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# LOCAL LIFE

COMMUNITY & LIFESTYLE MAGAZINE



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## THIS ISSUE



Welcome to our first issue of the new decade. And for us, the first issue in our new home. We're excited to have moved into the Lighthouse, in North Berwick and to be working alongside other businesses and creatives with a diverse range of skills.

The start of a new year brims with excitement, new trends, new beginnings and, of course, new year's resolutions. Ah, new year's resolutions – those things you embark upon with such gusto at the start of the year, determined that this will be the year! Then, as always, life gets in the way and even with the best intentions, your resolutions do not always come to fruition. I mean does anyone actually want to start their new year with daunting tasks, such as learning a new language or forgoing gluten? So this year, instead of overwhelming overhauls, consider making small changes that actually make you feel good, or resolutions that will benefit our amazing planet and local community. You can go green with Gullane's Old Smiddy on page 14. Or be in with the chance to win a personal training session on page 37.

Don't forget we've all our regular features too – fashion, interiors, food, health and gardening.

Kim x

To advertise in the April | May '20 issue please contact [kim@yourlocallife.co.uk](mailto:kim@yourlocallife.co.uk) or 07768 622 378. Inclusion in the events pages is free for local events and charity fund-raisers. For the next issue, please email details of your event to [info@yourlocallife.co.uk](mailto:info@yourlocallife.co.uk) by 2<sup>nd</sup> March 2020. **Editor:** Kim Williams **Contributors:** Amanda Farnese-Heath, Hayley Flanagan, Joy Grey, David Hicks, Bernadette Petrie, Elaine Ramanauskas, Sally-Jean Rankin, Bernie Rowen-Ross. **Distributed by:** Johnson Distribution Services [www.jdsdoor2door.co.uk](http://www.jdsdoor2door.co.uk)

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## A SWEET TRADITION

words: kim williams

A heart-shaped box of chocolates is a sign of love, a symbol – often a tool – of romance, and an intrinsic part of Valentine's Day. But why?

From at least the time of the Aztecs, chocolate has been seen as an aphrodisiac. So it's reasonable to assume that it has been connected to love's dedicated day of celebration for many centuries. But, this isn't the case.

The roots of Valentine's Day are far from clear, and likely to have originated in the pagan Roman fertility festival of Lupercalia. It is also thought it began as a celebration of one or more early Christian saints named Valentinus. Saint Valentine was imprisoned for performing weddings for soldiers who were forbidden to marry, and for ministering to Christians persecuted under the Roman Empire. During his imprisonment, legend states, he healed the daughter of his jailer Asterius. Prior to his execution he wrote her a farewell letter 'from your Valentine'.

But it was in the circle of Geoffrey Chaucer, in the Middle Ages, when the tradition of courtly love flourished and Valentine's Day was first associated with romantic love. In 18th-century England, it evolved into an occasion in which lovers expressed love for each other by presenting flowers, offering confectionery and sending cards. Given that the ancient Aztecs considered chocolate a food fit for the gods, and early Europeans believed it served as a love potion, it was no wonder the Victorians considered chocolate a tool of seduction. Young men, observed one 19th-century commentator, seem 'to know by

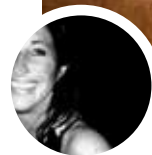
instinct' that the surest weapon in a suitor's arsenal was a box of chocolates. Valentine's Day soon turned into a commercial bonanza where Victorians would shower their significant others with Cupid-themed gifts and cards. Later in the 1800s, some well-known chocolatiers came up with a process of extracting pure cacao butter from whole cacao beans to create a more desirable form of drinking chocolate. This process resulted in an excess of cacao butter, which was used to produce eating chocolate. In a stroke of marketing genius, these chocolates were packaged in heart-shaped boxes decorated with Cupids and rosebuds. From that point on, giving chocolate for Valentine's Day became de rigueur.

But if you are aiming to seduce with chocolate this Valentine's Day, you can't get away with any old soft centres in a heart-shaped box. Quality and ethical sourcing are more likely to sway the sentiments than a pretty bow! Local company The Chocolate Stag produces hand-made romantic treats, using white, milk and dark chocolate, available in boxes of 6, 12 or 24 individual chocolates. They come in seductive flavours, taste delicious and look enchanting, and have been made using high-quality ingredients, locally sourced where they can. So when it comes to showing someone how much they mean to you, say it with strawberry spheres or dark chocolate spiced rum truffles, salted caramels or gin and tonic truffles. And what's more you'll be honouring an age-old, very sweet tradition.

**THE CHOCOLATE STAG** | [www.thechocolatestag.co.uk](http://www.thechocolatestag.co.uk) | available online, at Garleton Lodge & selected retailers: Wilson's Greengrocers, North Berwick & The Daisy Chain, Pencaitland

## LOOK WHAT WE FOUND!

"A FEW THINGS THE LOCAL LIFE TEAM HAS SEEN AND LOVED THIS MONTH..."



### CAN YOU KEEP A SECRET?

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

I am not very good at keeping secrets, so this is tough for me. But hidden away on the fourth floor of the Edinburgh Grand, is the most divine bar called The Register Club. It's fairly quiet, with music you can talk over – not battle with. And you can get, in my opinion, the best cocktails in town. Plus they do some great food. For that special Valentine's Day drink, this is where I'll be heading. Shush! Please don't tell anybody.

**THE REGISTER CLUB**  
The Edinburgh Grand, 42 St Andrews Square  
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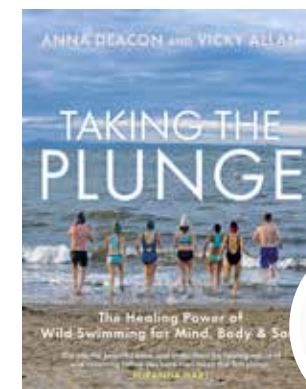


### MINDFUL COFFEE

Editor Kim Williams enjoys a mindful brew...

Mindfulness is focusing one's awareness on the present moment. And with the onset of a new decade, I have decided to become more mindful. Mindful of enjoying the small everyday rituals which make up our day and mindful of our impact on our planet. Every morning, my day starts with a coffee. And, it must be really good coffee. New kids on the block, North Berwick's Hometown – Mindful Coffee Roasters believe the art of roasting coffee is a beautiful and precise process. Their goal is to produce the highest-quality roasted coffee with the ethos of being mindful of sourcing, packaging, resourcefulness and their customers. The result – beautifully-crafted, delicious and mindful coffee.

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### TAKING THE PLUNGE

Bernadette Petrie plunges into the new decade!

If this is the decade you decide to take the plunge into sea swimming, then this book by Anna Deacon and Vicky Allen is worth reading. As an avid sea swimmer myself it really does cover everything you need to know with so many inspirational stories to help you into the water. Happy swimming!



