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free community & lifestyle magazine

DECEMBER 2017 | JANUARY 2018



TIME



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To advertise in the February | March'18 issue please contact kim@yourlocallife.co.uk or 07768 622 378. Inclusion in the events pages is free for local events and charity fundraisers. For the next issue, please email details of your event to info@yourlocallife.co.uk by 8th January 2018 Editor: **Kim Williams** | Contributors: **Amanda Farnese-Heath, Hayley Flanagan, Nicky Kirk, Bernie Petrie, Elaine Ramanauskas** | Distributed by: **Johnson Distribution Services** www.jdsdoor2door.co.uk | Proofreading: **MagicSpell**

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LOCAL LIFE THIS ISSUE

Deck the halls with boughs of holly, Fa la la la la... Yes, it's that time of year again and I must confess I always feel ridiculously excited about Christmas every year. I don't know if it's seeing the sparkle created by beautiful Christmas decorations or the childlike excitement in the air.

Has Christmas suddenly crept up on you and you're feeling more frazzled than excited? Don't worry, our team have trawled the county to bring you everything from shopping guides to recipe ideas to tips on how to keep your home stylish this festive period. We also feature what's happening out and about in the area and we've teamed up with Archerfield Walled Garden to give one lucky reader the chance to win a family ticket to A Christmas Fairy Trail.

However you plan to celebrate the festive season, have a very happy one from all the team at Local Life.



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LOOK WHAT WE FOUND!

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



POPPY LOVE

Editor Kim Williams covets Poppy by Leigh Bagley

Longniddry-based artist Leigh Bagley creates some of the most fun and vibrant geometric prints I've seen. I'm currently coveting 'Poppy' which blends floral images with contemporary graphic geometric forms. This limited edition print is one of thirty and signed and numbered by Leigh. Printed using high-quality acrylic inks onto archival 330gsm Somerset Velvet paper, it's bound to make a bold statement and provide the ideal centrepiece to any modern interior.

LEIGH BAGLEY CREATIVE PATTERN STUDIO | leighbagley.com



TRADITIONAL CHARM!

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

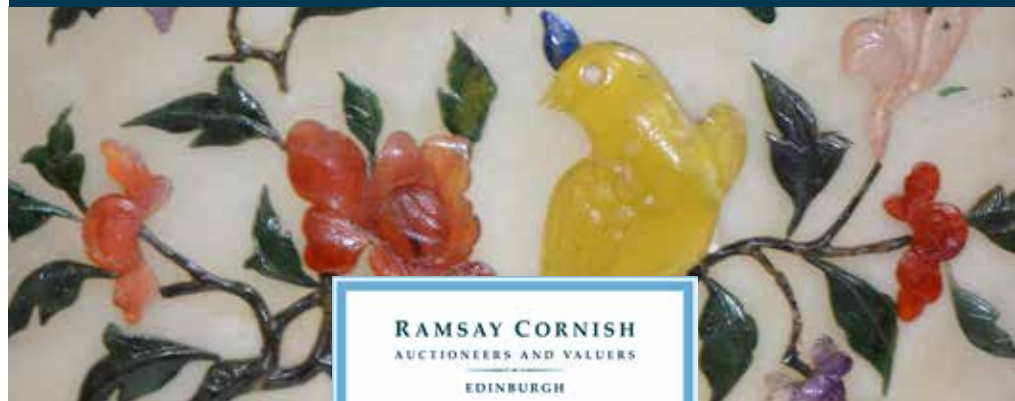
The only time I kick back is over Christmas and my family are very traditional in what we do each year. Christmas cinema, (it's Star Wars this year and I cannot wait), visiting friends, classical carol concerts, the list is endless but nevertheless all steeped in tradition.

Which brings me to this month's foodie find! Not really a find (more an institution) but one of the many places I visit over the festive break is The Canny Man's. I take a table for one, have a pint of Guinness and a dozen oysters, it's just perfect for me to sit in a pub that hasn't lost any of its charm or integrity. It doesn't try to pretend to be anything other than a great place to get a classic bite and pint. Perfect for those of us who work solo as the great thing about this diamond is you never feel alone! Happy Festive Bites.

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ROLLER SKATING BLISS

Mind, Body and Soul Columnist Bernie Petrie reminds us to take time out with simple pleasures.



The Boardwalk roller skating rink opened six months ago in Ocean Terminal and is the perfect fun way to raise your vibe and literally roll the winter chills away. I recently spent an afternoon there with a friend and it was so much fun that the years rolled back too!

