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your community magazine

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AUGUST/SEPTEMBER 2016

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LOCAL LIFE

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Dear Readers

As I sit and write with the rain lashing at the window, it's hard to imagine that it is indeed summer. There are very few places where summer is not yearned for. We conjure up a sense of carefree idealism in long summer days and holidays on the coast. And, this issue is all about the coast and those long hazy days of summer!

Local company **Coast 73** add ambience to alfresco dining with their gorgeous jam jar candles on page 5 while foodie **Amanda** tantalises our taste buds her delicious summertime recipe on page 23. Seeking inspiration from our coastlines are artists **Barbara Rowell and Ruth Thomas** on page 28. And Alan Rae from Fidra Fine Art on page 24 explains why the iconic **Bass Rock is a timeless muse** for artists, both traditional and contemporary. We bring you our **top four things to do this summer** on page 30 and don't miss **Fringe by the Sea** (page 26) tipped to be the coolest festival under the sun.

Plus there's lots more as well. **Capture the special moments of summer** on page 12, with our top tips for taking better photos. Take a **balanced approach to your health** on page 33 and don't miss our special **property feature** (pages 36-39) where our experts give advice to buying, selling and renting property in East Lothian.

Enjoy the carefree idealism of summer, enjoy **Local Life...**

Kim



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Editor: Kim Williams. **Contributors:** Hayley Flanagan, Amanda Farnese-Heath, Susan Heaton, Chris Mackenzie, Steve McCready, Deborah McLaughlin, Alan Rae. **Proofreading:** MagicSpell. **Distributed by:** Johnson Distribution Services www.jdsdoor2door.co.uk

Local Life is designed, edited and published by Local Life Magazines Ltd, 45 Middleshot Road, Gullane EH31 2DG. Whilst every effort is made to ensure accuracy in the information contained in this magazine, Local Life Magazines Ltd cannot be held liable for any errors or inaccuracies. Any opinions expressed in this magazine are not necessarily those of the publisher.



Laura Thomas Linens Launches New Catalogue

Scottish-based company, **Laura Thomas Linens** was founded by Laura Thomas, then an expat-Scot living in New Zealand, who found living in the Antipodes meant a distinct lack of choice when it came to mid-priced good quality Egyptian cotton bedding and duvet sets. With suppliers in Vietnam, India and Portugal Laura sources fair-trade, non-mass produced, but high-quality, stylish bedding and homewares.

The company has recently launched a new Laura Thomas Linens catalogue. Meaning, twice a year you can keep up to date with their new collections of bedding and homewares by receiving this lovely catalogue through your door! Simply visit www.laurathomaslinens.com, click on the 'catalogue' tab and fill out your contact details to receive one.

www.laurathomaslinens.com • info@laurathomaslinens.com



Drawing by Eilidh Muldoon

The Garden Project Drawings Unveiled

Three years after its creation, the Directors at **Archerfield Walled Garden** are delighted to unveil new drawings of **The Garden Project**, illustrating the restoration plans of the former **Victorian kitchen garden**, returning the garden to its former glory.

Head Gardener Erica Randall and her team are working hard to bring this amazing Victorian kitchen garden back to life. The garden is being re-designed in sections, with pathways guiding you around the replanted herb garden, fruit garden, orchard and meadow, rose garden, perennial vegetable and edible flower beds. The vegetable garden currently provides a large proportion of the fruit and vegetables which Head Chef, Richard Wire uses in the café-restaurant but the ultimate aim is for the café-restaurant to be as self-sufficient as possible.

www.archerfieldwalledgarden.com



99 Objects A History of the Coastal Communities

Currently running at the **Coastal Communities Museum** in North Berwick is their most ambitious exhibition to date. The team have curated an amazing array of **99 objects** each with its own tale to tell. The exhibition features objects with a direct link to our coastal communities and the history or heritage of our local area. The curious visitor can examine and explore artefacts and architecture from different centuries, both within and outside the museum.

COASTAL COMMUNITIES MUSEUM • School Road, North Berwick
Open Wednesday to Sunday 11am-4pm until 4th September 2016, thereafter weekends only • www.coastalmuseum.org

Almost Weightless at The North Berwick Bathroom & Tile Company

Almost weightless – that's how the latest innovation in bathroom design is being described by leading brand Laufen. The **Ino Collection**, now available from **The North Berwick Bathroom & Tile Company**, celebrates the SaphirKeramik washbasin which captures the weightless aesthetic. Yvonne Souness, co-owner at The North Berwick Bathroom & Tile Company, said "Laufen has this knack for bringing the most talented designers of the age and beautiful materials together. The Ino basin is totally seamless, great looking and also extremely practical and durable. It's beauty is in its seeming weightless, bringing an almost futuristic quality to today's bathroom."

www.northberwickbathrooms.com



Don't Miss



SMALL WONDERS

Four North Berwick artists, **Fee Dickson, Rachel Marshall, Angela Repping and Jayne Stokes** are holding a joint exhibition during Fringe by the Sea. **Small Wonders** features a collection of small intimate pieces – paintings, drawings, mixed media and sketches of the inner workings of these four very different but very talented artists. Many of the pieces will be unframed making them very affordable as well as collectable pieces of art.

SMALL WONDERS • 13-14 August 10am-4pm.
Turnstone Studio • 23 St Andrew Street, North Berwick EH39 4NX



NORTH BERWICK RAFT RACE

Saturday 20th August will see North Berwick awash with rafts as various teams battle it out at the annual **RNLI North Berwick Raft Race**. This year's theme is Clash of the Clans and money raised will be divided between the RNLI and local charities – Stepping Out Mental Health Charity and North Berwick Youth Group.

North Berwick Annual Raft Race • 20 August 1pm
for further information e: pippamachetto@gmail.com

this issue we're loving...