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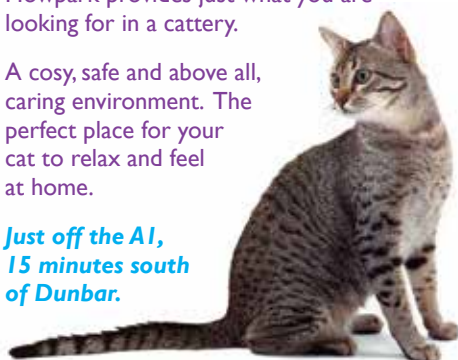


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THE PANTONE COLOUR  
INSTITUTE SUMMED UP THE  
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According to Leatrice Eiseman, executive director of the institute, the 2020 colour palette "*infuses heritage and tradition with a colourful youthful update that creates strong multi-coloured combinations as well as energising and optimistic pairings*". Both bold and subtle colours make the list for 2020, so there's a little something for every mood. We're loving the restorative feel of chive green. Wear it with any shade of pink for the prettiest springtime look.

Clockwise from top left: b.young Panya Top in Off White £29.99 | b.young Ava Raincoat £79.99 | b.young Panya Top in Sea Green £29.99 | b.young Skinny Jeans in Rose Cloud £49.99 | b.young Acom PU Jacket £49.99 | I Say Floral Blouse in Rose Pink £79.95 | b.young Wrap Dress £49.99. All available from: SECRET BOUTIQUE, Main Street, Gullane EH31 2AP

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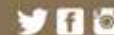
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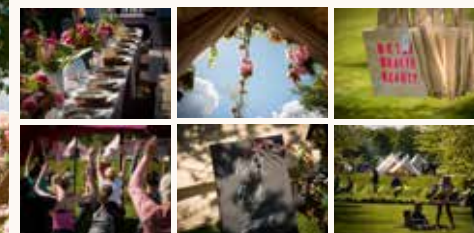


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## GO GREEN AT OLD SMIDDY

From overflowing landfills to plastic pollution in our oceans we all can make small positive changes to help make the world a better place. And at Gullane's Old Smiddy, they've sourced eco products for the home and living which not only have great green credentials, but are also stylish and fit for 2020. Plus, they've teamed up with the Gullane Eco Group who aim to support the local community in all environmentally-friendly activities and choices.



Eat green with an insulated lunch bag from Keep Leaf. Their reusable baggies are the perfect alternative to disposable plastic bags – a great solution for litter-less lunches. And replace cling film and tin foil with Bee Bee organic cotton beeswax food wraps.



The Chilly's Bottle is a revolutionary reusable bottle that can keep your drinks hot for 12 hours or ice cold for up to 24 hours.



Designed in Melbourne, Frank Green coffee cups are totally leak-proof. They are 12 hours hot and can go into your handbag full! The Franklin is their kids leak-proof water bottle with copper straw and is 12 hours cold.



Launched by two students from Edinburgh's Queen Margaret University, the S'wheat bottle is uniquely made from plant-based materials such as bamboo and wheat straw.



These bamboo toothbrushes are beautiful and luxurious as well as biodegradable.



Bambu spork and spoons made from bamboo are so much nicer for a baby's mouth than plastic!



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After probably one of the longest closing down sales ever, our Fenton Barns showroom is finally being taken over by Breagha Kitchens and Furniture in March and all our stock (including two oak bedroom displays) is being sold off at greatly reduced prices.

## DETAILS ON OUR FACEBOOK PAGE

Breagha is run by Stuart Mackenzie who has a long history with us - a former employee of over 30 years standing - and he will be using his many years of experience to continue building quality bespoke kitchens and furniture.



**Thanks to all our customers over the years and best wishes to Stuart for the future.**

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# RULES FOR RENTING

Forget furniture and painting, Hayley Flangan tells us there is more to making someone else's house your home.



## Mindset & Storage

Many of us carry a lifetime of baggage around with us from move to move. Take time to edit and reassess your life and belongings each time you unpack and repack. Make a conscious decision to make every space a home and unpack every box even if you're only there for six months. If you do need to store belongings, take the time to organise everything clearly with labels. It will be a doddle to find everything when you move again. Lack of storage space in your rental is a good thing as it means you won't be tempted to hoard! Look for furniture with secret storage such as Ottoman beds and sofa beds.



## Light & Life



Lighting is the unifying element architects and interior designers consider, and the easiest way for you to really make the space feel like it's your own. Light fixtures can easily be changed and budget versions of designer trends are readily available. Play with the mood of each space, layering task and ambient lighting.

There are many benefits of plants in a home; they purify the air, reduce electromagnetic stress, tending and talking to them is therapeutic (especially if you have a no-pets clause in your lease) and they can be healing and nutritious. Play with scale, with collections of small succulents and towering potted house-plants, simple single buds in hanging milk bottles and a grandiose evergreen centrepiece.

## Structure

Rugs and runners are a way to demarcate living areas and to create flow around a home. Play with rug shapes and furniture placement to create an inviting and aesthetically pleasing room. This type of attention to detail allows your space to feel like a seriously considered home and not a transitional, temporary space.



## Memories

Don't store away memories – display and enjoy them. A gallery of artwork interspersed with family photos is a less pretentious way of displaying your cultured side. You can prop up your favourite framed pictures if you're not allowed to make holes in the walls. Make memory boxes with momentos from festivals, including polaroids, beads and ticket stubs. Bookshelves stacked with travel guides and nick-nacks you picked up on your travels always make a stylish statement.

for inspiration & advice head to **NØRDEN** | 82 High St, North Berwick | [www.norden.online](http://www.norden.online)

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## OUT OF THE WOOD

Grab a bargain at the LAST EVER SALE at Linton Country Furniture.

Having considered a change of direction on a daily basis for the last few years – and after one of the longest closing down sales ever – **Donnie Spence of Linton Country Furniture** is finally calling it a day.

Donnie, who started Linton Country Furniture almost 40 years ago is handing over the reins to Breagha Kitchens and Furniture in March this year. Donnie says; *"I've been planning a change of direction for some time now and I think it's now or never."* But the Linton Country Furniture ethos – furniture that is built to last and handed on to the next generation – will live on. Breagha is run by Stuart Mackenzie who is a former employee of Linton Country Furniture of over 30 years standing, and he will be using his many years of experience to continue building quality bespoke kitchens and furniture. Donnie adds; *"I'd like to thank all our customers over the years and pass on my best wishes to Stuart"*.



*Donnie & Stuart*

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## INSPIRED COLOUR

The use of colour is one of the most important elements to consider when decorating any space. And each year the Pantone Colour Institute announce their colour of the year which interior designers adopt to create beautiful kitchens, bathrooms and living spaces.

For 2020 the colour forecasting experts at Pantone have said the colour which will define this year is Classic Blue. In recent years, blue has become more of an interior-friendly colour than ever, with homeowners even opting for blue kitchen cabinetry without a second thought. Classic Blue is the kind of shade that brings to mind the sky at dusk. A timeless and enduring blue which lends itself well to all different types of materials, textures and surface finishes, and is an ideal choice for the kitchen. Go bold with the Schuller Next 125 NX902 Kitchen in Indigo Blue, featuring dark blue kitchen units complemented with earthy wood panelling. Or try deep blue walls with metro tiles, marble surfaces, wooden floors and brass finishings.

