COMMUNITY & LIFESTYLE MAGAZINE

LOCAL LIFE





SHAKE UP YOUR KITCHEN
STYLE



3 (8)

693

FOREVER SPACES

LOVE THE HOME YOU'RE IN

FREE









Look what we Found!	4
Fashion Planet Fashion	9
Fashion It's All About the Accessories	10
A Day in the Life of Emma Cross	13
Wild About Fabric	14
Summertime and the Living is Easy	17
Cover Story Shake it Up	18
Interiors Nordic to the Max	22
Food & Drink The Dark Horse Burger	24
Memories are Made of Food	25
New Bird at the Lake	26
A Chocolate Tipple	28
Thrum of Bass Rock inspires Artists	30
Stories in Stone Coastguard Cottages, North Berwick	32
It's Show Time	33
To Do List	34
EZ-Riders Pedal-Powers Into East Lothian	36
Mind, Body & Soul Confidence	38
Mind, Body & Soul Live your Life without an Eraser	39
The Zone Facelift – Better than Botox	4
Ayurvedic Yoga –Summer Flow	42
Charity Offers Virtual Workshops to Vulnerable Women	44
Restoration Men	48
Gardening How to Make a Wildlife Pond	54
And Finally	58

To advertise in the October November 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 3rd September 2021. Editor: Kim Williams Contributors: Amanda Farnese-Heath, David Hicks, Hayley Flanagan, Bernadette Petrie, Elaine Ramanauskas, Sally-Jean Rankin, Bernie Rowen-Ross

Distributed by: Johnson Distribution Services www.jdsdoor2door.co.uk



Ithough there are some of you out there who are not big fans of hot weather, generally people absolutely adore the summer months and consider summer



their favourite time of year. Adore or not, we all know how fleeting the Scottish summer can be, and for most of us jetting off to tropical climes is not on the cards this year.

If like me, you're yearning to see different places, taste exotic flavours that transport you to places afar and dress like you're on holiday, this issue is packed with ideas to get the ball rolling. From summer fashion finds, which are actually good for our planet to the best food and drink alfresco. We've plenty of ideas about places to visit, from festival highlights to local art exhibitions, historical finds to pedalling through the East Lothian countryside.

Until next time, stay safe, enjoy summer, enjoy Local Life.

Local Life is designed, edited and published by Local Life Magazines Ltd, the Lighthouse, Heugh Road, North Berwick EH39 5PX. Whilst every effort is made to ensure accuracy in the information contained in this magazine, Local Life Magazines Ltd cannot be held liable for any errors or inaccuracies. Any opinions expressed in this magazine are not necessarily those of the publisher.



www.yourlocallife.co.uk

Lim x



ALFRESCO DINING

Amanda Farnese-Heath's foodie finds...

It's been great, especially as summer arrived to be able to go and eat out again. I must admit, like many, I still feel a bit nervous about eating indoors and try to find outdoor space if possible. Edinburgh's Timberyard is one of my all time favourites. Over the years this established eatery's courtyard and trees have grown, not only greener, but more popular when the sun shines. Share a few small plates and their now famous 'Gimlet' and feel transported to a Mediterranean olive grove.

10 Lady Lawson Street Edinburgh | timberyard.co

A TRUE LOCAL HERO

Bernadette Petrie's powerful find...

Ali Blevins was diagnosed with Parkinson's in 2017 and almost immediately started drawing, which led to painting. She is a huge inspiration to me and I'm thrilled that she's agreed to do her first solo exhibition at The Barefoot Sanctuary this August.

My Parkinson's Art Journey

The Barefoot Sanctuary | 8–10 August, 10am–5pm | free admission



3 icicles £15.00

WHAT WE FOUND!



CHARMING CERAMICS

Kim Williams embraces her inner Christmas spirit (early)...

I am not one to mention the C-word much before, oh about the 18th December. But I had to embrace my inner Christmas spirit when I saw the charming collection of ceramic festive decorations from a collaboration between Aberlady-based printmaker Kate Millbank and Dirleton-based ceramic artist Charlotte Cadzow. I adore the delicate icicles which are carefully twisted into long drops and look beautiful when hung against dark green foliage. And if like me you're not ready for the C-word, then just think how beautiful they'll look hanging in the garden or style them indoors among some gorgeous autumn foliage. Available to buy this autumn.



TREAT YOUR HOME TO THE PERFECT FINISHING TOUCH!



QUALITY, MADE TO MEASURE BLINDS



FITTED BY EXPERTS



We offer you a wide range of exclusive blinds and solutions at affordable prices and no matter what the size of your order your request will be met with expert advice, individual attention and dedication to customer service.



Call today to arrange a FREE quote 0800 148 8245 ForthBlinds.co.uk sales@forthblinds.co.uk

■ @ForthBlinds **f** Forth Blinds

Interest Free Credit

Trusted Trader

Unit 16, Mid Road Industrial Estate, Mid Road, Prestonpans EH32 9ER (By prior appointment)

WOODEN • PERFECT FIT • VERTICAL VENETIAN . ROLLER . ROMAN . SKYLIGHT

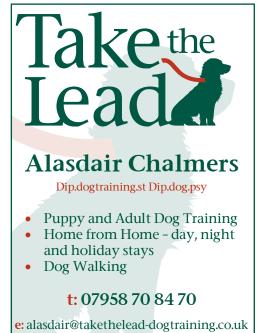


Open: Monday to Saturday 10am - 5pm

47 High St, North Berwick EH39 4HH

Sunday 11am - 4pm t: 01620 894417

where your cat would choose to star Howpark provides just what you are looking for in a cattery. A cosy, safe and above all, caring environment. The perfect place for your cat to relax and feel COVID-19 at home. safety measures in place Just off the AI, only I5 minutes south of Dunbar The Coverage, Howpark, Grantshouse TD11 3RP t: 01361 850356 www.howparkcattery.co.uk



www.takethelead-dogtraining.co.uk











brands who care just white | fransa | b.fair | bibico







dress £ 49.99 | BIBICO: fair trade linen top £ 54.95, fair trade linen dress £ 89.95 | JUST WHITE: sustainable blouse £ 79.95, organic cotton top £ 69.95 | B FAIR by B YOUNG: organic lola jeans £ 54.95, ecovera viscose maxi skirt £ 49.99, ecovera viscose blouse £ 34.99 | SECRET BOUTIQUE, Main street, Gullane EH31 2AP | www.secretboutique.shop























Clockwise from top: Earth Squared backpack, Earth Squared tote bag, Katie Loxton bags, Joma Jewellery, Róis Scottish Sea Glass necklace, Róis Scottish Sea Glass earrings, POM rings, Powder headband and socks, Powder hat, Lisa Marsella earrings, Lisa Marsella triple drop necklace, Long & Son handbag and purse All available from So and Co Accessories

IT'S ALL ABOUT THE

With the help of a few key accessories even the most basic outfit can be transformed. Susan Oliver of So and Co Accessories tells us that now, more than ever, there is a desire for more meaningful products - accessories which are locally made and imbued with a sense of craftsmanship and artisanal techniques. Here are her favourites:

Based in East Kilbride Lisa Marsella Jewellery makes jewellery from sterling silver and hand-painted aluminium so no two pieces are the same. Original, vibrant and colourful Lisa's pieces are popular across all age groups.

Whilst travelling with her husband Katie Loxton, founder and creative director of accessories brand Katie Loxton, fell in love with unique pieces of jewellery using semi-precious stones and silver beads and began the journey to create Joma Jewellery – designing pieces with sentiment and soul.

Edinburgh-based company **Powder** create unique accessories which are fabulously wearable, evoking both glamour and fun. We love their quirky hats, socks, headbands and scarves.

Feel good fashion accessories that are fabulous and fairtrade. North Berwick's Earth Squared deliver both with their gorgeous collection of bags, purses, scarves, gloves and small accessories.

Róis Scottish Sea Glass based in Glasgow, trawl Scottish shores including North Berwick for their handmade jewellery made from pieces of sea tumbled glass. Their beautifully unique pieces have proved so popular that So and Co have people coming in with sea glass they've collected to be turned into jewellery.

UK-based designers Peace of Mind (POM) design with exactly that in mind – your piece in mind. Each item is lovingly designed and produced according to ethical and environmental policies. So not only is their jewellery beautiful but you're doing good when you purchase it too!

Fashion bag company Long & Son established in 2009 has built a reputation for quality in both materials and workmanship.

SO AND CO ACCESSORIES

75 High Street, North Berwick EH39 4HG | 01620 890009 www.soandcoaccessories.co.uk

10 | LOCAL LIFE LOCAL LIFE | 11





seasalt



BRAKEBURN3

DIDRIKSONS1913

















57 High Street North Berwick EH39 4HH t: 01620 893 793

www.greatescapenorthberwick.co.uk Open: Mon-Sat 10am-5pm, Sun 11am-4pm







instruments: Vintage Clocks and Watches, Grandfather Clocks, Pocket Watches, Bracket Clocks and Genuine **Restored Military Watches**

Specialists in Victorinox Swiss Army Watches

TIME FLYS

ALL WATCH AND CLOCK REPAIRS | NO JOB TOO SMALL

01620 890 466 or 07860 696 769

watchandclockrepairs @ hotmail.com • www.watchandclockrepairs.co.uk

I WAKE UP...

early doors as I am way more of a morning person, then I flake out in the evening.

