

COMMUNITY & LIFESTYLE MAGAZINE

# LOCAL LIFE

APR | MAY 2022



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Page 10

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## Editor's LETTER

As I write, we are enjoying some much-longed-for sunshine. But if the naysayers are to be believed, this will not last. You'd think I'd be used to that by now. A spring so different from those of my antipodean childhood – a climate that often delivers blizzards in April, blanketing budding tulips and daffodils with snow and confusing fruit trees already in bloom, yet I'm still surprised when it happens. But, there is something about spring that encourages everyone to look forward. Spring represents renewal, and at

a time when the world is still experiencing so many challenges, the joy of simply being able to sit outside and bask in the sunshine – even for a minute or two – can not be underestimated.

We're hoping this issue will send your spirits soaring. Blossoming hedgerows, lambs stumbling clumsily around local fields, and the sight of wild garlic, tender spinach, and rhubarb appearing in farmer's markets

all remind us of East Lothian's bounty. Our cover stars are the Brand Family, who have been farming at East Fortune for generations. They share their passion for the county and the food they produce on page 10. New food columnist Kate Lewis is also a strong advocate for buying and eating locally, and her recipe on page 12 is bound to be the star of your Easter or Sunday lunch table.

If you find the reawakening of nature has inspired a renewed sense of vigour for improving your home and garden, then this issue is packed with ideas for bringing your dream

to life. From pretty pink wallpapers guaranteed to uplift any interior scheme to inspiring gardens designed to make the most of entertaining outside. Elsewhere, we meet local artist Arran Ross, who reveals a typical day during an extended trip to Cyprus. And of course, we've our regular features too; what's on, health and beauty, and fashion.

I hope this issue finds you happy, healthy, and ready for whatever the next few months will bring. In an unstable and uncertain world, at least one thing is for sure: the seasons will change, the days will become longer, and time will move on. There are better days ahead. Enjoy the issue.

Kim x

To advertise in the June | July 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 25 April 2022.

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## LOCAL LIFE

COMMUNITY & LIFESTYLE MAGAZINE

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#### MODIFIED STRIPES

It wouldn't be nautical without at least a few stripes. This season, ditch chunky stripes and work a more balanced pinstripe. Add sailor-style jeans or trousers and white trainers for a look that's sure to impress. Navy pin stripe dress £89.95 | Blue & white striped cropped trousers £79.99 | Blue & white striped dress £64.99 | Navy & white striped top £59.95 | White leather sneakers £169.95

## LET'S GET NAUTICAL

In case you missed it, nautical fashion was all over the Spring/Summer 2022 runways. Refreshing as it is, it's not entirely new; Breton stripes have been around since Napoleon Bonaparte relaxed the standard militant uniform for a casual cotton stripe tee, and the Breton top was born. Earning its stripes as a fashion must-have when it became a staple of Coco Chanel's wardrobe, it quickly became a go-to for the fashion elite. And with nautical fashion set to be 2022's hottest trend, we show you how to get onboard...

#### MINIMALIST AT SEA

Stripes aren't the only way to embrace nautical fashion. Opt for muted pieces with varied textures. Team linen with other fabrics in breezy shades of pale blue, navy and white or a pop of orange. Orange Jacket £139.95  
Navy nubuck leather brogues £169.95  
Long linen jacket £149.95



#### LAYER UP IN STYLE

Nautical outfits aren't just for tripping on and off super-yachts in the Med. These gorgeous nautical-inspired knits are perfect for anything from a beachside walk to a touch of sightseeing. Long striped crochet waist-coat £129.95 | off white lace knit top £99.95 | Long blouse with lace back £149.95



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## ENJOY THE BEST FROM THE BRAND FAMILY FARM THIS SPRING

words: kim williams | pictures: amanda farnese-heath

When you have the opportunity to buy produce from a farmers' market or farm shop, something truly magical happens: You can talk to the farmer. Suddenly, you have a window into how the food you feed yourself and your family was made.

This magic takes place every day at the Brand Family Larder.

The East Fortune-based Brand Family have been farming in East Lothian for generations. So if you are hoping to connect more with where your food comes from and how products are made, then shopping at the Brand Family Larder is an excellent starting point.

The farm shop opened three years ago, and the approachable, knowledgeable and friendly team make customers welcome from the minute they

arrive. The team are more than happy for you to ask questions, and given half the chance, they'll regale you with tales of farm life. You might bump into Ritchie and Robert (the kids may know them from school – give them a wave!) or see Grandpa Brand and farm dog Moss quad biking around the farm. Granny Brand (our cover star, this issue) will be in the kitchen creating wonderful and inspirational dishes, and as Easter approaches, nothing beats spring lamb.



Their grass-fed Hampshire Down lambs are not only exceptional quality but boast the most amazing flavour and will be the perfect centrepiece for your Easter or Sunday lunch. Lambing this year falls during the school Easter holidays, so when you visit the shop, don't hesitate to ask to see the lambs. Perhaps lamb is not your thing? Then try the outdoor-reared Saddleback pork, and as summer approaches, their Saddleback pork sausages are always a winner on the BBQ.

Passionate about food and their produce, the Brand Family share this ethos with many other local retailers, producers and artisans who appreciate top-quality and the value of what's on their doorstep. So, Gifford-based Lewis and Clarke's cinnamon buns and homemade granola are sold in the shop, while the Brand Family's Hampshire Down lamb is the centrepiece of Kate Lewis's colourful spring recipe on page 12.

You can shop online (delivery each Friday across East Lothian), select a click and collect or visit the farm shop, which is open seven days. But, a visit is where the real magic happens. You can go in without any firm idea of what you want to buy or cook that night, and walk out with some just-laid eggs, best quality local meat – fresh or frozen, eye-popping purple cabbage, fresh bread, and new dinner plans! And the best part? Whatever they're offering, you can be sure it's the finest quality, locally grown, in season, and farmed sustainably. And if you're unsure, just ask.

## Our Spring Shopping List



fresh eggs



black & gold dressing



lemon curd



seasonal rhubarb



cinnamon buns



easter treats

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# Spring LAMB WITH SALSA VERDE



Springtime! A time when we say goodbye to hearty stews, cold, dreich weather (hopefully) and welcome in the new season of warmer weather with lighter and brighter spring dishes. Nothing announces the start of spring more than Scottish spring lamb. In East Lothian, thanks to the team at The Brand Family Larder, we are so lucky to have home-reared 100% grass-fed Hampshire Down Lamb. And, it is this fantastic produce that is the centrepiece of our colourful spring dish.

## LAMB RACK

lamb rack 700-800g  
(8 racks) serves 2 to 3  
people – depending how  
hungry you are!  
Black & Gold rapeseed oil

2 sprigs thyme  
2 cloves garlic peeled,  
crushed slightly with knife  
Blackthorn sea salt and  
pepper for seasoning

Preheat oven 180°C fan. Season the lamb generously with salt and pepper. Heat a large, heavy oven-safe frying pan over a moderately high heat and brown lamb racks well on the meaty sides for about 1-2 minutes, then turn and brown the other side for a further minute. Add garlic and thyme.

Place frying pan in oven and roast for about 10 minutes for pink, 17-20 minutes for medium and 25 minutes for well-done. Rest meat for 15 minutes.

## LAMB JUS

Black & Gold rapeseed oil  
lamb trimmings  
2 shallots (finely sliced)  
2 cloves garlic, chopped

250ml white wine  
sprig thyme & rosemary  
1 litre lamb stock

Heat the oil in a large heavy-based saucepan. Add the lamb pieces and sauté until caramelised a deep golden brown. Add the shallots and garlic to the pan and continue to sauté for a further 5 minutes or so, until everything is a deep golden brown.

Tip everything into a colander to drain off the fat. Return the meat and vegetables to the pan, add white wine to deglaze the pan. Add the herbs and lamb stock and simmer gently for 20 minutes, skimming from time to time. Strain through a fine sieve and serve.

## MINT SALSA VERDE

60ml Black & Gold rapeseed oil  
2 marinated anchovies  
15g capers  
bunch of mint  
2tsp Dijon mustard  
squeeze lemon juice

## SPRING VEG FRICASSE

1 Baby Gem lettuce  
couple of handfuls of peas and  
fèves (broadbeans) – if fresh not  
available frozen will work too  
Black & Gold rapeseed oil  
knob of butter

## CONFIT TOMATOES

cherry tomatoes  
Black & Gold rapeseed oil  
Blackthorn sea salt and pepper

## PICKLED COURGETTE

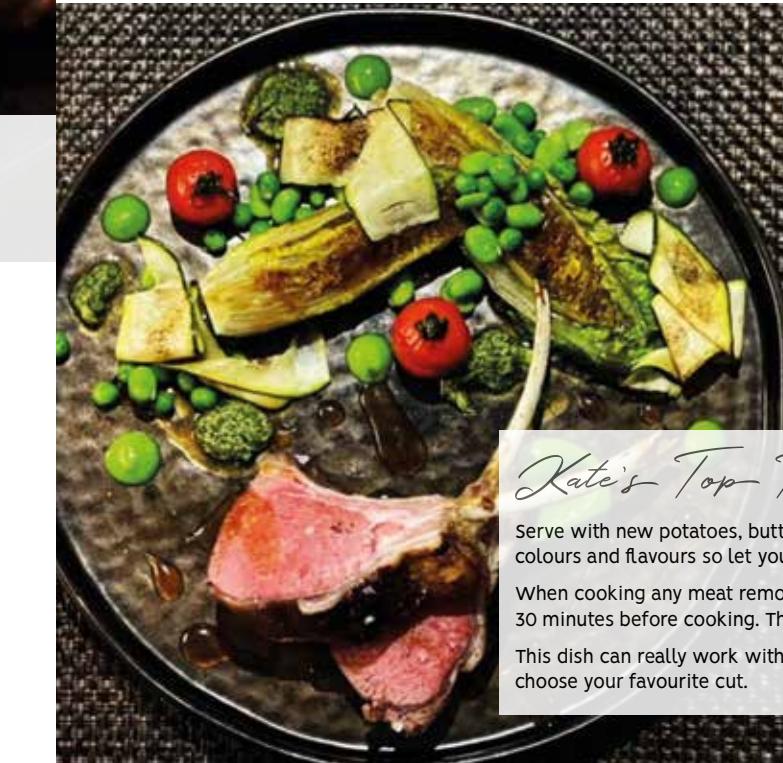
1 courgette  
2 tbsp of Black & Gold rapeseed oil  
2 tbsp of white wine vinegar

Add all the ingredients to a food processor or blender and blitz to a thick paste. Season to taste. If you don't have a blender finely chop all ingredients and mix.