I love dining al fresco... and it's that time of year when you want to throw open the doors and bask in the fresh, warm air. When the sun shines, alfresco dining is officially back on the menu. One of the great joys of the dining al fresco, is enjoying the long summer evenings, the late-evening light, the riot of garden colour and the smells and sensations of warmer weather.

A midsummer night's meal served outdoors is made even more enchanting when lit by lanterns and candles. OK, in the summer months it may not get dark till 10pm but as dusk falls it's time to get out your tea lights, lanterns, candles... whatever takes your fancy and add another level of atmosphere to outdoor dining.

Local company **Coast 73** re-purpose jam jars which make the perfect vessel for their **gorgeously scented soy candles** and are ideal for using outside. Set up by two old school friends who have always loved art and crafty things, Coast 73 specialise in **soy candles, reed diffusers and driftwood art** which are made to order. These hand poured candles are made from **100% soy wax, cotton wicks and premium fragrance oils and essential oils**. And, with summery scents such as **lemon and mint** or **rosemary and lavender** they smell incredible.

These gorgeous candles add a rustic feel to an outdoor meal, create a summery scent and cast an array of stunning light around the garden. Plus candles help form a bug-free barrier around the patio so I can enjoy my alfresco supper and summer cocktails in peace.
What's not to love?



COAST 73 • bespoke driftwood art, diffusers and candles from £7
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A Whole Lot of Love

Muirfield Riding Therapy (MRT) began life in a muddy field with six borrowed ponies and a handful of hardy volunteers who had to battle with the elements. Riding was often cancelled because of bad weather, discovers Deborah McLaughlin.

Fast forward through 26 years of service to the community; the **East Lothian charity based at West Fenton now has over 220 volunteers and is at the forefront of therapeutic riding.** "The reason I love MRT" says its Chairperson Susan Law, "is because it brings so many diverse people together for a common purpose."

This year, MRT has embarked on a campaign to find out and share just what it is that the riders, their parents and carers, and the volunteers feel about the organisation. And the results are showing there's a whole lot of love around, especially for the ponies. Rider David says "I love MRT because it's fun and I love the horses, especially Flora, Storm and Uist, but Macgregor is my favourite!"

Therapeutic riding and hippotherapy, using the equine as a therapeutic tool, provide multiple life-changing physical, learning, behavioural and social benefits to riders of all ages and various disabilities thanks to the movement, warmth and rhythm of the horse. Horses have a three dimensional movement which replicates the movement of a human at walk by 97%.

Riding therapy can bring life-changing social benefits too; all the fun of making new friends, bonding with animals, enjoying the outdoors and achieving personal goals can help, amongst other things, build self confidence and improve concentration. "The team at MRT have made such a difference helping Eilish regain her strength and confidence after a long illness." a parent shared.

MRT's group physiotherapist Heather Falconer piloted a successful riding therapy service between NHS Lothian and Muirfield Riding Therapy in 2009. This pioneering partnership became the Therapeutic Riding Service, part of NHS Lothian's Children's Physiotherapy Service, run from MRT today. "The kids make it all worthwhile" says volunteer Michael, "It doesn't matter if you've had a bad week or the worst day of your life. For the 45 minutes that the session lasts, you can see how much pleasure and benefit the children get from the therapy and it feels really nice to be part of that."

And, you can be part of the team too.

New volunteer training sessions begin 30th August. Visit www.muirfieldridingtherapy.org.uk for more information

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Local Gardening Tips sponsored by Smeaton Nursery Gardens & Tearoom

New Introductions

Steve McCready highlights the new introductions at Smeaton Nursery this coming autumn.

Traditionally, autumn is recognised as the best time for planting and transplanting trees, shrubs and perennials. The soil is moist and several degrees warmer than even in late spring. This allows plants and trees the optimum time to establish new roots before the onset of winter and a head-start during the next growing season. In line with plant production, this is when the Nursery probably has it's largest range of hardy stock of trees, shrubs, fruit-bushes and hedging plants available.

Each year we take time to secure plant stock from our established network of suppliers, not only to ensure availability of key lines throughout the season, but more importantly to source some of the more sought-after plants rarely stocked in the average garden centre. Here are some of the latest plant introductions which will soon be available at Smeaton Nursery.

Chaenomeles Salmon Horizon can be grown as a shrub but also makes an excellent wall plant for sun or shade. Saucer-shaped salmon-pink blooms from late winter into early summer.

Daphne Pink Fragrance is a charming dwarf evergreen shrub with deliciously fragrant flower clusters throughout spring.

Edgeworthia Red Dragon is an exciting new colour break from this unusual winter-flowering shrub.

Kalmia Ginkona produces heavy clusters of pale-pink flowers intricately marked purple in June and July.

Magnolia Pink Beauty is another large-flowered variety flowering well as a young plant.

Skimmia Pabella makes a neat evergreen shrub with abundant bright red berries from early autumn.

Syringa Carpe Diem produces dense, heavily-fragrant flower panicles in late spring.

Weigela All Summer Red, as the name suggests, produces showy tubular flowers throughout the season on a compact bushy plant.

Cephalotaxus Korean Gold is a slow upright conifer with striking new growth.

Visit Smeaton Nursery for the widest choice of quality plants around. Be sure to bring a copy of this article along for reference. Our plant staff are always available to offer qualified horticultural advice.



Chaenomeles Salmon Horizon



Daphne Pink Fragrance



Edgeworthia Red Dragon



Kalmia Ginkona



Magnolia Pink Beauty



Skimmia Pabella



Syringa Carpe Diem



Weigela All Summer Red



Cephalotaxus Korean Gold

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The Wonders of Flight Uncovered at the Scottish Seabird Centre

Explore the wonders of flight with Captain Flap and Seaside Science Flying Fun at the Scottish Seabird Centre this summer.

This summer, the Scottish Seabird Centre, North Berwick, is exploring the wonders of flight as Captain Flap and the Seaside Science team offer a whole host of flight-inspired interactive activities, all included with admission to the centre.