WORK STARTS...

always with coffee. And actually work never stops, like most parents I spend a lot of time juggling, so I don't switch off.

A TYPICAL DAY...

doesn't exist. Every day you learn something new, even after 20 years in interior design I am still developing better contacts, learning new aspects of my work and I never take anything for granted. People often say they want to be an interior designer, then talk about how good their taste is and how nice their homes are. Your personal taste and style have very little to do with being a successful designer; it is all about listening, interpreting, guiding and inspiring the client. I want them to have the best possible experience and a truly personalised result.

BEST PART OF THE JOB IS...

is meeting clients and being privileged to work with them on their homes, no matter the size or scale of the project I take it all in my stride and am passionate about delivering the best possible service for my clients.

AND THE WORST...

Of course there are challenges, so the worst part of my job is dealing with any kind of conflict.

AFTER HOURS...

I like to unwind by sea swimming and drinking the odd cocktail! I also spend time tackling my own home. It is a constant building site and changes all the time, which I suppose is another aspect of always searching for the best possible environment to live in.

A DAY IN THE LIFE OF

INTERIOR DESIGNER **EMMA CROSS**

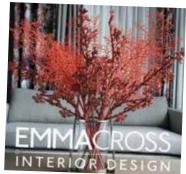
It was Emma's unusual upbringing, which inspired her to become an interior designer. As a child she lived in a large home in Bruntsfield, where her mother was the live-in nanny and they had the annex flat adjoined to the main house. A large Georgian villa which needed a lot of work. Emma spent her time imagining how it could be. Later sold to an interior designer, Emma fell in love with the changes the new owner made on her former home. Emma also loved Pillow Talk, starring Doris Day as an interior designer, which she says played a part in her career choice. Stills from the film take pride of place in Emma's office

Fast forward through summer jobs in interior design agencies, a design course in London, and Emma spent eight years with luxury house builder Applecross,

working with clients on their apartments and overseeing and designing show homes. In 2010, she set up Emma Cross Interior Design. Now a team of five, they can be found in North Berwick's Millwalk Business Park, where their showroom allows customers to browse a range of wallpapers, fabrics, furniture and home accessories. They offer a full interior design service tailored to meet any budget and style.

EMMA CROSS INTERIOR DESIGN

6 Mill Walk Business Park. North Berwick EH39 5NB t: 01620 894532 | m: 07968561752 e: admin@emmacrossinteriors.com www.emmacrossinteriors.com







WILD ABOUT FABRIC

words: kim williams

Crafting is officially cool. Knitting, embroidery, sewing and a host of other crafts have cast of their unglamorous image and are enjoying a boom thanks to television shows such as The Great British Sewing Bee. And for Rosie Creyke, who started sewing on a vintage Singer sewing machine when she was eight-years-old, this rise in popularity along with her own interest, led to the launch of Rosemary Wild.

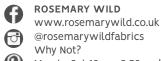
osie's interest in sewing has waxed and waned over the years, but it is always something she's come back to. And as a mother of three, she encouraged her daughters to learn the craft. It was in 2020 when she was unable to find fun and colourful fabric for her daughter to sew her first skirt, that her business idea came to fruition.

Launched online in September 2020 Rosemary Wild, sells colourful contemporary natural fabric and artisan craft kits. Rosie explains; "I have been wanting to launch a fabric retail business for several years and with my youngest child starting school, this seemed the perfect time to do it. I hadn't quite anticipated launching during a pandemic and home-schooling three young children, so the whole business was launched over Zoom!"

A year on, Rosie provides a valuable, local service to stitchers and crafters in East Lothian selling a hand-picked collection of stunning fabrics and a carefully curated selection of craft kits, both online and from her pop-up shop at North Berwick's Why Not? Rosie also celebrates British artisans and independent makers with their high-quality craft kits, including East Linton's The Crafty Kit Company.

Sustainability is important and Rosemary Wild only source natural fabrics which are OKEO-TEX certified and do not contain plastic elements such as viscose. All remnants are sold online — ensuring no waste, and all packaging is recycled. Giving back to the community is also important, and customers can buy specially selected bundles of fabric where a 10% charity donation is made for every one bought. The Bundle of Love donates to Marie Curie and the Bundle of Calm to the Scottish Association for Mental Health.

Rosie adds; "I'm so excited that I can offer my products to East Lothian, as there is a wealth of people in the county who love sewing and crafting. It also gives people a chance to find new skills too, by trying the craft kits as everything is included in the boxes. It's such a mindful activity and is so satisfying when you can create your own art."



Why Not?
Mon to Sat 10am-5.30pm | Sun 11am-5pm



a2btaxisnorthberwick@aol.co.uk





Hazel Rebecca

Designer Fabrics & Bespoke Curtains

for all your curtains, blinds, fabrics and soft furnishing needs

Stockists of Moon, Voyage, Sanderson, Casadeco, Prestigious, Harlequin, Clarke & Clarke, Romo and many other quality fabric suppliers.

We also stock curtain poles and rails including; Silent Gliss, Swish and Integra.

6 Rosebery Place, Gullane EH31 2AN 01620 843438 | 07770 952348 hazelrebecca@btinternet.com www.hazelrebecca.com

LOCAL LIFE



your dress cleaned and beautifully boxed

Silks, wools, cashmere, viscose, embroidery, sequins... fibres of every kind are refreshed and regenerated by water-based cleaning. From coats to saris, wedding dresses to kimonos, tuxedos to cocktail dresses, wool blankets to curtains: there's no limit with our lagoon® Advanced Care service

Ironing | Service Laundry | Dry Cleaning | Commercial Linen Hire | Sheepskin Rug's Cleaned Leather, Sheepskin and Suede Jackets Cleaned | lagoon & Advanced Care | Repairs & Alternations Same day turnaround if required All services carried out on site

Open: Monday to Friday 9am-5.30pm, Saturday 9am-12pm | Delivery Service: Monday to Friday Unit 3.4 & 5 Mill Walk Business Park, Tantallon Road, North Berwick EH39 5NB t: 01620 892 763 | m: 07918 721 192 | e: pressingneeds1@yahoo.com

for every garment



As our homes continue to be multi-functional spaces, many of us have added home office or entertainment features to our gardens and this investment will benefit from regular cleaning. Sweep and mop floors, remove cobwebs and dust, wipe away stains to make the most of your summer garden.

Coming indoors, the entrance areas are your home's first line of defence against mud and sand. Encourage the family to take off shoes - or at least wipe their feet, and wash mucky dog paws. Shoe racks, doormats and towels come in handy here. Regular vacuuming and mopping will keep your floors fresh and welcoming.

Deep dive into a sofa at this time of year and you may find sand, snack crumbs and pet hair. Soft furnishings can be regularly vacuumed and this is the ideal time of year to launder cushions and throws.

If you prefer to spend your time enjoying the outdoors, rather than cleaning, why not give Morag a call and get some help from the Bright & Beautiful team?

BRIGHT & BEAUTIFUL

t: 01620 674 658

e: morag.readman@brightandbeautifulhome.com www.brightandbeautifulhome.com/east-lothian



BRIGHT&BEAUTIFUL

A BEAUTIFULLY CLEAN HOME AND A BRIGHTER YOU

Call or email today to find out more 01620 674658

morag.readman@brightandbeautifulhome.com

brightandbeautifulhome.com



THE MASTERY OF CRAFTING

Inspired by the Shakers, a religious sect renowned for their craftsmanship and high quality, homespun furniture, a Shaker kitchen is three things: simple, functional and high-quality. Traditionally, Shaker kitchens were made from best but least expensive wood available. Fruit tree or pine was often used in their furniture, resulting in the quintessential lightwood look. However, present-day Shaker cabinet kitchen designs can incorporate mixed new material and almost any wood type.

The pulls and handles of shaker kitchen drawers and cabinets were traditionally made from the same wood as the rest of the unit because metal versions were seen as too elaborate. To mimic the original look of a Shaker style kitchen cabinet design, stick with minimal and humble pulls in either wood or metal.

A MODERN TWIST

While a traditional Shaker kitchen was unpainted, you can bring your kitchen into the 21st century by finishing it in deep, bold colours. Finish your cabinets in dark

grey or navy for a dramatic kitchen. Or, invert the look with dark worktops and light grey shaker kitchen door fronts. Alternatively stick with a neutral colour palette accented with an eye-catching shade or add pretty tiles that really pop!







SHAKER STORAGE

Make sure you break up solid blocks of cabinetry with some open shelving. Glass fronted cabinets add an edgy twist or have a few wall shelves to store your prettiest glassware and china. The Shakers were big on form and functionality,

so of course they were big advocates of the humble peg rail. Not only do they look lovely above the stove or over worktops, they are also super practical as you can keep all the essentials at arm's length.

If you're considering transforming your home, our expert team is here to help. To discuss your project, design inspiration or to arrange a free consultation please get in touch.

