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THIS ISSUE

editor's letter



Summer is officially over, and let's be honest unlike other summers, most of us are not clinging on to the hint of an Indian summer. Rather we're feeling a little worn out and looking forward to change.

The biggest step change this year – COVID aside – or in fact because of COVID, is the drive and the desire to stay local, and in doing so it's been gratifying to see support for local businesses grow. We're all trying to be mindful about where we spend our money and trying to support local, small businesses who use the best possible products on the market.

And this issue is packed full of the best of local products and businesses in our area. From classic fashion finds to local places to shop for amazing produce and artisan wares. And if you're wanting to treat yourself to a beauty treatment (or two), we're featuring a number of local beauty providers. Plus, we're giving you the chance to win a treatment at Charlie's @ Garleton Lodge or win a set of gorgeous bath oils from Beatitude.

Until next time, embrace the change autumn brings and celebrate your local life.

Kim x

To advertise in the December 2020 | January 2021 issue please contact 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 by 26th October 2020.

Editor: Kim Williams **Contributors:** Edward Danks, Amanda Farnese-Heath, Hayley Flanagan, Joy Grey, David Hicks, Bernadette Petrie, Elaine Ramanaukas, Sally-Jean Rankin, Morag Readman, Bernie Rowen-Ross.

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LOOK WHAT WE FOUND!

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



SUPPORTING INDEPENDENT IS ESSENTIAL RIGHT NOW

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

When the thing you love the most is eating out, lockdown really put a stop to one of life's pleasures. Slowly, as eateries are opening their doors once again, I have been trying out a few gems. I visited Spry at the top of Edinburgh's Leith Walk. Simple, beautiful perfection.

The store stocks some of the best biodynamic wines I've tasted, including an orange and red from Wales. Truly delicious, it was like drinking the soil of the land through a blackberry straw! When we visited, guest chef James Murray (formerly of Edinburgh Food Studio) served the most divine sharing plates – some of the best flavours I've tasted in a long time.

Now, more than ever, is the time to be supporting our independent eateries so these tasty treasures survive. Go check out Spry it's an absolute belter.

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sprywines.co.uk



STATEMENT SLIPPERS

Editor Kim Williams updates her WFH wardrobe...

The best thing about working from home (WFH) is no one on your Zoom call knows what you're wearing on your feet! With the onset of colder days I'll be swapping my flip flops for cosy slippers and these two shoe-shaped clouds will be my go-to this autumn. The Sorel Nakiska slide suede slippers have a super soft, warm and cosy faux-fur lining and the rubber sole offers traction – just in case you forget to take them off when you venture outdoors. What's more, they're stylish enough for me to rest my feet on the desk during that Zoom call!

Sorel Nakiska Slide Suede Slippers £55
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CHOOSING TO THRIVE

Bernadette Petrie's powerful audio...

One of my dear swimming buddies, Emma Bell has just released her Audible Original audio-book which tackles the ultimate question: why go through life merely surviving, when you could be thriving? Along with her husband Graeme, Emma travelled the world meeting 50 inspiring people who were thriving despite incredible challenges. Proving that choosing to thrive is an option!

9 SECRETS TO THRIVING
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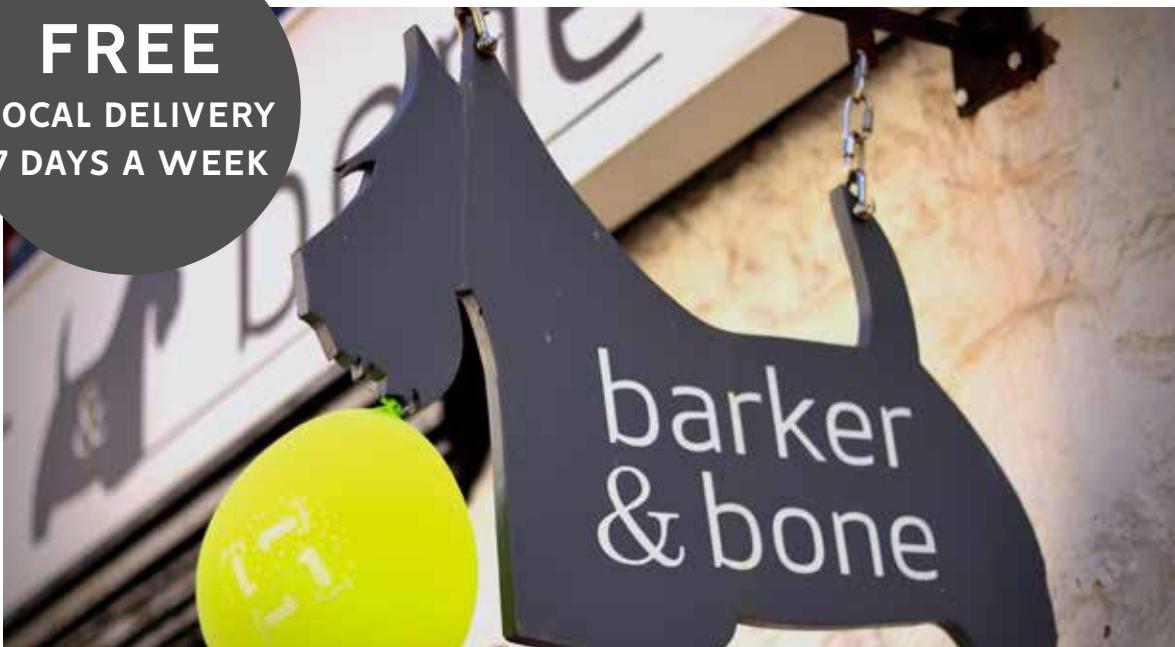
The AW20 fashion shows fell just before lockdown restrictions were put in place in Europe. Since then, not only has the fashion industry faced huge challenges, but the way we dress has changed significantly. The word trend is now a dirty word in fashion circles as we all look to be more mindful with our consumption and buy items with longevity in mind. There is continued shift toward wearable, classic pieces so here are our favourite classic autumn pieces that will last far beyond one season.

Our hero pieces for dressing this autumn are relaxed silhouettes, cocooning knitwear, oversized outerwear, classic blazers, go-anywhere denim and statement trousers from; classic hounds-tooth to animal print skinnies to high-waisted crops. Leather and faux iterations have been key for several seasons, and they still dominate the runways from head-to-toe in shirts, jackets and trousers. Black is most certainly back, but post-box red also had a place in the AW20 collections. Also helping lift the spirits are animal kingdom motifs – think zebra stripes and snake prints.



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BARKER & BONE TURNS ONE

words: kim williams | pictures: jack rowberry

Barker & Bone recently celebrated their first year in business, and owner Bev Gilhooley reflects on what a year it's been.

If pets could design their very own pet shop, it would look exactly like Barker & Bone. This North Berwick pet store, beautifully curated with the discerning pet and pet-owner in mind, is celebrating its first year in business.

There has been a pet shop on North Berwick's high street for over 36 years and last year when the former owners decided to retire, Bev Gilhooley who was ready to take on a new challenge, re-opened NB Pets as Barker & Bone. She, like all of us, had little idea of the challenges the world was about to face. Yet, despite the setback of a world-wide pandemic, Barker & Bone has managed to survive. The store remained open throughout lockdown for essential supplies. Bev says; "Although we remained open, there was hardly a soul on the high street. Yet we were kept busy with our regular deliveries, and this not only enabled us to keep our heads above water but ensured pet owners could provide for their beloved pets". For many, there was the struggle of loneliness throughout lockdown. And the appreciation of a four-legged friend or a love of nature helped many through. "I delivered supplies to people on their own and many said 'I don't know what I would have done without my pet', explains Bev, "What's more, I don't think I'll ever sell as much bird seed ever again!"

