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LOCAL LIFE

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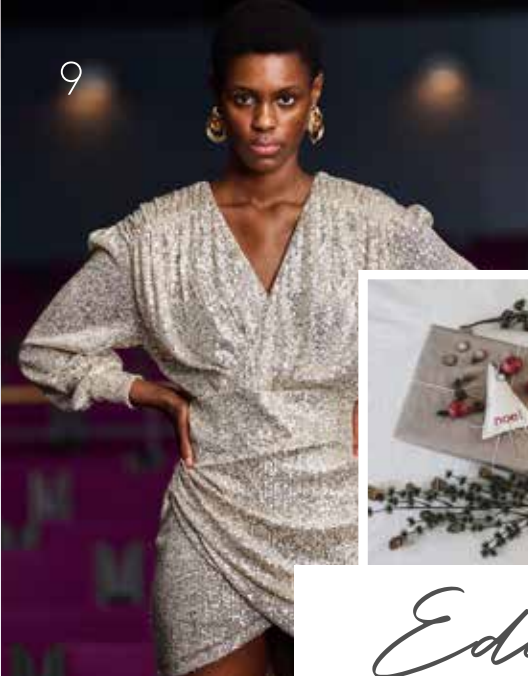


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Editor's LETTER



It's beginning to look a lot like Christmas. In a year that seems to have moved with a velocity quite unlike any other, we find ourselves moving at pace towards the festive season once more. As we put the finishing touches to this issue, we're in the middle of a week that has felt unseasonably warm, and the holidays still feel quite a distance away. However, the experience of compiling this issue has put me in a festive mood. I'm hopeful

that we will all be able to spend time celebrating with friends and family this year, and my mind is drifting to thoughts of cocktails, winter feasts, and how to dress for a month of parties.

This issue is packed with ideas and inspiration to help make this Christmas the most magical yet. We bring you the season's party fashion trends and a recipe to ensure your festive table is equally stunning. Decorating the house for Christmas is not just a highlight of the festive period but of the whole year. My family uses the same decorations, with adjustments, every year, and we each have our own cherished ornaments. The aim is to transfer a familiar room into a celebratory one, and our Festive Living feature reveals the top three Christmas decorating themes for 2021. Elsewhere, we reveal our favourite Yuletide scents, and as

the year comes to a close, Mind, Body, Soul columnist Bernadette Petrie asks, could being our own best friend be the real gift of Christmas? Plus, let us inspire you to create an environmentally-responsible Christmas wreath using foraged flowers and

foliage. Our annual gift guide offers a wealth of gifts that should suit everyone, from home enthusiasts to fashion and beauty addicts and from the eco-conscious to people looking for more family-orientated ideas.

As you rush around to finish your Christmas shopping and make it to all of those holiday events, remember to step back, breathe, and think about what's really important in life. Christmas is the time to celebrate this. From all of the team at Local Life, we wish you a joyous holiday season and a safe and healthy new year.

Kim x

LOCAL LIFE

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To advertise in the February | March 2022 issue please contact info@yourlocallife.co.uk or 07878 822 395.

Inclusion in the events page 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 10 January 2022.

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FESTIVE FUN AT THE SCOTTISH SEABIRD CENTRE

Embrace your love of wildlife this winter with a trip to the Scottish Seabird Centre. They have a host of activities and events planned for the whole family to enjoy throughout the festive season.

To brighten up the darker winter months, there is a packed programme of *Seabird Socials* – kicking off with festive wreath-making workshops with Sandy Branches, a family Ceilidh to celebrate St Andrew's Day, Wine Wednesdays tastings, a special festive Supper Club NB and a series of author talks. For Christmas inspiration, pop into the gift shop (in person or online) and browse the hand-picked range of sustainable

treats, from keep-cups and drinks bottles to wooden toys and delicious locally made chocolates and gins. Wildlife adoptions also make a fantastic present for wildlife lovers of all ages, choose from a puffin, gannet or seal.

Explore the Discovery Experience over the festive break and learn more about Scotland's incredible marine wildlife with their fun interactive exhibits and games. The kids will love the new ocean and Lego trails. Or show nature some love and borrow a beach clean kit to clear litter from the local beaches. Then, treat yourself to coffee and cake in Seabird Café, soaking up the wonderful views of the Bass Rock. All profits from the gift shop and café go directly to supporting the charity's marine conservation and education activities.

Open daily (closed Christmas Day and Boxing Day only). Visit website for details on upcoming events. seabird.org

Image above © Helen Pugh

Control the cameras and zoom in on the super-cute seals

www.seabird.org

Image © Maggie Sheddin
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TIME TO SPARKLE

There's no better time of year to wear something sparkly than the festive season. So bedazzle in sequins or opt for tonal metallics. Pairing tone-on-tone rather than two identical shades is a favourite with the fashion pack because it adds interest to your look.

Sequin Dress £74.99 | Bronze Belted Top £84.95

Sequin Top £49.99 | Belt £29.99 | Silver Blouse £49.95



TWINKLE TWINKLE

This Christmas, Boris or Nicola announcements pending, we might actually get to go to a Christmas party. And if we're about to celebrate the festive season with real-life friends in a real-life fancy venue, then the occasion will demand outfits that really make an impact. From old-school glamour to sequin dresses, from tonal metallics to luxe velvet trousers. Here are our favourite pieces.

THE COMFORT AND JOY DRESS

You can never go wrong with a classic LBD, and whether you're rocking around the Christmas tree or hosting a long lunch, a great dress that is versatile and laced with party spirit is a festive season essential. Velvet Dress £39.99 Sheer Sleeve Dress £69.99



TOUCHY-FEELY VELVET

You've probably already got the message that you need some velvet in your wardrobe this season. This year bypass ball gowns and revel in the comfort of slouchy velvet blazers or wide-cut trousers. If it's good enough for Saint Nick... Sequin Trousers £69.99 | Velvet Tee £29.99 | Velvet Dress £39.99



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Many shops on North Berwick High Street will be open late every Thursday in the run up to Christmas. We will be open until 7:30pm where you can enjoy a mulled wine while we gift wrap your purchases. Christmas shopping made easy!



1. Pieces pullover gilet £42, 2. Vero Moda hat £15, 3. Vero Moda gloves £16, 4. Vero Moda Christmas slippers £24, 5. Soyaconcept midi dress £60. All styles available to shop in store and online.

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We love this candle's blend of black rose, geranium, frankincense and myrrh. Warm and welcoming with a delicate floral accent, it's the perfect winter fragrance. £49 | **TIME & TIDE** 11 & 48 High Street, North Berwick

Yuletide's subtle yet rich herbal fragrance of Siberian pine alongside eucalyptus and precious woods of cedarwood and sandalwood brings back memories of decorating the Christmas tree.

£23.95 **CAN TO CANDLE**
cantocandle.com



Ramp up the home's holiday atmosphere with this candle from **Storm Coast**. **Revive** has a fresh, uplifting aroma of peppermint, rosemary and eucalyptus. £19.95 **STORM COAST**
stormcoast.co.uk



'TIS THE Season FOR CANDLES

A wintry scented candle is the easiest way to make your home feel just a little bit festive. There's no better way to get into the seasonal spirit than lighting a candle for Christmas. From warming, woody notes to light and fresh pine, the signature Christmassy aromas will give your space a cosy, warm feeling. So whether you prefer cinnamon, pine, or berry scents, these candles are ready to light up the season.

