

Edinburgh Festival Fringe – Simply the Jest



Just the Tonic at the Caves 22:15, 1-25 August (not 13)

With two Edinburgh Fringe Festivals under their collective belt, sketch comedy group Simply the Jest is back. Join all nine members as they present a brand new, high speed, ever-so-slightly middle class selection of sketches, songs and parodies. It'll be nothing short of delightful!

Simply the Jest formed at the University of Exeter in 2010. Since then, they have performed in both Exeter and at the 2011 and 2012 Edinburgh Fringes. In 2013, they shifted focus to London where they have performed regularly at venues including The Hen and Chickens, The Wheatsheaf and the Harrison.

Members' comedy credits include School of Comedy (E4) and Little Britain (BBC). They were also recently selected to compete in the Gilded Balloon/Sketch Club Best New Sketch Act of 2013 competition. For further details of the group please visit:

Reflexology @ Muirhouse Community Centre

Contributed article

Cristina Frangulea. a fully trained practitioner for many years, has leased a room in the centre on a long term lease to

practice her professional talents.

For full details of the programme (Hot stone Massage- Swedish Massage-reflexology 6 Anticellulite Massage-Reflexology-Deep tissue/Sport Massage etc.) sign on to her website.

For full details: Reflexology & Sports Massage [Catch Cristina's Facebook page here.](#)

[E mail 74@yahoo.co.uk](mailto:74@yahoo.co.uk)

For immediate contact with Cristina phone her on: 07564 717023

Submitted by [Jim McGinty](#)



Edinburgh Festival Fringe – The Big Comedy Gala in aid of Macmillan Cancer Support



Venue150@EICC, 12 August 21:30 (2hrs) Tickets £20 (booking fee may apply)

The Big Comedy Gala in aid of Macmillan Cancer Support

Lost Voice Guy and The Boy with Tape on his Face to share stage at Macmillan Gala

Up-and-coming speechless comedian Lost Voice Guy is set to take to one of Edinburgh's biggest stages at the Big Comedy Gala, alongside The Boy with Tape on his Face who is hosting.

The annual event, in aid of Macmillan Cancer Support , is in its third year and will see Lee Ridley, AKA Lost Voice Guy, join a stellar line up for a night of non-stop laughs. The previous two sell-out shows have included appearances by Ed Byrne, Roy Walker, Fred Macaulay and Sarah Millican, raising over £35,000 for Macmillan, and this year's Gala aims to hit the £50,000 mark.

Ridley, who has cerebral palsy, lost his voice as a child and has had to speak through his Lightwriter communication aid ever since. His first stage appearance was only one year ago and already he's secured a slot at The Stand Comedy Club during the Edinburgh Festival Fringe. He'll be taking time out from this regular slot to perform at the Big C and see what mischief he can get up to with another silent artist.

Joining Lost Voice Guy and The Boy on the night will be Sabrina the Teenage Witch and Curb Your Enthusiasm alumni Caroline Rhea; Whose Line Is It Anyway? star Greg Proops; Perrier Award winner Sean Hughes; Soho Theatre Stand Up Award winner Vikki Stone; Edinburgh Comedy Award nominee Joe Lycett; and Time Out London's Queens of Smut, EastEnd Cabaret.

Like past years, there will also be surprise guest performances from a host of other acts.

Game, set, sushi – Andy Murray's match foods flying off the shelves at Waitrose

Contributed article

Scots are stocking up on the fuel that got Murray through his epic final. Waitrose's five Scottish branches have reported a large increase in sales of Andy's pre and post match foods – sushi and melon.

To keep his muscle growth up and aid its repair after punishing matches, Andy eats up to 50 pieces of sushi in one sitting. And in the days following the final, tennis fans have been serving up packs of sushi leading sales to jump by 51% at Waitrose branches in Stirling, Edinburgh, Glasgow and Newton Mearns.

Murray has also admitted to eating a whole cantaloupe melon before a match and sales at Waitrose have shot up 181% in the last few days.

Waitrose nutritionist, Joanne Lunn, said:- "Murray's historic success at the weekend has inspired Brits to get more sporty and shoppers are already adopting his champion diet to fuel their exercise regimes.

"Sushi is a great option as it typically contains oily fish such as fresh tuna and salmon which is packed with protein, essential for muscle growth and repair. Cantaloupes are also a good pre sport food. The most nutrient dense of the melon family, they are a source of vitamin A, important for healthy eyes, needed for fending off 130mph serves*."

* Novak Djokovic's serve speed

Joanne's Nutritional Stats on Murray's favourite foods.

Cantaloupe Melons

Orange fleshed cantaloupe are the most nutrient dense of the melon family, they are a source of vitamin A and an excellent source of vitamin C.

Vitamin A is important for healthy eyes, very important when tennis balls are flying at you at 130mph (Novak Djokovic's

serve speed)

Vitamin A also helps your body to absorb and use iron which helps your body to use the energy from food and reduces the feeling of tiredness and fatigue.

Melons are naturally high in water, contain naturally occurring sugars and are low in calories making them a great accompaniment to exercise.

Sushi

Sushi commonly contains oily fish such as fresh tuna and salmon. Oily fish is an excellent source of protein which is essential for muscle growth and repair.

Oily fish is also an excellent source of Vitamin B12 which is important for your body to use energy from food and reduces the feeling of tiredness and fatigue.

The rice in sushi will provide a carbohydrate rich source of energy. Carbohydrates are converted into a useable energy source in the body and are essential for fuelling your muscles during exercise.

Submitted by [Sarah McDaid](#)



Edinburgh Festival Fringe – After What Comes Before

Contributed Article

For the first time, Manic Chord Theatre present their raw and

energised show, After What Comes Before at the Edinburgh Fringe. The company, formed in 2012 by three University of Leeds graduates prides itself on its energetic, physical and competitive style. Carving out a distinct method of collective creation, the company look to entertain and raise questions through their work.

After What Comes Before follows the story of three scientists who set out to create a machine which can extract thoughts, exploring the theme of conditioning within society. This raises important questions regarding control, medication and self-expression. Through their competitive physicality Manic Chord Theatre submerge the audience in a farcical world of Quantum partying, flying cashew nuts and absurd game play. After What Comes Before has previously been performed at Temple.Works.Leeds and stage@leeds to full houses. The Culture Vulture said: 'The shocks and giggles and pure honest belly laughs came thick and fast', describing the show as 'completely fearless and with genuine heart.'

