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# LOCAL LIFE

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## Dear Readers

As I write, we seem to be enjoying the pleasure of some late summer sun, the longed for Indian summer! Although the evenings are drawing in and soon enough will be cut short by the ratcheting back of the clock. **But, autumn really is a season to celebrate** – it's all about crunchy golden leaves, vivid colours and harvest time. In the words of John Keats it is the "season of mists and mellow fruitfulness".

Our new columnist **Bernie Petrie embraces seasonal changes** on page 37 and we bring you tips on how to beat the winter blues (page 35). We also discover that it is OK to feel a little blue at times and why **the subject of therapy is no longer taboo** (page 33). Gullane celebrates the autumn harvest with its **annual Apple Festival** (page 4) and find out what's happening in the county's **Saltire Festival** on page 29.

If you're feeling like the first golden leaves don't really compensate for the inevitable onslaught of colder weather than **wrap up in style** on page 11 and take comfort in some **stunning artisan chocolate from Ailey Mae** (page 5). Or imagine yourself in warmer climes with **Amanda's Cretan adventures in food** on page 41.

If keeping warm and cosy indoors is your thing, turn to pages 17 and 21 where we bring you some fantastic interiors ideas from local businesses **Stoves and More** and **Linton Country Furniture**. Plus you could be in with a chance to **win a gorgeous Comfort Candle from Beatitude** (page 46).

Celebrate autumn, celebrate your **Local Life!**

Kim



To advertise in the December '16/January '17 issue please contact [kim@yourlocallife.co.uk](mailto:kim@yourlocallife.co.uk) or 07768 622 378. Visit us online at [www.yourlocallife.co.uk](http://www.yourlocallife.co.uk). Inclusion in the events pages is free for local events and charity fund-raisers. For the December '16/January '17 local events pages, please email details of your event to [info@yourlocallife.co.uk](mailto:info@yourlocallife.co.uk) before 1<sup>st</sup> November 2016.

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## Mad March Hare finally finds a Home

Food stylist, photographer and **Mad March Hare** creator, **Amanda Farnese-Heath** has been popping up at various places around East Lothian serving simply-gorgeous food, and from the beginning of October will be adding the **Tennis Pavilion** in North Berwick to the growing list of unusual venues already established. The plan for the Tennis Pavilion is to offer dining around the new long table recently acquired by Amanda for as many special events she can think of, as well as offering the space to host foodie workshops, classes and any event that would work in this quirky space.

The Tennis Pavilion will also be the preparation base for the new Healthy lunch delivery, **'For Green Sake'**, which was launched at the beginning of August and will run throughout the year from Tuesdays to Fridays.



[www.themadmarchhare.co.uk](http://www.themadmarchhare.co.uk) • t: 07809895469



## Vintage Beauty at The North Berwick Bathroom & Tile Company

For timeless elegance in the home, look no further than the vintage inspired **Etoile range** available from **The North Berwick Bathroom & Tile Company**. This range offers the option to create an authentic period look in a range of classic finishes. Yvonne Souness, co-owner at The North Berwick Bathroom & Tile Company, said *"The new Etoile range is beautifully soft and simple, with that distinctive traditional British craftsmanship we expect from Imperial Bathrooms. There is enough of a choice that we can design an Etoile bathroom for all shapes and sizes, and the partner range of Cuda furniture is also impressive."*

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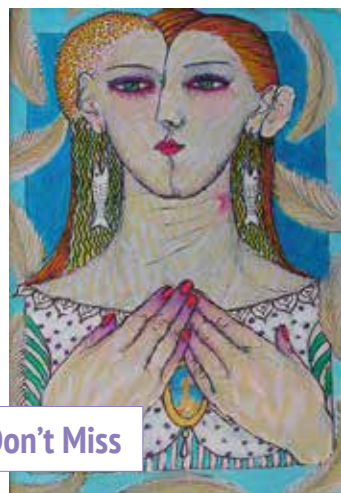
## June Carey RSW RGI – It's All About Love

The current show at **Fidra Fine Art** in North Berwick features a beguiling selection of etchings, lithographs, drawings, pastels and watercolours from artist, **June Carey**. Owner, Alan Rae says *"June was quite specific about the title for this exhibition – 'It's all about Love' and I have to agree it is entirely appropriate. June's love of art has always been with her. From the early days at Glasgow College of Art where her skill as a draughtswoman became clear, to her studies at Edinburgh College of Art where in 1985 she really found her artistic voice through printmaking and etching in particular."*

June's work is almost entirely figurative, loaded with narrative surrounding the human condition and the pursuit of love in its many forms. Enriched with cultural influences from foreign travel, June's magical and mysterious figures, often adorned with jewels, charms, and intriguing tattoos, encourage the viewer to pause and reflect upon the meaning to each piece.

**IT'S ALL ABOUT LOVE • 17 September – 16 October 2016**  
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Don't Miss



## Fresh off the Press

*Don't leave your apples rotting on the ground. Pick them up and take them along to celebrate all things apple at Gullane's Annual Apple Festival.*

Apples are one of my favourite fruits. This probably stems from childhood memories of harvest-time and the glorious pies, cakes and juice made from the bounty of our garden's apple trees!

If you have apple trees, you may well be nagged by the question of just what to do with this bountiful produce. Simple – pick the fruit and bring it along to be pressed at **Gullane's Annual Apple Festival** on Sunday, 9 October. The trees in the village produce a wide variety of apples, both eaters and cookers and this community event encourages people to harvest as much local fruit as possible, bring it to the festival and help press it into juice. Festival Organiser, Adria Stubbs said *"Before the festival, much of the fruit fell to the ground uneaten – great for the wildlife, but now people benefit too!"*

The focus of the festival has to be the genuine iron apple mulchers and presses used to press the apples into the most delicious juice, and everyone is invited to try their hand at pressing apples. Adria adds *"Children, in particular, are fascinated by the whole pressing process and the festival makes a healthy and educational event out of picking fruit with the added value of no food miles"*. Some apples are also turned into delicious treats by enthusiastic cooks and bakers from around Gullane. Past festivals have produced cakes, apple leather, strudel, pastries, toffee apple muffins and the unusual but wonderful apple pizza.



**GULLANE APPLE FESTIVAL • Sunday 9th October, 2-4pm** Gullane Village Hall • Free Entry • Call Adria Stubbs 07789 915 064 for more information or if you'd like to get involved.

this issue  
we're loving...

**It's no secret that I'm a serious chocolate lover...** I love chocolate so much that I think eating it every day is not only acceptable, but a great idea. And, I'm not the only one. From the ancient Aztecs, who considered chocolate a food fit for the gods, to early Europeans, who believed it could serve as both a love potion and medicine, not an awful lot has changed in our centuries-old love affair with the cocoa bean.