Sauté Baby Gem in oil until caramelised add butter, peas and fèves.

Place tomatoes on baking tray  
sprinkle with oil, sea salt (we  
highly recommend Blackthorn)  
and pepper in oven 110°C fan for  
1 hour. Can be done in advance.

Using a peeler make strips of the  
courgette. Place on a tray then  
sprinkle with oil and vinegar. Leave  
for 30 minutes to an hour then pat  
dry with kitchen towel.



*About Kate*  
Born and bred in Devon, Kate Lewis decided she wanted to be a chef at a young age. Her passion for food and learning all aspects of the kitchen not only saw her move quickly up the ranks but also took her on her travels around the UK. In 2010 Kate moved to East Lothian and was spoilt by the amazing produce at her fingertips. In 2018, together with her wife Veronica Clarke, Kate opened their Gifford café. With an exceptional understanding of food trends and flavours, Kate creates a constantly-changing menu that is fresh, seasonal and innovative, using locally sourced suppliers wherever possible.

## LEWIS & CLARKE

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[facebook: Lewis & Clarke](https://www.facebook.com/lewisclarke)

## Kate's Top Tips...

Serve with new potatoes, butter and mint. This dish is full of spring colours and flavours so let your artistic side shine in the plating!

When cooking any meat remove the meat from the fridge at least 30 minutes before cooking. This helps to ensure an even cook.

This dish can really work with any cut of lamb so feel free to choose your favourite cut.



## Spring Clean YOUR BEAUTY ROUTINE



Karolina Bajbuz, skincare expert and Deerieo Skincare founder. You can also read Karolina's beauty blog at [deerieo.com](http://deerieo.com) [hello@deerieo.com](mailto:hello@deerieo.com)

Spring is finally here, and after months of harsh, cold weather and dull, dry, itchy skin, Local Life beauty expert Karolina Bajbuz tells us now is a perfect time to refresh our beauty routines.

### SPRINGTIME ROUTINE BASICS

Springtime brings more humidity, higher temperatures, and increased sun exposure, which means you should adjust your skincare routine to a new environment to achieve a healthy spring glow. You don't have to overhaul your beauty regimen all at once. Your skin needs time to adjust to new cosmetic products and procedures to avoid an undesirable reaction like sensitivity or breakouts. Introduce new products gradually, for example, one per week and pay attention to how your skin reacts. Best skincare results are achieved using gentle products consistently over several months.

### TART EXFOLIATING

All skin types, even dry skin, will benefit from regular exfoliation. Harsh weather leads to skin dryness, itchiness and flaking, and using very rich moisturisers in the winter slows down sloughing off dead skin cells which leads to a dull, congested complexion. Use physical exfoliants (with gently scrubbing particles) or chemical peels (AHA/BHA acids) to reveal fresh bright skin, combat flaking, increase collagen production and improve the performance of your skincare products. Be careful not to overdo it, as over-exfoliation can irritate your skin. Once to twice per week will be enough.

### SITCH TO A LIGHTER MOISTURISER

While rich and occlusive creams are beneficial in winter to keep your skin moisturised, springtime requires a lighter, more hydrating and non-pore clogging moisturiser that absorbs well without a greasy feel and keeps your skin soft and comfortable throughout the day. Lighter moisturisers with hyaluronic acid or glycerine will also help your skin retain water and increase plumpness, reduce the appearance of fine lines and protect the skin barrier.

### UPGRADE YOUR SPF

UV rays are the leading cause of skin ageing and uneven skin tone. Sun protection should be worn year-round, especially when spending time outdoors. Always apply (liberally!) SPF 30+ UVA/UVB sunscreen before going out as the last step in your skincare routine and before makeup. If you're keen to achieve a sun-kissed look, opt for self-tanning products instead of sunbathing to preserve a youthful complexion.

### BOOK A FACIAL

A professional facial treatment is an excellent way to deep clean and resurface your skin quickly while addressing any individual skin concerns with stronger active ingredients. It is also a perfect 'me-time' opportunity to relax and enjoy a pamper session away from daily hassles.

### DITCH THE EXPIRED PRODUCTS

When was the last time you checked the expiry dates of your skincare and makeup? It might be the right time to spring clean your beauty shelf too. Using expired cosmetics is unhygienic and can be dangerous, leading to severe allergic reactions and bacterial infections with long-lasting consequences. Saying goodbye to expired skincare is less costly than dealing with the aftermath of using them.

### DETOXIFY YOUR BODY

Healthy, glowing skin comes from the inside out. Remember to drink plenty of water, eat plenty of seasonal greens and exercise outdoors for an antioxidant and oxygen boost and a youthful glow. Include skincare with activated charcoal and seaweed in your routine for their detoxifying properties.



## DEERIEO SPRINGTIME ROUTINE



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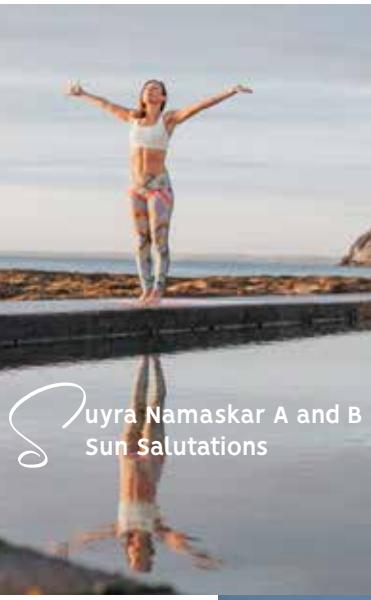
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# REVITALISING YOGA FOR SPRING

words: sally jean rankin | pictures: lindsay scott

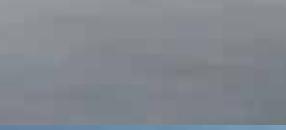
In Ayurveda, we recognise that spring is a Kapha time of year dominated by the elements water and earth. As we emerge, we often feel sluggish, now is the time to adjust your routine and get moving just that bit more. Moving helps increase circulation, heat, lymph flow and our life force energy. You can also incorporate a breathing technique like Bhastrika pranayama to help balance Kapha dosha.



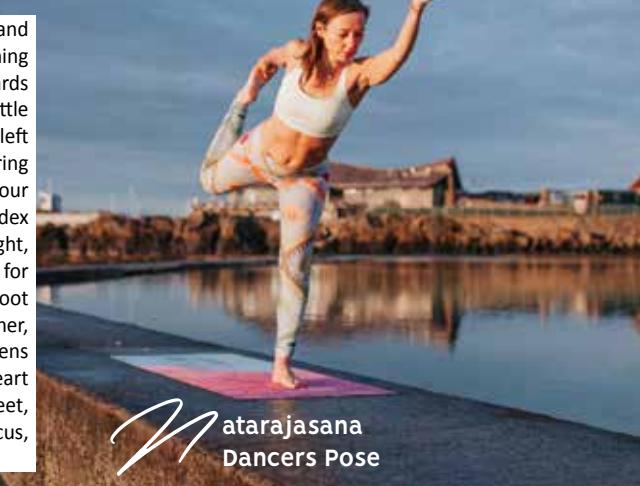
Surya Namaskar A and B  
Sun Salutations



Start your yoga practice with six rounds of Sun Salutation A. Come to the top of your mat, taking your time in Mountain Pose – Tadasana. Spread your toes wide, lift them and then ground them down to create a strong foundation and begin to integrate your Ujjayi pranayama breathing deeply in and out through your nose. Focus on keeping your practice quite vigorous. Remember we want to bring in the opposite of Kapha dosha to create balance. After six rounds, flow through three rounds of Sun Salutation B. You should start to feel the heat now! This unbroken wave of movement will prepare your body for deeper poses.



Stand in Tadasana, create your strong foundation and find your Dristi, your gaze point, whilst maintaining Ujjayi pranayama. Inhale, draw your navel in towards your spine, ground your right foot, lean a little forward and lift your left foot taking hold of your left ankle as you exhale. Maintain your focus and bring your right hand into Abhayamudra by raising your right arm and pressing your right thumb and index finger together. Keep your torso strong and upright, open your chest and lengthen your tailbone. Stay for five deep breaths. Then, slowly release the left foot and repeat on the other side. If you are a beginner, you can hold onto a wall for support. This pose opens the front of the body whilst working with the heart and solar plexus chakras. It strengthens the feet, ankles, legs, core, back and arms and improves focus, concentration and balance.



