgh is growing so fast.

Kevin Mountford, banking expert at MoneySuperMarket, said: "As house prices continue to rise, the dream of owning a home becomes harder and harder to reach for so many people. For those who want to take their first steps onto the ladder, reaching the minimum deposit levels required causes serious financial strain and, as our analysis highlights, many might be priced out of their desired area. Similarly, for those who already own their own home but are looking to take that next step up the ladder, the stretch could be a bigger burden than anticipated.

"It is important to strike a balance when relocating and

prospective buyers shouldn't stretch themselves too far. For those who want to maximise their chances of securing their dream home in their dream area, paying off debts is the best way to start, as existing borrowing will be taken into account by a lender when it comes to applying for, or extending, a mortgage. Reducing the amount you spend each month could also help when it comes to boosting the amount a lender thinks you can afford to borrow.

"When comparing mortgages, it's vital to work out the total cost over the term of the deal, taking both rates and fees into account. Don't automatically be put off by high fees, as it may be worth paying them to benefit from lower interest rates. Costs can vary greatly between providers, so taking the time to shop around and work out the total amount you have to repay over the term of the offer is essential."

You can read the full report on the top 50 least affordable areas here, or use the MoneySuperMarket mortgage calculator to find how much you are eligible to borrow.

Essex man missing in Edinburgh

Edinburgh Police appeal for information this morning to help trace a man reported missing in the Cowgate area.



Adam Smith, aged 37 from Essex, was last seen at The Three Sisters around 12.45am on Saturday 22 July.

Adam was visiting for a weekend with friends and did not return to his accommodation in Gilmore Place.

Adam is described as white, 6ft 2-3ins tall, with short blonde hair that is normally slicked back. He was last seen wearing a long-sleeved burgundy shirt and light blue jeans.

Sergeant Mark Barry of Howdenhall Police Station said: "This behaviour is out of character for Adam and we're growing increasingly concerned for his welfare.

"We'd urge anyone who may have seen Adam since this time, or has any information on his whereabouts, to get in touch with us as soon as possible."

Anyone with information is asked to contact Police Scotland on 101, quoting incident 1371 of 22 July.

Edinburgh Festival Fringe 2017 — Mia

Mind the Gap Theatre Company Brings Mia to the Festival

Mind the Gap, England's largest learning disability theatre company, is delighted to have its production of Mia at the Edinburgh Festival Fringe in August.



Performed by four learning disabled artists and created and directed by Mind the Gap's Resident Director Joyce Nga Yu

Lee, Mia explores the truths and myths about learning disability and parenthood in today's society.

"The issue of learning disability parenthood is complex," explains Joyce. "Having kids is not an easy decision for any of us. Can I afford it? Have I got enough room? Will I screw it up? Imagine making these decisions if you have a learning disability."

It was when speaking to one of the artists about a family member's pregnancy that Joyce decided the story needed telling; Mia is based on real life accounts.

"Medical experts, geneticists, social workers, council officers and advocates have all been involved in the creation of this piece," Joyce continues. "But the most important people involved are the learning disabled parents who have shared their stories with us."

Cast member Alison Short says: "I think Mia is important because it gives some insight into the challenges that learning disabled parents can face which most parents wouldn't even know existed."

Mia originally toured studio venues around the UK in autumn last year receiving outstanding reviews.

"I'm thrilled that the piece will reach a larger and international audience at Edinburgh," Joyce concludes. "This is a project about humanity — it aims to resonate with everybody, with or without a disability. It is fast moving and raw, funny and bold — in short Mia is a wild ride!"

Mind the Gap present Mia at Edinburgh's Summerhall Old Lab from 8-27 August | 2.45pm

Tickets are available from www.summerhall.co.uk

Edinburgh Festival Fringe 2017 — The Ties that Bind

The real life experiences of people living with early onset dementia have been used to produce a new theatre performance which takes a radical look at the condition and the affect it has on relationships.

The Ties That Bind, by Skimstone Arts, uses an uplifting combination of performance, original music and striking visuals to tell the story of Paul, a sound engineer whose world is changing as the early stages of dementia begin to affect his personal relationships.

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Claire Webster Saaremets, Artistic Director at Skimstone Arts, said: "This piece won't be what people might expect to see when they attend a performance about dementia.

"The commissioned work by Edinburgh University is based on key findings from a research project about changes in social groupings, along with stories collected from those who have personal experience of living with the condition.

"The Ties That Bind weaves in elements of what we learnt through our conversations and research, as we follow Paul's story in what is an ultimately uplifting piece of narrative theatre."

The multidisciplinary performance explores the effect the early stages of dementia can have on people's friendships and relationships, and asks what it is that binds us to family and other people. What new stories can we weave that enable us to release old friends and join new ones?

The work was commissioned by Edinburgh University and is informed by a research project funded by the Economic and Social Research Council and in partnership with the Mental Health Foundation and Alzheimer Scotland.

Whitespace 76 | 76 East Crosscauseway | EH8 9HQ | 3-9 August and 21-23 August | 15.20

Tickets are available now from the Edinburgh Festival Fringe box office: www.tickets.edfringe.com.

Edinburgh Festival Fringe 2017 — No Show

What do you expect when you go to the circus? The greatest show on earth? The glitzy smiles, the glitter of sequins, the drum rolls as performers who seem superhuman effortlessly perform death-defying acts?

Creator Ellie Dubois returns to the Edinburgh Fringe after her highly acclaimed Ringside in 2015. No Show joyously and heartbreakingly reveals what lies hidden beneath the showmanship.