Ever since the term 'millennial pink' was coined around 2016, the colour has become an interior design phenomenon. And shades of pink and blush will continue to be big in 2020 due to their ability to feel modern when mixed with deeper tones. Bring a chic feel to any room with plush velvet armchairs and rose gold accessories. Past Pantone colours of the year included Rose Quartz and Living Coral in 2016 and 2019 respectively. And these colours provide an on-trend statement in the bedroom when paired with the clean and contemporary Elise Bedroom range from Forever Spaces.

From lush living room ideas to relaxing bathroom and bedroom sanctuaries, Haddington-based Forever Spaces can help. With a focus on clever interior design and space-saving storage solutions, they design and fit bespoke, quality and luxurious kitchens, bathrooms and bedrooms. Call to arrange a home visit or just pop into their Haddington showroom. Along with a warm welcome and fresh coffee they'll share options and clever ideas to help spark some classic interior decorating inspiration – suitable for every abode.

### FOREVER SPACES

call to book your free design consultation  
or visit our showroom  
1-2 Church Street, Haddington EH41 3EX  
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## CHOCOLATE CHESTNUT POT

Love is in the air and let's face it we are a bunch of romantics at heart. But it's just not my thing to sit in a restaurant with other couples swooning over one another. So, I cook at home and swoon in private! It has to be chocolate for me as I'm a complete addict, mind you, only the dark 85%, dipped into a hot mug of tea. That's me totally happy. Here's an easy, healthy chocolate affair that you can knock up in no time.

### INGREDIENTS

175g best-quality dark chocolate (chopped)  
125ml double cream (plus more to serve if wished)  
125ml full fat milk  
250g sweetened chestnut puree (from a can) or if unsweetened add 30ml of Maple syrup

1 large egg  
30 ml dark rum  
1 tsp vanilla essence  
½ tsp Maldon sea salt

### METHOD

1. Crush the chocolate into tiny pieces in the food processor.
2. In a saucepan, heat the cream and milk until just about boiling and then with the motor off, pour into the processor through the funnel over the chocolate.
3. Let it stand for 30 seconds. Process for 30 seconds, then crack the egg down the funnel and process for 45 seconds more.
4. Add the chestnut puree through the funnel, and process until everything is incorporated.
5. Remove the blade and using a rubber spatula and a spoon, fill 6 x 125ml or ½ cup glasses or pots. Put them in the fridge to set for at least four hours.
6. If wished, put a jug of unwhipped double cream on the table and let people pour it over their pots as they eat.

Happy Valentines y'all. *Amanda x*

I am organising a Crete Foodie Gathering 2-9 May 2020, and still have a few spaces available. If you would like to come and join me please email [hello@themadmarchhare.co.uk](mailto:hello@themadmarchhare.co.uk)  
[www.themadmarchhare.com](http://www.themadmarchhare.com)



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Everyone's favourites using white, milk and dark chocolate as well as our own creations including strawberry spheres, salted caramels, dark chocolate spiced rum truffles and gin & tonic truffles. Available in boxes of 6, 12 or 24.

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[hello@thechocolatestag.co.uk](mailto:hello@thechocolatestag.co.uk)  
[www.thechocolatestag.co.uk](http://www.thechocolatestag.co.uk)



Garleton Lodge

## TREAT YOUR MUM THIS MOTHER'S DAY

For a truly unique Mother's Day, join us for an indulgent Afternoon Tea at Garleton Lodge on Sunday 22<sup>nd</sup> March.

Afternoon Tea includes a present for Mums!

£22.50 per person

3 West Garleton Holdings, Haddington  
t: 01620 826256  
[www.garletonlodge.co.uk](http://www.garletonlodge.co.uk)





## OUT & ABOUT

*in the area*



### DIVE IN TO THE ALL-NEW DISCOVERY EXPERIENCE

Conservation and education charity, the Scottish Seabird Centre, opens its all-new Discovery Experience, where visitors can dive in and learn more about Scotland's marine environment.

Explore the wonders of Scotland's seas with the transformed Discovery Experience. The all-new exhibits, games and upgraded interactive live cameras on the world's largest Northern gannet colony, the Bass Rock, bring the wonders of Scotland's exceptional marine habitats and wildlife to life.

Throughout 2020 there will be an ongoing programme of events, including exhibitions, their popular Meet the Scientist talks and Seabird Holiday Clubs. Primary school aged kids can join Education Officer Fran, for a fun-filled programme of marine-themed activities with dates available over the February, Easter and summer school holidays.

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



### KINDRED SPIRITS

The latest exhibition, at the SOC, in Aberlady, focusing on African wildlife, brings together work by Carol Barrett, Graham Catlow and Frances Richardson alongside sculptures by Carol Read and Richard Ballantyne.

The title of the exhibition, 'Kindred Spirits', refers to the strong bond that the artists feel for the animals they depict. As Carol Barrett, professional wildlife artist and committed conservationist, puts it *"Over my thirty years of sketching in the bush, I have experienced a remarkable spiritual connection with the wild animals I draw, in particular elephants"*. All three painters are also connected with Edinburgh Zoo, either as former artists in residence or former members of staff. The work in the exhibition encompasses watercolour paintings, pastels, lithographs, and ceramics sculptures and aims to convey the awe felt by the artists for majestic animals facing great environmental pressures.

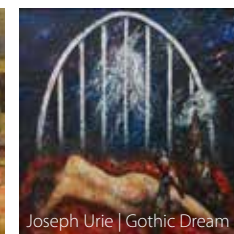
22 February to 1 April 2020  
Scottish Ornithologists' Club (SOC)  
Waterston House, Aberlady  
[www.the-soc.org.uk](http://www.the-soc.org.uk)

## FIDRA FINE ART SIX DUNDEE ARTISTS

Neil Dallas Brown (1938-2003)  
William Cadenhead (1934-2005)  
John Johnstone  
Michael McVeigh  
Joe McIntyre  
& Joseph Urie

25 JANUARY TO 23 FEBRUARY 2020

Open Tue to Sat 11am-5pm | Sun 12-4pm | closed Mon  
7-8 Stanley Road, Gullane EH31 2AD  
t: 01620 249389 | e: [alan@fidrafineart.co.uk](mailto:alan@fidrafineart.co.uk)  
[www.fidrafineart.co.uk](http://www.fidrafineart.co.uk)



## FIDRA FINE ART TAKE FIVE

George Birrell  
John Kingsley DA RSW PAI  
Simon Laurie RSW RGI  
Stephen Mangan  
& Astrid Trügg

29 FEBRUARY TO 29 MARCH 2020  
PREVIEW FRIDAY 28 FEBRUARY 6-8PM

Open Tue to Sat 11am-5pm | Sun 12-4pm | closed Mon  
7-8 Stanley Road, Gullane EH31 2AD  
t: 01620 249389 | e: [alan@fidrafineart.co.uk](mailto:alan@fidrafineart.co.uk)  
[www.fidrafineart.co.uk](http://www.fidrafineart.co.uk)







# LEONARDO DA VINCI: A LIFE IN DRAWING

words: kim williams

A Life In Drawing is a stunning exhibition, giving an extraordinary vision into one of the greatest minds of history.

