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Dear Readers

Welcome to our first issue for 2017. The start of a new year brims with excitement, new trends and new beginnings. As indeed, does this issue which is jam packed with a wide range of features from food to health, interiors to art.

As always, we profile some extraordinary local businesses. Including **Dunbar Community Bakery** who are returning bread to its old role at the heart of the community. Victoria Davidson, owner of **Secret Garden** tells us how we can ensure flowers and weddings are a match made in heaven. We share the **secret of a new(ish) clothing boutique** on page 22. And, meet **Leigh Bagley** who is making a bold statement with his abstract geometric designs.

We've food and health covered with delicious Valentine's Day and Pancake Day recipes. We tell you how to bring **good nutrition and exercise in to your life** on pages 26 and 31. Interiors fans should check out our features on **de-stressing your home** plus learn all you should know about **thread count**. We've even popped in a **shopping guide to make you happy** on page 21!

Finally, we've teamed up with **Musselburgh Racecourse** to offer 10 lucky readers the **chance to win tickets** to the inaugural Easter Saturday race day (page 3).

Until the next issue, enjoy Local Life. *Kim*



Win a Day at the Races

Musselburgh Racecourse has teamed up with Local Life to offer 10 lucky readers the chance to win tickets to the inaugural Easter Saturday race day, an exciting new and high profile fixture.



Be in with a chance to win tickets to Easter Saturday Race Day...



Racing enthusiasts and those in search of a great day out over the holiday weekend will enjoy an Easter spectacular of first-class racing on Saturday 15 April including the debut of the £100,000 Queen's Cup; an exhilarating new flat race that has been given the royal approval by Her Majesty The Queen following her visit to Musselburgh Racecourse during its bicentenary celebrations.

A true racing aficionado in her own right with a proud history, the Queen has a long-standing relationship with Musselburgh Racecourse, visiting many times over the years. Having opened the Queen's Stand back in 1995, Her Majesty returned last year on the racecourse's 200th anniversary to present the specially-commissioned Bi-Centenary Cup and discuss plans for the newly-introduced Queen's Cup with Musselburgh Racecourse chief executive Bill Farnsworth.

To win a pair of tickets please answer the following question:

In which year did Her Majesty The Queen open the Queen's Stand?

Send an email with your answer to info@yourlocallife.co.uk or send a postcard to **Your Local Life, 45 Middleshot Road, Gullane EH31 2DG**. Please remember to include your name and address. Closing date for entries is Monday 6 March 2017.



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this issue...

WE'RE LOVING

It's become de rigueur to sneer at **Valentine's Day** and to mock all who celebrate it. Widely believed to be a recent invention of the greeting-card industry, Valentine's Day actually began as a celebration of one or more early Christian saints named Valentinus. Saint Valentine was imprisoned for performing weddings for soldiers who were forbidden to marry and for ministering to Christians persecuted under the Roman Empire. During his imprisonment, legend states, he healed the daughter of his jailer, Asterius. Prior to his execution he wrote her a farewell letter '*from your Valentine*'.

Valentine's Day was first associated with romantic love in the circle of Geoffrey Chaucer in the Middle Ages, when the tradition of courtly love flourished. In 18th-century England, it evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery and sending greeting cards. Given that the ancient Aztecs considered chocolate a food fit for the gods, and early Europeans believed it served as a love potion, the humble cocoa bean is the perfect Valentine's Day gift.

But if you are aiming to seduce with chocolate this **Valentine's Day**, you can't get away with any old soft centres in a heart-shaped box. Quality and ethical sourcing are more likely to sway the sentiments than a pretty bow! Local companies **Chocolate Tree** and **Ailey Mae** both produce romantic treats that come in seductive flavours, taste delicious and look enchanting but have been made using high quality, properly sourced cocoa by makers whose hearts are in the right place. **What's not to love?**



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A match made in Heaven

Getting your wedding flowers right is a major part of any bride's big day, but can be a headache if you don't get it right. Kim Williams discovers that Secret Garden Events Florist will ensure flowers and weddings are a match made in heaven.



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Feature | A match made in Heaven

One of the first images that may flash through your mind when you think of a wedding is the flowers. You imagine a beautiful bride with a gorgeous bouquet or you think of grand centrepieces at the reception. You might even picture an adorable flower girl or grooms-men with classic buttonholes. Whichever image you conjure up, there is no denying that flowers form an important part of any wedding picture.

For the uninitiated, selecting flowers can be a daunting process sending the most calm bride-to-be into a frenzy. A good wedding florist can guide you through – helping you distinguish your gerberas from your gypsophila. Victoria Davidson, founder of East Lothian-based **Secret Garden Events Florist** offers advice and creates elegant, romantic and simply stunning wedding flowers from bouquets to buttonholes, venue decoration to bay tree hire.

With a degree in interior design and a passion for flowers, Victoria started her business with a florist's shop in Gullane. She then moved into specialising solely in event and wedding floristry. Victoria explains "I aim to focus on creating spectacular arrangements designed specifically for an event. When you hire Secret Garden you become my sole focus, my time is yours so I can ensure the flowers and everything about your day is perfect."

With over 20 years' experience Victoria can help choose the perfect flowers. Seasonality is important, she tells me, as is picking stems that mean something to you. Her own personal favourites change depending on the season. "In spring I adore parrot tulips, in summer sweet peas and peonies. Chinese lanterns are my favourite in autumn and in winter I love vases of amaryllis." Almost anything, she insists, works at a wedding. With flowers coming directly from her supplier in Holland, Victoria can source almost any bloom for a bride. Also key to styling flowers are the containers. From a large selection of glass vases, silver punch bowls and candelabras, Victoria will find your perfect vessel.

Victoria, during her time in floristry, has seen ideas emerge and fade. This year's trends include pale colours; whites, creams, blush and a natural fairyland style. She explains "It is not always about what is on trend, so it's really important that a bride communicates her vision and any likes, dislikes and expectations but some flexibility also helps". Victoria is happy to meet with the bride at the wedding venue and can also provide a pinterest board for inspiration. She adds "When I have a budget and a theme, I am able to better advise right from the beginning, but it is important to add that quotations are not set in stone and we will work hard to ensure the wedding flowers are absolutely perfect within any given budget."

