

COMMUNITY & LIFESTYLE MAGAZINE

LOCAL LIFE

JUN | JUL 2022

Show Time!

FRINGE BY THE SEA
RETURNS

FREE

FRINGE
BY THE SEA
5-14 AUGUST 2022



TIME & TIDE

www.timeandtidestores.co.uk

7



Speaking of belting it out, our cover star for this issue is Edinburgh-born vocalist and multi-instrumentalist Brooke Combe. Supporting American singer-songwriter Candi Staton at this year's Fringe by the Sea, she's just one of the top-quality acts and household names who will appear in North Berwick this summer. June and July bring a lot to look forward to, including the many fêtes and festivals which flourish across the county.



There is also a spate of new shows at the area's museums and art galleries, including environmental artist Natalie Taylor's exhibition at Dunbar's Town Hall and *Land Sea People Stories* at the Coastal Communities Museum.

This year, many of us will have our flights booked and our suitcases packed for the first holiday abroad in quite some time. Skincare expert

12

Karolina Baibuz tells us how we can keep our complexion glowy and protected when the temperatures rise. And on page 11, you could be in with a chance to win a half-day spa package – ensuring you're holiday-ready.

Editor's LETTER




Summer brings out the best in us all, wouldn't you agree? In East Lothian – and I would imagine around the rest of the UK – the shift in mood and outlook is palpable when the weather improves. Suddenly everyone has a life after 6 pm and a desire to step outside. Not entirely surprising as this is the time of year when the East Lothian landscape puts on the best show. If fields of rapeseed could tap dance and belt out a song that could be heard in the cheap seats, this is when it would happen.


We'll also help you get more mileage from your holiday wardrobe, whether you're summer-ing at home or escaping somewhere far, far away. And of course, we've all our regular features too – interiors, health, beauty and gardening.


As summer makes its triumphant return, we urge you to do whatever brings out the best in you. Walk, garden, invite friends for a BBQ or drinks in the garden, or even just sit beneath your favourite tree and read or take a nap. Breathe deeply and take in the beauty that we are so fortunate to be surrounded by every day. Until the next issue, enjoy Local Life.

Kim x

LOCAL LIFE
COMMUNITY & LIFESTYLE MAGAZINE

 [yourlocallife](https://www.facebook.com/yourlocallife)

 [yourlocallife](https://www.instagram.com/yourlocallife)

 yourlocallife.co.uk

To advertise in the August | September 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 27 June 2022.

Editor: Kim Williams **Contributors:** Karolina Bajbuz, Jane Brand, Veronica Clarke, Joy Grey, David Hicks, Bernadette Petrie, Elaine Ramanauskas, Sally-Jean Rankin, Bernie Rowen-Ross.

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

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

CONTENTS



3 EDITOR'S LETTER

4 CONTENTS

7 FASHION

Home & Away

10 BEAUTY

Relaxation Guaranteed

11 Win a Half-Day Spa Package

12 Seven Skincare Tips for a Summer Glow

14 YOGA

Ayurvedic Yoga for Summer

16 HEALTHY YOU

Made for Mums

18 HOME

Bring Life into your Home with Frenchic

22 Top Interior Trends

25 Keep your Cool this Summer

26 FEATURE

A Day on the Farm

28 FOOD & DRINK

Spatchcock BBQ Chicken

30 A DAY IN THE LIFE OF

Kirstie Campbell

32 TO-DO LIST

36 OUT & ABOUT

Artist Shines a Light on one Overlooked Solution to Climate Change

38 It's Show Time

40 Tales to Tell

42 ArtEastDance opens in East Linton

44 STORIES IN STONE

Newhailes Shell Grotto and Tea House

46 OUT & ABOUT

Weekend Tide Times & Marine Fest Returns!

48 MIND BODY SOUL

Your Gremlins Don't Live in Nature

50 Summertime – and the Livin' is Easy

52 Can you Disinherit your Children in Scotland?

56 PROFILES IN BUSINESS

Every Step of the Property Ladder

64 GARDENING

I Promised you a Rose Garden

66 AND FINALLY



Forth Blinds & Shutters

Quality Made To Measure Blinds Fitted By Experts

Wooden | Perfect Fit | Vertical | Venetian | Roller Roman | Shutters | Skylight & many more

40 years of experience | free measuring & fitting | 12 month guarantee appointments to suit you

call today to arrange a FREE quote 01620 436 638
sales@forthblinds.co.uk | forthblinds.co.uk



HOME & AWAY

Perfect packers are few and far between. Most of us are over packers (who else suffers from one-more-thing syndrome?) or under packers (who end up panic shopping on holiday). With a few smart styling tweaks, these hard-working pieces will help you get more mileage from your holiday wardrobe, whether you're summer-ing at home, or escaping somewhere far, far away.



summer collection now in store!



JACKET

This military-style lightweight jacket adds a pretty edge to dresses and jeans. £139.95 (top & main image)

MULTI-TASKING DRESS

Such an easy, all-in-one outfit. During the day, wear it without the belt and throw over a swimsuit. In the evening, belt it, and add earrings and heels. £89.95

WHITE SNEAKERS

A holiday essential. Comfortable for the beach and pounding the city streets. £169.95

TUNIC

Perfect for a nonchalant vibe – throw over a swimsuit and add denim shorts. £99.95

WHITE JEANS

Have reached cult status – it's the jean to invest in for summer. £99.95

VEST TOP

Pair a cute vest top with almost anything! £24.99

all from SECRET BOUTIQUE, Main street, Gullane EH31 2AP | secretboutique.shop

Secret Boutique
Gullane | since 2005

Main street, Gullane EH31 2AP | t: 01620 842 222 | Open: Mon-Sat 10am-5pm, Sun 12.30-4.30pm





Great Escape

summer clothing & accessories now in

red paddleco

ASHER

MERRELL



STANCE

Northcore

O'NEILL

BARTS
AMSTERDAM

SLOWTIDE

seasalt

BRAKEBURN



ARCADE

SKINS

Deus Ex Machina

Weird fish

White
STUFF

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

www.greatescapenorthberwick.co.uk

Open: Mon-Sat 10am-5pm, Sun 11am-4pm



Westgate Clinic

Beauty Therapy, Podiatry/Chiropody
in a calm and peaceful space

Neals Yard
Remedies
natural organic
treatments

Reiki
Indian head massage
Hot stone therapy massage
relaxing Monu facials
St Tropez spray tanning
manicure | pedicure
eyelash and
eyebrow tinting
eyebrow defining
and more

Celebrating
30 years!

39b Westgate, North Berwick EH39 4AG
t: 01620 893268 | e: lorna@westgateclinic.com
www.westgateclinic.com



Physiotherapy



Expert help for all your
aches & pains

physiotherapy – musculoskeletal & neurological
conditions | rehabilitation | sports rehabilitation
massage | podiatry | pilates classes or 1:1 sessions | falls
prevention classes | home visits | hearing assessments

7 Church Road North Berwick EH39 4AD
t: 01620 894 377 | www.physioplusscotland.co.uk

Chartered Physiotherapists, registered with the Health and Care
Professions Council and all major insurance companies



SO&CO
ACCESSORIES

75 High Street,
North Berwick
EH39 4HG

01620 890009

soandcoaccessories.co.uk



No Rain Hypnotherapy

Happiness. Not in another place,
but this place. Not for another
hour, but this hour. – Walt Whitman

Solution Focused Clinical Hypnotherapy
Kat Turnbull DSFH
Fully accredited and insured

Utilising the combined proven properties of **hypnosis**
and **psychotherapy** to improve your symptoms, using
only natural methods, allowing you to break free from
old patterns, and enjoy life again!

sleep | stress | anxiety | depression | phobias
unwanted habits | self esteem | IBS

07872 983 459 | norainhypnotherapy@outlook.com
www.norainhypnotherapy.co.uk



RELAXATION GUARANTEED

Whether it's a deep tissue massage, a relaxing facial, a new set of nails, or just enjoying some well-deserved rest, there's nothing better than the chance to enjoy some self-care and pampering. And **Kim Williams** discovers The Spa at Garleton Lodge delivers just that.