Warm, tangy and with a hint of spice, the **St Eval Orange and Cinnamon Scented Tin Candle** is not just for Christmas! £12 **MADAME BUTTERFLY**
95 High Street, North Berwick



The **LT CO Christmas Candle** with orange, cinnamon, cedarwood and clove is almost edible and evokes memories of Christmas past. £25 **LAURA THOMAS CO**
laura-thomas.com

If your holiday wish is to unwind, **Beatitude's Winter Comfort Candle** is a high strength aromatherapy candle that creates a welcoming, festive and calming atmosphere. 30cl £34, 10cl £12 **BEATITUDE** beatitudeproducts.co.uk

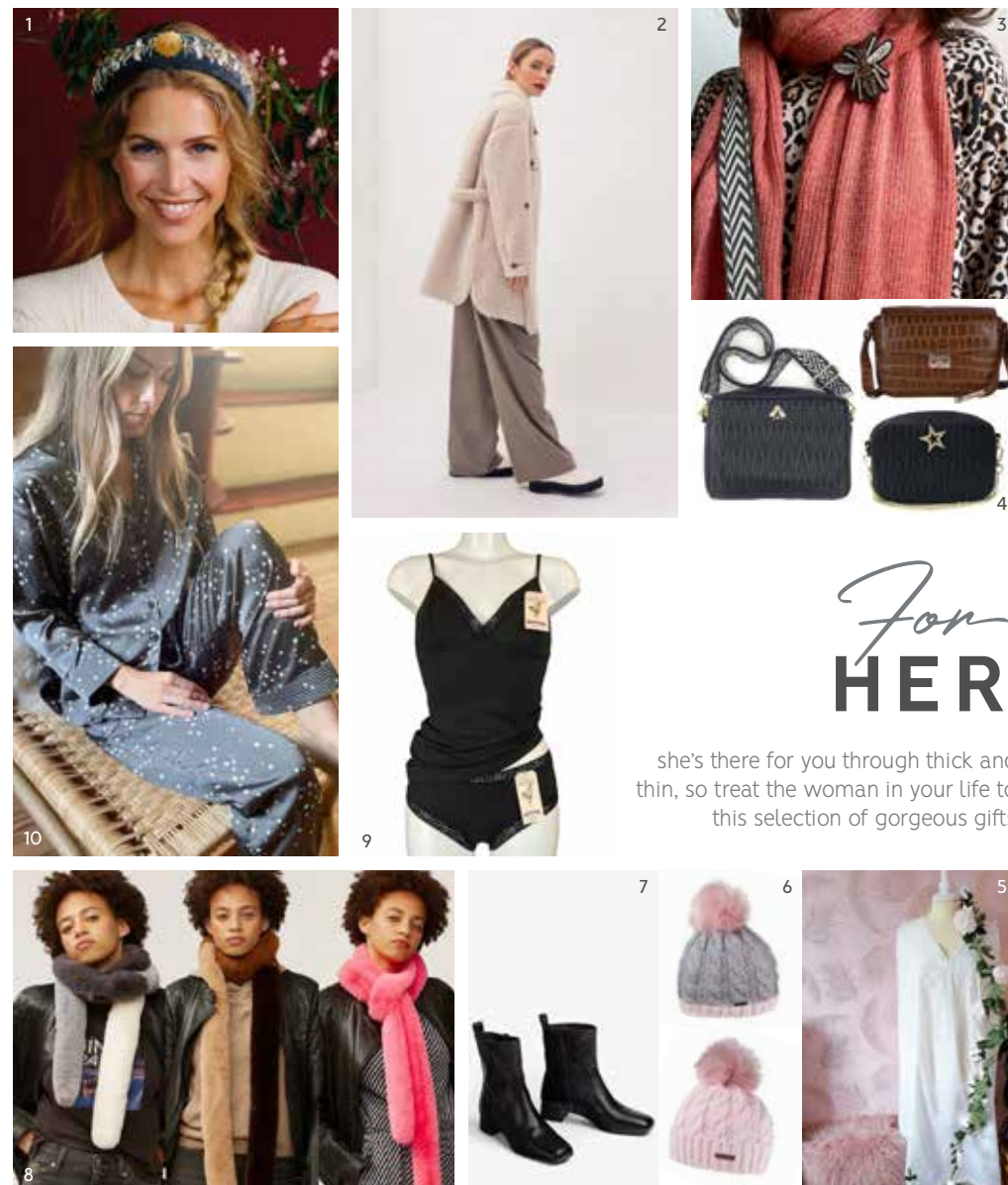


Unmistakably Christmassy, **Yule's** spices of orange, cardamom and cinnamon are just right to see in the new year, to mark a new beginning. £20 **NORDEN** 82 High Street, North Berwick

CHRISTMAS

Gift GUIDE

There's no denying it – 'tis nearly the season! It will come as no surprise that we love Christmas at Local Life; we also love shopping, so we've had fun compiling this year's Christmas gift guide for you. From the fabulous to the fun, the stylish to the surprising – here is our choice of perfect presents to suit all budgets. All available locally... happy shopping!



1 Powder Padded Velvet Headband £30 from **SO & CO** 75 High Street, North Berwick | 2 Urban Code Shacket £189, 7 Unisa Boots £150, 8 Nooki Design Scarves £45, 9 Ella & Me Camisole £24, Briefs £12 all from **HEART & SOLE** 60 High Street, North Berwick | 3 Sixton London Coral Scarf £34.99, 4 Sixton London Vegan Leather Cross-body Bag £44.99, Ashwood Tan Leather Bag £69.95, Sixton London Velvet Bag with Star £36.99, 6 Sabott Fleece Lined Hats from £30, all from **SECRET BOUTIQUE** Main Street, Gullane | 5 Nightdress £45 from **MADAME BUTTERFLY** 95 High Street, North Berwick | 10 Silk Pyjamas £49 from **MEG MAITLAND** 76 High Street, North Berwick

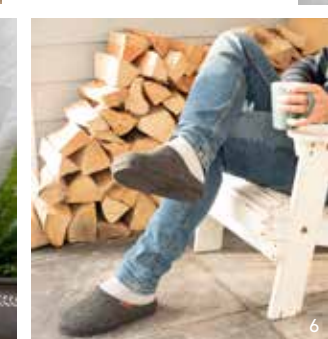
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For HIM

treat him to some masculine, stylish and luxurious goodies



1 Pure Lambswool Throws £50, 2 Mirror Shelf Bar Cart £250, 3 Floral Cushions £35 each, 8 Louis Vuitton Catwalk Book £55, 9 Luxury Christmas Home Fragrance from £29, all from **TIME & TIDE** 11 & 48 High Street, North Berwick
4 Rivalsalt Chilli Grater £25.00, 5 Ceramic Air Diffuser from £16, 7 Jord Home Sheepskin from £90.00, all from **NØRDEN** 82 High Street, North Berwick | 6 Kantha Quilts £55 from **MADAME BUTTERFLY** 95 High Street, North Berwick

