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THIS ISSUE

editor's letter





Since making Scotland my home, some 20-odd years ago, I have found the Scots to be an independent, life-loving bunch. Yet it's been difficult to watch my family, friends, and colleagues wrestle with the fear that has come with the rapid spread of Covid-19 over the past few weeks. We are all struggling to understand how this pandemic will affect us and our loved ones, our communities, the country, and the world at large.

This issue was in various stages of production before Covid-19 became the biggest story in recent memory, and some of this edition might feel out of step with the times. I wish this wasn't the case, but such are the realities of a bi-monthly publication schedule.

We're hoping this issue will provide a respite for you during these difficult times, and remind you of the things that make East Lothian such a wonderful place to live. Look out for great fashion finds, tips on keeping fit and healthy, and delicious recipe ideas. Plus, this issue, we've teamed up with two amazing local businesses to bring you two competitions (pages 17 and 19). Now, more than ever, is the time to support your local community. Stay safe until next time.

Kim x

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LOOK WHAT WE FOUND!

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



YOUR TASTEBUDS WILL SING FOR JOY!

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

Tucked away behind the Meadows, in Edinburgh is an unassuming little café where they serve up a storm. Everything from the breakfasts through to the weekly Friday and Saturday suppers are beautifully cooked and presented. Hearty grain salads, open toasts with homemade ricotta, warm-buttered Arbroath smokies, wine-braised beans with garlic aioli, plus plenty of pickles and ferments to share with sourdough and butter. Drinks include natural wines, interesting beers, fermented cocktails and their preserved-fruit cordials. I can eat here time and time again and still feel my taste buds singing for joy every time I leave.

27 ELLIOTT'S

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21elliotts.com



THE ULTIMATE TREAT

Editor Kim Williams' new skin-care find...

I won't act like facial oil is some hot new thing. Hardly, it's been around for centuries. But with winter hanging around for what seems like forever, it's time to add one of these glow-making, wonder products to your skin-care routine. Inspired by the northern lights, Aurora oil serum from newly launched beauty brand – Deerieo, is the ultimate treat for your skin. Featuring bakuchiol, vitamins C and E, Coenzyme Q10 and a rich blend of luxurious oils, it is perfect for sensitive, combination and inflammation-prone skin. Plus it helps to balance and restore, increase skin elasticity and diminish the appearance of fine lines and wrinkles using natural and sensitive skin-friendly ingredients. Your skin will thank you!

DEERIEO | Aurora Oil Serum £35
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WATER FOR LIFE

Bernadette Petrie moves away from
single-use plastic...

As we move away from single use plastic, you might find you need more water for your almost empty reuse-able water bottle. Over the past two years, Scottish Water have been rolling out these installations and you'll now find this free water fountain on Quality Street in North Berwick. Well done Scottish Water!

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CARING FOR YOUR PET

As fears about Covid-19 sweep the globe, health authorities are issuing lots of advice to people. But what about our pets?

Our pets are vital parts of our households – beloved family members. So it's only natural that more people are asking: are animals at risk from coronavirus? While there's no evidence to suggest that pets can be carriers of coronavirus or can become ill from it, your pets may be impacted if you or members of your family test positive for the virus and are asked to self-isolate. But there are lots of ways to ensure your pet is well cared for, even if you're stuck at home.

If possible, arrange for another person to care for your pet (you could consider using a dog walker or home boarder). If you own a horse or livestock and keep them on land that is not based at your address, arrange for a friend to care for them until you're able to return to normal. Always adopt good hygiene practises and thoroughly wash your hands after interacting with your pets. If you're unable to take your dog beyond your house or garden for exercise – there are lots of ways to keep your dog happy and healthy within the confines of your own home. Try challenging your pooch at tea time – ditch the food bowl and feed Fido using a Kong or a food puzzle to get them thinking. Most dogs love to play so set aside some time to have a good game of fetch or tug with your pooch. Scent work can be a great way to keep a dog busy for ages. Hide treats around the garden or around the house and send them off in search of them. If you feed your dog kibble this can be a great way to serve them their meals. Remember, cats still need access outdoors or to a clean litter tray and outdoor cats can go in and out as normal.

The Scottish SPCA advises pet owners to call their animal helpline if they have concerns about the impact of coronavirus on how they can care for their pet, during this difficult period.

SSPCA animal helpline: 03000 999 999

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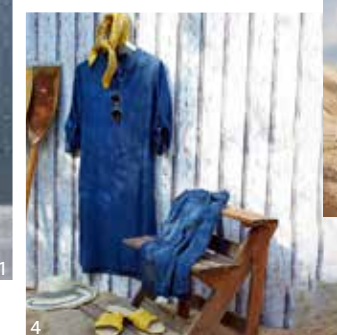
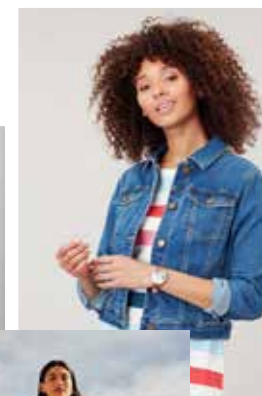
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The Spring/Summer '20 fashion shows were rife with all things denim. The everyday staple had a huge presence on the runways – with every big designer from Givenchy to Gucci showcasing the much-loved fabric in a variety of refreshing ways; including cropped culottes, vintage washes, jumpsuits, utility dresses, paper-bag shorts and '70s flares. Denim is irreverent, self-assured, the embodiment of cool... here are our favourite picks of the season.

1. Bibico Tara Denim Dress £69.95 | 2. Bibico Una Midi Skirt £69.95 | 3. Joules Elsa Denim Jacket £59.95 | 4. TONI Denim dress £139.95, Belted Wide Trousers £109.95 | 5. TONI Perfect Shape Easy Kick Jeans £79.95 | 6. Just White Tie Front Blouse £79.95 | All available from: SECRET BOUTIQUE, Main street, Gullane EH31 2AP

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THE SYMBOLISATION OF THE EASTER EGG

Bernie Rowen-Ross tells us the stories behind eggs at Easter.

Happy Easter – is a common greeting in the Western world around about this time of year. We see Easter eggs in shops, soon after Valentine's day, we see fluffy Easter bunnies, and chocolate bunnies abound. Although in the Christian faith it is seen as a memorial day of Christ's crucifixion.

So why Easter eggs? The goddess Oester is a fertility goddess, and she was celebrated during the spring equinox, during these celebrations there was abundance of fresh fruits, flowers, song and dance, and wine. Throughout Europe in the time of medieval Christianity, Lent which is observed from Ash Wednesday to Maundy Thursday (the day before Good Friday), meant giving up eggs. No one ate eggs or any dish made with egg. To celebrate the end of Lent, eggs were wrapped with leaves and flowers, and boiled so the egg shells became patterned. As part of the celebration these eggs were hidden in the garden where the young and old alike would hunt for them, and enjoy eating them as they broke their fast. Another story tells of children begging for fresh food and eggs after Lent – they were often given eggs as a symbol of new life.

The cosmic egg, according to Vedic writings, has a spirit living within it which will be born, die, and be born yet again. Some versions of Hindu mythology describe Prajapati as forming an egg

and then appearing out of it himself. Brahma does likewise. In ancient Egypt pictures of Osiris (the resurrected corn god) show him returning to life and once again rising up from the shell of a broken egg. The ancient legend of the Phoenix is similar. This beautiful mythic bird was said to live for hundreds of years. When its full span of life was completed, it died in flames, rising again from the egg that it had laid. It appears that in so many of the world's different cultures eggs have a significant connection with resurrection.

It was in 19th century Germany and France, that chocolate Easter eggs were first created, with confectioners competing for first place in both design and flavour. Dark chocolate was used and the egg was normally solid chocolate, as moulds for hollow Easter eggs had not yet been made. The first hollow eggs made by Cadbury were made with dark chocolate and filled with sugared almonds. More decorative ones followed, where the chocolate was smooth but decorated with piped marzipan flowers. The famous Fabergé eggs must have created many hours of inspiration.