COMPLIMENTARY GEL POLISH TREATMENT

with every treatment
booked in June

(Can be used for hands or toes
use code **LLGEL**
valid until 30/6/22)



There's a (nearly) brand-new spa tucked away in the hills of East Lothian. The Spa at Garleton Lodge, formerly Charlie's at Garleton Lodge, opens in June after moving into the cottage in the grounds of Garleton Lodge – a small luxury hotel with spectacular views across Edinburgh, the Forth and the East Lothian countryside. Set up by Angela and David Cockerton, the hotel offers a careful blend of understated indulgence in a homely environment, and The Spa at Garleton Lodge is the latest offering to their luxury experience.

Tastefully decorated with accents of their own house tartan and Scottish-themed art, the hotel is styled with comfort in mind. And the spa is no different. Angela comments, *"The colour palette for the spa is deep purples and greys. We wanted a glamorous look and feel to the place – one that was inviting and would appeal to both men and women."*

There is something unequivocally special about Garleton Lodge. From the moment you turn into the driveway, there is a feeling of peace, of tranquillity. And the spa offers ultimate relaxation with its luxurious treatment rooms, comfortable lounge and nail bar – not to mention the gorgeous outlook. The treatment rooms are beautiful. The beds are comfy and warm, and each treatment room has a shower and

a gorgeous array of locally produced Laura Thomas Co. products. You're invited to linger pre or post-treatment, lounge around on the decadently beautiful armchairs to enjoy a cup of tea or coffee (prosecco is available too) and a bite to eat or enjoy the stunning coastal and countryside views from the hot tub.

Just as warm and inviting are the therapists. Charlie Thomson trained in sports therapy massage at Edinburgh College and has since decided to enhance her skill set by returning to study beauty therapy. Charlie was the face behind Garleton Lodge's former spa offering, and clients love her calm and relaxed manner. Her massages are heavenly, and the golfers amongst us rave about her sports and deep tissue massages. She is also trained in brows, lash lifts, nails, pedicures, facials and waxing. Carolyn McDonald trained in London and has over ten years experience working at some of the most prestigious salons in the country. Her work is flawless, and she makes everyone feel instantly comfortable. Trained in brows, lash lifts, nails, nail art, nail extensions, pedicures, facials and advanced waxing, Carolyn's fun and bubbly personality ensures everyone is at ease – feeling comfortable and relaxed.

The Spa at Garleton Lodge offers a range of holistic and therapeutic treatments for both men and women and uses specially selected products, including luxury and results-driven skincare brand Dermalogica. Their ethos is that great skin treatment should be personalised, and your treatment will be tailor-made each time to solve your specific needs. Also individually tailored are the massages, from soft and deep tissue massage to sports massages, hot stone and aromatherapy treatments. Manicure and pedicure treatments use the internationally recognised brand, The Gel Bottle Inc™. These gel polishes are rich, highly pigmented, chip-resistant and offer incredibly long-lasting shine. What's more, they're vegan and cruelty-free. In addition, there are couples treatments and half and full-day spa packages to choose from.

Once again, the team at Garleton Lodge have nailed it (no pun intended) – the spa is perfect. They've harnessed the hotel's essence and its surroundings and mixed it with phenomenal attention to detail to create a luxurious yet homely offering, allowing guests to escape the every day for a heavenly few hours or even longer. It's the perfect spot to enjoy if you need some real luxury and relaxation.

THE SPA @ GARLETON LODGE
opening 11 June 2022
t: 07731 483213
e: thespa@garletonlodge.co.uk
garletonlodge.co.uk/spa



and relax...

WIN A HALF-DAY SPA PACKAGE

To win a half-day spa package, simply answer the question below. All entries will be entered into a prize draw and the winner will be chosen at random.

Which well known skincare brand is used at The Spa @ Garleton Lodge?

email your name, address and answer to:
thespa@garletonlodge.co.uk
entries must be received by:
midnight, 30 June 2022

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



COMPETITION



Seven SKINCARE TIPS FOR A SUMMER GLOW



Karolina Bajbuz, skincare expert and Deerieo Skincare founder. You can also read Karolina's beauty blog at deerieo.com hello@deerieo.com

We all strive for smooth, bronzed and glowing skin in the summer. Yet, in reality, we often deal with sweat, sunburn and dehydration caused by hot weather and more time spent in the sun. So, how do we keep our complexion glowy and protected when the temperatures rise?

Natural Beauty expert **Karolina Bajbuz** reveals seven tried and tested summer skincare tips.

EXFOLIATE

Exfoliating your skin regularly helps keep it healthy and creates a 'clear canvas' for a glowy, even tan. Moreover, exfoliating enhances the absorption of cosmetic ingredients so that they can reach deeper layers of your skin and perform their magic rather than remain on the skin's rough surface.

APPLY A FACE MASK

Clay face masks nourish and soothe your skin after the sun exposure. They also cleanse pores, balance oily skin, reduce blackheads, gently exfoliate and leave your skin incredibly smooth and soft without drying it out.

MOISTURISE BOTH FACE AND BODY

Strong sun exposure dehydrates the skin; hence giving your skin a hydration boost in the summer is crucial. Use a lightweight, fast-absorbing moisturiser that will not clog your pores. Choose a multitasking moisturiser to avoid applying multiple product layers, which might feel heavy in hot weather. Remember to moisturise your face and body

equally for an overall smoother, firmer, glowing skin that you'll be proud to show off in your summer attire.

Pro tip: Keep your moisturiser in a fridge for a cooling, depuffing and refreshing skin feel.

POUR YOURSELF A DRINK... OF WATER!

I know you've heard it a million times. But in all honesty, do you drink enough water? Drinking plenty of plain water helps hydrate and detoxify your body, leading to clearer and plumper skin. If you don't like plain water, add some mint, lemon or even cucumber for a wonderfully refreshing flavour.

USE NON-DRYING CLEANSERS

Our skin produces more sebum (natural skin oil) and sweat in hot weather, so you might be tempted to use a strong cleanser. But hear me out: avoid drying cleansers. Foaming and alcohol-containing cleansers dehydrate your skin, leaving it dull and rough, and can destroy your skin's protective barrier causing skin sensitivity. You see where this is going. Instead, try double-cleansing your skin with a cleansing balm followed by a gentle gel cleanser to deep-clean your skin without drying it out. Why use cleansing balms? Unlike regular cleansers, they melt away oils ('like attracts like') and effectively remove makeup and sunscreen while protecting and moisturising your skin.

GO LIGHT ON MAKEUP

Use a lightweight oil-free foundation such as CC cream, a mineral powder, or skip them altogether to allow your skin to breathe freely in the hot weather. This helps avoid breakouts and clogged pores from the buildup of grime and sweat. Don't worry if you feel a bit 'undone' at first; with a light tan, your skin needs less coverage to look healthy.

SPF IS YOUR FRIEND

Applying a broad-spectrum SPF30+ UVA/UVB sunscreen is crucial in preventing premature skin ageing, protecting your skin's health and getting a golden, even tan. Apply the sunscreen generously as the last step in your skincare routine before makeup, and reapply every two hours when exposed to sunlight, after swimming or exercising. If you wear makeup, touch it up with a powder mineral sunscreen. It is not as effective as under-makeup sunscreen, yet it offers basic UV protection and will lightly mattify your skin too.