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All I want for CHRISTMAS



for FASHIONISTAS



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1. B Young Choker Top £34.99 & 5. Pia Rossini Knitted Pom-pom Cap £24.95 & 9. Joules Lyla Woven Pyjama Set £59.95 & 10. Sence Xmas 2017 Earrings £26 & 11. Pia Rossini Gigi Faux Fur Scarf £44.95 & 13. Pia Rossini Kirsten Gloves £19.95 | **Secret Boutique**, Main Street, Gullane | 2. Peregrine Hat £39, Scarf £49 and Poncho £85 & 7. Ugg Slippers £110 & 8. Cara Boot £120 | **Heart & Sole**, 60 High Street, North Berwick | 3. Bohemia Design Necklaces from £38 | **NORDEN**, 82 High Street, North Berwick 4. Tumble and Hide Newton Purse & 12. Icepeak Tera Winter Coat | **Great Escape**, 57 High Street, North Berwick | 6. Edblad Ida Mini Necklace £29.99 | **Old Smiddy**, Gullane

for HOME LOVERS



1



2



3



4



5



6



7



8



9

1. Pure Wool Throw in assorted colours £65 each & 3. Headlamp with Natural Wood Tripod £450 & 5. Large Magnolia Platter £30 & 8. Lighthouse Cocktail Shaker £210 | **Time and Tide**, 11 & 48 High Street, North Berwick | 2. Sagaform Mulled Wine Pitcher & Warmer from £36 & 6. Skandinavisk Candle Set from £14 & 7. Vita Copenhagen Silvia Lamp from £39 & 9. Lakrids Liquorice from £9 | **NØRDEN**, 82 High Street, North Berwick | 4. St Eval Bay & Rosemary Diffuser £25 | **Madame Butterfly**, 95 High Street, North Berwick

for HIM



1



2



3



4



5

for INTEPID WANDERERS

6. Northcore Wood Handled Pocket Camp Knife & 8. Northcore Bamboo Stainless Steel Thermos Flask & 9. Stance Socks **Great Escape**, 57 High Street, North Berwick | 7. Steampunk Enamel Camping Cup £10 & unique knitted and crocheted Mug Cosies by **Seago Handmade** £8 | both from **Steampunk Coffee Roasters**, The Warehouse, 49a Kirk Ports, North Berwick



6



7



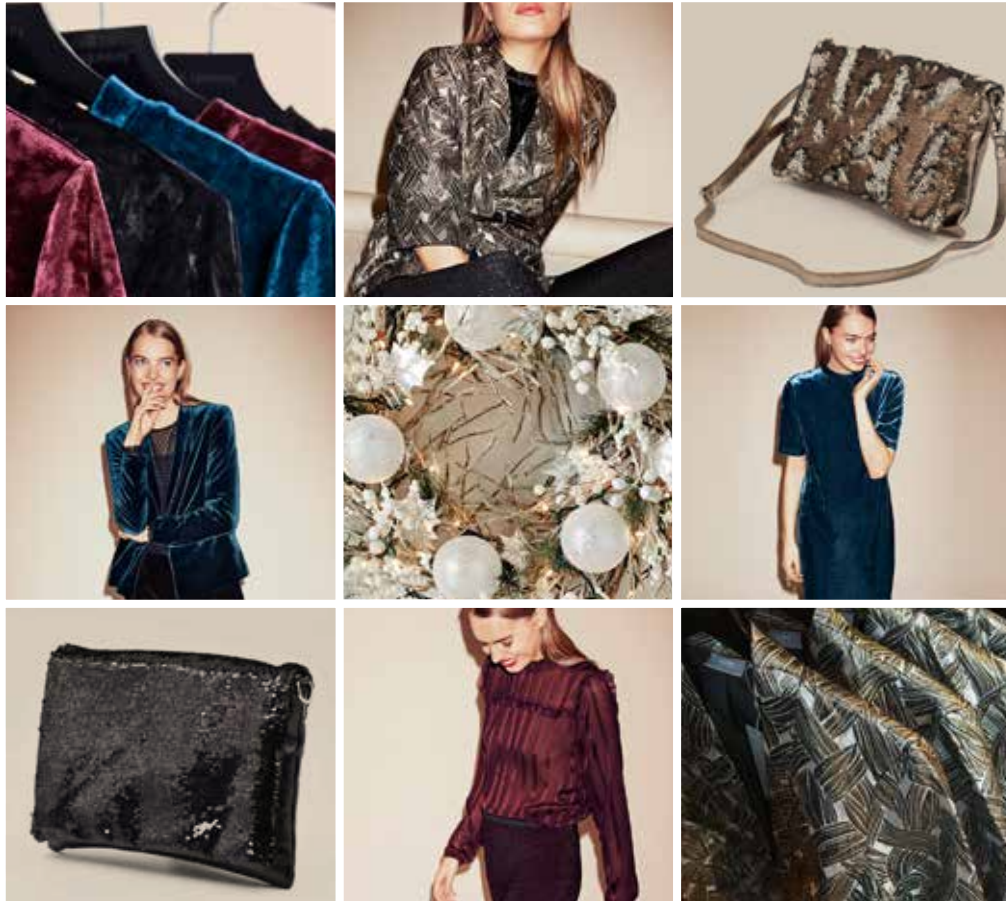
8



9

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KEEP CALM THIS CHRISTMAS

with Beatitude

words: kim williams | pictures: emma martin

One of the best things about my job is discovering local businesses and learning about their amazing products and the stories behind them. Gullane-based Beatitude is our very own award-winning aromatherapy brand and they offer an array of gorgeous products for relaxation and rejuvenation. Founder and creator Rebecca O'Connor has developed unique and distinctive bath oils, body oils, facial oils and cleansing bars. In fact, I'm a big fan of their new Peace Pillow Spray. With its mind relaxing properties, it's perfect for ensuring a good night's sleep, essential as we head into the hectic holiday period. Here's what I'm crossing my fingers (and toes) for this festive season!