Looking back over the past year, the team at Barker & Bone all agree that the highlight has been getting to know the dogs and their owners so well. Bev says; *The stories we could tell, we could write a book! Happy and sad stories, but all reiterating the deep relationships we have with our beloved four-*

" THE STORIES WE COULD TELL, WE COULD WRITE A BOOK! HAPPY AND SAD STORIES, BUT ALL REITERATING THE DEEP RELATIONSHIPS WE HAVE WITH OUR BELOVED FOUR-LEGGED FRIENDS. "

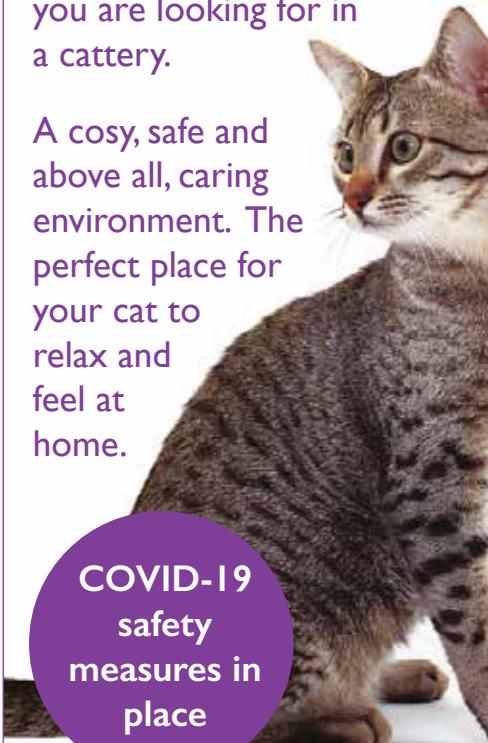
All photos can be viewed on Barker & Bone and Equine & Hound Facebook pages
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CAT HEAVEN

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Run by Marion Donovan, with the help of husband Stephen Birch, Howpark Cattery with its purpose-built accommodation is the perfect home away from home for your cat. Marion, who holds cattery management qualifications has many years experience in the cattery environment, and Stephen is responsible for keeping the cattery in good order.

Aware of the importance of regular maintenance, Marion used the period they were closed throughout lockdown to further improve the facilities at the cattery. She explains; *"My background as a cattery owner of many years standing and one of the very last FAB inspectors has always made me extremely aware of the importance of regular maintenance. The concrete base of my cattery, although still in good condition, had begun to look discoloured. Suddenly I had an empty cattery, lots of time and perfect weather for painting floors. So thanks to lockdown, Howpark Cattery has a beautiful floor again."*

Having re-opened at the beginning of October, Marion is well aware of the changes which need to be made due to COVID-19 and her client's concerns – both human and feline. Safety measures have been put in place to protect everyone. Bringing your cat to the cattery and collecting will be strictly by appointment and all clients will be given an appointment time. Plus, payment methods will also be different. However, you can rest assured the one thing which has not changed, is the love and attention your cat will receive throughout their stay.

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WHY SHOULD I HAVE A SETTLEMENT AGREEMENT

words: edward danks



It is not always necessary to use a Settlement Agreement when a Contract of Employment or employment relationship is terminated but a Settlement Agreement does usually provide a quick and dignified end to an employment relationship and can avoid time, cost and stress for all parties.



A Settlement Agreement is an agreement between an employer and employee (or former employee) which is used to bring an employment contract or employment relationship to an end in a mutually agreed way.

When terms are agreed, a formal written Settlement Agreement will be produced by the employer. For the Settlement Agreement to competently waive an individual's right to bring legal proceedings, certain legal conditions must be met. The employee must receive independent advice from a relevant advisor such as a Solicitor. There may be a cost involved in obtaining such advice, and employers should offer to pay any such fee or a contribution towards it, to ensure that the employee gets the necessary advice. It should be remembered that Settlement Agreements are legally binding and employers may also wish to seek legal advice when preparing them.

Settlement Agreements often contain clauses relating to confidentiality requiring the parties to keep the

Agreement itself confidential and not disclose its details to any third parties (usually with limited exceptions such as professional advisors and close family members).

If an offer of a Settlement Agreement is rejected, and the employment relationship continues, employers could choose to follow up with alternative action to bring the employment relationship to an end. However, employers must always follow a fair process before an employee is dismissed. Failure to do so will leave them vulnerable to potentially losing any subsequent unfair dismissal claim that the former employee may make.

If any provision of a Settlement Agreement is not implemented, for example; the employer fails to pay the financial compensation to the former employee then the remedy is usually a court action based on breach of contract and damages.

The legal information provided in this article is for guidance only and you should always seek early legal advice regarding any employment law matter from a relevant advisor such as an employment solicitor.

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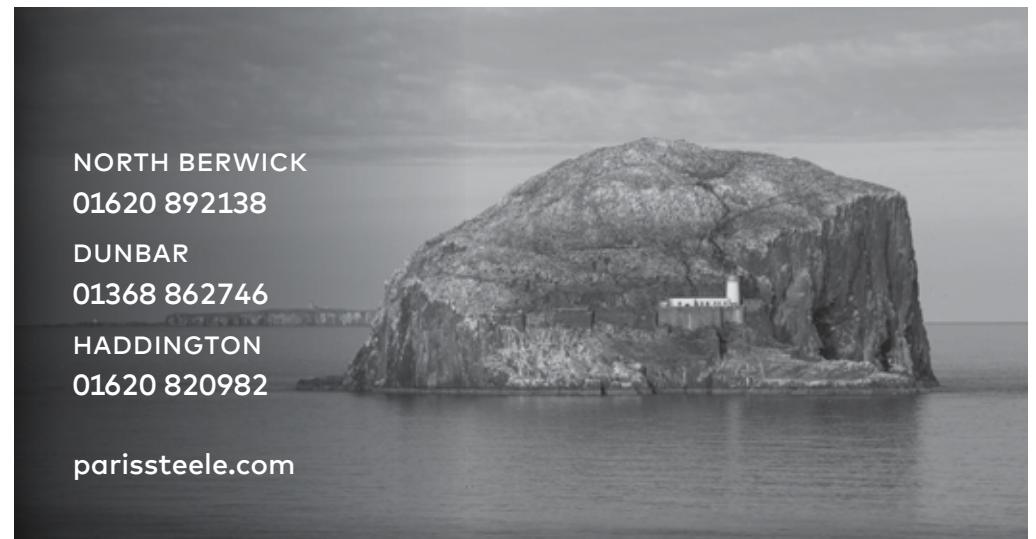
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MEET THE MAKER KATE MILLBANK

words: hayley flanagan

Alongside its Nordic home-ware, North Berwick-based NØRDEN also curates East Lothian artists who celebrate our local coast, country and the nature of our northern clime. This issue we meet printmaker and designer Kate Millbank.

Kate Millbank's work is inspired by the coastal landscape and its rich flora and fauna. She is particularly drawn to the strandline in Aberlady Bay and will often be found collecting seaweed, shells, broken pottery and other flotsam and jetsam. As a printmaker and designer, she works primarily in the medium of lino printing and birch ply. Kate uses sketches of her beach finds and surrounding seascapes, playing with scale and detail, to create the compositions for her prints which are produced by hand from her studio in East Lothian.

Kate's extensive training includes; a Foundation in Art and Design at Wimbledon School of Art, a BA (Hons) Degree in Fashion Design at Central Saint Martins and a Masters in Sustainable Architecture and Design at the Centre for Alternative Technology. She worked in Paris, in fashion design, for many years. And, later for an environmentally-conscious interior design and product company. After leaving London

for Scotland, she studied printmaking at Edinburgh Printmakers and established her own design studio in 2017. Sustainability and craftsmanship is at the heart of Kate's design ethos.

In addition to her prints, Kate has designed flocks of plywood birds; geese, lapwings and the new bird on the block, blackbirds. Kate says; *"I am lucky enough to live near Aberlady Bay, with its diverse population of coastal birds. You only have to walk down to the shore to see oyster catchers with their bright orange beaks, wading redshanks, curlews and lapwings. Thousands of pink footed geese arrive every autumn. It's a constant source of inspiration."* Each bird is laser cut from FSC approved birch ply and then screen printed by hand with feather details and other distinctive markings. Designed to swoop gracefully across the wall or hang suspended in your home, in muted shades of blue, reminiscent of the vintage flying ducks of the 50s.