Matarajasana  
Dancers Pose

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# SHUTTER *Style*

Shutters are a timeless and classic addition to any home.

Forth Blinds tell us all you need to know about this type of window treatment.

Window shutters are becoming increasingly popular in the UK, with many of us opting for them over curtains or blinds. Traditional wooden window shutters actually out-date the use of glass in windows, dating back to Tudor England. But don't be fooled into thinking this is a look that only works in period properties. Brilliantly functional and simple in their design, shutters also work perfectly in more modern or architectural properties, with plenty of styles to choose from.

From their timeless elegance to their practicality, window shutters offer many benefits. A clean-lined, practical and low-maintenance way to dress your windows, they offer not only privacy and shade but draught and sound-proofing

too. Shutters benefit from their insulating properties and temperature control. Because they add an extra layer to your windows, they are an excellent solution for insulating your home and keeping the heat in during winter. However, come summer, you can keep the sun out to prevent it from heating up your space and ensure that your room remains as cool as possible. Unlike other window dressing options, window shutters benefit from being low maintenance and easy to clean. They generally only need a wipe down with a cloth to help prevent dirt and dust from building up.

Window shutters are often the preferred choice because of their versatility. You can choose from full-height louvred designs, cafe-style or tier-on-tier shutters.



## CAFÉ STYLE

Be inspired by continental café style shutters, the modern design that perfectly manages light and privacy. Café style are panels that cover the lower section of the window frame allowing in additional light from above while retaining some privacy, making them well suited for ground-level windows and townhouses. Natural light is vital throughout the home, creating ambience and calmness when you need it most. Allowing additional light to set off each individual room, café style shutters will also maintain your privacy, letting you fully unwind throughout the day.



## FULL HEIGHT

This is the most common type of shutter as it covers the glass entirely and makes a real style statement. Full height shutters deliver a superior and luxurious aesthetic to the home with tilting louvres and cleverly concealed handles. With a charming and timeless design, this style is definitely a classic that brings with it an unmistakable air of opulence.

Full height shutters are an ideal option if you are looking for a little extra privacy as the louvres can be adjusted to suit your exact needs, offering daylight filtering whilst keeping your view private and your home secure. Should you prefer a full view, simply open the doors whenever you like.

## TIER ON TIER

Tier on tier shutters offer a subtle and chic design. This flexible option consists of two separate panels that move independently, allowing different levels of light and privacy. An ideal solution to access upper windows whilst maintaining privacy in the lower section. Boasting 100% water resistance and being easy to clean, their durability within the home is unmatched.

We stock Urban Shutters and offer a bespoke service so that each shutter is made-to-measure in the UK to your exact specifications. If you're considering shutters or any window treatment, our expert team is here to help. Please get in touch.

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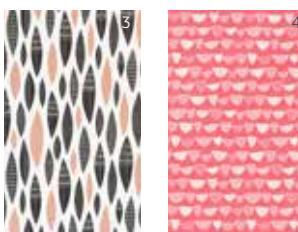


Emerging as one of the most popular colour choices for interiors, pink will add a fun and vibrant feel to your walls. From bright corals and dusky roses to berry shades and terracotta tones, MissPrint's collection of perfectly pink wallpapers come in a variety of designs. Guaranteed to uplift any interior scheme, the range of floral, geometric and botanical-inspired patterns will transform any room.



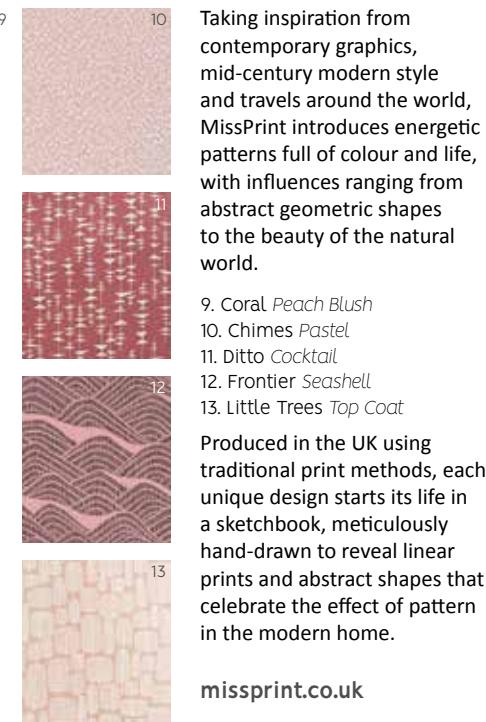
For a bold, embrace-it-all-over approach, designs such as the *Denver Dolly*, *Pea Pods Terracotta* and *Allsorts Coral* wallpapers will inject a positive and colourful atmosphere into the home.

1. Denver Dolly
2. Pea Pods Terracotta
3. Five Feathers Melba
4. Allsorts Coral



Equally as eye-catching but with a more subtle effect, a wallpaper with a white background and pops of pink featured throughout the pattern can be just as impactful. *Palm Tree Glades*, *Snowdrops Chintz*, *Persia Eros* and *Water Lily Rosemallow* are all wonderful examples of how just a hint of pink can turn interiors into visually arresting and characterful spaces.

5. Palm Tree Glades
6. Snowdrops Chintz
7. Water Lily Rosemallow
8. Persia Eros



Taking inspiration from contemporary graphics, mid-century modern style and travels around the world, MissPrint introduces energetic patterns full of colour and life, with influences ranging from abstract geometric shapes to the beauty of the natural world.

9. Coral Peach Blush  
10. Chimes Pastel  
11. Ditto Cocktail  
12. Frontier Seashell  
13. Little Trees Top Coat  
Produced in the UK using traditional print methods, each unique design starts its life in a sketchbook, meticulously hand-drawn to reveal linear prints and abstract shapes that celebrate the effect of pattern in the modern home.

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## WHY USE A KITCHEN DESIGNER?

### PROJECT MANAGEMENT

A kitchen designer will see the bigger picture and be extremely attentive to detail throughout the project. They ensure precise measurements are taken and project timescales are met. In addition, the designer can create visual designs so you can understand what you do and do not like about it. Great, if you find it hard to imagine your new kitchen and how it will look.

### GUIDE STYLE CHOICES

A kitchen designer is aware of current trends and can help you decide on the best style to fit your space and lifestyle. You may have some ideas about what you want, and a designer can combine these and advise you on what will look good together.

### A FRESH PAIR OF EYES

It can sometimes be difficult to get past the vision of your current kitchen's layout, especially if you've had it for a long time. A designer can advise you on maximising the space and getting the most from your new room.

### SOURCE BETTER MATERIALS

There's a massive range of products out there. A designer recommends high-quality kitchen products, including; cabinets, worktops, appliances, hardware, plumbing fixtures, lighting and more.



Designing a kitchen involves choosing materials and appliances, determining a layout, working through plumbing and electrical configurations and much more. A professional kitchen designer can help put all of these pieces together, so you get the kitchen of your dreams. The team at **Forever Spaces** tell us why.

### AVOID COSTLY MISTAKES

You don't want to start your project and then realise it isn't what you hoped for. A kitchen designer can show you what your new room will look like, meaning you can be confident in your choices. Their experience will also prevent problems that might affect how you use your kitchen in the future.

### FROM START TO FINISH

At Forever Spaces, we help with your project from start to finish. With a focus on clever interior design and space-saving storage solutions, we design and fit bespoke, quality and luxurious kitchens. Our talented in-house team of craftsmen take pride in their work and focus on ensuring your installation is as hassle-free as possible.

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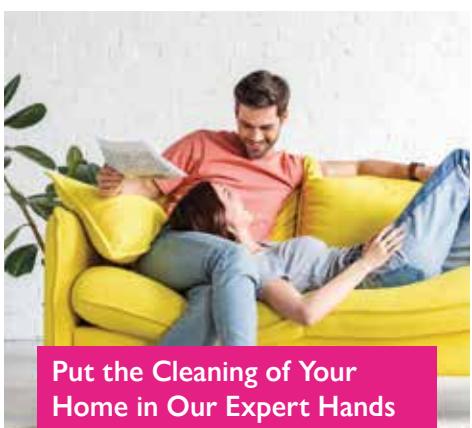
It can be almost impossible to keep up with household chores with life returning to some normality. This is when it pays to bring in the professionals.

Many of us are back working in the office for at least some of the week, and with more importance placed on catching up with friends and family, our free time is even more important. This means we are busier than ever, and at times maintaining our homes can feel completely overwhelming.

No one is more aware of this than Morag Readman, owner of the East Lothian franchise of Bright & Beautiful. Their fully insured and trained staff will take a fantastic amount of strain out of your life. They will tackle the household jobs which take up so much of your time – from tidying and cleaning to changing beds and managing the washing and ironing. Morag adds, *"Every client is different, and every home is unique, so we offer a tailor-made service. We meet all our clients to discuss their needs, look around their home, and then put together a plan to meet these needs efficiently."*

The team from Bright & Beautiful use premium cleaning equipment and eco-friendly cleaning products. Their cleaning products are biodegradable, meaning reduced emissions and waste, and are cruelty-free so that you can feel guilt-free about your immaculate home.

Morag says, *"Everyone's lives have changed so much in the past couple of years, our priorities have shifted. Friends, family and free time are so important to our happiness. It's great to spend more time doing the things we want to, with the people we want to be with. So as we look forward to a sociable summer, this is a great time to be organising some help with the housework."*



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## EASTER *Chic*

We've rounded up the best spring trends and whimsical Easter-themed touches to add some seasonal flair to your home.