From 1 July to 14 August (each Friday to Sunday) Captain Flap will host a science show exploring what makes flight possible whilst also undertaking a mission to remove marine litter from the Firth of Forth. In this 45-minute show, find out if the Captain will be able to rebuild the abandoned plane, Puffin One, and explore the importance of drag, thrust, gravity and lift to get the plane back into the sky.

From 4 July to 11 August, the Seaside Science team will host Seaside Science Flying Fun with different interactive activities taking place every day.

On Mondays there's Flying Fun with Bernoulli which will involve a range of science experiments looking at how the pressure of the air around us can make things move in unexpected ways! Tuesdays are all about Flying Fun with a Lift with the chance to make fizzy bottle rockets.

Depending on the weather, Wednesdays will focus on Flying Fun with Kites or Paper Aeroplanes. There is the chance to design your own kite or paper plane, which will then be put to the test to see who has made the most successful glider. On Thursdays, in Flying Straight, using cut-out birds and different weights, there will be a competition to see whose bird can travel in a straight line, aiming for the Bass Rock model.

Captain Flap said "This summer it's all about the wonders of flight and we will be exploring the amazing natural skills of our seabird friends to uncover how humans have taken to the skies! With interactive activities for families to enjoy it's going to be a fun-filled few months and we will take things out into the great outdoors as often as the weather will allow."

Plus, the puffins will be visible on the islands of Craigleith, Fidra and the Isle of May until early August and there will be gannet chicks then gugas on the Bass Rock right through the summer.

CAPTAIN FLAP FLIES FORTH • 1 July to 14 August, Fridays, Saturdays and Sundays 2pm • **SEASIDE SCIENCE FLYING FUN** • 4 July to 11 August, Mondays to Thursdays 2pm • Tickets are included with admission and will be allocated on a first-come, first-served basis. Please request tickets on arrival at the Centre • www.seabird.org

Image © Rob McDougall



Capturing those Special Moments

Summer Holidays means summer snaps and the time when most of us dust our cameras down ready to capture holiday memories. Susan Heaton from Clear Photography shares some top tips for taking better photos, capturing special milestones and preserving precious memories for years to come... no matter what camera you have!



Get up Close... If you can, move in closer to your subject and crop in tight. You can also use your camera's zoom, if it has one. Always focus on their eyes. If you are looking for that lovely blurred-out effect, bring them as far away from the background as possible (i.e not flat up against a wall!) and if your camera allows it, set the aperture around f2.

Use the Light... Face your subject towards the light, preferably natural light where possible. If shooting on auto, avoid shooting towards the sun as this will confuse your camera and you will end up with a silhouette and possibly a bit of lens flare to boot! However, these can all be great effects once you get more confident. In fact the most flattering light is found in the shade!

Crouch Down... Photograph your subject at their level. If that means lying in the grass to photograph a crawling baby or climbing up onto a ladder to photograph your very tall uncle, then do it! The most engaging image is one that looks right into your subject's eyes. Getting up high and shooting down is also a very flattering angle for teens or adults – just be sure to get their eye contact.

Have Fun... The minute you try to pose or set something up, you lose the moment. Try to shoot things as they happen and if you do need to move children from their game, engage them in fun conversation or songs. Asking a child to sit there and smile really only ever ends up in either a forced grin or a scowl.

Don't Forget the Details... Not all photographs have to be of your child looking straight into the camera with a lovely grin on their face. What about little toes peeking out from under the high chair, some tiny fingers flicking through pages of their favourite book, a curl of hair falling over their face? Even a shot of their favourite toy or blanket can look great printed and put next to portraits and family shots in an album.

Photographers **Sam and Susan Heaton**, met at Art College, travelled the world, working in various countries to hone their love of photography. In 2005 they set up **Clear Photography**. Specialising in lifestyle photography their aim is to create modern, natural images. Their children and babies portrait photography is about minimal posing and direction. Susan says "Letting your kids be themselves always makes for a better and more natural image!"

So if you don't fancy taking the photographs yourself, why not hire Clear Photography for an hour or two next time you head to the beach or your favourite park? They even photograph underwater too! Perfect for capturing all those special moments this summer.

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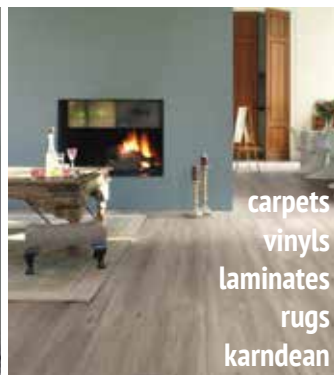
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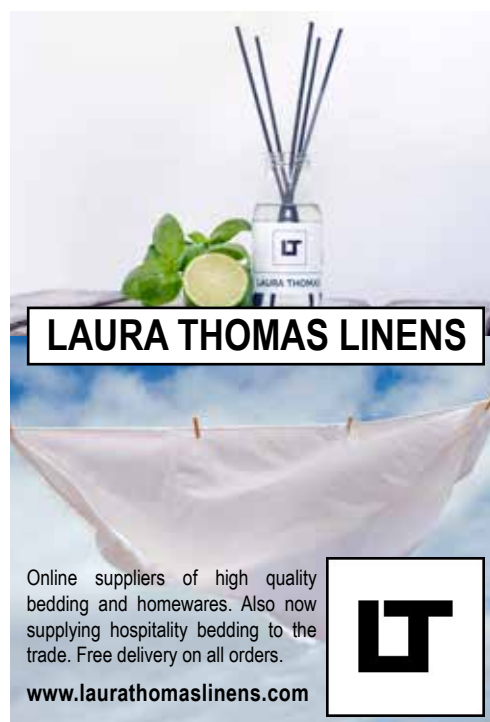
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The Brit List

Over the next two issues, **Hayley Flangan** brings us the eight leading home-grown designers we should know. Here are the first four...



