

# LOCAL LIFE

*free community & lifestyle magazine*

JUNE | JULY 2017



LIFE IS A JOURNEY —  
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## LOCAL LIFE THIS ISSUE

As I write, we're enjoying a spell of settled and dry weather and whilst the farmers, greenkeepers and gardeners amongst us might be performing evening rain dances, the rest of us are dreaming of the long hazy days of summer.

Our cover image taken by talented local photographer, Martin Covey (follow him on Instagram at Goodbye1979), certainly conjures up summer's sense of carefree idealism. Our cover story takes the form of a photo journal brought to us by Steampunk Coffee. They'll ensure you have really good coffee wherever your summer journey takes you.

Summer is my favourite time of year at Local Life HQ, because there is so much going on to tell you about. From Fringe by the Sea which is celebrating its tenth anniversary to galas and games days in our local villages. We've pulled together a guide of this summer's events, all you have to do is roll up!

Of course summer is an inspiring time for food, gardening and interiors and our regular contributors have plenty to whet your appetite this issue.

Enjoy summer, enjoy Local Life...

Kim



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## LOOK WHAT WE FOUND!

*A few things the Local Life team  
has seen and loved this month...*



### A TOUCH OF SPICE

Editor Kim Williams discovers a fabulous way to add a touch of spice to your barbecue this summer.

Growing up in New Zealand, the arrival of summer heralded the start of 'barbie' season. The barbecue was taken out of hibernation, backyards were full of children playing and dads gathered around, beer in hand, grilling steaks and sausages. The classic Kiwi barbecue consisted of sausages, steaks and chicken legs smothered in tomato sauce to cover up the burnt bits.

I still love dining al fresco; enjoying long summer evenings, the late-evening light and the sweet smell of sizzling meat and vegetables cooked to perfection on the barbecue. This summer, I'll be adding a touch of spice to my midsummer night's meals with Spice Pot's Indian Summer Selection. This beautifully-packaged selection box contains three Spice Pots with summer recipe ideas for the barbecue, including kebabs, burgers (both veggie and meat) and delicious salads to name but a few. Not a burnt banger in sight!

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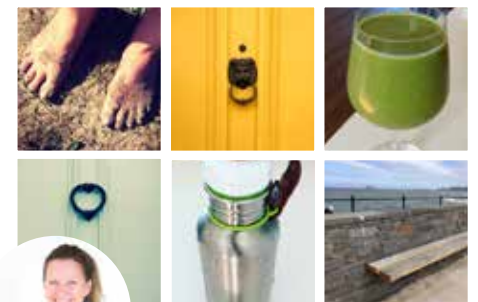


### I.J MELLIS CAFÉ

Food and Drink Columnist Amanda Farnese-Heath's foodie find...

I'm starting off this new feature with an absolute find in Edinburgh's Morningside. Ian Mellis has been in the cheese industry for over 25 years and is constantly evolving his business. Now joined by his sons, the new Café situated at the back of the Morningside shop is a real treasure. Delicious cheese and charcuterie plates are served with natural wines (my new favourite, no headaches!). And with chilled vinyl vibes filling the tiny space, this is my new Sunday afternoon late lunch spot!

I.J MELLIS CHEESEMONGER | 330 Morningside Rd, Edinburgh



### COLOUR YOUR LIFE!

Mind, Body and Soul Columnist Bernie Petrie discovers how to colour your life your own way.

One of my mottos is 'Colour Your Life Your Own Way'. And I love that we can do this on our very own doorstep and in our day-to-day choices. This week I've been adding colour by door spotting – Victoria Road in North Berwick is perfect for this, taking in the view from one of North Berwick harbour's sunny benches, using my beautiful water bottle (bought locally), having a liquid lunch but in a good way (yummy green juice) and wandering barefoot on the grass daily!

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# LOCAL NEWS...



## THE RENAISSANCE CLUB TO HOST 2017 SCOTTISH SENIOR OPEN

The Renaissance Club has been named as the host venue of the 25th edition of the Scottish Senior Open from August 4-6, 2017.

The Renaissance Club, which opened in 2008, was designed by prominent golf course architect Tom Doak and incorporates 300 acres of pine forest on the coast of the Firth of Forth. Doak's design embraces the original dunes landscape and a number of natural obstacles on the course.

Host of the British Boys Amateur Championship in 2016, The Renaissance Club will also become a Final Qualifying venue for The Open Championship in 2018-2021.

Jerry Sarvadi, Managing Director of The Renaissance Club, said "We are honoured to have been approached by the European Seniors 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 for this event in August. We are confident our par 71, 7,300-yard links golf course will provide a formidable challenge and an enjoyable experience for all of the participants in the event."

The event 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 tournament will also take place ahead of the tournament on Thursday, August 3.

David MacLaren, Head of the European Senior Tour, added "We are delighted to have secured a new venue for the Scottish Senior Open as it celebrates a milestone 25th year on our tournament schedule. Gerald and the team at The Renaissance Club have been searching for an opportunity to showcase their world-class facilities and we are certainly looking forward to returning to the birthplace of golf later this year."