No Show opens with five strong, glamorous, female circus artists — the perfect 'show girls' performing to the best of their ability, showcasing their spellbinding acrobatics and flexibility. After this initial opening number the show starts to break down.

Instead of showing only perfect tricks, No Show starts to unveil attempts and failures, revealing frustrations and how artists are pitted against each other. The audience learn of everything that could go wrong from finger crushing to concussion and shoulder dislocation in a Cyr Wheel act.

There will be desperate attempts and heroic failures, glorious achievements, bruised bodies and egos as the performers push themselves to their physical and mental limits. Behind the

flawless smiles and perfect execution of traditional circus performance, see the wobbles, the pain and the real cost of aiming for perfection. This is a show for anyone who has tried, failed and failed better.

No Show deconstructs superhuman circus performers and shows them as vulnerable and human. It explores the idea of not always making it and about knowing when to give up and when to go on. It asks whether it might sometimes be better and more interesting to be flawed rather

than flawless. With an all-female cast, this is particularly relevant in era when women feel under increased pressure to be perfect in every aspect of their lives. This is a production that puts female strength, skill and power centre

production that puts female strength, skill and power centre stage.

Ellie Dubois said; "With No Show, I wanted to break the mould of male dominated circus ensembles by working with five hugely talented female circus performers. It's a fun and spectacular circus show for all ages, but it's also a piece about ambition and achievement which questions what success really means and why we push ourselves to accomplish it."

No Show is in association with, and supported by, Roundhouse and Platform.

Summerhall (The Old Lab), Summerhall Place \mid EH9 1PL \mid 2 - 27 Aug 2017 (not 10 or 21) \mid 16:15

Tickets <u>here</u>

Edinburgh Festival Fringe 2017 — No Miracles Here

The Letter Room bring a live and loud musical tale of a dance marathon with a Northern Soul. No Miracles Here is a story about what happens when we don't dare to stop, about living and breathing and not always feeling like you can. This is a story of dancing and how the band will keep playing the music even when you want to give up.

No Miracles Here is an anthem to feeling alive, keeping the faith and trusting that you are not alone. Acclaimed company The Letter Room invite audiences to get ready to dance like they're Northern in this sweat-soaked marathon of resilience and strength.

The Letter Room were inspired to make a musical about depression using the influences of 1930s Dance Marathons. Using the idea of dancing as a form of endurance, paralleling the feeling when you must keep going and not stop,

because if you pause for too long, you'll struggle to ever begin again. This is theatre tackling an issue in an entirely new way — No Miracles Here is raw and celebratory, honest and vibrant, full of pulsating live music.



No Miracles Here has been supported by the Royal Shakespeare Company, New Wolsey Theatre, Shoreditch Town Hall and Northern Stage. The show has also been supported by the charity Mind.

Stan Hodgson said; "No Miracles Here is going to be the strong Bloody Mary that kickstarts your Fringe day. Think 'They Shoot Horses, Don't They' meets Northern Soul vibes meets that scene in Little Miss Sunshine when all the family dance in the Beauty Pageant."

Northern Stage at Summerhall, Summerhall Place, Edinburgh, EH9 1PL

Saturday 5 - Saturday 26 Aug 2017 (not 9, 16, or 23), 11:00

Tickets here.

Edinburgh Festival Fringe 2017 — Cockroaches

Cockroaches is an original translation of Mikhail Bulgakov's earlier, uncensored version of "Flight", translated and directed by Anastasiya Sosis.

Cockroaches is a tragedy set in the last days of the Russian Civil War. Five refugees flee the impending Soviet rule in search of freedom and a better life, only to find poverty and indifference in foreign lands.



Burdened by the starvation of St. Petersburg and imagining an impending victory of the Pro-Royal army forces, naive and intellectual Sergey Golubkov embarks on a journey to Crimea. He hopes to wait out the conflict and return home, but is instead confronted by the atrocities of war, cruelties created not by ideology but by man.

He is thrust into a nightmare, journeying to save a woman he loves: a refugee he met in the lamplight at the train station.

the Space on the Mile |80 High St | EH1 1TH (Space 1) |4-12

<u>Tickets here</u>: £9.00 (£7.00) 4 - 5th August previews; £7.00 (£5.00) 7 - 9th August; £9.00 (£7.00) 10 - 12th August.

Edinburgh Festival Fringe 2017 — Where is Home?

STATE OF EMERGENCY presents a unique performance concept, examining themes of migration, identity and belonging through improvisation.



Seven talented dancers, singers and musicians from the UK, South Africa, Pakistan, Italy and Japan will go through the pain and joy of creating a show LIVE on stage, delivering a rare insight into the creative process alongside a heady mix of soul, jazz, African and western forms.

Where Do You Come From? Where Are You Heading? Where Is Home?

Edinburgh Festival Fringe 2017 — Dram & Smoke — The

Campfire Feasts Pop-Up

DRAM & SMOKE RETURNS TO THE BISCUIT FACTORY FOR THE EDINBURGH FESTIVAL IN COLLABORATION WITH TALISKER WHISKY

Following a sold out run last year, the London-based pop-up Dram & Smoke is returning for a second round north of the border for The Edinburgh Festival Fringe this August with Talisker Whisky.

Within the dramatic setting of a former biscuit factory, the pop-up project is comprised of two ticketed experiences: a top-floor dining event with live music dubbed The Campfire Feasts and, on the ground floor, The Campfire Cocktail Experience with Talisker; the single malt Scotch Whisky Made by

the Sea from the Isle of Skye. Both draw on the nostalgia, flavours and ambience of an adventure by the campfire where the culinary wonders of a

fleeting Scottish summertime are celebrated, capturing the remote and rugged environment of the oldest working distillery on the Isle of Skye.