KAROLINA'S TOP PICKS



DAILY GLOW MULTITASKING FACE CREAM with Sea Buckthorn and Niacinamide 50ml | £37

SELKIE SOOTHING HAND AND BODY LOTION with 5 Algae Complex, Panthenol and Aloe Vera 250ml | £38



THE VEIL 3-IN-1 CLEANSING BALM with jasmine essential oil 50g | £17



SECRET GARDEN EXFOLIATING FACE MASK with white clay and herbs 40g | £10.50



VEGAN LIP BALMS in three flavours 5.5g | £7.50



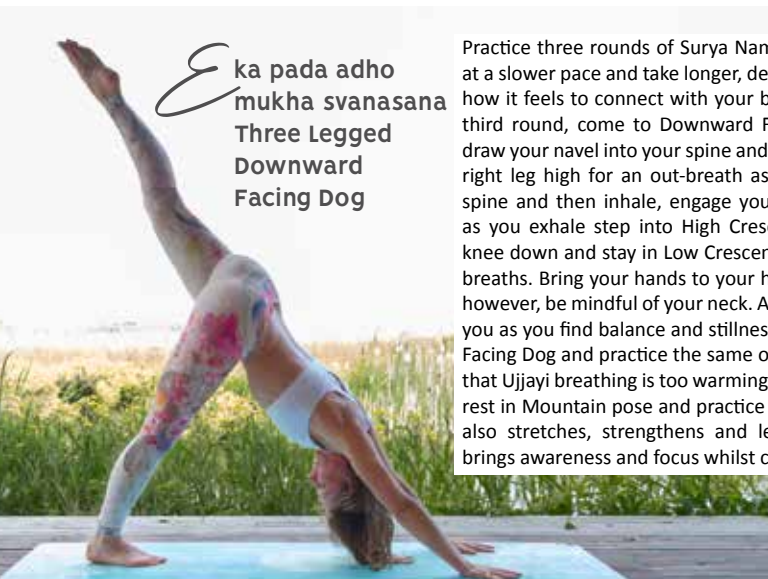
SEA BREEZE SOAP with Scottish seaweed 115g | £9

all products available from deerieo.com

AYURVEDIC YOGA FOR SUMMER

words: sally jean rankin | pictures: lindsay scott

As we move through spring and out of Kapha season, we enter the Pitta dominating season – summer. In Ayurveda, we aim to find balance by harmonising ourselves with nature's rhythms and patterns. Just as we change our clothes depending on the season, we need to look inwardly too. Our diet and lifestyle play a huge part in our overall health and well-being, and this is where Ayurveda and yoga can help. In yoga, we look at grounding and cooling poses to help pacify any excess heat within us. In Ayurveda, we look at cooling astringent foods to reduce heat. Here are two yoga poses that can help pacify Pitta Dosha.



Eka pada adho mukha svanasana
Three Legged Downward Facing Dog

Practice three rounds of Surya Namaskar A; however, practice at a slower pace and take longer, deeper breaths; really explore how it feels to connect with your body and breath. After your third round, come to Downward Facing Dog, take an inhale, draw your navel into your spine and lift your right leg, hold your right leg high for an out-breath as you release your navel to spine and then inhale, engage your navel to spine again and as you exhale step into High Crescent Lunge. Drop your left knee down and stay in Low Crescent Lunge for 5-10 slow deep breaths. Bring your hands to your hips, and if you can look up, however, be mindful of your neck. Allow the air to flow beneath you as you find balance and stillness. Come back to Downward Facing Dog and practice the same on the other side. If you find that Ujjayi breathing is too warming during your practice, take a rest in Mountain pose and practice Sitali pranayama. This pose also stretches, strengthens and lengthens the muscles and brings awareness and focus whilst calming the nervous system.

Stay in Mountain pose and allow yourself to keep cool and grounded. Bring your hands to your heart in Anjali Mudra and gaze forward. Inhale, ground your right foot down, draw your navel into your spine and as you exhale, lift your left foot to your right leg, placing the sole of your left foot either on your right calf or thigh muscle; however, please avoid the knee. Press your thumbs into your chest whilst you gaze forward, grounding your right foot and lengthening through the top of your head. When ready, raise your arms, staying for 5-10 slow deep breaths. If you prefer, keep your hands in Anjali Mudra, you can also hold onto a chair or the wall during the pose. Work with your level of practice to enjoy this cooling grounding pose. This pose also improves balance and focus and lengthens the spine whilst strengthening the ankles, legs and spine.



Vrikshasana
Tree Pose

For further information on Yoga, Ayurveda and Ayurvedic massage. Please contact Sally: kinship.studio

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 hearing aids are available to trial for 30 days at no cost. We believe that the proof is in the pudding! We are a family owned and run business and we love what we do. Trust your hearing to us!

Edinburgh
HEARING PRACTICE


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

Gullane 01620 493000
Auchterarder 01764 219000
Edinburgh 0131 629 1819

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



Lou Lou's



LOU LOU'S
Aveda Exclusive Salon
& stockists of Aveda
professional hair products

10a Lammermuir Terrace
Gullane EH31 2HB
t: 01620 843 352
www.louloushair.co.uk



MADE FOR MUMS

Every pregnancy is full of many emotions, and the experience can be different for every person and every pregnancy. And some say the type of labour can even affect a baby's personality. My three pregnancies were very different, as were the subsequent deliveries, resulting in three distinctly individual children! I have always used exercise to help me manage my adrenaline and energy, and pregnancy was no different, writes physiotherapist **Pamela Mitchell**.

Many people are scared to exercise during pregnancy, but in recent years, more and more evidence suggests different types of exercise are good for you through all stages of pregnancy. Helping to keep your body fit, your endurance high and recovery (at times) easier.

One challenge I faced was finding information or a trainer who specialised in pregnancy and exercise – there were not many around. So after my first child, nearly seven years ago, I set out to fill the gap. I wanted to empower pregnant and postpartum women to keep active and be able to manage pregnancy and postnatal symptoms. Plus, set them up to better understand recovery no matter what delivery method their baby picked.

I have experienced a C-section, assisted delivery and induction in that order (maybe next time I will get that water birth to whale sounds that I have always dreamed of!) But, addressing my own needs after these very different experiences changed each time. Physically I was desperate to get back to exercise and running until my last pregnancy when restoration of energy levels became paramount.

Recovery after labour and postnatally should consist of many things, not just the physical aspects. Sleep, rest, breath work, finding your new purpose and nutrition are critical parts of your rehabilitation process. Giving yourself time to consider these areas can really help you notice when balances are tipped.

Pelvic floor exercises and breath work are a great place to begin when looking at your physical recovery. Not only can they help tissues heal, but they also help to calm your nervous system and give your mind time to rest. The initial days and weeks postpartum are so precious, and these exercises can fit around your baby, crazy sleep schedules and require minimal energy. These alone actually boost energy in most cases!

Gaining qualifications in pelvic health rehabilitation with pelvic health physios and fitness professionals has given me the skills to help pregnant and postpartum women. To help get them moving, exercising and empowering them to take the lead in the best recovery for both them and the baby.

If you are ready to find strength and control after pregnancy, drop me a message. I offer one-on-one physiotherapy and rehabilitation sessions (with or without baby), and group classes are planned to start soon. For more information: kindkinetics.co.uk



balancing your body, mind and breath
PHYSIO | YOGA | PILATES



Pamela Mitchell MCSP
07896 238 619
kindkinetics.co.uk



BRING LIFE INTO YOUR HOME *with Frenchic*

Covering a range of plant-related shades, botanical paint colours are a great way to add a little or a lot of nature to your home. They work well as the main event, such as painted kitchen cupboards. But they look equally at home on a single piece of furniture, adding a pop of character and interest.

WHAT ARE BOTANICAL PAINT COLOURS?

As the archetypal botanical shade, green is certainly the go-to when it comes to botanical paint colours. With that in mind, it's handy that green is tipped to be the colour trend of 2022. Frenchic's range of botanical paint colours are ideal for use all around the home.

Victory Lane | Wise Old Sage | Scotch Mist
Mother Duck | Apple of my Eye | Pea Soup



ALTERNATIVE BOTANICAL PAINT COLOURS

While green is the quintessential botanical paint colour, there are plenty of other hues to play around with. Yellow is a great way to brighten up your space, with mustard yellow and ochre shades seeing a particular rise in popularity. Hot as Mustard provides an easy way to add this zesty botanical to your furniture. For a subtler botanical vibe, try spring colours like pastel pinks and blues echoing the return of clear blue skies and blossoming flowers.