Chocolate makes us happy in so many ways, but it also does so much more. It can help calm us down, help us bond with people, and help us feel sophisticated (because yes, sometimes we need to create that illusion). Plus, there is increasing evidence which suggests that our once guilty pleasure actually has numerous health benefits. **The real, unadulterated form of chocolate, derived from the Theobroma cacao tree, is a heaven-sent super food** that can keep us healthy even as we indulge in its delectable taste.

And what's more, that heaven-sent super food is being created right here, in East Lothian. **Ailey Mae's Raw Chocolate** was started with the desire to create delicious chocolate made from simple, high quality, real ingredients. **Ailey and Martin Covery hand-make small batches of chocolate using unroasted Peruvian cacao.** Which means you don't lose any of the antioxidant flavonoids, beneficial enzymes and other nutrients, plus it tastes amazing!

With delectable flavours such as; **Raspberry and Salted Caramel, Maple Pecan, Coconut, Cardamom and Lime, and Orange and Brazil Nut**, what's not to love? Plus, their creations are gluten, dairy and additive free and sweetened with agave. Ailey Mae's Raw Chocolate really is heaven-sent, simply delicious and every morsel is good for you. **There is no need to resist... even if you could!**



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## Autumn Colour

Many garden plants regularly give a good display in autumn. **Steve McCready** of Smeaton Nursery looks at some of the most spectacular.

During this season, the Nursery looks amazing with berries and fruits combined with the incredible shades of autumn colour. As plants prepare to shut down for winter, triggered by the shortening days and colder nights, chlorophyll and glucose present in the leaves start to break down, resulting in change of colour. This display combined with gentle autumn sunlight can create a truly dramatic look in the garden. Here are some that never fail to impress.

**Rhus (Stags' Horn Sumach)** makes an impressive spreading large shrub. Its distinctive young shoots are covered with a felty-down, hence its common name.

**Ginkgo (Maidenhair Tree)** is an ancient species from prehistoric times with its curious fan-shaped foliage turning butter-yellow.

**Cercidiphyllum (Katsura Tree)** not only turns several shades but also smells like candy-floss in the damp autumn air.

**Euonymus (Spindle Tree)** have magnificent seed-capsules, characteristic corky-wings along their stems and brilliant shades of pink and crimson.

**Enkianthus (Pagoda Bush)** needs acidic conditions to thrive and produce the best show in autumn.

**Cotinus (Smoke Bush)** needs to be positioned so the sunshine can be seen passing through the foliage. This shrub positively glows!

**Cercis (American Redbud)** the bronze-leaved forms of this dramatic tree pale through varying shades.

**Liquidambar (Sweet Gum)** has large maple-shaped foliage which turns from soft-green to a whole spectrum of shades, butter-yellow to deepest plum – sometimes on the same tree!

**Sorbus (Rowan)** with many varieties producing a combination of spectacular berries and stunning autumn colour.

**Disanthus cercidifolius** prefers dappled shade and acidic soil to give the most reliable performance.

Be sure to witness the magical display this autumn at Smeaton Nursery.

Remember to bring a copy of this article along for reference. Our plant staff are always available to offer qualified horticultural advice.



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*a shopper's guide to...*

# Autumn Fashion

Elaine Ramanauskas, from *The MerrygoRound* outlines the latest trends for Autumn/Winter 2016.

We're not trying to cheat you out of summer, but it really is starting to feel a tiny bit autumnal, so rather than feel depressed about the onset of winter, let's just look at the trends that will be big for autumn/winter 2016. And, let's face it, there's nothing like a new coat to make you feel OK about cold weather!



## Lovely Leather and Faux Fur

A leather jacket is a key staple for your winter wardrobe. This year add some glamour with fur! And, faux fur stoles are making their way back in style. Drape them on the diagonal or attach to your lapel as a cosy faux collar. Rino & Pelle Molly Faux Leather & Fur Jacket (£89), Joe Browns All New Funky Fur Collar Jacket (£74.95).

## Stripes are Never Out!

Who doesn't love a stripe? But even better than your average Breton, designers have mixed different styles – diagonal or broken, vertical or horizontal, with different proportions and textures this season.



Above: Mistral Striped Jumper (£49.95). Below: Chevron Stripe Notch Neck Dress (£70) Striped Sweater Dress (£70) both Hatley.



## Plentiful Prints

Designers kept their winter collections cheerful with a profusion of print and technicolour offerings. Think folk art inspired prints and floral prints mixed with other botanical motifs. Joules Beatrice Top (£39.95), Hatley Nordic Arrows Sweater Dress (£70), Joe Browns Mix it Up Skirt (£44.95), Joules Wensley Scarf (£19.95).

## Butterscotch

The colour of the season is an elegant butterscotch, shades of camel and yellow browns that make for a sophisticated look. B Young Manus Sweater (£34.99)



## Posh Puffas

Rejoice at the number of sensible coat options to pick from this season. Designers have restyled puffer jackets to the extreme with oversized quilted padding and comfy, chic detailing to counter the subzero temperatures. B Young Anita Jacket (£59.99), B Young Ibico Gilet (£49.99).



## Multilayer Jewellery

What is the best jewellery piece to glam up any look in a flash? Layers over layers, in a nutshell, multilayers. They always cut the mustard in dolling up an outfit. Choose two, three or four tiers cascading down, full of knick-knack charms. Jewellery from VAGA and Hultquist, prices start at £16.





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# The Brit List

Following on from our last issue, Hayley Flangan brings us the second four of the eight leading home-grown designers we should know.



## MissPrint

**MissPrint** was created by mother and daughter, Yvonne and Rebecca Drury, who are based in a countryside studio on the borders of East London. They believe that visual design has a huge part to play in our everyday well-being, particularly when used within the home. They like to remain honest to their roots and design using basic processes. Every MissPrint pattern is hand-illustrated by Rebecca – the non-perfect lines and non-uniformity are things they love. With a desire to support local community and the British manufacturing industry, all their wallpapers, cushions, fabric and lampshades are produced in the UK. Plus they're ecologically friendly, with the entire range being PEFC certified or FSC certified and printed with organic pigment inks, which are non-toxic, free of heavy metals and classed as non-carcinogenic.

