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LOCAL LIFE THIS ISSUE

Summer is officially over. But if you're anything like me you'll be clinging to any hint of an Indian Summer and continue with cocktails at sundown, until the wind and rain has finally won and it's time to batten down the hatches, wrap up in cosy layers and indulge in comfort food.

As the nights draw in we should celebrate the arrival of autumn – the falling leaves, the vivid colours and harvest time. But, if you're feeling like the first golden leaves don't really compensate for the inevitable onslaught of dark nights and colder weather, then take comfort in this issue which is your guide to all things autumn.

We're on a mission to ensure you stay cosy this autumn with fabulous fashion, comfort-food recipes and ways to ensure your home is hyggelig! Plus we welcome new columnist, astrologer Bernie Rowen-Ross. We also feature some of the best places to visit and tell you what is happening out and about in our local area.

Stay cosy – enjoy your Local Life!

Kim

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LOOK WHAT WE FOUND!

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



GORGEOUSLY GREEN

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

After a long hike up the Pentlands to test the new knee (it was fantastic!) we tripped over to Beetroot Sauvage in Causewayside, which used to be home to the now, unfortunately, closed Earthy. This plant-based cafe has the most tranquil space out the back. Inside is also great, but the magic happens in the courtyard and there is shelter if the weather isn't quite so bonny.

We sat outside and tasted coffee, vegan cooked breakfast, cakes, salads and green juices (not just for me, I might add). Every single mouthful was absolutely delicious and the vegan cheeses are the best I've tasted to date. A must-visit for all of you wanting to taste really good vegan options.

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DIFFERENT PERSPECTIVE

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

Whenever I feel a bit overwhelmed, there is nothing like a stomp on the beach to gain a different perspective. Discovering this new perspective of The Law was a happy bonus, as I went to take a picture of the rock, thanks to the low tide. Revealing to me – in the same moment – that what we might need is to shift our perspective of an issue and in the process we'll see the bigger picture!



BOOT-LICIOUS

Editor Kim Williams finds her favourite boot of the season

Autumn is here and I'm ready to trade in my flip-flops for cosy boots. This is my favourite time of year as far as fashion is concerned, not just because you can still have bare legs and just about do without a coat, but also because the shops are jam-packed with new stuff. Lovely new things to swoon over! And swoon is what I did when stepped into Heart and Sole on North Berwick's High Street. There were heeled boots, flat boots, work boots, trainer boots, shoe boots, the list goes on. This autumn I'll be taking my cue from the style set and embracing flat ankle boots, such as these gorgeous Ugg Hillhurst Chelsea Boots. There's no reason not to be comfortable and stylish, after all.

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The beloved pair of trousers is a true wardrobe saviour; casual yet sophisticated it can be effortlessly dressed up for evening or thrown on with trainers for a chic, nonchalant look. Yet getting trousers to fit can sometimes feel like a losing battle. Elaine Ramanauskas introduces us to the perfect pair!

It's said that aside from buying swimwear, looking for a new pair of jeans or trousers is the most stressful shopping experience we have to undergo. There is no other piece of clothing that induces so much stress when it comes to tracking down the ones that fit the fashion remit of the day, flatter your bum and make your legs look long and slim. This is where German brand, Robell, steps in. Since arriving in the UK, Robell's amazing trousers have become loved by women of all ages and shapes. Known for their fantastic fit, unique stretch fabric and unbeatable quality they offer the perfect fit, whether you're a size 6, a size 22, tall, petite or anything in between. So now you've found the perfect trouser nearly all of the hard work is done – simply add a stylish top and you're ready for whatever the day throws at you.

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HOME IS WHERE THE HEARTH IS

words | kim williams

This winter make your house a home by creating a cosy, warm and attractive feature with a stunning fireplace or wood burning stove, supplied and installed by local business, Stoves & More.

When it comes to the winter there is nothing quite like the heat of a fire to stave off the cold and keep you cosy and warm. And nothing says home quite like a beautiful wood burning or multi-fuel stove.

Throughout history fireplaces provided both a means to cook and to heat the home. However, after World War II, as the demand for housing grew, so too did the popularity of gas and electric central heating and fireplaces fell out of fashion. But with today's rising fuel bills and the move towards renewable sources of heating, the demand for fireplaces and multi-fuel stoves has rocketed.

It is this rise in popularity that keeps East Lothian based Stoves & More busy. Their showroom in Fenton Barns Retail Village is a family-run business, consisting of husband and wife, Michael and Elaine Horne, along with their son Luke. Michael has over 25 years' experience in the building trade and offers an all-trades service – from supply and installation to annual servicing. Plus, they can install a multi-fuel or

wood burning stove into any home, because Michael specialises in twin-wall flue pipe systems meaning you don't even need a chimney. Michael and Elaine pride themselves on the quality of their products, the professionalism of their in-house experienced installers and their after-sales service.

Stoves & More stock a full range of stoves, hearths, flues and accessories from top European and British brands including; Hwam, Wiking, Chesney's, Dean Forge, Hunter, Penman and Ooni. Their live stove display allows you to see the quality of their specially selected range. Michael says *"Most customers come in simply looking for a stove but leave educated about the benefits of fuel efficiency and control, which helps them choose the right fireplace or stove for their home."*

So, whether you want an inset style, multi-fuel or wood burning stove, Stoves & More can supply and install your dream fireplace or stove, creating a fabulous feature that also heats your home.