Frenchic Paint have tips and tricks on bringing botanical paint colours into the home, visit: frenchicpaint.co.uk

Available from:
2nd Time Round
Fenton Barns Retail Village
North Berwick EH39 5BW



2nd Time Round
We specialise in all second hand items
Bought • Sold • Restored • Commissioned

SPECIALISTS IN SECOND-HAND ITEMS
BOUGHT | SOLD | RESTORED | COMMISSIONED

Our showroom has a huge collection of furniture, mirrors and collectables. We specialise in shabby-chic distressed furniture and we're stockists of Frenchic furniture paint – including primer, brushes, wax and finishes.

Frenchic ❤️

PROFESSIONAL HOUSE CLEARANCE
REMOVED | REUSED | RECYCLED

We offer an efficient, professional and sympathetic house clearance service. We'll clear everything – the kitchen cupboards, the house, attic, garage, garden and the garden sheds! We'll even take away mattresses, curtains and carpets. Everything is disposed of properly and wherever possible, reused and recycled.

Open 7 days 10am - 5pm | Fenton Barns Retail Village, North Berwick EH39 5BW | t: 01620 850 402 | m: 07840 524 587



RAMSAY CORNISH
AUCTIONEERS AND VALUERS
EDINBURGH

**Entries now invited for our
Militaria, Sporting Goods,
Stamps and Coins auction.**

**Please contact us to arrange a
free valuation**

0131 553 7000 | info@ramsaycornish.com



Dreams become reality.

Whether you are looking for some stylish new tiles to update your kitchen wall, or an exclusively designed new luxury bathroom, we're with you all the way.

THE NORTH BERWICK
BATHROOM AND TILE COMPANY

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



FREE
no obligation
estimate and
measuring
service

Hazel Rebecca
Designer Fabrics & Bespoke Curtains

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

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

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

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

TOP INTERIOR TRENDS

The team at **Forever Spaces** tell us that this year, interior design trends will centre around reclaiming spaces previously adapted to home working, a renewed interest in bringing the natural world indoors, and a drive to purchase and decorate more consciously.



SLEEP SANCTUARY

Bedrooms have had to work harder than ever over the last couple of years, for many of us doubling up as home offices as we navigate working from home. However, for 2022, there's a desire for the bedroom to return to a calm, peaceful sanctuary to retreat to, so the focus will be on mood lighting, soothing colour palettes and layers of comforting textures. At Forever Spaces, we know the importance of creating productive spaces for work and serene spaces for relaxing, from bespoke home offices to beautiful bedrooms that encourage you to truly unwind.

SHADES OF GREEN

Our connection to nature and the world around us has never been more important – we have come to appreciate the power of nature to uplift and revitalise us. Colour wise we are throwing open the doors and windows and inviting every shade of nature in. We will see green and natural tones blended into our interiors through the use of plants, timber and terracotta. If you love the colour but don't want to make any permanent changes, accessorise with pops of rich jewel-toned greens.



SUSTAINABLY MINDED

The carbon value of materials has never been so great, and we're increasingly looking to minimise waste and avoid excess. From open or free-standing shelving and custom-made features to reclaimed furniture, upcycle and craft wherever possible. Old carcasses might only need new doors or could be completely transformed with paint and new handles. Adding copper finishes is on-trend and brings a new look and striking aesthetic into kitchens, bathrooms and even living spaces.

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

FOREVER SPACES

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



FOREVER SPACES

LOVE THE HOME YOU'RE IN



KITCHEN, BATHROOMS, BEDROOMS, OFFICES

DESIGN | SUPPLY | PROJECT MANAGEMENT | IN-HOUSE INSTALLATION

01620 825808 www.foreverspaces.co.uk info@foreverspaces.co.uk

1-2 CHURCH STREET, HADDINGTON EH41 3EX

PRESSING NEEDS LAUNDRY



DOMESTIC, COMMERCIAL &
HOTEL LAUNDRY SERVICES

**NOW
OFFERING
COMMERCIAL
LINEN HIRE**

**THE PERFECT
SOLUTION FOR ALL
YOUR LAUNDRY NEEDS**
eco-friendly water-based
cleaning – the natural choice
for every garment

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

**Ironing | Service Laundry | Dry Cleaning | Commercial Linen Hire | Sheepskin Rugs Cleaned
Leather, Sheepskin and Suede Jackets Cleaned | Canada Goose Jackets Cleaned | lagoon®
Advanced Care | Same day turnaround if required | All services carried out on site**

Open: Monday to Friday 9am–5.30pm, Saturday 9am–12pm | Delivery Service: Monday to Friday
Unit 3, 4 & 5 Mill Walk Business Park, Tantallon Road, North Berwick EH39 5NB
t: 01620 892 763 | m: 07918 721 192 | e: pressingneeds1@yahoo.com

WEDDING DRESSES CLEANED
your dress cleaned and beautifully boxed



KEEP YOUR COOL THIS SUMMER

Morag Readman, owner of the East Lothian franchise of Bright & Beautiful, tells us to tackle these cleaning tasks at the start of the season so we can spend the rest of summer enjoying the warm weather, sunshine and keeping our cool.

Clean out the fridge
Make room in your refrigerator for ice lollies, salads and barbecue leftovers. First, wipe down all fridge surfaces with a damp cloth. Next, removable shelves and drawers can be washed at the sink with warm water and dish soap. As you restock, check expiration dates and toss anything past its prime.

Let the sunshine in
As we fling open the windows, make sure the frames and glass are clean. Summer is the perfect time to clean blinds and shutters. Take curtains outside to air – give them a good shake to remove dust, and let them bask in the sun to expel stale odours.

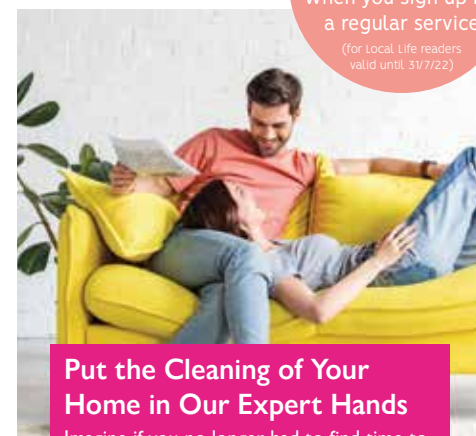
Freshen bedding and linen
Switch to your lighter weight duvets and summer bed linen. Don't forget to vacuum, turn your mattress, and pop the covers and pillow protectors in the wash.

Brighten up your living space
Refreshing cushion covers and throws is an effortless way to lift a room for the warmer months. Go for a mix of textures and patterns in summery shades. Add a few easy-to-maintain plants or bouquets of fresh flowers. If you have visitors over the summer months, this is a great time to cast a fresh eye over your guest bedrooms.

And of course, if doing the housework makes you hot and bothered, you could always get us to help!



**FREE
FRIDGE CLEAN**
when you sign up for
a regular service
(for Local Life readers
valid until 31/7/22)



Put the Cleaning of Your Home in Our Expert Hands

Imagine if you no longer had to find time to clean during your evening or weekends

BRIGHT & BEAUTIFUL
A BEAUTIFULLY CLEAN HOME AND A BRIGHTER YOU

Call or email today to find out more
01620 674658
morag.readman@brightandbeautifulhome.com

brightandbeautifulhome.com



A DAY ON THE FARM

Last issue we wrote, 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. This time, Jane Brand shares what really happens each day on the farm.



Some say animals can't tell the time, but at East Fortune Farm, they know the importance of a feeding routine and getting the day off to a good start. The noise of the farm quad-bike starting up and heading down to the lambing shed in the morning signals Grandpa Brand is on the move – out and about with Moss, the older farm collie. During March lambing, as Grandpa arrives, the welcoming sound from the Lley flock and their newborn lambs awaiting their morning feed, can be heard across the fields.

The farm team, Ali and Louise, are armed for the day, ready to load the gator with pig food prepared for the breeding sows, boars, piglets and eleven kennels of weaners. Then, with the water trailer hooked on, they're off to the old farm steading to check the herd and welcome any new litters of piglets born during the night.

Every day is the same when feeding livestock, as is Grandpa Brand's breakfast routine! By 9.30 am, the 350 hens, 60 ducks, all the home sheep and pigs are fed and watered, and Grandpa's Yester yoghurt and fruit has been laid out by Granny, ready for them to sit down and eat breakfast together.