FOREVER SPACES

1-2 Church Street, Haddington EH41 3EX | t: 01620 825808 | e: info@foreverspaces.co.uk | foreverspaces.co.uk

OFFICES KITCHENS BEDROOMS BATHROOMS

DESIGN | SUPPLY | PROJECT MANAGEMENT | IN-HOUSE INSTALLATION



01620 825808 www.foreverspaces.co.uk info@foreverspaces.co.uk 1-2 CHURCH STREET, HADDINGTON EH41 3EX





your local boiler and heating specialist based in gullane now offering boiler service contracts









Contact Stuart Edwards on t 01620 842 736 m 07823 777 081 e totalenergysol@btinternet.com www.totalenergysolutionsscotland.co.uk





Fenton Barns Retail Village, North Berwick EH39 5BW 01620 850435, www.northberwickbathrooms.com





Green Tara Interiors

let your style grow

unit 16, fenton barns retail village eh39 5bw | t: 01620 850318 | e: greentara16@outlook.com



NORDIC TO THE MAX

Hayley Flangan asks when is Scandi not minimalist?

Rediscovering podcasts, I recently listened to 'The Great Indoors' an interior design series by Sophie Robson off the telly and Kate Watson-Smyth of 'Mad About the House' fame. In one episode they actually said that Scandi minimalism is dead. I had to rewind and check I'd heard that right! Although I disagree and think there is a place for the clean lines, monochrome colour palette and curated belongings that minimalism dictates, after mulling it over I can see where they are coming from. With the move to the warmer new neutrals and COVID lockdowns enforcing a global nesting, maximalism is taking centre stage. Here's a few steps to embrace maximalism while retaining your Nordic aesthetic.





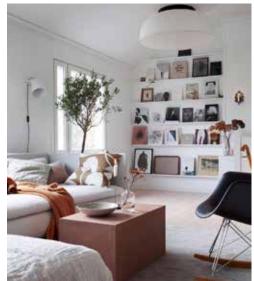
Plant

The easiest way to go maximalist, even in a rented home, is to start filling it with plants but the more you have the easier you need to make maintenance. Use clever solutions like self watering pots. Take it to the max outside with oversized planting even in small garden. Try giant pots and dramatic varieties of grasses.

The next level maximalist highlights possessions they already own by collecting 'like' items to create groups related to the room they are in. Books and records can form a changeable gallery wall in the living room, use shelves that are sleek and uniform to let the display speak for itself. Objects and books related to your interests ground and empower you in the home office, but if you need to focus keep the display behind you.









Colour

Saturated vet matte colour blocking adds the maximalist effect yet keeps things sleek and calm, while also zoning the space. Add bold mixed colours in areas rugs and give a subtle nod to your favourite decade be it 20s deco or 70s retro.







Full on pattern is maximalism in one big punch, take a Scandinavian wallpaper, be brave and paper the whole room, as feature walls just don't cut it. Want the max in an itty-bitty living space like the hall or powder room? Mix and match patterned and coloured tiles to create a flooring or splash-back as unique as you.



Hayley can be found at NØRDEN 82 High St, North Berwick | www.norden.online

22 | LOCAL LIFE LOCAL LIFE | 23





I have a thing for yegan burgers, and I'm always trying new ways of making the perfectly balanced burger. This black bean, portobello mushroom and puy lentils recipe is definitely one of the best to date. I served these dark beauties with a smoky relish and a kale salad, no bun, but equally you can slide in between two pieces of your favourite bread.

Mad March Hare runs events throughout the year. To find out more please visit our website. hello@mrshareandmrheath.co.uk www.themadmarchhare.com

1 tin black beans 1 packet Merchant Gourmet puy lentils 1 portobello mushroom onion leek 4 cloves of garlic 2 sticks of celery 1 cup of oats

a handful of parsley and coriander 1 tsp smoked paprika ½ tsp cinnamon

a few chilli flakes ½ tsp dried cardamom Juice of half a lime salt, black pepper

WHAT TO DO

- 1. Pulse the oats and mushroom into a texture similar to large grains of sand, not too fine
- 2. Chop onion, leek, celery and garlic, and fry until they resemble burger van onions - a bit burnt and caramelised. Cool slightly
- 3. Mash the black beans roughly with a potato masher, add the cooled onion mix, mushroom oat mix, spices, lime and salt and pepper. Blend well, and put in the fridge to chill slightly.
- 4. Shape into patties and place on parchment greased with olive oil.
- 5. Bake in the oven 170°C fan assisted for roughly 20 minutes but do keep checking, if they're going a bit crispy but not quite cooked, cover with foil.
- 6. Make the dressing by mixing mayo, smoked tomato ketchup (I buy Belazu) and some of the liquid from a gherkin jar. Season well.

Serve with the dressing, a salad and lots of pickles.

MEMORIES ARE MADE OF FOOD

As friends and family once again catch up over dinner tables, we caught up with local Italian Chef Cristian Picco to find out why he's busier than ever providing private dining experiences and catering for events across East Lothian and beyond.





private dining experiences for groups of all sizes, in addition to cookery classes and event catering for clients Scotland-wide.

rguably one of the toughest sanctions we've all had to endure throughout the pandemic has been the inability to enjoy getting around the table with family or friends for dinner. As restrictions start to ease, a new trend is emerging that allows families to come together in a safe and familiar environment - by employing the services of a private chef. Cristian, who resides in North Berwick with his two children, comments; "Being from Italy, for me food and family are inextricably linked – all my best memories are made around the table. Families and friends are understandably desperate to get together again so how better to do so than with a unique private dining experience."

Cristian has spent 20 years working in some of the world's most critically acclaimed restaurants from Paris, Monte Carlo and New York to St Tropez and London. Hailing from Alba in the northwestern Piedmont region of Italy and the truffle capital of the world, Chef Picco is renowned for his avant garde creativity, unique flavours and his unwavering commitment to sourcing superior quality produce of provenance. He now provides unique

Cristian continues; "For me, everything is about flavour. I aim to imprint a memory on my clients of the tastes from cultures across the world; tastes that people are simply unable to experience here. Scotland is rich with incredible produce which I use in addition to importing traditional, quality Mediterranean ingredients - from truffles and cheeses to oils and wine. Whether its three courses or ten, for me it's about providing exquisite combinations of flavours that are both authentic and quintessential to their region."

Chef Picco has an enviable culinary CV having been chef, restaurateur and teacher, and was bestowed multiple prestigious culinary awards while chef proprietor of La Vie Del Sale in San Remo. His clients have ranged from global CEOs and TV personalities to cooking for the Queen in 2018.

CHEF CRISTIAN PICCO

To book Chef Cristian Picco for a private dining experience, wedding or corporate event e: chefcristianpicco@gmail.com | t: 07983 989822 www.chefcristianpicco.com

NEW BIRD AT THE LAKE

words: kim williams | pictures: emma martin

Over the course of lockdown, there's been a significant bright spot - outdoor dining. Eating outside has been a hit and many restaurants and cafés have used the opportunity to create welcoming outdoor dining spaces. Already blessed with a, frankly beautiful, alfresco dining space, the team at Foxlake's café saw the opportunity relaunch their eatery -Jay Bird's Larder.





n accomplished café owner, Jacquie Gibson has always known that enjoying a spot of food with friends in the great outdoors is one of life's greatest simple pleasures, and for over 12 years she has been sharing her passion for food, cooking and dining alfresco. It all started when Jacquie and sister Anna Hirons decided to band together to open a tearoom, their joint passion for food and hospitality coming from parents always having an open house, catering for family and friends. Anna left the business in 2015 but played a key part in the spirit of the café and Jacquie has being flying solo since.

Many businesses over the past year have taken time to reflect and adapt, and Jacquie saw this as a time to better define a vision for the future. Her son Jamie who has many years experience in the hospitality industry is now a key member of the team. Alongside his brother Cameron who is a very talented graphic designer in London, they both thought their mum deserved a brand which acts as a homage to Jacquie and one that honours her and her family's legacy. And the new name was born - Jay Bird - Jacquie's childhood nickname given to her, by her father. Rebranding isn't just about getting the look right - every element plays a part, how the brand identity comes to life in the space, the graphics on the walls and menu boards, even down to the uniforms. And Jacquie, Jamie and Cameron worked closely with local companies to bring this to life.

It's not just the setting that is perfect the menu emanates a careful, but laid-back vibe with food relying on good quality, local and seasonal produce. Jacqui says; "It's not enough to have a great location you've got to accompany it with incredible food. We're passionate about how food tastes and where it comes from. We are the biggest supporters of our suppliers and their love for what they do." From breakfast rolls to milkshakes and flat whites, from locally sourced posh dogs to a mouth watering selection of cakes and tray bakes - there is something for everyone.

Jacquie has been blessed with a supportive team over the years. Café manager Jane has been a foundation to the café, supporting Jacquie for years. Several other long-term staff have also played a key part. For Ava and Michael, it was a first job and both are now supervisors, and Louise and Erin, still in school, are dedicated team members. There have been many other working members of staff who have played a role in the café including Jacquie's daughter Nicole who has helped her mum over the years. Jacquie adds; "Not to mention Foxlake. They have given me a fantastic opportunity and supported the café for years and hopefully for many years to come. They are a great business and team to work alongside in a brilliant and unique destination." And with East Lothian and Jay Bird's Larder mentioned in the Guardian as one the five emerging food and drink destinations, they're bound to be busier than ever.