**R**evered in his day as a painter, Leonardo da Vinci's interests were not confined to painting, and he only completed around 20 paintings in his lifetime. He was respected as a sculptor and architect, but no sculpture or buildings by him survive; he was a military and civil engineer who plotted with Machiavelli to divert the river Arno, but the scheme was never executed; he was an anatomist who dissected 30 human corpses, but his ground-breaking anatomical work was never published. He planned treatises on many subjects including water, mechanics and the growth of plants, but none was ever finished. As so much of his life's work was unrealised or destroyed, Leonardo's greatest achievements survive only in his drawings and manuscripts.

It was in these drawings, in which Leonardo worked out his thinking and planned his greatest schemes. And in 2019 to mark the 500th anniversary of his death, 144 drawings from the Royal Collection – which holds one of the finest groups of Leonardo drawings in the world – were displayed simultaneously in 12 locations around the UK. And as a grand finale to the project, 80 of the Renaissance master's greatest drawings are on display in Edinburgh at The Queen's Gallery, Palace of Holyroodhouse. Martin Clayton, Head of Prints and Drawings, Royal Collection Trust, said; *"The drawings of Leonardo da Vinci are both incredibly beautiful and the main source of our knowledge of the artist. As our year-long celebration of Leonardo's life draws to a close*

*with the largest exhibition of his work ever shown in Scotland, we hope that as many people as possible will take this unique opportunity to see these extraordinary works, and engage with one of the greatest minds in history."*

A Life in Drawing explores Leonardo's many interests, from anatomical dissections to engineering plans, from preparatory drawings for his now lost painting 'Leda and the Swan' and the Duke of Milan's never-built statue, to the visions of cataclysmic storms which obsessed his final years. Leonardo firmly believed that visual evidence was more persuasive than academic argument, and that an image conveyed knowledge more accurately and concisely than any words. Few of his drawings were intended for others to see. Yet, just to see his anatomical drawings alone is to witness Leonardo's incredible mind in action. The accuracy and beauty of his studies of dissected human bodies have never been equalled, and student doctors could still be taught from them. The exhibition also allows us to remember his paintings. Alongside a reproduction of The Last Supper are drawings of the apostles, young and old, of drapes and hands. There is even an ink sketch in which Leonardo is working out the seating arrangements, to fit all 13 people along a single side of the table.

This is a stunning exhibition and a rare chance to witness a beautiful mind and a supremely gifted hand. Not to be missed.

**" THE DRAWINGS OF LEONARDO DA VINCI ARE BOTH  
INCREDIBLY BEAUTIFUL AND THE MAIN SOURCE OF  
OUR KNOWLEDGE OF THE ARTIST "**

LEONARDO DA VINCI: A LIFE IN DRAWING

until 15 March 2020 | The Queen's Gallery, Palace of Holyroodhouse, Edinburgh

## HEAD TO THE HILL

words: kim williams

Whitekirk Hill is a new must-visit destination and lifestyle hub for family day-trippers, gym-goers, outdoors enthusiasts, dog owners, foodies and spa devotees.



Over the last two years work has been taking place to transform the former Whitekirk Golf and Country Club, which closed in 2016. Perched on a hill on the outskirts of Whitekirk village with sweeping views over the Firth and rolling East Lothian countryside, Whitekirk Hill – set in a 160-acre estate – is home to a luxurious spa, all-inclusive health club, innovative eco play barn, airy café and 100-seater casual dining restaurant.

As you enter the impressive building, the cathedral-ceilinged atrium and stunning chandeliers make a striking opening statement. On your left you'll find the Orangery café, a pit-stop for healthy bites, fresh-pressed juices, world-class coffee and indulgent afternoon tea. Contemporary cuisine is on the menu at the stylish Grill restaurant. Originally from Port Seaton, Head Chef Fraser Brash is passionate about the food he serves, using quality local artisanal suppliers including; Buccleuch Estate beef, John Gilmour Butchers and Belhaven Smokehouse.

On the upper floor, the spa suite is a haven of tranquillity, beautifully designed to relax, restore and revive with four treatment rooms, chill-out room and a manicure and pedicure bar. Meanwhile, the leisure facilities include a pool, sauna, and spa-bath, along with a state-of-the-art gym and studio.

But the vast play barn is where the fun really happens. Taking up to 100 children the eco play barn, has been created by British play specialists Tigerplay. In keeping with Whitekirk Hill's eco aesthetic, the design incorporates as many natural and tactile materials as possible. Aerial netted tunnels straddle elevated wooden dens and lookout towers and a 10 metre high enclosed slide snakes its way to the ground floor. Reading pods offer a cosy nook for quiet time and a small café ensures onlookers aren't overlooked.

Most impressively, the team at Whitekirk Hill are passionate about keeping things local. Furnishings and lighting have been sourced from local companies, Clockhouse Furniture and Light House respectively. And, the gorgeously fluffy spa towels are from North Berwick's Laura Thomas Co. General manager Brenda Campbell said; *"This development has been nearly two years in the making and the end result is even better than we had hoped. We have breathed new life into a disused building and created a space that is both pared back and welcoming. We have a great space, a great team and the public reaction has so far been incredible."*

### WHITEKIRK HILL

Whitekirk East Lothian EH39 5PR  
info@whitekirkhill.co.uk | www.whitekirkhill.co.uk



## STORIES IN STONE LAUDERDALE HOUSE

words: david hicks

Heritage consultant David Hicks brings us the stories behind some of East Lothian's historic properties.

At the north end of Dunbar's High Street is the imposing Lauderdale House, a building with a split personality. From some angles it appears to be a grand Georgian mansion, a home for the wealthy and powerful. But take a walk around the building and its east side looks like a Victorian tenement, a place for more ordinary folk.

The central block is the original part of the house and dates to around 1740. It was built for Captain James Fall, a wealthy Dunbar merchant who had made a fortune trading in the Baltic and Mediterranean. Yet this show of prosperity masked a rising mountain of debts that eventually overwhelmed the family, and the house was sold in 1790 to the Earl of Lauderdale.

He wanted to secure a base in Dunbar as a way of dominating local politics, and set about changing the building into an aristocratic mansion. The fashionable architects Robert and James Adam added new wings, a grand entrance with a semi-circular porch supported on columns, and a winged sphinx on the

roof. It was said that the finished building was so large and impressive that a tourist mistook it for a hospital. Yet despite all this costly re-building it was never really used, and in 1855 the house was sold to a very different sort of owner – the War Office.