Abigail Edwards

Designer and stylist **Abigail Edwards** grew up in a small village in a rural part of Gloucestershire. She began her career studying fine art at Wimbledon School of Art in London and the École des Beaux-Arts in Paris. Abigail's first wallpaper collection launched in 2011, the hand-drawn designs are inspired by nature and fairy tales. Her collection has recently expanded to include fabric and accessories as well as the award-winning wallpapers that have featured in numerous magazines and grace the walls of homes and commercial spaces around the world. All Abigail Edwards' products are made, where possible, in the UK and are environmentally responsible.

www.abigaileedwards.com



Mark Hearld for St Jude's

Founded by Simon and Angie Lewin, **St Jude's** collaborates with an eclectic range of artists to create and print unique fabrics, cushion covers and wallpapers. Painter and printmaker **Mark Hearld** studied illustration at Glasgow College of Art and then completed an MA in Natural History Illustration at the Royal College of Art. He now designs a range of fabrics and wallpapers for St Jude's – all produced in the UK. Taking his inspiration from the flora and fauna of the British countryside, Mark works across a number of mediums, producing limited edition lithographic and linocut prints, unique paintings, collages and hand-painted ceramics.

www.stjudesfabrics.co.uk



Bold & Noble

Bold & Noble was born at the kitchen table with the vision to create beautifully-made screen prints that people would love. While Granny babysat, they worked nights on their first collection, which still keeps on growing. Their designs don't cost the earth – in both the financial and ecological sense. Bold & Noble now have a great team, all huddled up in a Hertfordshire studio working (and chatting) usually with the kettle on and the radio playing. All their products are made lovingly in the UK by hand, using traditional methods. Plus all their collaborators are based in England, meaning they get to meet the printers, try out colours and materials until they're happy to press the big green button!

www.boldandnoble.com



Louise Body

Louise Body trained in Fine Art painting and graduated from Nottingham University. In 2002, as part of an exhibition about domestic environments, Louise hand-printed wallpaper featuring the British obsession with tea drinking. At that time there were very few interesting wallpapers on the market so Louise decided to design and make hand-printed wallpapers. Working from her studio in Brighton Louise spent her first year hand screen printing wallpapers to order but demand quickly outgrew supply so she moved production to a wallpaper factory in the north of England. Eleven years on and the company is now run by Louise and her husband Jonny from a studio in St Leonards-on-Sea on the south coast of England.

www.louisebody.com

All featured fabric and wallpaper can be ordered by the roll or by the metre from **theDEN**, North Berwick.



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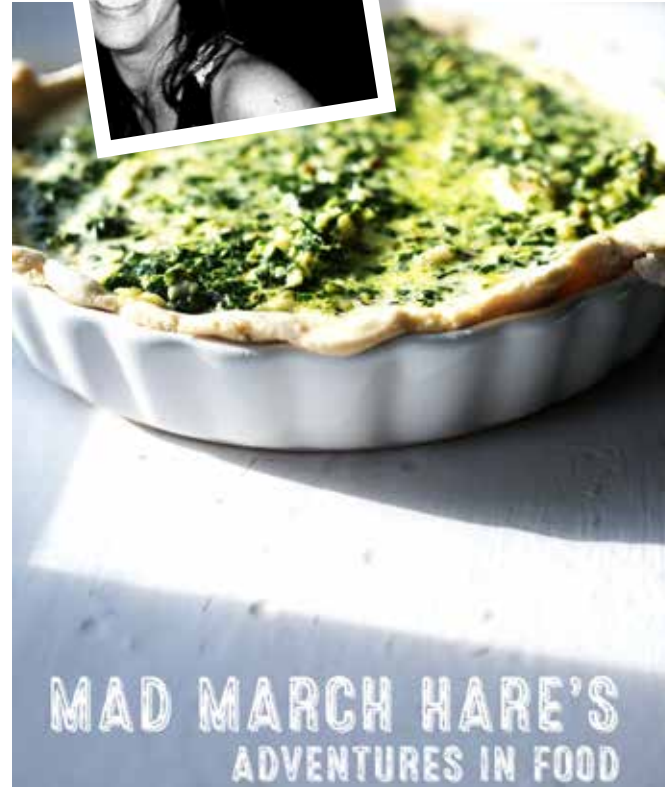
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HERBY PIE & PECORINO



There's a pie/quiche/tart call it what you want that always takes centre stage in our house when herbs are abundant and this little beauty is so full of flavour it just bursts. And as all of us are dashing around these days it's my quick, 'push out pastry' that makes it so easy! Serve with a green salad and a glass of Rosé (raw wine these days for me as it contains nothing but fermented grapes not a sulphate in site!) **Divine indeed...**

Pastry...

250g Plain or Wholemeal Flour

160g best Salty Butter

Put both ingredients into your food processor and whizz until it all comes together in a ball. Add a tiny weeny bit of water if it doesn't reach ball stage. Take out, plonk in the middle of a buttered pie or flan dish, flour your hands and just push the pastry out from the middle to the edges – it's so simple!

Filling...

5 eggs (organic preferably) for a standard size flan dish, just add a couple more eggs and more cream for larger ones.

350ml double cream

A mix of herbs, salt, pepper and nutmeg

Grated Pecorino

Big handfuls of basil, parsley, coriander, dill. If you fancy you can also add kale, spinach, chard, whichever is your favourite. If you're adding spinach or big leaves, just wilt and drain them first. Chop a couple of garlic cloves and add to egg mixture. Add salt pepper and teaspoon of nutmeg. Mix it all together, grate fresh pecorino over the top and bake for about half an hour or until the egg mixture is just set in the middle of the tart.

Smell the herbs, drink your sulphate-free vino... and enjoy!

Mrs Hare X

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Frank White - Bass Rock Morning

Ya Bass! A Timeless Muse

Alan Rae from Fidra Fine Art reflects why for centuries the Bass Rock has proved an irresistible muse.