" KATE HAS DESIGNED FLOCKS OF PLYWOOD BIRDS DESIGNED TO SWOOP GRACEFULLY ACROSS THE WALL OR HANG SUSPENDED IN YOUR HOME. "

A large selection of Kate Millbank's plywood products and limited edition prints, original and giclee, are available from NØRDEN.

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BEST BATHROOM TILE IDEAS

Bathroom tiles form a considerable part of your bathroom renovation budget. To maximise your investment and minimise the hassle of replacing them, you'll want to choose tiles that you're going to love for a long time to come. Forever Spaces share their favourite bathroom tile ideas to bring your walls, floors and shower unit to life – both now and in the future.



Raw & Natural

Natural, unrefined finishes offer a respite from the hard, cold surfaces commonly found in the bathroom. **Marble and marble-effect bathroom tiles** offer a timeless elegance that is sure to age well. **Wood effect bathroom tiles** are a fantastic way of incorporating natural (yet water resistant) finishes into your decor. Consider using them across your floor and feature wall for a luxurious, impactful and seamless aesthetic. Add stunning texture with **stone or stone effect bathroom tiles**. Available in a variety of colours, opt for cool tones or warm hues, depending on the atmosphere you wish to create.



Go Geometric

Triangular, hexagonal, chevron, curved or irregular – **geometric bathroom tiles** will certainly bring your bathroom bang up to date. Be bold and playful, incorporating various shapes and colours, or opt for a single style across the board for a classic look.

Herringbone bathroom tiles fuse together the simplicity of their metro-style cousins with geometric structure. These eye-catching tiles look fantastic in neutral tones and boast a contemporary feel that would refresh any bathroom.



Metro tiles or subway tiles (as they are also known) have become increasingly popular throughout 2020, and their simple design means that they will undoubtedly remain a strong tile choice for some time to come, with neutral colours such as white and grey enhancing their longevity.



Modern Rustic

Rustic bathroom tiles use various materials; stone, wood effect, red brick etc. The one thing they all have in common is a distressed and/or sepia-toned aesthetic. For a more polished rustic feel, choose metallic or terracotta-coloured tiles, paired perfectly with concrete effect surfaces.

If you're thinking about transforming your bathroom, Forever Spaces can help. To discuss your project, design inspiration or to arrange a free consultation please get in touch.

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TOP TIPS FOR AUTUMN CLEANING

Autumn leaves are falling and finding their way into our homes, meaning more sweeping to do! As we start to spend more time indoors, spend some time to make sure your home is comfortable and clean. Morag Readman, owner of the East Lothian franchise of Bright & Beautiful shares her top tips...

Keep dust and cobwebs under control

The spiders are taking up residence indoors too, so extra time is needed to get rid of cobwebs – extendable cobweb brushes and lambswool dusters are the best to use. With the nights drawing in, it's a great time to give your lamp shades a bit of tender-loving-care. Use ostrich feather dusters and for a really good clean, take the shade off the lamp and gently vacuum or wash it.

Freshen bedding

You may be thinking about switching to heavier bed linen or a higher tog duvet as it gets colder. Don't forget to vacuum and turn your mattress, and pop the mattress cover and pillow protectors in the wash.

Don't let mould take over

At this time of year, we may be less inclined to leave our bathroom windows open. This can lead to a build up of mould, so it's really worth taking a minute after your shower to remove the water from your shower screen, using a simple 'squeegee'.

Top tip for extractor hoods

If you have an extractor hood over your hob, you can unclip the filters and pop them in the dishwasher. It always pays to check your manual first, but this makes most filters look like new!



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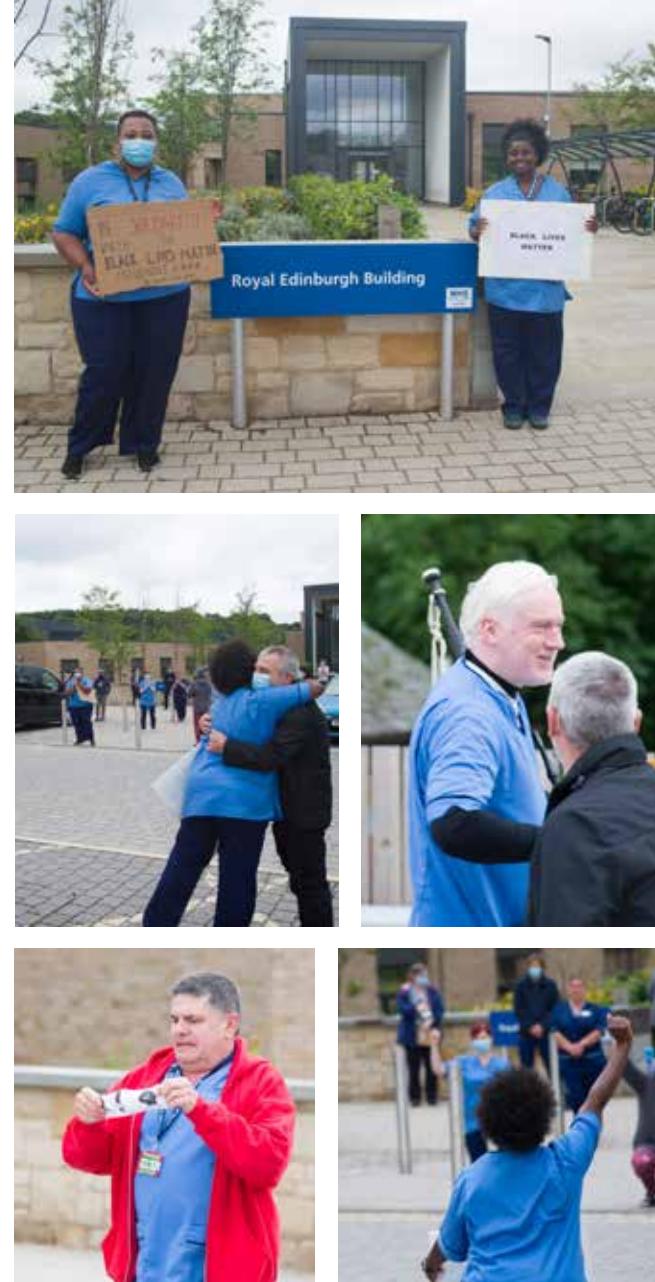
Imagine if you no longer had to find the time to clean during your evenings or weekends.

brightandbeautifulhome.com



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 to contact the organisers directly in cases dates and circumstances change.



Pictures from BLM Protest. Top: Scotch Bakasa B6 MH Charge Nurse (left) and Jacqui Abzie-Mckendrick B5 MH Nurse | Middle Left: Jacqui and her husband, Brian Mckendrick | Middle right: Matt Donaldson B5 MH Nurse (with bagpipes) | Bottom left: Geoff Earl B6 MH Nurse | Bottom right: Jacqui Abzie-Mckendrick

BLACK LIVES MATTER

words: bernadette petrie | pictures: jed gordon

Last issue I wrote about the Black Lives Matter campaign, and my own experiences of being treated negatively as a Northern Irish Catholic woman. This led to me meeting Jacqui Abzie-Mckendrick, one of our NHS key workers, a local organiser of the Black Lives Matter campaign and representative from the BAME community. She shares her personal experiences as a woman of colour living in East Lothian.

Born in London, Jacqui and her parents, who had been working and living in the UK, returned to Ghana when she was six-months-old. She was raised and educated there. Fast forward 24 years, a childhood friend who had married an academic and was working in Edinburgh, persuaded Jacqui to come to see her birth country.

She described the feeling of walking along Prince's Street in 1994 as a total shock. The strange sensation of not seeing one person like her, amongst the hundreds of faces. Ghana, a former British colony until 1957, meant her view of Britain was very misinformed. In Ghana they speak the 'Queens English' so understanding dialects is a minefield. She didn't for one minute think people would be homeless, unemployed or living in poverty. Nor did she have any understanding of the cultural differences between England, Scotland, Wales and Ireland. She remembers leaving a job interview incredibly offended because, in Ghana, 'wee' means 'drugs'. Highlighting how even English words can be totally misunderstood.