**Floral Wreaths**  
This is one of the easiest ways to bring some spring colour to the home. Use twigs, leaves, flowers, cute eggs and chicks to embody the spirit of spring and bring Easter cheer to your entryway.



### Hand Dye Eggs

**H** Colouring eggs is a custom dating back to pagan times when bright colours were symbolic of spring and a celebration of the spring equinox. This can also double up as an activity for children, but painted eggs can look surprisingly chic.

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

**D**ecorate an Indoor Tree  
Originating in Germany, the trend for Easter trees adorned with decorative eggs is on the rise. No tree? Simply hang dyed eggs from branches. Pussy willow, curly willow and cherry blossom sprays look amazing, especially in a vintage jug or galvanised bucket. Try different sizes to create stunning displays that you can drop from branches, the ceiling, a chandelier or anywhere you want a bit of Easter décor.



**S**et your Easter Table  
Easter lunch provides the perfect opportunity to be really creative, and a few simple touches can make your table look extra special. Plant pots filled with chocolate eggs, adorable Easter bunnies and chicks will make a wonderful table decoration or gift.

Napkins are a staple of any Easter dinner and sitting down to a place-setting that features a perfectly folded napkin will wow your guests no-end. Try making bunny ears from your napkins. There are some great YouTube tutorials that show you how to create an origami-style bunny napkin. Or simply style a plain napkin with a decorated Easter biscuit.

Personalise each place setting with an Easter gift – then scatter a few mini chocolate eggs and add a small sprig of fresh flowers for a seasonal finish.



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## A DAY IN THE LIFE OF ARTIST ARRAN ROSS

The Cyprus College of Art had always been in the back of artist Arran Ross's mind, but it was one particular talk given by a fellow artist which brought the place to the fore of his thinking a few years ago. He was in the throes of planning another working trip abroad when COVID struck. For the first few months of lockdown, naturally, all travel thoughts were very much on the back boiler. And it wasn't until flicking through some notebooks one day in midsummer that he stumbled upon the college again, and an unlikely solution to the challenges of an extended lockdown presented itself. So, in September 2020 from a very wet, windy Edinburgh, Arran flew to Cyprus to undertake a Residency. Little did he know that it would be a year before he would return.

Here, Arran reveals a typical day during this period and how this influenced work for his upcoming exhibition, *Odyssey* at Fidra Fine Art.

### MY MORNING ROUTINE...

Usually, my alarm would go off sometime between 6 and 7am. There would be three cats waiting patiently for me at the door. Two black and white almost identical twins and a bigger chum, a magnificent grey but much shyer Burmese-looking fellow. They seemed to belong to the place, though like many Mediterranean cats, they migrate around the locality depending on who feeds them. Many people haven't returned to the island because of COVID restrictions, so I took on the role of their keeper, and I'd fix them breakfast. In return, they leave me the offering of a dead rat or half a snake. The college campus is not like any other I've seen. Instead, it's a collection of old-world agricultural cells with simple

stable-like doors and stone floors. It would have been Turkish land until it was evacuated following partition some 50 years ago. The brainchild of artist Stass Paraskos, it became a college of sorts, and much remains unchanged. Surrounded by dense jungle-like growth, there are many creatures too. The cats keep a watchful eye; they know their job, and the fact I see no rodent activity in the kitchen is entirely down to them. They sprawl around the breakfast table in the early morning rays, and we have a little chat.

Fruit forms the main part of my breakfast with yoghurt and cereal. The fruit is nearly all local, seasonal and magnificent. One can marvel at the simple delights of an orange or fig – even cucumber is a revelation here! I wash it down with tea and lemon picked fresh in the street. I try to walk the three minutes to the studios without too much distraction to ensure an

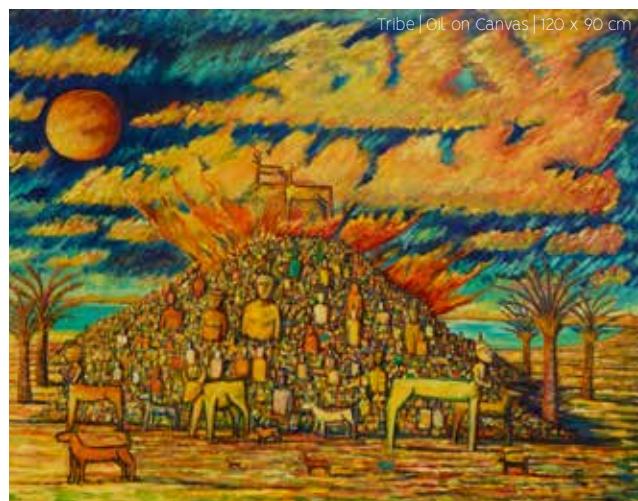
early start before the heat of the day, around noon, forces a retreat. Even the locals say it's been a very hot year, sometimes with 80 per cent humidity. The studios are in a huge tin roof shed that becomes unbearably hot as the sun climbs beyond the shade of the trees, so I work in a mostly shaded courtyard. It's a beautiful space flanked by a tiny old rustic Turkish house and shaded by a wonderful Mulberry tree.

### A TYPICAL DAY...

Although I became acclimatised to the heat, by 1pm, it's siesta time. I go back to the accommodation block, and wherever the cats are lying, I lie there too – they know all the cooler spots. I might have a light lunch; some Paphos pita lightly toasted in a frying pan with humous, perhaps some cheese and tomatoes.

Usually, around 3pm, I start to get my strength back, so it's back to work. The last two hours of sunlight are particularly special. I find myself slowly building into a trance as the sun gets lower in the sky; the shadows lengthen, and the light becomes richly intense, lighting up the canvas with the most electrifying intensity. I can understand how a similar kind of sun and colour was like a drug to Van Gogh. I need to remember to drink water, and I occasionally slosh it over me. I've had some bad migraine attacks, but short breaks and plenty of water and salt seem to help, as does the soothing breeze which picks up in the afternoon and gusts up from the Akamas peninsula. That is the Paphos blessing – that breeze.

Just after sunset, I put my brushes down, crack open an ice-cold beer, and watch the afterburn of the sun above the village palm trees. I can just see the sea from where I work. Sometimes I'll walk down to the beach past the banana plantation and watch the sunset by the water's edge. Then, I walk



Tribe | Oil on Canvas | 120 x 90 cm



Sandy Beach, Paphos | Watercolour | 41 x 51 cm

back for supper and feed my three furry friends. Often, the local dogs will start howling in the evening, especially on a full moon; it's an extraordinary primordial chorus. I've not heard anything like it before, and initially, between the howling and the fighting cats, my sleep was often broken. If there are other residents, we might sit on the landing, chat and reflect on this otherworldly experience gazing into the starry splendours of the night sky.

### MOST MEMORABLE DAY...

Involved a rare outing by car with a group of four other artists from the college, who shared my tenure there for three months. First, we visited a cat refuge then proceeded to a wonderful monastery Agios Neophytes, situated in the hills above Paphos. It's a spectacular vista, and the monastery has incredible ancient murals and beautiful trees. Next, we went to Kathikas, which is on a plateau further up the road. Here, you get much more of a sense of traditional

life and can see right across to the Troodos mountains. Two of our number were retracing their Cypriot roots, and it turned out that the building of the restaurant, where we dined, was owned by one of his relatives. It gave a special connection with our hosts. It was a beautiful setting – a courtyard shaded by a dense spreading tree, and I had the best moussaka I've ever tasted. Afterwards, we sat outside a traditional café while older men played dominoes, looking out toward the mountains.

#### HOW I BECAME INVOLVED IN ART...

My father was an artist and, as a child, I would often paint in his studio. My mother was a fantastic pianist and artist, and my brother was extremely talented, but I leaned more toward sport. My best subject at school was Modern History, but art was always there. I had some pretty variable art teachers and one in particular who was terrible. My brother was saved from her by another teacher who was a sculptor. Mr McKenzie had a private chat with him and suggested he take up sculpture which our allocated teacher knew nothing about. So he, and later me, sat at the back of Mr McKenzie's class – sculpting to our heart's content, listening to his wonderful tales and studying art books from his library.

#### MOST INSPIRATIONAL PLACE...

Where I actually lived. There was something otherworldly about its setting; from another time, really. As soon as you stepped out of the door, there it all was – the cats and the other artists who came to stay and work there. There were only two of us for about six months, so when groups did appear, there was a special connection. My philosophy is; that life is a verb, not so much a thing, and when certain lives come together, it makes a special place all the more so. That lives on, really.



Chlorakas | Oil on Canvas | 50 x 40 cm

#### HOW DID YOUR EXPERIENCE IN CYPRUS INFLUENCE YOUR AESTHETIC STYLE...

Being both a sculptor and painter, I am sometimes torn. Cyprus would provide incredible inspiration for both, but I decided to paint. The exotic nature of colour and Middle Eastern light, the trees and plants, and the rugged and ancient landscape just seeped into me. I just soaked it up like a sponge.

#### HOW DID THE PANDEMIC AND VARIOUS LOCKDOWNS CHANGE YOUR VIEW OF ART AND THE WAY YOU WORK...

I suppose where I ended up was largely due to the pandemic. Obviously, there was also a good deal of luck, but as the saying goes, you can make your luck too. That's only true to a point, and it's often important to brainstorm now and then. Take an idea and turn it around from a good few angles; some blue sky thinking even in the darkest of times, you have to hope there will be a chink of light – a gap – and have the conviction to go for it. I think I'll be doing more of that. In a world of distraction, perhaps it's focused my thinking more, and I'd say we're all just that bit more aware of our mortality as individuals but possibly as a

species too. When one has spent so much time alone, creativity is a great friend in whatever you do.