CHRISTMAS BEAUTY CRACKER



I can't imagine finding anything quite as nice as a mini bottle of Beatitude Bath Oil in my Christmas cracker. Except for a full sized bottle maybe?

These chic gold and white crackers will give you and your guests pure unadulterated pleasure this Christmas. Beatitude's Peace, Joy and Patience beauty crackers contain a small bottle of bath oil designed to seduce the senses with delightful blends that come alive on the skin. Beatitude Bath Oils use unusual and regenerative natural plant and essential oils including; Oat, Peach Kernel, Camellia oil and Daikon Radish Seed Oils enveloping you in a tranquil bathing haven, while skin is left wonderfully smooth and supple. What's more, the bath oils cleverly disperse in the water so there's no greasy feeling (on you or the bath).

Christmas Beauty Cracker £8

Experiencing Christmas should involve all five of the senses, including smell and there's nothing like a Christmas candle to get you into the spirit of the festive season.

If ever a candle encapsulated the allure of Christmas, this is it. This beautiful candle is made with vegetable eco soy wax and contains a luxurious blend of the finest essential oils including clementine, geranium, lavender plus seasonal festive oils of clove, cinnamon and cardamon. The aroma lingers beautifully and makes me want to spend the rest of the festive season snuggled up on the sofa by the light of its delicious-smelling flame!

200g Christmas Comfort Candle (up to 40 hours burn time) £30

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with Old Smiddy

Whilst Christmas is a time for sharing and giving, buying unique and interesting Christmas presents can sometimes be a real challenge. Gullane's Old Smiddy Bespoke specialise in personalised Christmas gifts, perfect for stocking stuffers, Secret Santas or that special something under the tree. With everything from personalised Christmas decorations to gorgeous cushions and mugs, they're the perfect remedy to your Christmas presents ideas woes. And what's more, once you've chosen your gift, they'll personalise it for you and you can collect it the same day.



THE MUG

Make sure your hot drinks come to you in appropriate fashion this festive season with these personalised Christmas mugs. Plus, they're the perfect Secret Santa or stocking filler gift for the tea or coffee connoisseur in your life. | **£9.99**



THE CARD

Send festive cheer with personalised Christmas cards that will take pride of place on the mantelpiece. | **from £4.99**



THE SANTA SACK

What's better than being on the nice list? Being on the extra nice list. These special Santa sacks are perfect for children (or adults) to wake up to on Christmas morning. | **£12.99**

THE BAUBLE

These charming Christmas Baubles make lovely festive decorations and perfect personalised gifts to hang on a Christmas tree. | **£6.99**



THE CUSHION

Make your house all cosy and festive with an adorable, bespoke cushion on your sofa. We think it's the perfect gift for children, parents or family friends to get them excited for the festive season. | **£14.99**



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CHERISH THE POP-UP

As the growing trend for pop-ups continues, Cherish is the latest to pop up in Gullane.

words: kim williams

Back in 2004, pop-up shops were being touted as a quirky new retail trend. Yet more than a decade later, pop-up retail is still taking the UK by storm, with temporary shops now proving a staple in many of the country's busiest retail spaces.

Pop-ups are more than just rethinking traditional bricks-and-mortar and big-box stores, they're about bringing people together in one place, a place where both retailers and buyers can interact and unite in a shared passion. And it was exactly this that inspired primary school teacher and self-confessed history buff, Louise Pickering, to turn Gullane's old Post Office into a pop-up market place. Louise explains "I've been running my own vintage and antique business for a while now and I take part in lots of vintage, antique and craft fairs. When chatting to other stall holders at these events it became clear that people would really appreciate a further outlet for their goods and services without having to commit to a shop or space full time."

Pop-up shops are exciting because not only do they create short-term stores that are creative and

engaging, but they help keep communities alive and vibrant. And it is exciting to see this new addition to Gullane's high street. The building which locals refer to lovingly as "the old post office" although latterly was home to a plumber has been given an eye-catching pink and white theme, reminiscent of village carnivals. Louise laughs "I've gone overboard on the pink, which is funny because I'm not a girly-girl, but I thought it would attract attention!"

Louise is hoping the space will attract a wide selection of local crafters, artisan makers and antique traders who produce quality products at affordable prices such as jewellery, local produce, luxury clothing and cosmetics, photography and handmade furniture. The space can house up to three traders at any one time and stall holders are encouraged to take out weekly slots. There are also plans to extend the space into the basement to enable workshops and events to be held. Louise adds "Cherish is part of a new exciting phase for the village and I'm hoping to embrace this by providing residents with something a little bit different."