[www.missprint.co.uk](http://www.missprint.co.uk)

## Sian Elin

Featured as one of the Sunday Times Top 30 Fabric and Wallpaper designers, **Sian Elin** sells pattern-led and colourful homewares. With one foot firmly rooted in the West, Sian looks to the East for inspiration and all of her patterns are hand-drawn in her signature style to create a unique and recognisable brand. Her fresh designs and globally-inspired colour palette create a mix of products, where Scandinavian style combines with Eastern pattern. Everything is printed and made in the UK. The wallpaper is printed in the North of England using eco-friendly water-based inks, resulting in the highest quality paper with exceptional colour reproduction. Her fabrics are expertly digitally printed at an 80-year-old industry-leading factory in the North of England and her cushions and fabric lampshades are hand-made in Wales.

[www.sianelin.com](http://www.sianelin.com)



## Orwell and Goode

**Orwell and Goode** are a smiley duo of designer printmakers based in a stunning location in the Scottish Borders, working from two beautifully converted stable blocks. Zuzana and Bronagh met in 2008 when Mrs Orwell taught Mrs Goode how to silk screen print and they became great friends. While on holiday in Ireland together late 2010 they had the idea for 'Orwell and Goode', liking how it sounded like "all well and good"! The pair make an interesting combination which is evident in their creations and with only a few months to create everything they launched at their first trade show in April 2011. Together along with their very talented team they design, hand print and make the most beautiful of creations for living, loving and giving.

[www.orrwellandgoode.com](http://www.orrwellandgoode.com)

## Mini Moderns

Launched in 2006 by London-based designers, Keith Stephenson and Mark Hampshire, **Mini Moderns** is an interiors brand specialising in applied pattern across a range of products including wallpapers, fabrics, cushions, rugs and ceramics. Their design influences range from mid-century British textiles to vintage toys, from literature to childhood memories. Travel also influences their work and much of their inspiration comes from holidays and field trips, both at home and abroad. All their wallpapers, fabrics, cushions, tea towels and bags are made in the UK by people with whom they've developed long-standing relationships. Producing in the UK also helps to keep their carbon footprint down, by minimising the number of journeys a product makes before it gets to the customer.

[www.minimoderns.com](http://www.minimoderns.com)



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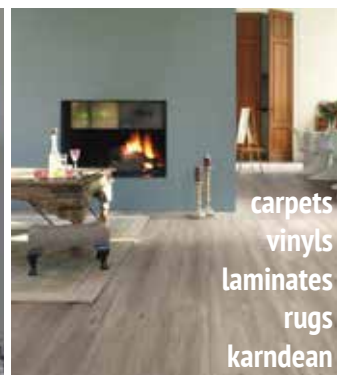




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## Into the Wood

*Solid wood furniture is back in vogue and Kim Williams discovers a family-run business providing beautiful wooden furniture for generations to come.*



LINTON COUNTRY FURNITURE Fenton Barns Retail Village, North Berwick EH39 5BW • 01620 850 488



Feature – Into the Wood

If wooden furniture brings to mind cumbersome tables and orange varnish, you haven't been paying attention. Today's woodworkers may be well versed in traditional mortise and tenons and dove-tailing but their creations often come with a contemporary twist – shapes and the use of beautiful traditional woods that keep furniture on trend and perfect for any interior.

Somebody who has seen trends come and go is Donnie Spence of **Linton Country Furniture** which opened in 1980, and is now based at **Fenton Barns Retail Village**. With over 36 years' experience, Donnie started off stripping pine furniture. He explains, "I've been in the business a long time and when I started we were stripping paint from furniture back to the natural grain, now we're painting it again!"

He works with highly-skilled craftsmen to create beautiful wooden furniture using the finest pine and oak. From simple pine dressers with a lacquered, waxed or painted finish to gorgeous French oak pieces to stunning cross leg wooden tables, which wouldn't look out of place in a trendy urban loft-style apartment. This is traditional solid wood furniture that is built to last generations. Donnie prides himself on the fact that the furniture he sells will be around for generations to come because of the time-honoured way the pieces are made with all joints traditionally crafted. Donnie says "I often get customers telling me, they bought a table or a dresser from me 22 years ago and it is still going strong." He quips "However, that can be a double-edged sword!"

Linton Country Furniture has a range of standard pieces but the part of the business which gives Donnie the most pleasure is the bespoke furniture. Whether it is modern or traditional dining, cabinetry, bedroom pieces or occasional furniture, pieces can be made to suit most lifestyles and budgets. Donnie explains "People think what I sell will be very expensive, but they're often surprised at how reasonably priced some of the pieces are, especially when you consider their longevity."

Solid wood is on trend at the moment. Google 'trends in furniture 2016' or similar and you'll see wood being mentioned a lot. Interior designers are hot on 'the modern farmhouse style' which means mingling traditional pieces of wooden furniture with more modern pieces. Walk through the Linton Country Furniture's showroom and you'll not only be inspired but will be amazed at the range of styles and finishes they have to offer. Plus, it's reassuring to know that the National Trust of Scotland uses its furniture to furnish their holiday cottages.

With sustainability also on most people's minds, today's wooden furniture is all about longevity as well as the craft. And Linton Country Furniture will ensure you get a stunning piece of furniture you can use and love every day, then pass on to the next generation.

Bottom four images © Douglas Gibb



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## Relight my Fire

*As winter nears, Kim Williams discovers that sales of wood-burning stoves are up and chimney sweeps are back in demand.*



Feature - Relight my Fire

When it comes to the winter there is nothing quite like the heat of a fire to stave off the cold and keep you cosy and warm. Plus, nothing says home quite like a beautiful wood-burning or multi-fuel stove. Throughout history, fireplaces have been integral to the home, providing both a means to cook and to heat the home. However, after World War II, central heating became almost ubiquitous and fireplaces fell out of fashion. Old fireplaces were bricked up and often their beautiful surrounds were destroyed or removed. However, the recent trend for wood burners has sparked a fireplace revival (excuse the pun!), once again making a fireplace a must-have feature for your home.

Whether you want an inset style, multi-fuel or wood-burning stove, East Lothian-based company **Stoves and More** can supply and install your dream fireplace. And, bear in mind, you don't even need a chimney, Stoves and More can install a wood-burning stove with an insulated flue system.

Owner Michael Horne has over 25 years' experience in the construction industry. He knows and understands how houses are constructed, something he believes is key to a successful project. Stoves and More offer the full package from survey to installation to annual servicing. Michael says "We always carry out an initial survey on the property assessing the best options and types of stove or fire, hearth and flue. By doing this we can provide a fixed price for all work carried out so there are no nasty surprises. Plus we pride ourselves on being a 'one-stop shop' dealing with all aspects of the installation."

The rise in popularity of the humble fireplace has kept Stoves and More busy and in January this year they opened their showroom at Fenton Barns Retail Village, just outside North Berwick. They stock a full range of stoves, hearths, flues and accessories from top European and British brands. Their live stove display allows you to see the quality of their specially selected range. Michael adds "Most clients come in simply looking for a stove but they leave educated about the benefits of fuel efficiency and control, which helps them choose the right fireplace or stove for their home."