Created by school friends and Edinburgh natives Paul Ross and Nick Fulton, Dram & Smoke is all about the best of Scottish produce.

Head Chef, Nick said: "We create dishes that are inspired by our home country and we love bigging up the world-class ingredients found there. We are increasingly popping up in both London and Scotland and are delighted to be heading back to our hometown after an unbelievable summer there last year."

Previously steelyards, sofa factories, leather tanneries and

whisky distilleries have all played host to Dram & Smoke events and the vast Biscuit Factory in Leith provides a fitting backdrop for guests to be transported to a woodland hideaway for the evening where they can experience an element of adventure.

Flickering camping lanterns, the aroma of pine and smoke, canvas bell tents and tartan blankets set the scene as guests are welcomed into the clandestine space with a Talisker whisky cocktail before being led to the top floor dining room that's all candlelight, exposed brick, ironwork, glass cupolas and pallet gardens.

The £40 four-course Campfire Feasts menu will be served alongside upbeat tunes with diners sitting at reclaimed timber communal tables where breaking out your 'spork' and getting stuck in is the order of the day. As dishes arrive from the theatre of an open kitchen, mess tins, picnic hampers and a host of other camping paraphernalia bring the experience to life. A mix of individually-plated courses and 'family-style' elements feature such as the carve-at-the table main course of Pork Ribeye Roast and Venison Cumberland served with Campfire Beans, Rosemary Polenta Chips, Chargrilled Baby Gem & Arran Mustard. A take on a Ploughman's Picnic with Cauliflower Cheese Soup, Charcoal Loaf & Beer Onions arrives in communal baskets with thermos flasks to be shared.

Dessert is a nod to the classic outdoor pursuit of roasting marshmallows over the fire and brings proceedings to an indulgent close — Barbecued Pineapple, S'mores Ice Cream Sandwich, Trail Mix Brittle, Raspberry & Talisker Whisky Syrup. Herbivores and carnivores alike are welcome as all dietary requirements will be catered for provided that previous notice is given.

Dinner lasts around two hours and thereafter late-night party vibes kick in on the ground floor with live music (including

DJs on the weekend) and great drinks — including the full Talisker collection and an extensive cocktail menu. This space will also be home to The Campfire Cocktail Experience with Talisker, which is a full programme of separately ticketed masterclasses run throughout the month.

During these interactive sessions, which cost £10pp and include two drinks, guests will be tutored on the ins and outs of creating great whisky cocktails whilst rolling up their sleeves to put what they learn into practice. In keeping with the elemental spirit of the project, the emphasis is on the provenance of foraged Scottish ingredients and helps make this a place to stimulate both the palate and mind as the seasalty, smoky and distinctive character of Talisker does its bit to transport guests to the rugged, windblown shores of Scotland.

Dram & Smoke Campfire Feasts will be open for one ticketed dinner service per night from Wednesday to Sunday with the ground floor bar area open for walk-ins throughout. The Campfire Cocktail Experience with Talisker runs multiple sessions throughout the week and is available alongside dinner or separately.

No matter which session guests choose, or how crammed that festival schedule is, this slice of Highland campfire hospitality is unmissable for delicious scran, ample bevvy and a healthy dose of general flumgummerie this August.

Edinburgh Festival Fringe

2017 - KIN

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The boys from the smash hit Bromance are back with KIN, an innovative and exhilarating five-star show about camaraderie. KIN sees the original Barely Methodical Troupe joined by an astounding trio of circus performers. Together they form part of a new wave of modern British Circus, featuring an exciting mix of physical stunts, contemporary dance and theatrics.

KIN explores group dynamics and examines how they shift, evolve and provoke conflict as the group competes for attention and approval. Performed using Barely Methodical Troupe's unique style, these ideas are explored through high octane circus skills, incredible feats of strength, hand-to-hand balancing, acrobatics and Cyr wheel routines. The performers' physical prowess is deftly deployed, as tumbling, flying and catching become challenges and opportunities for individual bids of recognition.

One of the UK's hottest circus companies Barely Methodical Troupe are at the forefront of a new kind of physical performance, creating highly entertaining shows that mix the show-stopping acrobatics of circus with the emotional punch of theatre.

Venue: Underbelly Circus Hub (Lafayette), The Meadows I 5-26 August 2017 (not 14,21) I 5.00pm (90 mins)

Tickets here

Edinburgh Festival Fringe 2017 — The Agony and the Ivories

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Bill Larkin (Comedy Central's "Premium Blend") stands behind his keyboard for an evening of original comedy songs. The Los Angeles Times calls him "bitingly satirical". Weird Al Yankovic himself says he's "a big fan". Intended for mature audiences.

Venue: The SpaceUK@Surgeons Hall, Venue 53 I 21-26 August 2017
I 8.05pm (50 mins)

Tickets <u>here</u>

Edinburgh Festival Fringe 2017 — Karoshi

Sixty per cent of us hate our jobs.

After more than 20 years of work, comedian (and tired exmiddle manager) Mel Byron left the sixty percent behind to pursue a more creative life. With her return to stand-up comedy, she brings a show based on her experiences of modern workplace madness to this year's Edinburgh Fringe.

Karoshi is Japanese for 'death by overwork' — literally. But what about the little deaths we all experience every time we clock in?