Every morning, Jimmy gathers the freshly laid hen and duck eggs. Across several hen huts, the eggs are hand-gathered, wiped clean, checked, and presented ready for sizing and boxing for the farm shop. Jimmy's past career as a quantity surveyor and his attention to detail and accuracy stand him in good stead for counting all the eggs!

Grandpa, Ali and Louise have their day's jobs planned. From mucking out pigs, fencing new paddocks, cutting grass on the caravan sites, and moving sheep to any other task Jane has listed on the 'to-do' list! So there is always a job, if not ten, to do.



Late afternoon and the younger generation, Ritchie and Robert (although now starting to tower above many of the family), return from a productive day at school. Naturally, their first response is to raid the house fridge or the farm shop (if they can get past Diane with stuffed pockets), followed by a quick bit of tech time on any device they can find before they are spotted and working clothes and boots handed to them. They are, actually, both dedicated to their daily farm jobs; Ritchie prepares all the pig feed and Robert the poultry feed. Fingers crossed, in years to come, they'll look back and appreciate the work ethic and family teamwork involved in running a family farming business.

While busy working on the farm, it can be easy to miss the farm shop customers arriving. But all team members enjoy a chat and the lovely feedback received about the home-reared produce. For the Brand family, the fact that the farm side of the business is supported so well locally and feeds into the farm shop 100 per cent is a real credit to the hard-working 24/7 operation at East Fortune Farm.

THE
BRAND
Family
LARDER
— EAST FORTUNE FARM —

East Fortune Farm, East Fortune,
North Berwick EH39 5BT
e: hello@brandeastfortune.co.uk
www.brandeastfortune.co.uk





Cleaning has never been so important
AND WE CAN HELP YOU!

typically
£15.00
per hour fully inc.

See how we can help by calling
t: 01620 436639 or e: east-lothian@uk.timeforyou.cleaning
www.timeforyou.cleaning

 **TIME FOR YOU™**
DOMESTIC CLEANING



SANDY BRANCHES
91 HIGH STREET NORTH BERWICK
PLANTS - FLOWERS - GIFTS
WWW.SANDYBRANCHES.COM

Clarkey's SPATCHCOCK BBQ CHICKEN

Summer is upon us, meaning one thing... BBQ time! Nothing screams summer more than a BBQ on the go, with friends and family meeting in the garden for a cold beverage and enjoying the sunbeams. BBQs don't just mean burgers or charred sausages but also bring you delicious dishes like our BBQ Chicken. This recipe can also be cooked in the oven, so if the Scottish weather decides to dampen the BBQ, dinner can still go ahead as planned.



CLARKEY'S BBQ RUB

225g soft brown sugar
50g granulated sugar
100g salt
1 tbsp onion powder
2 tbsp granulated garlic
2 tsp Cayenne pepper
2 tsp ground cumin
2 tsp mustard powder
4 tsp ground paprika

Mix all the ingredients together until incorporated. Store in airtight container. Can be stored for two to three months this way.

TOP TIPS

The BBQ rub and glaze can also be used on ribs, drumsticks, thighs or wings.

Use a beer of your choice, depending on your taste. If you don't want to use alcohol, substitute for a soft drink such as ginger beer for a kick, cola for sweetness or you can go old-school and grab a can of Dr Pepper. The base of the glaze is like a mother sauce, so experiment with different beers and soft drinks to change the flavour dimensions.

CLARKEY'S BBQ SAUCE GLAZE

2 tbsp Black & Gold rapeseed oil
1 shallot
1 clove finely chopped or ½ tsp minced garlic
1 can Winton Brewery Taps Aff (or any beer, porter, ale or stout of your choice)
3 tbsp of tomato ketchup or bbq sauce (you can mix both)
2 tbsp apple cider vinegar
2 tbsp of Clarkey's BBQ Rub
1-2 tbsp honey

Place oil in a small saucepan and place on medium-high heat. Add onions and sauté for 2-3 minutes. Add garlic and cook for another 2-3 minutes.

Add a splash or two of beer from the can to deglaze the pan; it will foam slightly. Next, add the remaining beer and let the mixture simmer until reduced by half. Once reduced, add all remaining ingredients and stir. Let the mixture simmer until it thickens.

Remove from the heat and blend with a hand blender/nutribullet/ninja or bar blender (not essential but gives a smooth sauce). Transfer to a container and allow to cool before use. Can be stored in an airtight container in the fridge for up to a week.

SPATCHCOCK CHICKEN

1.5-2k whole chicken (giblets and excess fat removed) we recommend Pasture Poultry chickens. If whole chicken too

much you can use their half chicken instead
1 tsp Black & Gold rapeseed oil
2 tbsp Clarkey's BBQ Rub

Prepare BBQ/smoker to 140°C. To spatchcock the chicken, cut out the backbone with a pair of kitchen shears, fold out the chicken open and press down lightly to flatten. Oil the skin of the chicken, then generously sprinkle both sides of the chicken with the BBQ rub.

Place the chicken in the BBQ/smoker skin side up for 1-2 hours until juices run clear. If unsure of the BBQ/smoker, you can place spatchcock in a disposable silver tray, add a little bit of beer or water to the bottom of the tray and place on BBQ for 30-45mins then transfer to the oven preheated to 180°C (fan assisted) or gas mark 5 to finish. This will give the chicken a smoky flavour but then allow you to ensure cooked all the way through.

In the last half hour, brush the beer glaze over the meat, and repeat in the last 15 minutes to get a sticky glaze. Once cooked, remove chicken and allow to rest for 10-15 minutes.

Et Voila! A sweet, smoky, sticky, flavoursome bbq chicken. Serve with salad, Mexican corn on the cob, new potatoes or some roasties.

TOP TIP

This dish is amazing, served cold with a salad or as a sandwich by mixing the chicken with mayo, halved seedless red grapes, diced gherkins, diced celery, diced onion and diced walnut. Seasoned to your liking.



About Clarkey

Most people in East Lothian know Lewis & Clarke as the combined talents of Kate Lewis and Veronica Clarke (aka Clarkey). But not many people know that although Kate is the trained chef, it's Clarkey who does all the cooking at home. Veronica started her hospitality career front of house in bars, then moved over to restaurants and eventually worked front of house for several Michelin star establishments. Although not a trained chef, she has always had a passion for food and different flavour combinations. She tries out a lot of new ideas at home, and as a result, L&C menus are both designed and brought to the table by Chef Lewis and Veronica (quite literally). Veronica has a genuine interest in new and exciting flavours from various countries, so keep your eyes peeled for Clarkey specials in *Local Life* and Gifford.

LEWIS & CLARKE

2a Main Street, Gifford EH41 4QH
01620 811001
info@lcartisan.co.uk
instagram: @lcartisan
facebook: Lewis & Clarke



Clarkey's Kidnapped Cocktail

Make a cold brew by adding 2-3 dessert spoons of Eateket Loose Leaf Blooming Marvellous tea to a bottle of Fidra Gin and leave for 35-40 minutes until the gin takes on a green tea look, then strain.

Mix 50ml infused gin with a squeeze of lime juice, 12.5ml elderflower cordial and 70ml fresh apple juice. Shake with ice in a shaker and strain into a Martini glass, finishing it with a sprinkle of Blooming Marvellous. You can change the measurements so all ingredients can be mixed in a jug or pitcher with ice, then pour and serve in a rocks glass or tumbler.

A DAY IN THE LIFE OF KIRSTIE CAMPBELL

Kirstie Campbell spent 15 years working as a humanitarian aid worker, including ten years on a mission in the Middle East, North Africa and Pakistan. She first came across seabuckthorn in 2010 as part of a United Nations logistics mission to assist with the floods in Pakistan. Returning home to Scotland in 2013, Kirstie discovered that our native berries – a unique source of nutrition – were being largely overlooked and, in some cases, destroyed. Applying her passion for food security, local solutions and herbal healing, plus her Chemistry degree, she founded social enterprise **Seabuckthorn Scotland**.