So, when it comes to heating your home this winter, embrace the current fireplace revival and rekindle your passion for the traditional fireplace or stove.

**STOVES & MORE**, Fenton Barns Retail Village • t: 01620 490128  
m: 07340 833 980 • e: [info@stovesandmorenorthberwick.com](mailto:info@stovesandmorenorthberwick.com)  
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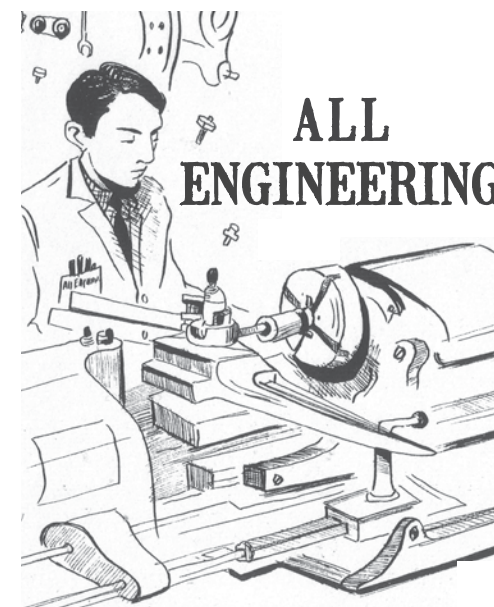
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# October November

## DATES FOR YOUR DIARY

OCTOBER	EVENT	TIME	VENUE
to 16 Nov	Lisa Hooper Art Exhibition	10-4pm (weekends 12-6pm)	Waterston House, Aberlady (SOC)
Sun 2	Messy Church	4-6pm	St Andrew Blackadder Church
Mon 3	North Berwick Art Group: Carol Duff	7.30pm	Hope Rooms, North Berwick
Tue 4	Evening Goose Talk and Watch	5.30pm	Waterston House, Aberlady (SOC)
Thu 6	Dinner Down Memory Lane in aid of Marie Curie (tickets from Jo's Kitchen or fiona.beaton@mariecurie.org.uk)	7pm	Jo's Kitchen, Haddington
Fri 7	Prayers across North Berwick	10.30-11.30am	St Andrew Blackadder Church
Sat 8	Little Big Screen	www.littlebigscreen.org	Gullane Village Hall
Sun 9	Muirfield Riding Therapy Car Boot Sale	11am-2pm	MRT, West Fenton Farm
Sat 8	Morning Goose Walk	7am	Waterston House, Aberlady (SOC)
Sat 15	North Berwick Artisan Fair	10am-4pm	Abbey Church
Sun 16	Muirfield Riding Therapy Winter Showjumping	from 9am	MRT, West Fenton Farm
Sun 16	Binoculars and Telescopes Demonstration	10am-4pm	Waterston House, Aberlady (SOC)
Thu 20	Guild Autumn Rally	7.30pm	St Andrew Blackadder Church

NOVEMBER	EVENT	TIME	VENUE
Fri 4	Prayers across North Berwick	10.30-11.30am	St Andrew Blackadder Church
Sun 6	Messy Church	4-6pm	St Andrew Blackadder Church
Mon 7	North Berwick Art Group: Peter Bowman	1.30pm	Hope Rooms, North Berwick
Sat 8	Little Big Screen	www.littlebigscreen.org	Gullane Village Hall
Sat 12	North Berwick Artisan Fair	10am-4pm	Abbey Church
Sun 13	Muirfield Riding Therapy Winter Showjumping	from 9am	MRT, West Fenton Farm
from 19 Nov	Chris Rose Art Exhibition	10-4pm (weekends 12-6pm)	Waterston House, Aberlady (SOC)
Thu 24	Muirfield Riding Therapy Bridge Supper	6.30pm	Mallard Hotel, Gullane
Sat 26	Muirfield Riding Therapy Christmas Coffee Morning	10am-12pm	Mallard Hotel, Gullane
Sat 26	Leuchie House Christmas Fair	10.30am-3.30pm	Leuchie House

### LOCAL FLORAL ART CLUBS

**NB FLORAL ART CLUB, NB COMMUNITY CENTRE**  
Meetings: 2<sup>nd</sup> Thursday of every month, 7.15pm from Jan to Jun, and Sept to Dec. New members and visitors welcome.  
Call 01620 893 578 for information.

**GULLANE FLORAL ART CLUB, CHURCH CENTRE, GULLANE**  
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Call 01620 842 737 for information.

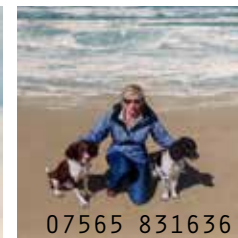
### EXHIBITION OF WILDLIFE ARTIST AND PRINT MAKER — LISA HOOPER

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Scottish Ornithologists' Club, Waterston House, Aberlady



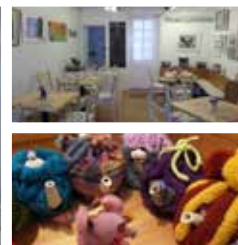
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## Team East Lothian

*Buoyed on by the successes of Team GB at the Rio Olympics, Kim Williams discovers how Community Sports Hubs are encouraging sports and a healthy lifestyle in our local community.*

My childhood dream, as I plodded the country lanes on my rather unkempt pony, was to be plucked from obscurity by Olympic spotters and ride for my country at the next Olympic Games! Chances are, just like me, your children watching Olympians like Mo Farah, Max Whitlock and Andy Murray rack up gold medals in Rio, are suddenly inspired to go for gold themselves. Whether your child wants to be an Olympian or just become more active it's encouraging to know that here, in East Lothian, there is a community sports hub that is focused on putting East Lothian first, right from grass roots through to elite sports.

Community Sport Hubs Development Officer, Bengy Barsanti says "We call it the 'Olympic Bounce' – the Olympic Games provides an awareness of sport but sports clubs also need to market themselves and their products to prompt both parents and children into action."

It was for that very reason – to help improve the profile of sport in our local area, as well as encourage an active healthy lifestyle for all age groups – that six **Community Sports Hubs** were set up in towns across East Lothian. The hubs are a partnership between East Lothian Council, sportscotland and local community sports clubs which bring together key people involved in developing sport in the community. Bengy explains "The hubs were set up, not only to develop and improve sports provision, but to ensure that all the clubs actually started to speak to each other. We wanted to ensure there was a co-ordinated approach to sport and children had as many opportunities as possible, to try a wide range of activities. It turned out that there were often simple solutions, such as ensuring that not all practice sessions went on at the same time."