For more information about the Scottish Senior Open: e: [info.seniors@europeantour.com](mailto:info.seniors@europeantour.com) | [golfproshop@trcaa.com](http://golfproshop@trcaa.com) or call t: 01620 850901



## HEADLINE ACT CONFIRMED FOR HOPS IN THE GARDEN

Scottish singer Fiona Kennedy will top the bill at this year's Hops in the Garden music and ale festival in East Lothian.

Performing a crowd-pleasing mix of well-loved favourites and tracks from her forthcoming new album, Fiona will lead a wealth of national and local talent at the charity music festival on Saturday 19 August. Taking place in the grounds of Archerfield Walled Garden near Dirleton, Fiona was inspired to play at the event when she heard it was in support of national respite centre, Leuchie House.

"I had heard about Leuchie House and the excellent care there through friends who live in North Berwick, so when I was invited to take part I was delighted to accept. I'd also heard that Hops in the Garden was a really good fun event for both the audience and the performers, it's held in a beautiful spot in the Walled Garden, and ideally the weather will be in our favour. But if not, who cares? It's Scotland! It's all about good music, friends getting together, and raising funds and awareness for Leuchie House which is a great local charity, helping people from all over the country."

The festival will feature all kinds of live music, family entertainment, and an eclectic mix of street food and drink stalls. This is the second Hops in the Garden event, which raised nearly £9,000 for Leuchie House in 2016.

**HOPS IN THE GARDEN | 19 August 2017, 2-11pm**

Advance tickets available from: [www.leuchiehouse.org.uk/hops](http://www.leuchiehouse.org.uk/hops)  
Advance tickets are £15 | £20 on the day | Children go free.



## PLANS UNVEILED FOR PROPOSED NATIONAL MARINE CENTRE

Conservation and education charity, the Scottish Seabird Centre has shared proposals to create a National Marine Centre for Scotland.

The centre plans to open in 2020, in time for VisitScotland's Year of Scotland's Coasts and Waters.

The project, which will cost in the region of £5.5million, focuses on delivering new and enhanced education and conservation programmes at the Centre and nationwide. It will transform the Seabird Centre to explore marine life above and below the waves, including seabirds. Working with partners throughout Scotland, it will provide a national hub to increase appreciation and understanding of Scotland's amazing marine wildlife and communicate ground-breaking marine research taking place nationwide. The National Marine Centre is a working title.

Simpson and Brown, the original Seabird Centre architects, who specialise in conservation projects, creative adaptation of existing buildings and the design of environmentally-sound initiatives, have been working closely with

multi award-winning exhibition designers Event Communications to develop the plans. A dedicated advisory group, led by Professor John Baxter, comprising scientists, researchers and practitioners, are providing input on marine-related content for the exhibitions and activities.

The proposed plans will create a new education centre for visiting school groups as well as provide outreach and online educational resources. Within the new visitor attraction, a range of interactive exhibitions will take visitors on a fascinating journey, exploring the marine world that is often hidden and inaccessible. There will be a new welcome area as well as new retail and catering facilities, which provide valuable income to support the charity's objectives. Plans also feature an observatory with 360° views which will allow visitors to view North Berwick's stunning coastline.

The plans are available at [www.seabird.org](http://www.seabird.org) and feedback can be provided by emailing [nmcproject@seabird.org](mailto:nmcproject@seabird.org)

## LEUCHIE HOUSE LAUNCHES ISLAY MALT WHISKY

Leuchie House has launched Leuchie Reserve, an Islay malt whisky produced as a limited edition to raise funds and to mark its fifth year as an independent charity.

The whisky is a 15-year-old single cask Islay malt, distilled at Bowmore Distillery in 2001, with a production run of only 216 individually numbered bottles. Whisky writer and expert, Charlie MacLean describes it as "An elegant example of the make with plenty of character. Pale gold in colour with initial scents of ripe pears and apples that soon give way to maritime notes, it is warming and lightly smoky as one would expect from Bowmore."

Carolyn Roulstone, Leuchie's Business Development Manager adds "We've had lots of local support to bring the whisky to market: from creating a striking and original design for the bottle labels, to writing tasting notes, to putting it on sale. It's the first time we've been involved in anything like this at Leuchie so it's a unique and exciting addition to our fundraising activities."

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It's Summer and eating outside on the rare occasions we are able to is very special for me. As well as the BBQ, I often serve these ever-so-simple healthy oven-baked fish cakes.



## SUMMER FISH CAKES



As with all my recipes these tasty oven-baked fish cakes can suit everyone's taste and work well with a watercress salad and a simple olive oil and lemon dressing.

Chop three big handfuls of your favourite herbs. I use basil, dill, fennel tops and parsley. Peel and boil a few pounds of potatoes, not too mushy though! Then mix the herbs with the potatoes, add sea salt and black pepper and a teaspoon of turmeric and about a pound and a half of fish. I use smoked haddock, a few prawns and salmon chopped into small pieces. Squeeze half a lemon into the mix and roll into patties, a couple of inches wide and an inch deep.

Lay on greaseproof paper with a healthy oil spread over the paper. I use hemp oil, but any good oil will do. Spread a bit of oil on top too. Bake in the oven for about 30 minutes or just check to see if the fish is cooked.