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It's all about the Thread

According to the fairy tale, the test of a true princess was whether she could detect a pea hidden beneath a pile of 20 mattresses. Today, peas are out and thread counts are in. The higher the better. But as Kim Williams discovers it's not all about the count.



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Interiors | It's all about the Thread

Is there anything better than sliding into a bed laden with good quality sheets? Crisp white, linen wins every time. How can you not love it? We spend a third of our lives in bed so quality sheets are key, but how do you know if they're high quality? These days, everyone brags about the thread count: hotels, bedding shops and designers. But did you know, when it comes to the best pair of sheets, it's not just about thread count? There's no doubt that most consumers believe the higher the thread count, the better the quality, but this isn't entirely true.

Laura Thomas runs **Laura Thomas Linens** from her converted Doctor's Surgery in Gullane and has the leading edge when it comes to providing customers with stylish, high quality but affordable bedroom essentials. She also knows a thing or two about thread count. She told me "Once you get beyond 400 threads per square inch, be suspicious. Thread count is really simple – it's the number of threads woven into one square inch of fabric. Add the vertical ones to the horizontal ones. But in reality, it's not nearly that straightforward. Only so many pieces of thread fit into a specific space. With bedding, that number is 400. Manufacturers often use much thinner strands of fabric twisted together, and then they double, triple or even quadruple the thread count – even though it's essentially one thread." All of Laura's linen is 400 thread count, but more importantly it's made from high quality Vietnamese or Egyptian cotton. Laura's ethos is being responsible and mindful of where and how her linen is produced and for that reason she uses two producers only. A women's commune in Vietnam and a 100-year old family business in Portugal.

It's this ethos and Laura's beautiful minimalist style which has seen Laura Thomas Linens go from strength to strength. The company first came about when Laura, living in New Zealand, found it difficult to source mid-range, well-made bedding, so began her own company sourcing high quality, fair trade cottons from India, Egypt and Vietnam.

Since returning to her native Scotland three years ago, Laura has added a range of homewares, including stunning Turkish towels and gorgeous scented soy candles, which she hand-pours herself. Not one to rest on her laurels, there are plans to expand the collection to include soft furnishings, towels, sleep wear and a range of 'at home' clothing designed for comfortable relaxing. Laura recently confirmed a new 50% cotton, 50% pure linen bedding range. "It's from my Portuguese supplier and I'm very excited about it as it's a unique fabric, something that is not widely available. The blend has the luxurious crisp feel of linen with the softness of cotton through it. It's really stunning!" Also in the pipeline is a stunningly-scented citronella candle in a concrete pot which can be re-used as a planter and beautiful Turkish beach ponchos. All gorgeous, all high quality and not all about the thread count!



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The beautiful Aquaclean range from Geberit is more than just great to look at – it promises a clean, green start to 2017 and beyond. The sleekly designed Geberit Aquaclean shower toilet, which washes users with clean water at body temperature, has been installed as a fully functioning display at The North Berwick Bathroom & Tile Company.

Visitors to the Fenton Barns showroom can now experience this future-forward loo which takes bathroom technology, well-being and hygiene to a new level. With features such as the integrated shower function where a gentle spray of water cleans at a comfortable temperature and pressure to provide instant freshness and cleanliness, the Geberit Aquaclean is already making a big splash with clientele in the county.

Yvonne Souness, owner of The North Berwick Bathroom & Tile Company, said "We pride ourselves on bringing the highest quality, innovative new bathroom designs to East Lothian and I see the Geberit Aquaclean as a product that will change people's bathroom habits. Our fully functioning Mera display model in our showroom has new innovative features which are already proving popular."

A number of options are also available meaning there is a product to suit all requirements. With innovative features such as warm air dryer, adjustable temperature settings and a portable remote control which can save up to four personal preferences, there is a model to suit all.

Yvonne added "This is a product that is getting people talking. Along with the showroom display, we also have a working model available so our customers can try it out for themselves. This has been crucial to the sales process as it's so remote from anything people have ever experienced before!"

Under ownership of Yvonne and David Souness, the The North Berwick Bathroom & Tile Company has achieved continual success by meeting rising demand for home improvements, focusing on high quality brands and providing outstanding customer service. They offer product supply only, as well as a complete design and installation service. For installation, early booking is advised to avoid disappointment. A consultation will allow customers to benefit from expert advice on the products and specifications best suited to their home and household.



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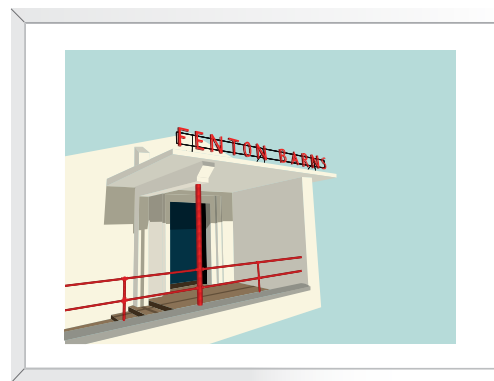
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Master of Modernism

Following in the footsteps of the masters of Modernism, such as Klee, Kandinsky and Mondrian, Leigh Bagley makes a bold statement with his abstract geometric designs.



Feature | Master of Modernism

Born and raised just outside Birmingham, **Leigh Bagley** developed his eye for colour and interest in design from an early age. His career began shortly after graduating from the Royal College of Art in London in 2000. He then worked as a freelance knitted textile designer selling to Calvin Klein, Levi, Nicole Fahri, Eddie Bauer, Milk and Woolmark to name just a few.

Following a career working in both fashion and interiors, he now shares his passion for colour and textiles as a lecturer at the renowned Glasgow School of Art. In 2012 Leigh decided to launch his own print company — **Leigh Bagley Creative Pattern Studio**, based in Longniddry. Eager to develop his interest in rich abstract graphic print design, he produced his first collection of limited edition prints. His work was instantly coveted by leading architecture and interior design companies and much sought after by private clients. Design Milk, a leading online design blog, described Leigh's prints as "some of most fun and vibrant geometric prints I've seen". Another design studio blogger commented "the colour palette, the lines (and in the flesh they are totally stunning), the sense of drama that you get when you view the designs, lend themselves perfectly to the male interiors and gift market, that oh-so-tricky present now becomes less so!"