Regardless of history and your belief. Whether it be Christian, Pagan, Hindu or secular – enjoy Easter, especially here in East Lothian, where we will soon celebrate the spring equinox and a wonderful new season will hail.

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



MAKE ROOM FOR A BEAUTIFUL NEW LIFE

Bernadette Petrie invites us to let go of the past and move in the new season of our lives.

On the last Sunday of every month, I hold a circle of light, healing and meditation session at The Barefoot Sanctuary in North Berwick. We held our first session last September and it continues to be a beautiful healing experience for all who attend, including myself. To finish, we always head to the beach, where I produce biscuits and hot drinks and gently invite the group to take off their shoes to connect to the grass and sand beneath.

Everyone knows it's coming because it's part of the session description. But perhaps many did not think I was serious, especially in the colder months. However, I am very serious about getting barefoot in nature, no matter the weather, even just for a few minutes. And everyone is always pleasantly surprised at how warm the earth actually feels and it is the perfect way to finish what may have been quite an intense healing experience.

As we move into spring, nature invites us to reconnect with her in a whole new way, and I'd like to share the poem I wrote for our last session:

More Than The Eye Can See

Let go of labels
Let go of shame
Let go of blame

Trust in the bigger picture
Trust in more than the eye can see

Trust that what's real is possibly right now
invisible to thee

Let your heart open
Let your guard fall

Let me help you to remember to cherish it all
Let yourself return to the love that is true
Let me help you remember that LOVE is YOU.

Now I invite you to do the exercise we did. Read the poem and write down the answers to the following:

1. What are the labels that you have used to describe yourself in the past?
2. What are you still feeling ashamed of from your past?
3. Who do you still blame from your past?

Don't over-think the answers, just allow the words and memories to come. These questions may make you feel emotional, that's okay – allow yourself to feel it and be gentle with yourself. Take a few slow breaths and then rip the piece of paper into tiny pieces to either bin or burn safely. Finally take a moment or two to step outside to connect with the earth, by standing barefoot on some grass and breath in the present moment of your life.

Just like mother earth does so beautifully, we too can let go of the past and move into the new season of our lives. To do this we need to de-weed our minds so that we have room for a new area of beautiful colourful growth. And then you, can be you, right now.

Bernadette

contact Bernadette to sign up for a Circle of Light session or for 1-1 coaching | THE BAREFOOT SANCTUARY
45 Melbourne Place, North Berwick | e: bernadette@barefootambition.co.uk | www.barefootambition.co.uk



AND RELAX... AT GARLETON LODGE

words: kim williams

True confession: I've always thought massages were an indulgent luxury, ranking them somewhere between manicures and mud wraps on my "frivolous uses for perfectly good money" scale. However research shows the benefits of massage are endless. Massage can help with balancing emotions, anxiety, circulatory issues, joint and muscle pain, insomnia and much more. I spoke to Charlie Thomson, therapist at Garleton Lodge to find out why massage is much more than a luxurious indulgence.

Why would I choose to have a massage?

Massage is one of the remedies available to us for many of the challenges of the modern world. Even in a single session, people can experience reductions in stress, improvement in immune system function, and better overall resilience. For many, a therapeutic massage, body treatment or spa day can be meaningful self-care. Just knowing that you're able to schedule some time for a massage may bring on waves of relief. Claiming time for self-care means you are prioritising your needs.

There are so many options – which is right for me?

There's nothing worse than leaving a massage feeling as though the experience didn't meet your expectations. It's always best to speak to your therapist so they are able to best work with your needs. At Charlie's, we offer bespoke massages tailored to individual needs, including:

Sports Massage

Here, we're aiming to enhance circulation, increase tissue elasticity and reduce muscle tension. Working deep into the muscle to treat damage and injuries. This treatment will assist in relieving tight muscles which can limit flexibility, increase pain and cause future injuries. Different techniques are used to realign the muscles and improve posture. As the muscles are released this results

in greater range of motion in the joints.

Soft Tissue Massage

Following a short consultation with our therapist, who will tailor both oils and technique to match your specific requirements, this massage calms the mind and provides the opportunity to forget the stresses of the day and promotes a restful night's sleep.

Deep Tissue Massage

This massage targets and stretches the muscles to relieve tension. It is used to treat muscle and tendon injuries, pain and stiffness in your major muscle groups and joints focussing on the parts of your body that tend to hold the most tension, such as your neck, shoulders, and back. It also encourages blood flow in order to bring oxygenated blood to repair damaged cells.

Hot Stone Massage

Using smooth, heated stones – the localised heat and weight of the stones warm and relax muscles, allowing the massage therapist to apply deeper pressure to those areas without causing discomfort.

I've heard essential oils are important, why?

Essential oils have been used for nearly 6,000 years, with the aim of improving a person's health or mood. Combined with massage they provide positive effects on

the mind and the body. At Charlie's we'll select the blend based on your health concerns. We have a selection of 18 different oils from lavender, tea tree, rose and chamomile to bergamot, lemon and cinnamon.

Tell us why the right environment is so important for a successful massage?

The environment in which you receive a massage can affect your experience – it should be somewhere where you feel at ease. Just arriving at Garleton Lodge makes you feel pretty contented, the surroundings are blissful and you're treated like an old friend as you walk through the door. Plus, we've ensured Charlie's is a cosy, yet serene space, a quiet calming environment with a comfy heated table and spotlessly clean linen. A place where only the highest quality products are used.

Should I tell my therapist what I expect?

Absolutely! One of the most important things you can do is to tell the therapist, prior to them putting their hands on you, as much as you feel comfortable about your current situation. Begin a massage with a conversation about how you are feeling and your needs. There is often the temptation to take the "no pain, no gain" mentality into a massage. But, people who feel that this is the only way to approach a successful massage may actually benefit more from a calming, gentle treatment. So, again, be sure to let your therapist know if something hurts. We promise, we won't be offended or think you're a wimp!

How much time should I allow?

If you're short of time, 30 minutes can be sufficient to address pain in a specific area. But when time allows, set aside either 45 or 75 minutes for a longer treatment. This allows us to work on any specifics and gives you time to relax, release, and reach that bliss point. Even when the treatment comes to an end, you can take time to relax in the spectacular surroundings and enjoy all Garleton Lodge has to offer – stunning views, exquisite food and drink. Spend the day or just sit for a while with a cup of herbal tea, breathe in the beauty and relax!

Garleton Lodge is a small hotel with spectacular views across Edinburgh, the Forth and the East Lothian countryside. Set up by Angela and David Cockerton the hotel offers a careful blend of understated luxury in a homely environment. Charlie's @ Garleton Lodge is the latest offering to their luxury experience, which includes artisan chocolate maker – The Chocolate Stag. Charlie's offers bespoke massages and day spa packages. The package includes a 30 minute massage, use of hot tub and relaxation room, and a light lunch or afternoon tea served with glass of Prosecco.

CHARLIE'S @ GARLETON LODGE

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Question How are essential oils used in massage treatments?

email your name, address and answer to:
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entries must be received by:
midnight, 30 April 2020

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



COMPETITION

BLOSSOMING INTO SPRING WITH YOGA

words: sally jean rankin | pictures: lindsay scott

The sap is rising, the birds are delighting, buds are blossoming, spring is here. As we emerge out of the depths of winter all our senses are responding to the sun's light and warmth – it feels so good! The energy is expanding, life is growing all around us, now is the time to ground your self and start to feel your energy building with upward strength and power. It's time to grow and shine from the ground up.



Samasthiti | Equal Standing Pose

As you are semi inverted in this pose it's wise to be mindful if you are a beginner. This forward fold is a wonderful pose for stability, confidence and self control.