Serve with salad, homemade saffron mayo (or Hellmann's is just as good) and a chunk of delicious bread. And if it's warm outside... what can I say?!

*Mrs Hare X*

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## TASTE SENSATION

words: kim williams | pictures: adam cochrane

My mantra is 'why have three courses when you can have 13?' And, that is exactly what was in store when I was invited to Jo's Kitchen to be treated to a tasting and wine pairing menu, giving me a flavour of what this delightful Haddington-based bistro offers.



JO'S KITCHEN

73 Market Street, Haddington  
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Jo's Kitchen is the brainchild of Jo Lawrence who has a passion for wonderful, fresh, seasonal, beautifully cooked food. Jo opened her bistro after a series of pop-up restaurants in East Lothian created a demand for her delicious home-cooking.

We are welcomed, with a glass of prosecco and seriously sublime quails egg benedict and salmon rillettes on ciabatta toast. The place looks simply stunning with fresh flowers and candles dotted about. And the snippets of conversation from invited guests make it clear people are here for the food and they love it.

As we take our seats in the Pheasant Room, the first of the wines to be paired with the first of the dishes arrives. And from this moment it is clearly evident that passion and quality are the hallmarks of Jo's Kitchen. From preparation to presentation, every dish is lavished with care and attention. Everything is either sourced locally or made by the team and Jo prides herself on her use of sustainable products and seasonal cooking.

Our first plate of food was one of my favourite dishes and a combination which never fails to disappoint – salt and pepper squid with citrus mayo. Followed by dishes that hinted towards fusion; lemon and thyme chicken skewers with Indonesian satay sauce and Asian pork balls with chilli jam and lime. Delightful combinations, with flavours that were never overpowering. The last of the starters was Highland mussels, unusually but wonderfully combined with smoked haddock and whisky.

The first of the bite-sized mains arrived, a sliver of Barbary duck breast with passion fruit and bourbon jus and rosemary roasties looked just as tempting as its predecessors, and smelt and tasted fantastic. The following dishes; sea bass on a lobster bisque risotto, flat iron steak with handcut chips, chicken escalope with a parmesan and basil crust and fresh tomato salsa, were all beautifully presented and everything on the taster-sized plates was faultless. The dishes just kept giving.

Our evening ended with quintuple (yes five!) gorgeously presented and mouthwatering puddings; chocolate pannacotta tart, mango Eton mess, dark chocolate salted caramel pot, black cherry Bakewell with raspberry mascarpone and white chocolate and peppermint mousse.

Asking my fellow guests their favourite dish of the evening created interesting debate as each dish was mouthwateringly mulled over. So, if we could design our own Jo's Kitchen tasting menu, it would be double portions of mussels; double portions of Barbary duck; and double again of dark chocolate salted caramel pots. But don't just take our word for it, you really should find out for yourself. After all, each dish is wonderfully delicious and they won't judge you for licking the plate.





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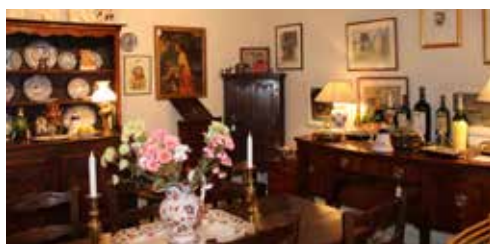
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# YOUR LOCAL PEOPLE

10 minutes, 10 questions with...

*Andy Laing*

Entirely recognisable to the coffee addicts amongst us, Andy's face is often the first we see as we stumble into Steampunk Coffee Roasters looking for our morning hit! An extraordinarily talented and passionate Barista, Andy who eats, sleeps and breathes coffee recently competed in the Scottish Heat of the UK Barista Championships 2017, making him something of a heavyweight in the coffee world. We catch up with him over a Flat White...

### What is your greatest achievement?

Finding a job I can truly be passionate about and enjoy doing. Something you don't hear so much these days.

### What is the best advice you have been given?

Never let dreams be overshadowed by reality.

### When are you happiest?

Out on walks taking photos and being with close friends.

### When was the last time you laughed out loud?

Attempting to light a fire in my back garden – failing miserably.

### What is the one thing people would be surprised to learn about you?

I am in the North Berwick RNLI Crew.

### Favourite book?

I've always had great difficulty reading, so I could easily count on one hand how many books I've read! But my favourite read would be 'Catcher in the Rye'.

### What word do you overuse?

"Like".

### Song that always gets you dancing?

'Diamonds on the Soles of Her Shoes' by Paul Simon.

### Next adventure?

I'd like to either travel round Iceland later this year or Canada for my 21st birthday.

### Finally, Espresso or Filter?

Filter.





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## THE PUFFINS ARE BACK!

**P**uffin season has begun at the Scottish Seabird Centre, North Berwick. Visitors to the 5-star Centre have the opportunity to control the interactive cameras to zoom in on the live puffin action on the islands of Craigleith, Fidra and the Isle of May National Nature Reserve. It's also possible to see the amazing 'clowns of the sea' with a range of boat trips that take in the local islands.