Leigh's design aesthetic evidences modern, clean, graphic art with a contemporary approach to colour whilst being inspired by mid-century modern European design. And, since the launch of his first abstract print series, Leigh has designed three subsequent collections. His latest series — **Hybrid** — is an evolving collection of abstract single edition digital collages. Occasionally during the digital printing process the printer can make an error midway through a print, rendering the output unusable. Rather than waste the ink and paper, Leigh saves it to make into unique collages. Although similar in style, no two hybrid collages will be the same.

Leigh is often approached by interior design companies asking if it is possible to have his designs produced in other formats. On the back of this, he is currently planning a wallpaper and fabric collection due to be launched in the early part of 2017. With his contemporary approach to both colour and modern design, this collection is bound to make a bold statement and provide the ideal centrepiece to any modern interior.

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You've decided to bin your ubiquitous 1990s Habitat paper moon lamp shade and the Rosali IKEA armchair covered in jam is doing your head in – you fancy something more exciting! Anything which will immediately transform your house into a sophisticated, calm, modern space, filled with blissfully well behaved children and relaxed friends. All the better if it can be done without breaking the bank or causing a major upheaval.

Before you embark on a mind-numbing Pinterest journey, here are some easy 'go to' products that will help shift the balance of your home from exhausted and worn out, to fun and on-trend.



vibrant colour & pattern...

An avalanche of bright optimistic colour awaits you in 2017. This years riotous patterns and the continued revival of the geometric design, embrace bold colourful styles. Some seriously fun designs are on offer from many suppliers this year.

www.voyagedecoration.com | www.bluebellgray.com



Moroccan flavour...

Moroccan fretwork and concertinaed stripes are found alongside graphical stars and retro honey patterns in the Decadence range of wallpaper from **Blendworth**. Ticking both boxes – fun and budget.

from £42.00 per roll



Seek out matching side tables and coffee tables. Using sets of furniture helps to simplify the room, making the space less fussy and easier on the eye. Bold geometric design and a glass top keeps these tables from looking heavy in a room and adds a contemporary twist. Consider a nest of tables if space is tight.

www.thelibracompany.net



There are some amazing bargains to be had with the current industrial vintage trend, especially with lighting. Look to old school pendants in a mix of bronze, copper and pewter. Shiny chrome is definitely out and muted earthy tones are very much in.



old school lighting...

EMMACROSS
INTERIOR DESIGN

All products featured can be supplied by Emma Cross Interior Design

www.emmacrossinteriors.com | 07968561752



BOOK TALK

The Things We Learn When We're Dead

by Charlie Laidlaw

The Wizard of Oz meets The Lovely Bones in this surrealist sci-fi comedy.

With elements of The Wizard of Oz, The Hitchhiker's Guide to the Galaxy and The Lovely Bones, **The Things We Learn When We're Dead** shows how small decisions can have profound and unintended consequences, and how sometimes we can get a second chance.

On the way home from a dinner party she didn't want to attend, Lorna Love steps into the path of an oncoming car. When she wakes up she is in what appears to be a hospital – but a hospital in which her nurse looks like a young Sean Connery, she is served wine for supper, and everyone avoids her questions.

It soon transpires that she is in heaven, or on HVN. Because HVN is a lost, dysfunctional spaceship and God is the aging hippy captain. She seems to be there by accident... or does God have a higher purpose after all? At first Lorna can remember nothing. As her memories return – some good, some bad – she realises that she has decisions to make and that she needs to find a way home.

About the Author

Charlie Laidlaw was born in Paisley and is a graduate of the University of Edinburgh. His debut novel **The Herbal Detective** was published to acclaim in 2015. Charlie has been a national newspaper journalist and worked in defence intelligence. He now runs his own marketing consultancy based in East Lothian. He is married with two grown-up children and lives in Gullane.

£7.99 Published by Accent Press ISBN 9781786150356



... is for Mothering Sunday

Somewhere beneath the cards and bouquets of flowers lies a historical and Christian tradition that goes back centuries.

Every year the picky amongst us point out that the mid Sunday in Lent is not "Mother's Day" but "Mothering Sunday". Many blame America for introducing the former and for making it commercial. American social activist Anna Jarvis campaigned for an official day to honour mothers in the US and in 1914 President Woodrow Wilson proclaimed Mother's Day as the second Sunday in May.

In Britain, Mothering Sunday is always held on the fourth Sunday of Lent. The day has long been associated with mothers, and family. For centuries it was custom for people to return home to their 'mother' church on Laetare Sunday – the middle of Lent. Those who did so were said to have gone 'a-mothering'. The day often turned into a family reunion and a chance for children working away from home – often domestic servants – to spend time with their mothers. Many used to pick flowers from the verges along the way to leave in the church or hand to their mothers when they got home.

But this is where the British tradition grows a little complicated. In 1913, vicar's daughter Constance Smith was inspired by reading a newspaper report of Anna Jarvis's campaign in America and began a push for the day to be officially marked in England. She reconnected simnel cakes and the surviving local customs of the day with the honouring of mothers and in 1920 published the booklet 'The Revival of Mothering Sunday'.

Ironically, neither Constance Smith nor Anna Jarvis ever became mothers. And, Anna Jarvis regretted the growing commercialisation of the day, disapproving of pre-printed Mother's Day cards. "A printed card means nothing," she said, "except that you are too lazy to write to the woman who has done more for you than anyone in the world."

a shopper's guide to... WHAT MAKES YOU HAPPY!