CHERISH POP-UP

open Saturday 10am-5pm and Sunday 10am-4pm | some traders will be open weekdays in the run-up to Christmas | check Facebook for opening hours | if you're interested in renting space contact t: 07443 586950 or e: cherishvca@gmail.com

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DECK the HALLS



From traditional balls to crown jewels, nothing says Christmas like a glittering tree decoration. We love these gorgeous hand-painted winter baubles complete with ribbon.

£11.95 | Time and Tide | 11 & 48 High St, North Berwick



Buying a cut tree before 1st December is inadvisable if it's to look its best on Christmas Day. **Smeaton Nursery** have **pot-grown and freshly cut trees** including traditional Norway Spruce and needle-holding Fraser and Nordman Firs. Alternatively fake it with this subtle yet undoubtedly festive **brush tree** on a rustic wood base from **Time and Tide**.

large (60cm) £22.50, small (40cm) £13.95 | **Time and Tide** | 11 & 48 High St, North Berwick
Smeaton Nursery | East Linton
www.smeatonnurserygarden.co.uk



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Secret Garden Workshop | Archerfield Walled Garden, Dirleton
7 December | www.secretgardeneventsflorist.com

Workshop by LT + Coach House Creatives | The Coach House Art Studio, Gullane | 7, 12 & 23 December | laura-thomas.com



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Indian Silver Glass Votive £9.95
Time and Tide | 11 & 48 High St, North Berwick

FORMER ACCOUNTANT UNLOCKS KEY TO SUCCESS AS GIFTED CABINETMAKER

Bespoke design and hand-crafting business, Ogilvies of Haddington, has announced a new collaboration with the prestigious interior designers, Jeffreys Interiors, providing woodworking and restoration services to its client base.



A love of hand-crafting beautiful items from natural wood, working with unusual materials and a desire to own his own business, inspired 44-year old former accountant Ewan Ogilvie to retrain from finance manager to cabinetmaker and launch Ogilvies of Haddington. Ewan took his leap of faith to study at the prestigious Chippendale International School of Furniture in East Lothian. In 2013 he qualified as a cabinetmaker and set up his artisan business.

From his East Lothian-based workshop and studio, he initially worked on small furniture commissions, with each piece crafted from locally-sourced timber and materials. Ewan has gained a growing and glowing reputation for his beautiful craftsmanship in the design and creation of impressive kitchens, wine cellars and larger scale furniture.

Ewan explained *"I have always been interested in design and aesthetics, although had limited opportunity to explore these in my previous lines of work. This collaboration with renowned interior design business Jeffreys Interiors is expanding my business into new horizons."*

Alison Vance, Design Director at Jeffreys Interiors says *"The quality of Ewan's work is outstanding and meets the demands of our clientele. It is wonderful to be able to offer interesting designs, made locally with high-quality materials and constructed using efficient workshop techniques and machinery. Ewan has a great eye for design and is clearly passionate about the sourcing of his materials."*

Ogilvies of Haddington also makes bespoke furniture and one of his most impressive kitchens (pictured above) has been for the Geary family in Fife who spent years renovating a former Manse near Anstruther. Its previous off-the-shelf kitchen units did not harmonise with the grandeur of the lofty Georgian room so Ewan designed a kitchen with the look of an old apothecary and created a sociable family layout.

Ewan has also immersed himself in the East Lothian community, handcrafting shop fittings for customers, including the newly renovated Humber Hub, which features a village shop, café and community space.

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Digital Scotland



What's On | A Christmas Fairy Trail

A CHRISTMAS FAIRY TRAIL... SHINING A NEW LIGHT ON EAST LoTHIAN

A Christmas Fairy Trail, the brainchild of Archerfield Walled Garden and Rogue Village, is an ambitious, immersive light show located on the beautiful Archerfield Estate.

Described as 'a shimmering, spellbinding spectacle', the popular Fairy Trail will be brought to life with a mystical soundtrack, performers and lighting design from JMP Productions, whose design credits include the opening of the Queensferry Crossing and The Enchanted Castle.

The experience begins with a torch-lit adventure down to the Fairy Trail where you will enter the magical woodland complete with fairy disco, sparkling willow walk, dancing forest folk and 'make a wish' fairy frame. This family adventure captures the magic of Christmas and is a great opportunity to explore the beautiful East Lothian countryside in a winter night-time setting.

As well as A Christmas Fairy Trail, Archerfield and Rogue Village

will also host The Christmas Barn within the 18th century walled garden. A cosy, festive open-air hangout serving mulled cider, hot chocolate and hearty food. Complete with firepits, open-sided barn, Christmas soundtrack and twinkling lights it's the perfect setting to get into the festive spirit. Food and drink will be provided by East Lothian producers Thistly Cross Cider, Haggisman and Mutley's Crepes.

A Christmas Fairy Trail is the first stage in Archerfield Walled Garden and Rogue Village's plans to position a major annual festive attraction within East Lothian. Targeting 8,000 attendances in the first year they aim to develop it into one of Scotland's leading Christmas destinations over the next few years.



We're giving away one family ticket (2 adults & 2 children) with mulled ciders and hot chocolates. For your chance to win, please answer the following question:

Where is A Christmas Fairy Trail located?