At the time there were fears of French invasion, and the government was reinforcing defences all along the coast. At first the house was used as a base for the local militia, but then it became a regular army barracks. The formal gardens facing the sea were lost beneath a parade ground and gun platforms, and on the east side of the building a new stairwell was inserted. From its iron balconies the soldiers wives would have hung the washing to dry, presenting a rather different picture from the one intended by its original owners.

The military left Lauderdale House in 1955 and today it is divided into private apartments. Certainly more impressive than the average block of flats, but not the family power base it was built to be.



FEBRUARY	EVENT	TIME	VENUE
Sun 2	Messy Church	4-6pm	St Andrew Blackadder Church
Mon 3	North Berwick Art Group: Emily Ingrey-Counte	1.30pm	Hope Rooms, North Berwick
Tue 4 & 18	The Guild	2.30pm	St Andrew Blackadder Church
Sun 9	Hunger Lunch	12noon	St Andrew Blackadder Church
Wed 5 & 26	Gullane Community Table Tennis Club – Juniors	6-6.45pm	Gullane Village Hall
Wed 5, 12 & 26	Gullane Community Table Tennis Club – Seniors	7-9pm	Gullane Village Hall
Thu 6	Gullane Flower Club   t: 01620 842737	7.30pm	Mallard Hotel, Gullane
Fri 7	Across North Berwick Prayers	10.30-11.30am	St Andrew Blackadder Church
Tue 11	Abbey Guild	2.30pm	Abbey Church Large Hall
Thu 13	Regal Meeting	12-2pm	Abbey Church Large Hall
Thu 13	North Berwick Flower Club   t: 01620 893578	7.15pm	North Berwick Community Centre
Sat 15	North Berwick Artisan Fair	10am-4pm	Abbey Church
Sun 23	Show Jumping in aid of Muirfield Riding Therapy	9.30am-3pm	West Fenton
Tue 25	Abbey Gospel Choir Guild Show	7.30pm	Abbey Church
Wed 26	Bridge Lunch in aid of Muirfield Riding Therapy	9.30am-3pm	Gullane Village Hall
Sat 29	Family Table Tennis	1.30-5pm	St Andrew Blackadder Church
MARCH	EVENT	TIME	VENUE
Sun 1	Messy Church	4-6pm	St Andrew Blackadder Church
Mon 2	North Berwick Art Group: Julia Zeller-Jacques	1.30pm	Hope Rooms, North Berwick
Tue 3, 10 & 31	The Guild	2.30pm	St Andrew Blackadder Church
Wed 4, 11, 18 & 25	Gullane Community Table Tennis Club – Juniors	6-6.45pm	Gullane Village Hall
Wed 4, 11, 18 & 25	Gullane Community Table Tennis Club – Seniors	7-9pm	Gullane Village Hall
Thu 5	Gullane Flower Club   t: 01620 842737	7.30pm	Mallard Hotel, Gullane
Fri 6	Across North Berwick Prayers	10.30-11.30am	St Andrew Blackadder Church
Fri 6	World Day of Prayer	3pm	Abbey Church
Sat 7	North Berwick Artisan Fair	10am-4pm	Abbey Church
Sun 8	Souper Sunday	12noon	St Andrew Blackadder Church
Tue 10	Abbey Guild	2.30pm	Abbey Church Large Hall
Thu 12	Regal Meeting	12-2pm	Abbey Church Large Hall
Thu 12	North Berwick Flower Club   t: 01620 893578	7.15pm	North Berwick Community Centre
Thu 12	East Lothian Guild Spring Rally	7.30pm	Abbey Church
Sun 15	Show Jumping in aid of Muirfield Riding Therapy	9.30am-3pm	West Fenton
Sat 21	Hope Rooms Coffee Morning in aid of MRT		Hope Rooms
Tue 24	Abbey Guild AGM and Daffodil Tea	2.30pm	Abbey Church Large Hall
Sat 28	Family Table Tennis	1.30-5pm	St Andrew Blackadder Church
Sat 28	North Berwick Drama Circle   Murder Rocks the Glen	7pm for 7.30pm	Glen Golf Club
Sun 29	Fun Dog Show in aid of Muirfield Riding Therapy	9.30am-3pm	West Fenton
Sun 29	Easter Messy Church	4-6pm	St Andrew Blackadder Church

## USEFUL NUMBERS

<b>EMERGENCY</b>		
Electricity (power loss)	105	
Gas (24hrs)	0800 111 999	
Lifeboat (coastguard)	999	
Scottish Water	0800 0778 778	
Crimestoppers	0800 555 111	
Police (local)	101	
<b>HOSPITALS</b>		
Edington Minor Injuries	01620 897 040	
Roodlands	0131 536 8300	
Royal Infirmary	0131 536 1000	
Sick Kids	0131 536 0000	
Western General	0131 537 1000	
NHS 24	111	
<b>TRANSPORT</b>		
Edinburgh Airport	0844 448 8833	
East Coast Buses	0131 555 6363	
National Rail Enquiries	01620 894 942	
NB Volunteer Car Scheme	01620 894 942	
<b>DOCTORS</b>		
Gullane Medical Practice	01620 842 171	
North Berwick	01620 892 169	
<b>COUNCIL</b>		
East Lothian	01620 827 827	
<b>POST</b>		
Post Office	0345 611 2970	
Royal Mail	0345 774 0740	
<b>LIBRARIES</b>		
Gullane	01620 820 645	
North Berwick	01620 820 700	
<b>SCHOOLS</b>		
Aberlady Primary School	01875 870 232	
Athelstaneford PS	01620 880 241	
Dirleton Primary School	01620 850 267	
Gullane Primary School	01620 843 455	
Law Primary School	01620 893 775	
Longniddry PS	01875 853161	
North Berwick High	01620 894 661	

## LOCAL CHURCHES

**Abbey Church of Scotland** | High Street, North Berwick | [www.abbeychurch.org.uk](http://www.abbeychurch.org.uk)  
 Dr Rev David Graham | Sun 10.30am Crèche and Sunday School, some evening services

**Aberlady Parish Church** | [www.aberlady-gullaneparishchurches.org.uk](http://www.aberlady-gullaneparishchurches.org.uk)  
 t: 01875 870 777 | Rev Brian Hillsley | Sun 11.15am, All age service 1<sup>st</sup> Sunday of month

**Athelstaneford Parish Church**  
 t: 01620 880 536 | Sun 10am, family service 4<sup>th</sup> Sunday of month

**Our Lady Star of the Sea Church** | 9 Law Road, North Berwick  
 t: 01620 892 195 | Sunday Mass 10am | Phone for weekday Mass times

**Dirleton Kirk** | Manse Road, Dirleton  
 t: 01620 892 800 | Sun 9.30am, Wed 10am

**East Lothian Quakers** | Bayswell Rd, Dunbar | [www.quakerscotland.org](http://www.quakerscotland.org)  
 t: 01620 824 618 | Meeting 11am on 2<sup>nd</sup> and last Sunday of month

**Gullane Parish Church** | East Links Road, Gullane  
 t: 01620 843 192 | Rev Brian Hillsley | Sun 9.45am & Sunday Club. All age service 1<sup>st</sup> Sun