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HYGGELIG (HOO-GUH-LEE) MOMENTS

This issue **Hayley Flangan** tells us, as we head into the dark autumn and winter evenings, the need for light, bright, and airy moments becomes even more pronounced.

I know we haven't quite put this word to bed yet and yes, you may be over it. But perhaps we haven't quite got the hang of this almost mindful philosophy yet? The essence of Hygge is self care, ritual, reflection, revelling in the little moments and the home environment you have created. Pay close attention to the individual elements such as; light, sound, touch, taste and smell when carving out little hollows of time for yourself and those you love.

Here are our favourite hyggelig moment moodboards.

You can find a selection of these products, locally produced or sourced from Scandinavia at **NØRDEN**
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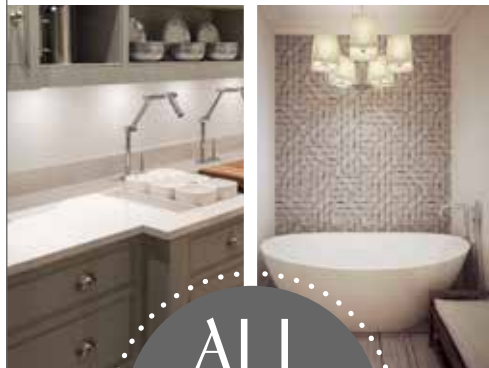
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YOUR LOCAL PEOPLE

10 minutes, 10 questions with...

Janine O'Rourke

Janine O'Rourke runs her two businesses Rooart Framing and The Mad Scrapper from The Sands in Haddington. Opening its doors last summer, the gallery houses both her bespoke picture framing service and her scrapbook shop. A keen scrapbooker, Janine sells a variety of paper craft items, mixed media products, stamps and a small selection of art materials. With over 20 years' experience, she also offers a picture framing service and can frame anything; from photographs to original artwork, prints to embroideries, to box-framing. We caught up with Janine as she downed tools for ten minutes...

What is your greatest achievement?

My son. He's the best!

Favourite book?

The Never-ending Story by Michael Ende.

What advice would you give to your 18 year old self?

Save for your future, always put a little bit aside each month.

What word do you over use?

Really.

When are you happiest?

When the weather is sunny and hot.

Song that always gets you dancing?

Don't Feel like Dancing by the Scissor Sisters.

When was the last time you laughed out loud?

Today! I have crazy friends and family!

Next adventure?

Going home to Australia at Christmas time.

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

I have really frizzy hair that gets straightened to within an inch of its life!

Finally, photographs or original pieces of art on your walls?

Both! I love both.

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WAXING LYRICAL

words | kim williams

There's no doubt about it, gorgeously scented candles are the ultimate interior accessory. I joined designer and candlemaker Laura Wilson at her North Berwick headquarters to learn how to make a soy scented candle.

Stepping into Laura Thomas Co Headquarters, a wave of delicious scents assail my senses. The workshop table is set with jars, stainless steel jugs, whisks, rather scientific-looking scales and a vat of wax bubbles quietly in the background, all ready for a workshop in making scented soy wax candles.

Laura Wilson started her company, Laura Thomas Co in 2012, when she was living in New Zealand and found it difficult to source mid-range, well-made bedding. She began her own company sourcing high quality, fair trade cottons from India, Egypt and Vietnam. Since returning to her native Scotland four years ago, Laura has added a range of homewares and lifestyle products, including stunning Turkish towels and gorgeous scented soy candles, which she hand-pours herself. She also runs workshops for total novices like me.

Candle-making isn't that hard, Laura assures the four of us sitting nervously around the table. *"You just follow the steps. The fun part is creating the scent."* Laura's passion for fragrance is infectious and soon the four of us are engrossed in choosing two or three scent combinations for our own candles. It's not easy, as

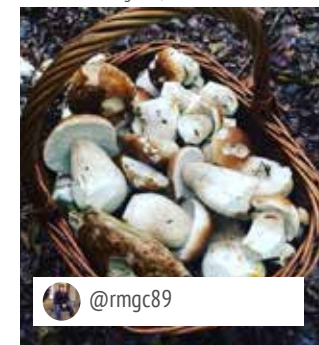
Laura uses essential oils and there was a staggering array to choose from. But under Laura's careful tuition, we all managed to identify the mood and smell we wanted to create.

Laura shows us how to weigh and pour the molten wax, which has the consistency of honey, into the steel jugs. We add our oils and whisk the mixture to cool the wax to the perfect pouring temperature. There is a burst of aroma – hinting what my finished candle will smell like. We then centre the wick in a gorgeous LT jar, holding it in place with a lolly stick, pour the wax and leave it to set. Laura advises us to leave our candles to cure for a week – longer if we can, to ensure we get the best fragrance. Laura chats to us about candle maintenance, something she is very ardent about. *"You should always burn the whole top layer of the candle, right to the edges of the jar, so it melts in an even pool,"* Laura says, *"and wicks need to be trimmed after each use."*

My candle has taken me a couple of hours to create, but Laura and her team make these at a rate of knots. Laura laughs *"With Christmas on the way, we're especially busy, we're pouring up to 200 candles a week."*

LT SOY CANDLE MAKING WORKSHOPS

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#EASTLOTHIANFOODANDDRINK

Autumn is the season of mellow fruitfulness and a celebration of all the gorgeous produce we have in abundance, here in East Lothian. And clearly instagrammers are in agreement. Here are some of our favourite foodie insta-snaps...