JAY BIRD'S LARDER Foxlake Adventures, Dunbar EH42 1XF www.jaybirdslarder.co.uk







locally sourced ingredients and a freshly prepared menu with delicious home-cooked food and goodies in a unique outdoor setting

Foxlake Adventures. Dunbar EH42 1XF www.jaybirdslarder.co.uk



EAST COAST LOBSTERS

delivering freshly prepared seafood direct to your door within East Lothian

call or email 24 hours prior to secure delivery t: 07812041346 | info@eastcoastlobsters.co.uk www.eastcoastlobsters.co.uk



26 | LOCAL LIFE



A CHOCOLATE TIPPLE

words: kim williams

Chocolate has been a treasured treat since the Mayans discovered it in Mexico thousands of years ago. And today's artisan chocolatiers are constantly evolving with exciting new flavours being created every week, for every season, around the world. And Angela Cockerton, the creative force behind East Lothian's The Chocolate Stag, is no exception with the launch of her latest collection — Classic Cocktails.

n recent years the UK has seen a dramatic rise in the number of chocolatiers producing traditional and more innovative artisan chocolate than ever before. In 2018 East Lothian's David and Angela Cockerton joined this renaissance, launching their handmade chocolate business – The Chocolate Stag.

Artisanal makers get to know their materials well — in this case, cocoa and sugar — shaping them carefully from bean to finished product. The result is lovingly crafted chocolate that showcases cocoa's natural flavour range and the gorgeous range of handmade chocolates from The Chocolate Stag is no exception. Made by hand by Angela at Garleton Lodge an award-winning, small luxury hotel, all the ingredients are fresh, often locally sourced and contain absolutely no preservatives. Angela says;

"Our main ingredient is natural, full flavour cocoa with minimal sugar, no added artificial flavours and no added fat. These high quality ingredients are hand-crafted to create chocolates with optimum flavour and texture. In comparison, mass-produced chocolate uses much lower quantities of cocoa with added fats, flavours and other additives. Both types of chocolate can be enjoyed in their own right but should not be compared, in the same way that blended whisky should not be compared with single malt whisky."

Angela's skill lies in creating a range of truly unique and creative flavour pairings which she has taken to the next level with a match made in heaven – the partnership of premium spirits and mellow chocolate. The latest range from The Chocolate Stag is a collection of popular



" ESPRESSO MARTINI - COFFEE AND DARK CHOCOLATE, A WINNING COMBINATION... OH MY, YES PLEASE!"

cocktail-inspired chocolates. Angela explains "I've always known that chocolate and alcohol is a great pairing, and I've been working on creating the smoothest truffle filling I could, pairing each cocktail base with a chocolate percentage that truly complemented and never masked the flavours of the top-shelf tipple."

The partnership of alcohol and chocolate is a delectable treat suitable for many occasions — whether it's a romantic gift or a dinner party treat, alcoholic chocolates are a winning combination. They give you all the nuanced flavour of your favourite drink, without having to worry about not being able to drive home! Diffords Guide to Cocktails offers over 3,000 cocktail recipes, and with so many to choose from how did David and Angela narrow it down? Purely in the name of research, there were many eager participants happy to step up to the challenge, and a group of local customers formed a tasting panel to help narrow down the selection to the final list of cocktails.

The result, six mouth-watering chocolates which are not only a feast for the eyes but don't disappoint when you get to the tasting. As one happy taster said "They look too good to eat – they are art!" Those making it to the final collection are: Porn Star Martini, a white chocolate shell filled with vodka, Cointreau, lime and passion fruit puree; Strawberry Daiquiri, a milk chocolate shell filled with rum, Cointreau, lime and strawberry puree ganache. "The perfect balance of strawberry and chocolate, absolutely dreamy!" said a member of the tasting panel. Cosmopolitan is a milk chocolate shell filled with vodka, Cointreau, cranberry and lime ganache, while everyone's

favourite the **Mojito** is a white chocolate shell filled with rum, lime and mint ganache. "Just love the white chocolate with the sweet mint and lime, it's amazing!" For dark chocolate aficionados there are two offerings: the **Negroni**, a dark chocolate shell filled with gin, Aperol and vermouth dark chocolate ganache; and **Espresso Martini** made from a dark chocolate shell filled with rich, dark roast coffee, Tia Maria and vodka dark chocolate ganache. The Pina Colada and a Baileys Cream, narrowly missed the list, so will be added to The Chocolate Stag's classic range.

Chocolate used to be an ingredient in desserts, but now desserts have become an 'ingredient' in chocolate. From crumble to tiramisu, desserts are becoming flavours. And Angela is embracing this trend with a further dessert-inspired collection of chocolates, launching in September, to include; Apple Crumble, Cherry Bakewell, Strawberry Pavlova, Banana Cheesecake, Lemon Posset and Tiramisu. Available online and from selected local stockists, the new collections perfectly complement the current classic range of 16 varieties of assorted individual handmade chocolates and include everyone's favourites using white, milk and dark chocolate. Perfect for a gift or just that moment in life when you really need a tipple (of chocolate).



Available online and from selected East Lothian retailers including; Hood's Honey, Brand's Farm Shop

and Wilson's Fresh Farm Produce

t: 01620 826256 hello@thechocolatestag.co.uk www.thechocolatestag.co.uk





28 LOCAL LIFE LOCAL LIFE

THRUM OF BASS ROCK INSPIRES ARTISTS

words: jan patience | pictures: gary doak photography

It has cast its spell over artists and writers such as Turner and Robert Louis Stevenson. In the 17th century, it was dubbed Scotland's Alcatraz following Cromwell's invasion of Scotland. Now the Bass Rock is to be the subject of a brand new exhibition.





round 30 artists have been invited by Fidra Fine Art owner, Alan Rae, to present their unique view of the famous volcanic plug, which is home to 350,000 seabirds, including a large population of gannets. Bass Rock opens at Fidra Fine Art in Gullane on 4th September and among the artists exhibiting in the gallery are husband and wife, Pascale Rentsch and Darren Woodhead. The couple, who live in Haddington with their three sons, have a deep connection to the Rock, having first met 25 years ago during a seabird drawing course based at North Berwick, run by the late John Busby. A renowned wildlife artist and teacher at Edinburgh College of Art, John Busby drew and painted birds on the rock throughout his lifetime.

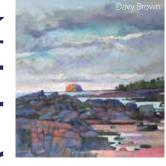
A highlight of his annual seabird drawing course, which Darren now runs along with his wife as one of the visiting tutors, is a visit to the Bass Rock. Darren explains; "Like everyone who visits the Bass Rock for the first time, both Pascale and I were overwhelmed by the experience. Even as you approach by boat, it literally glows thanks to being covered by both gannets and quano. It's like entering another world; a real sensory overload with the noise of the birds, the smell and the business of the place. At one point during the visit, I gave Pascale my jumper because she was cold – and that's how it started for us."

Pascale continues; "I came to Scotland to study at Edinburgh College of Art and we both became very friendly with John Busby and his wife Joan. John died in 2015 and by then, we had married, had a family and settled in East Lothian. Darren took over the running of his course, which is now called The John Busby Seabird Drawing Course in his honour. So the Bass Rock is very special to us and it's been wonderful, particularly in the last year or so, to focus our energies on making work inspired by it. The small and quiet things are as important as the obvious things and that is what I try to get across in my paintings. What fascinates me about the Rock is how it sits and feels in the landscape, the sea, the weather and the light within his surroundings. The tiny yellow flowers, the sea grasses, the brown coastline stones sparkling like gems in the evening sun are all part of the small things, but for me they are as important as the mighty Bass Rock."

Gallery owner Alan adds; "The Bass Rock has long fascinated artists and it is also a sort of talisman for anyone who stands on the shore and looks out to sea. All the artists I have invited to take part have a connection to the Rock in some way, but each and every one of the them looks at it in a different way, and I can't wait to see all the work as it comes together in the gallery."















BASS ROCK

Featuring: Julia Albert-Recht, Claire Beattie, George Birrell, John Boak, Georgina Bown, Davy Brown, Dominique Cameron, Alan Connell, Ann Cowan, Fee Dickson, Matthew Draper, Michael Durning, Ronnie Fulton, Andy Heald, David E Johnston, John Johnstone, Suzanne Kirk, Simon Laurie, Neil Macdonald, Julia McNairn White, Rachel Marshall, Ann Oram, Clive Ramage, Gregory Rankine, Pen Reid, Pascale Rentsch, Arran Ross, Jayne Stokes, Astrid Trügg and Darren Woodhead

4 SEPTEMBER TO 3 OCTOBER 2021

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



COASTGUARD COTTAGES, NORTH BERWICK

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

t seems strange to think of the peaceful Anchor Green in North Berwick as a rocket base, but in this case it was with the intention of saving lives. In Victorian times this was the location of the Coastguard station, and the gathering point for the town's volunteer life-saving brigade with their rescue rockets.

Coastguards had been based in North Berwick since the 1820s, initially helping to combat smugglers. But by the 1850s they had come under the control of the Admiralty, and acted as a naval reserve. This more warlike posture required new buildings, and in 1857 a small Coastguard station was built on Anchor Green, now the Rocketeer restaurant. This acted as mustering point and as a magazine for weapons and gunpowder. The porch of the medieval church next door was used as a lookout bothy, with a fireplace added to help keep officers warm through cold winter nights.