The Isle of May is the largest puffin colony on the east coast of Britain with approximately 92,000 puffins calling the island home from April to early August. Craigleith and Fidra feature as part of the Seabird Centre's SOS Puffin Project, which has been running for 10 years and has seen over 1,100 volunteers getting involved to help puffins gain access to their burrows by cutting down the tree mallow.

Younger visitors to the Seabird Centre have the chance to visit for free. Those who present a 'puffin portrait' until the end of July at the admissions desk will be awarded with a Discovery Centre

ticket for their artistic efforts. Each 'puffin portrait' should feature a drawing of the child with a puffin, articulated in any artistic medium.

Alex Turnbull, Discovery Centre Manager, said "With the Firth of Forth being home to tens of thousands of puffins between April and early August and with the Isle of May being the largest puffin colony on the east coast of Britain, North Berwick is the ideal location for puffin spotting.

"Visitors of all ages love zooming in on the puffins with our interactive live cameras. And to see them when out on our Seabird Catamaran Cruise, Three Islands Seabird Safari or Isle of May Landing is really quite special.

"We are looking forward to seeing lots of 'puffin portraits' which will be displayed around the Discovery Centre for other visitors to see. Templates will be available on our website to ensure it isn't too tough a challenge!"

**SCOTTISH SEABIRD CENTRE** | The Harbour, North Berwick EH39 4SS | [www.seabird.org](http://www.seabird.org) #seabirddays #puffinportrait

Image © Laurie Campbell

**LOCAL LIFE** June | July 2017 21



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Please contact Lauren Elliott, Visitor Experience Manager for further details t: 01738 642963 or 07795602984 | e: [volunteering@rnli.org.uk](mailto:volunteering@rnli.org.uk)



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Newhaven Harbour 1905




# DON'T MISS...



## THE PERFECT TEN

Celebrating ten years of the coolest festival in Scotland!

This is the tenth anniversary of Fringe by the Sea, a glint in the eye of the three organisers in 2008! The festival has grown from a dozen events over four days to a full-blown extravaganza of more than 60 performances over the entire week. The aim from day one was to be the best regional multi-arts festival in Scotland, and with its burgeoning reputation it is well on its way to achieving that ambition.

With a varied programme of music, drama, comedy and film, the two Spiegeltents that are hired for the week help create a magical atmosphere that inspires performers as well as audiences. Almost half of those coming to the events are local and there is a very strong community bias, but importantly for the economy of East Lothian, the festival attracts visitors from all over Scotland, the UK and overseas.

## PROGRAMME FOR 2017

Opening the festival, in the 600 seat Spiegeltent is the fabulous **KT Tunstall**, a real coup for the organisers.

Other delights throughout the week include the best part-time band in the UK, **Bombeskare** and the sure to 'Make Me Smile' star, that is **Steve Harley with Cockney Rebel!** Jazz enthusiasts will welcome **The Big Chris Barber Band**. **Eric Bibb**, the American blues guitarist returns this year after he blew the socks off his audience when he last performed at the festival. **Elaine C Smith**, also makes a welcome return with great chat, anecdotes and, no doubt, some songs! Finishing off on Sunday evening is the traditional Tribute Night (**Dirty Harry** and **The Springsteen Sessions**).

Other venues include Abbey Church, Masonic Hall and North Berwick Fry – allowing lots of other gems to be featured. Amongst these great offerings are **The Honeycutters**, **Aly Bain and Phil Cunningham**, **Tommy Smith and Brian Kellock**, **QuattroJazz**, **The Police Choir** and **Philip Contini's Be Happy Band**.

22

As is now customary, two nights have been put aside for **Comedy Evenings** and some big names are promised. A series of **International Films** will be shown through the week with a pre-general release viewing of **'Tommy's Honour'** (the story of Young Tom Morris).

Rumour has it that **Tim Vine** will be hosting a BBC half-hour chat show at some point during the week and the event's organisers hope he can be tempted to do a little stand-up while he is in town!

**NB Drama Circle** provide the theatre this year and plans are in the pipeline for a couple of magic shows. There, of course, will be a series of 'in-conversations' with a number of authors.

And, with a full childrens' programme, from Mr Boom to the East Bay donkeys, Fringe by the Sea 2017 is a must-visit festival for all the family and all generations!



*KT Tunstall*

Scottish singer-songwriter, **KT Tunstall** emerged in 2004 with 'Eye To The Telescope'. She has released three critically-acclaimed albums since. Brit Award and Ivor Novello Award winning KT was recently honoured further with the Inspirational Artist gong at the Women In Music Awards. Her recent single 'It Took Me So Long To Get Here, But Here I Am' is taken from the full bodied and blooded 'KIN' which was released earlier this year to rave reviews and debuted at No.7 on the official UK Album Chart.



*Big Chris Barber Band*



*Eric Bibb*

To label **Eric Bibb** as a bluesman is not telling the full story. Is he a folk artist? Soul man? A gospel guy? Yes; all of that and more. Grounded in the folk/blues tradition, his sound is unique, no matter which direction he chooses. Never trend-led, never dictated to by commercial concerns, not chasing chart positions or volume sales. Eric follows his heart and it hasn't steered him wrong yet, propelling the blues into a new century. In a career spanning 50 years, Eric has performed for Nelson Mandela, the King of Sweden and other international dignitaries. He has released 38 albums – his debut was "Ain't It Grand" in 1972 – and he is one of a growing number of contemporary artists keeping traditional country blues and related American folk music alive and evolving.