NEXT TIME | LOVE EAST LOTHIAN AT CHRISTMAS TIME?

Share your favourite Christmas-inspired pics with us on instagram
instagram @yourlocallife #lastlothian



PICK YOUR OWN PUMPKINS ON THE PATCH AT KILDUFF FARM

Put on your wellies, wrap up warm and join us for some pumpkin fun! We're excited to be opening the Patch on the following dates in October:

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Saturday 20th & Sunday 21st 10am – 4pm
Friday 26th, Saturday 27th & Sunday 28th 10am – 4pm

We will be joined by our friends Sinclair & Rice, serving hot drinks and all things nice.

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THE PATCH
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CAN I HAVE MORE PLEASE!

This time of year when there's a chill in the air and I have to put socks on in the morning to keep my tootsies warm, the oats come back out of the cupboard and I start my day with porridge. For years I've been playing around with adding extra flavours and goodness. And what a difference it makes during the winter months to have a variety to choose from which keep you fuelled all day long. Here are a few of my favourites – happy porridge making!

THE PORRIDGE

Always start with the base of oats (I tend to use organic jumbo oats), then add water, oat milk for a vegan option or creamy full fat milk. You can add a little sea salt (not table salt) if you like – I do. Before the oats start cooking add your flavours.

TURMERIC, FIG & COCONUT

For sweetness, add a teaspoon of turmeric, some honey, coconut sugar or maple syrup. Then add dried organic figs, (locally available at Earth Matters), a teaspoon of wheat-grass powder (optional but healthy) and coconut flakes (also available from Earth Matters). Cook slowly until all the aromas softly rise up and sprinkle your favourite seeds on top.

NUT BUTTER

Stir in a desert spoon of your favourite nut butter to the porridge base. I use almond butter which is widely available, or you can make your own cashew butter by whizzing up cashews in your food processor for around 4 minutes and then add a bit of oil (I use Clearspring toasted sesame oil from Earth Matters). Add organic runny honey to taste. Cook and then sprinkle nuts and seeds on top before serving.

CHOCOLATE

Add a desert spoon of cacao or Green & Blacks Cocoa powder to the porridge base. Then add 85% dark chocolate and let it cook gently so the chocolate has just about melted. You can add spirulina powder if you like. Top with your favourite dried fruits and nuts before serving.

There are so many ways to enjoy this versatile dish, just experiment and have a bit of fun. I would love to hear your favourite flavours. Let us know on our instagram page @yourlocallife

Amanda x

If you would like to come along to any of our events please visit www.themadmarchhare.com to find out what we have in store | follow us on our Facebook page The Mad March Hare | t: 07809 895 469 for any enquiries.

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SUNDAY LUNCH WITH THE BRAND FAMLY

Sunday lunch really is our favourite time of the week here at East Fortune Farm. We love to gather the family round the table and take stock of the week that has been and talk about plans for the week ahead. It's a special time as we all catch up and the saying 'A Sunday well spent brings a week of content' certainly rings true for The Brand Family.

One of Scotland's top chefs and great supporter of The Brands, **Tom Kitchin** (inset) has kindly provided readers with a delicious pork recipe – perfect for Sunday lunch. This is a tasty yet simple recipe and all the ingredients are in stock at Brand's Larder. Knowing that you have sourced the finest piece of locally home-reared pork for your family gives you that extra delicious flavour!

You can even order your meat for collection – just email us
BRAND'S LARDER

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ROAST CRISP PORK BELLY

INGREDIENTS (serves 4-6)

1kg pork belly
500g rock salt
Olive oil
3 apples, such as Cox or Braeburn

For the apple sauce
4 apples, such as Bramley
– peeled and cored
50-60g sugar
50g butter
Pinch of salt, or to taste

METHOD

Day 1

Place the pork belly on a meat chopping board, skin side up. Using a small sharp knife, lightly score the skin, making criss-cross cuts all over. Take care not to cut into the flesh. Lightly rub rock salt all over the skin, place the pork belly in a non-reactive dish or baking tray that will fit in your fridge, cover with clingfilm and chill for at least 6 hours, but ideally overnight.

Day 2

Preheat the oven to 200°C Fan /220°C/Gas Mark 7 and bring a kettle of water to the boil. Remove the pork belly from the fridge, wash off the salt and rub dry with kitchen towel. Place a roasting rack on top of a roasting tray and place the belly on top of the rack, skin side up. Take the boiling water and pour directly on the pork belly, letting it run off the meat into the tray until it is about 5cm deep. Stand back so you don't get splashed. Place in the oven and roast for 20 minutes. Lower the temperature to 160°C Fan/180°C/Gas Mark 4 and continue roasting for a further 3 hours or until the skin is very crispy and the meat is tender enough to flake easily.

Make the apple sauce. Peel, core and chop the Bramley apples. Place them in a heavy-based saucepan with the sugar to taste, butter, salt and a splash of water. Stir over a low heat for 15-20 minutes until the apples start to break down. Adjust the seasoning with salt, if necessary. Set aside.

About 30 minutes before the pork is due to come out of the oven, cut each of the remaining apples in half and use a melon baller to remove the core. Immediately place them in the oven with the pork and roast for the remaining 30 minutes or until they are tender and lightly browned. Leave the pork belly to rest for five minutes after it comes out of the oven, then cut into serving portions and serve with the apple sauce and apples. I always serve the apple sauce at room temperature, but it can be reheated.