The hubs also proved to be an ideal platform for local sports clubs and key partners such as Active Schools and

Sports Development to meet, share good practice and exchange ideas. Which in turn has enabled clubs to focus on getting more people involved with sport, in particular girls, plus an emphasis on disability and inclusion. Bengy adds "It's about removing perceived barriers to sport or becoming a member of a club. We encourage everyone to come and talk to us, find out how they can be involved and in some cases we may even be able to reduce the financial burden of becoming a member of a club or sports group."

And it's not just about children. Perhaps the gold-medal-winning effort of our Men's Team Pursuit in cycling inspired you to head to your local velodrome? Or maybe Giles Scott's gold in sailing inspired you to take to the water? Whatever your reason for wanting to play sport, the hubs are committed to ensuring that there are a wide range of sports for people of all ages. Bengy says "People shouldn't stop sport just because they've left school, there needs to be capacity for adults to play recreational sport and we encourage and support all our clubs to make this provision."

Statistics after the 2012 Olympics suggest that over 50 per cent of children aged eight to 12 said the Olympics made them feel like being more active. With this in mind, now would be an ideal time to visit the hub's website [www.activeeastlothian.co.uk](http://www.activeeastlothian.co.uk). This website is the one-stop shop for all things sport, it brings together all those in the community dealing with sport and activity. So, if your child has been running around all week twirling ribbons, or sprinting across the front lawn, this might just be the ideal time to sign them up for one of the many activities in our local community.

NORTH BERWICK  
COMMUNITY  
SPORT HUB

# Find your Sport in East Lothian

*Come and have a go at your local community sports club. Whatever sport interests you, get down to your local sports club and find out more about how you can jump, swim and run.*



## NORTH BERWICK COLTS FOOTBALL CLUB

Age group: 3-16  
E: [nbccltscommittee@outlook.com](mailto:nbccltscommittee@outlook.com)  
W: [pitchero.com/clubs/northberwickcoltsfc](http://pitchero.com/clubs/northberwickcoltsfc)



## NORTH BERWICK TENNIS CLUB

Age group: 5-Adult  
E: [northberwicktennisclub@hotmail.com](mailto:northberwicktennisclub@hotmail.com)  
W: [northberwicktennisclub.org](http://northberwicktennisclub.org)



## THE BASS ROCKETEERS NETBALL CLUB

Age group: 12-Adult  
E: [bassrocketeers@hotmail.com](mailto:bassrocketeers@hotmail.com)  
W: Search for 'Bass Rocketeers' on facebook



## NORTH BERWICK JUNIOR BADMINTON CLUB

Age group: P3-S3  
E: [northberwickjbc@gmail.com](mailto:northberwickjbc@gmail.com)  
W: [nbjuniorbadminton.weebly.com](http://nbjuniorbadminton.weebly.com)



## EAST LOTHIAN YACHT CLUB

Age group: 8-Adult  
E: [secretary@elyc.org.uk](mailto:secretary@elyc.org.uk)  
W: [elyc.org.uk](http://elyc.org.uk)



## HUFFIN' PUFFINS FOOTBALL CLUB

Age group: 35+  
E: [mowbrayk@gmail.com](mailto:mowbrayk@gmail.com)  
W: [huffinpuffins.com/hp.asp](http://huffinpuffins.com/hp.asp)



## NORTH BERWICK RUGBY CLUB

Age group: 5+  
E: [secretary@northberwickrfc.co.uk](mailto:secretary@northberwickrfc.co.uk)  
W: [pitchero.com/clubs/northberwick](http://pitchero.com/clubs/northberwick)



## BASS ROCK CRICKET CLUB

Age group: 8+  
E: [graeme64armstrong@gmail.com](mailto:graeme64armstrong@gmail.com)  
W: [bassrockcricketclub.co.uk](http://bassrockcricketclub.co.uk)



## FIDRA LIONS HOCKEY CLUB

Age group: 9+  
E: via website below  
W: [fidralions.co.uk](http://fidralions.co.uk)



## GULLANE HOCKEY CLUB

Age group: 5-12  
E: [contact@gullanehockey.org](mailto:contact@gullanehockey.org)  
W: [gullanehockey.org](http://gullanehockey.org)



## GULLANE ATHLETIC FOOTBALL CLUB

Age group: 4-12  
E: [gullaneathleticafc@gmail.com](mailto:gullaneathleticafc@gmail.com)  
W: [gullaneathletic.org](http://gullaneathletic.org)



## GULLANE CRICKET CLUB

Age group: P4-P7 kwik cricket  
E: [nicpaynewilson@gmail.com](mailto:nicpaynewilson@gmail.com)  
W: [facebook.com/gullanecricketclub](https://facebook.com/gullanecricketclub)



## NORTH BERWICK KAYAK CLUB

Age group: 10+  
E: [contact@nbkayak.org](mailto:contact@nbkayak.org)  
W: [nbkayak.org](http://nbkayak.org)



## NORTH BERWICK BASKETBALL CLUB

Age group: 8+  
E: via website below  
W: [northberwickbasketballclub.blogspot.co.uk](http://northberwickbasketballclub.blogspot.co.uk)



## GULLANE TENNIS CLUB

Age group: 4+  
E: [membership@gullanetennisclub.co.uk](mailto:membership@gullanetennisclub.co.uk)  
W: [gullanetennisclub.co.uk](http://gullanetennisclub.co.uk)



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## Home of the Scottish Flag celebrates Saltire Festival

*East Lothian plays host to The Saltire Festival celebrating music, culture and heritage.*

**E**ast Lothian, the birthplace of the Scottish Flag, is delighted to be staging the Saltire Festival once again. Building on the successful events of the previous years, the **Saltire Festival 2016 runs from 24<sup>th</sup> to 30<sup>th</sup> November**. This year the festival ties in with the national Year of Innovation, Architecture and Design and there will be some interesting lighting effects appearing on key landmarks and festival venues across the county as part of the **#SaltireBlue tour**—to highlight both East Lothian's great attractions and its architectural wonders. This includes the Kelpie Maquettes which will be hosted at Musselburgh Racecourse and will be lit blue for visitors to admire. The maquettes were scale models of the Kelpies used as a construction guide for the full-size versions which are on permanent display at Helix Park in Falkirk.

Musselburgh Racecourse is the venue for the **Saltire Raceday** on Thursday 24<sup>th</sup> November. On the following day take part in the **The Foxlake Tartan Trail** at Foxlake Adventures, Dunbar. This 10k night run asks competitors to dress in Tartan and run through the forest lit blue to celebrate St Andrew's Day. Friday also features the **Saltire Whisky Dinner** at The Macdonald Marine Hotel and The **Saltire Ceilidh** held at Archerfield Walled Garden.