Jacqui fell in love, married a Scotsman and moved to East Lothian. Swimming against the current became her everyday reality and still is. She told me racism in East Lothian is subtle. Because of racist programming, people treat her differently when she is with her husband, and Jacqui lives everyday in a system where she needs to do double the work to prove herself. Her early experience of living in Scotland made Jacqui aware

" THE STRANGE SENSATION OF NOT SEEING ONE PERSON LIKE ME, AMONGST THE HUNDREDS OF FACES. "

Jacqui organised a BLM protest at Royal Edinburgh Hospital on 8 July this year, along with SCOT BAME's Leader, Oudwin Griffith (Senior Clinical Nurse Specialist in Interventional Neuroradiology at QEUH, Glasgow and Chair of NHS GGC BAME Staff Network), Geoff Earl and Scotch Bakasa for more information visit SCOT BAME Network on Facebook

A DAY IN THE LIFE OF ARTIST ANGELA REPPING



I WAKE UP...

I like getting up early before the whole house wakes up. I treasure that quiet cup of coffee and bake sourdough every other day.

A TYPICAL DAY...

I go for a walk or run to empty my head before I start drawing and painting. I work when my boys are in school.

HOW I GOT INVOLVED IN ART...

From a young age I always enjoyed drawing and making things but I didn't take art in high school. It wasn't until my early twenties that I created my own portfolio, and was lucky enough to be accepted at Duncan Jordanstone College of Art.

BEST PART OF THE JOB IS...

I feel pretty lucky to be able to immerse myself in something I love. Being an artist is very solitary but I treasure my time alone. The absolute best thing about being an artist is that it opens up a whole world of connections and friendships.

AND THE WORST...

A big part of being an artist is applying for up and coming

exhibitions. These mostly end with not being selected. It never gets easier but you do learn to get over the disappointment and try, try again.

CAREER HIGHLIGHT...

Being selected for the 2017 BP Portrait Award and the 2018 Scottish Portrait Award. Just to be part of an exhibition surrounded by amazing figurative artists was awe-inspiring and so exciting.

IN TEN YEAR'S TIME...

Pottering around in my cottage garden attending my veggie patch, and an outbuilding for my studio. Oh, and a goat, some chickens, a dog and our gorgeous cuddly cat. Ahhh if only!

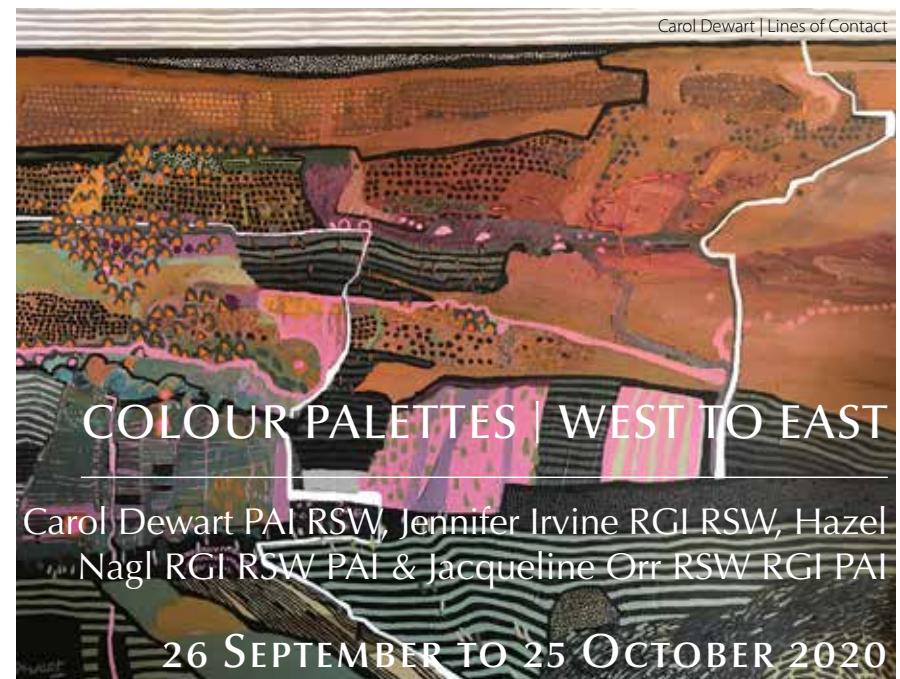
MY LATEST EXHIBITION...

The last few months have been a bit out of the ordinary. So being able to get back to drawing and painting feels so good! It has been a joy being out and about again, meeting my sitters and preparing for the exhibition 'Only Human' at Fidra Fine Art. To be part of this show with figurative artists who inspire me is such an honour.



FIDRA FINE ART

Carol Dewart | Lines of Contact



COLOUR PALETTES | WEST TO EAST

Carol Dewart PAI RSW, Jennifer Irvine RGI RSW, Hazel Nagl RGI RSW PAI & Jacqueline Orr RSW RGI PAI

26 SEPTEMBER TO 25 OCTOBER 2020

Jackie Anderson | North Berwick Line



ONLY HUMAN

Jackie Anderson, Jennifer Anderson, Henry Jabbour
Angela Repping & Graeme Wilcox
with sculpture from Alejandro Lopez

31 OCTOBER TO 29 NOVEMBER 2020

For opening hours and further details please refer to our website
www.fidrafineart.co.uk | e: alan@fidrafineart.co.uk



EASTERN ENCOUNTERS: FOUR CENTURIES OF PAINTINGS AND MANUSCRIPTS FROM THE INDIAN SUBCONTINENT

Highlights from the South Asian holdings of the Royal Collection will be on display, the majority for the first time in Scotland, at The Queen's Gallery, Palace of Holyroodhouse. Paintings, prints, drawings and photographs from the wider Royal Collection included in the exhibition will explore the 400-year shared history of the British monarchy and the rulers of South Asia.

until 31 January 2021 | The Queen's Gallery, Palace of Holyroodhouse, Edinburgh

Royal Collection Trust © Her Majesty Queen Elizabeth II 2020

OUT & ABOUT *in the area*



ROBERT GREENHALF, MATT UNDERWOOD AND ANTHONY THEAKSTON EXHIBIT AT THE SOC

The next exhibition at the SOC in Aberlady, is a joint exhibition which presents paintings and prints by Robert Greenhalf and Matt Underwood alongside sculptures by Anthony Theakston. Robert and Matt are painters and printmakers, using woodcut as their main printmaking technique. While Robert is a master of the muted palette and tends to embrace the whole landscape, Matt uses bold colours and designs while zooming-in on his subject. Anthony adds his own personal take on wildlife to this exhibition: his sculptures, in bronze or ceramics, are remarkable for their pared-down approach, aiming to capture life with minimal detail.

1 October – 15 November 2020
Scottish Ornithologists' Club (SOC), Waterston House, Aberlady
www.the-soc.org.uk



STORIES IN STONE HADDINGTON HOUSE

words: david hicks

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

Haddington House must have seen many family gatherings over its long history, but surely few more remarkable than the gathering of the Maitland clan in 1745.

The house was already old when Alexander Maitland and Katherine Cunningham moved in, probably around 1670. Alexander was someone of power and influence, through his role as factor and chamberlain to the Duke of Lauderdale. His boss effectively ran Scotland on behalf of the king, dispensing patronage and punishments to ensure the nation's loyalty.

The original house was built in the early 1600s in an L-shape, possibly on the site of a much older building, with an octagonal stair tower added slightly later. The Maitlands bought up plots of land surrounding their property, creating a fashionable ornamental garden with a vineyard for growing fruit. One of the purchases included buying a doocot from a neighbour, which can still be seen in the garden's boundary wall today. In 1680 the main entrance was moved from the stair tower to the street front, and a rather grand porch and stairs were added, with the owners initials carved over the door.

This would have been one of the grandest, but also perhaps the noisiest house in the town. Haddington House was a family home, and it was here that many of Alexander and Katherine's fifteen children were born and raised. At least three of their children died in infancy, but many of the others lived well into old age.