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FRESH OFF THE PRESS

Don't leave your apples rotting on the ground. Take them along to Gullane's Annual Apple Festival and press them using the village pressing equipment in a celebration of all things apple.

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

If you have apple trees, you may well be nagged by the question of just what to do with this bountiful produce. Simple – pick the fruit, bring some of it along and press it at Gullane's Annual Apple Festival on Sunday, 7 October. The trees in the village produce a wide variety of apples, both eaters and cookers and this community event encourages people to bring fruit to the festival and help press it into juice. Festival Organiser, Adria Stubbs said "It's great to see people getting involved and turning their fruit into juice. The Festival's a great afternoon of chopping, pressing and laughter."

The focus of the festival has to be the genuine iron apple mulchers and presses used to press the apples into the most delicious juice, and everyone is invited to try their hand at pressing apples. Adria adds "Children, in particular, are fascinated by the whole pressing process and the festival makes a healthy and educational event out of picking fruit based on negligible food miles". Some apples are also turned into delicious treats by enthusiastic cooks and bakers from around Gullane. Entry is by donation with proceeds going towards new equipment and the up-keep of the village hall.

GULLANE APPLE FESTIVAL

Sunday 7 October 2-4pm | Gullane Village Hall

Call Adria Stubbs t: 07789915064 for information, if you'd like to get involved or if you're unable to pick the fruit yourself and need a little help | please note: we're unable to accept apples from grass where dogs are free to roam.



OCTOBER		High Water		Low Water	
		AM	PM	AM	PM
5	Fri		1209	0600	1828
6	Sat	0037	1314	0705	1922
7	Sun	0134	1405	0800	2012
12	Fri	0513	1733	1123	2329
13	Sat	0557	1814	1147	2347
14	Sun	0642	1856		1201
19	Fri	1141	2358	0549	1755
20	Sat		1252	0641	1843
21	Sun	0101	1340	0721	1923
26	Fri	0410	1634	1009	2225
27	Sat	0447	1711	1042	2259
28	Sun	0427	1651	1010	2332
NOVEMBER		High Water		Low Water	
		AM	PM	AM	PM
2	Fri	0936	2209	0324	1557
3	Sat	1052	2317	0443	1704
4	Sun	1155		0546	1759
9	Fri	0310	1528	0920	2133
10	Sat	0352	1607	0949	2203
11	Sun	0434	1645	1010	2224
16	Fri	0838	2056	0132	1419
17	Sat	0942	2201	0337	1559
18	Sun	1047	2305	0446	1659
23	Fri	0207	1433	0805	2026
24	Sat	0247	1511	0845	2109
25	Sun	0328	1551	0927	2155
30	Fri	0801	2032	0139	1405

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

DATES FOR YOUR DIARY *October & November*

OCT	EVENT	TIME	VENUE
Mon 3	North Berwick Art Group Talk by Ola Wotjakiewicz	7.30pm	Hope Rooms, North Berwick
Thu 4	Gullane Flower Club new members welcome	7.30pm	Mallard Hotel, Gullane
6 Oct to 14 Nov	Diverse Divers and other Birds of the North – Lisa Hooper	10-4pm	Waterston House, Aberlady (SOC)
Sun 7	Muirfield Riding Therapy Winter Showjumping	from 9.30am	MRT, West Fenton Farm
Sun 7	Messy Church	4-6pm	St Andrew Blackadder Church
Sun 9	Hunger Lunch	12noon	St Andrew Blackadder Church
Sat 13	Little Big Screen www.littlebigscreen.org	3pm & 8pm	Gullane Village Hall
Sat 13	North Berwick Artisan Fair	10am-4pm	Abbey Church
Sun 18	Muirfield Riding Therapy Indoor Market	11am-3pm	MRT, West Fenton Farm
NOV	EVENT	TIME	VENUE
Mon 3	North Berwick Art Group An Illustrated Talk by Kate Leiper	1.30pm	Hope Rooms, North Berwick
Thu 4	Gullane Flower Club new members welcome	7.30pm	Mallard Hotel, Gullane
Sat 10	Little Big Screen www.littlebigscreen.org	3pm & 8pm	Gullane Village Hall
Sun 11	Messy Church	4-6pm	St Andrew Blackadder Church
Sun 11	Hunger Lunch	12 noon	St Andrew Blackadder Church
Sat 17	North Berwick Artisan Fair	10am-4pm	Abbey Church
Sun 18	Muirfield Riding Therapy Winter Showjumping	from 9.30am	MRT, West Fenton Farm

SAVE THE DATE

LEUCHIE HOUSE
CHRISTMAS FAIR
SATURDAY 1 DECEMBER 2018

leuchiehouse.org.uk



Local Life has nothing to do with the organisation of the events listed. If you have questions please direct enquiries to the organising body or the venue. Some contact details are provided. All information subject to change.



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2 DECEMBER 2018

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THIS WINTER LET'S MAKE SOMETHING!



As the nights draw in and the days become shorter we would like to invite you to spend your evenings doing something new or rediscovering an old interest. Through November and December we will be opening our doors in the evenings for a series of workshops which we hope will open up a world of possibilities, give you the chance to tap into your creativity and also get out and do something different with friends. With Christmas around the corner you may also find a new creative way of giving to your loved ones.

Workshops will be run by a range of talented craftspeople and local businesses, and will be held at Steampunk Coffee in North Berwick covering a broad range of interests including knitting, floristry, wood carving, sustainable lifestyle and of course coffee brewing!