On Saturday 25<sup>th</sup>, **The Epicurean Adventure** at the Corn Exchange in Haddington is a celebration of all East Lothian and Scotland's local produce, accompanied by cookery demonstrations and ideas

of how to create your very own St Andrew's menu. You can also grab the chance to play in a **night golf tournament** at Dunbar Golf Club. Using LED balls and markers, this technological innovation opens up a whole new experience of Scotland's national game! There will be hot food and bar facilities available before and after play. There is a special concert planned at The Brunton Theatre for Saturday night plus various comedy and musical concerts throughout the county.

On Sunday there will be a special **St Andrew's Day service** at the beautiful, historic Athelstaneford Church, birthplace of the Saltire, followed by a ceremony to raise the Saltire flag. The festival concludes on St Andrew's Day with a selection of choral and classical music performances at the **St Andrew's Day Concert** held at St Mary's Church in Haddington.

Councillor John McMillan, Cabinet Spokesperson for Economic Development and Tourism said "*The Saltire programme just gets more exciting every year. Favourite elements are in there including the chance to sample East Lothian's very best in food, drink and music and we've added a lot more besides for all ages and interests, with new activities and venues to help attract return visitors and those new to the Saltire Festival. From author visits to comedy to train running – you really couldn't get more variety in one programme.*"

Please visit [www.saltirefestival.com](http://www.saltirefestival.com) for full programme information and how to book tickets.





## The Natural World in Action!

*October and November mean seal season at the Scottish Seabird Centre, North Berwick. At the Centre, control interactive live cameras located on the Firth of Forth islands to zoom in on the wildlife action.*

Spot the grey seals on the island of Craigleith and the Isle of May National Nature Reserve, home to one of the most significant seal populations in Britain.

Seal pups are born throughout these months – spot one being born via the Seabird Centre cameras and win your own seal adoption worth £30. Last year, the first seal pup birth was spotted on camera on 4 October and there are around 2,400 births taking place each year on the Isle of May over the winter months!

**Don't miss!** There's still time to spot the gannets on the Bass Rock, before they head south in October. As the world's largest colony of Northern gannets and BBC Countryfile Magazine's Nature Reserve of the Year, it should be on your must-see list.



## Looking Ship Shape

*Shiver me timbers! Pirate Weekend is back at the Scottish Seabird Centre, North Berwick, bigger and better than ever before!*

Inspired by the link between Robert Louis Stevenson's Treasure Island and the nearby island of Fidra, Pirate Weekend takes place on Saturday 22 and Sunday 23 October. It's a swashbuckling fun weekend celebrating the high seas and is one of the highlights of the Seabird Centre's events calendar.

There will be activities each day from 11am to 4pm including arts and crafts, pirate treasure hunt, face painting, smoking cannons and exploding treasure chests, plus there will be prizes for the best dressed pirates!



For further information about either of these events or to see the live wildlife webcams visit [www.seabird.org](http://www.seabird.org)

Images: Seal Pup © Maggie Sheddan, Pirate Weekend © Sean Bell

## Control the cameras and zoom in on the super-cute seals.

Seal season from October.

[www.seabird.org](http://www.seabird.org)  
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Image © Maggie Sheddan / Scottish Charity no SC025837

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'People tend to forget about getting their hearing checked, it's a poor third behind eyes and teeth! Hearing loss happens in our ears, but affects many different aspects of our lives. For instance, statistics show that people with a hearing loss tend to retire earlier. There is also a lot of discussion around new evidence which shows that untreated hearing loss increases a person's likelihood to develop dementia as they withdraw from social interactions.' Martin Smith, Director and Hearing Aid Audiologist.

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At the Edinburgh Hearing Practice we often see people who have put off doing something about their hearing for a long time.

The longer a hearing loss is left the more difficult it is for us to help. Our advice is get your hearing checked on a regular basis – at least once a year.

**So the moral of the story... don't wait 10 years to get your ears checked!**



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Feature – On the Couch

## On the Couch

*For a long time, Britons have considered the subject of therapy as taboo. Kim Williams discovers that this is no longer the case.*

Not so long ago, many of us dismissed therapy as a lifestyle indulgence, a short-cut used by those not strong enough to work out life's challenges on their own, something our friends across the Pond indulged in. Those who did see someone, to help with a relationship crisis, say, or an abusive childhood, kept it to themselves, as if needing help was shameful, even taboo. However, recent changes – notably government cuts, unemployment, higher costs of living and advances in technology – are subjecting us all to mounting stress and redefining our attitudes towards therapy in the process.

Everyone experiences periods of stress, sadness, grief and conflict, so when you're feeling off it can be hard to know if it's time to see a professional about the problem. So what are some signs it might be time to set up an appointment? **Beverley White of Mae White Psychology** reveals some indicators we can all look for during times we're feeling low.

Do your feelings change or impair your ability to function? Have you suffered a trauma and you can't seem to stop thinking about it? Are you using unhealthy coping strategies such as food or alcohol? Is it affecting your relationship? Bev explains "Often people get to a stage in life where they just can't cope, like a traffic jam – sometimes it resolves naturally, other times it piles up and we find ourselves needing support and that's OK." The biggest clue? It's simply a question of balance – anything that makes you feel overwhelmed or out of control, means you may benefit from speaking to a psychologist. She adds "We all seek therapy in our own ways, whether it's simply a chat over a cup of coffee with friends, but often it is actually a lot easier to talk to somebody neutral and not emotionally connected, that's where we come in."

Bev, a **Chartered Counselling Psychologist** with experience in a range of issues including depression,

anxiety, eating problems, phobia and abuse, set up Mae White Psychology on her return from living in France with her young family. Having had personal experience of the challenges life can throw at you, it was important to Bev to build a business and a space for clients that made them feel both supported and safe. Consultations take place in a gorgeous dedicated space in Bev's home. It's serene, secluded and not a consulting couch in sight! "The space was really important to me" says Bev "clients are really surprised and I get a lot of 'gosh this is really nice!'"

Bev offers an initial consultation free of charge, whether it be in person, by phone or Skype. From here both parties can assess whether there will be a good fit and how to take the sessions forward. "Many people are anxious about approaching a psychologist" says Bev, "but we're simply talking about life and how hard it can be. My aim is to work collaboratively with a client to explore and make sense of their situation and then help and support with changes, to decrease distress and to ensure the person feels more grounded and content in their interpersonal world." Sessions and support are then tailored and scheduled around the client's need and what works well for them. "I'll give a pen and notepad to my older clients and apps to the younger or more technical savvy" laughs Bev.