I WAKE UP...
I have a shot of seabuckthorn juice – my morning favourite is the Buck Russian as it really sets me up for the day – and go for a walk down to the beach for a swim before we start our workday.

WORK STARTS...
With a team catch up and planning meeting on the way from the beach to the farm.

A TYPICAL DAY...
Depending on the time of year and the weather, we can be harvesting, bashing or riddling berries – we juice all year round to provide fresh, nutritious seabuckthorn drinks to our customers, and we usually deliver locally in East Lothian and Edinburgh on Mondays and Fridays.



WHAT INSPIRED ME TO START SEABUCKTHORN SCOTLAND...

Waste of seabuckthorn in East Lothian. Having spent ten years working on food security issues in the Middle East and North Africa, I hate to see food waste, especially when this berry is so fantastic: both delicious and super nutritious!

BEST PART OF THE JOB...

Doing something I love to do. It's physically challenging as well as mentally stimulating, there is so much to learn about seabuckthorn, and we work with a beautiful community of seabuckthorn-loving folk. Plus, I get to take my dog to work most days! I really enjoy markets where we can share our passion for seabuckthorn with others too.

AND THE WORST...

Thorns – all year round! They make enormous splinters which need immediate attention. But it is nothing compared to the hazards of my previous work in war zones, so I can't complain.

CAREER HIGHLIGHT...

In my previous life with World Food Programme, helping to coordinate food delivery into

Gaza (after Hamas had taken over and the crossing points were all gridlocked) and Misrata (Libya). Our ship was shelled in port, but we still managed to off-load our cargo of food and ambulances and evacuate an injured British journalist and an international team of nurses (and one of their cars) safely back to Malta. In my new career as a forager, life is different, but I enjoy all the new challenges all the same.

AFTER HOURS...

I enjoy a cold local beer or a seabuckthorn cocktail of an evening – seabuckthorn in a G&T is delicious as a treat. Now COVID is passing; we can finally spend time with family and friends again, which is the best way to relax after a long day.

IN TEN YEARS...

I would love the people of Scotland to be entirely familiar with seabuckthorn and its wonderful properties. So it can be appreciated as a national treasure rather than the 'scourge of the links' or 'a thorny problem' by land managers!

SEABUCKTHORN SCOTLAND
seabuckthornscotland@gmail.com
seabuckthornscotland.com



Quality Local Produce | Café | Weddings & Events



Farm Shop & Delicatessen

Gourmet deli and farm shop selling products from East Lothian and further afield; everything from artisan tinned fish from Portugal to Bottled Bakes for doggie treats

Largest range of the famous COOK premium frozen ready-meals in East Lothian

40 varieties of Scottish Island and Coastal gins

Full range of Thistly Cross Ciders and artisan beers from local brewer Winton Brewery

Unusual treats and gifts ideas



Café

Delicious menu using fresh, local ingredients



Wedding & Events

One of the largest licensed venues in East Lothian

Hosting up to 30 weddings every year

Licensed for up to 300 guests or 200 for a three course meal



Dogs welcome

Open Wednesday to Sunday
10am - 5pm (7 days a week from April)

Thistly Cross, Dunbar EH42 1ST | t: 01368 860 573

thestraberrybarn.co.uk



To-do LIST

out and about in
our area...



MUSSELBURGH RACECOURSE CELEBRATES THE QUEEN'S PLATINUM JUBILEE

Musselburgh Racecourse has a proud Royal heritage. Opened by Princess Anne and visited by The Queen, its Platinum Jubilee Weekend in June will honour the monarch's 70 years on the throne to pay tribute to her enthusiasm for the sport. Offering a fabulous weekend of celebrations for everyone, it begins on Saturday, 4th June with the £50,000 Inch's Cider Scottish Sprint Cup Raceday. Then the Skybet Sunday Series Raceday, featuring the Queen of Scots Fillies Stakes and the Jubilee Family Fair, follows on 5th June. As well as racing, spectators will be able to enjoy live music, indulge in delicious fresh street food and enjoy a range of local beers and ciders. The Funkwagen DJ will also be there to get the party started. With a real family feel and party atmosphere, the event is suited to all ages and visitors are encouraged to bring along a picnic and join in the street-party extravaganza.

musselburgh-racecourse.co.uk



ALL THE FUN OF THE FAIR

Dirleton Fête and Games is a traditional village fête for all ages. This good old-fashioned fête takes place on the village green opposite Dirleton Castle and includes musical entertainment, children's races, an array of stalls and a raffle. Don't miss the tea tent with home baking, a well-stocked bar, and burgers from the barbecue. Classic cars will be on display, and there's even a fun dog show, so bring the pooch too.

Saturday 25th June | 1pm-5pm



SPECIAL DISPLAYS TO CELEBRATE THE PLATINUM JUBILEE

Magnificent jewels from Her Majesty The Queen's personal collection will go on display this summer as part of special displays celebrating the Platinum Jubilee. At the Palace of Holyroodhouse, visitors will see a display of outfits worn by Her Majesty on occasions to celebrate the Silver, Golden and Diamond Jubilees. Alongside the ensembles will be a selection of gifts presented during official engagements in Scotland, as well as a group of works relating to Her Majesty's first official visit to Edinburgh in 1953, soon after her Coronation.

The Platinum Jubilee display at the Palace of Holyroodhouse
3 July to 25 September

Images: Royal Collection Trust / © All Rights Reserved



CELEBRATION OF PRINTS AND POETRY

Two exhibitions take place at the SOC this summer, both celebrating prints and poetry. *Nature, Prints and Poetry*, organised with the support of the Society of Wood Engravers, presents 20 wood engravings inspired by poetry and nature, displayed alongside the poems they illustrate. Wood engraving is one of the simplest but most exquisite forms of printmaking. The image is engraved in a block of end-grain wood – wood which is cut across the grain and therefore particularly tough. Associated with the illustration of books and natural history subjects, wood engravings are a fitting companion for poetry, especially poetry inspired by nature.

Birds, Botany and John Clare, is also inspired by poetry. Established wildlife artist Carry Akroyd has long admired the poetry of John Clare (1793-1864), and she presents a suite of 16 hand-drawn lithographs that incorporate extracts from his poems, while the full text of the poems will be displayed alongside the prints.

NATURE, PRINTS AND POETRY
BIRDS, BOTANY AND JOHN CLARE
8 JUNE – 31 JULY
Scottish Ornithologists' Club (SOC)
Waterston House, Aberlady
the-soc.org.uk



ROSEMARY OBERLANDER ART

Art by the Sea
in a beach hut gallery studio



Open Daily 12-4 (weather dependent)
at North Berwick harbour
beside the Lobster Hatchery

///bills.forkful.soaks - What3Words location

www.rosieo.scot



FIDRA FINE ART

DRAWING

14 MAY TO 26 JUNE 2022

Featuring work by
Dominique Cameron,
Nicola Carberry,
Sandra Collins,
Alan Connell, Paul Reid,
Angela Repping,
Joseph Urie, Graeme Wilcox
and around 25 drawings
dating from 1960 to 1981 by
Neil Dallas Brown
(1938-2003)

Open:
Tuesday to Saturday 11am-4pm,
Sunday 12-4pm, Closed Monday

7-8 Stanley Road, Gullane EH31 2AD
t: 01620 249389
e: alan@fidrafineart.co.uk
www.fidrafineart.co.uk



Graeme Wilcox | Figure in a Line

FIDRA FINE ART



Simon Laurie | Wash

ALL SUMMER LONG 2 JULY TO 4 SEPTEMBER 2022

Featuring: Jilly Ballantyne, George Birrell, John Boak, Georgina Bown, Chris Brook, Colin Brown, Alison Burt, Dominique Cameron, Alan Connell, Ann Cowan, Joseph Davie, Amy Dennis, Matthew Draper, Ronnie Fulton, Hetty Haxworth, Andy Heald, Phill Jupitus, Suzanne Kirk, Simon Laurie, Alejandro Lopez, Neil Macdonald, Jock MacInnes, Robert MacMillan, Alice McMurrough, Alison McWhirter, Ian Neill, David Schofield, Astrid Trügg, Jane Walker, Patti Yuill and many more

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



ARTIST SHINES A LIGHT ON ONE OVERLOOKED SOLUTION TO CLIMATE CHANGE

North Lights Arts presents a fresh look at one of the most overlooked and undervalued substances on earth – soil.