Send your answer to info@yourlocallife.co.uk

Please remember to include your name and address. Closing date for entries is 13 December 2017.

Ticket must be used 18-20 December 2017

T&Cs: Ticket is non-refundable, non-transferable and valid for 18-20 December 2017 only. No cash alternative available. Decision is final and no correspondence will be entered into.

A CHRISTMAS FAIRY TRAIL | 14 December – 6 January (closed 25-26 December) | every half hour from 4–8.30pm
CHRISTMAS BARN | open daily during A Christmas Fairy Trail | 3–8.30pm with extended weekend trading hours
Archerfield Walled Garden, Dirleton EH39 5HQ | for tickets and information www.archerfieldwalledgarden.com

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DATES FOR YOUR DIARY

December 2017 & January 2018

DEC	EVENT	TIME	VENUE
to 10 Jan	Darren Woodhead Exhibition	10-4pm	Waterston House, Aberlady (SOC)
Fri 1	Across North Berwick Prayers	10.30-11.30am	St Andrew Blackadder Church
Sat 2	Little Big Screen visit: www.littlebigscreen.org	3pm & 8pm	Gullane Village Hall
Sun 3	Messy Church	4-6pm	St Andrew Blackadder Church
Tue 5	The Social	11.45am-1.30pm	Gullane Village Hall
Sat 9	North Berwick Artisan Fair	10am-4pm	Abbey Church
Thu 7	Beacon Lunch	11am-1.30pm	St Andrew Blackadder Church
Thu 7	Beacon Service	1-1.30pm	St Andrew Blackadder Church
Thu 7	Siancio Singers Choral Concert	7.30-9pm	St Andrew Blackadder Church
Fri 11	Charity Art Sale	10am-5pm	St Andrew Blackadder Church
Fri 11	BBC Tim Vine Chat Show	7.30-9pm	St Andrew Blackadder Church
Sun 10	Muirfield Riding Therapy Winter Showjumping	from 9am	MRT, West Fenton Farm
Sun 10	Fun Carol Service for Muirfield Riding Therapy	4pm	Longniddry Church
12, 13, 14 & 16	The Gullane Pantomime: Jack and the Tangled Frozen Beanstalk	Tickets from Gullane Barbers	Gullane Village Hall
Sun 17	Lessons and Carols	6.30pm	Gullane Parish Church
Sun 17	Messy Church followed by Carol singing and refreshments	3-5pm	Athelstaneford Village Hall
Sun 31	Special Service remembering lost loved ones	10am	Athelstaneford Church
Sun 31	Special Service remembering lost loved ones	11.30am	Whitekirk Church
JAN	EVENT	TIME	VENUE
Sun 7	Messy Church	4-6pm	St Andrew Blackadder Church
Mon 8	North Berwick Art Group: Jim Cramb 'The Scottish Colourists'	1.30pm	Hope Rooms, North Berwick
13 Jan to Feb	Kalamkari Textiles Exhibition	10-4pm	Waterston House, Aberlady (SOC)
Sun 14	Souper Sunday Service	11am	Athelstaneford Kirk
Sun 21	Muirfield Riding Therapy Winter Showjumping	from 9am	MRT, West Fenton Farm

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.



CHRISTMAS church services

CHRISTMAS EVE

Athelstaneford Kirk Family Service	6pm
Aberlady Parish Church Christingle Service for all	6.30pm
St Andrew Blackadder Church All Age Service	7pm
St Andrew Blackadder Church Watchnight Service	11.15pm
Aberlady Parish Church Watchnight Service	11.30pm
Gullane Parish Church Watchnight Service	11.30pm
CHRISTMAS DAY	
St Andrew Blackadder Church	10.30am
Gullane Parish Church	10.30am

weekend TIDE TIMES



DECEMBER		High Water		Low Water	
		AM	PM	AM	PM
1	Fri		1235	0609	1829
2	Sat	0049	1321	0656	1917
3	Sun	0136	1404	0745	2007
8	Fri	0542	1804	1145	
9	Sat	0642	1907	0023	1236
10	Sun	0747	2017	0122	1337
15	Fri	0025	1251	0633	1843
16	Sat	0113	1332	0709	1924
17	Sun	0155	1409	0740	2001
22	Fri	0452	1657	1018	2243
23	Sat	0531	1735	1050	2318
24	Sun	0612	1817	1125	2359
29	Fri	1104	2324	0432	1705
30	Sat	1204		0536	1802
31	Sun	0023	1257	0633	1857



TWELVE x TWO WINTER EXHIBITION 12 ARTISTS x 2 PAINTINGS

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CHRISTMAS CRACKER AND IT'S VEGAN

As the festive season approaches, a lot of meat is consumed around this time of year, so maybe it's time for us all to cut back a little? As an option over Christmas, I have developed a couple of easy vegan recipes for you to try. So delicious and no meat in sight!