Another concern which people have when consulting professional help is the financial burden incurred. But therapy is now no longer the preserve of the wealthy. With lengthy waiting lists on the NHS, more of us are turning to private practice. At Mae White Psychology the cost is reasonable and you receive so much more than the 50-60 minute session, you're provided with any tools you might need plus ongoing phone or email support.

For further information email [bev@maewhitepsychology.com](mailto:bev@maewhitepsychology.com) or phone on 0797 7533339



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Winter is almost here. The days are shorter and the nights are colder. Even the  
best of us can get a little down. **David Mason, Doctor of Chiropractic** tells us  
how to keep our energy high, our mood lifted and our immune system strong this winter.



## Ways to Beat the Winter Blues

### Green Smoothie Cold Fighter

*This delicious Green Smoothie is  
a fabulous cold fighter and will  
help lift your mood this winter.*

#### what you need...

2 oranges, peeled  
1/4 lime, peeled  
1 ripe banana  
1 inch of ginger root, peeled  
1/2 cup parsley  
1 cup of your favourite leafy greens  
1/2 a ripe bell pepper  
Water for blending

#### how to make...

Simply blend all ingredients in a  
blender until smooth. Serve and  
enjoy!

**Eat a Healthy Diet:** Avoid refined  
and processed foods (white bread,  
rice and sugar). Ensure you eat  
plenty of fresh vegetables, fruit,  
quality meat and fish. These healthy  
foods provide your body (and mind)  
with essential nutrients as well  
as stabilise your blood sugar and  
energy levels. Make sure you get  
eight glasses of water daily.

**Exercise Daily:** Not only good for  
weight loss, exercise is great for  
relieving stresses in life and lifting  
your mood by releasing those "*feel-  
good chemicals*." Even a brisk 20  
minute walk each day will make you  
feel better.

**Get Some Sun:** Sunlight is a natural  
source of Vitamin D. Over winter,  
our levels of Vitamin D are at  
their lowest. Research suggests  
supplementation of Vitamin D3. A  
deficiency in this vitamin can lead  
to health problems as well as a  
suppressed immune system.

**Rest:** Try to spend ten minutes each  
day doing nothing! Sit on a chair,  
in a quiet room, and focus on your  
breathing. This is an effective way  
to recharge, quieten your mind and  
relax the body from the distractions  
and stresses of everyday living.

**Embrace the Season:** Wrap up  
warm and go outside! Play in the  
snow and take yourself back to  
childhood. Make sure you wear  
the right clothing; snow shoes  
with a good grip, warm waterproof  
clothing and be sure to keep those  
hands and ears warm.

**Get Quality Sleep:** People naturally  
want to sleep a little more in the  
winter. Aim for seven to eight  
hours every night. Maintaining a  
consistent pattern will energise your  
body. Try not to oversleep, as this  
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Celebrating...  
**10 years!**  
in Business



This issue we're delighted to introduce our new columnist – **Bernie Petrie**. The founder of **Barefoot Ambition** and **The Barefoot Sanctuary**, Bernie is also a mum, a wife, a maker of art and a keen blogger who loves connecting and inspiring people.

## Mindfully Embracing Autumn



As I sit and write, it is hot and muggy, there is a weird tropical feeling here in East Lothian. This Indian summer feels like it could go on forever. Of course it won't, change will come once more, and the days will get shorter and colder. If the thought of that leaves you feeling cold and with a sense of dread, it's a tell-tale sign you are experiencing a resistance to change. **One thing I know for sure, whatever you resist persists.**

But I also believe, that before you can embrace these seasonal changes, you have to allow yourself the chance to grieve for the reality that summer is preparing to leave us. I actually did this in the third week of August, this seems to be the time when I hit a low and I recognise now that I always have. By spending a couple of days in this state of grief, I allowed myself to feel the sadness that I was experiencing then reached a level of acceptance. Of course once I did that, the most incredible Indian summer appeared and most days I still seem to be wearing my shorts, but I'm mindfully ready for the change and have got excited at the thought of wrapping up once more. As Billy Connolly says "There is no such thing as bad weather, just bad clothes."

**What am I getting excited about?** Seeing the trees and landscape changing into the most stunning colours; getting the woollies out, buying myself a new, or new to me, winter coat and some other winter clothes, (it's all about layering here) so I can spend time on empty cold

sunny beaches with crashing waves. Taking long walks in the woods, stumping in wellies and letting the inner child kick through the leaves. Right now you can forage for berries, they're just about ready to eat. As the cold really sets in, I'm licking my lips at the thought of hot stews and blackberry and apple crumbles.

We can also keep the feeling of the sun inside us, by making sure we feel cosy, and not resisting what will surely come. So as well as making sure we're clothes ready, we can feel cosy inside by taking hot baths, lighting candles, or popping on fairy lights and lighting crackling fires. The brightest of stars will be seen once more accompanied by the sound of migrating geese, so taking a few moments each night to say hello to the night sky and breathe in the space and light from above is definitely something I'm really looking forward to. It's right there! The dark mornings however are tough, so as well as embracing change, get some help and invest in a Lumie alarm clock, there really is no need for noisy alarms and allow yourself to be woken by the feeling of natural sunlight. They really work!

So yes, it's time to put away the flip flops, but it's not really a goodbye. Autumn and winter will pass, as change is guaranteed and we will be in shorts once again before we know it. In the meantime, breathe in this beautiful colourful new season. You are built for this, don't let your mind tell you otherwise.

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This month as we all start snuggling down for winter in Scotland, I thought I would breathe a little more sunshine your way and share with you my foodie adventure to Crete this year.



## Crete Adventures in Food

Nestled in the Amari Valley, is the village of Meronas, home to a small Taverna – Moexo Bonies – run by mother and daughter, Eleni and Vassiliki. This place is not only special because of its location and food, it's the warmth and the smiles with which you're greeted that makes you feel like one of the family.

Amazing Cretan food is cooked in a rustic kitchen where I was fortunate to watch and photograph Vassiliki working her magic. We ate stuffed courgette flowers, local sausages, aubergine stew, green beans with slivers of garlic, local cheese and wine. And the reason it tasted so good? Everything is plucked from the garden and cooked there and then with immense love and passion.

On our last visit we were presented with a little omelette. Simple and most probably the most delicious meal I've had in Crete. Eggs, infused with Greek basil and oregano, were then poured over scorched aubergine, peppers, red and white onions, yellow and green courgettes and tomatoes. Then served with bread from the oven. This will stick in my memory forever! As far as a recipe goes, I am going to try and recreate this gorgeous dish and serve it as part of Cretan long table evening at the Tennis Pavilion in North Berwick. So watch this space and I look forward to feeding you all soon.