**Longniddry Parish Church** | Elcho Rd, Longniddry | [www.longniddrychurch.org.uk](http://www.longniddrychurch.org.uk)  
 t: 01875 853 195 | Rev Robin Hill | Sun 9.45am Morning Worship

**North Berwick Christian Fellowship** | North Berwick High School, North Berwick  
 t: 01620 893139 | Sun 10.30am

**St Adrian's Episcopal Church** | Sandy Loan, Gullane | [www.stadrianschurch.org.uk](http://www.stadrianschurch.org.uk)  
 t: 01620 892 154 | Rev Simon Metzner | Sunday 9.30am, Wednesday 10.30am

**St Andrew Blackadder** | St Andrew Street, North Berwick | [www.standrewblackadder.org.uk](http://www.standrewblackadder.org.uk)  
 t: 01620 895 233 | Rev Neil Dougall | Sun 9.30am Worship, 10.30am all age worship

**St Baldred's Episcopal Church** | Dirleton Avenue, North Berwick  
 t: 01620 892 154 | Sun 8am and 11am

**St Mary's** | Whitekirk  
 t: 0774 230 297 | Sun 11.30am

**The Baptist Church** | Victoria Road, North Berwick  
 t: 01620 895 463 | Sun 11am and 6pm, Wed 7.30pm

## WEEKEND TIDE TIMES

FEB		High Water		Low Water	
		AM	PM	AM	PM
1	Sat	0718	1926	0012	1221
2	Sun	0807	2020	0056	1318
7	Fri	0050	1317	0652	1919
8	Sat	0141	1402	0740	2009
9	Sun	0225	1444	0827	2058
14	Fri	0607	1825	1156	
15	Sat	0659	1923	0036	1234
16	Sun	0758	2033	0119	1328
21	Fri	0118	1333	0718	1955
22	Sat	0203	1415	0755	2032
23	Sun	0241	1451	0826	2103
28	Fri	0521	1729	1041	2303
29	Sat	0557	1804	1102	2326
MAR		High Water		Low Water	
		AM	PM	AM	PM
1	Sun	0635	1845	1130	2357
6	Fri	1155		0540	1809
7	Sat	0027	1253	0636	1905
8	Sun	0120	1340	0725	1956
13	Fri	0457	1716	1100	2332
14	Sat	0543	1805	1133	
15	Sun	0632	1903	0007	1206
20	Fri	0007	1225	0616	1857
21	Sat	0104	1316	0700	1938
22	Sun	0147	1355	0732	2010
27	Fri	0419	1629	0957	2213
28	Sat	0451	1702	1017	2229
29	Sun	0624	1837	1134	2348

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



## BE FREE TO BE WHO YOU TRULY ARE

Bernie Rowen-Ross invites us to practice authenticity this decade.

It's 2020 and, yes, we're still reading, listening to, or watching the news. Reading what is going on around us, even if we're unsure of the source. Authentic is a word, I've come across recently. The on-line Oxford dictionary Lexico, defines it as: Of undisputed origin and not a copy; genuine. This is a wonderful word which is used in advertising and sales a lot.

But, have you thought about how being authentic can free us from so many pressures? In my youth, The Beatles were at the top of their career, everyone wanted a haircut like Paul or John. The clothing fashion was led by Mary Quant. Pop art and mini-skirts were ubiquitous. It was so important to be 'in with the in-crowd'. Today nothing has changed for the younger generation, our children and grandchildren still want designer clothes, the 'right' phone, 'right' computer and games. And, what about as adults – do we feel comfortable in our own skin? Or do we still express behaviours which are unconsciously played out because of a childhood pattern? Does our behaviour reflect what we authentically feel? Do we actually know what we authentically feel or is it a knee-jerk response to a pattern which has been repeated throughout our lives?

It is heart-warming when we're free to be just who we are. Try this experiment. When you wake up in the morning, say these words, "It is OK to be me. It is OK to be me". Feel where this resonates

in your body, you may feel it in your chest area – in the heart chakra. When we connect the heart and head, and feel it is OK to be me, stress falls away, especially when you start believing it. But, so often we live with the complexes we have developed over time. Everyone has complexes, but not everyone is driven by them. It is often liberating when we become aware of the complexes which are activated in our lives. We can then recognise them, and deal with them positively. Remember, there are both positive and negative complexes.

Our need for approval is steeped in a lack of confidence, let's learn to be comfortable in our own skin. Make this the decade you wear the clothes that express who you are. Why follow the crowd? Just because someone else does, doesn't make it right. When we break free of the tyranny of following the crowd and become completely genuine about who we are, how we feel and what we believe, we change our own world – one person at a time. We can also recognise inauthenticity by following our intuition. When something does not gel, when someone talks to you, and it does not feel right – go with that feeling. When we are able to be 'real' with our partner, our children and our friends, without trying to impress or be better, when we behave in a way which reflects exactly who we are, then we are truly free.

Bernie Rowen-Ross is a Psychotherapist, Sound Healer and Astrologer. She works from **THE BAREFOOT SANCTUARY | 45 Melbourne Place, North Berwick | t: 01620 844 321**



As we enter the month associated with love, Bernadette Petrie addresses an issue which has affected or affects most of us – being a people pleaser.

As a 'people pleaser in recovery' it took me a long time to break this habit. I literally said no to everything and in the process I discovered what it was I really wanted to say yes to. I fall off the wagon from time-to-time but generally I have improved in this area enormously and I learnt by saying 'no' to someone else, was the way to say 'yes' to me. But I've also had to test out saying 'yes' as well, particularly in relation to scary or new things. Because, in the past, I've said 'no' out of fear, when I actually wanted to say yes. All stemming from the desire to people please! Even as young as seven-years-old I remember politely saying no to an offer of cake at a friends house, when of course I wanted some. And this can lead to a pattern of saying no to the cake of life – for all the wrong reasons.

The truth of the matter is, we have an inner compass which can reveal to us the 'truthful answer' but, we have to be able to read the compass in the first place. My challenge to you, is to find out what it is that you really want and, in the process, really learn how to be your very own sweet valentine this year. Depending on what's going on with you right now, you can choose the 21 day NO challenge or the 21 day YES challenge – or do both back-to-back.

The NO challenge will suit you, if you are currently feeling over-whelmed, exhausted and over-stretched. Somewhere along the line you have definitely lost touch of your magical inner compass. You really want to say no,

but your people-pleasing mechanism is in overdrive. If this sounds like you, your challenge is to say a flat 'no' to any requests or invitations for the next 21 days, and I mean everything! That way you will discover what you really wanted to say yes to, because you will get a sense of relief if it's a true 'no' or a sense of disappointment if it's a false 'no'.