#### FAVOURITE PIECE IN THE CURRENT EXHIBITION...

Chlorakas is my favourite painting – it sums up many things dear to me in my stay in Cyprus. It features a little ancient church I'd pass on my weekly walk into town, passing through villages and districts of Paphos. I'd often sit there, in the shade of a vast tree, having a break from the sun. There's always a slight breeze and a spectacular little football stadium too. It's not a literal representation but contains various favourite things; the magnificent trees, the sea, the church, the cats and the sky. It was also a favourite of a friend who runs one of the cafés where I'd be heading to in town, and it makes me think of that – so many things in one.

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Leuchie's Ascot-themed fundraising event brings the glitz and glamour of the Royal Ascot races to the heart of Edinburgh.

Leuchie's annual Ascot-themed fundraising event is back and bigger than ever, with the support from headline sponsor, the prestigious Prestonfield House. Taking place on the 16th June, in the appropriately-named Stables, The Big Ascot Bash features live streaming of the races from Royal Ascot.

Race-goers are invited to don their most fabulous frocks and sharpest suits to be in with a chance of securing the crown for 'best dressed'. Beginning with champagne and canapés, a delicious three-course meal follows, and guests can bid on a live auction.

In 2019, the charity raised a massive £44,050, helping to support hundreds of families living from the devastating effects of MS, Stroke, Parkinson's, MND and other neurological conditions through tailored respite breaks and other services. Every pound raised from this year's event will go directly towards Leuchie's services, thanks to the generosity of Prestonfield House.

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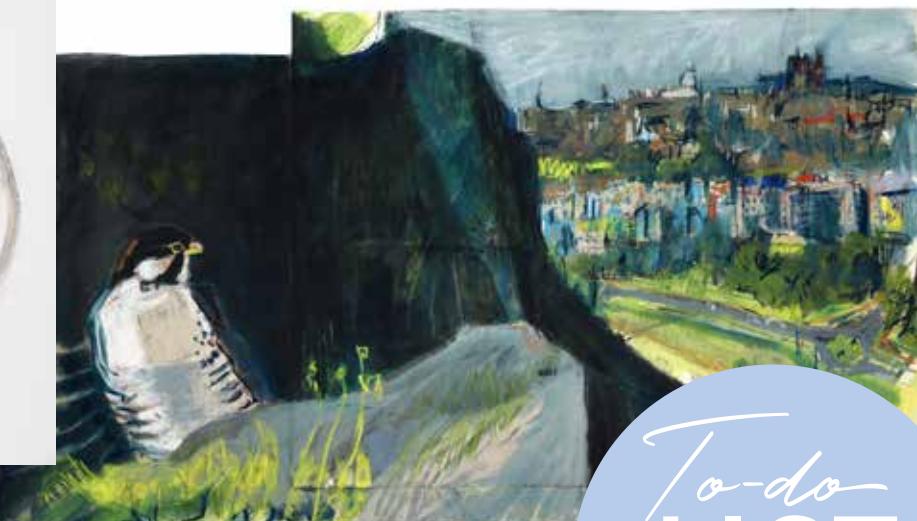
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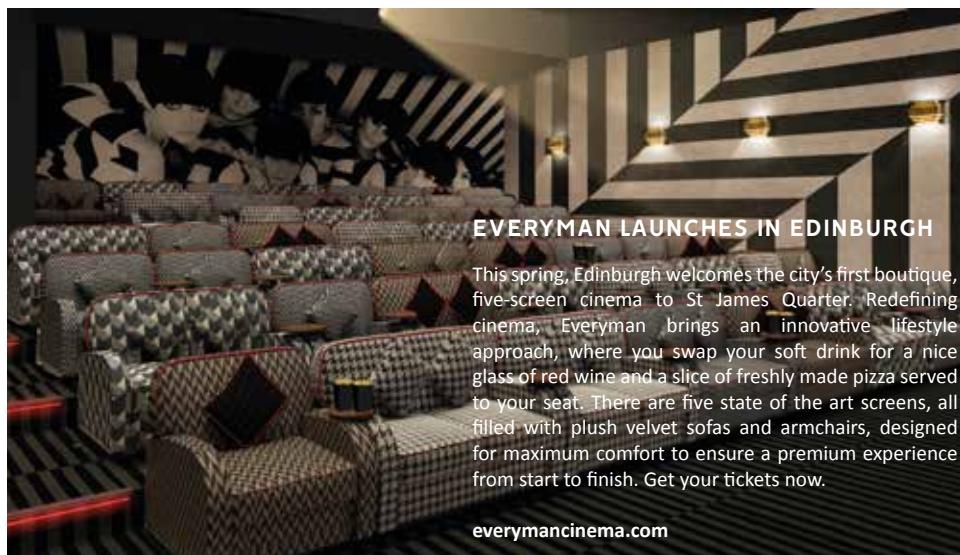
### KITTIE JONES AND WYNONA LEGG EXHIBIT AT SOC

Established wildlife artists, Kittie Jones and Wynona Legg share an expressive approach to their work, working primarily from life, aiming to capture the emotion of watching nature. The work in this exhibition also highlights their respective responses to the constraints of lockdown; while Kittie found wilderness on her doorstep in the city, Wynona used online webcams to observe wild animals across the globe.



Kittie Jones is a fine artist based in Edinburgh, focusing primarily on drawing and printmaking. In this exhibition, Kittie presents work resulting from a trip to St Kilda in 2019, the exploration of her local parks during the various lockdowns, and a return to the East Lothian coast in more recent times. Wynona Legg is both an artist and conservationist. Drawing is the core of her practice, using materials that offer the immediacy she needs to draw from life, often ink and graphite. In this exhibition, she presents work created in lockdown using webcams.

**KITTIE JONES AND WYNONA LEGG** | 28 April to 5 June  
Scottish Ornithologists' Club (SOC), Waterston House, Aberlady  
[the-soc.org.uk](http://the-soc.org.uk)



### EVERYMAN LAUNCHES IN EDINBURGH

This spring, Edinburgh welcomes the city's first boutique, five-screen cinema to St James Quarter. Redefining cinema, Everyman brings an innovative lifestyle approach, where you swap your soft drink for a nice glass of red wine and a slice of freshly made pizza served to your seat. There are five state of the art screens, all filled with plush velvet sofas and armchairs, designed for maximum comfort to ensure a premium experience from start to finish. Get your tickets now.

[everymancinema.com](http://everymancinema.com)



### HUNT FOR EASTER EGGS

The popular Easter Egg Trail will return to historic Newhailes House and Gardens at Musselburgh for the first time in two years. Forced to be put on hold due to COVID-19, the fun trail joins 22 other National Trust for Scotland (NTS) properties taking part in the event from Friday, April 15, to Monday, April 18.

Visitors can enjoy exploring the grounds of some of Scotland's most beautiful sites, following clues, solving a puzzle and collecting a chocolate reward.

[nts.org.uk/easter](http://nts.org.uk/easter)



	APRIL	High Water		Low Water	
		AM	PM	AM	PM
1	Fri	0337	1549	0934	2202
2	Sat	0413	1625	1006	2232
3	Sun	0446	1658	1036	2256
8	Fri	0754	2024	0033	1302
9	Sat	0847	2124	0116	1410
10	Sun	0950	2235	0252	1618
15	Fri	0225	1442	0824	2050
16	Sat	0303	1520	0859	2124
17	Sun	0340	1557	0933	2157
22	Fri	0717	2001	0031	1258
23	Sat	0817	2113	0152	1440
24	Sun	0933	2234	0323	1614
29	Fri	0234	1448	0829	2101
30	Sat	0312	1526	0905	2132
MAY		High Water		Low Water	
		AM	PM	AM	PM
1	Sun	0346	1600	0938	2200
6	Fri	0639	1908	1159	
7	Sat	0724	1959	0006	1239
8	Sun	0814	2054	0048	1345
13	Fri	0100	1321	0657	1926
14	Sat	0148	1407	0741	2008
15	Sun	0231	1451	0824	2050
20	Fri	0613	1856		1221
21	Sat	0708	1957	0051	1329
22	Sun	0810	2104	0157	1440
27	Fri	0120	1336	0715	1955
28	Sat	0206	1502	0759	2032
29	Sun	0246	1502	0838	2103

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



Cockenzie House grotto

# Stories in Stone COCKENZIE HOUSE

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

After a long and chequered history, Cockenzie House finally has a bright future as a thriving community hub. This intriguing complex of buildings has been a centre for evacuated children in the Second World War, a teaching college, a residence for the Cadell family, and a nursing home. Any house of this age will have interesting nooks and crannies, but Cockenzie House seems to have more than its fair share.

If you enter via the front gates, the house seems a picture of simple classical symmetry.

This part of the building dates to around 1680 and was built for the Earl of Winton, who had been given rights to build a new harbour nearby. Recent research suggests it was intended for the earl himself and designed by James Smith, one of the leading architects of the day. Household accounts show the earl buying tailor-made beds in London to be shipped to his new house.

The oldest part of the building is next to this main block, where a series of artists' studios are now located. Known as the 'Great Custom' or the 'Hanseatic Barn', this was once a large warehouse for goods and dates to around 1591. The building was heavily reconstructed after a fire, but some original features can still be seen. Look out for crow-stepped gables up on the roofline, and in the courtyard at the rear is the

outline of a pend, or archway, for bringing carts laden with goods into the building.