Katherine would have been in her mid-forties when she had triplets, born on 25 August 1675. Haddington House must have been a special place for them, as they held their 70th birthday party there in 1745. They still had many years left to enjoy though, Richard died aged 74 Isobel passed away aged 89, and Anna lived to the ripe old age of 95.

The last resident of Haddington House was Harry Faunt, a market gardener who lived there from 1920 until 1966. Both the house and garden were then bought by the Duke and Duchess of Hamilton, and passed to the care of the Lamp of Lothian Trust and the Haddington Garden Trust. Haddington House is now an office rather than a home, and hopefully those who work there today feel a connection with the place as strong as the Maitland triplets.



HOW CONSCIOUS ARE WE

Ayurvedic Counsellor **Bernie Rowen-Ross** tells us, now is the time to fix our mindset and start to become conscious of what we do, and what we don't do.

Following various Facebook pages, I am always amazed at some of the news which appears in them. I see so many helpful people answering questions, helping find 'a tinker, a tailor, a candlestick maker' – as does this magazine. During the summer of lockdown, we saw rules broken, hearts broken and systems beyond repair. But now it's time to fix our mindset, it's time to become conscious of what we do and what we don't do. There is so much good in the world.

Let's look at the great things which surround us. In East Lothian we are in an area which boasts beautiful beaches, a place where we can walk in the crisp autumn air and see a kaleidoscope of colour. In Ayurvedic Healing we call this the Vata time of year – it is cold, dry, rough and windy. But, there are so many ways we can help ourselves feel balanced and comfortable during autumn. Keep warm and well covered in the wind. Drink warm milky drinks with powdered ginger (the vegan option is nut milk). Treat yourself to a self-massage with lovely warm oil. Eat warming soups and stews, and permit yourself to rest. So many of us are very driven to keep going, but according to Ayurveda, rest is as important as activity.

Ayurveda is an ancient health system which developed in the Himalayan region over 5,000 years ago and is still valid today. Ayurveda views the body as an expression of cosmic intelligence. Ayurveda uses simple herbal preparations and encourages the use of food to create harmony within the body. If used correctly, there are no side effects and often simple solutions can solve complex problems. Drinking three cups of Ayurvedic tea during the day can help most digestive issues and is incredibly cleansing. There are so many small changes that can enhance our well-being and keep us feeling happy.

AYURVEDIC TEA

½ tsp coriander seeds
½ tsp cumin seeds
½ tsp fennel seeds

Place the seeds in a cafetière, and pour boiling water over top. Brew for 5 minutes before plunging. If you don't have a cafetière, simply place seeds in 1½ litres of water and boil for a few minutes. Strain into a mug before you drink.

This article is not a substitute for professional medical advice. If you have a medical concern, consult your health professional.

Bernie Rowen-Ross is an Ayurvedic Counsellor and Psychotherapist, she consults via Zoom
t: 01620 844 321 | www.ayurveda-balance.uk



IT'S TIME TO TUNE IN AND LET GO

It goes without saying that 2020 has sparked fear, uncertainty and turbulence globally. Bernadette Petrie explains we may feel 'over COVID', but in real terms we have to accept things are the way they are – meaning, they are not the way they were. And with this acceptance, comes the way forward.

When I tune into the energy coming from the media and social conditioning, I find my head spinning and my inner child going into panic mode. My inner critic tells me; we're doomed, it's an economic disaster, a social disaster, the dark forces are winning. On these days I feel very heady and overwhelmed. It's a nudge to tune more deeply inwards. Eventually, I'll take a few belly breaths and connect once more to a different energy, a remembrance of what I know – we are all spiritual beings on a human journey, it's all going to be okay.

If you're feeling heady and uncertain, try this. Take a few moments, make sure you're aware of all parts of your body. Relax your shoulders, relax your hands and feel the ground with your feet. Take ten, slow gentle belly breaths. You will have thoughts which come and go. Don't judge them, just observe them. Consider this; if you are able to observe your thoughts, this means you are not your thoughts. You are 'the witness' to the thoughts your mind is revealing to you. Thoughts which are all part of the collective energy you are absorbing. Tuning into the news or social media overly, or 'borrowing sorrow from tomorrow' takes us into a false reality.

To put things into the bigger perspective, we have never been in control of our exterior environment, our very existence is a miracle. As you sit and read this you are

on a planet rotating on its axis, hurtling us through space at nearly 1700km a hour, and it has been doing so for a long, long time! Yet we have no sense of this and the reason you are not freaking out about it, is because your inner wisdom knows it's all okay. Our egoic mind focuses on unhelpful worrying thoughts, about far less risky things, and this steals our joy.

But, we can take action and love and cherish the parts of us that are clinging onto and overly identifying with these limiting thoughts. This autumn on planet earth (the one that's spinning like crazy!) the trees will once again let go of their leaves in preparation for the new. We can mirror this pattern and let the thoughts which don't serve us, fall away and make ready for what is to blossom next year. As we move forward into winter nights, let's take those breaths more frequently, let's practice saying 'hello' to our Divine mind, the one that has universal perspective, instead of overly hanging out with the egoic mind, the one that has the limited world view. Why follow a guide who can't see the best route through the adventure ahead?

Choosing to accept that we have no real idea of what's going to happen over the next few months and to be okay with the not knowing, is acceptance in motion. In the process we tap into the wiser part of us that sees a more beautiful world right now.

The Barefoot Sanctuary relaunches in October please contact Bernadette for upcoming Barefoot Experiences (groups and 1:1) | bernadette@thebarefootsanctuary.co.uk

THE BAREFOOT SANCTUARY | 45 Melbourne Place, North Berwick | www.thebarefootsanctuary.co.uk



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COMPETITION

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email your name and address to: info@beatitudedeproducts.com
entries must be received by: midnight, 30 November 2020

T&Cs: One entry per person. The winner will receive a selection of Beatitude products to the value of £120. Winner to be notified by email 30/11/20. No cash alternative available. Decision is final and no correspondence must be entered into. Persons entering will have their details added to the Beatitude database for marketing purposes only. You have the right to unsubscribe at anytime. Your email addresses will not be shared with 3rd parties.

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There's something undeniably luxurious about rubbing cleansing balms into the skin, and watching makeup and grime simply melt away. Balm cleansers give a feeling of luxurious retro self-care. While it may seem like cleansing balms are a new thing, the truth is people have been using them for many years. Theatre actors in the early 20th century relied on balm cleansers to remove the heavy layers of grease paint they used for the stage.

These days cleansing balms have received a modern twist with many having predominantly natural formulas. Bringing them to the attention of those in the green beauty realm, such as Karolina Bajbuz. After experiencing complicated skin issues, and with a family interest in herbalism and natural medicine, Karolina set up East Lothian-based natural skincare brand Deerieo. Short-listed for the 2020 Pure Beauty Awards, The Veil is Deerieo's multi-purpose cleansing balm which doubles up as a skin treatment and indulgent face mask (simply leave on for 10 minutes). With the sensual relaxing scent of exotic jasmine, lavender and juicy sweet orange it will gently, yet effectively, melt away makeup and impurities without drying or irritating your skin. Leaving your skin feeling velvety soft, deeply rejuvenated and radiant.

BARE BEAUTY

words: kim williams | pictures: amanda farnese-heath

In the quest for beauty, we typically turn to skincare products. While there's no doubt that topical products can be effective, they do have their limitations. Taking a natural and holistic approach to caring for ourselves will not only help us improve our skin, it will also help us age well and maintain good health.



For founder of Bare Beauty Helen Mulloy Reid, well-being has always played an important part in her life. A beauty and holistic body therapist, make up artist and yoga teacher, she is also a mum of four and granny of three. Trained at the Mary Reid international school of beauty in Edinburgh, Helen also received facial training in Paris and worked at various spa venues throughout the UK before setting up Bare Beauty in the spa city of Bath, six years ago. Having recently returned to North Berwick, she has now opened her beauty studio in the grounds of her home.