After What Comes Before will be performed at Greenside Venues from 2-24 August at 20.50 every day except Sundays. Tickets can be purchased online at: <https://www.edfringe.com/whats-on/theatre/after-what-comes-before>

Want to know more about Manic Chord Theatre? There are three ways to find out more.

Take a look at our blog: <http://www.manicchordtheatre.co.uk/>

Alternatively, follow us on Twitter @Manicchord, or look at our Facebook page.

We look forward to seeing you at Greenside.

Submitted by [Manic Chord Theatre](#)



Edinburgh Festival Fringe – Exposed



C Venue C Aquila 1-26 August 12.05pm (50 Mins)

Experimental theatre about real-life stories and universal impulses, good and bad, Exposed is about the many impulses that drive human behaviour. Through an exciting mix of verbatim, physical theatre, projection, comedy and autobiography, it looks at how we restrict these impulses according to internal or external factors.

From a man who wants to scream in restaurants to a woman who wants to shake her baby to death, we see just some of the many impulses that people experience every day.

Exposed was born out of the company's love of doing impulsive things, but it has been a long time in the making. Through a process involving workshopping, facilitating and durational improvisations, the company has woven real people's stories, thoughts and feelings into one of their trademark physical ensemble movement pieces. The final product promises to deliver maximum impact, through a sensitive performance that is precise, energetic and thought-provoking.

Impulse Collective is a professional theatre company made up of five performers from different parts of the UK: Scotland, Yorkshire, Leicester, Nuneaton and London. They come together out of a shared love of devised theatre, technology, clowning and physical theatre.

The company is currently mentored by New Perspectives Theatre

Company (Nottingham) as part of the StepUp Companies scheme 2013, and recently took part in a scratch event at Curve Theatre (Leicester) with Associate Director Suba Das. Impulse Collective is an associate company of Redbridge Drama Centre (London).

Edinburgh Festival Fringe – The Summit



TheSpace on Northbridge 2,5,7,9 August, 9.10 pm. 12, 14, 16,19,21,23 August, 7.10pm. Tickets £6 (£5 concessions)

There is a truth to sport. A purity, a drama, an intensity.

Inspired by the London 2012 Olympic and Paralympic Games, this new production combines explosive contemporary dance with original writing, to create a visually dynamic piece that focuses on physical and mental endurance in competitive sport.

Follow the athlete through the blood, sweat and tears that come with the drive to win, the pressure to succeed, the fear of failure and the suffering family life that simmers away in the background. The Summit takes a fractured view of this athlete's life from training on a rainy morning, to intrusive media interviews and memories of childhood grazes from falling off her tricycle. While bringing the physical dynamism of athletic sport to the stage, the production explores the conflict between an individual's pursuit to win gold and the

external pressure to live a normal life.

Scratchworks Theatre Collective is a student-run theatre company, formed of Exeter University graduates, which produces new, experimental work in and around Exeter. Consisting of over 25 individuals, Scratchworks Theatre Collective acts as a channel for these exciting new voices to be heard. Supported by Exeter University's Annual Fund, 'FOX', 'The Summit' and 'On Hold' are the theatre company's first productions to be showcased at the Edinburgh Festival Fringe 2013, following previews at Ignite Exeter.

Anger at tram workers' car park



TRAM workers have sparked fury by creating a private car park in an area fenced off to other road users.

Angry shopowners, struggling to stay in business because of disruption caused by the works, say up to 15 vehicles parked in a "laughable abuse of position."

Last summer, tram workers were ordered to stop parking family cars behind temporary fences on Princes Street.

[More from Deadline News...](#)

Edinburgh Festival Fringe – Roughs for Theatre



ZOO Southside (Studio), Venue 82 – 2-26th August 4.35pm (1 Hour)

Directed, devised and performed by Adam El Hagar and Michael Rivers.

“d’Animate explode onto stage” Festival Journal – Voted Top 5 Fringe Debuts 2012

After their successful debut with “Bitesize Chekhov” at Edinburgh Fringe 2012, d’Animate Theatre Company are back following sell-out London previews with their new show; Samuel Beckett’s ‘Roughs’. A back-to-back re-imagining of Samuel Beckett’s ‘Roughs for Theatre 1 & 2’.

In ‘Rough For Theatre One’ we see the rise and fall of a gripping alliance between a cripple and a blind beggar. Joining the two pieces is a devised vignette, using powerful movement, comedy and music to fuse these two worlds.

In ‘Rough for Theatre Two’ we see two aristocrats debate the fate of a man on the verge of suicide. Come and rediscover two of Beckett’s lesser-known masterpieces as d’Animate breathe new life into these brilliant works.

Adam El Hagar trained on the Acting and Contemporary Theatre Course at East 15 Acting School. He has notably performed at The Bristol Old Vic, The Arcola and with ‘Hofesh Shechter Company’ at The Barbican Theatre. Recently he completed filming the new short film by critic Jonathan Romney, entitled

'L'assenza' alongside Stephen Mangan.

Michael Rivers trained at East 15 Acting School. Television work includes: BBC One's Doctors, Sky 1's The Cafe, Channel 5's Banged up Abroad and Channel 4's Shameless. In 2011 he founded d'Animate.

d'Animate Theatre developed out of East 15 Acting School. They create new original work as well as tackling challenging existing texts whilst putting the most unlikely spin on them. All work is devised and created collaboratively by the company. d'Animate Theatre are delighted to be returning to Edinburgh with ROUGHS.

Ten per cent rise in ticket sales at Edinburgh's Film Festival



The 67th edition of the Edinburgh International Film Festival enjoyed a healthy increase in admissions at the 2013 Festival. More than 44,000 tickets were issued across the 12 day event which is a ten per cent increase on last year's figure.

The Festival sold tickets for its multiple venues across the city, which included the EIFF's home at Filmhouse, Cineworld at Fountain Park, Festival Theatre Edinburgh, delegate centre venue, The Traverse, and new venues for 2013, The Dominion and

Odeon Wester Hailes.

✘ Ken Hay, CEO Edinburgh International Film Festival, commented:- “We are delighted with how audiences have engaged with this year’s Festival. As well as the increase in the number of admissions, there have been unprecedented levels of online interaction across multiple digital platforms. Our planning for the 68th EIFF in 2014 is well underway: Chris Fujiwara and his team have already started to construct another programme that will offer hidden gems, discoveries and films to challenge and dare our growing audience.”

The Festival closed with the Scottish romantic comedy NOT ANOTHER HAPPY ENDING at Festival Theatre Edinburgh, having screened 146 features including 14 World premieres, 6 international premieres and 9 European premieres.