Whilst in Samasthiti, step to the right of your mat. Take a wide stance with your toes slightly pointed inwards. Zip yourself up, bring your hands to your hips, inhale, take your head back, squeeze your shoulder blades together so you open your chest and as you exhale, forward fold from your hips. As you forward fold, reach out with your chin so you create length, keep your core engaged and bring your hands onto your mat with your hand in the middle of the legs and the finger tips in line with your big toes. Now trust yourself, keep breathing, and with micro movements bring your awareness and weight onto the balls of your feet with your heels still grounding down and hold for five deep breaths. Inhale and lift your head up, as you exhale, heel-toe your feet in until you can come to standing and come back to Samasthiti at the top of your mat.

This is a grounding pose – a command to attention, connecting you to the earth, your mind and body. By bringing awareness into your whole body from the soles of your feet up, you draw intention and energy into your body finishing by lengthening through the crown of your head. Come to the top of your mat, feet together or hip width apart, ground your feet down, your hands in Anjali Mudra (prayer position). Take your attention down to your feet and slowly work your awareness up your body, zip yourself up by hugging your muscles and ribcage in until you reach the crown of your head. Feel yourself lengthen, standing tall and strong. Now take your attention to your heart and invite in the colour of spring – green or rose pink and simply say these words in your mind *"I open my heart to life"*.

Engage your deep pranayamic breathing, flow through three rounds of Sun Salutations A and Dancing Warrior 1, 2 and 3 and then come to stand at the top of your mat, back in Samasthiti.



Prasarita Padottanasana A | Wide Legged Forward Fold

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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 well-being, 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@yourlocallife.co.uk
entries must be received by:
midnight, 30 April 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



FEEL GOOD CLEANSE

Detox and cleansing – words which are as synonymous with the start of a new year, as indulge is to Christmas. But are juice cleanses and detox diets just a marketing fad? With over 20 years experience in the field of health and nutrition and having read every book under the sun about detox and cleansing, Sheena Skinner, founder of Detox Health Beauty, was just the person to speak to.

She has a deep passion for this method of healing and we asked her to tell us about her annual cleanses.

We would love to know about your annual cleanses. Can you tell us about them?

Every year around the spring and autumn equinoxes, I put anything from seven, ten or 21 days aside to do a cleanse. I have been doing this since my early twenties and these cleanses always leave me feeling incredible – like the best version of myself, so I know from years of experience that these work for me. After studying nutrition at the Institute of Optimum Nutrition I found switching people over to a super healthy, colourful, fresh, nature-filled, abundant and plant-based diet to be incredibly powerful and helpful.

So what time period should I set aside?

When I ran a detox food delivery company in London we fed people this way on a weekly basis. The results and feedback were astonishing and the experience taught me that all I needed was seven days with someone to help them to make a huge difference to their life, health and well-being. The switch to plant-based food and drinks, good hydration, slowing right down, relaxing and putting self care at the forefront of your life can make an enormous difference to the way you look and feel.

What do you eat during this time?

During my personal time of cleansing and detoxing, I drink lemon and ginger hot water, herbal teas, lots

of water, green juices and green smoothies. I eat only plant-based food – an abundance of fruit, vegetables, wholegrains, nuts and seeds, pulses and beans, brown rice, quinoa, buckwheat pasta and lentils. Going dairy, wheat, meat, alcohol, caffeine and sugar free may sound daunting, but eating such an abundance of colourful, super healthy food which is so flavoursome and tasty, and leaves you feeling great energy wise, ensures the switch is worth it. The one thing I struggle with at the beginning of a cleanse is not having my morning coffee, so I always experience a headache for the first few days, but after that I start to feel all the amazing benefits. I try to eat as seasonally and as organically as possible and go for more warming foods during the autumn equinox and eat an abundance of colourful salads, fresh fruit and vegetables during the spring equinox.

I like the idea of a cleanse but feel my busy life won't allow it?

If you are interested in experiencing this super healthy way of life without the distractions of day-to-day life, join us for one of our retreats. This year we are running a Summer Detox and Well-Being Retreat near Brighton and an Autumn Equinox Retreat near Lisbon. Both experiences are utterly immersive. An incredible time for learning, deeply relaxing, pressing the reset button and leaving with the most gorgeous inner and outer glow.

DETOX HEALTH BEAUTY

for more information visit www.detoxhealthbeauty.com



In light of what is happening regarding COVID-19, we have made the decision to postpone Detox Health Beauty Festival at Archerfield Walled Garden to the 5 September 2020.

We are taking the health and safety of everyone involved in the festival seriously and feel that postponing our event is the right thing to do in the current climate.

All tickets purchased for the 16 May will be honoured for the new date. If you are unable to make the new date, please get in touch with See Tickets, the company you purchased the tickets through and they will arrange a refund.

Thank you so much for all your support and we are really looking forward to a glorious day, celebrating with you in September.



DEERIEO
natural skincare solutions

East Lothian based eco-luxe skincare brand

Dedicated to sensitive skin, all Deerieo products are multi-taskers expertly crafted using the finest natural ingredients that are scientifically proven to restore, soothe and rejuvenate the skin, as well as reduce fine lines and inflammation. Deerieo products are lovingly handmade in small batches, vegan-friendly, cruelty-free and recyclable.

deerio.com



ACUPUNCTURE – NOTHING TO FEAR

Most people, when they hear about the benefits of acupuncture, find themselves thinking, "That would be so good for me!" Less stress, more energy, better sleep and digestion... Who doesn't want that? But for many people, there's one thing that holds them back from considering acupuncture, fear – from fear of the unknown to fear of needles. We spoke to acupuncturist Jo Thomson who told us there is nothing to fear.

Is acupuncture right for me?

Patients seek acupuncture for a diverse number of reasons. Some come to treat a specific complaint such as; insomnia, menopausal symptoms, pregnancy complaints, muscular-skeletal symptoms such as frozen shoulder, back pain, bladder problems, headaches, sinus problems and Bells palsy, to name but a few. Others come for relaxation, some for help with overcoming emotional struggles and a few turn up without really being able to put a finger on why they want treatment. Whatever the reason, acupuncture treatment is holistic which means the focus is on the individual as opposed to the symptoms which have led you to seek treatment.

I'm scared of needles and worry it will hurt?

Needle apprehension is very common, but acupuncture needles are hair-thin and nothing like the needles we see in a medical setting. Some patients report feeling the needles being inserted, generally described as a small pin prick sensation. Others feel nothing. Beyond the initial insertion, patients describe the sensation as; a tingling, a dull ache, a pulling sensation, warmth or an electrical sensation. The area affected is normally close to the needle but a sensation can sometimes be felt moving up and down the channel being needled. Some patients,

on the other hand, feel nothing at all and others have been known to fall asleep! I always ask for feedback and remove the needles immediately if it is uncomfortable.

Is it safe?

There are very few side effects from acupuncture when practised by a fully qualified practitioner of traditional acupuncture. Any minor side effects that do occur, such as dizziness or bruising around needle points, are mild and self-correcting.

How many treatments will I need?

There is no hard and fast rule, but as a rule of thumb, patients who have an acute injury tend to need fewer treatments than those who have a chronic or long-standing complaint. I would expect you to feel some improvement after three to six treatments. The feedback that you give is very important as it enables me to adjust the treatment plan accordingly. You may find that as well as an improvement in the symptoms for which you originally sought treatment, you also notice other changes, for example better sleep patterns or a general uplift in mood. Many patients have difficulty in pinning down precisely how acupuncture is helping them but report that they just feel 'better in themselves'.

A member of the British Acupuncture Council, Jo graduated from The College of Integrated Chinese Medicine (part of the University of Kingston) with a Licentiate in Acupuncture in 2004. She runs clinics at Edinburgh's Napier's Herbalists and from a purpose-built treatment room in her North Berwick home.