In 1870 the Coastguards had their own living quarters built in Melbourne Place, with a row of stone cottages facing out to sea. The design is simple and functional, with the largest cottage at the end of the row kept for the

senior officer. Sometimes the cottages were designed to be defensible, with communicating interior doors and few entrances. In 1887 Lieutenant Fletcher planned a new addition, a Rocket Cart House to be built at the end of the row.

A key part of the Coastguards role was to oversee shore-to-ship life saving, and in North Berwick they had charge of the Rocket Brigade. This group of volunteers operated rescue rockets, transported on a specially built cart, which fired a rope over a stricken ship to help pull the crew ashore.

The limitations of this system were tragically shown with the wreck of the schooner Bubona in October 1859. The ship was wrecked off Canty Bay and the Rocket Brigade successfully landed a line across the stern, but the crew were too exhausted to clamber ashore. A crowd of onlookers could only look on in silence as the ship broke up and all aboard perished. The disaster spurred the community into action under the direction of Coastguard officers, and less than a year later the town had its first lifehoat.



This year everyone is going to love being by the seaside as Fringe By The Sea, Scotland's freshest festival is held in North Berwick from 6th to 15th August.

fter several months of planning there is now a full programme of over 200 events including music, comedy, family shows, environmental issues, well-being and talks. Amongst those already announced are Lulu, Basement Jaxx, Gail Porter, Irvine Welsh, Ed Byrne, Reginald D Hunter, Janey Godley, Lemn Sissay OBE (reading from his book 'My Name Is Why' which recently won The Indie Book Awards 2021 prize for non fiction), Eddi Reader and Vince Cable. Added to the music events are Mica Paris with her first album, Gospel, for over a decade; teenage singing sensation Connor Fyfe, Edinburgh based swim school; Neu! Reekie! (with Liz Lochhead) and the fabulous folk duo Aly Bain & Phil Cunningham.

As ever family events play a big part of Fringe By The Sea. This year sees the return of Brainiac Live!; special child friendly performances by comedians Phil Kay and Murray Lachlan Young; Alexander The Great showing off his circus skills and a return for festival favourite Mr Boom. For those looking for new skills the hip-hop session with Room 2 Manoeuvre will be the place to learn street dancing or try hula hooping with Rowanbank. Environmental issues are addressed with fun (and free) sessions on the shore as well as What A Waste! presented by The Drama Mill, an interactive drama about ocean conservation for 5-9 year-olds. The Search from Catherine Wheels Theatre Company based at Lochbridge Road should see local residents of all ages get involved over the next two months.

Laughter is always on the menu at Fringe By The Sea – one of the UK's top comedy clubs, Just The Tonic, will

present two mixed bill line-ups, one headlined by Ed Byrne and the other by Reginald D Hunter. The ever popular Simon Evans will be bringing his latest show to North Berwick. Proving that chat is not always idle are Jennifer Crichton (editor of The Flock) and Brian Taylor (former Political Editor of BBC Scotland) – the former will be talking to Sam Baker and Gail Porter in two separate session and Taylor's Lunchtime Banter will see him meeting up with Denise Mina, Vince Cable, Richard Demarco and Jim Sillars. Other talks include Maggie O'Farrell, Richard Holloway and Great British Bake Off winner Peter Sawkins.

Fringe By The Sea also welcomes TooFar Media as an affiliate partner. TooFar Media publishes award-winning, provocative stories for the eyes, ears and imagination by author Rich Shapero. Fringe By The Sea director, Rory Steel, says; "Putting together this programme has been invigorating, so many performers are keen to get back out in front of audiences and people are excited to see live shows. From a strong music line-up to a host of family-friendly shows, we've got a programme which offers something for all ages and tastes. We're working closely with East Lothian Council and our partners to safely and carefully plan our events in-line with COVID regulations, and we're looking forward to delivering a fantastic ten days in North Berwick this August."

FRINGE BY THE SEA 6-15 August 2021 www.fringebythesea.com

32 LOCAL LIFE LOCAL LIFE LOCAL LIFE

PAINTED WINGS



behind her work in the show; "In 2020, lockdown walks exploring my urban environment became routine and a good starting point for many paintings and ink drawings executed on a variety of fine Chinese papers. It was also the opportunity to re-imagine memories from times spent further afield." Memories also formed the basis of Helga Chart's contribution which is inspired by trips to St Kilda and the Baltic Sea undertaken a few years ago. Derek Robertson draws on his observation of local environments over a long period of time, reflecting in particular, on the environmental

losses he has witnessed first-hand.

PAINTED WINGS | 5 August TO 26 September Scottish Ornithologists' Club (SOC), Waterston House, Aberlady www.the-soc.org.uk



VISIT A STREET FOOD MARKET

Tuck into a delicious array of street food and drinks at North Berwick Harbour during Fringe by the Sea. Enjoy free live music and DJs on The Lighthouse Live stage while you sample the very best produce from East Lothian and beyond.

STREET FOOD MARKET AT FRINGE BY THE SEA North Berwick Harbour Esplanade

ART FOR A GOOD CAUSE

Meet local artists Wendy Portway, Pam McKenzie, Julie Otter and Diane Cains at their art exhibition and studio sale in support of East Lothian Young Carers. You'll find original artworks in oil, acrylics, watercolour and merino wool, as well as a selection of greeting cards and craft work including animal wool sculptures. A third of profits will be donated to East Lothian Young Carers who help support youngsters who care for a parent or sibling.

ST ANDREW BLACKADDER CHURCH 6 St Andrew St, North Berwick 12-14 August | 10am-5pm



		AM	PM	AM	PM		
		0923	2157	0218	1450		
		0158	1424	0755	2009		
		0243	1506	0838	2049		
		0322	1543	0918	2128		
		0634	1856		1236		
		0707	1942	0028	1312		
		0756	2035	0103	1352		
		0116	1358	0744	2007		
		0214	1451	0843	2055		
		0302	1536	0932	2138		
		0622	1850		1210		
		0700	1929	0006	1230		
		0741	2012	0036	1300		
SEI		High Water Low Water					
SEI		AM		AM	PM		
		0022	1303	0651	1909		
		0129	1359	0739	1952		
5		0218	1442	0821	2031		
		0520	1748	1136	2336		
		0601	1830		1211		
		0646	1916	0003	1243		
			1254	0644	1904		
		0110	1355	0747	1956		
		0205	1441	0836	2038		
		0513	1737	1112	2311		
		0547	1811	1127	2331		
		0623	1846	1144	2355		

EZ-RIDERS PEDAL-POWERS INTO EAST LOTHIAN

Pedal-powering into East Lothian is EZ-Riders, a new dedicated electric bike hire service offering a cleaner, greener way to get around the region.





Lothian terrain. What's so appealing about cycling here is that the landscape is largely flat and there is so much to see from incredible beaches and five-star visitor ocated on the outskirts of North Berwick, EZ-Riders attractions to glorious inland trails and historic towns. operates a fleet of e-bikes from award-winning The bikes take on all the heavy lifting so you can sail along manufacturer Rad, each model tailor-made for at a good speed but still feel like you're getting a workout. touring the coastal roads and tackling off-road The response so far has been absolutely brilliant. Even trails. Good for the body and the mind, cycling has the dyed-in-the-wool cycling purists are converted when seen a surge in popularity since the onset of the COVID they try an e-bike." pandemic. Statistics released last month by Cycling Scotland show 47 per cent more cycling journeys were Michaela Sullivan, East Lothian Council's Head of

Service Development, added: "It's fantastic to see new businesses starting up and we hope to see many more as we come out of the COVID-19 pandemic. East Lothian is welcoming visitors back and I'm sure a service like this will be popular not only with visitors but locals too. It also encourages environmentally-friendly travel, which is something East Lothian Council actively promotes."

EZ-RIDERS

open 9am to 5pm Mon-Fri | 10am to 5pm Sat-Sun Castleton Farm, North Berwick EH39 5PN www.ez-riders.co.uk

Set up by North Berwick residents Niall Middleton and Tina O'Rourke to offer locals and visitors a more sustainable and responsible way to travel. The pair said; "We literally put the miles in, trying out lots of different

recorded between 23 March 2020 and 22 March 2021

compared to the same period 2019–2020 and the Bicycle

Association reported that the value of the cycling market

in 2020 was up 45% on the previous year to £2.31 billion.

Pedal-assisted power up to a speed of 15mph (the motor

cuts out beyond that) with a range of 35-55+ miles on a

single charge means cyclists can go further and see more

on a Rad e-bike; travelling uphill or carrying a heavy load

is no sweat. To help cyclists get the most out of their time

in the saddle, EZ-Riders has mapped out a selection of

routes that cover different distances and difficulty.

E-bike sales are predicted to triple by 2023.

LOCAL LIFE READER OFFER 10% off Code: LocalLifeEZ10



@visitnorthberwick

tag us #ThisIsNorthBerwick



here is no limit to the times that we might not feel confident. Age doesn't suddenly bring confidence. Most of us feel lacking in confidence about something; it is the nature of the way we are shaped. Sometimes it will just be fear of failure—in fact more often than not it is just that. Failure in the eyes of who though? Our imagined critic is often the inner voice, the self that is not compassionate and who is judgemental about so many little things that we do. We just don't feel good enough.