Lucien Castaing-Taylor and Véréna Paravel’s LEVIATHAN won the coveted Michael Powell Award, and the Award for Best Film in the International Competition went to Mahdi Fleifel’s A WORLD NOT OURS.

Even if you missed out on this year’s Festival you can get a flavour of what happened here in this little video of the highlights :-

And if you did attend then perhaps you might be willing to give the organisers the benefit of your views. There is an online survey [on the EIFF website here.](#)

Edinburgh MP condemns

privatisation of Royal Mail



Mark Lazarowicz strongly condemned the Government's decision announced today to privatise Royal Mail in the coming year. It will be one of the largest privatisations to take place and follows the Government's decision earlier this year to re-privatise the East Coast Main Line.

Mark said:-“The Government has nationalised Royal Mail's liabilities in the form of the pension fund in which there was a large shortfall and is now intent on privatising the profits.

“It argues that it is necessary to subject Royal Mail to commercial discipline and give it access to private sector capital but Royal Mail's overall operating profits more than doubled over the last year from £152m in 2011-12 to £403m in 2013-13. A privatised Royal Mail might continue to operate the universal service provision of delivering 6 days a week to anywhere in the UK for the same price but for how long if its commercial rivals don't have to? As with the East Coast Main Line, ideology seems to have won out over common sense – it will be private investors who benefit from its commercial success not the taxpayer or customers.”

Mark continued:-“In the 1980s the then Conservative Government under Margaret Thatcher decided against privatisation of the Post Office (Royal Mail and the Post Office were at that time still part of the same public company).”

“The universal service provision is particularly important in Scotland as it has more remote areas than other parts of the UK and a report by Citizens Advice Scotland published in December found that people living in the Highlands and Islands

already faced higher charges from online retailers – on average an extra £15 in the case of those in the Highlands and nearly £19 for people in Island communities where retailers were prepared to deliver at all.”

The SNP have also issued a statement which says that privatisation poses a huge threat to all customers in Scotland.

Commenting on Business Secretary Vince Cable’s announcement that the government will sell Royal Mail through a flotation on the London Stock Exchange, SNP MP and spokesperson for postal services Mike Weir said:-“The UK government’s decision to privatise the Royal Mail poses real danger to the postal service, and in particular, the universal service obligation which is of huge importance to Scotland. A privatised postal service in a competitive market will undoubtedly put pressure on government to reduce the terms of the USO, as its competitors “cherry pick” the profitable urban routes leading to a reduced service in rural and less affluent areas.

“77 per cent of Scots are totally opposed to the privatisation of Royal Mail- more than any other part of the UK. Vince Cable has spouted nonsense about independence being a threat to post offices yet Scotland could be losing their post offices due to a UK government they did not elect. Only with independence can Scotland be assured of a mail service that meets the needs of Scotland and our communities rather than the money men of London.

“It is a nonsense that a public flotation on the stock exchange will make any difference to the eventual outcome. In previous Tory privatisations they trumpeted the idea of mass shareholding but the truth is that many were soon sold, the numbers of people holding shares peaked in 1997 and has steadily declined since.

“Most of the privatised companies, such as the energy

companies, were soon taken over and most have now ended up as divisions of overseas companies. It is highly likely that Royal Mail will soon end up losing its independence and becoming part of one of the larger European mail companies, or worse still, fall into the hands of those seeking to asset strip the organisation.

“The only protection to the consumer is Ofcom, who have already lifted the price cap on most products, allowed competitors to establish delivery services on profitable routes and confirmed that they have no power to stop the introduction of different prices for different areas of the country.”

Last month in response to suggestions that the No campaign would seek to use the future of post offices in their campaign, Willie Marshall, Secretary of Communications Union (CWU) Scotland, Number 2 Branch, said:

“Privatising Royal Mail will be the biggest threat to customers and employees all over Scotland but particularly in remote and rural areas if the universal service obligation is ditched. People know perfectly well that an independent Scottish government would protect those services in a way that Westminster simply won’t.”

14 year old charged with setting fire to police cars



A 14-year-old male has been charged with alleged wilful fire-raising after two police cars were set alight in Edinburgh. Both vehicles were completely destroyed as a result of the fires, which happened in Niddrie House Park on Monday evening (July 8th). The youth will now be reported to the Children's Reporter.

Police Scotland are committed to protecting the public, tackling anti-social behaviour and keeping people safe; as such local officers continue to provide high-visibility police patrols in the area to engage with the community and offer reassurance.

Anyone with information relating to this enquiry is asked to contact police immediately.

Those with information can contact Police Scotland on 101 or alternatively, the charity Crimestoppers on 0800 555 111.

Police Scotland prepared for 2013 Open Championship



Police Scotland is prepared to play its part in the 2013 Open Championship when the event arrives in East Lothian this weekend.

Following months of extensive planning and preparation, the policing operation will begin in earnest this Sunday (July 14), which marks the start of the Championship, and continue across the full seven days of the event.

Police Scotland has worked closely with partner agencies,

including The R&A and East Lothian Council, in order to prepare for the many thousands of visitors set to visit Muirfield.

A transport management plan has been put in place in order to accommodate those travelling to the course, and police and partner agencies will be providing live traffic updates to those travelling to Muirfield via Twitter, #OpenTravel.

Superintendent Phil O’Kane, from Police Scotland, is in charge of the policing operation.

He said: “The Open is a major international sporting event that people come to enjoy, and we want to play a positive part in that experience. The focus of the policing operation is on keeping people safe, and we have worked closely with The R&A, East Lothian Council, and other partner agencies to prepare for the many thousands of visitors who will visit Muirfield over the course of the Championship.

“As part of our planning, we have in place a multi-agency transport management plan that aims to minimise disruption, allowing for the smooth passage of travel to and from the course.

“We will be working with partners to provide traffic and travel information to the public over the course of the Championship, and I would urge people to visit the Police Scotland website for further details on this, and the policing operation in general.”

East Lothian Council’s Economic Development and Tourism spokesman, Cllr John McMillan, said: “The county is delighted to host this major sporting event which will attract thousands of visitors to the area.

“The logistics of preparing and running such an event requires considerable organisation. The council is supporting Police Scotland and other partners to ensure an enjoyable and safe

event which aims to balance the needs of visitors whilst minimising disruption to local residents.”

Johnnie Cole-Hamilton, Executive Director – Championships at The R&A, said: “The Open Championship will draw thousands of visitors to East Lothian over the course of the week.

“We appreciate the support we are receiving from a number of bodies, including Police Scotland, and we will be working closely together with them to ensure that all aspects of the Championships run smoothly.”