**Chris Barber OBE** is an icon of traditional jazz and one of the last British jazz legends around. For more than 68 years he has been active in the music scene; promoting, recording and releasing music and touring with his band. Inspired by great Ken Colyer Jazz Men, **The Big Chris Barber Band** features everything from New Orleans to blues to late 20's Ellington, played with extraordinary panache and skill. They stand out as one of the finest, if not the finest, of its kind anywhere in the world. You can count on an exciting evening of high quality jazz and blues which will appeal in equal measure to the aficionado and the newcomer.

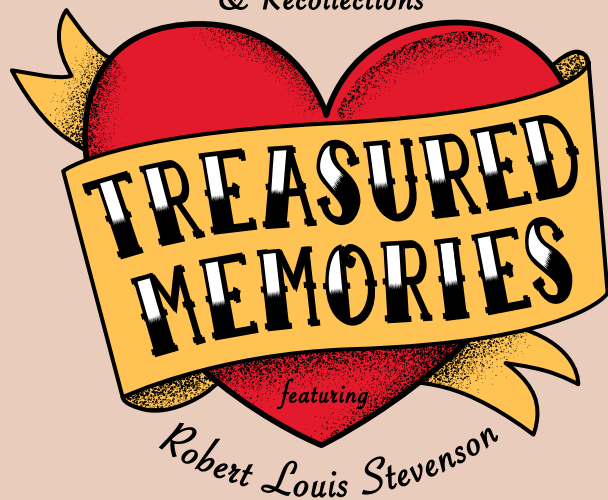


FRINGE BY THE SEA 2017 | 7-13 August | for further information visit [www.fringebythesea.com](http://www.fringebythesea.com)

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## NORTH BERWICK TREASURE TRAIL

'Take my hand'

...follow in the footsteps of the young Robert Louis Stevenson and relive the exploration of the town, as he did some 150 years ago.

**T**reasured Memories exhibition is currently on at the Coastal Communities Museum in North Berwick. As part of this exhibition there is a section devoted to young Robert who, along with other members of his extended family, used to holiday in the town during the 1860s.

The family usually stayed in a large house on East Bay and during their stay Robert and his cousins spent their days playing on the beach, swimming in the sea, clambering over rocks, exploring the local coastline and town, taking a boat out to the islands and playing some golf.

It has been said that many of the local characters and locations were to influence RLS's later literary works. Treasure Island is said to have evolved from

Robert's visits to Fidra Island.

While there have been changes to North Berwick in recent years, some streets and specific locations have remained the same for centuries. Linking with the past, the Coastal Communities Museum has devised a walking Treasure Hunt which takes participants through a series of 12 questions to attain treasure. Great fun for all the family, with all 'twelve steps' easily accessible and located in and around the town centre.

Now is the time to get some fresh air and exercise, while testing your local knowledge. Treasure Trail leaflets are only available from the Coastal Communities Museum.

**TREASURED MEMORIES | COASTAL COMMUNITIES MUSEUM**

Open 11am-4pm, Sat & Sun in June, Wed to Sun in July & August | School Road, North Berwick EH39 4JU | t: 01620 894313

[www.coastalmuseum.org](http://www.coastalmuseum.org)

Image © Ian Goodall

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## DON'T MISS...



**ASCOT AFTERNOON AT LEUCHIE HOUSE**

Leuchie House's highly successful Ascot fundraising event is back on 22 June, hosted by actress and comedian Elaine C Smith, and with a great new format including NB Gin cocktails, lunch and live music.

For information and to book: [www.leuchiehouse.org.uk/ascot](http://www.leuchiehouse.org.uk/ascot)



**NORTH BERWICK ART GROUP SUMMER ART EXHIBITION 2017**

This annual art exhibition takes place at the Hope Rooms, North Berwick from 16 to 30 July. The exhibition features original paintings by local artists, all members of the North Berwick Art Group. Opening Times: 10am-5pm Monday to Saturday. 11am-4pm Sunday. Free entrance.

For further information visit [www.nbartgroup.co.uk](http://www.nbartgroup.co.uk)

**RNLI NORTH BERWICK RAFT RACE**

Saturday, 24 June will see North Berwick awash with rafts as various teams battle it out at the annual RNLI North Berwick Raft Race. This year's theme is Heros of the Sea – Fact or Fiction. Money raised will be divided between the RNLI and local charities

**NORTH BERWICK ANNUAL RAFT RACE | 24 June 12-4pm**



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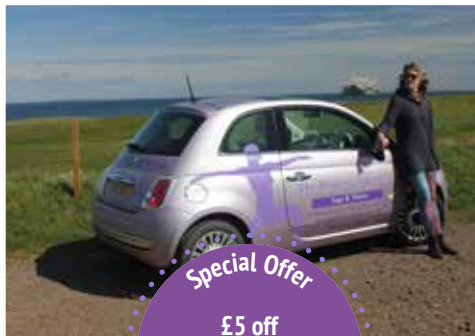
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This issue **Bernie Petrie** tells us that loving and cherishing who you are this summer will have a positive impact on you and your family's autumn and winter experience.