feel good factor

We all know exercise boosts the feel-good factor. Add a little something extra to your workout gear and invest in a **Boing Band** or two. Handmade in the UK and designed by extreme sports enthusiasts, these clever magnetic bracelets are manufactured from sailing or climbing rope and are suited to even the toughest conditions – abseiling, surfing or drinking a pint! **Aquamarine Double Wrap £35, Sky Blue Middy £40**



indulge without guilt

Ailey Mae organic chocolate lets you indulge without the guilt. This dairy free, gluten free, raw chocolate is handcrafted in North Berwick in small batches and tastes delicious. **Raspberry & Salted Caramel bar £3.50**



quirky charm

Who can resist the quirky charms of animals as household items, turning them into amusing and collectible gifts? Old Smiddy exclusively launches the fun French brand **Pylones** to Scotland. **Dog and Sponge £11.99, Dog Spray £22.99, Cat Scourer £11.99**



stylish hydration

Spring is all about getting outdoors, especially when we live in the beautiful countryside of East Lothian. Keep hydrated when out and about with a stylish **Bobble bottle**. Bobble have long been known for personal water filtration bottles and have recently launched the infuse range to add a bit of natural flavour to your drink. **Magenta Bobble Infuse £14.99, Lime Bobble £10.99**



leisurely drinks

For drinks at a more leisurely pace who could resist these ornate and **beautiful glasses** handmade in Portugal. The gorgeous pastel colours and fleur-de-lis print will bring style to your drinks cabinet and be such a treat to drink from! **Small Wine Goblet £7.99, Small Wine Tumbler £7.99**



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Main Street, Gullane EH31 2AR | www.oldsmidgyfts.co.uk | 01620 843 843





Shh!

It's a Secret ...

When it comes to finding unique clothing, jewellery or even a gift, there's no better shopping experience than an off-radar boutique. And luckily for us, East Lothian has some of the best. **Kim Williams** discovers the soon to be re-branded Secret Boutique.



SECRET BOUTIQUE

Main street, Gullane EH31 2AP

t: 01620 842 222 | Open: Monday-Saturday 10am-5pm



From identikit high-street chains to browsing online from the sofa, shopping for clothes can feel at best impersonal and at worst homogeneous. It's hard to know where to find something unique. Where does one go for the off-the-beaten-path treasures? Some friends may share their secret locations with you, places they love and can't live without, but many prefer to keep their secret to themselves. It was exactly this behaviour which inspired renaming Gullane's well-known **Merry Go Round** to **Secret Boutique**. Owner Elaine Ramanauskus explains "I'd often heard regular customers telling a friend they'd brought along to the shop – this is my secret, my secret boutique."

Merry Go Round was opened in 2005 by Elaine and quickly became known for its gorgeous range of designer childrens and babies clothing and accessories. In 2011, Elaine introduced a small range of ladies clothing from well-known British brand, **Joules**. With its distinctive British country influence, the clothing sold well and over the years Elaine has increased her range of ladies' clothing and accessories. All of the brands are carefully chosen by Elaine, from known and trusted brands such as Joules and **Geox**, famous for its footwear and good quality coats, to brands not previously seen before in Scotland, such as Lithuanian brand **Lulu et Tu**. Elaine laughs "They approached me, speaking Lithuanian, at a trade show because my name is Ramanauskus. I didn't understand a word but I loved their dresses!"

European brands **Fransa** and **B Young** with their casual, classic but modern styling have been very popular. Elaine explains "They're suitable for all ages and you can buy anything from a basic white shirt to a gorgeous lace top and what's more they're really affordable." Elaine is quick to point out that the re-branding of Merry Go Round does not mean the end to her childrenswear range. "I just felt the name no longer reflected what I sell, but what I sell will remain the same!" Classic children's clothing from the likes of **Weekend a La Mer**, **Absorba**, **Kissy Kissy** and **Hatley** sit side by side with some quirky alternatives. Fleeces made from recycled water bottles by organic clothing brand **Kite**, and **Cheeky Chompers** dribble bibs, the brainchild of two Edinburgh mothers.

Secret Boutique is constantly bringing in new stock from 'secret' brands, making sure it's always filled to the brim with unique pieces. They are one of the only Scottish stockists of Canadian brand, **Hatley**. Known for its colourful print rainwear and children's clothing, they also produce a stunning range of t-shirt dresses, perfect for summer. Each year Elaine introduces new brands which you would be hard pushed to find on the high street. Clothing from high-fashion brand **FRNCH** or the gorgeous **Lulu et Tu** will have your friends asking where you bought your outfit from. It's up to you, whether you pass on the secret.



spring collection now in store!

Secret Boutique

Gullane | since 2005

Main street, Gullane EH31 2AP | t: 01620 842 222 | Open: Monday-Saturday 10am-5pm



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DON'T MISS...



Edinburgh Royal Choral Union's
Rhapsodic Bohemia

In March, ERCU continues its 'European Grand Tour' with a programme of music from Bohemia. After the warmth of Italy in November's concert, their spring programme includes very different mass settings by Antonin Dvorak and Leos Janacek, two giants of Czech music. Dvorak's charming Mass in D major was composed for consecration of a new chapel in the Bohemian countryside and its intimate scale and organ accompaniment make it a perfect pairing for Janacek's Mass in E flat: both composers' works reveal a rustic simplicity and an innate gift for gorgeous melody.

Sunday 5 March, 6pm | St Mary's Church, Haddington
Tickets £5-15 on the door or in advance from tickets@ercu.org.uk
for further information: www.ercu.org.uk | e:info@ercu.org.uk



2017 Easter Art Exhibition
14 to 17 April

This annual art exhibition takes place at St Andrew Blackadder Church, in North Berwick on Good Friday April 14, Saturday 15, Monday 17, 10.00am-5.00pm and Easter Sunday 1.00pm-5.00pm. The exhibition features Pam Carter, the widely-acclaimed Scottish artist, who is kindly supplying several of her paintings to the exhibition. There are approximately 350 original pictures by over 40 artists, ranging in value from £60 to £3,500. Free entrance, plus coffee and cakes available at low prices.

For further information contact: Stephen Govenlock
t:01620 894 196 | e:stephengovenlock123@btinternet.com



Organic Lines
Group Twelve Textiles Exhibition

The popular Group Twelve Textile Artists return to show at Waterston House. Group Twelve Textile Artists was formed 12 years ago by 12 students studying City and Guilds Creative Studies – Embroidery at Edinburgh's Telford College. Through their exhibitions they strive to raise the public's awareness and appreciation of stitched textiles as an art form. Traditional techniques are used, and through a process of experimentation and forced change, rules are broken creating unconventional and often unpredictable outcomes using all kinds of materials and media.