JO THOMSON ACUPUNCTURE

07830 139736 | jo@jothomsonacupuncture.co.uk | www.jothomsonacupuncture.co.uk

JACK & IVY



JACK & IVY CELEBRATE THEIR LATEST SUCCESS

Two years ago, Graeme and Jackie Hamilton sold their Falkirk salon and headed east to embrace the peaceful coastal life in East Lothian. Yet life has been far from quiet, as Jack & Ivy celebrates its second achievement at the East and Mid Lothian Business Awards.

It's just over two years since Graeme and Jackie Hamilton opened their salon Jack & Ivy on Dunbar's high street. They moved to East Lothian after selling their previous business in Falkirk where they were for 22 years and employed a team of 18 staff. And life has been far from quiet, as the salon proved both successful and popular in a very short space of time. And within ten months of opening Jack & Ivy was announced as a finalist in the East and Mid Lothian Business Awards for 'Best New Business of 2018'. Following on from this success, Jack & Ivy went on to win Employer of the Year, at the same awards in 2019.

Both Graeme and Jackie believe that by investing in both the business and their staff they were able to win this award, and 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, Graeme and Jackie focus on training and standards. Jackie explains; *"We've been loyal to our staff and they've been loyal to us. The culture of Jack & Ivy is to nurture the talents of staff through training"* Graeme added; *"Training is key. I was influenced by what I learned from the Vidal Sassoon group and that's where we've been sending staff ever since."*

And this year training continues to be their focus, with Jackie and Gaby concentrating on colour education. Jackie achieved a colour specialist degree with L'Oréal and both she and Gaby will continue to increase their skills with further training through L'Oréal. Graeme who trained at the Vidal Sassoon Academy, will return there this April to refresh his skills. Holly, who started with the salon as an apprentice, also received training at the prestigious Vidal Sassoon Academy and is now available as a graduate stylist. Graeme explains; *"Holly achieved her NVQ level two in only 15 months, a fantastic achievement and is now available as a graduate stylist for appointments. A graduate stylist charges a reduced rate as they continue to develop their speed and confidence."* Abby, the newest member of the team, is working hard as an apprentice and looking to gain her NVQ too.

It's not just the staff who are nurtured at Jack & Ivy, as soon as you walk through the door you'll be given a warm welcome by the team and their salon dog Stan. What's more everyone is dedicated to making sure you have the best experience with the best possible results.

JACK & IVY

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



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!

 **Edinburgh**
HEARING PRACTICE

www.edinburghhearingpractice.co.uk
admin@edinburghhearingpractice.co.uk

Gullane
Auchterarder **01620 493000**
Edinburgh **01764 219000**
0131 629 1819

201 St Johns Road, Corstorphine, Edinburgh EH12 7UU
4 Stanley Road, Gullane, East Lothian EH31 2AD or
63 High Street Auchterarder PH3 1BN

NOTICED BLEEDING GUMS, BAD BREATH, STAINED TEETH?

Dental hygiene maintenance and treatment are the corner stone of long term dental health. At North Berwick Dental Centre and Gullane Dental Practice our hygienist and therapist play a vital role in our total oral health ethos and prevention.



Above: Ann Davidson,
Dental Hygienist
Right: Nicole Assimocopolous
Dental Hygienist/Therapist

WHY DO YOU NEED A HYGIENE APPOINTMENT?

It is well documented that the health of your gums has a direct link to your general health. Poor and inflamed gum health can increase your risk of heart issues, stroke and other diseases like diabetes as the same inflammatory process is involved in all these illnesses. Smoking, stress and diet are lifestyle issues also associated with poor gum health.

During a hygiene visit at the centres our clinicians, Ann and Nicole will work with you to monitor your dental health and take time to provide you with the skills, tools and techniques you need to help prevent any future problems with your teeth and gums. Plaque biofilm build up causes inflammation and needs to be removed from every tooth surface twice a day. This in turn means your mouth will stay healthy and you'll eliminate bleeding gums, bad breath and tartar.

DO YOU KNOW YOUR GUM SCORES?

We can be unaware of slowly progressing gum disease on a day-to-day basis and it's important not to ignore bleeding and sore gums as these are indicators of gum disease progression. At your hygiene visit, gentle probing is carried out around your teeth to record scores relating to your gum health and tooth-brushing efficacy. Do you know your gum scores and if they are healthy scores? Do you know how to improve your score? Our team will explain the scores and use them to monitor gum health and compare how effective your tooth-brushing and inter-dental cleaning is on a daily basis.

WHAT TREATMENT IS CARRIED OUT ?

Ann and Nicole also provide treatments to help prevent tooth decay and gum disease, including treatment of sensitivity and full mouth cleaning. They use simple hand scaling and ultrasonic cleaning to ensure the surface of your teeth both above and below the gum are tartar free. The time needed to have this done depends on the amount of tartar and plaque biofilm present. After a full scaling treatment your gums can attach firmly back to the teeth allowing them to heal fully.

Regular hygiene visits are necessary as gum disease is an ongoing problem and requires regular attention. Untreated gum disease can lead to pockets (gaps) between the teeth and gums where plaque causes inflammation and eventually bone loss and loose teeth.



GULLANE
DENTAL PRACTICE



NORTH BERWICK
DENTAL CENTRE

GULLANE | t: 01620 842978
www.gullanedentalpractice.co.uk
NORTH BERWICK | t: 01620 892267
www.northberwickdentalcentre.co.uk

PERFECT HAIR DAY

words: kim williams

We've all ventured into uncharted hair territory only to walk out with an accidental bob, a botched fringe, and probably some tears. The salon experience is something we should enjoy, not dread. At Lou Lou's in Gullane, not only can you truly trust them with your tresses, but they'll also ensure your visit is a delightful experience.



Admit it, you're not prepared to trust just anyone with your hair. Getting your hair cut or coloured is a very important task. You need to be able to trust your hairdresser and be certain that he or she understands exactly what you're after. The first quality to look for in a hairdresser is obviously professional expertise. The team at Gullane-based Lou Lou's take great pride in achieving the highest professional standards possible, to give clients the level of care that they deserve. Owner Louise Salmon says; *"There needs to be a sense of trust and understanding, so that you come out of the salon with a hairstyle that looks and feels fabulous."*

Working alongside Louise is apprentice, Elizabeth and fully qualified stylists, Jo (who has recently returned from maternity leave, and works Thursdays and Fridays), Danielle and Taylor, who between them all have over 57 years experience in the industry. Lou Lou's senior stylists specialise in ladies and gents cutting, and Danielle has extensive knowledge in barbering. Both Taylor and Elizabeth provide hair extensions expertise including; tape, micro rings, mini tube, fusion bonds, la weave and invisible weave.

And it's not only professional standards that the team at Lou Lou's take seriously. They're advocates of all-natural beauty products too. As the only Aveda stockist in the county, Louise 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."* Another product synonymous with beauty and sustainability is Davines – made from the highest quality natural ingredients, the family-run company's products are renowned for being a luxury to massage into hair and skin. Plus, all staff regularly attend courses with Aveda and Davines to keep up-to-date with the latest trends and products on the market.

The team at Lou Lou's encompasses a holistic approach to their services, they're attentive and listen to what their clients want in order to better anticipate and satisfy their needs. Aiming to make every client's visit a delightful experience, making every day – a perfect hair day.

LOU LOU'S

10a Lammermuir Terrace, Gullane
t: 01620 843 352



HORSES THAT HEAL

There is no judgment with a horse and it is for this reason that horses make great companions for therapy because they can mirror and respond to human behaviour. And equine assisted therapy is helping more and more people find peace of mind.

As many horse owners are only too aware, their mood affects their horse's behaviour. From the moment we step into their presence, horses sense us. They attune to us and see us for who we are, without judgement. It can seem almost uncanny the way they are able to pick up on our inner thoughts and feelings and instantly reflect them back to us. Even if we are not aware of how we are feeling, the horse is.