Artist-in-residence Natalie Taylor has been creatively investigating the soil beneath Dunbar's feet for her residency this year, and her exhibition *Terra Infirma* – is being held at Dunbar Town House.

Environmental artist Natalie Taylor from Edinburgh has been working with local people to shed light on a substance most take for granted. She has been using microscopes at ASCUS laboratory to study and photograph soil organisms from collected soil samples, creating paint with the soils and using soil images to create work.

Natalie presents her art alongside collaborative pieces made with the community whilst exploring soil's role in our quest to rebalance the planet. Soil contains over 25% of life on earth whilst supporting over 95% of humanity's food supply. It also offers climate change solutions by sequestering airborne CO₂ through regenerative farming and forestry practices. It is an immensely rich habitat for life, yet 40% of Europe's soils are so depleted that we have put our food security at risk.

This project has involved local people from in and around Dunbar, including those who practice organic gardening, farming, poets, and groups from The Ridge and Belhaven Community

Garden, engaging with them through events and workshops focusing on soils and its wonders. It also presents photographic portraits of local people who are taking on the role of the keepers of the soils, which is a ceremonial cape worn to make significant soils more visible.

Natalie says, *"The earth beneath our feet is one of those substances we normally take for granted. But, seen through powerful microscope lenses, it teems with life and offers incredible beauty. My work for this exhibition aims to share this wonder with the audience whilst also giving people a chance to participate. We are telling new stories through art about regenerating our environment."*

TERRA INFIRMA

4 - 26 June 2022 | 1-5pm every day
Dunbar Town House Museum and Gallery
High Street, Dunbar EH42 1ER | t: 01620 82069

North Light Arts is a Dunbar based arts organisation that encourages artists to explore the issues of climate change and find ways of living more sustainably | northlightarts.org.uk



Terra Infirma

Natalie Taylor

Exhibition | Dunbar Town House 4th - 26th June 2022

**Individual & collaborative
artworks made by the artist
and the people of Dunbar
exploring our relationship
and our reliance on soil**

Open each day 1.00pm - 5.00pm | High St. EH42 1ER

contact: pm.northlightarts@gmail.com | <https://northlightarts.org.uk>



ALBA | CHRUTHACHAIL



IT'S SHOW TIME

Now established as one of Scotland's most loved arts festivals, Fringe By The Sea will be bringing music, comedy, talks, walks, and much more to North Berwick from 5th to 14th August. The streets will be abuzz as residents and visitors soak up the atmosphere and enjoy attending some of the 150-plus events.



Music always plays a vital part in the festival, attracting top-quality acts and household names. This year will see a big night on the dance floor with The Hacienda House Party featuring Todd Terry and Marshall Jefferson, chart-toppers Texas, the legendary Happy Mondays and American singer-songwriter Candi Staton supported by exciting new Edinburgh-born vocalist and multi-instrumentalist Brooke Combe – our cover star this issue. In addition, Scotland's best-known folk duo, Phil Cunningham and Ally Bain, will delight audiences with their interpretation of traditional music and their quick-witted humour. And we'll see the welcome return of festival favourites The Manfreds.

Family fun is never in short supply in North Berwick during the festival. Described by DJ Chris Evans as "the Willy Wonka of bubbles", Sam Sam Bubbleman will astound all who watch what he can do with some soap and water. There will be many nature events to encourage children to care about the planet whilst enjoying the outdoors.

We'll also be seeing appearances from the world's greatest explorer Sir Ranulph Fiennes, comedian Frankie Boyle and farmer and TV presenter Adam Henson.

This year the main setting for the festival is the beautiful Lodge gardens, which will host the Belhaven Big Top as well as several other venues, food traders, bars and amazing arts and crafts at the Coulter's Makers Market. With over 150 events featuring a strong mix of local, national and international talent across ten days, Fringe By The Sea has something for everyone.

FRINGE BY THE SEA | 5-14 August 2022
fringebythesea.com

FRINGE BY THE SEA
5-14 AUGUST 2022

TEXAS **SIR RANULPH FIENNES**
HAPPY MONDAYS **CANDI STATON** **FRANKIE BOYLE**
HACIENDA HOUSE PARTY **MAJOR MINOR MUSIC CLUB** **ADAM HENSON**
FEAT. TODD TERRY & MARSHALL JEFFERSON **SAM SAM BUBBLE MAN**

FULL LINE-UP ANNOUNCED JUNE

Over 150 acts across 10 days in North Berwick.
How you design your Fringe by the Sea is up to you.

BOOK NOW AT: **FRINGEBYTHESEA.COM**

BELHAVEN
BREWERY

NORTH BERWICK
TRUST

CULTURE & BUSINESS
FUND
SCOTLAND

THE Scots
MAGAZINE

MARINE
NORTH BERWICK

the Lighthouse

EventScotland

SSE
Renewables

CREATIVE LAND
SCOT
ALBA | CHRUTHACHAIL

GILSLAND

SIGMAN

shaw

LIST

McLaroy & Wood

COULTERS

COULTERS



The new freestanding AV Unit © J Gordon

TALES TO TELL

2022 is Scotland's Year of Stories, and the Coastal Communities Museum in North Berwick has tales to tell in its latest exhibition entitled *Land Sea People Stories*.



PIV's Mirror Ball © Room 8 Studio

YEAR OF
STORIES
— 2022 —

The Coastal Communities Museum began in 1957 as the North Berwick Museum but now covers the coastal ward from Aberlady to Whitekirk. In 2002 when new regulations for fire and safety and disabled access were introduced, the museum was forced to close. Subsequently, East Lothian Council made alterations to the building to comply with the regulations, and the museum reopened in 2013. As it would include all the communities in the coastal ward, the museum was renamed the Coastal Communities Museum. Today, volunteers run it in partnership with East Lothian Council.

Since 2013 there have been yearly exhibitions held to great acclaim and this year will be no different. Visit Scotland has dedicated 2022 to celebrating stories inspired by, written or created in Scotland. Stories are a vital part of Scotland's culture, and every community has a different tale to tell. These are the tales being told in *Land Sea People Stories*.

The exhibition explores our local community's history and takes a journey through the museum, where each exhibit presents a piece of the unique story of our local landscape and heritage. Some of the stories that have shaped North Berwick will be featured, including the mysterious masked preacher Alexander Peden. The original light from the Bass Rock lighthouse will be on show, and visitors can get up close to one of North Berwick's most iconic artefacts. Another exhibit focuses on the troubled past of Tantallon Castle, tracing its history to the ruin still standing to this day. From its glory days as a tremendous defensive fortification to its final destructive bombardment over 12 days by the relentless might of Cromwell's forces.

The children's area will engage younger visitors with tales of pirate treasure, let them try on costumes and invite participation in table-top activities to ignite their imaginations.

Some stories will be told by audio-visual means, thanks to funding from North Berwick Trust, allowing the creation of six short films that explore artefacts in the museum's history and their connection to the coastal communities. Other stories are told by the objects on display, others by samplers and items stitched by local people – what better way to celebrate Scotland's Year of Stories and the stories of our nation?

The museum is actively seeking new volunteers and new trustees. A fun, sociable, friendly group, no experience necessary, training provided. Interested? Drop-in and introduce yourself or visit the website.

COASTAL COMMUNITIES MUSEUM
free entry | open Wed to Sat, 11.00am to 4.00pm
School Road, North Berwick EH39 4JU
coastalmuseum.org

SUPPORTING
YEAR OF
STORIES
— 2022 —

LAND SEA PEOPLE Stories

NEW VOLUNTEERS & TRUSTEES WELCOME



IN PARTNERSHIP WITH  East Lothian Council
SCOTTISH CHARITABLE INCORPORATED ORGANISATION REGISTERED NUMBER: SC043666

2022 EXHIBITION

ADMISSION FREE donations welcome
Open 11.00am – 4.00pm
April to October **Wednesday – Saturday**

School Road, North Berwick EH39 4JU
Tel: 01620 894313 coastalmuseum.org

ARTEASTDANCE OPENS IN EAST LINTON

A new ballet studio will open this summer in East Lothian, run by two former principal dancers from the Royal Swedish Ballet.