In this hilarious, fact-filled hour, Mel pokes fun at the absurdities that drove her to head for the door; have you ever been subjected to a Myers-Briggs Personality Test? Or had a boss who ate food off your plate during a business dinner? These are just a couple of examples taken from Mel's own working life.

On Karoshi, Mel says 'I wanted to make my previous misery count for something. I do this by holding up a mirror to the behaviours and conventions that usually stress us about work, and then showing them up for the corporate nonsense they are. I hope people will go back to their desks and laugh when they see them rear their heads again.'

Aimed at anyone who's ever had a job, this is surely the most relatable show at this year's festival.

The Mash House (Venue 288) | 37 Guthrie St, EH1 1JG | 4-27 Aug (not 14) |12 noon.

Tickets here

Designated Deputy for Chief Constable Iain Livingstone plans to retire "in the

autumn"



Police Scotland's second in command Iain Livingstone's plans to retire "in the autumn" after 25 years' service.

Mr Livingstone was the 'rank-and-file's choice' to succeed Sir Stephen House in January last year and was favourite to succeed Philip Gormley when he retires next year however the 50-year-old has decided to leave in the next few months with no apparent new position to go to.

Dozens of tributes have appeared on social media from many of Mr Livingstone's former colleagues illustrating the high regard in which he is held by officers of all ranks.

Before joining Lothian and Borders Police in 1992, he graduated in law from the Universities of Aberdeen and Strathclyde then worked as a solicitor in Glasgow, Edinburgh and London.

He served in Edinburgh and West Lothian as a patrol officer and detective and at HQ as Head of CID and Assistant Chief Constable Crime. He has commanded many serious crime investigations and major events.

He has also studied in New York City as a Fulbright Scholar and undertaken external attachments to the Police Ombudsman for Northern Ireland as a senior investigator and to Her Majesty's Inspectorate of Constabulary.

He currently sits on the Scottish Sentencing Council and was a member of Lord Bonomy's review of corroboration.

In a statement issued on Friday he said: "It is now the right time for me to retire from policing and take up new challenges. I will continue to work closely with the chief constable and other members of the force executive until I step down.

"It has been a privilege to serve the people of Scotland as a police officer for more than 25 year and I want to thank my colleagues in Police Scotland for the commitment and support I have enjoyed throughout my career."

Mr Gormley also paid tribute to the departing DDCC. he said: "Iain has served the communities of Scotland for over 25 years and has been a central figure in police reform and the creation of the national service."

"As Chief Constable, I have been extremely grateful for his support, advice and leadership over the past year and a half, and I wish him every success in his future plans."

Scottish Police Authority chief executive John Foley said Mr Livingstone had made an "an exceptional contribution", adding: "We will consider over the coming weeks the necessary leadership and succession arrangements, in consultation with the chief constable."

Scottish Police Federation General Secretary Calum Steele described him as a "remarkable public servant" and "one of the most talented and highly respected police officers of his generation".

He added: "His retirement represents a tremendous loss for the police service as a whole and for the communities in Scotland in particular."

Edinburgh Festival Fringe 2017 — Glitter Punch

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Returning after a sell-out Edinburgh Fringe 2016, Some Riot Theatre present Glitter Punch at Assembly, George Square studios 3rd-28th (not 14th) August.

When Molly collides with mysterious John, she sees it as her chance to escape her chaotic existence in working class Salford, but as their feelings develop and we become caught in the seemingly perpetual limbo between adolescence and adulthood, issues on consent and grooming begin to emerge.

Although the age of consent in the UK is 16, the law states that a sexual relationship between someone who is in a position of trust and a person to whom that trust extends, including those young people between the ages of 16 – 18, is illegal. Glitter Punch forces us to look at and re-evaluate the laws on the age of consent and consider at what age we really reach adulthood. These issues are not only deeply resonant to the company but are now more than ever becoming an exponentially important issue in contemporary society.

Some Riot Theatre is an exciting, emerging theatre company specialising in new writing and focusing on providing employment for graduate actors. After its critically acclaimed run at The Kings Head Theatre, Glitter Punch was also performed to a sell-out crowd at The Bunker Theatre, London and beat thousands of applicants, winning the opportunity to be read by two-time Olivier winner Simon Stephens as a part of the Pint-Sized Plays Initiative for new writing. It was also shortlisted for the Bolton Octagon Top Five season.

With notoriety growing, Some Riot Theatre have been tipped for big things and are definitely one to watch.

Venue: Assembly George Square Studios (Venue 17) I 2-28 August 2017 I 1.15pm (60 mins)

Tickets here

Students could boost your business



The Scottish Parliament, venue for Environmental placement Programme awards

Businesses are invited to learn more about The Environmental Placement Programme (EPP) during a free day in the Scottish Parliament in September.

The EPP programme links students and graduates with organisations across Scotland and participants undertake projects with a green focus.

They vary from environmental management and carbon behaviour strategies to active travel, waste management and community engagement.

However, EPP can also accommodate other types of placement project work including marketing, event management, IT and engineering.

Co-ordinators match candidates to fit client needs and projects run from eight to 12 weeks. Candidates are supported throughout by a mentor.

Elaine Brown, Business Development Manager for Bright Green

Business, who administer the EPP programme, said the national final on Friday, September 8 (1.30pm to 6pm) is hosted by Colin Beattie MSP.

She added: "It is an ideal way to see EPP in action as participants present their projects to a panel of judges.

"The finals day is centred around the Members Room at The Scottish Parliament and it will also include a presentation from industry experts, networking opportunities and a tour of the Scottish Parliament.