Squash Hummus

INGREDIENTS

One small butternut squash cut in half
3 cloves of garlic
Good olive oil
Tin of chickpeas (or my preferred option is dried and soaked overnight)
Juice of a lemon

Teaspoon ground cumin
Teaspoon cinnamon
Tablespoon of light tahini
Small red chilli
Maldon sea salt
Ground black pepper

WHAT TO DO

Roast the butternut squash at 160°C fan oven until soft. After roasting the squash peel and remove seeds. Place all the ingredients except the oil into a food processor and blend well. Add oil until a smooth consistency, taste, add more salt and pepper to get your taste buds tingling. Serve with warm bread or lentil chips.

Celeriac, Chickpea, Potato and Coconut Curry

INGREDIENTS

1 large celeriac
6 medium potatoes, peeled
3 carrots
2 onions
3 cloves of garlic
Tin chickpeas (or my preferred option is the dried peas soaked overnight)
Tin coconut milk
Half a bar (or whole bar if you like) of coconut cream
Half a tube of tomato paste
Jar of passata
Teaspoon cumin
Teaspoon mixed spice
4 cardamom pods squashed with back of a knife
1 black cardoon pod
2 teaspoons black mustard seeds
1 tablespoon coriander seeds and fennel seeds
Teaspoon turmeric
Teaspoon cayenne
Tablespoon dark sugar
Teaspoon fenugreek

WHAT TO DO

It's so simple once you have all the ingredients together!

Peel and chop all the vegetables. Cook the dried and soaked chick peas if you have chosen these instead of tinned. Put all of the ingredients into an oven-proof dish with a lid, season and give it a good stir. Cook at 140-160°C fan oven for a few hours, the slower the better, until all the vegetables and chickpeas are soft. Check every couple of hours and once the potatoes are soft you are nearly there. Taste again and add a bit more of spice if needed.

Serve with rice.

Amanda x

MAD MARCH HARE

check out our **Wild Dinners** at www.themadmarchhare.com and for our latest adventures in food | don't forget our salads every Wednesday. To find out more about the salads, follow on our **Facebook page The Mad March Hare** t: 07809 895 469 for any enquiries.

PERFECT *for* FOODIES



Scotland's Food & Drink County have collaborated with Fenton Barns Farm Shop, making them the exclusive stockist of the Scotland Food & Drink County Hamper, which contains 12 East Lothian products. Branded as 'Limited Edition', the aim is to encourage 'East Lothianers' to support local this Christmas. Crucially, in order to sell the hampers, Fenton Barns who don't typically sell alcohol have received a special licence enabling them to do so. From a Christmas Eve tipple to the makings of a scrumptious Boxing Day turkey curry, East Lothian producers really do have Christmas all wrapped up!

Aelder Elixir Wild Elderberry Liqueur | **Black & Gold** Cold Pressed Rapeseed Oil | **Brodies** Breakfast Tag and Envelope Tea
Edinburgh Preserves Blackcurrant Jam with Sloe Gin | **EyeBall** Brewing Yellow Ball Lager | **Mungoswells Malt & Milling** Strong Wholemeal Bread Flour | **NB Gin** London Dry Gin | **No Cow Know How** Champagne and Strawberry Fudge - dairy free
Spice Pots Korma Spice Blend and Spice Pots | **The Chocolate Tree** Organic Sea Salt & Caramel | **The Spice Witch** Mango and Chilli Chutney | **Scots' Cheer** one Raspberry Vodka and one Ginger and Gooseberry Gin

LIMITED EDITION HAMPER £75 | Only 36 available and only from **FENTON BARN'S FARM SHOP**

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LEARN, SAMPLE AND RELAX

NB Distillery, a unique visitor experience based in the scenic seaside town of North Berwick, is set to open its doors in time for Christmas and will offer distillery tours with a difference.



Born and bred in North Berwick, NB Gin has come a long way from its modest beginnings in founders Vivienne and Steve Muir's kitchen. The company has steadily grown over the years by following and perfecting the exacting and meticulous London Dry distilling process.

Plans are now in place to open a new distillery sited at Halfland Barns, near Tantallon Castle, a breathtaking location in the heart of the East Lothian countryside. This new distillery will allow the company to expand its production process to a 24-hour operation to meet global demand. The state of the art distillery will be energy neutral, featuring solar panels, lighting and heating. Additionally, the building will capture rain water, store it and allow it to be reused for the condensing process of stilling.

The distillery plans to offer a unique visitor experience. The distillery tour will be one of style and like no other distillery tour experienced before. Think slippers, log fires, comfy sofas, and of course, deliciously large gin and tonics. Along with tours of the incredible new facility, the premium, bespoke distillery tour offers learning, luxury and sampling of world-class products – spanning a range of gin, vodka and rum. Plus, award-winning local chef, JP MacLachlan, who has worked with top chefs Raymond Blanc, Martin Wishart and Gordon Ramsay, will serve canapés, using ingredients sourced from across East Lothian. Viv Muir, said *"When visitors come to the distillery, we want it to feel like you're coming for a drink and food at our home. That means you'll be handed an NB as soon as you arrive, you'll be invited to take off your shoes, be given your own slippers and our chef will be on hand to treat you with delicious canapés. It is an experience and feeling of 'coming home', not a tour."*

So, whether you are a novice planning your first distillery visit or a spirits connoisseur, visitors will be made to feel like they're coming home, and can learn, sample and relax in a beautiful environment.