## HOW TO LOVE YOURSELF MORE THIS SUMMER

By the time this column is published, we will be a mere three weeks away from the summer solstice. The lighter evenings will be at their peak, so now is the time to be outdoors as much as possible. One thing we cannot guarantee is the weather, so making hay whilst the sun shines is pretty valuable advice over the coming days.

I keep a creative mind map of the things I need to do in the months ahead, by my bedside, as a constant reminder – it's so easy to forget! And to help spark your own ideas I thought I would share some of mine with you.

I love sea swimming and being barefoot. These are top of my list throughout the warmer months and I aim to do both daily. From the moment my toes hit the water my body starts to tingle with excitement and the clarity that I experience post swim is one of the most natural mental health medicines I know. Sea swimming also boosts the immune system so come autumn those cold bugs should stay well away. The exposed toes and heels can be an issue so I give my feet lots of extra care. Daily foot massages and shiny toe nails are becoming essential. I was told once that we should give our feet as much attention as we give our face and now I see why!

Picnics are magical memory makers, especially with friends and family. When my children were younger we would head down to the beach, either straight from nursery school or for summer lunch (my kids never fought on the beach!). But whether it's with children or

on your own, always pack a good book – it's great for children to see you read and you can still get stuck in and make sandcastles too.

A simple homemade sandwich and flask of tea sitting on a rock gazing out to sea (after a sea swim) also hits the spot. I am aiming to make a picnic for myself at least once a week. I'll pop a blanket along with good book into my back pack and find a sunny spot on the beach. This time away from a computer and phone is the perfect summer self-love medicine.

Also on my list is a simple nap and green juice. Those in warmer climes plan their day around the siesta and I swear by the benefits of a 20 or 40-minute snooze especially on warmer days. Green juice is liquid gold for boosts of energy, nutrients and restoration so is the perfect liquid lunch over the summer months. I'm also playing around with recipes to make the perfect non-alcoholic 'green' cocktail for summer evenings. Serving it in a fancy glass will ensure you feel decadent in the evening, yet fresh as a daisy in the morning!


My list of self-love medicine for the summer is linked to how I spent my childhood summers. Your list might look very different. Revisit your childhood memories, take a few moments and remind yourself of summers past and create a list of what you would like to do over the warmer months. Your very own summer self-love medicine!

Bernie

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## THE HEART OF THE HOME

A new business has been set up by the East Lothian based Chippendale International School of Furniture to design and make beautiful and bespoke kitchens.

Generally considered to be the heart of the home, the kitchen is where a great deal of time is spent enjoying family meals and drinks with friends. So it's understandable that people are keen to have a space they are proud of. And although kitchen design needs to be practical, there is no doubt it should also be beautiful. Wooden kitchens offer a natural finish that is warm, practical and aesthetically pleasing and many top interior designers use bespoke carpentry to achieve just this.

**Bespoke Wood Kitchens** based at the Chippendale school, between Haddington and Gifford, is part of the school's aim to create a vibrant and successful woodworking community in the heart of East Lothian. The new kitchens business makes

appropriate use of on-site craftspeople to design and make furniture and kitchens that combine modern techniques with age-old skills, blending the modern with the traditional. "Our aim is to create handmade kitchens that will last several lifetimes, transform your home, and add significant value to your property. That's why we handcraft every element to ensure that the finished product is functional, dependable, beautiful and enduring," said Alan McGovern, who has worked at the school for over 30 years, and will oversee the new business.

Using only professional staff from the school, Bespoke Wood Kitchens guarantee not only the highest quality workmanship but an exceptionally beautiful end product, just perfect for the heart of the home.

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Taking inspiration from The Pinterest 100, Interiors Columnist and chief design geek at NORDEN, Hayley Flangan, brings us the top ten interior trends to try in 2017.



## HOMEWORK 2017

### THE BARE NECESSITIES

Get green fingered with this Urban Jungle book. Indoor plants, olive trees, silvered succulents, fairy gardens, urban balcony, bathroom planting. Where to start?

### HIS DARK MATERIALS

As far as materials go marble is still on trend, but with a move away from the grey grain to a warmer almond and peach vein. Leather, however, is 'it' this season especially used in unusual ways.

### SPACE THE FINAL FRONTIER

Cosmic blues of all shades, constellation prints and planetoid paperweights get us all starry eyed.

### TO INFINITY AND BEYOND

Bathrooms are futuristic with acrylic and iridescent storage. Decorate with crystals, bathe with essential oils and get taken to another world.

### THE SHAPE OF THINGS... IS ROUND

Mirrors with colour blocking, clocks in tactile cork and decorative hooks as wall displays. Don't be square!

### THREE COLOURS

Team up pastels with jewel tones in pink, green and blue. Ramp up the gilt with brass light fixtures.

### ADVENTURE IS OUT THERE

The woodland theme is back and all grown up, think manly reclaimed wood softened with feminine feathers.