Edinburgh Festival Fringe – Credible Likeable Superstar Role Model



Venue: Pleasance Dome (Venue 23), Dates: 1 – 25 Aug 2013 (not 5, 12, 19) Time: 17.45 (ends 18.45) Tickets: £12/£10 (previews 1, 2 Aug £7)

New show from Princess of Performance Art Bryony Kimmings and her 9-year-old niece.....expect matching Laura Ashley outfits and heavy weaponry!

In an audacious, provocative protest against the world's flagrant attempts to sexualise and commodify childhood for profit, award-winning performance artist Bryony Kimmings and her 9 year-old niece Taylor decided to take on the global tween machine at its own game.

Invited by Bryony to invent a new a role model as an

alternative to those currently available to her, Taylor came up with museum-working, imagination-championing, bike-riding, tuna-pasta-eating pop star Catherine Bennett. Knowing that the best language to speak to young people was pop, Bryony duly promised to embody Catherine Bennett, enlisting former Girls Aloud make-up artists, ID magazine stylists, X Factor wig experts, prolific pop producers and a pack of publicists. She vowed to follow Taylor's brief and make CB famous... like WORLD FAMOUS. Bryony wanted to prove to Taylor that an alternative role model in mainstream popular media was possible... as a gift from her Aunty.

This is a show for adults about taking charge of your own destiny, picking your battles, fighting the global corporate machine and the legacies we pass down through our families; Bryony and Taylor are onstage together exploring their David v Goliath struggle against the pop-media cacophony. With David Curtis Ring's trademark costumes and sound scores by Tom Parkinson.

Bryony and Taylor were inspired by the increasing evidence of damage caused by the sexualisation of kids, the endless objectification of the female body in the media, large growths in youth narcissistic personality disorders, increasingly violent video games and the concerns of parents all over the world. This 2-year long project is made up of the Catherine Bennett fame experiment, a theatre show, a documentary and an education project. It does not seek to censor but to inspire debate and personal action amongst kids and adults.

This is Bryony's third Fringe show. Since debuting in 2010 with the Total Theatre Award-winning Sex Idiot and 2011's 7 Day Drunk, performance art princess Kimmings has taken her shows to venues all over the UK, Europe and the US. She is inspired by the taboos and anomalies of British culture, airing her own dirty laundry to oil conversations on seemingly difficult subjects through real-life social experiments embarked upon with genuine genius intrigue and wholehearted,

Edinburgh Festival Fringe – Major Tom



Venue: Summerhall Venue 26, **Dates:** 2 – 25 Aug 2013 (not 5, 12, 19) **Time:** 16.45 (ends 18.00) **Tickets:** £12 (£10 concs)

Victoria Melody/Farnham Maltings/Harlow Playhouse/Escalator East to Edinburgh present Major Tom

How an unlikely pair of underdogs became a beauty queen and championship show dog. Artist Victoria Melody is the reigning Mrs Brighton and an unlikely beauty queen. Her unruly basset hound, Major Tom, has become a championship show dog.

When Major Tom accidentally won an amateur dog show his unexpected success prompted Victoria to examine her own prize winning potential. She decided to put herself through the same scrutinising process by competing for the title of Mrs Galaxy UK – the ‘married’ version of Miss UK.

After winning her regional round, Victoria has spent the past year as ‘Mrs Brighton’ in a wide range of public appearances. She has used this opportunity to access the subculture of this exclusive, members-only, club and has quite literally metamorphosised herself into a beauty queen, unrecognisable to friends and family.

The show, in which Victoria and Major Tom appear together onstage, follows their journey through the obsessive and confusing realm of personal scrutiny using film and

photography to document their adventures.

Major Tom questions how even the most self-assured amongst us (even if they are a feminist) can become intoxicated with the allure of beautification, celebrity and competition. The initial artistic experiment blurs into Victoria's real life leading her husband to ask when they can go back to their old lives. But Victoria had never won anything before so she has become competitive and really wants to win Crufts and Mrs UK – and she thinks they are in with a chance.

Victoria's eccentric, ethnographic approach to making performances finds her immersing herself in other people's worlds. Victoria examines national characteristics, focusing on the extraordinary in the everyday.

To create her one-woman theatrical shows about England's pastimes, passions and tribes she immerses herself into communities and becomes a participant. Before becoming a championship dog handler and beauty queen she has been a pigeon racer and a northern soul dancer. Her show Northern Soul, directed by Ursula Martinez, toured extensively.

Major Tom has been selected for Escalator East To Edinburgh. Each year Escalator East to Edinburgh helps artists and arts organisations to raise their profile and perform to new audiences as part of the Edinburgh Festival Fringe. It was developed at BAC, Nightingale Theatre, The Showroom Chichester and MAKE, Ireland, is supported by Harlow Playhouse and produced by Farnham Maltings.

Stockbridge Photography Club – Photo of the Week



Our photo of the week comes from one half of the Stockbridge Photography Club Team, Jordan Moffat. Jordan is a freelance photographer and helps guide the monthly meetings and provides knowledge and assistance to the members. The photo itself was taken near the Dean Village on the Water of Leith.

We're a non-profit photography club that aims to operate in a different way from the traditional photography club mold. We have informal monthly meetings in Kiss the Fish Studios, where we discuss our photos over a cup of coffee and learn about the month's theme.

Outside of this, we arrange photowalks and trips to various locations and landmarks in and around Edinburgh, providing our members with something interesting to photograph, whilst always having someone on hand to answer any questions.

More info about the club is at <http://www.facebook.com/stockbridgephotoclub>

Submitted by [Stockbridge Photo Club](#)

Edinburgh Festival Fringe – A Panda Suit, Pythagoras, and

Plenty of Puns



**Just the Tonic at The Caves 1 – 22 August (not 13). (60 mins),
20:00 Just Out of the Box (60 mins), 20:00**

Written and performed by Nikhil Tilwalli, directed by Lindsey Hope Pearlman

After twenty years of experience in unintentionally saying what he didn't mean and inadvertently hearing what others didn't intend, Nikhil Tilwalli found himself, quite accidentally, to be considered (by all who knew him) an expert in miscommunication.

He was cursed, or so he thought. But like any good expert in miscommunication, Nikhil Tilwalli, took the word "cursed" to mean "gifted" and so he decided to embrace what he called his "talent". What he discovered (much to his confusion, like a Zen koan) is that actively trying to misunderstand what others said and responding in kind with statements that made no sense mysteriously caused people to find him more relatable.