In the gardens there is an extraordinary Gothic-styled grotto, a feature to intrigue guests decorated with seashells and with whalebones forming the doorway. The grotto is built from volcanic rock, perhaps used as ballast by ships returning from the salt trade. The word 'Hecla' is picked out in stone over the door, probably referring to the active volcano in Iceland.

A local tradition tells of buried treasure in the gardens, hidden away from Jacobite forces after the Battle of Prestonpans. That has remained elusive, but in the 1970s, a stash of Victorian photographs taken by a member of the Cadell family was found under the floorboards. The ghostly images give a glimpse of life in the house, with stoic family groups in their finery. There is a real sense that Cockenzie House still has mysteries to be discovered.

## CONNECT WITH NATURE AT THE SCOTTISH SEABIRD CENTRE



As we move into spring, the islands in the Firth of Forth come alive with the sights and sounds of thousands of seabirds as they return to breed. It's an ideal time to visit the Centre's Discovery Experience to learn more about the incredible marine wildlife found around Scotland's spectacular coast.

Use the upgraded live cameras to marvel at the thousands of gannets settling into their nests on the Bass Rock and enjoy watching the characterful puffins as they reconnect with their partners after months at sea. The Centre's expert team will talk you through the wildlife to look out for, and the fun, interactive exhibits will help you gain a deeper understanding of the thriving habitats just offshore.

Take a closer look at the globally important seabird colonies from a guided wildlife boat trip. With a fantastic range of

options available, from a relaxing catamaran cruise around the Bass Rock to an unforgettable landing trip to national nature reserve the Isle of May – there's a trip to suit everyone.

Professor Egghead will keep the kids entertained over the Easter break as he returns with a brand-new science show from 9 to 24 April. Enjoy active and educational beachside gannet games as part of the Edinburgh Science Festival, or sit back and relax in the family-friendly storytelling sessions.

New wildlife exhibition WILD opens on 28 March. This will be free to Seabird Centre members (another great reason to join) and is included with paid entry to the Discovery Experience.

Details of the exciting programme of events, walks, exhibitions and the dates for their fun-filled holiday club can be found at: [seabird.org/events](http://seabird.org/events)

SCOTTISH SEABIRD CENTRE  
North Berwick  
EH39 4SS

# EASTER FUN!

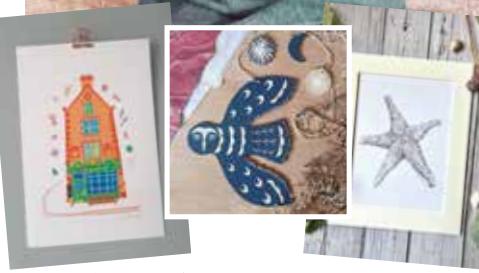
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[www.seabird.org](http://www.seabird.org)

Scottish charity No. SC025837

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Artwork (left to right) Amy Nash, Kate Millbank, Carol Baines

Meet Flora – an energetic, outdoor-loving three-year-old from East Lothian. She loves playing at the beach, splashing in the sea, playing at the park, and building puzzles. But Flora has an aggressive childhood cancer and needs help.

In January 2021, after several hospital appointments, Flora was diagnosed with Autism Spectrum Disorder. In the months that followed, Flora wasn't herself, and her parents received the devastating news that, at just two-years-old, she had high-risk neuroblastoma, an aggressive childhood cancer with a 40-50% chance of long-term survival. Her family is appealing for help raise £312,000 by August this year for Flora to enrol on the Bivalent Vaccine clinical trial in New York that aims to stop her neuroblastoma from coming back.

Flora's Art Sale is a fundraising initiative to help raise the much-needed funds for Flora's fight against neuroblastoma. Taking place between 8 and 15 April, this online auction gives you the chance to bid on some wonderful pieces of art. Many artists have donated their work for sale, and bidders will be spoilt for choice.

FLORA'S ART SALE  
8-15 April 2022  
[facebook.com/FlorasFight](https://facebook.com/FlorasFight)



## HOW DOES YOUR GARDEN GROW

Make the most of your garden by a visit to the inspirational and Instagram-worthy Garden Shop at Archerfield Walled Garden.

Once used to grow produce for Archerfield House, the 18th-century walled garden today encompasses a perennial meadow, wildlife area, propagation tunnel, rose garden, potager, perennial vegetables and cut flowers beds. So whether you're looking to recharge, play, eat, shop or gather, Archerfield Walled Garden offers something for everyone from a magical fairy trail to an inviting garden café, well-stocked food market and a spacious garden shop.

Last year, the business went through a full-scale refurbishment with the interior completely remodelled, and the Garden Shop was added. Working the land and growing produce has and continues to be a big part of life at Archerfield Walled Garden. And with that ethos in mind, a plant specialist grows plants on-site for sale in the shop.

Wander through the beautifully curated Garden Shop, and you're bound to be inspired. This Instagram-worthy garden retailer differs from other garden centres as there is a big focus on sustainability. The only compost customers can buy is peat-free, and the Garden Shop are proud stockists of Dalefoot Compost, a wool-based compost made in Cumbria. They aim to only work with producers who share their eco-friendly ethos and all of the fertilisers, feeds and pest control sold are organic. In time, there are plans to trial a pot recycling scheme.

Due to an incredibly successful first year, there are plans to expand the Garden Shop further. Outside, the footprint will increase to accommodate more stock. They have also taken a lease on a warehouse so more stock can be held, bought a van for deliveries and plan to launch an online shop later in the year. Kerri Sorbie, Retail Manager, explains, *"The Garden Shop was added as part of a full-scale refurbishment. Following the re-opening in June, the Garden Shop has been a popular addition and will now increase externally in size to house more plants, pots and garden furniture."*

Garden furniture was so popular last year that a much bigger range of outdoor furniture and accessories will be stocked this year. The team are excited to see the return of the hanging egg chair, commenting, *"This stylish statement piece can be used both indoors and outdoors and sold out very quickly last spring. We expect that our garden furniture will continue to be popular this year, so we recommend securing your favourite set early!"*

From a bespoke potting service to a large selection of pots and planters, from stylish garden furniture and accessories to quality garden tools, you can be sure that the Garden Shop at Archerfield Walled Garden will help make the most of your garden.

### STYLISH GARDEN FURNITURE AND ACCESSORIES

To ensure your garden looks its best, choose from stylish all-weather woven casual dining sets, sofa sets or a gorgeous bistro sets. Add outdoor lighting, lanterns, hurricanes and decorative accessories.



### POTS AND PLANTERS

You'll find a large selection of pots and planters, including modern inspired designed pots, eco pots to classic terracotta urns, plus durable and frost resistant pots and planters.

Images (except top left and middle) © Murray Orr

### A HAND PICKED SELECTION OF HOUSE PLANTS

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### WHAT YOU'LL FIND IN THE...

*Garden Shop*

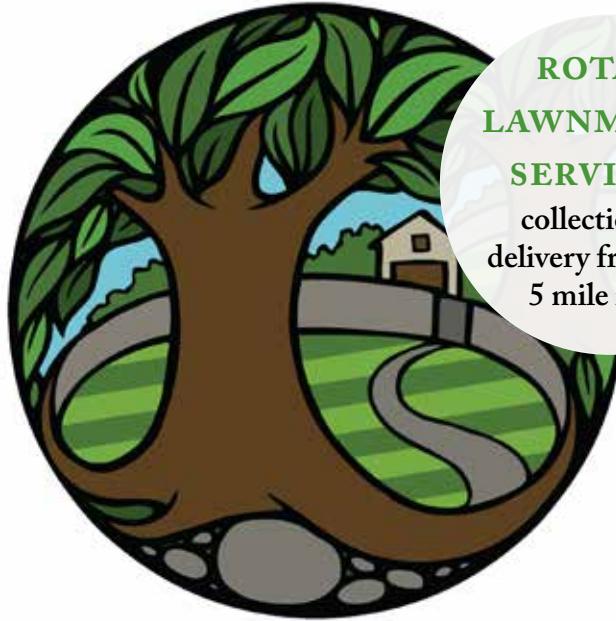


### A WHOLE HOST OF QUALITY GARDEN TOOLS

Whether you're searching for an innovative new tool or prefer a tried-and-trusted traditional favourite, you'll find an extensive range of high-quality garden tools in the Garden Shop. Giving the gardener (or garden professional) a vast choice of solutions to tackle a wide variety of gardening tasks.

Plus, they're the only local stockists of renowned Japanese tool brand Niwaki. Every gardener should try at least one of these terrific hand tools handmade by craftspeople – beautifully weighted, superbly engineered, and oh so sharp. They make the perfect gift for a serious gardener.

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# FROM DRIVING TO DINING

Just like our homes, our gardens have evolved over time, influenced by trends and changing lifestyles, and when the owners of this house decided to make their once-holiday home, their main residence they asked garden designer Joy Grey to create a garden to meet their changing needs.

When I first saw this garden, it was tired and a little unloved but with much potential. Previously a holiday home, the garden took second place to golf, the beach and dog walking. The south-facing front garden overlooks a golf course with expansive views across open farmland towards the Lammermuir Hills. The owners wanted a warm and inviting garden that would enhance the house, capitalise on the views and provide spaces for entertaining and relaxation at different times of the day. A fairly

low maintenance garden was required, and off-street parking had to be included as it was essential to get from front to back in bare feet!

The biggest challenge was to find a way of accommodating cars, allowing them to turn round and hiding them from view from the house. The solution was to subtly divide the garden into two halves using trellis panels and a line of contrasting material across the driveway. A discreet space for two cars was created in the back half of the garden by cutting into the

existing bank and building harled retaining walls to match the house. The entrance was widened, and the driveway was paved with sandstone setts to the front door. Gravel in a stabilising grid was installed in the back half of the garden with a paved side path for those bare feet!