Professional counsellor Midi Fairgrieve first came across Equine Assisted Therapy ten years ago when she saw a feature on television about an actor experiencing it. She was intrigued by the deep insights being offered to the man through his time spent with the horse. Midi explains; *"It was as if a fire ignited inside me and over the next few years I trained in Equine Assisted Personal Development and now offer individual sessions with my small herd of horses near Tynningham."*

When horses are brought into a facilitated personal development situation, they will respond to whatever the client is energetically presenting and give them immediate non-verbal feedback. The sessions can lead to deep insights and realisations for the client and reveal how they relate to others and to the world around them. Being outside in nature and spending time with the horses helps clients to come out of the analytical head

space, into a more peaceful state and be fully present in the here and now. Midi adds; *"It brings people into a more heart-based, intuitive place within where they are more able to connect to their true feelings. When we try to hide our feelings or suppress them, for example, with alcohol, food, overwork or constant busyness, these feelings can fester and cause problems in our lives and our relationships."*

With the help of the facilitator, the insights and realisations offered by the horse allows the client to be able to process them, perhaps for the first time. This new self-awareness helps people to reconnect to their authentic self and offers a greater understanding of who they are. Midi says; *"It's a beautiful feeling, like coming 'home' to yourself."*

Midi works with people from all walks of life who come for a host of different reasons; to find more meaning and purpose in their life, to help with trauma, anxiety, depression, grief and loss, or who are seeking answers to life's challenges and transitions. Working with the horses is an opportunity to experience the transformational healing power of the horse, outside of the traditional therapeutic environment. She adds; *"No previous experience of horses is necessary. People with a fear of horses are welcome!"*

MIDI FAIRGRIEVE – EQUINE ASSISTED THERAPY

e: midi.fairgrieve@yahoo.co.uk t: 07305 516206 | www.midifairgrieve.co.uk



SUMMER FUN AT THE SCOTTISH SEABIRD CENTRE

Explore Scotland's exceptional marine habitats and wildlife in the all new Discovery Experience at the Scottish Seabird Centre.

The new exhibits and games, designed in partnership with the expert team from Glasgow Science Centre, have been created to engage people of all ages and abilities in the diverse wildlife found around Scotland's shores. Kids will love chasing gannets and swimming with dolphins with their Virtual Reality Bass Rock dive, learning how fulmars protect themselves from predators with the fulmar game and immersing themselves in the daily 3D films.

The interactive cameras on the Bass Rock have been fully upgraded, enabling visitors to enjoy the live action straight from the world's largest northern gannet colony. Guillemots, razorbills, seals and puffins can all be viewed in their natural habitat from the additional cameras on the islands in the Firth of Forth. The expert staff in the Discovery Experience are on hand to talk visitors through what can be seen throughout the year and highlight the latest wildlife sightings.

Summer holiday fun kicks off with their ever-popular live science shows (6+) running daily throughout the summer holidays (included with admission). Professor Egghead's brand-new show, 'Climate Sale' (when it's gone, it's

gone) will explore how changes in our shopping habits could help combat the climate crises and for younger visitors (2+) there are marine themed puppet shows each weekend of the holiday.

For those looking to get more hands-on, the Community Beach clean takes place at 10am on Sunday 5 April. Run in partnership with North Berwick in Bloom and East Lothian Countryside Rangers it is open to everyone and all equipment is provided, all that's needed is enthusiasm and plenty of warm clothing!

Boat season begins on the 28th of March. Seabird Centre boat trips (in partnership with Seafari) offer the perfect opportunity to experience the amazing wildlife in the Firth of Forth first-hand. The Centre offers a range of different boat trips, so there's something for everyone to enjoy from exhilarating RIB trips, to the more relaxed Catamaran Cruise and the incredible Bass Rock landing or photography tours.

Don't forget to pop into the gift shop for lots of eco-friendly gifts and enjoy the Seabird café, with amazing views out to Bass Rock.

In light of the developing Covid-19 crisis opening times and events are likely to change, but we are hopeful that summer events will progress as planned. Please see our website for latest updates.

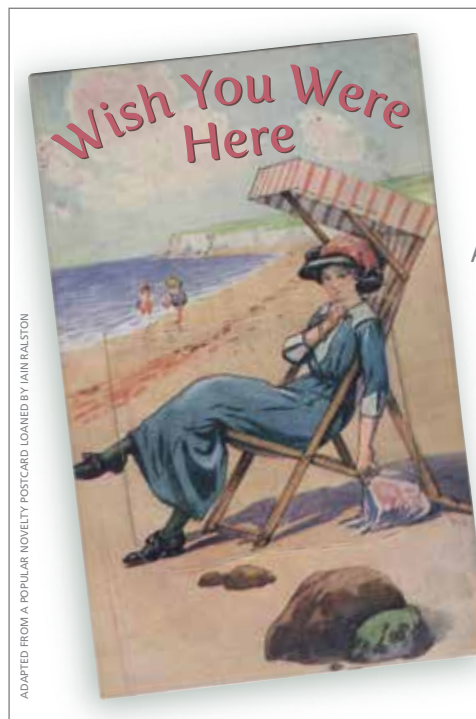
SCOTTISH SEABIRD CENTRE | The Harbour, North Berwick EH39 4SS | www.seabird.org

DATES FOR YOUR DIARY



In light of what is happening regarding COVID-19, and in line with the social distancing guidance advising that many gatherings should not take place, it will come as no surprise that we have been unable to publish dates for your diary this issue.

Local event organisers are taking the health and safety of everyone seriously and although there are some events published in this issue, we would ask you contact the organisers directly in case dates, times and circumstances change.



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Tel: 01620 894313 coastalmuseum.org



IN PARTNERSHIP WITH  East Lothian Council
SCOTTISH CHARITABLE INCORPORATED ORGANISATION REGISTERED NUMBER: SC043444

I WAKE UP...

... first in the house, put the kettle on for some coffee and get the dogs breakfast ready – he's usually snoring on the sofa (giant, lazy adopted greyhound!).

A TYPICAL DAY...

Researching and drafting my final portfolio for my MA in Creative Writing. I'm writing about the Scottish Witch Trials, specifically witches in North Berwick, Gullane, Dirlton and Fenton Barns. Around my studies, it's freelance work, gigs, music releases and song writing, walking Ted and enjoying delicious home-cooked food with my partner Thilo.

HOW I GOT INVOLVED IN MUSIC...

I realised I could sing early on, but lacked confidence. I'm grateful to the staff at my school who encouraged me to pursue it – hours spent at the piano, rehearsals, musical theatre performances. My first solos were during the Sunday mass services in first year, belting out a melody to a ready-made crowd.

BEST PART OF THE JOB IS...

Feeling the audience get swept away with your performance. There is nothing like it. It's thrilling, meditative, heart-breaking. Humans need a sense of connection to flourish and performing delivers every time.

AND THE WORST...

All the admin! Especially for indie artists, it's an exhausting and frustrating process at times, releasing music, booking tours, marketing it all. We often feel pulled away from the actual creative part.



**A DAY IN
THE LIFE OF
SINGER
SONGWRITER
KAT HEALY**

IN TEN YEAR'S TIME...

I'll be a published poet and booking my 'celebrating 20 years of music' album-tour, carefully selecting outfits for the rounds of awards ceremonies heading my way – ha!

MY LATEST SINGLE...

Bread and Roses... brings me so much joy. It's a duet with a mega-talented Scottish singer, Karina Smillie. It's empowering to work with women in the industry, we need to hold each other up, celebrate our successes and enjoy a sense of community.

Singer-songwriter, Kat Healy originally hailing from Edinburgh, recently moved to East Lothian. A previously selected winner at the CalMac Music Awards 2016, she has been described as a combination of well-crafted songs, beautiful voice and delightful stage presence. Her new single Bread and Roses' was released on Friday 3rd April.

www.kathealymusic.com

**CAREER HIGHLIGHT...**

Opening for Joshua Radin at The Queen's Hall for the first time in 2016 and singing my song 'Wolf'. I was very moved and happy in that moment. It's my favourite venue, having seen so many of my idols perform there.