In his Edinburgh Fringe debut show, stand-up comedian Nikhil Tilwalli uses winding narrative (including a reverent discussion of Dr. Dre, an irreverent discussion of the dating lives of Plato and Pythagoras, jokes that relate sex with mathematics and a section devoted to puns) to deconstruct his personal experience while exploring the philosophical foundations of jokes and communication.

Lindsey Hope Pearlman is a director who resides in Brooklyn, NY. She is a graduate of the London International School of Performing Arts (LISPA) and received her BA in Theatre from Hamilton College.

Five things you need to know today



RNLI Queensferry Lifeboat on exercise with the Search and Rescue helicopter from 202 Squadron at RAF Boulmer, Northumberland. Lifeboatmen Jonathan Payne and Ewan Thomas are lowered on to the Lifeboat with Helmsman Derek Sutton

Travel woes in the summer heat – Broadband rollout – Summerhall for children – Fringe reviewers – Gordon Macdonald MSP

Yesterday was not a good day to be a train passenger to or from Edinburgh Waverley. It was simply too hot for the rails.

One of our readers Lindsay told us that she got on the 5:00pm Glasgow to Edinburgh which arrived late at Waverley at 18.10 although the train to North Berwick was then delayed by about 20 minutes and she eventually arrived in North Berwick at 19.15. So two hours to get from Glasgow to North Berwick...

Another reader had tried to get a train from around 3.30 in the afternoon but eventually took a bus and yet one more got on a train from Edinburgh Waverley to Falkirk High which took 90 minutes rather than the usual 30.

The responsibility for the tracks lies with Network Rail. We asked them for a quote today but have had nothing yet. If they get back to us we shall let you know! However the temperature is a little lower today so perhaps things will run on time. If they don't perhaps you will let us know?

Commenting on the announcement made by the Scottish Government that joint investment with BT will bring broadband to over 600,000 homes and businesses across Scotland, Edinburgh's Liberal Democrat MP, Mike Crockart, who has been running a better broadband campaign for the last two years, said:- "The announcement is good news for homes and businesses across Scotland. Reliable, quick broadband is essential for the 21st century whether it's for managing family finances online, working from home or running a business.

"For too long many of my constituents in the rural west of the city in communities like Kirkliston, Ratho, Ratho Station, Dalmeny and South Queensferry have had to live with an incredibly poor service and have been left out of digital plans time and again.

"I am hopeful that today's news will secure the necessary upgrade for my constituents which is a big win for my better broadband campaign which so many local residents and businesses have backed.

"Having said that the information provided so far is not particularly detailed. I have therefore written to Nicola Sturgeon asking for further clarification on this and I will continue to push the Scottish Government to fund the vital upgrades at the Kirkliston exchange until I receive a commitment for the communities I represent."

Did you know that Summerhall also host children's events? Tomorrow they are hosting two sessions of Creative Movement for you and your child. The first session is for babies to 3 year-olds and the second for 3-5 year-olds. Here is more information about the classes which run on 11, 18 & 25 July

2013

Creative Movement for you and your child

Emma Snellgrove

Dates: Thursday 11 July / 18 July / 25 July 2013

Times: 10am – 11am & 11am – 12 noon (1 hour)



Image: El Hurdagor © Tammam Azzam

Venue: Yellow Room

Age Group: 12 months to 3 yrs (10am) / 3 yrs to 5yrs (11am)

Category: [Children's Weekly Programme](#),

Ticket Price: Special July Taster Price of £3

To reserve a place on this class please email programme@summerhall.co.uk

These classes are open to parents and children of all abilities. They will facilitate an opportunity for parents/carers and their children to reconnect with the physical body in an energetic and playful way.

The sessions will focus on flexibility, proprioception, rhythm, co-ordination strengthening and voice exercises. As this awareness is formed, adults and children will see postural change that will eventually become full-body perception and expression.

Emma Snellgrove is a professional dancer, choreographer and teacher with over 8 years of experience. She has worked with children, youth, adults and vulnerable groups.

We take a break from classes in August due to the festival but resume again in September.

Are you on Twitter? The Edinburgh Reporter loves Twitter and we now have over 12,500 followers....But we do appreciate that not everyone is on Twitter...

So even if you are not a follower on Twitter we would like to give you all a big Wednesday wave! This is silly season in terms of news as all of the media people appear to have gone on holiday together, but we are still here. If you have a story for us then do get in touch.

Part of what we have been doing to fill our news gaps is publish previews of Fringe shows. This leads us neatly into asking if there are any people out there who might like to write reviews for us. The advantage is the possibility of a press ticket, but that is coupled with the need for a timely snappy review with some audience reaction perhaps on audio or video. So if you think you fit that bill then please get in touch with an example of something you have written and we will be happy to speak to you about what you might do for us when the Fringe starts. Email theedinburghreporter@gmail.com



Gordon Macdonald MSP represents the Edinburgh Pentlands constituency. And this is his monthly report on what he has been up to..

[Gordon Macdonald MSP Monthly Report](#)



Edinburgh Festival Fringe – Chaos and Order



Gothic Room, Free Sisters, Cowgate 5PM, 1-27 Aug (not 16 & 17)

Voted funniest AND sexiest girl at school, jolly bombshell Naomi Hefter brings her debut one-woman show CHAOS AND ORDER to the Edinburgh Fringe festival.

The show title is inspired by Naomi's constant battle to balance her bedlam-ridden lifestyle with her innately orthodox desires. Day-to-day, her existence is utter CHAOS.

In four years of London life, the Jongleurs Comic Idol finalist has 'enjoyed' 127 dates, worked 24 jobs and had 3 brushes with the law. And that's just the beginning.

But underneath it all lies a simple, sensible girl who believes in love, stability and ORDER.

In this no-holds-barred hour of entertainment, the Laughing Horse New Act Of The Year semi-finalist shares with you four explicit, shocking and – crucially – downright funny chapters of her life.

If you are open minded, a good listener and enjoy an unusual experience, this show is the one for you. Easy on the eye, shocking to the ear and highly unexpected, Naomi mixes vulnerability, sexuality and madness in her melting pot of mirth.

One thing's for sure – you are not likely to forget Naomi Hefter in a hurry.

Hibs Launch New 'BlackWhiteEmerald' Away Kit



Hibs today unveiled their new 'BlackWhiteEmerald' away strip at the newly refurbished Clubstore behind the Famous Five Stand at Easter Road.

The eagerly awaited strip by Nike consists of a black shirt with white piping around the collar with the club crest in Emerald on the chest.

The kit is completed with black shorts and socks and is likely to be worn in the clubs forthcoming Europa League second qualifying round against either Drogheda United or Malmo.