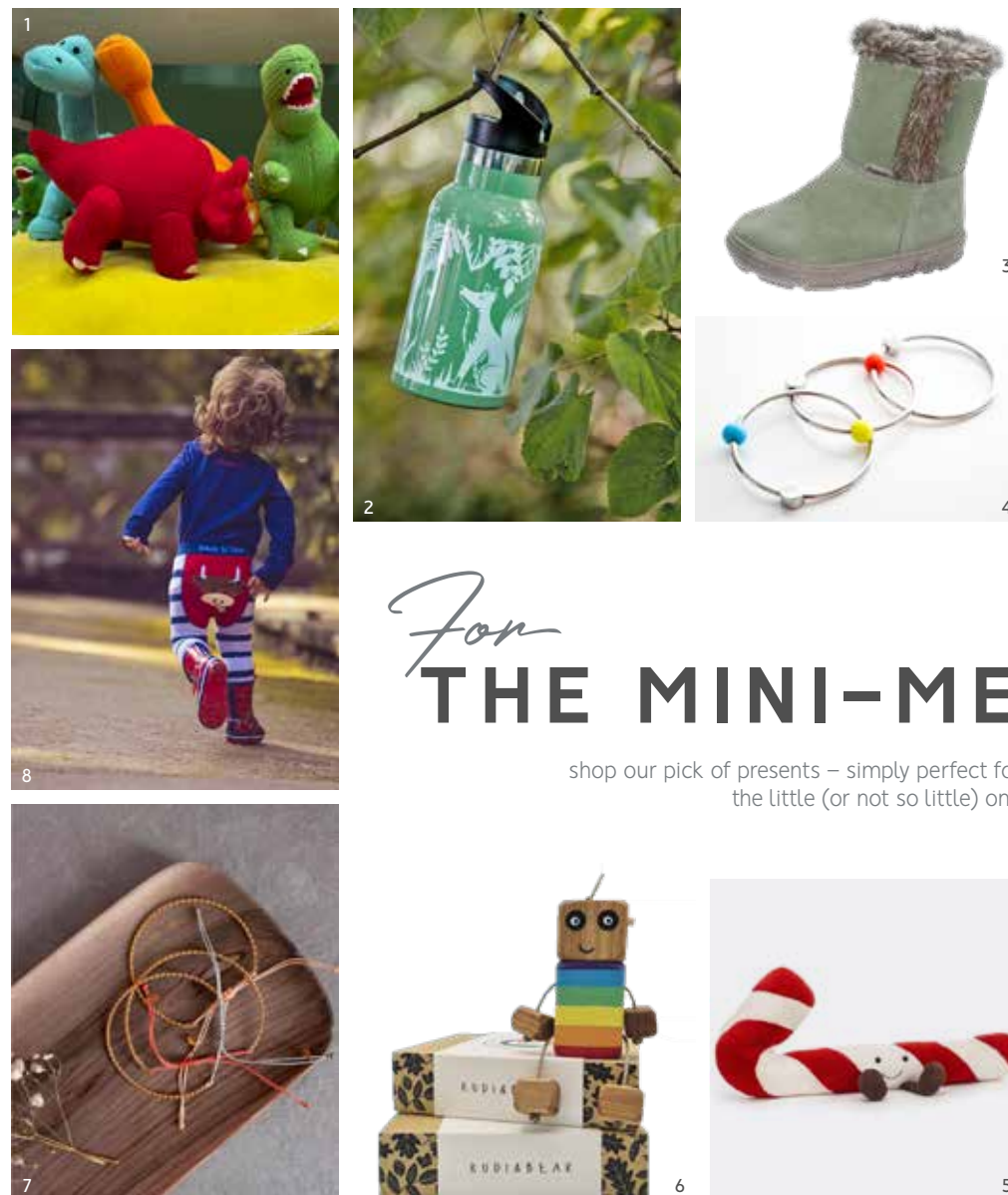
1 Brakeburn Shirt £4999, 2 Stance Socks from £15, 6 Brakeburn Slipper £2999, 9 Bleubird Nordic Robe £129, all from **GREAT ESCAPE** 57 High Street, North Berwick | 3 Solid Scent Co. Cologne (perfume available too) £26.00, 4 G1979 Photographic Print (framed or unframed) from £40.00, 7 Luks Blanket (or Towel) from £37.50, all from **NØRDEN** 82 High Street, North Berwick | 5 New York Giants Print £195 from **TIME & TIDE** 11 & 48 High Street, North Berwick | 8 Chillys Series 2 Bottle £2999 from **OLD SMIDDY** Gullane

For BEAUTY QUEENS

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- 1 Sixton London Velvet Make Up Bag £22.99 from **SECRET BOUTIQUE** Main Street, Gullane | 2 Deerieo Daily Glow Face Cream £37, 4 Blooming Heather Soap £5.90, 6 Secret Garden Facial Mask £18.50 all from **DEERIEO** deerieo.com
3 Facial Night Oil 30ml £38, 10ml £14 from **BEATITUDE** beatitudeproducts.co.uk
5 Time & Tide Eau de Parfum £75 from **TIME & TIDE** 11 & 48 High Street, North Berwick | 7 MODM Body Renewal Gift Set £78.00, 9 Dook Shampoo Bar & Conditioning Oil from £13.00, all from **NÖRDEN** 82 High Street, North Berwick
8 Skincare Treatment Set £60 from **SEILICH** seilich.co.uk



For THE MINI-ME

shop our pick of presents – simply perfect for the little (or not so little) one

- 1 Dinosaurs from £15, 3 Usky Boots £55 4 YummiKeys Teething Rings £22.50, 6 Rudi & Bear Rainbow Ned £22, 8 Highland Cow Leggings £10, all from **FLUX SQUARED** 143b High Street, Dunbar
2 Flasket from £22.00, 7 Bohemia Designs Bracelets £12.00, all from **NÖRDEN** 82 High Street, North Berwick
5 Jellycat Candy Cane £15.99 from **OLD SMIDDY** Gullane

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- 1 Ola Origami Decorations Kit £14.50, 2 Bare Bones Chocolate from £3.50, 4 Hoogly Tea £3.00, 9 Arctic Fox Recycled Beanie & Throw from £30.00, all from **NØRDEN** 82 High Street, North Berwick
3 Meadow Gift Set £28, 8 Room Mist Set £20, all from **SEILICH** seilich.co.uk
5 Hometown Coffee from £9, from **HOMETOWN COFFEE ROASTERS** hometowncoffeeroasters.co.uk
6 Kate Millbank Festive Decorations from £10, from **KATE MILLBANK** katemillbank.co.uk
7 Canvas Tote £15, from **FIDDY + MABEL** fiddyandmabel.com

BEAUTY Spy

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Christmas party season is here and if you're looking for the perfect gift or the perfect pre-party pick-me-up, then meet Beatitude's Joy – our favourite beauty product this festive season.

With Christmas party season upon us, we couldn't be more ready for mulled wine, cheese platters and plenty of partying. The key to surviving the silly season (other than getting your Secret Santa present sorted early) is to create some time and space to ensure you're feeling the most festive and fantastic version of yourself.

We absolutely love award-winning aromatherapy brand Beatitude's bath and body oils – designed to calm the mind, improve well-being and nourish the skin. The bath oils disperse in the water, avoiding the greasy residue often associated with traditional bath oils, and your skin is left feeling silky smooth. My favourite (and believe me, it is hard to choose) is **Joy**. Fondly known as 'sunshine in a bottle' due to its cheering blend of citrus therapeutic essential oils including; orange, mandarin, petitgrain, grapefruit and bergamot, it really does help cheer and uplift the spirits. It's the perfect party prep blend helping you to feel energised and happier. Follow with the easily absorbed sumptuous body oil, which is rich in vitamins and antioxidants, and you'll be left with beautifully soft, smooth and glowing skin. Perfect for the Christmas party. And if you're feeling altruistic, then Beatitude's gorgeous products make wonderful presents too. So that's the Secret Santa present sorted!

Bath Oils 100ml £40, 50ml £25
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YOGA FOR WINTER

words: sally jean rankin | pictures: lindsay scott

During the winter months, many of us can struggle to keep a positive frame of mind. The weather is generally cold, damp, heavy and often windy, and the sky cloudy. Let's face it – we lack energy! In Ayurveda, winter is the month when our Kapha Dosha elements become aggravated, so a Kapha pacifying routine, diet and lifestyle needs to be adopted to help us through this dark and often dreary season. A great way to help is to have plenty of warm oily massages, drink plenty of hot herbal beverages, eat warm cooked foods such as; soups, pumpkin, sweet potato, green leafy vegetables, and move. In addition, a healthy morning routine is important, walking outside in nature once a day, and of course, yoga. Integrating a yoga routine into your lifestyle will help you through the winter months. Here are two poses that will help open the chest, stretch the throat, drain the sinuses, and relieve congestion. We are also working with the heart and throat chakras.



Matsyasana | Fish Pose

After six rounds of Sun Salutation A come to lying down on your back, place your hands underneath your sit bones and tuck your forearms underneath your side body. Take an inhale, point your feet, press your heels, elbows and shoulders into your mat, lifting your chest up off your mat. Come to rest on the crown of your head. If you can't place your crown directly on your mat, pop a block or cushion underneath for lift; however, please be mindful that there should be little weight on the head. Stay here for five deep breaths breathing towards your ribcage and chest. Slowly come out of the pose and draw the knees into your chest. Stay here for five deep breaths.

Dhanurasana | Bow Pose

Come to lie on your front. On an inhale, take hold of your ankles, making sure your knees are hip-width apart and exhale. Inhale and lift your head, opening your chest and shoulders as you kick your feet into your hands, if you can lift your thighs up off the mat. Stay here for five deep breaths. Please be mindful not to strain your breath in this pose, don't worry about how high your thighs go; just focus on breathing deeply into your chest and ribcage. If you need to, you can use a strap, scarf, or even a dog lead to wrap around your ankles. We all need to start somewhere – don't be put off. Enjoy the bliss!