A full list of workshops will be posted through the Steampunk Coffee Facebook page (@steampunkcoffee) on the 8th of October with further details of all the topics, timings and ticket info. Tickets will be available after this date to purchase from Steampunk directly.

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SEASIDE SCIENCE AT THE SEABIRD CENTRE



At the Scottish Seabird Centre, education is central to their mission to help conserve and protect seabirds and marine life. This year, education officer Andrew Grieveson and his team welcomed a record number of school children to the Centre. These visits, along with the ever-popular Wildlife Club, allow children to learn about marine conservation through a range of fun outdoor activities, from Nurdle Hunts to Rockpooling.

Andrew said “Our education sessions are very beneficial to visiting children and young adults. Outdoor education is an excellent way of engaging people of all ages and abilities and is a fantastic way of ensuring a love of nature and the environment in the next generation. They also create fun and exciting memories for the children to take away

from their visit to North Berwick and the Seabird Centre.”

This October, they'll be running the Seabird Centre holiday club from Monday 15th to Thursday 18th October. Aimed at primary school children, the fun-filled programme will include Rockpool Rambles, Sandcastle Building, Discovery Trails, Survival Skills and Nature Walks.

October is also the start of seal season. Visitors can zoom in on super cute seal pups with the interactive live cameras and anyone lucky enough to see a live birth will win a seal adoption pack. You can also immerse yourself in the 3D wildlife films which show daily at 12pm. Visit the website for more information at www.seabird.org.

SCOTTISH SEABIRD CENTRE | The Harbour, North Berwick EH39 4SS

Seabird Centre Holiday Club 15-18 October, 8.30am-3.30pm daily | for more information about autumn activities and outdoor learning opportunities visit www.seabird.org

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A CHRISTMAS FAIRY TRAIL

Archerfield Walled Garden and Rogue Village's A Christmas Fairy Trail returns with a revamped show following their impressive debut. An illuminating, immersive theatre experience – bigger, brighter and bolder.

Last year's première was billed as a light show but this year they shift towards an immersive theatre experience for all the family. Set in the Archerfield Estate woodland, visitors will be transported to an ethereal and beautiful other-world. Visitors will take to the 1.5km trail where they will come face to face with fairies and woodland creatures as well as a series of lighting installations and projection along the way. With dancers, aerial and fire performers, this rich experience re-imagines the boundaries of traditional theatre.

The cast of five performers, including aerial specialists All or Nothing, fire performance from Beltane-seasoned jugglers as well as dancers who appeared in Secret Cinema and Stomp, will pop up throughout the trail with visitors getting unforgettable one-to-one interactions. Creative Producer and Co-Director of Rogue Village, Peter Maniam says, "We love going to the pantomime and jeering the villains, but we're still confined by our seat; we love going to light shows but they can

become pedestrian – particularly for kids. We're aiming to bring some of our favourite elements from both of those experiences and create something that blurs the lines between fantasy and reality – a truly personal experience that you can take at your own pace and immerse yourself as much as you choose."

Inspired by experiential arts companies such as Punchdrunk Theatre and Secret Cinema, Rogue Village seek to create a landmark Scottish event that will enrapture children whilst welcoming adults to indulge their inner child.

As well as A Christmas Fairy Trail, Archerfield Walled Garden will create a cosy, festive hangout serving mulled wine, hot chocolate and hearty food from the comfort of their bar and restaurant. Complete with open fire, a festive soundtrack and twinkling lights it's the perfect setting to warm-up pre or post show.

A CHRISTMAS FAIRY TRAIL | 7-24 December

Archerfield Walled Garden, Dirleton EH39 5HQ | for tickets & information www.archerfieldwalledgarden.com



BRING IN THE LIGHT

Inspired by a line from a poem – call it down from the stars fill your house up with jars – **Bernie Petrie** tells us how to bring in the light this winter.

As I write this post I am once again wearing my shorts as it's blue skies and sunshine. But I've had a hint of what's to come – getting soaked walking the dog, earlier in the week. But, as I was prepared for it, in clothing terms, I actually found the experience invigorating. It's with this in mind, I've been thinking about how I can ensure I feel as good in winter as I've done this summer. Getting the right clothes for the changing weather is a no-brainer but getting my mindset winter-ready is important too.

I've begun to wonder if have forgotten there is something magical about the changing seasons, something our ancestors would have embraced or even celebrated. As winter approaches it's important to make our homes feel warm and cosy with fires, candles and throws. But I'm also keen to dive deeper into one of the natural light sources – the night sky! The skies in East Lothian are truly incredible and provide an amazing opportunity to star gaze. Yet how many of us actually tap into this incredible source of light and well-being? Many of us sunbathe at the first glimpse of the sun but with the winter approaching how many of us will star-bathe?

I've made an autumn/winter resolution – to get outside for a little bit every night to soak up the night sky. Spending time outside in the evening always feels magical and we all could try and make an effort to spend more time outside at night. Enjoy a late night cuppa out on the terrace or in the garden around a fire-pit making sure the house lights are dimmed, so you can star-gaze. Or take a walk along the beach at night, where I promise

you will find the most amazing night light show – all for free.

According to a group of various wellness experts there are three instant benefits that might tempt us all outdoors a little more this winter.

1. STAR GAZING MAKES YOU KINDER

A University of California-Irvine study found that looking up at the stars makes us nicer. We realise how small we really are in this massive universe and we genuinely feel more connected to our fellow humans in the process.