Angela Repping - Bass Rock Swimmer



Neal Greig - Bass Rock

The volcanic plug that is Bass Rock sits a few miles off North Berwick's coastline. Its presence to people who live in East Lothian has provided a timeless, reassuring permanence. Something to gaze and marvel at throughout the changing seasons, something to come home to, a familiar friend.

To artists it's proved an irresistible muse. It will have been drawn in the sand, scratched on rock faces and chalked on pavements for centuries. Many of the great Scottish artists have been seduced by its charm and mystery.

Alexander Nasmyth's famous Romantic interpretation of Tantallon Castle and Bass Rock painted around 1816 sits proudly in the National Galleries of Scotland. A dramatic composition of the castle and the rock against the elements. In 1818, JMW Turner visited Edinburgh and was drawn to Bass Rock, producing a series of sketches and watercolours that were to be used in Walter Scott's "The Provincial Antiquities and Picturesque Scenery of Scotland".

Later, artists such as Samuel Bough, William McTaggart, his grandson William MacTaggart, Alexander Fraser, Patrick William Adam, William Miller Frazer, John Campbell Mitchell, John Blair and William Gillies all found the lure of the rock irresistible.

More recently, John Houston's countless expressive studies of Bass Rock have made the rock almost emblematic of his work. Seen from various angles with the changing backdrop of weather and light, Bass Rock was the perfect focus for Houston to express his art. Similarly, Bass Rock appears frequently in the work of perhaps East Lothian's most famous artist, John Bellany.

Working today, Matthew Draper's fascination with Bass Rock has produced arguably the most dramatic studies of all. Equal in atmosphere and majesty to the landscapes of the great Scottish Romantic artists such as Alexander Nasmyth and Horatio McCulloch, Matthew's versions are both contemporary and timeless.

Ya Bass! runs from 6 August to 11 September at Fidra Fine Art in North Berwick and draws both from the past as well as from a host of successful contemporary Scottish artists working today. A wide range of styles and medium ensure a varied and interesting exhibition. A collection to gaze and marvel at!

YA BASS! A TIMELESS MUSE • FIDRA FINE ART
see opposite for opening hours and for further information

Ya Bass!

Bass Rock - A Timeless Muse



Image: Matthew Draper - Beam, East Coast Series II

Matthew Draper, Simon Laurie, George Birrell, Davy Brown, Neil Macdonald, Alice McMurrough, Henry Kondracki, Jock MacInnes, June Carey, Alan Connell, Patti Yuill, Claire Beattie, Dominique Cameron, Joseph Urie, Mark Bannerman, Angela Repping, Jayne Stokes, Georgina Bown, Fee Dickson, Rachel Marshall, Andy Heald, Arran Ross, Neal Greig, Suzanne Kirk, Carmen Ambrozevich, Gordon M Scott, John Boak, Allan Robertson, Michel Rulliere as well as pieces by John Bellany, Frank White, George Blackie Sticks, William Miller Frazer and others.

6th August to 11th September
.....
Preview Friday 5th August 6.00 to 8.00pm

Special opening for Fringe by the Sea 8-14 August 12-5pm
Cherry Trees, 45 Dirleton Avenue, North Berwick EH39 4BL
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Inkanyezi Zezulu



Capercaillie



Blueflint



The King and the Witches



Ian Rankin



Hot Seats



Noah Noah

Fringe by the Sea 2016

North Berwick's Fringe by the Sea is tipped to become the best regional multi-arts festival in Scotland, so you better act quickly if you want tickets!

With much attention being given to the headline gigs at this year's festival, it is important to note that the quality and diversity runs right through the programme.

From **Quattro Macjazz** on the opening night in The North Berwick Fry, to **Inkanyezi Zezulu** – one of South Africa's award winning acapella groups – on the final afternoon, there are so many things on offer. Musically, **Richard Navarro** has few peers. He takes the folk traditions of melody and storytelling and supercharges them through live looping and improvisation. **The Hot Seats** from Virginia, USA are festival specialists – award-winning at the Edinburgh Fringe last year with blistering Appalachian old-time mixed with bluegrass and sharp wit! **Aly Bain and Phil Cunningham** drop by with their 30th Anniversary Tour – acknowledged folk royalty and lovers of North Berwick.

Through the week there are visits from authors **Ian Rankin** and **Denise Mina**, poet and wit (and former Scaffold member!) **Roger McGough**, and **Mrs Doyle** herself, Pauline McLynn – multi talented performer and author.

North Berwick Drama Circle perform their play *The King and the Witches* twice during the week and **Arran Johnston** brings his Scotland's Rough Wooing historical narrative following his wonderful performance last year as Bonnie Prince Charlie.

Tickets are still available for most events, but the organisers tell us that ticket sales have been very strong, so don't wait too long or you might be disappointed!

FRINGE BY THE SEA • 8-14 August 2016
for further information visit
www.fringebythesea.com



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Ian Rankin

Alistair McGowan

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Grant Stott

Geno Washington & The Ram Jam Band

The Hot Seats

Roger McGough

Inkanyezi Zezulu

Bombskare

Dirty Harry



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Coast Lines



Two artists who met at art school are exhibiting together in North Berwick. **Kim Williams** talks to the artists about how coastlines have inspired and influenced both of them and their work.

Renowned for its natural beauty and stunning coastline, East Lothian is a constant source of inspiration for artists and is often recreated on canvas, ceramic and paper. It is for this reason that two artists have chosen "Coast Lines" as a recurring theme for their work. **Barbara Rowell** (above left) and **Ruth Thomas** (above right) met while studying towards a BA in Art and Design at Edinburgh College of Art.

Last year Ruth initiated an innovative sketchbook exchange among artists based along the Firth of Forth and in her home region of New South Wales. These collaborative sketchbooks were exhibited in Australia and New Zealand as well as in North Berwick, during Fringe by the Sea.