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Festive LIVING

Jasmyn Hunter reveals Time & Tide's top three Christmas decorating themes for 2021

Christmas 2021 will inspire feelings of hope and happiness more than ever before, and transforming your home into a winter wonderland is a great way to embrace the festive spirit.

Of course, the way to think about Christmas tree trends is that there are some staples that never go out of style. Twinkly lights, gleaming trinkets, and gift-wrapped boxes never fall out of favour. But these interpretations of how to decorate the tree all feel very now while seeming totally timeless, too.

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Gilded Gold

Metallics continue to take centre stage this festive season. Combine two metallic tones in abundance for maximum effect. Eye-catching matte silver and white baubles with their muted and cooler tone will help bring the snowy outside in – without the freezing cold temperatures. Add texture and sparkle with golden glittery poinsettias, rhinestone Christmas trees and antique gold detailing, helping to add warmth and depth as it contrasts against the leading silver tones.

Feather Trees small £5.95, large £7.95 | Rhinestone Christmas Tree Hanger £5.95
Lace Glitter Poinsettia Clip On £5.95 | Micro LED Cone Tree small £9.95, large £14.95

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Evening at the Ballet

A nostalgic trend, this look incorporates a more whimsical colour palette. It's a chance to take a step back and enjoy the fantastical charm of the festivities. Pastel pinks and metallics are the backdrops to charming hints of nostalgia, while pretty embellished floral baubles and feathers offer an element of playfulness and fun. Ramp up the magical details – a faux frosted tree works beautifully with the colour palette, and twinkling candlelight provides a cosy glow.

Cherry Blossom Bauble £4.95 | Feather & Pom Bauble £3.95
LED Pink Candle Set £22

Whispering Pines



Twilight woodland colours with a metallic shimmer and dashes of gold are magical and mysterious, creating a dramatic look. Likewise, the palette is moody and mysterious, with deep blues lifted by amber accents and opulent textures. And don't overlook the sense of fun here with gorgeous poinsettias and tartan baubles, invoking the magical feel of Christmas.

Blue Poinsettia Clip On £4.95 | Deep Blue Honeycomb Bauble £5.95 | Embellished Stripe Bauble £4.95 | Santa Valter With Brown Hat, large £39





Deck THE HALLS

With Christmas on the horizon it's time to start thinking about festive decorations. Nothing beats twinkling lights a beautifully decorated Christmas tree in the window and hanging a fresh wreath on your front door, staircase or mantelpiece – it's the perfect festive way to welcome guests into your home. Making your own is as easy as wrapping presents, but it is no longer environmentally friendly to use florist's foam. Garden designer **Joy Grey** of **Goose Green Design** gives us a step-by-step guide for creating a beautiful, environmentally-responsible Christmas wreath.

YOU WILL NEED:

Materials:

- A wire ring – the size depends on your door, I used a 30cm ring
- Secateurs
- Reel of florist wire
- Florist stubbing wire or similar
- Wire cutters
- Ribbon, or something to use to hang the wreath

Florals & Foliage:

- Moss (from a florist, or forage responsibly)
- Greenery such as; conifers, holly, box etc from your garden or the hedgerows. Three to five different kinds wired together into bundles
- To decorate; pinecones, berries, holly, rosehips, seed heads, flowers, twigs and bundles of cornus stems or cinnamon, ribbon, dried orange slices

WHAT TO DO:

1 Begin by preparing the ring. Make handfuls of moss into sausage shapes and, using the reel of florist wire, attach it to the ring by tightly coiling it round.

2 Cut small sprigs of conifer and greenery and remove the needles and leaves from the bottom of the stems and wire together to form a small bundle. Think about the look you're trying to achieve, if you want your wreath to look more natural and rustic, leave a few stems longer and trailing. If you prefer a neater look keep them short.

3 Lay the first bundle on top of the moss base and secure by wrapping the wire tightly around the bundle a couple of times. Keep the wire taut and continue adding one bunch at a time each overlapping the stems of the previous one. Tuck the last one under the first and secure.

4 Once your foliage is all in place you can add in your decorations. I used pinecones, rosehips and bundles of red stemmed cornus wired together and tied with tartan ribbon. Wire your decorations with the stiff florist's wire and be sure to leave a length you can either push into the moss base to secure or gently wire round a piece of foliage. Remember to step back every so often, to ensure you're happy with the look as you go.

To wire a cone: wrap a piece of wire around the middle of each cone and feed it through the lower scales. Twist the wire ends together creating a prong to fix into the moss ring.

5 Take your ribbon and cut it into a piece long enough to tie round top of wreath and attach to door or wherever you'd like the wreath to hang. Attach to the wreath and knot it securely. And there you have it – a beautifully finished, environmentally-responsible festive wreath that's sure you get you and your guests into the Christmas spirit!



Joy's top tip:

Spray your wreath regularly to keep the moss damp and your wreath should last two to three weeks.

GOOSE GREEN DESIGN

t: 01620 842866 | m: 07971 163 565
e: joy@goosegreendesign.co.uk
goosegreendesign.co.uk



to-do LIST

our pick of things to
do this festive season

CLOSE TO HOME

Darren Woodhead's new solo show *Close to Home* is an ode to the natural world and a reflection of the anchor it has been for him over the past months. Born in West Yorkshire, Darren has lived in East Lothian for 25 years. A pure field painter, all his work is produced outside on location painted directly in watercolour. He aims to retain the freshness and energy derived from being in nature by working directly from life, often in demanding conditions.

CLOSE TO HOME | 11 November 2021 – 9 January 2022
Scottish Ornithologists' Club (SOC), Waterston House, Aberlady | the-soc.org.uk



Royal Collection Trust © Her Majesty
Queen Elizabeth II 2021

CELEBRATE CHRISTMAS AT THE PALACE OF HOLYROODHOUSE

This festive season at the Palace of Holyroodhouse, Christmas decorations transform the State Apartments, exclusive tours give visitors a unique behind-the-ropes experience and family activities bring royal Christmases to life for both children and adults. A highlight of the Christmas display is the 15-foot-high Christmas tree adorned with shimmering decorations and sparkling lights in the Great Gallery. There is another magnificent tree in the Throne Room, and the Great Stair is draped with twinkling velvet garlands, glistening berries and seasonal foliage.

3 December 2021 – 3 January 2022
Palace of Holyroodhouse, Edinburgh

SHOP FOR INDIE CHRISTMAS GIFTS



Forget the hustle and bustle when doing your Christmas shopping and head to a local independent market instead. Dirleton Market on the Green showcases a fantastic range of festive food and drinks plus last minute Christmas gifts.

Dirleton Market on the Green
12 December 2021 | 11am–3pm



DAY, NIGHT, DAWN AND DUSK

Fee Dickson Reid is an East Lothian artist whose calm, atmospheric and uplifting seascapes are all based on the beaches on her doorstep. She is taking 40 paintings themed *Day, Night, Dawn and Dusk* to Edinburgh for her second January solo show at the Torrance Gallery. Last years show, despite lockdown and being wholly virtual, was almost a sell-out and the gallery's most successful show to date.

Day, Night, Dawn and Dusk
15 January – 5 February 2022
Torrance Gallery, 36 Dundas St, Edinburgh
torrancegallery.co.uk
feedicksonreid.com

Christmas CHURCH SERVICES

CHRISTMAS EVE

St Adrian's Children's Service | 5pm
Gullane Parish Church Christmas Eve Service | 11.30pm

CHRISTMAS DAY

St Adrian's Family Service | 9.30am
Gullane Parish Church Christmas Day Service | 10.30am

At the time of press we've been unable to publish all Christmas services. Please contact the church for times:

Abbey Church

t: 01620 892800

e: abbeychurch@abbeychurch.co.uk

St Andrew Blackadder Church

standrewblackadder.org.uk

SHOP LOCAL AND LATE

Don't forget the local high street when Christmas shopping this year. Support local and head to our high street's indie shops for the very best gifts, art design, homewares, fashion and food. North Berwick High Street shop owners are looking forward to welcoming you to enjoy late night shopping each Thursday in December, with many stores staying open late. There will be festive treats for shoppers and special offers.