2. STAR GAZING SLOWS YOU DOWN

When you do get the chance to stop and experience the stars they somehow become bigger than anything and we all naturally stop, watch and reflect. This must surely have numerous benefits – for our mental, physical and spiritual health.

3. STAR GAZING IGNITES YOUR CREATIVITY

When we look up at the stars, switching off from the world around us, we naturally ponder life's big questions. This has an automatic effect on our imagination levels, so if you have been thinking about a project or new idea, the night sky will stretch that potential even further than if you're sitting at your desk thinking about it.

So, bring in the light this winter – call it down from the stars and fill our house up with jars! With love until the next time.

Bernie
P

THE BAREFOOT SANCTUARY | 45 Melbourne Place, North Berwick | e: bernie@barefootambition.co.uk

sign up for daily blogs from Bernie and for details of upcoming workshops and Barefoot School visit www.barefootambition.co.uk

The importance of our Hearing

The Edinburgh Hearing Practice provide the latest hearing test techniques, independent expert advice on the best hearing aid technologies, and a professional ear wax removal service at state-of-the-art practices in Corstorphine, Gullane and now Auchterarder.

Hearing loss is often very gradual and in fact, on average it takes someone with a hearing loss around 10 years to do something about it. And let's face it – nobody particularly wants to wear a hearing aid. But do you want to wait 10 years and miss out on all of those great moments in life?

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

We hear with our ears, but our brains understand speech

During a hearing assessment at The Edinburgh Hearing Practice, the quietest sounds you can hear will be measured, but your hearing will also be tested using different words to see how the brain is able to interpret the speech signal which is sent from the ears. If there is an issue with the hearing we provide a free no-obligation 30-day trial of any hearing aids, so that you can experience better hearing in real life environments.

Maybe it's just wax!

We are experienced in ear care and can provide a professional wax removal service using Microsuction. Microsuction is our preferred method of wax removal as it uses a small suction tip to remove wax from the ear without introducing any water. There is also no need to use drops or oil for weeks on end to soften the wax prior to removal. In fact, using olive oil for one or two nights is ample preparation.

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

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

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



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Edinburgh
 HEARING PRACTICE



JACK & IVY ANNOUNCED AS FINALIST FOR NEW BUSINESS OF THE YEAR AWARD

Less than a year after they opened their doors on Dunbar's high street, Jack & Ivy have been selected as a finalist in the Midlothian and East Lothian Chamber Business Awards 2018.

It's ten months since Graeme and Jackie Hamilton opened their salon **Jack & Ivy** in Dunbar after selling their previous business in Falkirk, where they were for over 22 years. It wasn't an easy decision, but with three grown-up daughters scattered across the globe, the couple decided the time was right and, it's not a decision they regret.

The salon, a welcome addition to Dunbar's high street has proven both successful and popular in a short space of time. Success which was recently acknowledged, as **Jack & Ivy** were announced as a finalist for the New Business of the Year Award at Mid Lothian and East Lothian Chamber Business Awards 2018. These awards recognise the best-of-the-best and celebrate businesses which set the standard of excellence in our community.

Their success can be attributed to **Jack & Ivy's** philosophy – the better the salon does, the better the staff do. And to ensure this happens, both Graeme and Jackie focus on training and standards. The numerous awards they won at their previous salon re-enforces

their belief that investing in a business and the team reaps rewards. Since opening in Dunbar, they've introduced new team members and training has been key. Graeme explains "Training is the key to success and already all our stylists have attended the prestigious Vidal Sassoon Academy in London. Plus, Jackie is a L'Oréal colour specialist' and the staff have all attended L'Oréal education this summer."

As soon as you walk through the door at **Jack & Ivy**, you'll be given warm welcome by the team and their salon dog, black lab, Stan. A freshly ground barista-style coffee awaits with the option of decaf and soya milk. What's more, they're now offering refillable shampoo in an effort to reduce plastic waste as well as disposable towels to reduce their carbon footprint.

An ethos to be proud of and one that is helping them on the road to success. If you like the ethos of **Jack & Ivy**, they are looking to expand the team and are interested in talking to stylists who are looking for a career, not just a job.

JACK & IVY

117 High St, Dunbar EH42 1ES | t: 01368 238256 | e: hello@jackandivy.co.uk | www.jackandivy.co.uk



local life | 35



DOWNES OPTICIANS OPENS IN NORTH BERWICK

interview | kim williams

After providing eye care in North Berwick for the last forty years, Alice Stephenson and Donald Tainsh are handing over their practice to independent optometrist, Clare Downes. We caught up with Clare and found out the job of an optometrist is about much more than just dishing out glasses!



for appointments or other eye related queries contact North Berwick 01620 893 007 or Leith 0131 553 5358
www.downesopticians.com

You own an Opticians in Leith, so why North Berwick?

I founded Downes Opticians in Leith 10 years ago – my first 'baby'! I wanted to build a practice with strong moral and ethical values, a practice which would treat everyone as if they were a member of your family. As an East Lothian resident, I am honoured and excited to be taking over the legacy that is Alice Stephenson Optometrists.

It is a fairly established practice in North Berwick?

Yes, Alice and her father Hunter Tainsh established the practice in August 1978. Alice's brother Donald, a dispensing optician, joined Alice 21 years ago when they moved into the current premises in Market Place. After so many years and with a loyal patient following it was not an easy decision for them to retire. But, our entire team are looking forward to continuing excellent eye care in North Berwick and we look forward to welcoming patients, both new and existing.