AFTER A PERFORMANCE...

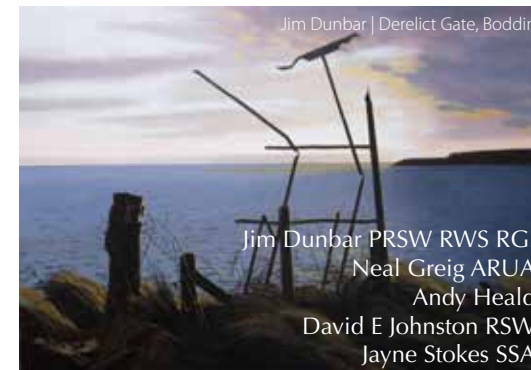
I always hug my partner Thilo who's often on stage playing piano for me. It's rare to share gig experiences like we do and we're grateful for the support we can offer each other. Then I have a large glass of wine!

FIDRA FINE ART

LAND & SEA



Jayne Stokes | Full Circle



Jim Dunbar | Derelict Gate, Boddin

Jim Dunbar PRSW RWS RGI
Neal Greig ARUA
Andy Heald
David E Johnston RSW
Jayne Stokes SSA

4 APRIL TO 3 MAY

Due to Covid-19 virus, gallery open by appointment only
All images are now available to view online

IDIOSYNCRATIC



Alan Macdonald | Bar Tzar

Mark Bannerman
Joe Davie
Alan Macdonald
Alice McMurrough RSW RGI PAI
Gordon Mitchell RSA RSW RGI

9 MAY TO 14 JUNE



Mark Bannerman | Fishermen do it in Nets

Open Tuesday to Saturday 11am-5pm | Sunday 12-4pm | closed Monday
7-8 Stanley Road, Gullane EH31 2AD | t: 01620 249389 e: alan@fidrafineart.co.uk | www.fidrafineart.co.uk



"THE VIEWS
ACROSS
THE DUNES
TOWARDS THE
BEACH ARE
SPECTACULAR"

HARVEST MOON HOLIDAYS LAUNCHES BRAND NEW LUXURY BEACH CABINS



It's been full steam ahead for East Lothian's premier glamping destination and wedding venue, Harvest Moon Holidays, which has been busy building seven brand new luxury beach cabins in time for Easter.

These fantastic new cabins, nestled between the sand dunes and woodlands behind Tynninghame beach, sit alongside their seven custom-made treehouses, and will replace the safari tents which have done Harvest Moon proud since they first opened over ten years ago.

Alex Mitchell, who runs Harvest Moon Holidays said; "This marks an exciting new chapter for us and we're

delighted with how the new cabins are looking. They will sleep six to eight people and will have exactly the same look and feel as the tents, but with wooden walls that will add an extra layer of comfort and warmth. There are no plans to install electricity or WiFi so our authentic glamping experience will remain the same.

As we've been building the cabins, we've really noticed that the big windows make them feel so light, spacious and airy – and the views across the dunes towards the beach are spectacular – our guests are in for a treat!"

HARVEST MOON

for more information on luxury glamping holidays & their beautiful beach and woodland weddings:
www.harvestmoonholidays.com | www.harvestmoonweddings.co.uk | e: info@harvestmoonholidays.com



CANTEEN STREET FOOD FESTIVAL RETURNS



The burgeoning popularity of food trucks, destination food halls and foodie-oriented outdoor festivals means the demand for street food is booming. And, here in East Lothian, Rogue Village's foodies' favourite Canteen Street Food Festival returns to Archerfield Walled Garden for their 2020 spring/summer season.

Not long ago street food in Britain meant a tasteless hot dog in a white bun, or a few greasy doughnuts at the funfair. But in recent years, bleak burger stands have been replaced by passionate and talented traders, working from vans, huts and caravans, serving food from all over the world.

And, East Lothian residents can experience the street food boom right on their doorstep at Archerfield Walled Garden. Launched in 2017 Canteen has now firmly established itself as a firm favourite on the street food calendar with foodies and families and attracts two thousand visitors every month. Positioning street food in a rural environment makes this a truly unique experience – juxtaposing trucks, fire-pits and DJs with the 18th century walled courtyard, amongst woodland trails and landscaped gardens. A programme of wraparound activity ensures there's more than food on offer, making this a great day out for young and old and plans for 2020 include a flea market, vintage car show and live music.

Listen to resident DJs, Four Corners, spinning vinyl with their soundtrack spanning soul, reggae, Latin, disco and afro in the courtyard where cocktail specialists including Herringbone and Poco Prosecco offer a range of seasonal cocktails. The fire-pits and the smell of freshly cooked food add to this sensory experience. Diners can burn off calories and try some wildlife spotting by exploring a range of walks and trails across the Archerfield Estate. Whilst the children can enjoy The Fairy Trail, an enchanted woodland walk where, armed with eco-friendly fairy dust, they can discover the tiny homes and stories of the local forest folk.

With thirteen traders every month including vegetarian, vegan, gluten free and child-friendly options, Canteen will bring over 50 different traders over the course of the season, including; Shrimpwreck, Harajuku Kitchen, Chick & Pea, The Crema Caravan, Pizza Geeks, Bostock Bakery, Shanty Town, Sugar Daddys and Moo Pie Gelato.

CANTEEN STREET FOOD FESTIVAL

Archerfield Walled Garden, Archerfield Estate,
Dirleton EH39 5HQ
Saturday 25 April, 30 May, 27 June, 25 July and 29
August | Time: 12-6pm



This recipe is a nod to my up and coming Cretan food gathering in May. This **Filo, Carrot and Spinach Pie** is a great sharing dish served with a Greek salad. And it's full of flavour and very nutritious. What more could you wish for? If you would like to come along to next year's Cretan Foodie Gathering please contact me via the Mad March Hare website.

INGREDIENTS

- | | |
|--|--|
| 1 large bag or bundle of spinach – dark green variety | Handful of pine nuts or any nut you like |
| Large onion finely chopped | Handful of raisins (optional) |
| 3 garlic cloves | Nutmeg and cinnamon to taste |
| 1 packet of feta cheese – crumbled | One teaspoon turmeric |
| 3 grated carrots (Buy muddy ones from Wilson's, North Berwick – they taste like carrots should!) | Pinch of ground cloves (optional) |
| Half a cooked sweet potato or butternut squash | Herbs – dill, parsley and coriander |
| 1 packet filo pastry | 125g melted butter or olive oil |
| | 2 egg yolks |
| | Malden sea salt and White pepper |

METHOD

1. Fry onion until soft, add garlic, spices and salt and pepper to taste.
2. Wilt spinach, drain and squeeze out as much liquid as possible (which you can drink). Chop the spinach with scissors and add to onion mix. Remove from the heat.
3. Add sweet potato or squash, grated carrot, feta, pine nuts, raisins, egg yolks, and herbs. Season with salt and pepper, and mix well.
4. One by one, generously brush each sheet of filo with melted butter or olive oil and add to a pie dish. Use three on the base then start layering – alternating filling and filo. Once you run out of filling top off with three sheets of filo.
5. Bake 200°C fan oven for around 20 minutes or until the top is golden. Eat and enjoy!

Amanda x

Please head to our website to find out all about the latest Mad March Hare events
www.themadmarchhare.com

IN THESE CHALLENGING TIMES, WE'RE SO GRATEFUL FOR SPRING

In these unprecedented and challenging times in light of the Covid-19 pandemic, The Brand Family are relieved to be welcoming in the new season. The increased daylight hours allow them to tend more easily to their outdoor reared livestock, including their new spring lambs.