"The event is an ideal opportunity to hear more about our Environmental Placement Programme but it is also a chance to network and support the great work being done to help build a sustainable future."

Looking at the EPP overall she said the programme offers businesses the chance to engage with some of Scotland's brightest and most dynamic students and graduates, helping your business move forward.

Ms Brown added: "All our placements are low risk, flexible and an excellent way for you to engage with prospective new employees. This is an opportunity to bring in new skills, a fresh outlook and limitless enthusiasm to help your business succeed.

"We take care of the process including advertising, shortlisting, contracts and payroll."

INVITATION: If you are interested in attending the free day contact lucy@thebusinesspartnership.org.uk.

Edinburgh Festival Fringe 2017 — Nick Cope's Family Songbook

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Nick Cope is rather excited to be returning to the Gilded Balloon again this year to perform for families at the Fringe. With supporters like Stewart Lee and Lucy Porter, Nick's show is well worth a family visit this year.

Nick recently performed at the Houses of Parliament by invitation of the Jo Cox Foundation. The unveiling of Jo Cox's coat of arms and the foundation had organised a children's tea party for the MP's children and Nick was there to sing his songs as the Cox family are big fans.

This is Nick's 3rd visit to the Fringe he has also performed a number of times at the international book festival

Venue: Gilded Balloon Teviot (Venue 14) I 2-20 August 2017 I 11.15am (50 mins)

Tickets here

Speedway - wildcard Cook

misfires in Grand Prix

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Craig Cook, Britain's captain, had a bad day at the office in the British Grand Prix at Cardiff. Picture by Nigel Duncan Media

Maciej Janowski made history at Cardiff by becoming the first Polish rider to win in Britain during the Grand Prix era.

The ex-Poole Pirates ace bagged his second straight event victory to follow his triumph in Horsens, Denmark prior to the World Cup break.

His 17-point success, which featured five race wins, saw him climb to within three points of new series leader Jason Doyle and level with countryman Patryk Dudek in joint second.

He said: "Every win in the Grand Prix is special, you need to put in so much work and we all know how hard it is this year.

"It was amazing, there were a lot of Polish fans supporting and wishing me the best. I don't think a Polish rider has won in Cardiff before so that is also a very special moment for me.

"There is still a lot to do for the end of the season but I think everything is working pretty well for now and I will try to keep this up.

"I am trying not to look at the points but it is hard, we all know what we are playing for. I am trying to do my work as best I can, I am trying not to focus on the points because there are still six rounds until the end."

The win was in stark contrast to the fortunes endured by home hero Tai Woffinden whose nine-point total was not enough for a top-eight finish after countback. Woffinden said: "It's frustrating to miss out on the semifinal but that's the joy of our sport, it is what it is. We'll just have to take a step back, re-evaluate how the meeting went and focus on moving forwards.

"Normally you can scrape into the semi-finals on seven points, so to miss out on nine is tough but that's life."

Wildcard and British champion Craig Cook, a former Edinburgh monarchs skipper, found the going tough, bursting the tapes in his opener before registering two points despite some plucky performances.

The withdrawal of reigning champion Greg Hancock as well as two early tapes infringements gave track reserves Adam Ellis and Josh Bates three rides each.

Ellis failed to score but insisted his first experience of Cardiff had given him plenty to work towards.

"It was good," said Ellis. "I felt on the pace but just missed out on the starts. I didn't feel too comfortable on the bike but other than that, it was an awesome experience and great to be a part of.

"The whole day made me realise how much effort goes in from the top boys to sustain this level. It has definitely put fuel on the fire and made me want to better myself even more."

Bates bagged his only two points in his opener, standing firm in a tight first bend before staying on the pace to file in behind Janowski, beating 2012 world champion Chris Holder and Martin Vaculik.

He said: "To be here has always been one of my life goals and just to get a ride was incredible, let alone three.

"Scoring two points in my opening ride was an amazing achievement for me, and being here this weekend has just made me realise where I need to be."

Field hockey — Moodie up-beat despite third place finish



Graham Moodie says the players were so close to reaching the next level in Russia. Picture by Nigel Duncan Media

Scotland's under-21 men emerged with a bronze medal from the EuroHockey Junior Championship II in Russia, but it was not the outcome they travelled to St Petersburg for.

They came so close to reaching the next level after leading France 2-1 after 36 minutes before losing 3-2 with two goals in the final six minutes.

That nightmare spell cost the Scots the chance of promotion and France went on to beat Poland 3-0 in the final.

The squad bounced back after being crestfallen following Friday's narrow defeat and they put on a professional performance to score four good goals in the third/fourth place play-off on Saturday.

Scotland were 4-1 up with two minutes left thanks to a double from Rob Harwood (Western Wildcats) and singles from Aidan McQuade (Grove Menzieshill) and Murray Collins (Loughborough University).

That was testament to their dominance but it was frustrating for the squad and the coaching staff to lose two goals in the closing minute, especially when they appeared to have complete control.

Coaches hope the players will learn from this and understand

the importance of game management.

Edinburgh-based Graham Moodie, Scotland's under-21 head coach, said: "We deserved to win and it's a great way to finish off the tournament. "It has been a really positive week and we've progressed well. Players stepped up to responsibilities."

He added: "We came so close to reaching the next level and that's a positive thing to build on.

"The players are thinking of what could have been but when they reflect on the week they'll be pleased at what is a real step forward."

Hearts Ease Past East Fife



Hearts 3 East Fife 0

Betfred Cup, Saturday 22nd July 2017 - Tynecastle

Hearts made it two wins from two games in the group stages of the Betfred Cup when they defeated League One side East Fife at Tynecastle on Saturday.