Both beauty and body trained as well as a qualified yoga teacher in body and face, Helen very much believes in the well worn cliché; 'your health is your true wealth'. She explains; *"Some time and space created in your life to care for yourself is so incredibly important. I'm passionate about promoting a holistic approach to caring for your face and body. I love my working world and feel proud of what I have created by staying true to my beauty values and vision for Bare Beauty."*

A holistic approach simply means looking at and treating something as a whole, and not just parts of it. The underlying philosophy is that these parts are interrelated and interdependent – balance, and therefore, health can only be achieved if all the parts are working properly. It means looking for the causes as opposed to simply just treating symptoms. For Helen, this is key to her natural and holistic approach to facial and body rejuvenation. She adds; *"I'm really interested in how my clients live their lives. I offer tips, pointers and advice to help, especially with regards to skin care. Your skin often reflects what's going on inside, and it can be tricky for women, in particular, dealing with adult onset acne, rosacea, hormonal breakouts, menopausal effects, a problematic complexion and so on."*

Bare Beauty offers a personalised well-being service for women, men and teens. A tempting range of beautifully devised beauty and body treatments including; facials, scrubs, massages, make-up and holistic therapies using organic, natural and vegan product ranges designed to enhance natural beauty. What's more clients have the benefit of experiencing the treatments on a one-to-one basis with no other clients or staff around. Which given, the current COVID situation, is an additional bonus. And with a gorgeous setting, Helen's natural calming aura and grounding energy, you'll leave relaxed, soothed in body and soul – helping you look and feel fantastic from the inside out. You'll be your own kind of beautiful.

BARE BEAUTY

open Monday to Sunday 8am – 9pm
by appointment only, free parking on-site
19c Law Road, North Berwick EH39 4PT
e: hello@barebeautytherapy.co.uk t: 07986863797
www.barebeautytherapy.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 facials and mud wraps on my 'frivolous uses for perfectly good money' scale. However research shows the benefits of massage are endless – helping with balancing emotions, anxiety, circulatory issues, joint and muscle pain, insomnia and much more. As we leave lockdown behind us, I spoke to Charlie Thomson, therapist at Garleton Lodge to find out why massage is much more than a luxurious indulgence – especially now.

Why would I choose to have a massage?

Massage has always been one of the remedies available to us to help cope with the challenges of the modern world. Post lockdown many people are far more aware of finding time for self care and prioritising their needs. Even in a single session, you can experience a reduction in stress, improvement in immune system function and better overall resilience. For many, a massage, spa day or simply a pedicure can be meaningful self-care.

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 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.

40 | LOCAL LIFE

Soft Tissue Massage

Following a short consultation, our therapist 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.

Aromatherapy Massage

This holistic treatment uses essential oils through the application of massage to relieve stress and anxiety, promote relaxation and aid pain relief. Essential oils are known to improve circulation, enhance the immune system and reduce pain levels linked to conditions

including joint pain or chronic fatigue. 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 60 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, manicures and pedicures and a day spa package which offers a 30 minute massage, use of hot tub and relaxation room, a light lunch or afternoon tea served with glass of Prosecco.

CHARLIE'S @ GARLETON LODGE

30 minutes £45 | 45 minutes £60 | 60 minutes £70
Manicure £30 | Pedicure £30
Day Spa Package £90 (Tuesdays to Thursdays only)
t: 01620 826256 | e: charlies@garletonlodge.co.uk



WIN A 30 MINUTE TREATMENT WITH CHARLIE

To win a 30 minute treatment with massage therapist Charlie, simply answer the question below. All entries will be entered into a prize draw and the winner will be chosen at random.

Question

How are essential oils used in massage treatments?

email your name, address and answer to: charlies@garletonlodge.co.uk
entries must be received by:
midnight, 30th October 2020

COMPETITION



EARLY MORNING YOGA

words: sally jean rankin | pictures: Lindsay scott

Autumn is a time for us to slow down, gather our energy and to ground it. And what better way than through your Yoga practice?

Did you know that when you wake up in the morning you literally go through an energy distribution phase? When you're preparing for your day from the moment you wake up your brain kicks into action and you start thinking. As we prepare and move into autumn one of the best things you can do for yourself is to conserve your energy, and one of my favourite ways to do this is through habitual healthy habits like early morning Yoga. It sets you up for the day, warms and stretches your body, settles and focuses your mind and your energy. Here are two Yoga poses for your autumn practice that will ground both you and your energy.

Uttita Hasta Padangustasana Extended Hand to Toe Pose



After six rounds of Sun Salutations come to Mountain Pose at the top of your mat. Begin by becoming very aware of your feet touching the mat. Start to imagine roots growing through the soles of your feet, feel strong in your body by grounding your energy and drawing your knees and thigh muscles in towards your thigh bones and engage your Bandhas. Focus on a spot in front of you (dristi) inhale, lift your right knee up, reach out with your right hand and take hold of your right toe. Lengthen your spine, keep your Bandhas engaged and as you exhale begin to take your right leg out to your right side, now very slowly look to your left. Use your breath and your dristi to focus the mind whilst you balance on one leg. Hold for five deep breaths. To come out of the pose inhale, bring your right leg back to centre, exhale, and slowly lower your foot to the floor. Repeat on your left side. This pose strengthens ankles, legs and core muscles, improves balance, flexibility, concentration and focus. If you're a beginner practice your Tree Pose first to build strength and confidence.

This is a wonderfully grounding pose that prepares you for the second more cooling phase of your practice. Come to sitting on your mat, extend your legs and bring them together and flex your feet. Inhale, lift your arms up by your sides so you externally rotate your shoulders, bring your hands together over your head and gaze up to your thumbs, this is your dristi. As you exhale, fold forward over your legs and take hold of your shins, ankles, feet or toes. If you're a beginner you can put a folded blanket underneath your sit bones bending your knees if you need to. You can also use a strap if you have one. This pose stretches your back body, grounds the body, stimulates internal organs and calms and focuses the mind preparing you for meditation. Just be mindful if you have back issues not to over stretch, check into how you feel when practicing the pose and never force your practice.

Pashchimottanasana Seated Forward Fold Pose



For further information on Yoga classes both online or in a studio, Yoga events, brunches, retreats or Indian Head Massage and Hand Reflexology please visit: www.kinship.studio

images ©Lindsay Scott numbereightcreative

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.



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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.

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FENTON BARNs FARM SHOP AND CAFÉ



We've missed you!

We'll be open again in October, and we're looking forward to welcoming you all back to our temple to gourmet food and drink.

Whether you're looking for free-range chicken, cottage cheese, fabulous jams and chutneys, sticky toffee pudding, freshly-baked scones, preserved lemons, cinnamon sticks, haggis, or an original present, wrapping paper, and a greetings card for someone you love, we're here and happy to help.

Shop opening hours 10am to 5pm daily, Café 10am to 4.30pm daily.

Fenton Barns Farm Shop & Café
Fenton Barns, North Berwick
East Lothian EH39 5BW

T 01620 850294

W www.fentonbarnsfarmshop.com



FENTON BARNs FARM SHOP AND CAFÉ RISES LIKE A PHOENIX

Fenton Barns Farm Shop and Café has risen from the ashes both metaphorically and literally. Closed since December as a result of a fire and rebuilding work hampered by the coronavirus pandemic, we speak to owners Roy Campbell and Mhairi Mackenzie-Robinson as they once again open this much-loved farm shop and café.

It's hard to believe that more than ten months have passed since the farm shop and café at Fenton Barns was closed as a result of a fire on Christmas Eve 2019. Refurbishment work began in March this year, stopping for several weeks owing to COVID-19 restrictions, restarting again, in earnest, in July. The damage caused by the fire was extensive so the repairs have been comprehensive, but the building is now in fantastic shape and waiting to welcome back its many loyal customers.

The farm shop's operators, husband-and-wife team Roy Campbell and Mhairi Mackenzie-Robinson, took over the business in September 2006. At that time they were coffee importers and also ran The Fruitmarket Gallery Café in Edinburgh, numerous pop-up cafés in the city (including the café in the bookshop at the Edinburgh International Book Festival in Charlotte Square), Saint Giles' Cathedral Café, and the café at Lyon & Turnbull (auctioneers).