The sure-fire way to improve self-image is to be kind, yes, be kind to yourself. Be your own best friend. If you treated yourself the way you treat your best friend, you would be able to see through your complex self criticism and take good care of you. Be curious about yourself, ask yourself questions, such as; 'Do I like this?' 'Does it suit me to do this?' or 'Am I doing this against my will to please someone else?' Once we get to know what gives us pleasure, we find we will feel less at odds with others, because we are more in tune with our inner nature, our true self.

Be accepting of yourself. Perhaps your mother or father did not want you to be an artist, musician, non-conformist, or a surfer, or a butcher, baker or candlestick maker. The point is, where do you feel comfortable? Are you comfortable being a

gardener, although your parents wanted you to be a banker, but you prefer working in nature. Then, be kind to yourself and make informed choices about what you do and who you are – accept that this is who you are.

Once you have accepted that you are a unique person who doesn't necessarily 'fit' into any of the expected categories, then you can truly love yourself –in the most compassionate way you can. Not an egotistical love, but a genuine self accepting way – a way which relieves everyday stress and allows the ease of self understanding to permeate your every moment. Every moment? Yes, this is all part of mindfulness, that we hear of so often today. Be mindful of the little voice inside which may be in the habit of berating you. Compliment instead of criticise, encourage instead of discourage, be gentle rather than harsh.

Practice makes perfect, so every time you find some 'negative self-talk' going on in your mind, replace it with the kindness you would show a best friend. Be your own best friend, and experience less stress and more love.

Bernie Rowen-Ross is an Ayurvedic Counsellor and Psychotherapist. she consults via Zoom t: 01620 844 321



LIVE YOUR LIFE WITHOUT AN ERASER



Ironically this is one of the first things an art teacher will tell you, says Bernadette Petrie, if they are a good one that is.

nne was a great one. I met her when I joined her watercolour class at the North Berwick community centre in 2006 and she gently encouraged me to put the eraser down. She modelled drawing lightly and weaving 'mistakes' into magic. When I left my first class I was floating on air. I hadn't created a masterpiece – far from it but I was creating, and that felt amazing. Recently I looked at that piece of work – the first painting I'd done in over 20 years and I felt real appreciation for myself – that young mum of two small children, who chose to fill her cup when she could, during the small windows of opportunity that came her way.

In June I spent a weekend on the west coast. The whole weekend was evidence that the Universe is always listening to our heart's desire. It was this place, many years ago, where I daydreamed of being a writer and an artist. It was there, I remembered the magic of being barefoot. It was there I shared my feelings, as a group of 20-somethings we talked about our lives and owned the discontent. I can see now, how taking time out from my then stressful career in sales has paid off today. It was there I first heard about life coaches. It was there I remembered about the lovely artist Frances MacDonald from the nearby Crinan Hotel. A business meeting with her the year before turned into an-almost coaching session, with her encouraging me to paint.

Yet, it would take a whole decade before I gave myself permission to start. And, it's taken lockdown to really make me commit. I am a life coach, a writer and I am an artist. I don't ever want to be just one of them. I realise she was showing me it's completely possible to colour your life your own way.

I sought her out during the weekend away in June to thank her for rekindling my inner pilot light, to thank her for colouring her life her own way. I discovered she'd actually trained as a nurse, frequently painting in her uniform in between shifts. She told me she didn't go to art school, she'd just always painted and because of this she has created a multi-passionate life. Her sons paint and so does her granddaughter. All because she didn't stop doing the one thing which made her feel joyful.

Why am I telling you all this? Chances are if you read this column, like me you're a multi-passionate spark of creation. Back then I uncovered my desires, but I didn't have the self belief or tools to take action sooner, which is why my life coaching training has been, for me, first and foremost. Like Frances I'm waving my artistic creations into my whole business creations not because I think they're amazing (although I do love what's unfolding) but because it feels amazing to create.

You have something to share with the Universe and making time to find out what it is — is so important. Let's stop trying to erase the past but instead weave from and make our own kind of magic.

Beinadette

To take part in creative workshops at the Barefoot Sanctuary, buy Bernadette's book Permission To Shine or enquire about coaching visit: www.thebarefootsanctuary.co.uk

38 | LOCAL LIFE | 39

The importance of our Hearing

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

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

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

We hear with our ears, but our brains understand speech

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

Maybe it's just wax!

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

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

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

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









Auchterarder 01764 219000 Edinburah 0131 629 1819

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

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



THE ZONE FACE LIFT **BETTER THAN BOTOX**

words: kim williams | pictures: Lindsay Scott

The Zone Face Lift has generated ecstatic press coverage and rave reviews (since its launch) in Voque, Tatler, The Telegraph, Red, Harpers Bazaar and the Daily Mail, with many calling it a 'spiritual facelift'. It also has a loyal following of celebrity devotees. I went along to Kristi Sloan Reflexology to see what all the fuss is about.





tighten my skin. have a shelf in my bathroom almost entirely filled with those little samples you are given when you buy a beauty product. Creams, gels, serums - all promising the elixir of youth. So anything which promises to take off ten years in twelve weeks has got my attention! Despite its name, the Zone Facelift is an all-natural, non-

invasive form of facial massage, and is being compared by many as a credible alternative to Botox - a new way to naturally age well. Developed by London 'facial reflexologist to the stars' Ziggie Bergman, the technique is based on the principles of reflexology and the idea that each area of the face corresponds to a part of the body. And having dipped my toes (literally and metaphorically) into reflexology, I was keen to try it.

Having trained with Ziggie, Kristi offers the Zone Facelift, from her bright and airy North Berwick treatment room, combining the benefits of facial reflexology with incredible facelift massage techniques. As she worked on my face Kristi told me; "Our faces reflect what is going on inside, and reflexology and the massage techniques help to release these emotions held in the face." For a little over an hour, Kristi swept, stroked, gently prodded and used pressure points on my face in an effort to lift, smooth and get rid of toxins - the aim is to smooth out fine lines and wrinkles and stimulate collagen and elastin production. Kristi used rose quartz spheres, which had

and promote a bright, radiant glow. An acupressure roller which stimulates nerve endings and encourages cell renewal and a facial Gua Sha stone to lift, sculpt and

By the time we were finished I'd almost forgotten that it was vanity that brought me to Kristi's door. I felt the most relaxed I'd been in a long time. But, I did still want to see what my face looked like. As I sipped water and tried to get down off my cloud, Kristi passed me a mirror. Okay, it wasn't the miraculous return of my 20-something self but the results were impressive - my skin was glowing and definitely looked a little more plump and fuller.

For best results, Kristi suggests booking a course of treatments - the repetition helps retrain fixed facial muscles. But the effects and feeling of well-being were noticeable from just one treatment alone. It definitely seemed more effective than a typical facial and it would be a great alternative for those toying with the idea of Botox. And for the first time ever, I feel more hopeful about my ageing face, I can't help thinking it could become addictive though!

ZONE FACE LIFT

£75 | 6 week programme £375 | 12 week programme £750 (includes complimentary Gua Sha tool)

KRISTI SLOAN REFLEXOLOGY

Keppel Road, North Berwick EH39 4QG 07870 744415 | kristi@kristisloanreflexology.com www.kristisloanreflexology.com

AYURVEDIC YOGA - SUMMER FLOW

words: sally jean rankin | pictures: lindsay scott

ummer is here! What a joy it is to witness the trees and flowers unfolding and to enjoy lighter, longer and warmer days. Summer is a time of increased fire and heat and it's important to keep cool during your yoga practice. Avoid practicing yoga at midday, this is when the sun is at its hottest and according to Ayurveda, our Pitta digestive fire is at its strongest and can cause an imbalance. Think about a practice that is calming, nourishing and cooling, and a diet that is pitta pacifying. There are many ways to keep your pitta balanced, you can practice slower pranayama (breathing techniques) before your practice such as Nadi Shodana (alternate nostril breathing) or Sitali pranayama - both are cooling and calming. There are also certain yoga poses which will help release the excess heat too.



'adasana High Mountain

When we practice our Sun Salutations we move quickly to stimulate our inner fire however you can practice what's called Chandra Namaskar -Moon Salutations, which is a much slower, cooler and an inwardly focused sequence. Although this sequence is typically practiced during the evening, you can also practice it during the afternoon to keep self aware, calm and cool. When you come to your mat stand in Mountain Pose and take a moment to tune into your breath. After Sitali Pranayama you should be feeling calm and cool. Take a deep long inhale through your nose and raise your arms up exposing your armpits, take an exhale and interlace your fingers and flip your palms up. Inhale and bend to the right coming to a standing side bend and as you exhale come back to centre. Keep your fingers interlaced and your palms flipped up and repeat on the other side. You can practice this a few times before coming to your Moon Salutation Flow. Think slow, calm and cool.

tthita Hasta Padangustasana

After a round of Moon Salutations come to Tadasana and take a deep inhale, gaze forward and lift up your right leg and take hold of your big toe. Really ground down through your left foot and as you exhale take your right leg out to the right side and breath deeply. Look over your left shoulder. If you are a beginner you can take hold of your right knee and take your knee out to the right instead. Hold for five deeps cooling breaths. Come back to Tadasana, take a few deep calming breaths and then switch to the other side. This pose is keeps the hips and hamstrings flexible, cools you down, strengthens the legs, ankles and core muscles, improves concentration, focus and improves balance and stability. After your practice come to Savanna, Supta Badha Konasana or Vparita Karani for relaxation. Make sure your expose your armpits and inner thighs to keep your self cool and relaxed.