Goals from new signings Christophe Berra and Kyle Lafferty — who now has three goals in two games — ensured the Jambos continued their winning start to the season.

Hearts Head Coach Ian Cathro made some changes to his defence following the narrow win in Elgin on Tuesday evening. Rafal Grzelak — a first half substitute at Borough Briggs — started against the Fifers while there was a welcome return for Jordan McGhee, back from his loan spell at Middlesbrough, and an even

bigger welcome for John Souttar, playing his first game in six months following injury. Ashley Smith-Brown, Aaron Hughes and Krystian Nowak dropped out.

It may be the third week in July but the weather in Edinburgh was more akin to the third week in November as wind and rain lashed Tynecastle which resembled a building site with the ongoing reconstruction of the main stand.

As one would expect against lower-league opponents, Hearts dominated the game but the goals aren't quite flowing yet. The impressive Michael Smith saw his effort on goal pushed on to the post by East Fife keeper Goodfellow in the sixth minute before Kyle Lafferty headed wide when he really should have scored.

After Isma Goncalves was denied by Goodfellow, Hearts finally made the breakthrough when Kyle Lafferty headed home John Souttar's cross in the 22nd minute.

Great play from Jamie Walker almost doubled Hearts advantage but his effort on goal was brilliantly saved by Goodfellow.

Half-time Hearts 1 East Fife 0

Hearts gave a debut to Alex Petkov at the start of the second half as he replaced John Souttar. There was a worrying start to the second half for the home side when keeper Jack Hamilton had to look lively to prevent Willis from drawing the Fifers level. The Scottish summer was contriving to make conditions difficult with the driving rain and wind making calls for summer football seem a tad meaningless.

With 20 minutes to go, Hearts put the tie to bed when captain Christophe Berra headed home substitute Malaury Martin's corner and the Hearts fans in the 6,000 plus crowd breathed more easily.

After Jamie Walker became the next home player to miss a

golden opportunity to score, Hearts finally got a third goal when they were awarded a penalty kick after Goncalves was brought down by Gordon who received his second yellow card and a subsequent red. Kyle Lafferty made no mistake with the spotkick, another bit of relief for the Maroon Army given Hearts recent woeful record with penalty kicks.

Hearts continue their Betfred Cup campaign on Tuesday evening with a trip to Peterhead who lost 5-1 to Dunfermline Athletic in the other Group B game today.

Hearts: Hamilton, M.Smith, Grzelak, Souttar (Petkov, 46′), McGhee, Berra, Walker (Stockton, 77′), Buaben, Cowie (Martin, 61′), Lafferty, Goncalves.

East Fife: Goodfellow, Dunsmore, Docherty, Watson, Slattery, Duggan, Wilson, Millar, Gordon, Reilly (Flanagan, 76′), Willis.

Ref: Nick Walsh

Att: 6,265

Top Man: Kyle Lafferty — despite that glaring miss in the

first half.

Scotland's Airshow 2017

It would be fair to say that the weather could not have been much worse. From early on this morning as soon as we arrived at the Museum of Flight there was a low cloud and grey skies.



Rain stopped play....

This soon turned into full blown rain and although we stayed for a time, we did not see any planes in the sky.

Sadly due to the weather conditions many of the aircraft which were due to entertain the crowds could not perform. Visitors may be entitled to a refund and are advised to keep their tickets and visit the NMS website on Monday 24 July 2017 regarding the possibility of refunds.

To make up for the lack of planes today here is how it happened last year :

But there was plenty to see on the ground. Thankfully National Museums Scotland refurbished the hangars a couple of years ago and so there was somewhere to go out of the rain.



And what a display they have to show off here. From Concorde to the Boeing 707 and all the other planes in the Military Aviation Hangar which tell the story of aircraft during wartime.

There is the Spitfire, the Harrier jump jet and the Tornado F3 recently replaced by the Eurofighter Typhoon. There are many interactive displays, photos and uniforms to have a look at.













East Fortune played a very important role in both World Wars of the last century. The flat countryside lends itself very well to an airstrip or two, and this was a key part of the national defence of the UK. An airstation was opened there in 1915 to allow airships to fly out to the North Sea to patrol

there.

Today there was a little of the wartime spirit showing with people determined to enjoy what they could despite the weather!

The Elite Pro Dance Team tried hard to get everybody up and dancing.

Warming up at East Fortune with @eliteprodance #airshowscot pic.twitter.com/mKMJ5rMWse

- Edinburgh Reporter (@EdinReporter) 22 July 2017

Inside the hangar Aviatricks were entertaining those waiting to have a look inside Concorde :

And East Coast Buses had done a fabulous job in ferrying people right to the centre of the airfield from St Andrew Square on their one off 777 service!

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In the next few months the National Museum of Flight will host a few events to mark in your calendar :

During the summer holidays there are family activities to entertain all ages. the Cold War is the theme until 28 July and then between 7 and 11 August there will be Hot Holidays! Details here.

The Awesome Bricks Lego® aviation model challenge takes place on 26 and 27 August 2017. More details here.

The Wheels and Wings Show on 24 September 2017 features cars, vintage vehicles and birds of prey. <u>Details here.</u>

The National Museum of Flight is open daily from April to October 10:00 to 17:00. Details here.