Selected stores open until 8pm | 2, 9, 16 & 23 December
@VisitNorthBerwick on Facebook or Instagram for further information



WINTER WONDERLAND AT GOSFORD

Gosford House offers a tasteful take on the classic festive experience as it welcomes East Lothian's first Winter Wonderland.

The beautiful Gosford House in East Lothian will play host to Scotland's newest Winter Wonderland. Event designers Rogue Village and Rogue City will create a vintage-inspired Christmas experience befitting of its historical backdrop. It will feature a Victorian carousel and chair swings, Christmas land train trips around the grounds, carnival stalls, marketplace, donkeys and a Christmas tree postbox maze. Rogue Village Co-Director, Jennifer Maniam says; *"We're creating something that captures the magic of Christmas – something that makes everyone feel like a six-year-old on Christmas Eve. This year more than most, we want people to be able to socialise with loved ones in a safe environment."*

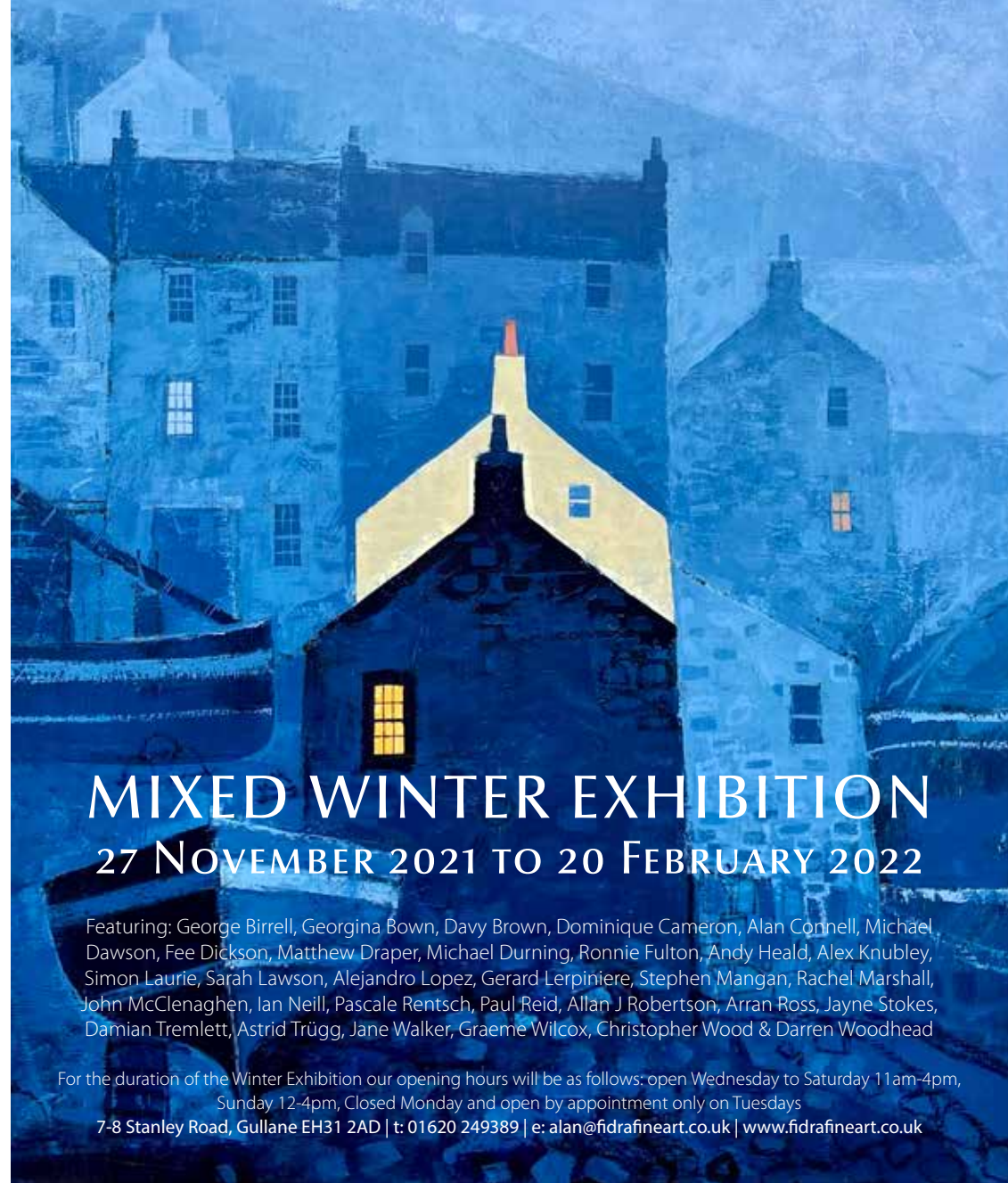
Those wishing to explore inside the incredible Gosford House can book a house tour or partake in workshops and activities in the most opulent of settings. These include Christmas table styling by Style Your Spaces, whisky tasting from Glenkinchie, wreath making from Feathergrass Florals and ballet classes from Art East, former Royal Ballet principal dancers. Gosford venue manager Alison Bombail adds; *"We want to bring an authentic Christmas experience to our locality while celebrating the local talent we are so lucky to be surrounded by. We also hope to see lots of families joining in the festive cheer."*

A marketplace housed in a Sperry sailcloth tent will feature some of Scotland's leading independent food and drink producers, artists and designers, perfect for Christmas shopping and treats for the festive period. Traders will include Bon Tot, The Portobello Bookshop and Dook. Co-Director Peter Maniam added; *"We're steering away from the strangely traditional German market and creating a marketplace that is representative of the incredible independent brands here in Scotland. We want to encourage spending and supporting local."* The food and drink area sponsored by The Hive by Wemyss Malts will include cosy tipi tents complete with an open fire. Food and drink will be provided by Steampunk Coffee, Herringbone, Fox Hat, Wild at Heart and The Wee Green Van.

GOSFORD HOUSE WINTER WONDERLAND

Gosford House, Longniddry EH32 0PX
17–23 December 2021 | 10am – 6pm
from £6.50 adult | £4.50 child plus booking fee
roguevillage.com

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For the duration of the Winter Exhibition our opening hours will be as follows: open Wednesday to Saturday 11am–4pm, Sunday 12–4pm, Closed Monday and open by appointment only on Tuesdays
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WHITEKIRK HILL – THE BEST KEPT SECRET?

words: kim williams

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

Although it opened just before lockdown, Whitekirk Hill has quickly found its feet now that restrictions are relaxed. Perched on a hill on the outskirts of Whitekirk village with sweeping views over the Firth and rolling East Lothian countryside, Whitekirk Hill is a purpose-built lifestyle hub surrounded by 160-acres of mature Scots Pine and Spruce woodland, ponds and open grasslands.

As you enter the impressive building, the cathedral-ceilinged atrium and stunning chandeliers make a striking opening statement, and Whitekirk Hill offers something for everyone. There's an on-site spa and a members-only leisure club that houses a state-of-the-art gym, fitness studio and a pool with a hydrotherapy suite. In addition, there are beautiful eco-friendly luxury lodges, a play barn and a family and dog-friendly restaurant – The Orangery – just perfect for a long, indulgent meal after an invigorating stroll around the dog-friendly grounds.

The Orangery is a bright and airy space that serves the most delicious brunches, lunches and dinners. The food is simply delicious. From a warm bowl of comforting soup to gastro delights such as roast duck breast with pumpkin and spinach risotto,

you'll find something to suit all tastes. Plus, the chefs use local produce and suppliers to ensure the freshest and best quality dishes and to fit with their ethos of supporting local. What's more Head Chef Piotr and his team have relaunched their *Sunday Lunch on the Hill* with a delicious new menu, making Whitekirk Hill your Sunday go-to. And if dining alfresco is your thing (let's face it, we have been embracing it lately), then head to the gorgeous outdoor dining area, popular whatever the weather. A roaring fire pit helps keep the chill at bay should the Scottish weather be less than kind, and two outdoor shelters, complete with heat lamps and strings of pontoon lights, ensure the experience is magical long after the sun goes down.