NB DISTILLERY

Christmas vouchers, designed to look like personal invitations are available to purchase online for the Distillery Tours
www.nbdistillery.com

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MAKING YOUR OWN TRADITIONS...

Bernie Petrie tells us to make our own traditions this Christmas.

Several years ago a dear school friend and I were talking about Christmas. I was feeling a bit at a loss about what Christmas should be for me and my young family. She said something that has stuck with me for years. "You have to make your own traditions – it's totally okay to let go of other people's". This piece of advice has helped me to gradually create and allow myself to receive the kind of Christmas that feels good to our family.

We hear it a lot – "we always do it this way, it's tradition". But part of taking responsibility for your own happiness and well-being is to question any tradition or belief in your life that no longer feels good or makes sense. It is vital that we do not continually operate on autopilot. The following anecdote tells us why traditions and beliefs really should be questioned as an ongoing process.

A young child was watching her mother prepare the Sunday roast. She watched her mother cut off part of the roast and set it to one side. Puzzled, she asked: "Mummy, why do you do that?" Her mother opened her mouth to reply, then stopped, and said: "Do you know what honey, I have no idea why, it's just something my mother always did, so I do it too." Grandmother was there that day so the mother and young child asked her the same question: "Grandma, you know when you are preparing the roast, why do you chop part of it off?"


Grandma starts to speak, and then stops and says: "Do you know, I have absolutely no idea, it was what my mother always did, so I did it too, but actually now that you ask I have no idea why."

Totally curious, they decide to ring up Great-Grandma and ask her: "Grandma we were wondering why did you cut off the end of the roast? It turns out we've been doing it without question for years, but now that Amy has asked us why, we can't answer her and we realised we never asked you why". Great-Grandma is silent for a moment or two, then comes the roar of laughter. Finally, giggling, she says: "My roasting dish was too small, so I had to."

It makes me smile every time I recall that story and as simple as it is, it magnifies the madness of operating on autopilot. This year, create the Christmas that feels awesome for you by making your own traditions rather than copying actions and behaviours from your past. Give yourself permission to let go of any traditions and embrace a whole new self-loving way.

Let's rephrase this old traditional saying right now shall we? "Tis the season to be self loving Fa la la la..." Enjoy creating your very own Christmas magic!

Bernie



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Most hearing centres will measure the quietest sounds that you can hear and based on this will make a recommendation. Although this type of hearing test provides useful information, by no means does it provide a full picture, we hear with our ears but it is our brain that understands speech! With this in mind, we have designed our test protocol to ensure that we measure your exact individual issues.

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At each stage, we will explain the results really thoroughly to you and make sure that everything is completely clear. Occasionally we may feel that onward referral is required – this is unusual, but you can trust us to always do the right thing. If hearing aids would help, we will discuss all the different solutions that are available to you based on your hearing loss, lifestyle, cosmetic preference and ease of use. All the results and recommendation are given to you in a report. If appropriate we can make a recommendation on next steps, to help you continue on your journey to better hearing.

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12.3 BILLION REASONS TO STAY HEALTHY!

12.3 billion pounds is the cost to the UK economy annually for back pain alone, and up to 50% of the population suffer from chronic pain. **Nicky Kirk**, Doctor of Chiropractic, explains the reasons why it is so important to stay healthy.

Ten years ago I visited North Berwick, like many, for a day trip. Little did I realise that I would return with my wife and two small boys in tow and make the town my home. Not only that, but I would be setting up in a local clinic as a chiropractor and adding to the great group of health professionals who work locally.

Previously, I lived very close to the beach in Puerto Rico, where I was for eight years. Although the waters (and weather!) in East Lothian are somewhat less temperate, I am impressed with the commitment people have to staying physically active and healthy, through a range of activities and sports.

One of the most prevalent factors in preventing chronic pain and its effect on overall health and well-being, is physical activity (or lack thereof) and after years of living on an island with high incidence of type 2 diabetes, obesity and chronic morbidity, it's refreshing to be in a health-driven town with many options for the people here to meet their daily exercise needs.

Remaining physically active has been shown to decrease heart disease by 30%, type 2 diabetes by 40%, cancers, depression and dementia. All of which threaten our community as we live longer and hopefully age

gracefully! Most, if not all, people would like to avoid these conditions if they can. But what if we cannot perform the activities we want to? How would that affect your life, happiness and ultimately your health?

One of the passions and sources of great satisfaction in work as a chiropractor is not just helping people manage aches, pains, niggles and minor sports injuries, but in providing advice and guidance to help reinforce the changes we have made in clinic. We help build resilience and decrease fragility by applying the same principles used at top sports clubs and elite training facilities throughout the world. That's where people see the real benefits of our care. We help people return to the activities they enjoy doing and the subsequent effects of this on their life quality are beyond measure.

People often write off their ability to play sport or become more active due to chronic aches and pains. But well-being can be recovered after taking care of the issue and addressing why an overload was occurring in the first place. We always encourage clients to think about longevity and building a robust and resilient body. And what's more, we have the right environment and the right community to accomplish this.