"Fenton Barns Farm Shop was an attractive proposition for us," says Mhairi, *"at a stage in our business when we wanted to expand into food retail on the back of running cafés."* Mhairi's background includes working as Head of Marketing at the National Galleries of Scotland, where she was closely involved with buying for their shops. *"Roy and I both have a passion for good food and design-led giftware, so when the business came up for sale in such a lovely part of the country, it seemed like a logical fit."*

Over the first couple of years, Roy and Mhairi settled in to the venue, developing a café menu

with food that was prepared on site, and seeking out suppliers, both local and from further afield – whose products were of the highest quality.

In 2008 they upgraded the building, installing a full high-spec commercial kitchen. They also put in specialised retail lighting and removed one of the internal walls to open up the space between the shop and the café. *"It made real sense."* says Roy. *"The experience of being in either the shop or the café instantly became much less self-conscious than before, with the whole room – the bustle of the café combined with the browsers in the shop – contributing to a much livelier atmosphere overall."*

Dreadful as the fire was, it meant the building could be completely renewed. There is new flooring, new panelling and paintwork, new doors and windows, new lighting, a new entrance and new furniture. *"The whole place has been re-wired and re-fitted, and feels fresh and new,"* continues Roy, *"but we'll still try and keep a sense of the old farm shop and café. We'll still be supporting the same faithful producers and maintaining our original standards. From that point-of-view, it should still feel quite familiar to everyone. Just a newer version."*

Mhairi adds; *"We've certainly seen a lot of changes over the years and passed through a whole range of food fashions. Our guiding principle is to source and prepare delicious food. Whether it's vegetarian, carnivorous, vegan, gluten-free, local or from elsewhere, fancy or plain – it just has to taste good."*

FENTON BARNs FARM SHOP AND CAFÉ

Fenton Barns Retail Village, North Berwick EH39 5BW

t: 01620 850 294 | e: info@fentonbarnsfarmshop.com | fentonbarnsfarmshop.com

FOOD & DRINK

pumpkin and courgette with pearl spelt, and a tahini yoghurt and lemon dip

PUMPKIN SEASON IS UPON US



Watch out those beautiful culinary pumpkins are back in season! We are blessed to have Kilduff Farm here in East Lothian producing some beauties right now and I can't wait to work my way through the whole darn lot of them. This pumpkin and courgette with pearl spelt, and a tahini yoghurt and lemon dip is just perfect for autumn. The recipe uses Kabocha, but any pumpkin would work just as well.

INGREDIENTS

Pumpkin of choice, peeled if you don't like the skin, but equally tasty with the skin on
Pearled spelt (available in Earth Matters)
Courgette or marrow, cut into cubes
4 cloves of garlic, chopped
2 large onions, chopped
Dill and parsley
4 tbsp Light Tahini (Belazu is the best)
300g Live yoghurt
Lemon juice and zest
1 tbsp Olive oil
Maldon sea salt and black pepper

METHOD

1. Cook the spelt barley, I prefer it slightly under cooked with a bite. Drain and set aside.
2. Roast the chopped pumpkin and courgette at 160°C until you can stick a fork into both. The courgette will cook faster so add about 15 minutes after the pumpkin.
3. Meanwhile fry up onions until soft and add garlic. Season to taste.
4. Add spelt, roasted veg, chopped herbs and lemon zest.
5. For the dip, mix tahini, yoghurt, lemon juice and olive oil together. Add salt and pepper to taste. Sprinkle a bit of dill on top

Such a simple dish full of goodness. Try not to smile when eating!

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

*here's why
you should
be eating
pumpkin*



Pumpkin is high in vitamins and minerals while being low in calories. It's also a great source of beta-carotene, a carotenoid that your body converts into vitamin A.

It contains the antioxidants alpha-carotene, beta-carotene, beta-cryptoxanthin and many others, which may protect your cells against damage by free radicals.

It is high in vitamins A and C, which can help boost your immune system. Its supply of vitamin E, iron and folate may strengthen your immunity as well. And, its high vitamin A, lutein and zeaxanthin contents may protect your eyes against sight loss, which becomes more common with age.

Pumpkin is packed with nutrients, yet has under 50 calories per cup (245 grams). This makes it a nutrient-dense food. It's also a good source of fibre, which may help suppress your appetite.

Pumpkins contain carotenoids which function as antioxidants. These compounds are linked to lower risks of stomach, throat, pancreas and breast cancers.

It's a good source of potassium, vitamin C, fibre and antioxidants, which have been linked to heart health benefits.

Pumpkin is high in beta-carotene which acts as a natural sunblock. It also contains vitamins C and E, as well as lutein and zeaxanthin, which can help keep your skin strong and healthy.

Pumpkin can be easily roasted, puréed into soup or baked into pies. Its seeds are also edible and highly nutritious.

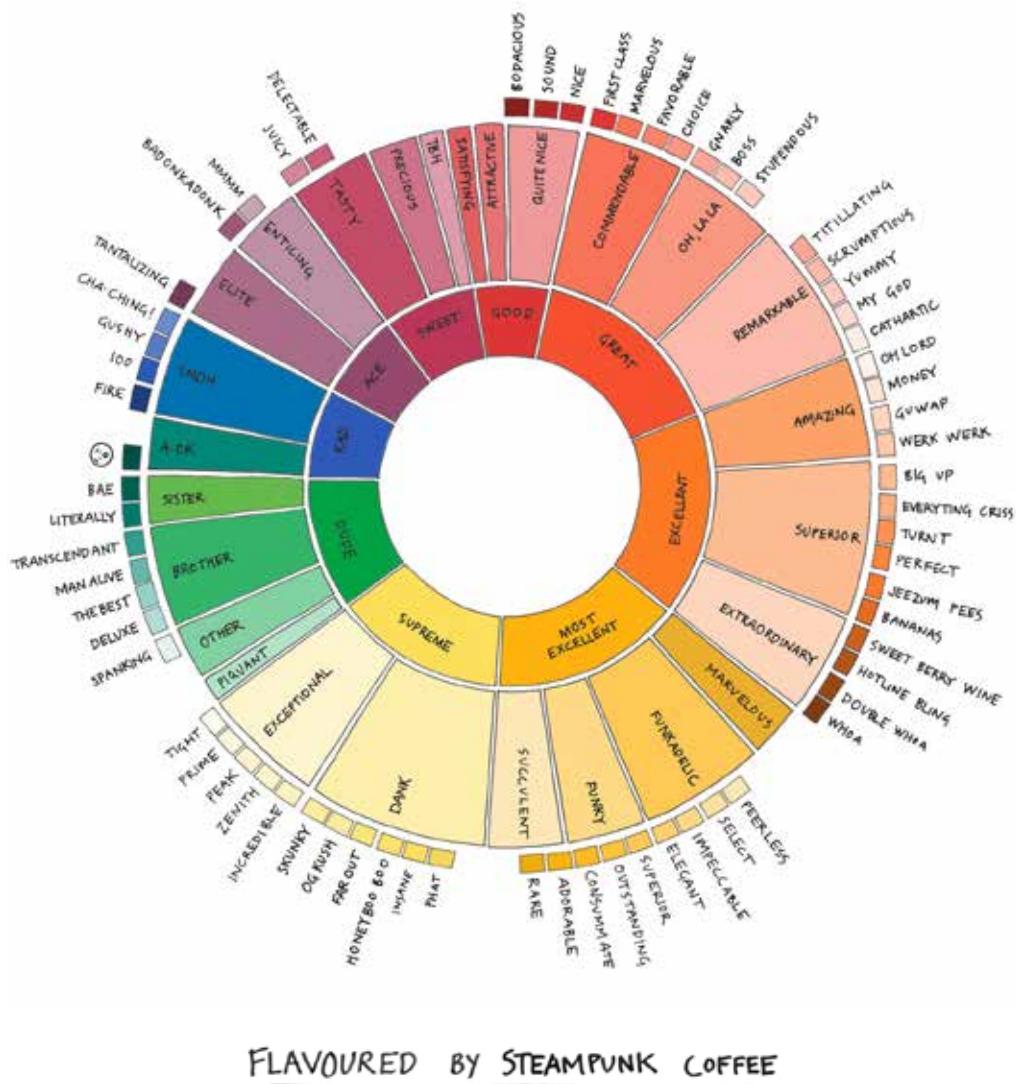
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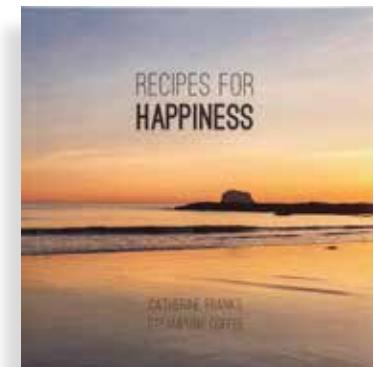
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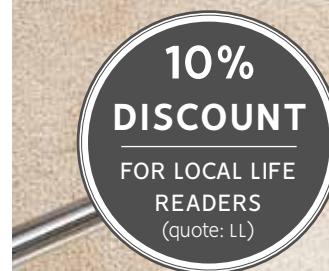
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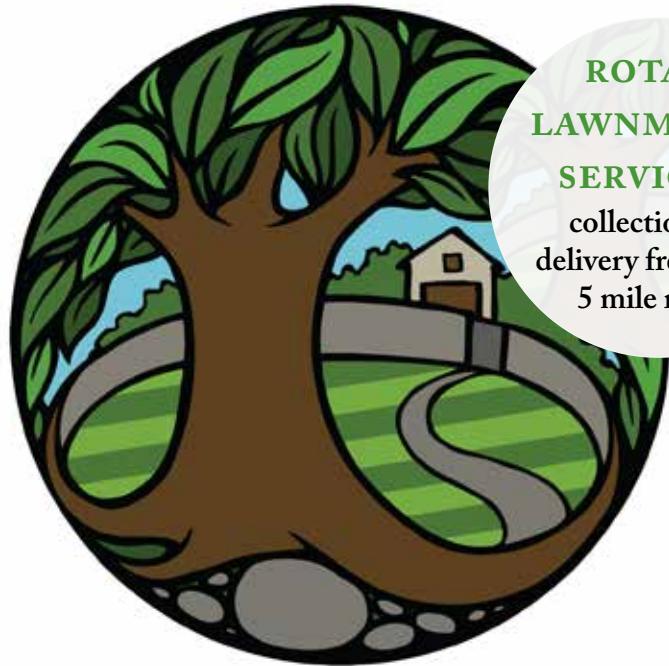
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JOBs FOR THE OCTOBER GARDEN