Edinburgh Festival Fringe 2017 — This Really Is Too Much

Outlandish, bold, highly entertaining and slickly choreographed theatre from Fringe first timers

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Raucous, provocative and laugh-out-loud funny, Fringe debutants Gracefool Collective deliver a genre-busting show that reveals the downright absurd realities of life as a three-dimensional, high definition, water-drinking, saladeating, moisturising W.O.M.A.N. in modern society.

'Gleefully compelling' (Exeunt), slickly choreographed and dripping with feminist charm and anarchic wit, This Really Is Too Much combines dance, dark comedy and theatre. They delve deeply into a world of farcical stereotypes and preposterous power struggles, wrestling with gender, identity and social convention along the way.

After (almost) 100 years of women's suffrage in Britain how far have we really come since then?

This Really Is Too Much is an outlandish, thought-provoking and wildly entertaining medley of absurd political speeches, talent contests, job interviews and box ticking. Kate Cox, Sofia Edstrand, Rachel Fullegar and Rebecca Holmberg fight themselves, each other and society's expectations to be individual, political, beautiful, popular and in control.

Gracefool Collective is a four woman strong company of theatre makers formed in 2013. They make post-intellectual-pseudo-

spiritual-feminist-comedy-dance-theatre for the modern day. They make it collaboratively, perform it collaboratively and write, design, devise, direct, manage, market, fundraise, budget, tweet, tour book, teach, schmooze, promote and play collaboratively.

<u>This Really Is Too Much</u> has been selected to be part of the second Underbelly Untapped season which supports fantastic new writing at the Edinburgh Festival Fringe.

Underbelly, Big Belly, 3-27 Aug (not 14), 15.20 (55 mins)

Tickets here

Edinburgh Festival Fringe 2017 — Simon Currie's 6plus1

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6plus1 are a new band who blend jazz with comedy. Seven seasoned musicians who just love having fun. 6plus1 is led by Simon Currie, who currently tours with Paul Jones and the Manfreds.

Along with Simon on tenor saxophone, clarinet and flute, 6plus1 comprises: Mike Wilkins on baritone and alto saxophone, Chris Hadland on drums, James Lowe and Andy Townsend on trumpets, Ross Law on trombone and Mark Probert on tuba.

You name a jazz band and one of the 6plus1 guys will probably have played with them: from Herb Miller and Joe Loss to Bert Kaempfert, but their individual musical careers have been far

more diverse.

Apart from composing and arranging, Simon has backed legends from Liza Minelli to Jerry Lewis and George Benson. Mike, like Simon, started in NYJO (the National Youth Jazz Orchestra), and recently played in New York with the Spike Orchestra and saxophonist John Zorn. Chris played in the Closing Ceremony of the London 2012 Olympic Games and on the soundtrack to the film Pan. Mark was in One Brass for 13 years and went classical with the Southbank Sinfonia. Ross and Andy play in Andy's own Big Band too. Meanwhile, James has supported Rizzle Kicks, the Stranglers and Mumford & Sons.

When pressed to describe the band's sound, Simon says, "It's New Orleans jazz mixed with funk, rock and ska, and often with a comic edge!" 6plus1 guarantees you a fun evening with good music!

Venue: Greenside, Infirmary Street (Venue 236) I 14-19 August 2017 I 15:05 (45 mins)

Tickets here

Field hockey — it's bronze for Scotland in Russia



Murray Collins, he scored as Scotland take bronze in St Petersburg. Picture Nigel Duncan Media

EuroHockey Junior (under-21) Championship (men): third and fourth place: Scotland 4, Czech Republic 3 (in St Petersburg,

Russia)

EuroHockey Junior (under-21) Championship (women): Pool C: Scotland 3, Poland 0.

Scotland claimed a bronze medal in the EuroHockey Junior (under-21) Championship II in Russia by edging the Czech Republic 4-3 in St Petersburg.

Their Edinburgh-based coach Graham Moodie will be disappointed at the game management of his squad who lost two goals in the final minute.

Rob Harwood (Western Wildcats) netted two goals with the others coming from Aidan McQuade (Grove Menzieshill) and Murray Collins (Loughborough university).

Earlier, the Scots enjoyed a good start, edging ahead after 14 minutes through Harwood.

Their rivals levelled after 18 minutes from Lukas Plochy following a penalty corner award but Scotland killed the game with two goals in 13, second-half minutes.

McQuade fired them ahead, cooly slotting a penalty stroke after 43 minutes and Collins made it 3-1 with four minutes remaining from a penalty corner.

Harwood netted the game-winner with two minutes left, also from a penalty corner.

It looked all over but Marek Svaton scored in the 59th minute from a penalty corner and Plochy's second from a penalty flick on the final whistle was the last act of the contest.

In the Czech Republic, Scotland coach Neil Menzies guided his squad to safety with a 3-0 victory over Poland in their EuroHockey Junior Championship II clash.

Millie Steiger (Clydesdale Western) and Rachel Bain (Kelburne)

provided the Scots with the best possible start with goals inside the first ten minutes, the first from open play and the second via a penalty corner.

Lorna Cruickshank (Durham University) scored the third from open play after 45 minutes and the Scots kept their cool to see out the game.

Ice hockey — Denis hopes to be a menace in Elite League



Edinburgh Capitals new defenceman. Picture courtesy of Edinburgh Capitals

Denis Trakhanov, a former Russian under-18 and under-19 defenceman, has added his name to Edinburgh Capitals new-look roster.

The 28-year-old switches to Scotland from Poland's top division where he emerged as the top goal scoring defenceman with 12 goals in 36 games.

Trakhanov — who is 5ft 9in tall — said: "I had a good year personally in Poland last season and I'm looking forward to a new challenge.