*Mrs Hare X*

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## Seasonal Events at Archerfield Walled Garden

*From wine education courses and shopping evenings to scrumptious suppers, there really is something on offer for everyone at Archerfield Walled Garden.*



Tucked away on **Archerfield Estate**, just outside Dirleton and only three miles from North Berwick, lies **Archerfield Walled Garden**.

Following the exciting arrival of Ross McGregor as Archerfield Walled Garden's new Director of Operations in June (bringing with him a wealth of experience from Harvey Nichols, Tiger Lily and the Jamie Oliver Restaurant Group) the Archerfield Walled Garden Board is also delighted to welcome Scott Hunter as their new Head Pastry Chef. And the two new arrivals have quite a lot planned in the run-up to Christmas.

As Director of Operations, Ross has been implementing a number of exciting new changes across Archerfield Walled Garden. The shop and the foodmarket have both had a makeover and stock some amazing new produce from both quality and local suppliers. There is also the opportunity to savour some of Scott's delicious gluten-free millionaire shortbread, gooey double chocolate brownie, raspberry and pistachio bakewell or rocky road.

Over the next couple of months there are a number of exciting events taking place. The first **Wine and Spirit Education Trust Wine Course**, Level 1 by l'Art du Vin, is on Friday 18 November, 5pm to 10.30pm. Richard Bouglet, co-founder of l'Art du Vin and certified WSET Educator, will be hosting the first ever WSET course in East Lothian. There are a limited number of spaces and participants will learn about the wine making process, the main types and styles of wine, common wine grapes and their characteristics, how to store and serve wine, and the principles of food and wine pairing.

On Thursday 1 December, there will be a **Christmas Shopping Night**, from 6pm to 9.30pm. Enjoy mince pies and mulled wine whilst some of the best local suppliers will talk you through their fabulous range of products. Santa's sack has been filled with delicious candy canes with special Christmas cards attached containing a discount of 10% to 50% off products purchased on the night. Plus, for one lucky shopper there is a fantastic Archerfield Walled Garden hamper worth £80 to be won. Don't forget to pick up your Christmas Tree! These will be available from 1 December in the Barn.

**Christmas Supper Club, 'Bubbles & Bubl'** takes place on Friday 9 December. Enjoy a glass of bubbles on arrival before sitting down to Head Chef, Richard Wire's Christmas Dinner followed by a Bubl'-inspired performance from Scotland's première Show Band, Spatz and Co.

To round up the year, Archerfield Walled Garden's **Hogmanay celebrations** take place on Saturday 31 December, 7.15pm to 1am. Pull on yer kilts and clobber and bring yer lump 'o' coal, wi bites on yer welcome and Champagne to fizz yer sole. Savour Chef Wire's four course dinner, match it wi wines for all ye sinners.

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editor's  
I love this  
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pick

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		AM	PM	AM	PM
1	Sat	0333	1551	0940	2140
2	Sun	0408	1623	1007	2210
7	Fri	0703	1919		1206
8	Sat	0749	2006	0018	1246
9	Sun	0844	2106	0114	1405
14	Fri	0130	1403	0745	2000
15	Sat	0215	1446	0831	2044
16	Sun	0257	1527	0916	2131
21	Fri	0653	1920	0035	1255
22	Sat	0755	2026	0126	1346
23	Sun	0908	2141	0234	1504
28	Fri	0153	1419	0808	2006
29	Sat	0234	1454	0838	2039
30	Sun	0210	1425	0805	2011
November		High Water		Low Water	
		AM	PM	AM	PM
4	Fri	0459	1708	1016	2229
5	Sat	0538	1748	1043	2302
6	Sun	0622	1833	1119	2354
11	Fri	1140	2356	0522	1742
12	Sat		1233	0613	1830
13	Sun	0046	1319	0703	1919
18	Fri	0446	1709	1058	2326
19	Sat	0541	1804	1139	
20	Sun	0640	1906	0015	1224
25	Fri	1202		0548	1751
26	Sat	0021	1248	0627	1832
27	Sun	0106	1326	0658	1910

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### Athenstanford Parish Church

t:01620 840 339. Rev Joanne Evans-Boiten. Sunday Morning 10am. Family Service 4<sup>th</sup> Sunday of each month.

### Church of Our Lady Star of the Sea, 9 Law Road, North Berwick

t:01620 892 195. Sunday Mass 10am. Phone for weekday Mass times.

### Dirleton Kirk, Manse Road, Dirleton

t:01620 892 800. Sunday 9.30am, Wednesday 10am.

### Gullane Parish Church, East Links Road, Gullane

t:01620 843 192. Rev Brian Hilsley. Sunday 9.45am with Sunday Club. All Age Service on 1<sup>st</sup> Sunday of each month. MAC Club for young people (P6-S2) 6-8pm once a month.

### North Berwick Christian Fellowship, 10a Balfour Street, North Berwick

t:01620 893 139. Sunday 10.30am at North Berwick High School

### Religious Society Friends (Quakers), St Andrew's Centre, Bayswell Rd, Dunbar

t:01368 850 227. Meeting 11am on 2<sup>nd</sup> and last Sunday of each month.

### St Adrian's Episcopal Church, Sandy Loan, Gullane

t:01620 892 154. Sunday 8am Said Eucharist (1<sup>st</sup> and 3<sup>rd</sup> Sunday), 9.30am Sung Eucharist.

### St Andrew Blackadder, St Andrew Street, North Berwick

t:01620 895 233. Sunday 9.30am Morning Worship, 10.30am all age worship, Crèche for under 3's, KLASH for 3-12yrs, Junior Alpha for 13yrs+

### St Baldred's Episcopal Church, Dirleton Avenue, North Berwick

t:01620 892 154. Sunday 8am Said Eucharist (2<sup>nd</sup> and 4<sup>th</sup>), 11am Sung Eucharist.

### St Mary's, Whitekirk

t:0131 447 3224. Rev Joanne Evans-Boiten. Sunday Morning 11.30am.

### The Baptist Church, Victoria Road, North Berwick

t:01620 895 463. Sunday Morning Worship 11am, Bible Teaching 6pm. Wednesday Bible Study 7.00pm.



## ... Babies, Toddlers and Children

For information about: Health Visitors and Midwife Groups, Play Groups, Children and Toddler Groups and Nursery Schools, please visit [www.yourlocallife.co.uk/usefullocalnumbers](http://www.yourlocallife.co.uk/usefullocalnumbers).



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