East Lothian Beauty

Westgate Clinic

Beauty Therapy, Podiatry/Chiropody

in a calm and peaceful space

NEW!

39b Westgate, North Berwick EH39 4AG

t: 01620 893268 | e: lorna@westgateclinic.com

www.westgateclinic.com

available

Indian head massage

relaxing Monu facials St Tropez spray tanning manicure I pedicure

eyelash and

eyebrow tinting

eyebrow defining

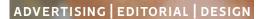
Hot stone therapy massage

mobile beautician

Nails | Spray Tans | Waxing Lash & Brow Tints | Lash Lifts

Contact Carolyn t: 0741 5975915 eastlothiannailsandbeauty@hotmail.com





October | November 2021 issue of Local Life

We are now taking bookings for the

for more information contact us on info@yourlocallife.co.uk www.yourlocallife.co.uk

For further information on Yoga, Ayurveda, Massage, Hand Reflexology and Reiki please contact Sally: www.kinship.studio 42 | LOCAL LIFE



CHARITY OFFERS VIRTUAL WORKSHOPS TO VULNERABLE WOMEN

Having endured a tough year in 2020 following the COVID-19 lockdown and restrictions, a local charity is offering online workshops for vulnerable women.

he team at Anam Cara help women in need

- those who have experienced difficult
circumstances such as; addiction, depression,
domestic violence, anxiety, adverse experiences
and much more. They usually hold face-to-face group
workshops, but were faced with the harsh reality of
their services being stopped due to COVID lockdown
restrictions. Acting quickly, they took all of their material
online – allowing women to access the workshops from
the comfort of their own homes. The team also establish
daily and weekly contact – holding Zoom calls, phone
calls, check ins and live chats to help those in need and
establish a much needed conversation for many.

Founder Maria Martin (pictured top) is delighted that the charity can still offer support during these tough times. She said; "To be able to help those who are extremely vulnerable during another tough obstacle within their life is something we are delighted to have ongoing. As much as the world has come to a standstill, it is important to remember that mental health and those in vulnerable circumstances still experience these difficulties – they do not go away. Taking our workshops online has been a great success and many of the ladies who join us have actively engaged with this have enjoyed the social connection that it has created."

ANAM CARA currently take referrals from teams
throughout Mid and East Lothian and also take
referrals through their website

www.anamcara.scot

Are you feeling stuck, anxious, stressed, using unhealthy coping mechanisms or experiencing feelings of low self-worth?

ANAM CARA can help. A registered Scottish charity who support women and help to improve their emotional well-being. They'll provide tools and techniques to empower and inspire positive change of thoughts.

Contact them today and see how they can help.

ANAM CARA WOMEN EMPOWERING WOMEN

t: 07551 774 089 | e: fiona@anamcara.scot www.anamcara.scot

Your Independent Chartered Financial Advisor

- Tailored protection
- Inheritance tax planning
- Retirement planning
- Savings & investments

"Astute have provided a clear roadmap and the confidence that I will achieve my goals."

Ewan Grant

Astute Financial Planners Ltd is an appointed representative of 2plan wealth management Limited. It is authorised and regulated by the Financial Conduct Authority. It is entered on the FCA register (www.fca.org.uk) under reference 842130. Registered address: 9 Kellagher Avenue, GULLANE, East Lothian, EH31 ET. Registered in Scotland under number SC626380.

astute / financial

t: 0131 564 1490 e: info@astute-financial.co.uk www.astute-financial.co.uk

Gullane, East Lothian, EH31 2ET



For vehicles you can rely on...

Long and Short Term Car and Van Hire

Roodlands Business Park Hospital Road Haddington EH41 3PE THE•CAR
AND•VAN
RENTAL
CO•LTD

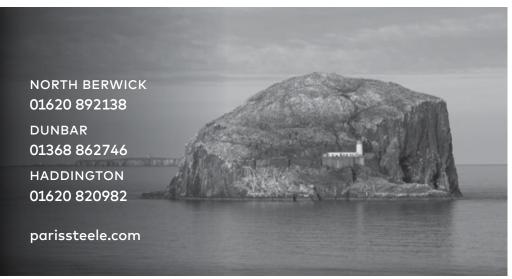
01620 82 5678

www.thecarandvanrentalco.ltd.uk email@thecarandvanrentalco.ltd.uk

.4 | LOCAL LIFE LOCAL LIFE LOCAL LIFE | 45

A trusted part of the legal landscape since 1926









"Whatever your taxation issues - we can help"

- Advice you need to minimise your tax bill
- Business tax for sole traders, partnerships and companies.
- Accounts prepared, VAT, PAYE and personal tax.
- Flexible hours & fixed fees

For business or personal advice, please contact: Anne H Scott

01620 880 287

anne@totaltaxservices.co.uk www.totaltaxservices.co.uk

DIRLETON PC DOCTOR

COMPUTER SERVICES AND HOME MOVIE CONVERSIONS

Do you want your precious memories converted to digital format and preserved forever?



At Dirleton PC Doctor we can convert: VHS & camcorder to DVD or USB Record & tape to CD or USB Negatives & slides to USB or DVD

RICHARD W. FAIRBAIRN





CHARTERED ACCOUNTANTS

... where people matter

Glasgow

9 Royal Crescent Glasgow G3 7SP Tel: 0141 332 5499

Edinburgh

9 Ainslie Place Edinburgh EH3 6AT Tel: 0131 226 5822

North Berwick

The Lighthouse, Heugh Road North Berwick EH39 5PX Tel: 01620 892090

www.whitelawwells.co.uk mail@whitelawwells.co.uk



46 | LOCAL LIFE LOCAL LIFE



WEATHERPROOF

ROOFING & BUILDING SERVICES

Weatherpoof provides complete roofing and building services throughout Edinburgh and the Lothians for both residential and industrial customers. We handle all your roofing services from small roofing repairs to complete new roofs.

new roofs | slating | tiling render-roughcast | lead-zinc work roof repairs | roofline (fascia-soffits) building projects | refurbishment work











contact Darren Munro for a free auotation t: 0131 629 1215 | m: 0795 455 0560 www.weatherproofgroup.co.uk













RESTORATION MEN

words: kim williams

The roof and walls are often the most striking and dramatic feature of any building, whether it be modern or of some antiquity. And its maintenance and repair requires experts skilled in both new technologies as well as traditional techniques. We speak to Darren Munro of Weatherproof about some of their recent work.

ritain has some of the oldest housing stock in Europe, and listed properties located throughout Britain's villages, towns and cities, represent a significant part of our nation's heritage. Not only do they tell the story of our past, but they fuel our imagination of the future. The defining charm of our buildings vary due to differences in regional construction techniques, with this being most obvious in traditional buildings, which are often the most striking feature of the landscape.

Conserving historic buildings and their roof coverings has to be approached differently than modern structures to ensure lasting repairs and protect the cultural integrity of the structure. This is why having a contractor with expert knowledge isn't just desirable but a necessity. The team at Weatherproof use their decades of experience to help maintain, repair and restore historical buildings protecting the structure and preserving the history of our nation.

The coastal town of Cockenzie has an obvious living heritage, working fishing boats in its harbour, fish shops, curers and a boatyard lining the narrow lanes leading to the sea. And the older parts of the town retain a more traditional look and feel, similar to many other small fishing villages on the east coast of Scotland. Working with the Scottish Historical Society, Weatherproof carried out structural repairs to a traditional fisherman's cottage, ensuring its safety yet retaining its beauty and character. Darren commented; "This was such a fascinating repair. We found different styles of building methods and all sorts of materials had been used to make the walls – including a pantile!" Clay pantiles are the east of Scotland's most iconic roof covering - but not normally used to build walls! Pantiles were first introduced as far back as the 1600s when old pantiles

were used as ballast for ships back and forth to places such as Amsterdam.

A similar challenge was found in repairing a home in North Berwick. Many extensions had been added over the years and the building had structural issues that had to be addressed before any coating could take place. So the team undertook structural repairs and then covered the entire building with a steel mesh to provide a new structure and act as a base for the new pebble dash, to avoid future cracking.

The team are also well versed in modern properties and recently refurbished a Longniddry home, the cube, using a modern product Baumit which is a silicone thin coat render system. Darren explains; "This is used mainly on superstructures such as the new hospital in Haddington. But in my opinion is the most up-to-date technology available and I recommend using it on any modern property."

As is the case in any industry, methods change over time and the way that things are done gradually evolves. Roofing and building is no different, and where possible Darren and his team incorporate new technologies with old traditional practices to comply with the conservation legislation. At Weatherproof they're able to advise on all technical aspects of any building or roofing project, and of course repair or replace correctly, ensuring quality and avoiding defects. Their advice will help to ensure the project meets planning conditions, listed building consents, and most importantly your expectations.