The YES challenge is inspired by the film *Yes Man* starring Jim Carey (so for added clarity watch this in the process). This is for you, if life feels too small and lacking excitement. Your challenge is to say 'yes' to everything over the next 21 days. Yes to invitations, yes to people you always say no to, and once again you will learn you are more capable than your inner critic would have you believe. Spoiler alert, a couple of Jim Carey's characters yeses go awry. But, like him, you might not know that if you don't start saying yes to everything. You will, hopefully, less drastically than him, learn what a true 'yes' and 'no' feels like.

Remember it's only 21 days and after this time you will find it much easier to say yes or no in alignment with your souls desires. Whichever challenge you choose, you will have connected back to this precious gift locked inside you – your inner wise self. Saying yes to your soul is the biggest act of self-love on the self-love menu! I'd love to hear how you get on.

*Bernadette*

Bernadette's book 'Permission To Shine' is available from Amazon and locally in Norden, North Berwick  
**THE BAREFOOT SANCTUARY**  
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# YOGA POSES FOR NEW BEGINNINGS

words: sally jean rankin | pictures: lindsay scott

It's a new year, a time where we take stock of our previous years experiences and reflect on how we can move forward, grow and potentially manifest a more nourishing, abundant and authentic life for ourselves.

This is such an exciting time! Yoga is a wonderful way to take time out of our busy lives and find peace within ourselves through the practice. The practice helps us create space so we can gain self awareness and hopefully a happier, healthier self. If you're new to Yoga – don't worry – read on and take the first step.

## Balasana | Child's Pose



Slowly sit up and extend your legs out in front of you, come to Dandasna, Staff Pose.

Bring your hands behind your buttocks with your fingers pointing towards your toes. Now take your hands another hands-length back so they are directly under your shoulders. Spread your fingers wide, point your toes and either take your head slowly back, lifting up through your chest with your arms straight or you can press the soles of your feet into your mat, engage your core and lift your whole body up off your mat, taking your head back. Be careful of your neck and wrists. If your neck or wrists feel uncomfortable, please take the softer version and tuck your chin into your chest.

This is a great pose for strengthening your arms, legs and core and stretching and opening your neck, chest, heart chakra, shoulders and front of your ankles.

This is a gentle stretching pose however, a lot is going on so it's great for new beginnings.

Come to kneeling on your yoga mat and you can either keep your knees together or you can take your knees wide with your big toes touching. Gently bow forward bringing your head forward onto your mat, you can rest your forehead on a prop, use your forearms to create a pillow or bring your arms by the sides of your body. Start to create deep rhythmic breathing by inhaling slowly through your nose and exhaling equally through your mouth, smile, breathe and allow the pose to work its magic.

This is a wonderful calming pose, great for your digestion, stretching your back and thighs and opening your hips. Stay resting for three minutes.

## Purvottanasana | Upward Facing Plank



For information on Yoga classes, private tuition, Indian Head Massage, Yoga retreats and events visit [www.kinship.studio](http://www.kinship.studio)



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**6.30-7.30pm** Total Body Circuits | **7.30-8.30pm** Pilates

#### TUESDAY

**9.15-10.15am** Pilates | **10.30-11.30am** Fit for Golf  
**6.00-7.00pm** Spin & Core | **7.00-8.00pm** Fit for Golf

#### WEDNESDAY

**6.30-7.30pm** Total Body Circuits | **7.30-8.30pm** Pilates

#### THURSDAY

**9.15-10.15am** Spin & Core | **10.30-11.30am** Fit for Golf

#### FRIDAY

**9.15-10.15am** Total Body Circuits

#### SUNDAY

**9.30-10.30am** Spin & Core | **10.30-11.30am** Total Body Stretch

**Pay-as-you-go £8 per class | Pilates £10 | Fit for Golf £10**  
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[www.maximizewellness.co.uk](http://www.maximizewellness.co.uk)



*Training Session*

## WIN A PERSONAL TRAINING SESSION

Last issue, we spoke to Maximize Wellness founder Brian Dickson, who has over 25 years experience as a lecturer in further education colleges and a fitness trainer in both the public and private sectors, to find out exactly what you should expect from a personal trainer. He told us if you're thinking about taking greater responsibility for your health and wellbeing, then at least one personal training session is definitely a good idea, so this issue we're giving you the chance to win a personal training session with Brian.

Simply email your address to be entered into the prize draw to a personal training session with Brian Dickson.

email your name and address to:  
[info@locallife.co.uk](mailto:info@locallife.co.uk)  
entries must be received by:  
midnight, 29 February 2020

T&Cs: One entry per person. The winner will receive a personal training session to the value of £45. No cash alternative available. The winner will be notified by email. Decision is final and no correspondence must be entered into. Persons entering will have their details added to the Maximize Wellness database for marketing purposes only. You have the right to unsubscribe at anytime. Your email addresses will not be shared with 3rd parties.

COMPETITION

# What to expect from a complimentary hearing assessment at The Edinburgh Hearing Practice

First and foremost, we will listen to you. Hearing loss is personal and we take the time to listen to your experience. We recommend that you bring someone with you as they can often provide useful information and support. Our hearing assessments usually take about 90 minutes.

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.



We have the latest technology and can show you images of your ears on a screen. If your ears are blocked with wax your hearing test will not be accurate. You're in safe hands at the Edinburgh Hearing Practice as we can perform "Professional ear wax removal".

We take you through a thorough hearing evaluation using the very latest audiometric equipment to record the quietest sounds that you can hear, but also importantly, the way that your brain is able to understand the signal from your ears. This involves testing your speech recognition in both quiet and in the presence of the dreaded background noise. Where appropriate, we perform tympanometry to check how the middle ear is working (this is a really simple comfortable test, and is nothing to be nervous about).

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.

**Our care plans are bespoke and suited around your individual needs and preferences. All our hearings aids are available to trial for 30 days at no cost. We believe that the proof is in the pudding! We are a family owned and run business and we love what we do. Trust your hearing to us!**



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## MISSING TEETH, LOOSE DENTURES... COULD I HAVE A DENTAL IMPLANT?

We speak to Keith Thomson, principal dentist and practice owner, and the implant dentist for North Berwick and Gullane Dental Practices.



GULLANE | t: 01620 842978  
[www.gullanedentalpractice.co.uk](http://www.gullanedentalpractice.co.uk)  
NORTH BERWICK | t: 01620 892267  
[www.northberwickdentalcentre.co.uk](http://www.northberwickdentalcentre.co.uk)

Keith has vast experience in implants, following completion of a Masters Degree, in addition to further training in the treatment of complex dental problems including tooth wear and cosmetic treatments. Dental implants are used to replace missing teeth using titanium structures secured into your mouth. Commonly a single implant is placed to fill a single tooth gap or several implants can be placed to support bridgework allowing you to chew and smile once again with confidence.

### I currently wear dentures would implants be better?

There are common problems for many denture wearers. Often patients find they can not eat or speak as well as they did when had their own natural teeth. Dentures can feel loose and food becomes trapped below them after eating. Some wearers suffer from denture ulcers, but put up with the pain. Dental implants placed in the bone fix the denture teeth in place, stopping movement and eliminating looseness. The benefits are undoubtedly being able to chew foods you have desired for some time with confidence. And, no more taking teeth out overnight.