Pat Fenlon's men will find out whether they will be travelling to Ireland or Sweden on Thursday after the two clubs meet in the second leg, with the scores finely balanced at 0-0 after the first leg which was played in Dublin.

Teenage winger Alex Harris will be at the Clubstore between 4.30pm and 5pm this afternoon to sign autographs and pose for photographs.

Edinburgh Festival Fringe –

Ballad of the Burning Star



The Pleasance Queen Dome at 17.15 between 31 July and 26 August (except Tuesdays 13 and 20)

Following the success of Translunar Paradise, Theatre Ad Infinitum will premiere this ambitious new work at the Edinburgh Fringe. Co-Artistic Director, Israeli-born Nir Paldi, is writer, director and co-performer of the company's first politically-themed and acerbically funny piece, Ballad of the Burning Star.

10 reasons to see the Ballad of the Burning Star

1. High quality physical-storytelling theatre. As with our previous successes like Translunar Paradise, and Odyssey –expect no less than the highest quality of physical work from Theatre Ad Infinitum, and attention to every detail that makes our storytelling special.
2. Witness cabaret, drag, chorus and clown colliding headfirst with politics, human emotion and war straight from the heart of the Israeli-Palestinian conflict –not something you can say you see every day now, is it?
3. An outrageous, controversial and extraordinary Drag Queen and leader of The Starlets, who goes by the name of Star, (she's a little unhinged and really doesn't hold back). Don't miss your chance to experience Star; you'll not forget her in a hurry...
4. All-international All-female Cabaret Troop called The Starlets –ridiculously talented, devastatingly beautiful and hell-bent on telling our dark story with their leader, Star.
5. Live music: we're working with Adam Pleeth who has composed, mixed and referenced a score that we can't wait to

share with you – add to that some beautiful singing and vocal work and you have a very exciting element within the show.

6. You'll be moved –this play is dark, tragic, poignant and moving.

7. You'll laugh out loud – How else is Star supposed to deal with such a dark story that she feels compelled to tell us? Ballad is shockingly funny, precisely because you least expect it. You know what they say, 'if you don't laugh, you'll cry' – and in Ballad you'll find yourself walking a fine line between both emotions...

8. Engage with themes that are rarely touched upon, and often misunderstood –there is a lot to think and talk about, and this play gives the issues facing Israel and Palestine back to the public forum in all its complexity –avoiding the trend to paint the situation black and white as is so often the case in the media today...

9. You'll be surprised – Theatre Ad Infinitum love to surprise our audiences and give them what they least expect. This is a hard-hitting play, but it's also acerbically comic. Ballad is full of surprises and our audiences' experience is at the forefront of our minds when we create: so be prepared.

10. It's risky, it's trying something we've never tried before!

Classical review: John Luther Adams at the East Neuk

Festival (*****)

It could have all gone so horribly wrong. Planning a large-scale outdoor performance of contemporary classical music by a little-known composer, in Fife, even at the height of summer, brings a burdensome barrage of risks. Will anyone turn up? What will they make of it? Most importantly – will the weather hold?

There were contingency plans in case of rain, of course, but thankfully the gloriously hot, sunny day meant they weren't needed. And in the event, the organisers needn't have worried about the audience either: a large and enthusiastic crowd from toddlers to senior citizens flocked to the event, creating a joyful atmosphere of excitement and expectation.

The music being performed, part of Fife's eclectic five-day East Neuk Festival, was the hour-long *Inuksuit* by Alaskan-based composer John Luther Adams, known for the environmental and ecological themes of his music that evokes nature in all its raw beauty. 'Music is not what I do. It's how I understand the world,' Adams has explained. 'When I was younger, I painted musical landscapes. But I'm no longer interested in painting pictures or telling stories in music. I no longer want my music to be *about* nature. I want my music to *become* nature.'

Music and nature mingled to brilliant and memorable effect in *Inuksuit*, as 30 percussionists nestled in among the shrubs and trees of the walled garden of the Cambo Estate, near Crail, or solemnly paced through its pathways, inviting listeners to follow them and hear Adams's evocative music from different perspectives.

East Neuk artistic director Svend Brown described the piece as 'a single breath', and indeed, it grew from the faintest whisperings of the performers' exhalations, amplified through

home-made cardboard cones, to a dense cacophony of clashing cymbals and gongs, hammered drums and wailing sirens, with the haunting cries of conch shells issuing enigmatic signals. The piece slowly subsided to a bewitching conclusion of birdsong fragments played on tinkling glockenspiels and crotales, while the sounds of the gorgeous Cambo garden – the burbling river, wind in the trees, and the voices of the birds themselves – gradually took over again.

In his programme note, Adams explained that the piece's Inuit title means 'to act in the capacity of the human', and his grand arc of music seemed to portray the impact of man's activity on the natural environment, as well as reminding us of the brevity of our presence in the context of the immensity of natural processes. As the piece gradually headed towards silence, listeners slowly gravitated towards the last remaining players, keen to hold on to the final vestiges of this enchanting experience.

Inuksuit was followed by more music by Adams, this time in the sweltering indoor space of Cambo's converted potato barn. *Songbirdsongs* again had grand ambitions – to convey the freedom and expressivity of birdsong using human musical instruments – but it was for the more modest forces of two piccolo players and three percussionists. As the piece's lyrical birdsong fragments whizzed back and forth between players, across the heads of the (again) wandering audience members, what was most impressive was the subtle yet dramatic playing of the Red Note Ensemble's musicians, and the highly evocative soundscapes they managed to conjure.

As the East Neuk Festival's brochure admits, although John Luther Adams is held in high regard in his native USA, his music is relatively little known this side of the Atlantic. In staging these two ambitious works, the festival made major moves towards remedying that – and provided what must surely count as two of this summer's most magical and memorable musical experiences.

Next year's [East Neuk Festival](#) runs from 27 June to 6 July 2014

Edinburgh Festival Fringe – A – Z of Backpacking



1-25 August (Not Mondays) at Laughing Horse @ BAR 50, 8:30pm (45mins)

Meditating in caves in India; getting high on chocolate with a Cocoa Shaman in Guatemala; escaping from a house in Iran and sleeping in smelly hostels, are some of the many tales in Jody Kamali's Über guide to travelling.

Jody Kamali delivers an animated guide to backpacking through his eight years of solo travelling around the globe. Bringing to life his experiences through characterisation and acute observation, he explores why people go travelling; the types of travellers you would meet; hostel etiquette; the pains of bus, train and airplane journeys; the highs and lows and much, much more.