Such difficult times means their focus has shifted from welcoming visitors to their caravan parks and holiday flat, to serving the local community as everyone pulls together to keep relatives and neighbours safe. The Brand Family are increasing deliveries across the region, providing a life-line for many who are self-isolating. Their delivery service includes milk, bread, butter, fruit and vegetables as well as their home-reared meat produce. You can find more details about the items available for delivery on their website.

With lamb traditionally being a highlight on spring menus, the family love nothing more than Granny Brand's Shepherd's pie on a school night, Friday night lamb kebabs or roast lamb on a Sunday. The Brands want you to enjoy good quality food at home. Look out for The Brand Family's 'three ways with lamb' recipes, available on their website and from their farm shop.

Jane and Grant Brand are striving to breed the best quality outdoor reared East Lothian pork and lamb using traditional native breeds such as Hampshire Down and Saddleback. Jane says; "Yes, it is true that many people are reducing their meat consumption but they are choosing to buy better when they do buy. Living consciously and all doing our bit for the environment including reducing food miles and supporting farms who demonstrate best practice is all part of this."

This spring will see The Brand Family moving into retail, both online with a new e-commerce facility on their website and in various stores across the county. Their delicious home-reared meats and free-range eggs are now available at Dunbar Garden Centre, The Strawberry Barn and The Store Room, Gullane. Keep up with The Brand Family on social media, life down on the farm is still far from quiet!

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SIMPLE & QUICK SODA BREAD

Covid-19 might make us rethink how and what we shop for, particularly when it comes to the basics. Bread-making always sounds like hard work with all the kneading and proving required. But what if I told you this loaf takes literally two minutes and there's no kneading either? As with all my recipes you can replace herbs and seeds and flavour with other things that you fancy but the beauty of this soda bread is that it's simple!

INGREDIENTS

170 grams spelt flour
170 grams rye flour
One large tub buttermilk
One teaspoon of bicarbonate of soda

Salt and pepper to taste
One teaspoon of caraway seeds
One teaspoon of your favourite dried herb
A handful of chopped nuts

METHOD

This is the simplest bread ever with no kneading at all. Mix all the dry ingredients together. Add the buttermilk and mix together (it might be a bit sticky but that's part of the fun!). Place bread on a floured tray and shape. Put in the oven 200°C fan assisted for 30 minutes or when you tap it, it sounds hollow.

Eat! Try not to finish it all though before anybody else has a chance! It really is that simple.

Amanda x

Please head to our website to find out all about the latest Mad March Hare events
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SOCIAL DISTANCING MENU

To help people out, over whatever the next few weeks, months throw at us, I will be offering delivery of the menu below. All the information you need to know is on the menu. If I can't get hold of certain ingredients I will use something similar. I'll also be posting lots of simple recipe ideas on my Facebook

page. Keep Safe

Amanda x

01 MONDAY

Red Lentil Aubergine & Spinach Lasagne
Charred Green Vegetable Salad
Chermoula Dressing

02 TUESDAY

Smokey Chickpea & Coconut Stew
Herby Rice
Mango Pumpkin & Bio Yoghurt

03 WEDNESDAY

Black Bean Burger Pattie
Crispy Onions Roasted Tomato
Chunky Pineapple Green Herb Salsa
Bostock Bagel
Tahini Mayo

04 THURSDAY

Green Lentil Dahl
Super Charged Baba Ganoush
Flat Breads

05 FRIDAY

Asparagus Frittata
Green Goodness Salad
Avocado Hummus Dressing

Anyday PUD

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Almond & Orange Sticky Cake



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In addition to this virtual service, should you wish to come into our showroom, it is being cleaned regularly, and we are open as usually 9-4pm Monday to Saturday. Our suppliers are sending samples direct

from their factories directly to you the customer, which eliminates additional handling and cuts on the carbon footprint.

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Unfortunately, we cannot do this remotely, however, our in-house installation team has modified their approach for the following:

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- Our cleaning regime at the end of every day and job remains the same, leaving clients with a flawless finish and clean environment.

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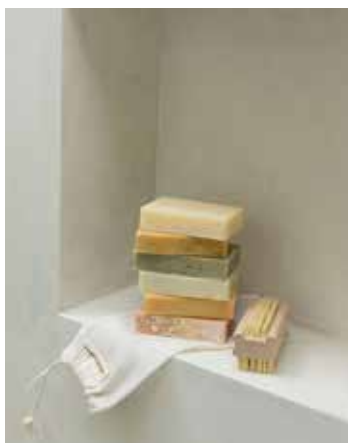
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BUBBLES FOR DAYS

words: hayley flanagan

Local, handmade, minimal and sustainable these are the soap stars helping clean up our act. Hayley from NØRDEN catches up with Callum Walker of Lochwood and Helen Atherton of Dook.

Hayley Flanagan: Why soap?

Callum Walker: I chose soap as the soap bar has been making an encouraging comeback and I feel it's time we purchased more eco-friendly plastic free products. The toiletries market is also notorious for using harmful methods and ingredients to produce and test its products and this motivated me to make something more natural and kind.

Helen Atherton: I've always loved to make things that are both beautiful and useful. I've dabbled with all sorts of different hobbies over the years but got hooked on soap making after I'd had kids. There's something about the brief time you have in the shower, those few, rare peaceful moments when you can take a breath. I love the fact that my products enhance that experience – soap that cleans really well but also feels like a bit of a treat.

HF: Where are your products made?

CW: At the moment I run the project along with a friend David, and all our products are made in Edinburgh as I think it's important to keep the locally-made market alive.

HA: I pour all Dook soaps individually, by hand. And, I run all the other aspects of the business myself. With increasing orders I now get help from my wonderful friend Jana who spends a couple of hours a week wrapping the soaps.

HF: Tell me about your ingredients and packaging?

CW: I pride myself in running a sustainable business. Using environmentally friendly and ethical products and methods are the greatest concerns. Lochwood soap bars are free of palm oil and animal cruelty, are vegan

friendly and are wrapped in recycled paper packaging with biodegradable adhesive.

HA: Dook soaps are plastic free, cruelty-free, palm oil free, paraben free and vegan. All our packaging and shipping materials are exclusively made from recycled and recyclable materials.

HF: What has inspired or influenced your brand?

CW: The brand is influenced by minimalism and zero-waste, every project undertaken within Lochwood aims to produce something that will not leave behind any waste, none whatsoever.

HA: There are several amazing beauty brands on the market who are trying to do that little bit more than the average. I love Haeckel, a Margate-based beauty brand who's experimental approach to formulation and packaging is a constant source of inspiration.

HF: What's next for your brand?

CW: I hope that I am able to expand into different areas of environmental concern. Expanding the soap range is the most likely next step, however, exploring other areas of toiletries is possible, perhaps textiles too – who knows? I will aim to keep the minimalist aesthetic and complete eco-friendliness consistent, whatever direction it goes.

HA: Last year was really busy, especially in the run up to Christmas. I'm trying now to refine and run my business in a more streamlined way and I'm enjoying making contact with new stockists across the UK and beyond. Look out later this year for new products and accessories which will help people reduce their reliance on plastic in the bathroom.

LOCHWOOD produces all-natural, completely eco-friendly soap bars targeted at men. They follow a minimalist aesthetic and aim to eventually create an expansive all-natural, environmentally-friendly product range for men. Their current range features four soap bars; Charcoal and Tea Tree, Moroccan Clay and Ginger, Grapefruit and Black Pepper and Scotch Whisky.

DOOK based in Portobello, Edinburgh makes salt soap in small batches using organic ingredients, essential oils and natural earth based colours. Each batch is mixed and poured by hand creating a distinctive, high-quality hand and body soap. Their soaps are made with Himalayan salt, coconut oil and shea butter which create a firm, long-lasting bar and a uniquely rich, luxurious lather.