Until 15 February | 10am to 4pm | SOC, Waterston House, Aberlady
www.the-soc.org.uk | www.group12twelve.com



Tia McGriff
Live Acoustic Concert

Canadian singer and songwriter Tia McGriff is an internationally renowned and award-winning artist. With Scottish and Transylvanian roots running through her song writing and voice, Tia's talent has been described as "haunting and soul-gripping." Six international CD releases, four videos on CMT Canada, various film and TV placements, and numerous nominations and awards (including Americana CD of the year first ballot nomination for the 2016 Grammy Awards), have earned Tia a respect in the music industry and a global fan base that continues to stretch beyond demographics.

Friday 17 February, 7.30pm | St Andrew Blackadder Church
Tickets £8 on the door | t:01620 895233 | www.tiamcgriff.com

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Live Life to the Core

With classes underway in North Berwick, Laura Calder and Tess Santer are encouraging new mothers and Pilates beginners to live life to the core!

Laura Calder and Tess Santer first encountered Pilates through their work as senior physiotherapists in a leading Edinburgh sports injury clinic. They quickly recognised the value that this exercise method could have to people of all ages and abilities and made it their mission to take it to a wider audience. So, in July 2009 they founded **Pilates Plus**, an independent physiotherapy-led Pilates company.

Pilates is a complete body workout which builds core strength, balance, stamina and flexibility through low-impact conditioning exercises. It can be helpful in the management of injury, especially spinal pain. With a team of 12 instructors, Pilates Plus operate classes from many different venues across Edinburgh. And in 2017 they have added East Lothian to their portfolio with the launch of two classes at **Barefoot Sanctuary** in North Berwick. Class sizes never exceed 15, so every participant gets individual attention. Tess says "What is unique to Pilates Plus is that all our instructors are qualified

physiotherapists. This gives our classes that little bit extra, as our instructors can draw on their physiotherapy skills and experience to add variety to the class, but also ensures the class is as safe as it can be." Laura adds "The great thing about our classes is that we can have seriously-fit rugby players rubbing shoulders with retired grandmothers and both of them find their time with us fulfilling and energising. Regardless of how fit you think you are, I can promise you that a workout with us will leave you feeling muscles you didn't know existed!"

The duo are keen to encourage people to give Pilates a try this year. Pilates has wide-ranging benefits from preventing falls to improving spinal pain and enhancing sporting performance. It focuses on flexibility, core strength and posture. Because, it is low impact it is beneficial for just about everyone! Pilates Plus beginners classes run in eight-week blocks. You will be given a quick assessment by the physiotherapist prior to commencing the class and the class will be tailored to your level and ability.

As all the instructors are physiotherapists they are able to modify exercises to suit all, including those who may be carrying musculoskeletal injuries or conditions.

As mums, Laura and Tess are well aware of the challenges new mothers face. Having a baby is a wonderful experience which should be cherished, however, the changes to a women's body post pregnancy can be a little less joyous. In order for your body to form that lovely bump your abdominals stretch to accommodate the changes to your body shape and often the muscles separate because of this process. This can ultimately weaken the abdominal muscles which are so important as they support your back. Changes will also happen within the pelvic girdle and pelvic floor and Pilates exercises can help strengthen and reduce pain after delivery.

The team at Pilates Plus promote gently strengthening your core through Pilates, as early as six weeks post delivery. Pilates Plus have been running postnatal Pilates classes for over six years and their instructors have specialised postnatal knowledge and training, ensuring you're exercising in a safe environment and the exercises are appropriate.

They work at gently re-educating and strengthening core muscles, including abdominals, back muscles and the muscles around the hips. The classes also focus on gentle stretching and postural alignment. Mothers can attend the classes after their six-week check and the best thing about it is that your baby can come too! Tess says "Classes run in eight-week blocks, they are fun and very relaxed and a chance to do something for you. And afterwards you will feel you have earned that coffee with your friends!"

As well as improving posture and reducing pain, Pilates also builds core strength and stamina, improves flexibility, promotes relaxation, improves balance, coordination and circulation. What's more it is sociable and fun, encouraging you to live life to the core!

PILATES PLUS CLASSES IN EAST LOTHIAN | Barefoot Sanctuary, North Berwick | Friday, 10.30-11.30am (Beginners Pilates) | 11.30-12.30pm (Postnatal Pilates) | Classes run in 8-week blocks.



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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. We hear with our ears, but our brains understand speech, so to get a clear picture of a person's complete auditory system, we include speech testing in our comprehensive assessments".



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 **Edinburgh**
HEARING PRACTICE



In this issue **Bernie Petrie** poses this question... With the end of winter getting closer, and now that we're in the month of Valentine's Day, are our hearts filled with thoughts of love and romance? Yes or No?



Be your own Valentine



Your response to this question will be very personal depending on what Valentine's Day means to you. Does it feel you with joy or is it dread, disappointment and cynicism? 'Your Valentine' according to the dictionary refers to 'someone you love or would like to have a romantic relationship with'.

Who doesn't want to be looked at with love, to be spoken to with consideration, kindness and affection, to be valued and listened to? We all do! Yet we overlook the fact that we can and need to be doing all of this for ourselves. We can have a loving, caring and respectful relationship with ourselves and be our own lifelong Valentine.

So, this year, revisit the meaning behind Valentine's Day and take a fresh approach with the following valuable steps towards loving who you are. And, in the process, you can be your very own sweet Valentine!

1. When you wake up in the morning, take a moment to say hello to your body and be gentle with yourself as you get up. A few moments appreciating the vehicle that you are in goes a long way towards you feeling loved.

2. Next, check in with yourself in the mirror, not in a critical or vain way but in a loving and accepting way. Say hello, give yourself a smile. As you progress with this daily, you will work up to looking into your eyes with love (just the way, we dreamt as children that love would be!)

Learn to like and love who you see in the mirror daily. Daily eye contact with yourself can build respectful loving trust in a powerful way.

3. Throughout your day replace self-criticism with self-compassion. Let's face it, we all make mistakes, we're only human! But instead of berating yourself, pause, take a deep breath and give yourself reassurance, understanding and encouragement. The less we criticise ourselves the less we criticise others, totally win-win!

4. Try to let go of what you believe other people think about you. What we often think is way off the mark! You shine more brightly and love reigns when you are focused on the here and now.

5. Finally, say NO more often! How many times do you get asked to do something and you answer 'yes' and yet it feels like you should have said no? You end up feeling totally depleted and often resentful towards those who are asking. This classic people pleaser action is the total opposite of loving who you are, so practice taking a breath and listening to your body before you respond to any requests.