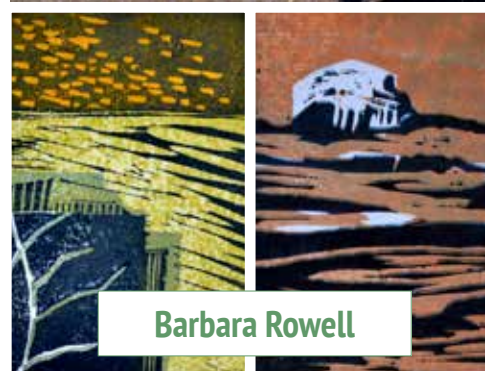
Building on the success of this project, Barbara and Ruth have continued to collaborate in their shared studio at Fenton Barns where they focus on printmaking techniques for mounted works and artists books. They are delighted to return to Fringe by the Sea this year to show new work inspired by the marine environment and coastlines bordering the Firth of Forth and the Tasman Sea. This August, they'll exhibit their work at **theDEN Studio in North Berwick**. This lovely little creative studio and curated store, just off the High Street, will be home to a stunning display of artwork, all inspired by the coast, yet in very individual ways. The exhibition provides a unique opportunity – a chance to meet and chat with the artists and to view and buy artwork directly from them, from affordable cards through to mounted original prints, tapestry weavings and artists books.

Ruth Thomas

Dividing her time between Scotland and New South Wales in Australia, Ruth draws connections between the intertidal marine environments of these two geographically different countries. She says "I am inspired by the myriad of lines, patterns and formations found in the natural world but am increasingly concerned about the impact of human intervention."

Ruth is interested in the minutiae of the shoreline. She explores the estuaries of the Australian and East Lothian coastlines, regularly foraging in rock pools, observing, taking photos and collecting broken shells, driftwood, old nets and pieces of beach plastic. Her work conveys the beauty of the sea environment as well as portraying the tension between human existence and sustainability.

www.ruththomas.co.uk



Barbara Rowell

For Barbara Rowell, inspiration comes from mindful observation of the world around her; whilst walking in nature or urban areas, from reading and research or from her travels.

She loves to experiment with different processes and media and for this exhibition she is focusing on the techniques of Japanese Wood Block Printing. Barbara explains "I was left a Japanese Wood Block Print by my Aunt and I became fascinated by it and wanted to learn more about this ancient technique".

Her inspiration for this year's exhibition is the islands of the Forth Estuary. Barbara adds, "I've looked out of my kitchen window on Craigleith Island for ten years and it's a view that is firmly etched on my mind." Her work portrays a highly stylised view with a traditional Japanese interpretation. And what's more, Barbara uses the printing process to simplify the design and translate it into stunning abstract tapestry weavings which will sit side by side with the Japanese Woodblock Prints.

www.barbararowellartist.wordpress.com

COASTLINES • 5 August to 13 September 2016 10am-4pm
Preview Evening 8 August 6-8pm • Print-making Workshop
 Friday 12 August 10am-4pm (pre-booking required) • **Meet the Maker Day** Wednesday 10 and Sunday 14 August 10am-4pm
theDEN Studio • 17 Market Place • North Berwick EH39 4JF

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WEEKEND TIDE TIMES



		High Water		Low Water	
		AM	PM	AM	PM
August					
5	Fri	0455	1717	1111	2310
6	Sat	0535	1756	1142	2334
7	Sun	0614	1835	1205	2356
12	Fri	1011	2237	0312	1558
13	Sat	1116	2341	0454	1729
14	Sun		1224	0611	1833
19	Fri	0350	1618	1003	2215
20	Sat	0428	1657	1046	2259
21	Sun	0507	1738	1129	2341
26	Fri	0934	2217	0257	1541
27	Sat	1054	2333	0430	1716
28	Sun		1211	0557	1833
September					
		AM	PM	AM	PM
2	Fri	0355	1616	1010	2210
3	Sat	0432	1651	1042	2239
4	Sun	0508	1725	1108	2303
9	Fri	0825	2049	0055	1339
10	Sat	0924	2151	0203	1458
11	Sun	1032	2300	0349	1645
16	Fri	0245	1514	0857	2110
17	Sat	0324	1553	0941	2154
19	Sun	0404	1633	1025	2238
23	Fri	0807	2043	0134	1401
24	Sat	0922	2200	0245	1525
25	Sun	1042	2317	0424	1705
30	Fri	0257	1519	0910	2109

These are predicted tide times for Fidra, given in GMT and no liability can be accepted.

Top 4 Things to do this Summer

Looking for things to do this Summer, here are some of our favourites...

East Lothian with its miles of beautiful coastline means you can surf in Dunbar sail in North Berwick or simply enjoy the stunning beaches. The John Muir Way and Lammermuir Hills provide walkers with wide-open spaces where you might wander all day long without meeting another soul! For the history enthusiast there are fantastic medieval castles, tower houses and some of the most important battle sites in Scotland! With amazing heritage and history, rolling countryside and a stunning coast – why go away?



Picnic at a Ruined Castle...

Pack your picnic hamper and head to **Hailes Castle**. Located to the south west of East Linton and built on a rocky outcrop overlooking the River Tyne, this stunning ruin is believed to be the oldest stone castle in Scotland.

www.historic-scotland.gov.uk

Explore the Coastline by SUP...

Stand Up Paddleboarding (SUP) is the perfect and most tranquil way to see the stunning coastline North Berwick and East Lothian has to offer. You can tour the out-lying islands, explore the beautiful beaches or simply paddle in the bay! Home to a variety of birds and marine life, you might find a puffin, seal or the occasional dolphin or porpoise on your paddle! **GoSUP**, in North Berwick have a range of Stand Up Paddleboards available for hire for both beginners and the more experienced.

www.gosupscotland.com



Eat Lobster on the Beach...

at North Berwick's **Lobster Shack**. This charming little eaterie, set on the harbour, offers the sea's most plentiful bounty in a stunningly delicious and affordable way. You can sample beautiful lobster, succulent langoustine, sweet crab, meaty mussels and line-caught mackerel.