So passionate about the backpack way of life, he recently took his wife on a three-month backpacking Honeymoon to South East Asia, instead of the run-of-the-mill Sandals Resort.

A – Z of Backpacking is Jody's 7th Edinburgh Festival Fringe appearance alongside his physical comedy clown show 'Livewire'. Jody had previously performed 'Backpacker' in 2007 and 2008. The sell-out shows were character led shows, Inspired by the response of the shows, Jody has always been

always wanted to recreate the shows into a more honest, personal account of his travels, rather than told through 'characters'.

Edinburgh Festival Fringe – The Islanders



Venue 61: Underbelly (Big Belly), Cowgate, Dates: 1 – 25 August 2013 (not 12) Time: 16.00 (ends 17.00) Tickets: £6 – 11

Winner – IdeasTap Edinburgh Award 2013

One of four new theatre companies handpicked and supported by IdeasTap and Underbelly to bring shows to the Edinburgh Festival Fringe 2013.

The Islanders is a lo-fi musical about memory, first-loves and growing up. In the late nineties, teenage couple Amy Mason and Eddie Argos (now lead singer of Art Brut) fled their bedsit haven of damp walls, smashed furniture and only orange foods for a holiday on the Isle of Wight. It was to become a holiday that both cemented and tested their relationship.

Thirteen years on, through story and song, they try to make sense of an island, a holiday and a relationship that have become absurd in the retelling.

Written and performed by Amy Mason – Amy is a writer and is writer-in-residence at Spike Island in Bristol. This is her first theatre show.

Music written and performed by Eddie Argos – Eddie is best known as lead singer of guitar band Art Brut, who have released five albums (two produced by Frank Black of The Pixies; their second reached #14 in US Billboard charts) and toured internationally.

With additional music by Jim Moray – Jim is a multi-award-winning folk singer/songwriter regularly touring the UK. He has won three BBC Radio 2 Folk Awards (with a further three nominations), won the MOJO Folk Album of the Year and been nominated for BBC Folk Awards Album of the Year. His current tour plays Edinburgh's Summerhall on June 3

Edinburgh Festival Fringe – It came from the mud



**Edinburgh Free Fringe @ Whistlebinkies 3-25 August 2013
17:15pm**

Surreal storyteller and risky abstractionist Matthew Highton,

a key member of the Chortle nominated Weirdos collective and London is Funny's 'Most Chaotic Moment of 2012', is returning to the Edinburgh Fringe Festival. It's been a tough, sleep deprived year since his last visit and despite an explosion, financial turmoil and a cat trying to steal his voice, he is determined to bring his greatest comedy show ever to the rain sodden audiences of Edinburgh in the form of 'It Came from the Mud'.

It came from the mud, but so did he. Born of the North, prisoner of the south, Matthew Highton must battle the mud monster created by a growing anger and unease in society. In doing so, he has created a comedy extravaganza with all the makings of a classic horror film – low budget, special effects, creepy doll and a cameo from porn star Peter North! As one of the most innovative and unexplainable shows of the year, prepare to have all notions of how comedy works shattered and enter in to a world where reality and fantasy are one and the same.

Highton is a circuit favourite renowned for his unusual and precarious styling and his growing presence is steadily securing him a place amongst the most interesting, distinctive and inventive comedians the country has to offer. Previous Edinburgh shows have received great praise and acclaim from critics, audiences and peers alike. This year Highton brings the intelligence and intangible silliness he is known for, but takes it to new degrees of insanity.

When you are tired of watching variants of the same worn-out formulas come step into the ever delightful, often baffling, occasionally nerdy and always exciting world of Matthew Highton. Or step in before that. Either way step in!

Edinburgh Festival Fringe – Superbard;The Flood



**Edinburgh Fringe, Underbelly (Delhi Belly), 13:10, 1-25 Aug
(not 12)**

Tea Fuelled presents the World Premiere of 'Superbard: The Flood', a new show from multimedia storyteller, Superbard

Superhero of spoken word, Superbard, returns to the Edinburgh Fringe for the fourth consecutive year with 'Superbard: The Flood', the world's first show to feature an interconnected eBook.

One man's obsessive search for enlightenment is inconveniently interrupted by the apocalypse. It's raining, and it just won't stop. Fast paced and fantastical, 'The Flood' weaves together short stories to portray a world steeped in computer games, sing-along choruses and lots and lots of water.

A new innovation in blending media – and a world first – Superbard crafted the show alongside, and interlinking with, an eBook of short stories, music and illustration. The live storytelling show is not an adaptation of the eBook but a complementary standalone piece. Based in the same world, it takes up new characters and stories weaving them together with those in the eBook. 'The Flood' eBook was released in February 2013 is currently shortlisted for a Saboteur Award.

Superbard is a storyteller from the future played by writer, composer and performer George Lewkowicz. A pioneer in multimedia performance, Superbard pushes the boundaries of storytelling, blending his stories with original music and video. He has performed on Radio 4, Newsnight and hosts his own spoken word show on Resonance FM. His fourth consecutive

Edinburgh show, 'The Flood' is Superbard's most innovative yet.

Superbard is a passionate believer in the potential of Spoken Word, and last year spearheaded the successful lobby for its own section in the Fringe guide.

Talking about his show, Superbard said "With my shows I try to go beyond what the audience might expect from storytelling, and I hope 'The Flood' will add to the huge momentum Spoken Word is gathering. It's the second year for the Spoken Word section and I'm excited about building on last year. We're all pushing the genre in different directions and as a musician as well as a storyteller; I've got the freedom to bring my keyboard."

RNLI Queensferry Open Day 2013

While everyone else in South Queensferry was at or near a TV set on Sunday watching Andy Murray win Wimbledon, the Royal Burgh was enjoying the antics of the RNLI volunteers, and raising money for the RNLI at the same time.



Birds' Eye view of the fire fighting display by the Hound Point Tugs operated by Targe Towing



Dougal the Newfoundland attracts a lot of attention and raises £140.00 for the RNLI.



Lifeboatman Craig Maison with Adam(6) and Anthony

McBride(7). aboard the Atlantic 85 Lifeboat.



2year old Fireman Cameron Smith



RNLI Queensferry Lifeboat on exercise with the Search and Rescue helicopter from 202 Squadron at RAF Boulmer, Northumberland. Lifeboatmen Jonathan Payne and Ewan Thomas are lowered on to the Lifeboat with Helmsman Derek Sutton



The Caledonian Kickers Line Dancers



Ruby Johnston (2) enjoys the Fun Fair



Pamela Blyth, Natasha Matthews and Jack Marshall Royal Burgh of Inverkeithing Pipe Band



Lioness Maisie Currie (4)



Dancers from The Central Scotland Ballet School



Dancers from The Central Scotland Ballet School



Dancers from The Central Scotland Ballet School.