By loving and cherishing who you are, everyone will feel the surplus love that spills out from you. Now doesn't that feel like the real essence of a true Valentine?

Bernie

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Feature | Improve your Health with Nutritious Lolly



Improve your Health with Nutritious Lolly

An East Lothian nutritionist and fitness expert has used a chronic illness to inspire her new business, which aims to bring good nutrition and exercise to people's busy lives.

Dirleton-based Lorraine Cunningham, known to her friends as Lolly, launched her new company – **Nutritious Lolly** – in January this year. It aims to offer easy-to-follow actionable nutrition advice that fits around busy lifestyles.

But, her new company only came about after years of struggling with her own health. Lorraine had a stressful middle management role in a corporate environment which led to acute irritable bowel syndrome (IBS) in her late twenties. The condition was so debilitating it became clear that she would have to make changes in her life to improve her health. Lorraine said "I had a really stressful role in my previous career and slowly but surely it started to get to the point that it was making me incredibly unwell. IBS is an acute illness and very quickly it can have a profound effect on your life. The shocking thing is that one in five people in the UK will suffer from it at some stage in their lives yet most people don't like to talk about it, probably because of embarrassment. The traditional ways to treat IBS didn't really work for me and, from my own research, I discovered quite quickly just how incredibly important good nutrition is, in not only improving conditions like IBS, but in maintaining your general health."

IBS and its related symptoms cost the NHS £1.2 billion in 2012-2013. Poor diet and stress are often cited as the

main causes. The condition is most common in women aged between 20 and 30 although it can strike anyone at any time. Lorraine explains "I always tell people that your digestive system is sort of like the powerhouse of your body and if you don't look after it, your health is going to suffer in all sorts of ways. That's why good, easy-to-follow nutrition is the foundation for the Nutritious Lolly 6-Week Whole-Body Plan."

Lorraine has helped hundreds of people with health and nutrition over the years, including elite athletes like Scottish amateur boxing champion Iain Trotter, who has just signed his first professional contract. Iain credits Lorraine with much of his success. "My coach and I had to trust in Lolly that my weight would be spot on for every fight. I had more energy for training, better recovery and always felt I could go an extra round. I knew the importance of nutrition in my regime but some of the changes that Lolly made to my diet have made a huge difference."

It is success stories like this that inspired the launch of Lorraine's new venture. The **Nutritious Lolly 6-Week Whole-Body Plan** is an online course that incorporates weekly fitness videos and easy-to-follow recipes. The key point to the plan is that good nutrition leads to healthy digestion, which is central to a healthy lifestyle, something that Lorraine says many people forget.

NUTRITIOUS LOLLY 6-WEEK WHOLE-BODY PLAN | www.nutritiouslolly.com | t: 0800 197 6557



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Flippin' Good Fun...
Shrove Tuesday - Tuesday 28th February

Shrove Tuesday, also known as Pancake Day is the day before Ash Wednesday and the start of Lent. Shrove stems from an old English word shrive, meaning confess all sins. Traditionally, Shrove Tuesday was a time for using up eggs, butter and sugar from the larder as these were forbidden during the abstinence.

The earliest records of pancakes appeared in the fifteenth century when the pancakes were a little thicker than the modern pancake, they would also often have added spices for decadence. It wasn't until the eighteenth century and the influence of French cooking that pancakes became more as we know them now. Pancake tossing is believed to stem from 1445. A Buckinghamshire housewife was making pancakes when she heard the church bells ringing. In her rush to get to church, she ran out the house still

holding her frying pan. The pancake race was born! Other customs and superstitions include the belief that the first three pancakes cooked were sacred. Each would be marked with a cross and sprinkled with salt to ward off evil spirits. In Ireland, girls were given an afternoon off to make their batter and the eldest, unmarried girl would toss the first pancake. Success meant she would be married within the year. In Scotland, special oatcakes called Bannocks were made using oatmeal, eggs and salt and cooked on a griddle. A charm would be added to the dough and if a single person found it, they would be married within the year.

Pancakes are simple to make. What could possibly go wrong, unless one lands on the floor mid flip! Follow our recipe and have a flippin' good Shrove Tuesday!

what you need to make pancakes...

¾ cup of flour
pinch of salt

1 medium egg
300ml milk

how to make...

1. Sift the flour and salt into a bowl
2. Add the egg and gradually beat in half of the milk. Then add remaining milk and beat until smooth
3. Lightly oil a frying pan and place over moderate heat
4. Pour in enough batter to cover base of the pan and cook until underside is golden, then turn (or flip!) and cook the other side. Repeat with the remaining batter.
5. Serve with a topping of your choice



Putting the Heart Back into the Loaf

Bread was once the mainstay of village life, bringing the community together. Now a community initiative is doing just that – returning bread to its old role at the heart of local life.

Every culture around the globe has been making and eating bread for thousands of years. It was a communal affair, sharing bread, bringing the community together. In recent times, modern techniques and supermarkets stripped our bread of life. However, with the current rise of small artisan bakers who embrace traditional techniques has come the growing demand for good bread. And with the rise of good bread comes, hearteningly, the rise of the community bakery, returning bread to its old role at the heart of village life.

Here in East Lothian, Dunbar have embraced this trend. In 2011, Dunbar Community Bakery was established when a group of local residents came together following the closure of the well-established family bakery on Dunbar High Street. The commitment of local residents, combined with compelling market research, demonstrated the potential to reopen a High Street bakery as a sustainable social enterprise. Now, a community-owned asset with shareholders supporting its work, the Bakery currently employs seven members of staff and the Management Committee is run entirely by volunteers.

As an artisan bakery, their aim is to put the heart back into both the loaf and the community. To do this, they bake in the traditional way, using top-quality ingredients and, wherever possible, sourced locally. Good bread takes patience, passion and instinct. Colin McLellan, Bakery Manager with over 30 years' experience, works with a skilled team of bakers who make bread by hand, slowly with love and understanding and using mainly low fermentation and sourdough starters or

very small quantities of yeast. Colin explains *"The natural yeast starter and long fermentation act as a natural preservative and flavour enhancer, giving the bread superb depth and character."* Risen over longer timescales ensures texture, adds flavour and prolongs shelf life naturally. This is unlike production techniques used by many other bakeries and supermarkets, which involve short cuts and the addition of artificial ingredients to make their products cheaper and faster to produce. Plus, recent evidence suggests bread made in this way is much more digestible and much kinder to your stomach! Since his recruitment in 2016, Colin has extended the product range to include many local favourites – scones, steak pies and vanilla slices – alongside the established range of sourdough breads, savouries and cakes.