So, why not take the time to indulge, regenerate and unwind at one of East Lothian's best-kept secrets? Spend the night in one of their incredible environmentally conscious lodges, relax at the award-winning spa, adventure with the kids in the Play Barn or take time out to enjoy gastro delights at the stunning Orangery. Recently mentioned in *The Times* and listed in the best cafés, restaurants and food businesses in North Berwick by *The Scotsman*, it may not be a secret for long!

“ TIME TO INDULGE, REGENERATE AND UNWIND ”

WHITEKIRK HILL

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

Vegetarian CHRISTMAS PIE



Christmas has become a much more mindful affair, and for many, it's about helping the less fortunate and making this special time of year as magical as possible. The same goes for Christmas lunch. These days more and more people are choosing not to eat meat, which, if you're not a seasoned vegetarian cook, can be a bit stressful if one of your guests is vegetarian or vegan. This vegetarian Christmas pie of pumpkin and dauphinoise potatoes with Comté, caramelised onions, thyme and rosemary, will not only look stunning on your festive table but will impress even the most hardened meat-eaters amongst your guests.

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

INGREDIENTS

FILLING:

1 medium Kilduff culinary pumpkin (I love Kabocha)
 5 potatoes sliced thinly (I use organic from Brand Family Larder)
 4 red onions
 Cheese (Comté or Cheddar)
 Stitchill Jersey butter
 Olive oil
 300ml Yester Farm double cream
 300ml milk
 Organic plain flour
 Capers
 Lemon zest
 4 crushed cloves garlic
 1 tbsp of chopped rosemary & thyme
 1 tsp nutmeg

PASTRY:

250g organic plain flour
 150g salted organic butter
 100ml ice-cold water

METHOD

FILLING:

1. Slice onions finely, then slowly cook to caramelise using olive oil, a bit of butter, salt and pepper and a full tablespoon of thyme leaves. You can add balsamic and a bit of sugar if desired to the onions to make them unctuous.

2. Put double cream and milk into a saucepan add garlic, nutmeg, rosemary, thyme, and salt and pepper. Heat until nearly boiling, add potatoes and cook for five minutes, so they are tender but keep their shape. Then drain, keeping the garlicky liquid.

3. Chop capers and lemon zest, then layer the potatoes and liquid in an oven-proof dish, add capers and lemon zest and bake in the oven for around 25 minutes on 180°C fan.

4. Peel and slice your pumpkin into crescent shapes, toss in olive oil and salt and cook in the oven too. Both the potatoes and the pumpkin should be ready about the same time.

PASTRY:

1. Make the pastry or, if you prefer, buy some all-butter shortcrust. To make it is easy. First, blitz flour and butter in a food processor for about 30 seconds, then add water and blitz until it forms a ball in your machine. It will be soft and sticky, so make sure you flour a board well.

2. Tip it out and then divide it into a third and two thirds. Line a 7" spring-form tin with parchment and sprinkle with flour. Roll out 2/3rd pastry and line the tin.

3. The potato and pumpkin should now be cool enough, so you can start to layer. Pumpkin at the bottom, then the potato, then onion, then cheese and last a bit of the creamy liquid. You should have enough for two rounds of layering. Next, roll out the remaining pastry for the lid and egg wash all over. Bake in the oven for 30 minutes on 185°C fan.



FESTIVE FEASTING

Here at East Fortune Farm, Brand's Larder is packed to the brim of all things Christmas! Our sheds have been converted into grottos bursting with goodies for you to pick up on your next visit. Since the onset of COVID-19, our al fresco shopping experience has been incredibly popular, and we enjoy making you all feel safe. Festive orders are busy this year, with everyone hopeful of a return to normal when it comes to socialising over the festive period.

On a personal note, we will be pleased to see the end of this challenging year, and like so many of you, we will simply be grateful to spend Christmas around the table with friends and family and plenty of East Lothian produce.



WREATHS

We're thrilled to be the only stockist of Christmas wreaths, table arrangements and bouquets made by Victoria from Secret Garden Events Florist. These are available on a first-come, first-served basis.



FESTIVE HAMPERS

A beautiful hamper makes the perfect Christmas gift. And ours are bursting with goodies from our superb local suppliers, from meats and cheeses to spices and honey. Choose a hamper from our popular collection, create a bespoke hamper or provide us with a budget and we'll get creative.

HOME REARED MEATS

Our happy Saddlebacks produce the most wonderful succulent meats, from streaky bacon to the chipolatas and let's face it; nothing says New Year like a large gammon to feed your hungry guests. However, if a roast chicken is more to your taste, we stock delicious chickens from Pasture Poultry in the Scottish Borders, who rear free-range and corn fed chickens. Don't forget we've all the trimmings too, from sprouts to tatties, from crackers to chutney!



HOW TO ORDER

To place your festive orders, pop into the farm shop to collect an order form, download a form from our website or place your order via our online shop noting your preferred collection or delivery date and we will be in touch. Last orders for meat is fast approaching, so don't delay!

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WHY YOU NEED A CULINARIAN

words: kim williams

The Collins English Dictionary defines 'culinarian' as a person skilled in cookery. And as the memories of celebrations and gatherings start to return – think; people laughing, music playing, a cork popping, the clink of ice. East Lothian-based Culinarrians are just the ticket for helping you rediscover the joy of dining with friends and family – either out or in.

This year more than ever, we owe it to ourselves to mark the festive celebrations in every way we can. Gathering with friends and family has never felt so special, and we all appreciate just how important these celebrations are. Both Nico and Blythe Ewert are well aware of the joy that good food and coming together creates, and it was precisely this ethos that inspired them to set up their family-run business, Culinarrians. With over 26-years in the industry, Nico was keen to bring some of the creativity, fun and passion back into the hospitality sector by working alongside hospitality teams to help bring out the best in both people and brands. He saw it as a way of giving back to the industry by sharing skills and collaborating with like-minded individuals to inspire creativity.

And with everyone being out of practice at organising get-togethers and events, Culinarrians are the perfect answer. They'll take away the stress as they provide solutions for fine dining, large scale and intimate events, kitchen development, team development, menu design, food styling and concept development.

With a love of hospitality, events, people, food, drinks and all the bits in between that make coming together so much more special, the team at Culinarrians will cater for your event – big or small. From weddings to family dinners, from street food to barbecues, Culinarrians provide a full service, from planning the entire day to just

supplying the catering. The team are well aware that every event is unique and have decades of experience both in the kitchen and out, and will help with all that is needed so you can concentrate on what is truly important – being hospitable. Their menu philosophy is that good food starts with passion and a love for cooking and feeding people. With a pedigree earned from working at numerous high-end establishments, including Edinburgh's The Kitchen, The Grain Store and The Bon Vivant Group, you can be sure Nico's food is not only Instagram-worthy but equally delicious. As well as producing top quality food and drinks, they have strong relationships with the best suppliers and events freelancers in the business. Coupled with Blythe's experience running events at top venues such as; Edinburgh Castle, Stirling Castle and Hopetoun House, you can be sure they'll help make your day exceptional.

It's not only the festive season we'll be looking to celebrate. There's plenty of partying to make up for, and next year, we'll be looking to party like it's 2022! Sit-down dinners impart a real sense of occasion, a designated time to slow down, enjoy the meal and the company, and celebrate, whether it be a birthday or anniversary. And of course, weddings will be back on the table – bigger and better. Whatever occasion you're looking to celebrate, you can be sure from preparation to presentation; Culnarrians will ensure that every dish, meal, and event is lavished with care and attention.

" GOOD FOOD STARTS WITH PASSION, WITH A LOVE FOR COOKING AND FEEDING PEOPLE "

CULINARIANS
culinarrians.uk



IT'S THE THOUGHT THAT COUNTS

Bernie Rowen-Ross tells us a present you make is so much better than one you buy. So give the gift of love this Christmas with handmade or artisan gifts.

Can you believe it's winter already? For many of us, Christmas shopping or gift making is in full swing. The joy of handmade is, it has a well thought out history, and real people are engaged with the process.