WEATHERPROOF

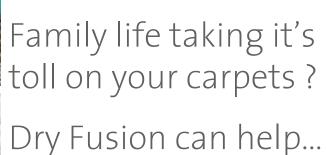
t: 0131 629 1215 | m: 0795 455 0560 www.weatherproofgroup.co.uk

48 | LOCAL LIFE













Developed in Australia and Germany the Dry Fusion System gives a new standard of cleaning never before available. This carpet care system uses an innovative and patented rotary cleaning machine that heats the activator solution to provide an amazing action.

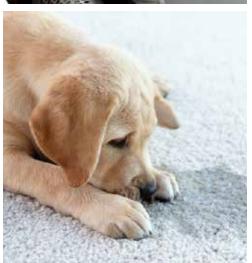
STAIN & SOIL PROTECTION BUILT IN

Notice how your carpets "dull off" after steam or conventional cleaning. That is because dust and grime is gripping the carpet. Our built in stain protection allows dust and grime to be vacuumed away and spills to be wiped away.



The system has its own heat drying system, it cleans and dries at the same time.









call now for a free no obligation quotation t: 01368 863 500 www.dryfusionscotland.co.uk





Featuring Cameron the award winning apprentice and Alex the 'Gas Man' with over 40 years' experience!

One stop shop for all your gas and plumbing requirements

Probably the best son and father business in the Lothians



Please Check Out our Newly Launched Website

www.gasandplumbing.co.uk



ENSURE YOUR BOILER IS READY FOR THE CHANGE OF SEASON WITH T. B. MACKAY ENERGY SERVICES

PLUMBING • JOINERY • ELECTRICAL • HEATING • ACCESS • BUILDING GAS INSTALLATION, REPAIR & MAINTENANCE

As East Central Scotland's longest established Worcester Accredited Partner, we can offer interest free credit and up to 12 years warranty on Worcester Bosch boilers.



T.B.MacKay Energy Services Ltd., 219 Granton Road, EDINBURGH, EH5 IAB To get a free estimate, call the guys from Mackays on 0131 552 6103 or head to www.tbmes.co.uk





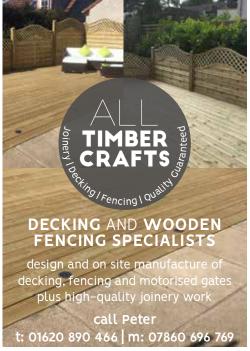












52 | LOCAL LIFE LOCAL LIFE

HOW TO MAKE A WILDLIFE POND

words: joy arev

As we become increasingly aware of the need to increase biodiversity in our gardens I am always looking for ways to include water features in my designs. A garden pond is a wonderful way of attracting many types of wildlife – frogs, newts, dragon flies, water skate, birds and small mammals – bringing so much life and a whole new dimension to any size of garden. Wildlife in return offers a natural means of pest control helping to maintain a healthy balance in the garden. The common frog eats slugs, caterpillars, flies and mosquitoes. We don't all have gardens big enough for a full-blown pond but even the smallest of gardens can incorporate a barrel pond.



- 1. Decide on the site. Preferably this should be somewhere which gets some sun the ideal site will not get too hot in summer. Shelter your pond from prevailing winds and long periods of direct sunlight resulting in high evaporation rates. If sited in deep shade the pond will stagnate.
- 2. Cover the bottom of your barrel with aquatic or washed gravel. Fill, and allow to soak for a few days to allow it to swell up so it becomes water tight. Rainwater is best but you can use tap water which has been left to stand for a week to allow any chemicals to evaporate. The minimum depth should be about 400-600mm so you can include aquatic plants.
- **3.** Carefully arrange the bricks at different levels in and around the barrel to enable wildlife visiting your barrel pond to do so easily and safely, and for planting baskets to sit on. Give birds a place to perch when they are drinking.
- **4.** Plant your chosen plants in hessian lined aquatic baskets, ensuring not to overcrowd them allow at least a third of the surface area clear to allow your plants to breathe and grow. Mix submerged, floating and emergent plants they will each bring different qualities, benefits and inhabitants to your pond. Which plants you choose is up to you just make sure to pick varieties that don't mind having their roots wet. In order to ensure the water

stays fresh and clean you should include oxygenators – such as water lilies. Great plants for small ponds include:

- Miniature waterlily (Nymphaea 'Pygmaea Helvola')
- Lesser spearwort (Ranunculus flammula)
- Starwort (Callitriche stagnalis)
- Japanese water iris (Iris ensata 'Variegata')
- **5.** Collect rainwater to top up your pond when required. Ensure it is kept free from leaves covering with mesh in autumn will help.
- **6.** Ensure your pond is safe remember babies can drown in just a few inches of water.

Helpful websites for information and sourcing plants: www.watersidenursery.co.uk www.plantsandgarden.co.uk www.crocus.co.uk

GOOSE GREEN DESIGN

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

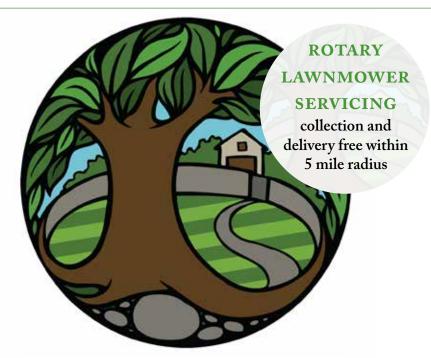
GOOSE GREEN DESIGN gardens by Joy Grey BEAUTIFUL TIMELESS FUNCTIONAL GARDEN DESIGN SOLUTIONS

Joy Grey BSc(Hons) DipPSGD(Hons)

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



54 | LOCAL LIFE | LOCAL LIFE



ANDERSON LANDSCAPING AND GARDEN SERVICES

Established in 2011 by Cameron Anderson, a fully qualified Muirfield Green Keeper, **Anderson Landscaping and Garden Services** offer a professional reliable complete garden service from routine garden maintenance through to any type of landscaping and tree and lawn services.

LAWNS

Artificial lawn laid and specialist lawn treatments carried out by a qualified green keeper.

LANDSCAPING

Hard and soft landscaping, including mono-block driveways, carried out by a team of experienced professional builders.

FENCING & DECKING

Fencing and decking carried out by a team of experienced professional builders.

TREE SERVICES

Professional tree services. Plus, seasoned logs and kindling with free delivery in East Lothian.

OTHER SERVICES

Including house clearance, power washing driveways, fences painted, gutters cleaned. Winter tidying and garden clearance work. One off jobs welcomed. All works considered.

t: 01620 850 590 • m: 07906 034 258 • www.andersonlandscaping.org.uk



This traditional walled garden nursery set in the rural heart of East Lothian offers an extensive range of plants throughout the year.

Trees & Shrubs · Seasonal Bedding Plants, Seeds & Bulbs · Pots & Ornaments · Compost & Garden Sundries · HTA Gift Vouchers



selection of home-made soups, paninis and baguettes, salads and platters. Plus our ever popular mouth-watering home baking and our delicious Smeaton scones.

OPEN DAILY - ALL YEAR ROUND
Tearoom open 9.30am-4pm | Gardens open 9.30am-4.30pm

Preston Road, East Linton EH40 3DT | t: 01620 860 501 www.smeatonnurserygardens.co.uk



NBBA HIGH STREET HAMPER WINNER

In our last issue we joined up with members of the North Berwick Business Association (NBBA) to offer readers the chance to win a wonderful high street hamper by telling us their favourite shop on the high street and why. Our lucky winner was Emma Bennett from North Berwick. Her entry was Great Escape; "So hard to choose but in our house we love Great Escape. Gordon never fails to be lovely and super helpful with all our outdoor questions and kit needs. With two teenagers, it's also a fab stop for birthday and Christmas aifts!"

The NBBA will be offering more chances to win over the coming months. To keep in the loop with future competitions, be sure to follow @visitnorthberwick on their social channels.

@visitnorthberwick



A new restaurant with stunning coastal views will open in North Berwick this summer. Part of the Marine North Berwick, The Lawn will be accompanied by a stylish, laid-back bar and lounge, The Bass Rock.

MasterChef: The Professionals' Chris Niven, previously executive chef at The Fairmont, St Andrews and The Scotsman Hotel in Edinburgh, will head up The Lawn. With an approachable, seasonal menu designed around flavour and simplicity, the focus will be on the very best ingredients from East Lothian and the surrounding area. In addition to his wealth of experience, Chris brings with him a passion for Scotland's larder: diners can expect to see lobster fresh off the Seacliff fishing boat, fish smoked locally at Belhaven, as well as vegetables grown by Phantassie Organic and game from West Lothian's Castle Game.

Chris said; "I am thrilled to be launching the dining concepts for such an iconic property like Marine North Berwick. I have been championing Scottish produce for 20 years now, so getting to work with the fantastic local suppliers around East Lothian is a really exciting prospect. The menu is being created around the very best ingredients. Dishes will not be complicated; the flavours of the produce will really shine through."

MARINE NORTH BERWICK Cromwell Road, North Berwick www.marineandlawn.com





TREAT YOURSELF AT FLETCHER'S COTTAGE SPA

We are delighted to be able to welcome you back to Fletcher's Cottage Spa.

Relax and unwind with a luxurious Spa visit here on the beautiful Archerfield Estate.

We look forward to welcoming you back for a much needed Spa escape.

To book your Spa Experience please call us on 01620 897 580 or email spareservations@archerfieldhouse.com