Also an essential part of the team is the group of volunteers who collect and deliver wholesale orders across East Lothian every morning, take orders to the weekly Haddington Food Assembly and run weekend market stalls in the summer and festive seasons.

The ambition for Dunbar Community Bakery is to continue to run a sustainable business with any profits over the longer term being ploughed back into the community – training young people as bakers, working with the local schools and contributing to East Lothian's food initiatives. The vision of a community bakery as a force for good is slowly but steadily being realised, helping to build a positive future for the community, supporting a vibrant and thriving High Street and enabling the local production of wholesome, nutritious and really good bread. Bread with heart!

DUNBAR COMMUNITY BAKERY

www.thebakerydunbar.co.uk | 60 High Street, Dunbar EH42 1JH | t: 01368 238178 | e: shop@thebakerydunbar.org

There are plans to refurbish the shop interior in 2017. Howdens have contributed new kitchen units but Dunbar Community Bakery are looking for experienced joiners, electricians and plumbers to carry out the installation work. If you can help, contact: shop@thebakerydunbar.org



I'm not a great fan of Valentine's Day, but I do cook a dinner for my hubby and this cake always features on the menu. It's so easy to make and would make a lovely pud served with any stewed fruit and Greek yoghurt. Doesn't get any more romantic for me! I usually double the recipe and use a mixture of citrus fruits. It also freezes beautifully.



Valentine's Day Citrus Cake

what you need ...

375 grams clementines (approx. 3 medium-sized ones) 250 grams ground almonds
6 large eggs 1 teaspoon baking powder
225 grams white sugar

how to make ...

1. Put the clementines in a pan with some cold water, bring to the boil and cook for 2 hours
2. Drain and when cool, cut each clementine in half removing the pips. Give the clementines – skins, pith, fruit a quick blitz in a food processor (or by hand, of course)
3. Preheat the oven to gas mark 5/190°C/375°F. Butter and line a 21cm/8 inch Springform tin.
4. Add all the other ingredients to the food processor and mix. Or, you can beat the eggs by hand adding the sugar, almonds and baking powder, mixing well, then finally adding the pulped oranges.
5. Pour the cake mixture into the prepared tin and bake for an hour, when a skewer will come out clean; you'll probably have to cover with foil or greaseproof after about 40 minutes to stop the top burning. Remove from the oven and leave to cool, on a rack, but in the tin. When the cake's cold, you can take it out of the tin. I think this is better a day after it's made.

Mrs Hare X

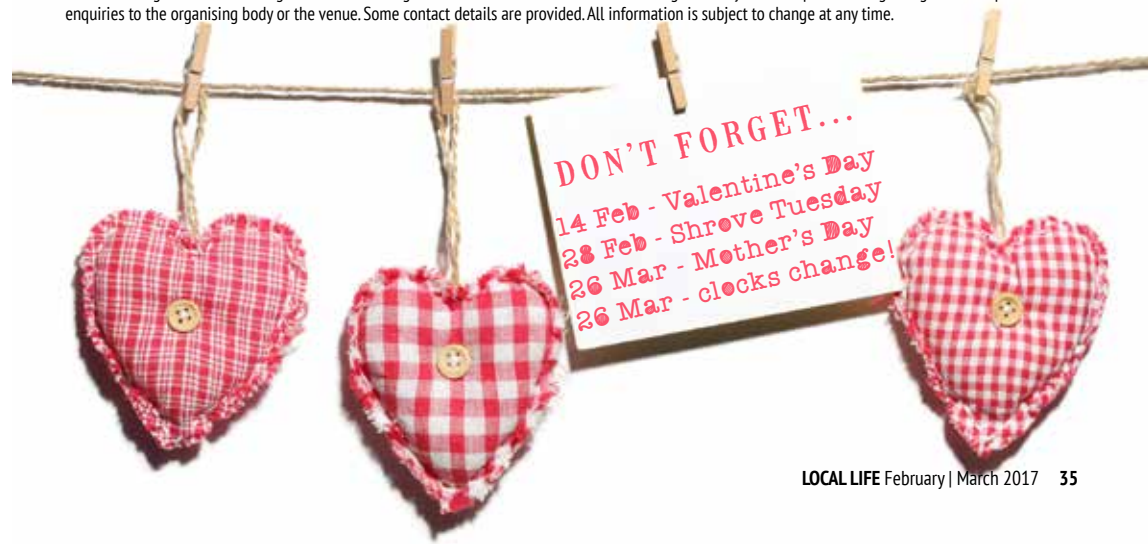
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DATES FOR YOUR DIARY

February & March 2017

FEBRUARY	EVENT	TIME	VENUE
to 15 Feb	Organic Lines by Group Twelve Textiles Exhibition	10-4pm (weekends 12-6pm)	Waterston House, Aberlady (SOC)
Fri 3	Prayers across North Berwick	10.30-11.30am	St Andrew Blackadder Church
Sun 5	Messy Church	4-6pm	St Andrew Blackadder Church
Mon 6	North Berwick Art Group: David Henderson RSW	1.30pm	Hope Rooms, North Berwick
Sat 11	ELCPRG Coffee Morning – Baking, Raffle, Tombola	10am-12pm	Hope Rooms, North Berwick
Fri 17	Tia McGraff – Live Acoustic Performance	8pm	St Andrew Blackadder Church
from 18 Feb	Brush with the Wild Art Exhibition	10-4pm (weekends 12-6pm)	Waterston House, Aberlady (SOC)
Sat 18	North Berwick Artisan Fair	10am-4pm	Abbey Church
Sat 18	Disco Dinner with Live Band	archerfieldwalledgarden.com	Archerfield Walled Garden
Sun 19	Muirfield Riding Therapy Winter Showjumping	from 9am	MRT, West Fenton Farm
Sat 25	Fidra Highland Ball on behalf of Leuchie House	7.30pm	North Berwick High School
Sun 26	Fairtrade Coffee Morning	10am-12pm	St Andrew Blackadder Church
MARCH	EVENT	TIME	VENUE
to 5 Apr	Brush with the Wild Art Exhibition	10-4pm (weekends 12-6pm)	Waterston House, Aberlady (SOC)
Sat 4	Craft Fair	10am-4pm	St Andrew Blackadder Church
Sun 5	Messy Church	4-6pm	St Andrew Blackadder Church
Mon 6	North Berwick Art Group: Andrew Crummy	1.30pm	Hope Rooms, North Berwick
Sun 12	Muirfield Riding Therapy Fun Dog Show	from 10am	MRT, West Fenton Farm
Sat 18	North Berwick Artisan Fair	10am-4pm	Abbey Church
Sun 19	Muirfield Riding Therapy Winter Showjumping	from 9am	MRT, West Fenton Farm
Sun 26	Mothers Day Afternoon Tea	archerfieldwalledgarden.com	Archerfield Walled Garden