I have a lovely friend who walks and either knits or spins while she is walking. She often receives gifts from the sheep as she walks, in the form of fleece! You know, the stuff you sometimes see on barbed wire or the hills near the sheep farms? This amazing woman spins that up and then knits socks, jerseys, hats, you name it. I don't think her family would ever get cold!

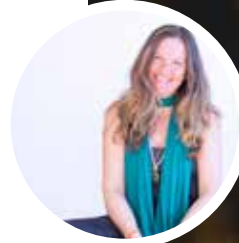
Then there are weavers; they work out how much fibre is needed to warp a loom – it's quite a bit of maths and measuring! They warp the loom and then weave. If they have developed a pattern, it's woven into the warp and the weft – such a remarkable skill to create great art and beautiful cloth. And the potter, who forms the clay into everyday objects, needs to knead the clay, making sure it's workable, then use their skill in making pots. Have you tried? It looks so easy, but it is a practised skill – which becomes the mug in your hand. I think handmade mugs are so wonderful to drink out of. Or, if they don't work on the wheel, the clay is still formed into beautiful shapes, pleasing to the eye or depicting nature.

A very good friend is a woodcarver. He carves with dedication revealing his love of nature, forming many beautiful, useful objects, from wooden necklaces, spoons, tables, and *nostipinnes* (a tool to wind yarn). The love and time it takes can never be costed out in monetary value.

I have something a friend made that I use daily. Once an old-fashioned hay box, it's a cooking box made from fabric and filled with insulation such as wadding. I bring rice to a boil and then pop it in the cooking box, saving time and fuel, and it never burns! For me, that is a treat! It ticks all the boxes, fuel-saving and attractive. I don't have to check the stove every few moments! I also use it for cooking rolled oats porridge. When the porridge has reached temperature, pop it in the insulated cooking box, and the following morning reheat it and start your day! What a fantastic gift. Candles are also created to light up your life, whether plain, perfumed, beeswax.

Why am I telling you this? Because it's gift-giving time, let's give handmade gifts, support a crafts-person, and keep it local! Have a warm, loving festive season!

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



LOVE AND CHERISH WHO YOU ARE RIGHT NOW

As the year comes to a close, could being our own best friend be the real gift of Christmas asks Bernadette Petrie.

Several years ago, I received a special gift when out walking on the beach with one of my dearest friends. We met as first-time expectant mothers when my husband and I lived on the west coast of Scotland and became friends as we birthed and bonded over many child-rearing moments. I was obviously giving myself a hard time because what she said stayed with me and was one of those pivotal comments that sent me on an inner enquiry. *"Do you know what your problem is? You are your own worst enemy."*

Are you your own worst enemy? Is there really anyone who is meaner to you than you are to yourself? How do you talk to yourself? Refer to yourself? Push yourself? Treat yourself? Just how different would you feel if you loved and cherished who you are and accepted and loved everything about you, including your body, your voice, your everything?

What if you loved and appreciated everything about you – as a human being. And if you loved and appreciated your actual body and reconsidered it as a vehicle to be cared for, rather than as all that you are? How you feel in the body, in the skin you are in, is all feedback, and the path will look brighter or duller depending on how tuned into your body you actually are. The feedback you are feeling and experiencing is a result of all your thoughts and the beliefs you currently hold onto. What you do with that feedback is entirely up to you. You get to choose every step of your earthbound way. Just as Dorothy from the *Wizard of Oz* finally realised, this is your show, and you have all the guidance you will ever

need right inside you. You can shape and create your reality by questioning all of your beliefs and thoughts.

In the powerful life-changing moment alone in my room in the Priory, I was fully broken from the shackles of the thoughts and beliefs that had steered my entire life. And I can only conclude that I saw a glimpse of my truth. I saw who I truly was. However, it became clear that whilst I had been given a new perspective, something old was still very much playing in the background. I was yet to understand that there was much more for me to learn about taking responsibility for my own energy field and that I really need to demonstrate love and compassion to all parts of me.

This is the challenge we all face at times. In this roller coaster called life, we are sometimes ahead, sometimes behind in the race against ourselves. But being our own best friend is the real essence of the Christmas message. It's a time to pause and to celebrate our true divinity in human form. Maybe the best gift you will give to yourself and ultimately to others this Christmas whenever you need some reassurance is to look into the mirror and smile at who you see. Loving and cherishing the human who is doing the hard yards, day in and day out. With love until the next time.

Bernadette

Article adapted from Chapter 2 *Permission to Shine*
You can buy Bernadette's book and card deck
online: thebarefootsanctuary.co.uk
And from: NÖRDEN 82 High St, North Berwick

Hear the Sounds of Christmas with The Edinburgh Hearing Practice



What's your favourite Christmas sound?

Family laughter, crackling of a log fire, the bubbles in your champagne toast, theatre trips, carol singing, the tearing open of carefully wrapped presents, repeats of your favourite TV shows...

Hearing loss happens in our ears, but it can affect many different aspects of our lives. It can restrict your ability to interact with others, prevent you from hearing vital information, cause misunderstandings, heighten stress, and trigger unnecessary fatigue.

Don't let a hearing loss come between you and a happy, relaxed and family filled Christmas.

Call now to take advantage of our complimentary five star hearing assessments and road test the very best hearing technology over the festive period.



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

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

Most hearing centres will measure the quietest sounds that you can hear and based on this will make a recommendation. Although this type of hearing test provides useful information, by no means does it provide a full picture, we hear with our ears but it is our brain that understands speech! With this in mind, we have designed our test protocol to ensure that we measure your exact individual issues.

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

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

At each stage, we will explain the results really thoroughly to you and make sure that everything is completely clear. Occasionally we may feel that onward referral is required – this is unusual, but you can trust us to always do the right thing. If hearing aids would help, we will discuss all the different solutions that are available to you based on your hearing loss, lifestyle, cosmetic preference and ease of use. All the results and recommendation are given to you in a report. If appropriate we can make a recommendation on next steps, to help you continue on your journey to better hearing.

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



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Profiles
in Business

GARDEN STIRLING BURNET INTRODUCES LAUREN BUCHANAN

In this issue, we continue to introduce the people who make up Garden Stirling Burnet, one of East Lothian's oldest law firms.

With origins dating back to the early 1900s, GSB has been practising law and representing the people of East Lothian for generations. And today, with offices spread across the region, the team are proud of the easy accessibility of the firm and their team of legal experts. Very much East Lothian-based, there is a long-standing association with local people and businesses, borne out of the firm's ongoing commitment to the local community. But, of course, this is only possible because of GSB's continued investment in their team, which advises clients on a diverse range of legal matters daily.

Lauren Buchanan is a member of this hard-working team, who gives you a personal insight into her life as a busy solicitor and why she loves living and working here so much.

Tell us a little bit about you.

I am 26-years-old, born and bred in East Lothian. I live in Whitecraig and have lived here all my life, like my mother before me. I wanted to go into law as I enjoy a challenge, and I thought this would be a great career to do just that.

How long have you been with the firm?

I have been with the firm since 2017, starting as a trainee. I qualified in 2019 and worked as an Assistant Solicitor before being promoted to Senior Solicitor and Head of Tranent Office in September of this year.

What is the best thing about living and working in East Lothian?

The variety! We have everything right on our doorstep – beach, countryside, hills and even the city centre, as we are so close to Edinburgh.

What do you like to do when not busy at work?

I am a family girl. I come from a large family, and I am one of five children, so I enjoy spending time with everyone as we are very close. I also have a 10-month-old puppy who my husband Ash and I go on walks with.

What are your specialisms in the firm, and what legal issues, situations do you deal with?

I work in our Conveyancing and Private Client department. I deal with anything property related and also wills, Powers of Attorney and Executries.

Can you provide an overview of conveyancing and what it entails?

Conveyancing is essentially all matters relating to property. The most common issues we deal with are; sales, purchases and transfers of title to a property. We also deal with discharges and re-mortgages.

Are there changes in the law or things people should do or be aware of within your area of expertise, or is there any general advice you would like to give?

The law does not change very often in relation to property. The most exciting thing we see is updates to the Scottish Standard Clauses (which governs all sales and purchases in Scotland).