words: joy grey

Autumn is here, it feels colder and the days are shorter. It's a beautiful time of year – with the trees changing colour, bright blue skies, berries, seeds and crisp mornings. Perfect for preparing the garden for winter.



Planting

This is the perfect time to start planting trees, hedging, roses and fruit canes as bare rooted plants become available which are easier to handle and cheaper. Plant herbaceous perennials while the soil is still warm enough for roots to take hold before winter sets in.

SPLIT UP SPRING-FLOWERING PERENNIALS

I like to leave some 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. Divide congested herbaceous perennials to ensure healthy, vigorous plants that will continue to perform year after year. After tidying borders, mulch with well-rotted manure, leaf mould or mushroom compost to insulate plants through the winter, keep weed growth in check and improve soil structure.

PLANT SPRING BULBS AND CHEERY POT DISPLAYS

Plant the last of your spring-flowering bulbs in clumps of five or seven bulbs of the same variety for an eye-catching display. Fill pots with bulbs to place in full view of the house. Bulbs should be planted at a depth equal to twice the height of the bulb. Now is also the time to plant cheery pot displays with winter colour – such as; heathers, cyclamen, winter pansies and skimmia.

SAVE HERBS FOR WINTER

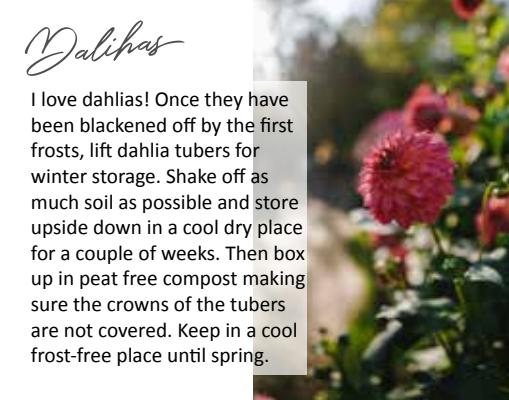
Tender herbs such as basil, coriander, parsley, dill and mint cannot withstand frost, so they are best potted up and brought under cover or inside before first frosts arrive.

Be good to your lawn and reap the rewards next year. Rake or brush leaves off the grass to prevent brown patches. Store them in a perforated leaf bag – they will turn into leaf mould which you can use as a mulch and soil conditioner. Scarify, aerate and feed the lawn. Give it a last cut on a higher setting than normal to help protect it from frost damage.



Lawns, Hedges & Pruning

Give hedges and topiary a final trim ensuring that they look neat and tidy through the winter. Mulch them with compost afterwards. Prune roses, especially climbing and rambling roses. This is a general prune reducing size by about a third and tying in stems to prevent windrock. Clear up and dispose of fallen leaves to prevent diseases such as black spot from over-wintering.



I love dahlias! Once they have been blackened off by the first frosts, lift dahlia tubers for winter storage. Shake off as much soil as possible and store upside down in a cool dry place for a couple of weeks. Then box up in peat free compost making sure the crowns of the tubers are not covered. Keep in a cool frost-free place until spring.

GOOSE GREEN DESIGN

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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 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

| | | High Water | | Low Water | |
|----|-----|------------|------|-----------|------|
| | | AM | PM | AM | PM |
| 2 | Fri | 0340 | 1603 | 0947 | 2144 |
| 3 | Sat | 0410 | 1632 | 1011 | 2213 |
| 4 | Sun | 0440 | 1702 | 1034 | 2240 |
| 9 | Fri | 0749 | 2014 | 0021 | 1235 |
| 10 | Sat | 0849 | 2120 | 0124 | 1352 |
| 11 | Sun | 1003 | 2241 | 0326 | 1624 |
| 16 | Fri | 0231 | 1459 | 0852 | 2102 |
| 17 | Sat | 0313 | 1541 | 0937 | 2147 |
| 18 | Sun | 0356 | 1623 | 1021 | 2231 |
| 23 | Fri | 0823 | 2043 | 0128 | 1353 |
| 24 | Sat | 0937 | 2158 | 0259 | 1534 |
| 25 | Sun | 0954 | 2214 | 0354 | 1611 |
| 30 | Fri | 0140 | 1405 | 0745 | 1943 |
| 31 | Sat | 0212 | 1434 | 0810 | 2016 |
| | | High Water | | Low Water | |
| | | AM | PM | AM | PM |
| 1 | Sun | 0243 | 1503 | 0836 | 2048 |
| 6 | Fri | 0540 | 1755 | 1035 | 2313 |
| 7 | Sat | 0628 | 1844 | 1115 | |
| 8 | Sun | 0725 | 1946 | 0022 | 1234 |
| 13 | Fri | 0017 | 1248 | 0636 | 1848 |
| 14 | Sat | 0104 | 1333 | 0724 | 1936 |
| 15 | Sun | 0150 | 1416 | 0811 | 2025 |
| 20 | Fri | 0603 | 1816 | 1139 | |
| 21 | Sat | 0704 | 1919 | 0020 | 1225 |
| 22 | Sun | 0809 | 2027 | 0134 | 1341 |
| 27 | Fri | 0027 | 1259 | 0635 | 1835 |
| 28 | Sat | 0107 | 1333 | 0705 | 1913 |
| 29 | Sun | 0143 | 1405 | 0735 | 1950 |

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