Is it important to visit an Optometrist?

Most of us are conditioned to visit our dentist every six months but rarely do we grant our eyes the same courtesy. Research from the College of Optometrists recommends everyone should have an eye examination every two years unless otherwise advised. Regular trips to the optician are not just important for vision correction but can also spot symptoms in the eye that could mean a potentially serious health condition.

What question do you get asked regularly?

One of the most common questions we're asked is, "When is it appropriate for children to start wearing contact lenses?" Contact lens wear is not a matter of age, children as young as five can wear them but every case is different. We're excited to bring our children's contact lens clinics to East Lothian – just one of the specialised clinics we're planning which, up until now, were not available in the county.

What are the other clinics?

Our job is more than just dishing out glasses and we will be offering dyslexia and visual stress consultations, including specialised tinted glasses. We also specialise in myopia control, a groundbreaking contact lens treatment to slow the progression of short sightedness.

Yes, but a large part of your job must be dishing out glasses?

We absolutely love glasses and we are passionate about finding the perfect frame for each individual on every budget. Fabulous does not need to be expensive. In fact, we make it our mission to help clients find a frame they'll love and fits as if it were tailor-made for them. Daily we are complimented on our friendly, professional approach with genuine honesty on a person's frame and lenses choice regardless of their budget.

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Clare Downes, Owner

To celebrate the opening of Downes Opticians in North Berwick, take this copy of Local life and get 15% discount on new glasses until the end of November 2018.

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LOU LOUS TAKES NATURAL BEAUTY SERIOUSLY

words | kim williams

Natural beauty products are more popular than ever. But are they worth it? We talked to Louise Salmon, an Aveda stylist who explained why using all-natural products are good for your hair.

All-natural is the buzz-word of the moment in the beauty world. And as consumers, we love the fact that we can buy a beauty product that is not only better for our skin and hair but actually helps the environment too. But are these products actually worth the, quite often, more expensive price-tag?

At the top of the all-natural beauty list is Aveda. The company's roots lie in the Himalayan region of India, where founder Horst Rechelbacher, a German hairstylist, travelled in the early 1970s. There, he was introduced to ayurvedic practices and developed an intense interest in holistic health and the use of natural, plant-based solutions. In keeping with these principles, Aveda uses organic ingredients and encourages any partners to convert to organic agriculture. The company's mission is to, "Care for the world we live in, from the products we make to the ways in which we give back to society. At Aveda, we strive to set an example for environmental leadership and responsibility, not just in the world of beauty, but around the world."

Louise Salmon owner of Gullane-based Hair Salon, Lou Lous and the only Aveda stockist in the county explains "Natural products, such as Aveda's, which are plant and flower-based, are not as aggressive as man-made ingredients and are less damaging to both the hair and our environment. Natural emollients are great for styling and wash right out, versus synthetics that coat the hair, generating product build-up which can create dull, heavy-looking hair."

Aveda is known for creating brilliant, multi-dimensional hair colours that do minimal damage to tresses and Lou Lous is one of their exclusive Aveda Hair Colour Salons. Instead of harmful synthetic ingredients, Aveda colours contain nourishing plant-based ingredients. These include protective plant oils like jojoba, castor and sunflower. Louise says "Natural hair colour products are much more gentle on the hair and the body. Aveda's hair colour for instance, is up to 99 percent naturally derived. Ingredients contained in synthetic hair colour lines are incredibly aggressive to the hair and scalp. Naturally-derived



hair colour contains antioxidants to help protect hair and the plant oils help imbue the hair with shine and prevent unwanted damage."

And it's not only its hair-care products that the team at Lou Lous take seriously. They take great pride in achieving the highest professional standards possible, to give clients the level of care that they deserve. Working alongside Louise is apprentice, Naomi and fully qualified stylists, Jo and Taylor. Taylor, recently joined the team, after being trained locally at another East Lothian salon and is excited to be working at an Aveda exclusive salon. She said "Aveda products are never tested on animals and are always created with the highest level of quality and most current technology. I love the fact that organic ingredients are always used and there is a product perfect for every client. You can make their hair feel and look amazing regardless of type, thickness or texture."

Along with their natural products, the team at Lou Lous encompasses a holistic approach to their services, aiming to make every client's visit an exhilarating experience by making them look and feel fabulous, naturally.

LOU LOUS

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CHOOSING AND PLANTING SPRING-FLOWERING BULBS AND CORMS

Garden designer, Joy Grey tells us now is the time to buy your spring-flowering bulbs. They'll herald an end to dark winter days, bringing a bright splash of colour to the garden when few other plants are in flower.



Bulbs and corms have much to commend them. They're easy to grow, inexpensive and there is a bulb to suit every situation in your garden. Plus, they're perennial meaning they will re-flower for several years given the right conditions.

BUYING BULBS

Before buying, check the bulbs are healthy, feel firm and plump, with no signs of damage or premature growth. Discard any that are soft, shrivelled or mouldy. If pre-packed have a good feel through the packaging to check for squishiness! For sheer flower power, bulbs are the cheapest plants available, so don't stint on the quantities you plant. Even in small gardens, massed plantings of a limited number of varieties is always most effective. In pots allow for a dozen tulips per 30cm container.