### How is an implant placed?

Following careful planning, x-rays and scans all implant work is carried out in our North Berwick surgery. Depending on the number of implants being placed the surgical treatment, under local anaesthetic, takes no longer than one to three hours. Healing, during which time the implant and bone integrate, is followed by the placement of a crown, bridge or denture on top. Sedation for implant surgery can also be arranged.

### Is it sore?

Surgery isn't sore as the mouth is numbed for the procedure. Previous patients have frequently reported that, surprisingly, there is often only minimal discomfort for a day or two after surgery, which is very easily controlled by painkillers.

### How much does an implant cost?

An implant and crown to replace a single missing tooth is from £2,200. This includes consultation and assessment, x-rays, surgery, implant components and technician fees and will usually involve four to five appointments. There are also finance options available.

### What's the first step?

Contact North Berwick Dental Centre (t: 01620 892267) for more information and to make an appointment to discuss with Keith which options are best suitable for you and your mouth.



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## TEN JOBS TO DO IN THE GARDEN IN FEBRUARY

Joy Grey tells us February is the time to get your garden properly prepared for springtime.

**F**ebuary feels like a turning point in the garden. It's still cold outside, but there are signs of spring's imminent arrival. Bulbs slowly emerge, days begin to lengthen, and, with luck, temperatures begin to rise.

### 1. Tidying

Give everything in the garden a thorough tidy. Keep on top of leaves and other rubbish which gathers on lawns and in flower beds. Remember to leave the odd untidy corner for wildlife.

### 2. Cleaning tools

Take the opportunity to check tools are sound, garden machinery is working and greenhouses and workspaces are clean. Sterilise all your pots, etc to eradicate pests and diseases.

### 3. Pruning and Cutting Back

Not all trees, climbers and shrubs are pruned in winter. But for many, the time to shape and prune is when they're dormant. Apples, pears, many roses, type 2 and 3 Clematis, Sambucus, Buddleia, Wisteria and autumn fruiting raspberries are among the main candidates. Cut or prune back deciduous hedges before the birds start to nest and it becomes illegal. I like to leave many herbaceous plants standing over winter to give structure and interest and to provide habitat for wildlife. Gradually cut everything back preventing damage from pests and diseases.

### 4. Order seeds and plants

Order seeds and plants now, in time for spring.

### 5. Weeding

This is the time to work through borders, weeding everything including perennial roots as you go.

### 6. Planting

Plant bare rooted plants such as trees, hedging, roses and fruit canes. Bare rooted plants are not only easier to handle but also cheaper.

### 7. Repair

Repair fences, climbing plant structures, walls, plant supports etc. They're easier to see and get to when plants are dormant.

### 8. Don't forget the lawn!

Avoid walking on lawns if there is a hard frost or snow. Provide some extra air for grassroots by aerating the lawn. You can do this manually with a fork or a specialised tool (which you can rent). Keep your lawn free from leaves and plant debris.

### 9. Mulch

Now is a good time to mulch your flower beds, as long as the soil is moist. Mulch acts as a barrier against weeds, provide nutrients, keeps the soil moist and insulates roots from the cold. Weed thoroughly beforehand and always leave a gap around the stem of plants.

### 10. Planning

In winter the bare bones of the garden are visible making it the perfect time to draw up new plans. These could be a few notes and sketches on a scrap of paper or even commissioning a professional re-design using the skills of a garden designer.

#### GOOSE GREEN DESIGN

The Grey Cottage, Goose Green, Gullane EH31 2AT  
t: 01620 842866 | m: 07971163565 | e: joy@goosegreendesign.co.uk

## GOOSE GREEN DESIGN

gardens by Joy Grey



Joy Grey BSc(Hons) DipPSGD(Hons)

The Grey Cottage, Goose Green, Gullane EH31 2AT | t: 01620 842866 | m: 07971163565  
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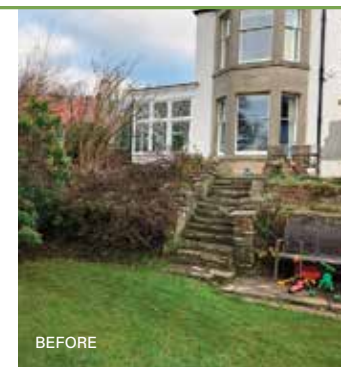
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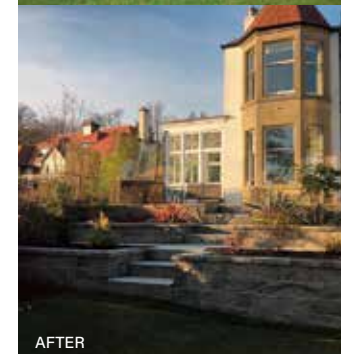
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### BLISSFULLY BOUNCE INTO SPRING

Make 2020 the year you step out of your comfort zone and try something that's bound to put a spring in your step. Blissfully Bounce into Spring, organised by Kinship. Studio Yoga, is a four-night yoga retreat held at North Berwick's stunning Williamstone Farm Steadings, this March. Over the course of the retreat, guests will enjoy a whole host of yoga classes and relaxing workshops and talks, including well-known local names; Laura Thomas Co's founder Laura Wilson, Interior Stylist Alison Gibb and Beatitude's Rebecca O'Connor. There will be much-needed space and time to relax in luxurious accommodation, with three hours of daily yoga, healthy vegetarian meals, daily meditations and visualisations, as well as a spa experience at Fletcher's Cottage Spa, a hot stone massage and a yoga brunch at Drift. You even get to take home a goodie bag!

prices start from £400 | [www.kinship.studio](http://www.kinship.studio)



### £100,000 MINI MAZE OPENS IN DALKEITH COUNTRY PARK

Mini Maze, the latest investment in Dalkeith Country Park's Fort Douglas adventure playground, is set to open on 21<sup>st</sup> March. Mini Maze has been designed by adventure playground specialists CAP.Co to delight, engage and enthral under-fours with its mini tree-house forts, slides, toddler swings including a parent and child swing, and toddler zip wires complete with toddler seats. The main Mini Maze structure includes an assisted wheelchair ramp allowing Mini Maze to be enjoyed by children with additional needs as well as little ones in buggies. Stephen Begg, Dalkeith Country Park's sales and events manager, said; *"The existing equipment for under-fours in Fort Douglas was simply not up to the same high standard of adventure play we offer to older children. Our youngest visitors are very special to us, we want to inspire them and their families to love Dalkeith Country Park from their earliest years and throughout their childhoods, to cherish their memories of playing here, as so many generations have done before."*

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



### CONGRATULATIONS...

Last issue we featured two competitions and two lucky readers received their prizes recently. Libby Jones from North Berwick won a **Chocolate Making Experience with The Chocolate Stag**. And, Emma Van Der Vijver was the lucky recipient of six gorgeous **Beatitude body oil baubles**. Congratulations to you both.



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