"I'll look to continue from where I left off last season and play hockey I hope excites the Capitals fans".

Dmitri Khristich, Capitals' head coach, said: "He's not a big defenceman physically but is someone who has a great attitude on the ice and off and wants to apply himself to show that the

Speedway — Godfrey eyes win double over high-flying Glasgow



Aaron Summers, the former Edinburgh Monarchs racer who skippers Glasgow Tigers at Scunthorpe. Picture Ian Adam

Scunthorpe Scorpions boss Rob Godfrey believes a second win over Championship-chasing Glasgow Tigers tonight (SUN, 5.30pm) would be a major boost to his inconsistent side.

A 27-point gap and six places separates the clubs in the tenstrong SGB Championship.

Third-placed Tigers are one of the favourites to lift the league title and they have 47 points from 19 fixtures so far this season.

Struggling Scorpions are in ninth place with 20 points from 23 matches.

But Scorpions stung Tigers 47-43 when clubs last met at the Eddie Wright Raceway on April 9.

Both sides should be at full strength and the meeting is Scunthorpe's first home fixture for 16 days.

And it is the first home meeting since skipper Michael Palm Toft returned to No 1 in Scorpions' line-up.

Godfrey, Scorpions' promoter, said: "We'd love to be able to defeat them (Glasgow) again because they are a quality side."

He admitted that Scorpions' form has been inconsistent but added: "The one big plus is how well we rode in the last meeting at the Eddie

Wright Raceway when we defeated Newcastle 54-39.

"That was an excellent performance, and we need to bring that form into Sunday's meeting."

A large quantity of Glasgow supporters are expected to back their club as they return from last night's (SAT) British Grand Prix at The Millennium Stadium in Cardiff.

And British speedway bosses have not confirmed a new date for the SGB Championship Pairs which were rained of at Somerset on Friday.

All square at Dingwall but Hibs miss out on bonus point



Hibs trip to Dingwall ended goalless last night but Neil Lennon's men missed out on a Betfred Cup bonus point after losing 4-3 in the penalty shootout.

Lennon handed competitive debuts to Danny Swanson and the returning Steven Whittaker whilst Efe Ambrose replaced Liam Fontaine in the heart of the defence.

Hibs started off brightly and dominated the early possession with Swanson and Martin Boyle in particular causing the hosts

problems down the flanks.

Simon Murray almost opened the scoring before Ofir Marciano did well to stop an Andrew Davies' header.

Lewis Stevenson hit the side netting then Murray fired just over the bar from the edge of the area.

Moments later John McGinn's powerful strike was well saved by Fox.

The County keeper was fortunate in the 70th minute when Boyle's effort slipped through his grasp but rolled agonisingly wide.

Boyle almost opened the scoring after latching onto an Oli Shaw through ball but Fox did well to block his shot then from the resulting corner skipper for the night Darren McGregor headed against the crossbar.

Whittaker missed the first penalty for Hibs before Marciano saved from Routis.

John McGinn, Boyle and Fraser Murray all scored for the visitors whilst Jim O'Brien, Alex Shalck and Marcus Fraser all netted for the hosts.

Oli Shaw's penalty was saved by Fox before Michael Gardyne scored the goal that gave Ross County a bonus point to extend their lead at the top of Group D.

After the game Lennon praised his players and told BBC Scotland: "I couldn't have asked any more of the team and I thought we were outstanding.

"I thought there was a gulf between the teams and we were in the ascendancy for the majority of the game."

"They had a couple of chances in the first half but we dominated the game in terms of chances and possession. I got

everything I wanted from the game and we're still a work in progress.

"The squad's still a little bit thin and we're using some young players. But in terms of my senior players, they were magnificent: Swanson, Boyle, McGinn, Bartley and McGeouch; Ambrose came onto a game.

"Whittaker cruised through it and I've got a very good goalkeeper so all the signs are very encouraging."

Hibernian: Marciano, Whittaker, Ambrose, McGregor, Stevenson, Bartley, McGeouch (Shaw, 86), McGinn, Swanson (F. Murray, 77), Boyle, S. Murray (Graham, 68). Unused substitutes: Laidlaw, Porteous, Gray, Fontaine.

Attendance: 2,065. Away: 576

Former Hearts Striker Kevin Twaddle on Ian Cathro

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Photo: PLZ Soccer

By Lewis Birrell

Former Hearts striker Kevin Twaddle reckons many of the club's supporters have already formed an opinion on Head Coach Ian Cathro.

Twaddle, who was a member of Craig Levein's Hearts squad which finished third in the SPL at the end of season 2002/03 and qualified for the UEFA Cup, wasn't impressed by his former club in the second half of last season.

Rookie boss, Cathro inherited an in-form Hearts side in December but has only won 7 of his 27 competitive games in charge and finds himself under pressure to perform this season.

"Most Hearts fans, I honestly think have made their minds up about Ian Cathro unfortunately. For me, unless things improve dramatically there's only one outcome." said the 45-year-old.

"The last part of the season wasn't great for any Hearts fan and they'll have to start the season really well or the negativity surrounding Ian will raise its ugly head again.

"Players like Scott Allan signing for Dundee ahead of Hearts would be worrying for me as a fan as it kind of shows you where Hearts are at the moment.

"A lot of people who wanted rid of Robbie Neilson will look now and see what a fantastic job he did there."

Twaddle made just ten appearances during his brief spell at Tynecastle and didn't managed to find the net.

Hearts entertain Ladbrokes League One side East Fife in the Betfred Cup on Saturday afternoon, kick off 3.00 pm.