And for Scandi suds, NØRDEN stocks: **MONK & ANNA SOAP** 100% natural soap, handmade by the lovely Margot in Haren, and **L:A BRUKET** – natural and organic skincare made on the west coast of Sweden with a simple philosophy: innovation driven by nature, not chemicals.

EASTER FUN

Spring is in the air and synonymous with spring is Easter and its age-old traditions. But Easter is going to be feel very different this year. Because of Covid-19 some of your usual Easter traditions may have to change. But you can still create a magical Easter for you and your family.



*Hand
Dye
Eggs*

Colouring eggs is a custom dating back to pagan times when bright colours were symbolic of spring and a celebration of the spring equinox. Use them as a home-based activity to keep the children entertained, and to brighten up your home with cheery spring colours and whimsical Easter-themed touches.

To hand dye eggs, inexpensive food colouring and watercolour paints are all you need. Fill a container with a mixture of water, vinegar and food colouring, dunk the egg, turning occasionally so both sides get colour. Keep in liquid for up to five minutes or leave overnight for a darker hue. Once dry, play around with watercolour paints and brush size to create stylish designs.

Simply hang dyed eggs from branches. Pussy willow, curly willow and cherry blossom sprays look amazing, especially in a vintage jug or galvanised bucket. Try different sizes to create stunning displays that you can drop from branches, the ceiling, a chandelier or anywhere you want a bit of Easter décor.



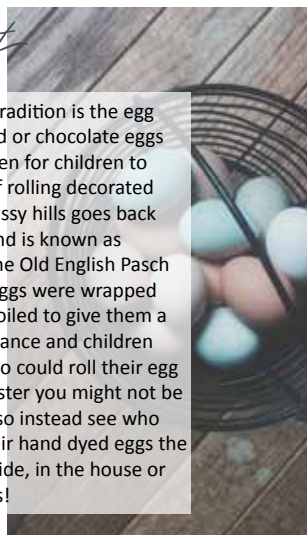
*Create
Stunning
Displays*



Bird feathers and eggs also work well together. Use them with dyed eggs or decorative eggs to create a stunning and unique display that is perfect for spring.

Egg Hunt

Another fun Easter tradition is the egg hunt. Hide decorated or chocolate eggs in the house or garden for children to find. The tradition of rolling decorated eggs down steep grassy hills goes back hundreds of years and is known as pace-egging, from the Old English Pasch meaning Passover. Eggs were wrapped in onion skins and boiled to give them a mottled gold appearance and children competed to see who could roll their egg the furthest. This Easter you might not be able to get to a hill, so instead see who can roll or throw their hand dyed eggs the furthest, either outside, in the house or even down the stairs!



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STORIES IN STONE SALTCOATS CASTLE

words: david hicks

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

Saltcoats Castle is a picturesque and unusual ruin just outside the village of Gullane. It was a place linked with the wealthy Livingston family for many hundreds of years, but was also home to more common people.

This was not a grim medieval fortress built for defence, but a comfortable and fashionable home for the local laird, Patrick Livingston and his wife Margaret Fettes. Every castle should have a legend, and there is a nice tale about how the Livingston family were awarded the land here. The story goes that an ancestor of Patrick's had killed a wild boar which had been terrorising the locals, using the highly unusual technique of choking it to death with a special feathered glove. The helmet and glove said to have been worn by the hero still existed until the 1700s, displayed in Dirleton church.

The castle dates to about 1590, and was constructed around a courtyard with a main block of twin towers joined by an archway. There are the remains of the kitchens, with a vaulted ceiling and large fireplace, an oven and an outlet for washing away the slops. There

is also a doocot, as pigeons were considered a useful source of food at the time, along with traces of an orchard and ornamental garden. Decorative features include a row of gargoyles along the roof and gun loops cut into the towers.

The last resident of the castle was Margaret Menzies, Lady Saltcoats, who passed away in 1790. By then a cottage had been built into one of the walls of the courtyard, for the use of estate's market gardener. For much of the 1700s this was the family home of John Bartleman, his wife Margaret Bell and their eight children. Their simple cottage has an interesting feature above the door, a carved stone plaque with the Livingston coat of arms. At one time this would have graced the main entrance to the castle, but as it became increasingly run down the gardener clearly decided to upgrade his own house.

This early example of recycling is a good reminder that places like Saltcoats Castle were not just statements of power for the wealthy, but also homes for everyday folk.

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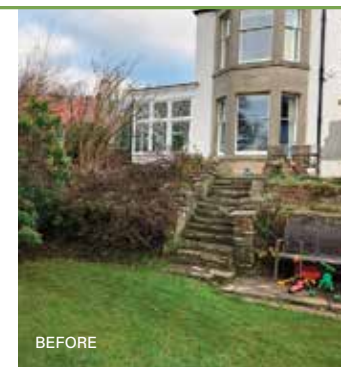
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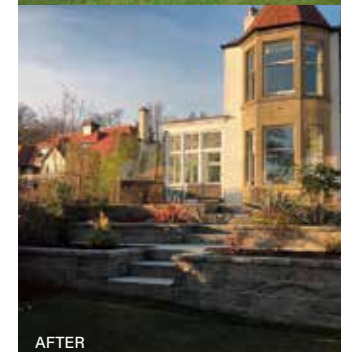
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Lifeboat (coastguard) 999
Scottish Water 0800 0778 778
Crimestoppers 0800 555 111
Police (local) 101

HOSPITALS

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

TRANSPORT

Edinburgh Airport 0844 448 8833
East Coast Buses 0131 555 6363
National Rail Enquiries 01620 894 942
NB Volunteer Car Scheme 01620 894 942

DOCTORS

Gullane Medical Practice 01620 842 171
North Berwick 01620 892 169

COUNCIL

East Lothian 01620 827 827
POST

Post Office 0345 611 2970
Royal Mail 0345 774 0740

LIBRARIES

Gullane 01620 820 645
North Berwick 01620 820 700

SCHOOLS

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
Dr Rev David Graham | Sun 10.30am Crèche and Sunday School, some evening services

Aberlady Parish Church | www.aberlady-gullaneparishchurches.org.uk
t: 01875 870 777 | Rev Brian Hilsley | Sun 11.15am, All age service 1st Sunday of month

Athelstaneford Parish Church
t: 01620 880 536 | Sun 10am, family service 4th 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
t: 01620 824 618 | Meeting 11am on 2nd and last Sunday of month

Gullane Parish Church | East Links Road, Gullane
t: 01620 843 192 | Rev Brian Hilsley | Sun 9.45am & Sunday Club. All age service 1st Sun

Longniddry Parish Church | Elcho Rd, Longniddry | 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
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
t: 01620 895 233 | Rev Neil Dougal | 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

APRIL		High Water		Low Water	
		AM	PM	AM	PM
3	Fri	1107	2350	0453	1738
4	Sat	1224		0616	1848
5	Sun	0100	1325	0712	1943
10	Fri	0449	1709	1100	2331
11	Sat	0533	1757	1141	
12	Sun	0619	1848	0008	1217
17	Fri	1139		0534	1833
18	Sat	0038	1252	0635	1925
19	Sun	0136	1344	0719	2005
24	Fri	0420	1632	1007	2223
25	Sat	0451	1705	1036	2246
26	Sun	0523	1739	1100	2304

MAY		High Water		Low Water	
		AM	PM	AM	PM
1	Fri	0915	2204	0228	1533
2	Sat	1037	2323	0425	1710
3	Sun	1153		0542	1819
8	Fri	0342	1604	0956	2227
9	Sat	0427	1652	1042	2309
10	Sun	0512	1742	1125	2347
15	Fri	0946	2335	0304	1631
16	Sat	1053	2345	0437	1740
17	Sun	1201		0539	1833
22	Fri	0319	1533	0906	2123
23	Sat	0352	1608	0942	2155
24	Sun	0426	1644	1017	2227
29	Fri	0753	2035	0107	1401

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



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