### COUGHLIN'S LAW

To be crowned chief mixologist you need the right tools. Get the summer started with gem-shaped cocktail glasses, bar carts and muddlers.

### PRETTY IN PINK

Terracotta is making a bold return from the eighties, pair with luxe burnished gold and urban concrete to avoid retro regret.

### HOME ON THE RANGE

Re-imagine farmhouse style with Nordic woods, simple wicker storage and Scandi ceramics.

*Hayley*  
X

For inspiration and products featured head to **NORDEN** on North Berwick High Street | new website [www.norden.online](http://www.norden.online) coming soon!



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&

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## THE GLORIOUS GARDENS OF EAST LOTHIAN

Hot on the heels of the Chelsea Flower Show, the East Lothian Garden Trail is back for its second year with 12 glorious and inspirational gardens to visit throughout East Lothian.

words | kim williams

The 4pm bell has been rung signalling the end of the Chelsea Flower Show, gardening gloves have come off and battles fought to bag bargain begonias and cut price campanula. Known for pushing design boundaries, the world-famous flower show also inspires the home gardener. The gates at Chelsea might be closed, but you can still pick up ideas for your humble plot by visiting some of the many gardens throwing open their gates to the public during 2017, under the Scotland's Gardens banner.

Scotland's Gardens Open Scheme have organised an East Lothian Garden Trail which will take place from 28 June to 2 July. The Trail features 12 of the best gardens in East Lothian, most of which are not generally open to the public, providing a rare opportunity to visit them. Six gardens have featured in the previous Trail two years ago, new gardens have been added and new ground broken with the addition of the Musselburgh Allotments. You'll also find sculpture and artwork from some of Scotland's leading artists exhibited in one of the gardens.

The trail aims to raise cash for charity with 60% of the proceeds going to Scotland's Gardens' beneficiary charities and the remainder shared equally between Trellis and MND Scotland.

On the Trail you'll see splendid planting in a mix of settings, some many generations old, some relatively recent; both coastal and inland; both rugged and manicured. Crammed full of unusual plants and inspiring planting combinations the gardens are a plantaholic's dream, full of ideas and inspiration. And, with those who created the gardens on hand, you'll get a chance to find out just what inspired their plentiful plots.

Picking the brains of the owner, or custodian – for many of these gardens are held in custody for the next generation – must surely be one of the highlights of wandering around the fruits of someone else's labour. Definitely worth taking the gardening gloves off for!

### EAST LOTHIAN GARDEN TRAIL

28 June to 2 July 2017 | Tickets £25 | For further information and tickets: [www.scotlandsgardens.org/elgt2017](http://www.scotlandsgardens.org/elgt2017)



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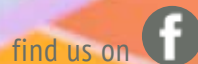
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JUNE		High Water		Low Water	
		AM	PM	AM	PM
2	Fri	0949	2224	0311	1608
3	Sat	1054	2329	0424	1717
4	Sun	1157		0528	1817
9	Fri	0322	1547	0912	2125
10	Sat	0356	1621	0947	2158
11	Sun	0429	1656	1021	2231
16	Fri	0739	2021	0057	1329
17	Sat	0831	2118	0155	1426
18	Sun	0931	2223	0307	1538
23	Fri	0219	1440	0825	2057
24	Sat	0307	1531	0923	2150
25	Sun	0355	1621	1018	2240
30	Fri	0816	2047	0132	1416
JULY		High Water		Low Water	
		AM	PM	AM	PM
1	Sat	0915	2144	0219	1511
2	Sun	1014	2242	0322	1616
7	Fri	0221	1448	0811	2023
8	Sat	0300	1526	0850	2100
9	Sun	0335	1601	0927	2136
14	Fri	0632	1907	0003	1230
15	Sat	0714	1953	0038	1308
16	Sun	0802	2046	0120	1353
21	Fri	0106	1332	0714	1947
22	Sat	0203	1429	0817	2045
23	Sun	0253	1520	0915	2137
28	Fri	0652	1918	0023	1258
29	Sat	0742	2007	0051	1329
30	Sun	0834	2058	0122	1401