The south-facing sunroom now leads out onto a large, new sandstone terrace surrounded by a low wall accommodating a table and chairs for eight. The unrivalled rural views across the golf course can be enjoyed in the sun from early morning until late afternoon. The new terrace is accessed from the driveway through colourful flower beds and under a substantial wooden pergola clothed with climbing roses and clematis.



Driveway, after



Driveway, before



Before



After



Steps leading to a box parterre



Back door seating area



Lavender and Asters



white stemmed Himalayan birch

Relaxed entertaining forms the focus of the garden design. Opposite the kitchen, and visible from the dining area, a small set of steps leads to a box parterre with a bird bath at its centre. This quiet secluded area is backed by the trellis fence, and a bench flanked by rose standards, looks south towards the stunning views. At the back door a seating area capitalises on the late afternoon and evening sun. The private terrace is bounded by a low retaining wall – perfect height for informal seating and accommodates a pair of Adirondack chairs. Lastly, at the top of the retained bank is a compact oval gravelled area where there are two simple chairs and a bistro table in the shade of a mature crab apple tree. Perfect for enjoying the view down the driveway to the golf course.

The garden encompasses colourful low maintenance planting with an informal feel which softens the hard landscaping and gives year round interest. Using shrubs, perennials and climbers in gentle shades of pinks, blues, purples and pale yellows makes the garden a relaxing place to spend time. Bulbs extend the season of interest. A new white stemmed Himalayan birch underplanted with red stemmed cornus and white tulips makes a striking feature on the edge of the driveway.

## GOOSE GREEN DESIGN

The Grey Cottage, Goose Green, Gullane EH31 2AT  
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## WILDFLOWER MEADOW FOR BIODIVERSITY

words: kim williams

Local company Seilich are set to create an enormous wildflower meadow for the benefit of biodiversity.

Seilich, a natural skincare company based on the Preston Hall Estate, plans to create an enormous wildflower meadow which will be the largest habitat of its kind in the area. The meadow will provide habitat for around 20 million wildflowers, support thousands of pollinating insects, including bees and butterflies, and sink around 641 kilograms of carbon every year. Butterfly Conservation Scotland said the project would help boost local populations of butterflies and moths. *“Many of these insects are disappearing from our landscape because of the loss of wildflower-rich*

*meadows, and initiatives like this can help bring wildlife back to the countryside.”*

Seilich operates an unusual business model within the skincare sector. Run by botanist Dr Sally Gouldstone, it reinvests its profits to create and manage wildflower meadows for the benefit of nature conservation. Ingredients for its award-winning beauty products are sustainably harvested from these meadows. As a result of these nature-centric practices, Seilich is the only beauty company shortlisted for an RSPB Nature of Scotland Award and is the only company in the

UK to have gained Wildlife Friendly Certification. To date, the company has created over 4,500 square metres of meadow habitat, and this year, an additional 24,000 square metres are planned. Lorraine Dallmeier, Chartered Environmentalist, Biologist, CEO of Formula Botanica and crowned the most influential person in Natural Beauty 2020, commented, *“Dr Sally Gouldstone is one of the most passionately driven environmentalists in the UK beauty sector. The rest of the beauty sector would do well to sit up and pay attention to Sally’s work, as her business model is sorely needed in a globally unsustainable sector. Sally’s approach to running Seilich is impressive, and her business model, incorporating not only conservation but also regeneration projects, plays a vital role in tackling the global ecological crisis.”*

Seilich is running a crowdfunding campaign to create this haven for wildlife from 15th April to 15th May 2022 to coincide with the UN Biodiversity Conference, COP15, being held in Kunming, China. Donations will be accepted in return for products, discounts, meadow experiences and places on workshops (known as ‘rewards’). The rewards list includes meadow-based workshops that come complete with a herbal tea ceremony and introduction to the meadow. Workshops include; meditation and meadow bathing, a yoga session, a natural skincare facial workshop, an introduction to herbal medicine, flower arranging and a place at a Mad March Hare dining experience in



Dr Sally Gouldstone

the meadow. There are also; Seilich skincare products, limited edition prints by the East Lothian Hare Whisperer, wildflower seed from Scotia Seed and meadow tote bags.

The Scottish Wildlife Trust Lothians Group who visited the site said, *“Wildflower meadows are now a rare sight to see across our landscapes, so to have Seilich build its business around the conservation of this important habitat is so very encouraging.”* Gill Perkins, CEO of Bumblebee Conservation Trust, added, *“In the last 100-years, the UK has lost 97% of its meadows and other species-rich grasslands, leading to bumblebee extinctions and declines. Species-rich meadows, small or large, are essential for pollinators, helping to reverse their declines and flourish.”*



Crowdfunder page will be live from 15 April [crowdfunder.co.uk/p/seilichmeadow](https://crowdfunder.co.uk/p/seilichmeadow)

SEILICH  
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[seilich.co.uk](http://seilich.co.uk)



## IT'S VITAL TO ENJOY THE RESTING PLACE

Bernadette Petrie encourages us to find our own personal summit and when we get there – enjoy the resting place.



I am a fairly regular climber of North Berwick Law. A few years ago, I found myself chuckling as I started my climb. A new sign had popped up at the start of the trail. It said 'Summit Path' with an arrow pointing in the correct direction, clearly there, to guide newbies in the right direction. I chuckled because the Law is less than 200 metres to the top, and it takes 15 to 20 minutes to get to the summit. This should not be underestimated, mind, I puff and pant every time I climb it, and by the end of this particular climb, I would come to think of 'the summit' somewhat differently.

When I think of other bigger hills and Munros I have scaled, I have to admit to being a very grumpy climber; *"Are we there yet? This is hard! Why, why?"* But, back then, I did not think – I have chosen this life, and these hills are my powerful teachers. I think about being that young woman often, so seeing this sign made me giggle. Because, boy-oh-boy, I used to make things really hard for myself.

After climbing for about ten minutes, I became lost in thought; it happens every time. When I looked up and saw I was off track, it took me a few seconds to find a path again and see the summit once more. Before this point, I rested for a few seconds here and there, but with a new focus, I made a final non-stop push to the top – to 'the summit'. Once there, I realised the message. When you get to the actual top of a climb, that is the resting place without question. From there, you get to see an expanded view of your world, and there is no more climbing to do. You just have to be. You cannot physically climb any higher. This is exactly like our spiritual

journey. If we ignore the resting place and are constantly climbing, we are never actually at peace with who we are, where we are, and that place of striving – we are missing the point.

Each time I climb the Law, I let more baggage go. When I get to the top, I see something new, and so each time, I have a new level of understanding about my life. Each time I climb, I'm a different version of myself; there is no need for the Law to get bigger – the expansion happens on the inside. When I get to the top, there is no more climbing to be done that day, on that hill of doubt. I need to focus on the resting place and reconnect with my current life – see it through this new lens.

I encourage you to climb your hill of doubt and only climb it when you want to. I encourage you to take breaks along the way, but when you get to the place that feels like a for-now resting place – rest! Rest, savour the life you see below, appreciate all it is showing you, and in that moment of acceptance and appreciation, you will discover that you have expanded just perfectly. You will be climbing this hill of doubt again and again for evermore, but only because you want to. Remembering that will make all the difference.

Remember, it's not about the destination; it's about the experiences along the way that we need to embrace and treasure, and in the process, resist the temptation to strive endlessly for a dizzy spiritual height that would detach us from our humanity. From who we are on this earth, right here, right now.

Article adapted from Bernadette's book *Permission to Shine* – Chapter 3 | [hello@bernadettepetrie.com](mailto:hello@bernadettepetrie.com)  
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## TO SIT OR NOT TO SIT?

Three years ago, if someone told you that your life would change dramatically, you may not have believed them. But life has a way of springing surprises, some pleasant; some not, writes **Bernie Rowen-Ross**.



**N**ow, we must learn to live with COVID – all well and good. The first reported case of AIDS was in 1981, and we still need more research; people are still suffering from it, but it is no longer headline news. We have learned to live with many things we cannot change, and this begs the question, can an individual really do anything to prevent change? I believe the collective can do something positive, and a collective energy does help. So, what do we do when we feel helpless against tremendous obstacles? Should we find places to help? Of course, we should – because that is our way, you might think.

But what if I said that it is sometimes vital to do *no-thing*. And, yes, *no-thing* isn't a typo. Sometimes it is better to allow nature to take its course, whatever the situation is. For us to sit in utter silence, let the moment pass, gain greater insight into our depth of thought, and feel what your soul wants of you. Sometimes, that is the most relevant honest, authentic thing to do.

When our minds are busy churning thoughts, ideas, and must-dos, we tend to lose our depth, the feeling of connectedness. The other activity which keeps us away from our depth is buying something we think will fill a gap. But, materialism is far off the mark because material things only bring temporary peace or joy.

Today, as I write, Russia invaded Ukraine, and it is such an utter tragedy. I have no idea when it will end and at what cost. I feel for the ordinary people in this situation; the young soldiers in the Russian army, who did not know they were going to war, their families must be so worried, and the brave Ukrainians, who are not even soldiers, defending their country.

It is time to go deeply into your soul and ask the question, *"What if this was happening to my family and me"* and then act accordingly. We are all interlinked in humanity in some way; we all breathe the same air and bleed red blood. Our hearts beat – we are feeling, emotional human beings.