PLANTING

Remove weeds and incorporate lots of compost or other organic matter. In heavy soils, dig in horticultural grit. Bulbs grown in pots need good drainage so put plenty of crocks in the bottom of a pot with drainage holes. Use two parts John Innes No 2 with one part horticultural grit. As a rule of thumb, plant bulbs in September and October with the exception of tulips which must wait for cooler weather in November to avoid the Tulip Fire disease. Always wear gloves when handling bulbs to avoid skin irritation. Bulbs should be planted in holes three to four times as deep as the bulb itself. If you're not sure which way up to plant the bulb – don't worry just plant it on its side and the stem will find its own way up!

A hand trowel is fine for planting a few bulbs but for more consider using a long-handled bulb planter. Push the

planter into the ground, twist and pull out a core of soil. Drop the bulb into the hole and crumble the plug of soil to fill the hole. After planting you might want to protect bulbs from foraging squirrels and rodents by putting a sheet of chicken wire over the top. This saves the bulbs from being disturbed and can be removed when growth appears in late winter. If planting bulbs into a lawn make them look as natural as possible by throwing gently into the air and plant where they land, repeating in several places across your lawn.

AFTERCARE

Once flowered leave the foliage for at least six weeks so that it can help to store energy for flowering again next year. Do not cut green foliage off or tie it in a knot! Left in the ground, tulips degenerate each year until they die; lifted, stored and replanted the following November they re-flower well. After flowering, remove the seed head and wait for the foliage to yellow and die back, then lift, clean off any soil and store in a cool, dry place.

SUPPLIERS

Buy bulbs from your local nursery, some have a better selection than others. Or buy online from the following:

Bloms Bulbs | 01234 709099 | www.blomsbulbs.com
 Crocus | 0844 557 2233 | www.crocus.co.uk
 Gee Tee Bulbs Company | www.gee-tee.co.uk
 Jacques Amand | 020 8420 7110 | www.jacquesamand.co.uk
 J Parker | 0161 848 110 | www.jparkers.co.uk
 Sarah Raven | 0345 092 0283 | www.sarahraven.com
 Thompson and Morgan | 01473 688821 | www.thompson-morgan.com
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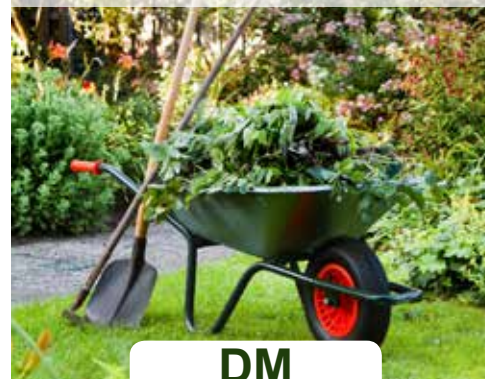
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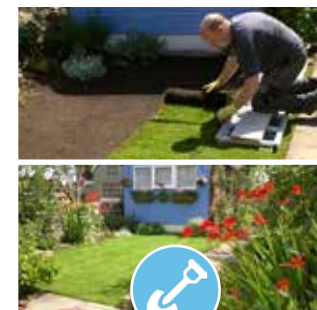
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ASTROLOGY – IS IT REALLY IN THE STARS?

“Be humble you are made of earth, be noble you are made of stars” – Ancient Serbian Proverb.

New columnist **Bernie Rowen-Ross** explains why it really is in the stars.

Without the Sun, there would be no life on earth, leaves would not photosynthesize, plants would not exist and we would be in darkness. Without the moon the tides would be no more, the magic of a full moon at night would not move lovers’ hearts to become enchanted. And in astrology, both the sun and the moon play an important role too.

Twenty or thirty years ago I was quite sceptical about astrology. However, when I began to study it in depth, I realised it can give us great insight into our lives and help us in making major decisions. Astrology also explains why we are beset with issues at different stages of our life, depending on the planetary influences. In fact, the famous psychiatrist, CG Jung, showed a great interest in astrology and used it in his consulting practice.

Astrology uses the symbolic representation of the planets. The mythology represented by each planet is believed to represent an archetype within our psyche. When the planetary positions are noted at the time of birth and an astrological chart is drawn up, this can inform an astrologer of the potential with which a person is born.

Let’s look at the symbolism of the sun. In astrology the sun is considered the Lord of the day. It is masculine and in the birth chart can represent the Father and even the men a person finds attractive. The position of the sun in the birth chart denotes which “Sun Sign” you were born under. We are now entering late September, early October, so the sun is in Virgo. It then moves into the sign of Libra and on the 23rd October will move into Scorpio.

Bernie Rowen-Ross is psychotherapist and astrologer, and works from North Berwick.

AND FINALLY
last bits & pieces...



HOBO CINEMA RETURNS

Following last year’s sell-out screenings at The Biscuit Factory, Hobo Cinema’s Indoor Winter Woodland Cinema moves to Restoration Yard at Dalkeith Country Park. Whilst an outdoor, crisp winter screening sounds romantic, the reality is more likely a cold damp one. Hobo Cinema is the best of both worlds – beautiful winter floral and foliage canopies, wood chipped floors, and twinkling festoon in the warmth and shelter of Restoration Yard with gourmet popcorn, rich hot chocolates and spiced mulled cider on offer. The film programme features Home Alone, The Snowman, Gremlins, Elf, It’s a Wonderful Life and Love Actually amongst others. A real festive treat designed to get even the most bah humbug amongst us onside.

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WE’RE SORRY...

...we’ve so much in this issue, we’ve run out of room to print local telephone numbers. They’ll be back soon.



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