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Learn to Wakeboard...

at **Foxlake Adventures**. Perfect for thrill seekers, cable wakeboarding is the world's fastest growing watersport. Using an overhead cable which pulls you over the surface of the lake it feels just like surfing or snowboarding, but on water. Whether you're 7 or 70, this is the most accessible water sport for all ages, not to mention great fun.

www.foxlake.co.uk



AUGUST	EVENT	TIME	VENUE
Sundays	St Baldreds Church Summer Sunday Afternoon Teas	2.00-4.30pm	Abbey Church Hall
Fri 5	Prayers across North Berwick	10.30-11.30am	St Andrew Blackadder Church
to 14 Sep	Jo Ruth Art Exhibition	10-4pm (weekends 12-6pm)	Waterston House, Aberlady (SOC)
8 - 10 Aug	North Berwick Drama Circle at Fringe by the Sea	6pm (www.fringebythesea.com)	La Gaiete Speigletent
12 - 13 Aug	Charity Art Exhibition supporting Young Carers	10am-5pm	St Andrew Blackadder Church
Sat 13	North Berwick Artisan Fair	10am-4pm	Abbey Church
Thu 18	Music & Folklore by Jenny Sturgeon & Jonny Hardie	7.30pm (booking required)	Waterston House, Aberlady (SOC)
Sat 20	North Berwick Raft Race	1pm, Race starts at 4.30pm	North Berwick East Beach
Sat 27	Bible Society Coffee Morning	10am-12pm	St Andrew Blackadder Church
Sat 27	North Berwick Artisan Fair	10am-4pm	Abbey Church
Tue 30	Muirfield Riding Therapy Volunteers Training Week - new volunteers welcome		West Fenton
SEPTEMBER	EVENT	TIME	VENUE
Fri 2	Prayers across North Berwick	10.30-11.30am	St Andrew Blackadder Church
Sat 3	Open Gardens Scheme	2-6pm	Athelstaneford Kirk & Village Hall
Sun 4	Messy Church	4-6pm	St Andrew Blackadder Church
Mon 5	North Berwick Art Group Talk by Ola Wojtkiewicz	7.30pm	Hope Rooms
from 17 Sep	Lisa Hooper Art Exhibition	10-4pm (weekends 12-6pm)	Waterston House, Aberlady (SOC)
Sat 17	North Berwick Artisan Fair	10am-4pm	Abbey Church
Sat 24	Craft Fair	10am-4pm	St Andrew Blackadder Church

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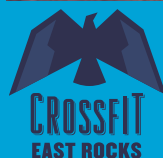
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*With so much information readily available about what we should be doing to improve our fitness Kim Williams discovers how **Maximize Wellness** can help us decide which options are best suited to our own individual fitness levels.*

With an increasingly ageing population, and a public health service that appears to be cracking at the seams, the need for individuals to take greater responsibility for their own health has never been greater. With this in mind **Daniela Bratkova** and **Brian Dickson** set up **Maximize Wellness**, based at **Craigielaw Golf Club in Aberlady**, to address the varying imbalances in people's lives in relation to wellness.

"Optimum fitness is a balance between strength, stamina, speed, suppleness, nutrition and body composition." Brian explains "But many people are confused about the type of activities they should be taking part in, in order to achieve and maintain a level of fitness and wellness that they're satisfied with."

At **Maximize Wellness** they design exercise programmes which are specific to the needs of their clients. They support, motivate and monitor clients' progress over a specific time frame, normally 12 to 14 weeks. One client said *"I've trained with Brian for many years and his personal attention, understanding and focus on getting the right results are second to none. He goes out his way to provide you with a great*

one-to-one personal training experience and using his extensive knowledge to get the best from you."

Whether your aim is to lose weight, tone up, improve your flexibility, get stronger, improve your stamina or just have some fun, then **Maximize Wellness** can help you meet your goals. Their class programme offers the opportunity to achieve lasting change in your health, fitness and well-being. However, if you prefer to exercise alone or in a smaller group setting then their individual and group personal training service could be a better option.

Nutritional therapist **Daniella** provides individual assessments along with detailed tailored nutritional programmes. Her approach to nutrition is holistic, with an understanding that wellness is based on a sensitive balance between different body systems influenced by our external environment. **Daniella** explains *"We support and supplement our fitness services with nutritional consultancy, offering clients the opportunity of energising their life with the correct foods and fluids necessary to see and experience lasting health and wellness."*

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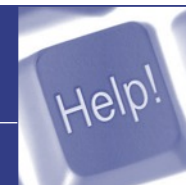
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3 Burnside Cottages, Gifford: Fixed Price £285,000



Montagu House, Musselburgh: Offers Over £485,000



The Green, Gullane: Fixed Price £970,000

A busy professional woman, down from the north of Scotland on a house-hunting trip, couldn't decide between relocating to Edinburgh or East Lothian. Back and forth she went, sales particulars in hand, from the city to the countryside.

The lure of the capital was strong. She was keen on the cinema and theatre, her husband loved going to exhibitions and their children relished the idea of living somewhere with "a bit of a buzz". The added promise of great restaurants, open spaces like Holyrood Park and the Botanics and her mind was made up.

Then everything changed. One afternoon, after visiting a property in Dunbar, she asked the neighbour if the coastal town was a good place to live. "A good place? I wouldn't live anywhere but Sunny Dunny." That short, charming exchange was all it took for the house search in East Lothian to begin in earnest. Five years later, the family say it was the best decision they ever made.

Quickly they realised they could enjoy all that Edinburgh had to offer from the space and peace of the countryside. They could live in a place with a sense of community, close to some world class beaches. They could shop in towns with a good range of independent shops, send their children to a first rate school and enjoy the driest and sunniest climate in the country. Best of all, their money bought them a much bigger home than they could afford in the capital.