Local Life Magazines has nothing to do with the organisation of the events listed in the magazine. If you have questions regarding an event please direct enquiries to the organising body or the venue. Some contact details are provided. All information is subject to change at any time.



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It's dolphin-tastic and crab-alicious at the Scottish Seabird Centre

This Easter, the Scottish Seabird Centre is taking inspiration from all things marine with a brand new interactive science show and a family-friendly puppet performance.

Following feedback from visitors, the Centre is offering these different shows to appeal to the wide range of children that visit: the puppet show is for little ones aged 2+ and the interactive science show is for older children, recommended for age 6+.

What's for Snack? is an interactive puppet show with new Seabird team member Craig the Crab. With sing-a-long fun, young visitors will be asked to help Craig who has eaten some marine litter by mistake. He will be joined by some of his seaside friends who will aim to help him get rid of his sore tummy.

Older kids are invited to attend **Ocean-a-rific with Dr Dolph Lingerin-aboot**. With scientific experiments, games and gaffs, visitors are invited to help dolphins understand what is happening to the seas around Scotland.

Malcolm Watson, Seabird Science Communicator, who has written the shows said *"We canvassed opinion and it was crabs and dolphins that people were keen to learn about this year. This is a really interesting fit as we continue to develop plans for the National Marine Centre."*

"Not only that but we felt it was important to offer shows that will appeal to different age groups. With Craig the Crab and Dr Dolph Lingerin-aboot there will be lots of fun and games, but also important environmental messages about the current state of our seas and the world our marine wildlife inhabit."

"All of us have an impact on the natural environment and by engaging children in a way that is fun, we hope they take away just a little something that will potentially impact their behaviour and attitudes."

SCOTTISH SEABIRD CENTRE | The Harbour, North Berwick EH39 4SS | Visit www.seabird.org for details of what shows are on when. There will be activities in the Discovery Centre from 1 to 17 April, all included with admission.

This Easter the Seabird Centre is dolphin-tastic and crab-alicious!

Fun for big kids and little tots in North Berwick
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The Renaissance Club to Host 2017 Scottish Senior Open

The Renaissance Club, situated in the heart of Scotland's Golf Coast, East Lothian, has been named as the host venue for the 25th edition of the Scottish Senior Open from 4th to 6th August, 2017. Paul Eales will defend his Scottish Senior Open title on this landmark occasion for the European Senior Tour, as the event maintains its status as the longest-running regular tournament on its International Schedule.

Jerry Sarvadi, Managing Director of The Renaissance Club, said *"We are honoured to have been approached by the European Senior Tour to host the Scottish Senior Open on its 25th Anniversary and look forward to welcoming some of the great champions of golf to The Renaissance Club this August. We are confident our links will provide a formidable challenge and an enjoyable experience for all of the participants in the event."*

The tournament will incorporate the popular Alliance format, with amateurs given the opportunity to play alongside the professionals for the first two tournament rounds. A pro-am will also take place on Thursday, 3rd August.

For information about Alliance and pro-am places please contact: info.seniors@europeantour.com

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 North Berwick High School 01620 894 661

... LOCAL CHURCHES

Abbey Church of Scotland, High Street, North Berwick

t:01620 892 800. Dr Rev David Graham. Sunday 10.30am Crèche and Sunday School, Occasional Evening Services.

Aberlady Parish Church, West Mains Street, Aberlady

t:01620 843 192. Rev Brian Hilsley. Sunday 11.15am with All Age Service on 1st Sunday of each month.

Athelstaneford Parish Church

t:01620 840 339. Rev Joanne Evans-Boiten. Sunday Morning 10am. Family Service 4th 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 1st 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 2nd and last Sunday of each month.

St Adrian's Episcopal Church, Sandy Loan, Gullane

t:01620 892 154. Sunday 8am Said Eucharist (1st and 3rd 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 (2nd and 4th), 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 & CHILDREN

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WEEKEND TIDE TIMES

February		High Water		Low Water	
		AM	PM	AM	PM
3	Fri	0650	1901	0005	1211
4	Sat	0745	2002	0048	1312
5	Sun	0852	2118	0154	1442
10	Fri	0148	1409	0801	2033
11	Sat	0234	1453	0845	2117
12	Sun	0317	1536	0925	2157
17	Fri	0637	1901	1140	
18	Sat	0722	1951	0016	1223
19	Sun	0814	2050	0105	1328
24	Fri	0109	1324	0657	1927
25	Sat	0151	1403	0737	2006
26	Sun	0228	1439	0817	2046

March		High Water		Low Water	
		AM	PM	AM	PM
3	Fri	0539	1753	1122	2350
4	Sat	0626	1843	1156	
5	Sun	0720	1945	0028	1253
10	Fri	0050	1311	0702	1935
11	Sat	0139	1357	0746	2019
12	Sun	0220	1438	0825	2057
17	Fri	0521	1743	1040	2305
18	Sat	0558	1823	1104	2334
19	Sun	0638	1908	1139	
24	Fri	1154		0544	1816
25	Sat	0033	1249	0630	1900
26	Sun	0220	1433	0812	2041
31	Fri	0535	1751	1139	

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

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