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

## DATES FOR YOUR DIARY

June / July 2017

JUNE	EVENT	TIME	VENUE
to 26 Jul	Lucy Newton Wildlife Art Exhibition	10-4pm	Waterston House, Aberlady (SOC)
Fri 2	Prayers across North Berwick	10.30-11.30am	St Andrew Blackadder Church
Sat 3	Reverse Rett 5km run and fun day (reverserett.org.uk/events/north-berwick-run-2017)		Archerfield Walled Garden
Sun 4	Holy Communion/All Age Service	8am/9.30am	St Adrian's Church, Gullane
Sun 4	All Age Service	11am	St Baldred's, North Berwick
Sun 4	Messy Church	4-6pm	St Andrew Blackadder Church
Sun 4	Joint Service for Christian Unity	7pm	St Andrew Blackadder Church
Tue 6	The Social (lunch club event)	11.45am-1.30pm	Gullane Village Hall
Sat 10	Marie Curie Coffee Morning	10am	Hope Rooms, North Berwick
Sun 11	Strawberry Cream Tea in aid of Muirfield Riding Therapy	2.30-4.30pm	Mallard Hotel, Gullane
11&25	Holy Communion/Sung Eucharist	8am/11am	St Baldred's, North Berwick
11&25	Sung Eucharist	9.30am	St Adrian's Church, Gullane
Sun 18	Holy Communion/Sung Eucharist	8am/9.30am	St Adrian's Church, Gullane
Sun 18	Sung Eucharist	11am	St Baldred's, North Berwick
Sat 24	North Berwick Artisan Fair	10am-5pm	Abbey Church
Sat 24	Muirfield Riding Therapy Summer Fayre	9am-2pm	Corn Exchange, Haddington
JULY	EVENT	TIME	VENUE
Sundays	Summer Sunday Afternoon Teas	2.30-4.30pm	Abbey Church Hall
1&2 Jul	Summer Garden Party Weekend		Archerfield Walled Garden
2&16	Holy Communion/Sung Eucharist	8am/9.30am	St Adrian's Church, Gullane
2&16	Sung Eucharist	11am	St Baldred's, North Berwick
6-10 Jul	Gosford House Open Days	1-4.45pm	Gosford House
Fri 7	Prayers across North Berwick	10.30-11.30am	St Andrew Blackadder Church
9&23	Holy Communion/Sung Eucharist	8am/11am	St Baldred's, North Berwick
9&23	Sung Eucharist	9.30am	St Adrian's Church, Gullane
Sat 15	Cologne Philharmonic Concert	7.30pm	St Andrew Blackadder Church
Sat 22	North Berwick Artisan Fair	10am-5pm	Abbey Church
Sun 23	Muirfield Riding Therapy Summer Show for Horses and Ponies		West Fenton, near Gullane
Sun 30	Sung Eucharist	9.30am	St Adrian's Church, Gullane
Sun 30	Sung Eucharist	11am	St Baldred's, North Berwick

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.



### DON'T YOU JUST LOVE A FÊTE?

Quintessentially British, the village fête is a summer tradition that we love in East Lothian. Be it the traditional county fair or highland games, a village gala or a summer games day there's sure to be something happening for you to enjoy! We've scoured the county for this summer's events so all you have to do is roll up...

#### ABERLADY GALA DAY | SATURDAY 3 JUNE 1-5PM

Gala day begins at 1pm with the crowning of the gala queen followed by a procession of floats through the village. Tea tent, home baking, bar, prosecco tent, toys stall, face painting, rides. A great day for all the family.

**1.00pm** Crowning Ceremony

**1.30pm** Float Parade

**2.00pm** Attractions open

e: [aberladygala@outlook.com](mailto:aberladygala@outlook.com) | [www.aberlady.org/gala](http://www.aberlady.org/gala)

#### EAST LINTON GALA DAY | SATURDAY 10 JUNE

Floats parade from Phantassie, through the village and up to the park. Along with the floats, a pipe band, the village fire engine, old cars and tractors, dressed-up villagers join in. After the gala queen is crowned, there is music, dancing, a race up Traprain Law and numerous stalls, plus food and drink.

#### DIRLETON FÊTE | SATURDAY 24 JUNE 1-5PM

Dirleton Fête and Games is a traditional village fête and mini-games for all ages. This event has been running for many years in the pretty village of Dirleton.

Contact Alfred McClintock e: [mcclintockf@hotmail.com](mailto:mcclintockf@hotmail.com)

#### HADDINGTON AGRICULTURAL SHOW, EAST FORTUNE

##### SATURDAY 1 JULY 9AM-5PM

Agricultural show with horses, cattle, sheep and goats. Also trade stands, produce and crafts, children's entertainment and educational tent.

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

#### GULLANE GAMES WEEK | 29 JULY TO 5 AUGUST

A jam-packed programme of events featuring sports, treasure hunt, disco and fancy dress.

**Sat 29:** 10am Children's Golf Competition (Children's Course) | 2pm 5-a-side Football | 3pm Hockey Tournament | 3.30pm Cricket tournament (all beside School)

**Sun 30:** 2pm Treasure Hunt (Mallard Hotel)

**Mon 31:** 6.30pm Junior Table Tennis (Village Hall)

7pm Open Bowling Night (Bowling Green)

**Tue 1:** 6.30pm Long Driving, Pitching and Putting Competition (No 2 Starters Box, Gullane Golf Club)

**Wed 2:** 2pm Sand Modelling Competition (Gullane Beach) | 7pm Junior Disco (Marquee on the Green)

**Thu 3:** 10am Children's Arts and Crafts (Marquee on the Green) | 6.30pm Junior Tennis (Tennis Courts)

7pm Ceilidh (Village Hall)

**Fri 4:** 7.30pm Quiz Night (Village Hall) Over 18 only.

BYOB and Picnic.

**Sat 5:** 1.30pm Games Day | full programme of races, tea tent, raffles and fancy-dress parade.

Contact: [katy.aiken@gmail.com](mailto:katy.aiken@gmail.com)

#### 21<sup>ST</sup> NORTH BERWICK INTERNATIONAL HIGHLAND GAMES

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