A final wave from the helicopter crew

The RNLI Queensferry Lifeboat Station Open Day was a great success with large crowds enjoying the entertainment afloat and ashore on a hot sunny afternoon raising over £2000.00.


Edinburgh Bus Tours awarded five star status



One of Edinburgh's most popular tourist attractions has retained its five star grading from Visit Scotland.

Edinburgh Bus Tours was first awarded five star status in October 2011. It has proved it has maintained VisitScotland's exceptional standards being awarded the highest grading possible once again.

VisitScotland uses a five-level star-grading system to indicate the standard of customer care and range of facilities on offer at assessed tourist attractions and establishments.

 Edinburgh Bus Tours is now the third most popular paid for attraction in Scotland after Edinburgh Castle and Edinburgh Zoo. Last year over 500,000 visitors hopped on the tour buses, with more expected to take advantage of the six available tours this year.

Tim Armour, General Manager at Edinburgh Bus Tours, said: "We work hard to maintain the highest standards, and to ensure all our staff deliver a five star experience every time. This award is testament to the excellent customer service my team provides all year round.

"With dry weather and festival season round the corner, we're aiming to attract a record number of customers this year."

This year, Edinburgh Bus Tours launched of the new-look Edinburgh World Heritage Official Tour: A City of Contrasts in partnership with Edinburgh World Heritage. This earned a VisitScotland Regional Thistle Award in recognition of this successful partnership. The Horrible Histories commentary on board City Sightseeing was also re-launched to mark the 20th anniversary of the popular children's series.

Manuela Calchini, Regional Director for VisitScotland, said:- "I'd like to congratulate Edinburgh Bus Tours on retaining their 5 star status within our Quality Assurance scheme. This top level of grading is only awarded to the very best experiences which offer supreme levels of customer care and facilities, and to reach this for a third consecutive year is a remarkable achievement."

Edinburgh Bus Tours also received the Certificate of Excellence earlier this year from tourist review site Trip Advisor.

Picture 1: L-R: Tour Guides: Sandra Daly, Margaret Anderson, Hannah Neal, Ros Newton & Joy Innes-Greig

Picture 2: L-R: Tour Guides: Margaret Anderson, Susan Daly, Ros Newton, Hannah Neal, & Joy Innes-Greig



Edinburgh fans urged to head to Celtic's Dublin Decider



Celtic FC manager, Neil Lennon, appealed to fans living in Edinburgh to support Ireland's year-long celebration, The Gathering.

The eagerly awaited 'Dublin Decider' match against Liverpool on 10 August 2013 is supported by The Gathering tourism initiative and the Scottish champions are urging fans to use this time to enjoy Ireland while they visit.

Manager Neil Lennon said:- "We have made a number of recent visits to Ireland to see our supporters and of course we are really looking forward to playing Liverpool in Dublin in August, a match where thousands of Celtic fans have snapped up the tickets in record time".

"Celtic Football Club and its supporters have such strong links with Ireland and clearly we'd encourage all Scots to visit and see this amazing island for themselves".

From clan reunions and grass-roots sport to traditional music and festivals, The Gathering is bringing people to the island to enjoy hundreds of events across the year. Fly there in just under an hour from Scotland and enjoy a number of fantastic deals available across the whole country.



Julie Otto among PGA Pros offering free lessons at Open

Championship



Fife based Golf coach and former amateur ace Julie Otto is preparing to teach Britain's golfers how to tee off like Tiger Wood at this month's Open Championship at Muirfield.

The trainee PGA Professional will be among a number of PGA coaches giving spectators the chance to learn some of the techniques that helped their heroes reach the top.

Julie will be one of 23 PGA Professionals offering free tuition and expert advice to all ages and abilities at the popular R&A Swing Zone which includes nets and a Huxley Golf all-weather putting green.

The coaches will give in the region of 2,000 lessons between 14-21 July with each coach having been specially selected to ensure they fit in with the PGA's coaching vision of Right Coach, Right Place, Right Time.

They will help to improve the experience for spectators by developing their understanding of the game while the likes of Rory McIlroy and Justin Rose take to the fairways.

Julie, who coaches at Elie Sports Centre, is delighted to have been offered the opportunity to take part.



She said: "I'm really looking forward to it as it will be a completely different experience for me. In the past I've refereed at nine Open Championships and I really enjoyed the atmosphere, so I can't wait to get my teeth into this opportunity."

Julie had a successful career in amateur golf before deciding to turn to the sport full-time, and can list the Ladies'

British Open Amateur Championship and the Spanish Amateur Championship among her successes.

But she always harboured a dream of turning golf into a full-time career, and this eventually happened when she swapped her job in an insurance company to take up golf administration, before using her experience to move into tuition through becoming PGA qualified.

"I love coaching," she began, "you meet so many interesting and diverse people who really want to improve their game. I believe it's important to make learning the game enjoyable, so I try to be friendly and approachable – hopefully that way they'll be able to pick up some tips and improve their skills."

There is also another side to coaching that is particularly appealing to Julie.

"I've got a young family, three boys aged between eight and five, and they really are the most important thing to me in the world," she said, "I love how my current job gives me the chance to be there for them while also fulfilling my own childhood ambitions."

And her biggest tip to those who want to emulate the pros on show at Muirfield? "I think it's really important to learn the basics and get them right," she said, "get your grip, stance and posture correct and the rest will come with practice."

Heather Gaunt, Coach Education and Development Manager for The PGA in Scotland said: "Our coaches will deliver high quality and professional golf sessions to in excess of 3,000 participants."

"We hope the sessions will inspire them to increase the amount they play and their progression in the sport, as well as showcase the value and expertise of the PGA Professional."

Other PGA Professionals from Scotland coaching at the Open include; Martin Goldie (Kames Country Club), Andy Marshall (Houston Golf Range), Allan Martin (Buchanan Castle Golf Club), John Murray (Deer Park Golf and Country Club), Scott Robertson (Broadlees Golf), Margot Smith (Glenisla Golf Club) and Andrew Wylie (Ardeer Golf Club).

Anyone interested in giving golf a go can check out the Get into Golf website which is a national initiative and has details of taster sessions run by PGA Professionals at local clubs and facilities.

<http://www.getintogolf.org/Map.aspx?sitesectionid=27&sitesectiontitle=Get+into+golf+>