EAST LOTHIAN CHIROPRACTIC

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WINTER FUN SEABIRD STYLE

There's lots of fun to be had at the Scottish Seabird Centre this winter.

Control the interactive live cameras to spot seal pups! While looking out for pups, there is also the chance to see a live birth. If you spot a live seal birth, not only will you have the chance to name the seal, but you will be awarded with your very own seal adoption pack, worth £30.

There's a theme of Poles Apart in the Discovery Centre, with 3D movies, trail and family-friendly activities taking place right throughout the winter months.

The photography exhibition has proved a huge hit! Celebrating Coastal Birds features the work of award-winning photographer Tom Langlands and

emerging new photographer Daniel Doran from Gullane. This exhibition seeks to showcase the many amazing seabirds that can be seen around the East Lothian coastline, and on islands including the Bass Rock and Isle of May. Head down to the Discovery Centre to see their stunning work.

There's a whole host of fantastic treats in the Gift Shop and Christmas lunch is available in the Seabird Café. Seabird Members – don't forget it's Members' Shopping Week from 4 to 10 December, with extra discounts available. Anyone who is not a Member is very welcome to join, which helps support the centre's education and conservation activities.

SCOTTISH SEABIRD CENTRE

The Harbour, North Berwick EH39 4SS | open throughout the festive period, only closed Christmas Day
visit www.seabird.org for details of opening times



PIPE BAND TURNS 60!

North Berwick Pipe Band in its current incarnation has been celebrating its 60th birthday this year – but the history of pipe bands in the town goes back over a hundred years.



The first recorded mention of a North Berwick Pipe Band was in 1902 at the coronation celebrations of King Edward VII who was to visit North Berwick in October of that year. The Band continued playing at sports days and lifeboat processions until WWI. In 1932 the local Scout troop formed a pipe band for the forthcoming International Jamboree in Copenhagen and continued to take part in local parades until WWII. They reformed as the current band in 1957, adopting Mackenzie Seaforth as their standard tartan.

Since then, North Berwick Pipe Band has played at local galas and community events, taken part at some of Scotland's annual competitions and played at a number of prestigious events including Edinburgh Festival Cavalcade, Edinburgh's pre-Hogmanay Torchlight Procession and various Scout Centenary Pipe Band events. They've toured the USA and represented East Lothian at the International Folklore Festival in Germany since 2003. In July and August each year, the Band's Wednesday evening performances in North Berwick's Lodge Grounds – which include Highland dancers from Dunedin Dance Academy – are enjoyed by locals and visitors.

The recently-formed juvenile section has helped broaden membership and age range, and tuition is offered in piping and drumming. There is also a busy support group that helps with organisation and fundraising. Band practices are held in St Andrew Blackadder Church Hall on Wednesday evenings and new members are always warmly welcomed.

visit www.northberwickpipeband.co.uk for further information or contact Pipe Major Keith Milligan t: 07850 703323

NORTH BERWICK PIPE BAND

www.northberwickpipeband.co.uk



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AND FINALLY
at the back...



START 2018 IN STYLE AT MUSSELBURGH RACECOURSE'S NEW YEAR'S RACEDAY

Scotland's Hogmanay revellers can continue the festive celebrations and start 2018 in style with the New Year's Day Raceday at Musselburgh Racecourse. Fast becoming the ultimate place to be on the first Bank Holiday of the New Year, the five-star visitor attraction's raceday sells out annually and tickets are now available for purchase.

Wrap up warm for the spectacular jump racing action at the famed New Year's Day raceday which features one of the most historic events in the world – the New Year Sprint. Now a traditional highlight, the £40,000 Hogmaneigh Hurdle is not to be missed. For those looking to take a break from the racing, they can warm up in seasonal flavours with mulled cider and carvery pork rolls, amongst other festive bites.

visit www.musselburgh-racecourse.co.uk for further information and tickets

NEW EXHIBITION BY AWARD-WINNING LOCAL ARTIST

Top wildlife artist Darren Woodhead returns to exhibit at Waterston House from 18 November to 10 January 2018. Consisting exclusively of watercolours this new collection is mostly inspired by the East Lothian landscape and its natural history but also by recent trips to Norway to paint Scandinavian owls.

www.the-soc.org.uk



SAVE THE DATE

New Lanark World Heritage Site will be hosting London's Fashion and Textile Museum's international travelling exhibition **Artist Textiles – Picasso to Warhol** from 26 January to 29 April 2018. This touring display from the Fashion and Textile Museum traces the history of 20th century art in textiles. Highlights include work by Georges Braque, Alexander Calder, Marc Chagall, Salvador Dalí, Sonia Delaunay, Raoul Dufy, Barbara Hepworth, Fernand Léger, Henri Matisse, Joan Miró, Henry Moore, Pablo Picasso, Ben Nicholson and Andy Warhol.

www.newlanark.org



WE'RE SORRY...

...we've so much in this issue, we've run out of room to print local telephone numbers. They will be back in the next issue.

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