They remain fond of Edinburgh and travel to town a lot, making use of the half-hour train service into Waverley. Truly, they enjoy the best of both worlds.

Life in East Lothian has a wide appeal because, when it comes to property, there is something for all pockets. If you want rolling acres, this is the place to come. If you have always wanted a Georgian mansion you will find one here, or maybe nothing would suit as well as a magnificent contemporary house with views over some of the most famous links courses in the country.

There are apartments old and new, with glorious views over the Firth of Forth and plenty of purpose-built retirement flats. Inland, there are unspoiled villages with picture postcard cottages. And it's this mix of properties that gives East Lothian its character, diversity and makes it such a desirable place to live.

In the last 12 months Rettie and Co. has sold properties across a wide price range, from £215,000 to £2,600,000, illustrating that it is a part of the country with something for everyone.

If you are interested in buying or selling a property in East Lothian please contact Rettie & Co 0131 220 4160

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A Key Relationship



East Lothian is a prime spot for a second home or holiday home. ELPM's Chris Mackenzie shares how they're providing absent owners with peace of mind.

"Key holding services really go hand in hand with everything we do," explains Chris Mackenzie who, with wife Lucilla, runs Aberlady-based property management company ELPM. "For people that have second homes or holiday homes in this area, our services offer peace of mind that a trustworthy local property professional is keeping an eye on things when it's not occupied."

MORE THAN JUST KEYHOLDING

ELPM offer various levels of service from simply holding a set of keys to carrying out inspections, forwarding mail and arranging qualified tradesmen as needed.

Andrew Neden, a London-based company director, has a holiday home in Gullane. He finds ELPM's services invaluable. "I see what ELPM do as more

than just keyholding," he says. "They keep an eye on the property for us, spot issues and take care of any maintenance that's required. It gives us the ability to have somebody there who can act quickly if something should go wrong."

SECURITY, REASSURANCE & COMFORT

Bill Kyle's mother moved down to Essex following the death of her husband. Not wanting to sell her house in Tranent, Bill called upon ELPM to hold keys and inspect and maintain the house and garden. "My mother is 90-years' old so it's great to know when she visits she won't be arriving to any disasters," he explains. "I know if she has a problem and I'm not around I can call Chris and he will sort it out. For me, ELPM's key holding service offers security, reassurance, comfort and sheer convenience."

ELPM (EAST LOTHIAN PROPERTY MANAGEMENT)

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LOCAL LIFE August/September 2016 39

Emptying the Nest

Up there in the category with death and taxes is this inevitability: At some point everyone will likely have to clear out a loved one's home. Kim Williams finds out how Keith Milligan from 2nd Time Round can help with this daunting task.

It is a truth universally acknowledged that most of us, at some point, will be forced to confront the death of a loved one – and will then have to empty a house.

A person's possessions form a kind of exoskeleton, and the act of disposing of them is another stage of mourning and letting go. But dealing with a lifetime of possessions accrued by a loved one ranks among life's most stressful experiences. And many of us find we might only have a relatively short period of time to dismantle a home filled not only with memories, but with overflowing cupboards, boxes of unsorted photos, furniture, antiques, kitchenware and more.

It's one of the hardest tasks that you will ever have to tackle but with a little help you can cope. Keith Milligan who runs **2nd Time Round at Fenton Barns**, offers a **House Clearance Service**. He says "When somebody dies or goes into long-term care, most people panic, they just don't know what to do with a house full of possessions. It's very traumatic."

Which is exactly why many people, after sorting out personal items they'd like to keep, bring in professionals. 2nd Time Round offers an efficient, professional and sympathetic service. Keith adds "We offer a complete or part house clearance making the job as hassle free as possible." In fact, 2nd Time Round will clear everything – the kitchen cupboards, the house, attic, garage, garden and the garden sheds! They'll even take away mattresses, curtains

and carpets. They ensure everything removed is disposed of properly and, wherever possible, reused and recycled. What's more they do not charge a fee, if items can be recycled and sold in their Fenton Barns shop. Clothes and bric-a-brac are donated to charity shops in the area, whilst larger items go to a store which provides unwanted pieces of furniture to homeless people who are being given a new start.

Keith also urges people to remember that items may not be worth as much as you think they are. He says "A lot of things people assume are worth a fortune, are not actually worth very much at all. But we always try to be fair." The dining room table and chairs where you and your parents spent every Christmas may be irreplaceable to you, but be prepared to let it go if the goal is to clear out the house. Take pictures of items you want to remember but that are not practical to keep.

As hard as it is clearing out a loved one's home, think of it as the last important service you'll do for them, what American Poet, Emily Dickinson called the "solemnest of industries enacted upon Earth". As you watch furniture and possessions being loaded into a house clearance van, feel proud of your decisiveness and remember one day a new family will be nesting in the very house you have just emptied. Which, really, is pretty wonderful.

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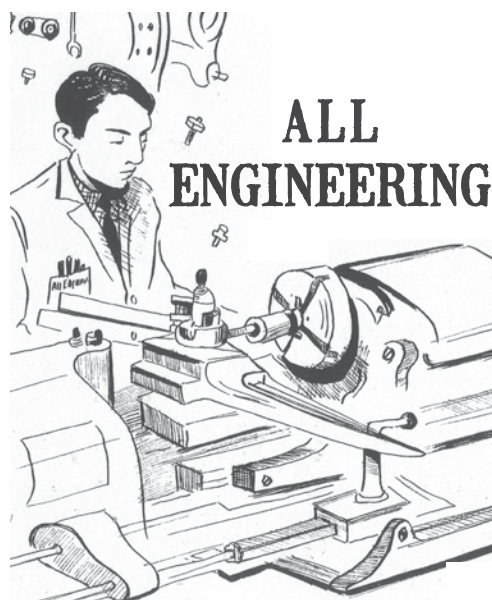
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