Why should clients choose GSB, and what benefits can you bring? What sets you apart?

Clients should choose GSB as we are a down-to-earth firm. We do everything possible to keep the law understandable and straightforward, and we relate to our clients on all levels. We're client-focused and approachable and make it easy for clients to discuss even the most difficult personal matters. Our friendly and proactive team sets us apart from most firms.

And finally, any advice you would give to young people thinking about going into law? Any advice you would have given to your younger self?

It will be hard but don't give up. Getting into the legal profession in this day and age is very difficult. You spend five years of your life in university (four undergraduate years and one for a diploma) before attempting the impossible – trying to get a traineeship! There is a severe lack of traineeships in relation to the number of graduates applying, and being knocked back again and again can be very disheartening. But a saying I live by is – *what is for you won't go past you* – so you will find one eventually, just keep going. You may even find that you get a traineeship in a practice area that you would never usually have considered and end up loving every minute of it.



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RENOVATION BUDGET TIPS

Setting a budget is an essential part of any home renovation project. Good planning and working out your home renovation costs are imperative. Budgets are a beneficial decision-making tool that can help you avoid unexpected costs and under or over investing. In the second part of this feature, the team at Forever Spaces have more tips on how to make your home renovation budget go further.



WORK WITH A TRUSTED CONTRACTOR

Doing everything by yourself or hiring individual trades can be less cost-effective and more stressful in the long run than working with a single trusted contractor. Professionals undertake these projects every day and will have established suppliers and discounts already in place. If you choose a contractor, always read multiple reviews about those you're considering and seek personal recommendations from people you can trust. Remember, the cheapest quotes do not always represent the best value for money. Forever Spaces work with a talented team of craftsmen, from cabinet makers and finishing joiners to plumbers, tilers and electricians. They take pride in their workmanship, have a robust quality control checklist and provide substantial workmanship guarantees.

ADOPT TRENDS CAREFULLY

If you're likely to enjoy a bold, patterned tile for years to come, it may be a good choice. However, a classic material (such as a white subway tile) is likely to age better and provide a neutral backdrop against which you can update your home interior over the coming years. The key is to follow your own individual taste and style and moderate the impact of interior trends on your decision making.



OPT FOR ENERGY SAVING SOLUTIONS

Energy-saving appliances, double glazing, good insulation and water-saving taps and showers are likely to pay dividends in the long run, both environmentally and financially. Sometimes, but not always, they might incur greater costs upfront. However, if your home renovation budget can accommodate them, they are well worth considering.

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.

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THE CLEAN BEFORE CHRISTMAS

Morag Readman, owner of the East Lothian franchise of **Bright & Beautiful** shares her tips for sprucing up your home before the Christmas season.

Pre-Christmas cleaning is all about getting ready for visitors and preparing to spend more time than usual at home. And this year, we're looking forward, more than ever, to inviting guests back into our homes to help us celebrate the festive season.

It always lifts the spirits when the Christmas decorations come out of storage, and the last bauble is hanging from the tree. However, it's a good idea to have a deep clean before the decorations go up as it's challenging to clean windows and dust surfaces properly once the decorations are in place.

Another thing that makes you feel better is decluttering. Wardrobes, food storage areas and fridges are good places to start. If you have children, it's good to make space for the new toys that Santa may bring. If you're taking a break from working at home over Christmas, it's the ideal time to refresh your home workstation.

January is a popular time for oven cleans, another deep clean of the fridge, and many take the opportunity to have a home detox. Kitchens often need a little extra attention – after all the Christmas cooking. When the children go back to school, this is a great time to blitz their bedrooms. When you think about it, the work never stops when it comes to housekeeping!

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DRY FUSION CARPET CLEANING FOR CHRISTMAS

There's more to cleaning a carpet than just a once over with the vacuum cleaner. Every so often you need to give them a deep clean, and with Christmas fast approaching, it's time to call in the professionals.



Our carpets have to cope with a lot – mud, food, pet hair and worse! Nothing that a quick vacuum can't sort out, or so you may think! But, carpet is notorious for becoming a home for allergens, dust particles and bacteria, putting some people at greater risk of skin and breathing problems. And, although vacuuming does help to remove dust mites, dirt and bacteria, it doesn't altogether remove these things, and over time, they accumulate, increasing the risk of health problems. According to a recent survey, 41% of Brits don't ever wash their carpets, and the same poll suggests that over 80% of us don't even realise our carpets are dirty. With 26-years experience in the business David Koch, Managing Director of Dry Fusion Scotland, agrees; *"Simply vacuuming your carpet isn't enough, you need to reach deep into the carpet pile, where all the embedded dirt and germs lurk. And this is where a professional carpet cleaner can help – not only will professional cleaning help extend the life of your carpet, but it can also help with improved airflow and reduce the risk of colds and other health problems."*

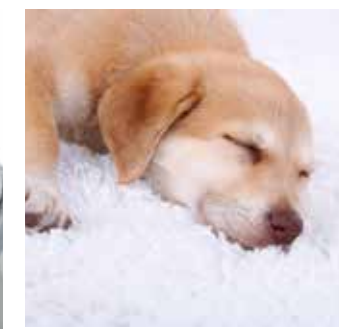
With four vans on the road, Dunbar-based Dry Fusion has never been busier. This is because their system has been developed for today's carpets and offers a new standard of cleaning. David explains; *"There have been big changes in the construction of carpet and carpet fabrics over the last few years, most notably commercial and domestic carpet has become shorter. Because of the denser packed pile, airflow is reduced, and the carpet is left wetter after traditional cleaning methods. Dry Fusion has been designed to maximise cleaning performance on these new carpets. It works because it doesn't rely on airflow to clean or to dry."*

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DEC		High Water		Low Water	
		AM	PM	AM	PM
3	Fri	0101	1328	0711	1926
4	Sat	0148	1412	0800	2018
5	Sun	0236	1457	0849	2111
10	Fri	0712	1928	0045	1253
11	Sat	0817	2036	0152	1359
12	Sun	0922	2141	0306	1510
17	Fri	0115	1339	0710	1924
18	Sat	0155	1415	0740	2002
19	Sun	0232	1448	0811	2037
24	Fri	0535	1743	1055	2340
25	Sat	0619	1827	1133	
26	Sun	0709	1917	0026	1223
31	Fri		1214	0552	1813
JAN		High Water		Low Water	
		AM	PM	AM	PM
1	Sat	0042	1308	0656	1926
2	Sun	0138	1358	0756	2024
7	Fri	0553	1802	1141	
8	Sat	0643	1853	0016	1224
9	Sun	0735	1945	0103	1310
14	Fri		1226	0618	1832
15	Sat	0048	1313	0659	1920
16	Sun	0133	1354	0735	2001
21	Fri	0434	1644	1014	2242
22	Sat	0514	1721	1040	2310
23	Sun	0555	1800	1111	2346
28	Fri	1044	2324	0411	1645
29	Sat	1156		0539	1822
30	Sun	0032	1256	0752	2022

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

And FINALLY



SCHOOL NIGHT WINNER

In our last issue we teamed up with NB Gin to give you a chance to win a bottle of limited edition School Night – a low-alcohol gin, inspired by award-winning NB Gin, but with 50% less alcohol. The lucky winner was Libby Jones from North Berwick. Who just happens to be a school teacher! How apt.

Didn't win? Buy your own bottle at: nbdistillery.com



PUT YOUR HANDS AROUND THE EDINGTON

The Edington Cottage Hospital has been at the heart of our community's health for over 100-years, providing vital GP-led in-patient care and a minor injuries service. Unfortunately, the hospital closed on 13th September, with staff, patients and community groups receiving less than two weeks' notice. The closure is cited as being temporary and is due to be reviewed in December, but there is no guarantee that services will be reinstated either in part or in full. To safeguard the future of the services we have depended on for more than a century, we need to act. The more our voices are heard, the greater the chance we have of being listened to.

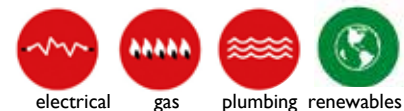
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