I said 'sometimes' because, at other times, we need to act in solidarity for another. We cannot sit on our well-padded bottoms and hope someone else will clean up the mess or



help others. In Scotland, we're lucky that our wonderful country has always shown such generosity; the Scottish people are open-hearted, warm and giving.

The world is in a mess, and it will get messier if good men and women do not do something; we cannot afford to be complacent because this horror that we are witnessing is at our back door, and there is untold human suffering.

Take a moment and sit with your thoughts and send out good intentions first to your loved ones; then to people you don't know very well; then to the village; then spread that love to the country and to specific people all over the world. Finally, send thoughts out to the leaders who are in power to make the correct decisions, and let your actions stem from a place of compassion. Thoughts have energy; let us all try to keep positive energy flowing to all those suffering, as well as practical assistance.

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



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Establishing a successful marketing strategy for your business can feel overwhelming, but it needn't be. Jenny Rutherford shares tips for successful, sustainable marketing, whatever your business.



**“ HELPING YOU TO GROW YOUR BUSINESS BY UNDERSTANDING AND REACHING YOUR CUSTOMERS IS MY FAVOURITE THING ”**

Book a free 20 minute video call with Jenny via her website to find out how she can work with you to grow your business.

**JENNY RUTHERFORD MARKETING & COMMUNICATIONS**  
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In the last two years, the power of digital marketing has skyrocketed. Accelerated by the pandemic, enforced lockdowns and the closure of many shops for extended periods, we turned to the internet for everything – to communicate with friends and family, to be entertained and informed, and critically, to make purchases. Roughly two in every three (63%) purchases start online<sup>1</sup>, regardless of whether the end purchase is made in a brick-and-mortar store or online. So it's important to have a strong digital presence and provide an online destination for customers. Here are Jenny's top three tips:

### 1 KNOW YOUR AUDIENCE

The most important aspect of successful marketing is knowing your audience. Who are you talking to? Where do they hang out? What do they need from you? How can you meet their needs? Can you provide the solution to their problem at the right moment? This first step enables you to establish which channels your audience uses and what information is essential from your website to your social content. Before publishing anything, always ask yourself, “who am I talking to and does this add value?”

### 2 REACH & RESONATE

People consume and search for information in different ways, from podcasts to newspapers, YouTube to LinkedIn. Yes, digital marketing is critical, but don't forget the power of a well-placed signage piece or a well-timed advert or flyer. Once you know your audience and what resonates with them, you can work on strengthening your bridges to reach them. Establishing systems to monitor and review your marketing activity is vital to understanding what works best: case studies or emails, video content, simple product imagery, or infographics?

### 3 RETAIN & GROW YOUR CUSTOMER BASE

By knowing your audience and consistently reaching out to your markets, you are well placed to ensure continued loyalty from existing customers but to support your growth you must always be seeking out new customers and opportunities. Remember, you don't own your social media channels; it's rented space. However, you own your contact list, so setting up an email list can be a very successful and low cost part of your strategy.

#### ABOUT JENNY

With a background in hospitality, Jenny has twenty years of experience marketing high-quality products and experiences to a variety of audiences. Since establishing her marketing and communications consultancy in 2016, she has supported businesses across Scotland, helping them connect with their audiences and tell their stories. She is available for project work in addition to producing content from videos and reels to writing blogs and creating newsletters.

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## Profiles in Business

# GARDEN STIRLING BURNET INTRODUCE THEIR PROPERTY TEAM

We continue to introduce the people who make up Garden Stirling Burnet, one of East Lothian's oldest law firms, with our series of Q&A business profiles. In this issue, we meet Gurwinder Singh, Marie Cook and Audrey Turner.

Three members of the hard-working property team give a personal insight into their lives and why they love living and working here so much. Senior Negotiator Marie Cook is based in the North Berwick office. Sales Negotiator Audrey Turner and newest team member, Gurwinder Singh, who joined last year, are in the Haddington office.

### What is your role at GSB and have you always worked in property?

GS I am a Property Sales Negotiator and have worked in property since finishing my law degree. I chose to work in estate agency as I enjoy it very much.

AT My role is Property Valuer and Sales Negotiator. With the Royal Institute of Chartered Surveyors (RICS), I have qualifications in Foundation of Valuation Methodology and Residential Valuation Methodology.

MC My role is Senior Negotiator, advising, communicating and supporting clients during the marketing process of their property and hopefully helping to ensure they have as stress-free an experience as possible. I'm married to a Surveyor, so you can imagine what our dinner table conversations are like!

### How long have you been with the firm?

AT I have been with GSB for 14 years.

MC Since September 2014 – almost eight years – how time flies!

### How long have you lived in East Lothian?

GS I have lived in East Lothian for the past ten years, and it really is home to me – I cannot imagine living anywhere else!

AT I am from East Lothian and have lived here all my life. As an 'East Lothianer', I feel very lucky to live here.

MC I have lived in East Lothian for over 25 years and in North Berwick for 18 of these years.

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

AT Combining beautiful countryside and beautiful coastline, East Lothian offers the best of both worlds. With stunning views in every direction, unique towns and villages, amazing attractions and activities – not to mention the fabulous golf courses and beaches! It is a privilege to live and work in such a special part of the world.

MC I love working in North Berwick as I have the opportunity to speak

to people about my favourite place and subject – North Berwick and property! It's difficult not to be enthusiastic about working here, and I enjoy sharing that with people.

### What are your main hobbies and interests outside of work?

GS I enjoy spending time with my two girls and socialising with friends.

AT I love to go on walks with my two dogs (chocolate cockapoos), visiting new places and trying out new food.

MC I love to travel when I can and spend time with family and socialising with friends outside of work.

### What tips would you give to someone who is selling a house?

GS Book a valuation to get an idea of what your property is worth. When it comes to getting your property market-ready – keep the property clean and decluttered, ready for photographs. First impressions count!

AT Keep everything neutral and de-personalise.

MC Present your property and garden in the best way possible and ensure any outstanding repair works are taken care of – first impressions are everything.

### What tips would you give to someone buying a house?

GS Contact a local solicitor who will know the market well and advise you on what to offer to secure your dream home. Set yourself up with property alerts either through ESPC or direct with GSB.

AT Do your research about the area and property and always go back for a second or third viewing.

MC Employ the services of a solicitor; they will provide you with invaluable advice and submit an offer on your behalf. Speak to a financial advisor to establish how much you can borrow if you require a mortgage and obtain a decision in principle from a lender.

### For someone who has not bought or sold property in some time, what are the main changes in legislation or the market that you should be aware of?

MC The Home Report has been a legal requirement since 2008 and provides information about the

condition of a property to both purchasers and sellers. It is the responsibility of the seller to have this undertaken. Following the Grenfell fire disaster in 2017, the Scottish Government have introduced new legislation this year requiring every home in Scotland to have interlinked fire alarms. This applies to all Scottish homes regardless of building type. It is the property owner's responsibility for meeting this new standard.

### Are there commonly held myths about buying and selling property that are simply not true?

GS That all properties will sell for over 10% of the home report. It is property dependent – factors include the property's condition and level of interest.

### What is the most common East Lothian property-related question you get asked?

GS What is the market like at the moment?

AT How much will it cost me to sell my home? How can I prepare my home for selling? How much do you think my property will sell for?

MC How much will I have to pay over Home Report valuation to secure a property? Impossible to answer.

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

AT Our fees are very competitive, and we treat each client as an individual and work hard to tailor everything to their specific needs.

### Is there anything else you would like us to convey to clients and potential clients?

MC GSB is always on hand to offer assistance in a legal and estate agency capacity. We are a long-standing firm that provides a caring, personal, and professional service tailored to meet individual needs.

### And strictly from a personal point of view, do you prefer old or new properties?

GS I can see the appeal for both!

AT I actually love both period properties and new builds. I like the quirkiness of the period properties and the minimalist and sleekness of the new builds.

MC I have a passion for property regardless of age.



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# PICNIC PERFECT

New, sustainable, Scottish, indie brand Hill & Glen is ready for the picnic season, whatever the weather.

The last few years have led us back outdoors, and we've appreciated the countryside differently and enjoyed simple pleasures; staycations, woodland walks, wild swimming. But how many times have we settled for 'sitting on our coats' or the tatty picnic blanket that never recovered from the muddy footprints and squashed strawberries from its first outing?

Edinburgh-based Hill & Glen have the answer with their new, innovative range of design-led picnic blankets. Founder Ashley Liddle explains, "We were frustrated with low quality, poorly designed kit that is often the case with picnic blankets. So many are just not fit for purpose, and synthetic fibres make them destined for landfill after a short life. We wanted to create a range that would last for years and, when eventually can be used no more, can return to the earth as they are fully recyclable."

Design-led and crafted in small-batch, handmade production to ensure the finest quality output and finish, the Hill & Glen range is made using all-natural, carefully selected and weatherproofed fabrics from UK specialist mills. Such is the quality of the materials; they are more than just picnic blankets – they are highly functional and durable. They're called field blankets™ to show they are weatherproofed, hardy and built to last. Suitable for all sorts of terrain such as damp grass or sand, they're perfect for picnics, camping, festivals, a base for wild swimming – or simply a space in the garden.



The Hill & Glen field blanket™ designs are deliberately simple, with names and colour combinations inspired by iconic Scottish landscapes; Ben Nevis, Loch Lomond, Isle of Skye, Glen Affric and Mull of Kintyre. Available in two different weights and sizes, Hill & Glen field blankets™ are wipeable and fully weatherproofed so everyone can relax and enjoy the great outdoors in the seasons to come.

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