The new centre for dance, owned and run by two former professional dancers, will open at The Mart in East Linton. ArtEastDance Studio has been set up by Sarah Jane Medley-Marchand and her husband Jerome Marchand, who recently returned to Scotland from Stockholm after successful careers with The Royal Swedish Ballet and Les Ballets des Monte Carlo. They will use their expertise and experience to teach ballet for all ages, modern dance, barre class, Progressive Ballet Technique, and private coaching. They plan to run a summer course in July before fully opening in August this year.

Originally from East Linton, Sarah attended The Morag Alexander School of Dance in Musselburgh and The Dance School of Scotland in Glasgow before studying at The Royal Ballet School in London. Jerome graduated from The Conservatoire national supérieur de musique et de danse in Lyon. Both Sarah and Jerome danced with The Royal Swedish Ballet as Principal Soloists and Les Ballets des Monte Carlo, working with leading choreographers including William Forsyth and Mats Ek. They performed all over the world, including with Opera National de Paris at The Palace Garnier and Sadler's Wells in London.

Sarah said, "I grew up in East Lothian and wanted to come back after more than 20 years away from my family. We have



a five-year-old daughter, and I wanted her to be close to family too. I'm very lucky that Jerome was happy to follow me as he loves Scotland." She and Jerome discovered The Mart whilst walking around East Linton when they first arrived from Sweden. Formerly used for auctions, The Mart is now a thriving community hub housing various local businesses, including a yoga studio, guitar maker and farm shop. And the couple thought it was the ideal space for a dance school. Sarah adds, "I have been so lucky in my career to have travelled all over the world, dancing the works of renowned choreographers. A dancer's life is short, and I realised during the COVID pandemic that I really didn't miss it, so I started making plans for my transition from full-time performance. It was so strange in the beginning, not having my usual schedule of

being up early, going to ballet class, rehearsals, home for rest, and then going back for evening performances. It had been my routine for most of my life."

ArtEastDance has opened with a small, fully equipped studio, and there are plans to expand in the future, with wall to wall mirrors, a sprung floor and ballet barres from Harlequin. Sarah says, "We can't wait to bring our 20-years plus experience as professional dancers to teach what we love to children and adults in a fun and friendly environment. It is a new beginning starting again in Scotland and an exciting challenge, something we are both looking forward to."

ARTEASTDANCE

The Mart, Station Road,
East Linton EH40 3DN
arteastdance.co.uk



Stories in Stone

NEWHAILES SHELL GROTTO AND TEA HOUSE

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



As garden features go, re-creating an active volcano is certainly a dramatic talking point. Of course, it needs a bit of imagination to bring to life, but you can see the remains of just such a building in the grounds of Newhailes House near Musselburgh.

The main building dates back to around 1686 but was substantially altered when the Dalrymple family bought it in 1709. It was Sir James Dalrymple who created the pleasure grounds to 'suit the mansion'. These were to create an interesting rural-like setting for the main house but also to impress guests and show off the owner's knowledge of antiquity.

In the Georgian period, shell grottos were a common feature of grand estates, inspired by examples from Ancient Rome. The Newhailes example is built from large water-rounded stones and decorated with pieces of broken mirror, glass and ceramics. This gave the building a reflective sheen, perhaps resembling molten lava. The interior was decorated with seashells in geometric patterns.

Archaeological excavations have revealed just how spectacular the full effect would have been.

Flues lined with quartz have been discovered running through the walls, with a fire pit at the back of the house and the remains of a large pond and waterfall. As guests approached the shell house, the decorated exterior would seem like glistening, smoking volcanic lava, with reflections in the water making it appear as if the building was melting into the pond.

A short walk from the grotto is the remains of a tea house, carefully planned along with the small bridge it sits on. They are designed according to strict 'Palladian' principles inspired by ancient architecture and a plan for a triumphal bridge across the Grand Canal in Venice. An inscription referencing the ancient poet Horace suggests this was to be a place of quiet contemplation, in contrast to the grandeur of the main house.

The two buildings make an interesting comparison, one all about drama and spectacle, the other a focus for calm reflection. Whatever the original intentions, though, today, they seem more like natural features, mysterious ruins to discover on a walk through the grounds.

Images
Left: Shell Grotto | Above: Tea House

NORTH BERWICK 25th International HIGHLAND GAMES

Saturday 6th August 2022

Gates open at 9am

Pipe Bands • Highland Dancers
Heavy Events • Stalls & Crafts
Food and Refreshment Marquees

East Lothian Pipe Bands and Highland Dancers

Parade in Quality Street at 7.00pm

www.northberwickhighlandgames.org



MARINE FEST RETURNS!

Marine Fest returns to the Scottish Seabird Centre this summer and it's better than ever.



The festival will run from 4th to 12th June and aims to raise awareness of the diversity of Scotland's marine environment and wildlife and the pressures facing them.

The programme is packed full of fun and engaging events for all ages, from thought-provoking internationally acclaimed exhibits, the launch of the area's first marine citizen science trail, wellbeing events, speed sketching, ethical dining, wine tasting, evening boat trips and pioneering community-led projects, to rockpool rambles, puppet shows, science busking and even a *Lil Sustainable Fashion Revolution*.

There will be tasty treats available from local food vendors throughout the festival, parked near the Centre. All events must be pre-booked, and the full programme is available online.

Looking ahead to the school holidays, make sure to book early for the popular live science shows, storytelling sessions and summer holiday club.

The seabird breeding season is now in full swing. A guided wildlife boat trip around the local islands, including the internationally acclaimed Bass Rock gannet colony, provides a breath-taking insight into this seasonal wildlife spectacle. The trips are more popular than ever, so book early for summer dates, particularly if you're keen to spot a puffin. These characterful seabirds only return to the islands for a short time to breed between April and July before heading back to sea, where they spend most of the year.

SCOTTISH SEABIRD CENTRE
North Berwick EH39 4SS
seabird.org



Weekend TIDE TIMES

JUNE		High Water		Low Water		JULY		High Water		Low Water	
		AM	PM	AM	PM			AM	PM	AM	PM
3	Fri	0536	1803	1121	2320	1	Fri	0443	1705	1049	2249
4	Sat	0616	1847	1152	2353	2	Sat	0518	1744	1122	2319
5	Sun	0659	1934	-	1232	3	Sun	0555	1825	1152	2349
10	Fri	1136	-	0516	1747	8	Fri	0943	2231	0322	1602
11	Sat	0017	1240	0608	1838	9	Sat	1051	2336	0426	1702
12	Sun	0112	1335	0700	1932	10	Sun	-	1205	0527	1804
17	Fri	0512	1752	1135	2356	15	Fri	0411	1648	1042	2258
18	Sat	0604	1847	-	1228	16	Sat	0501	1739	1128	2342
19	Sun	0658	1944	0046	1322	17	Sun	0550	1830	-	1213
24	Fri	-	1207	0534	1836	22	Fri	1019	2300	0336	1624
25	Sat	0044	1305	0637	1926	23	Sat	1125	-	0439	1745
26	Sun	0135	1356	0732	2006	24	Sun	0004	1231	0558	1901
						29	Fri	0355	1612	1005	2208
						30	Sat	0427	1645	1037	2339
						31	Sun	0459	1721	1107	2308

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

Scottish Seabird Centre
4th JUNE - 12th JUNE
MARINE FEST 2022
JOIN US FOR LOTS OF MARINE-THEMED FAMILY FUN
WWW.SEABIRD.ORG
DISCOVERY EXPERIENCE • CAFÉ • GIFT SHOP • BOAT TRIPS



YOUR GREMLINS DON'T LIVE IN NATURE

With increasing numbers of people being diagnosed with stress, depression and anxiety, **Bernadette Petrie** says one of the key solutions is to spend time outside – whether it's on the beach, in the water, in the woods or up a mountain.

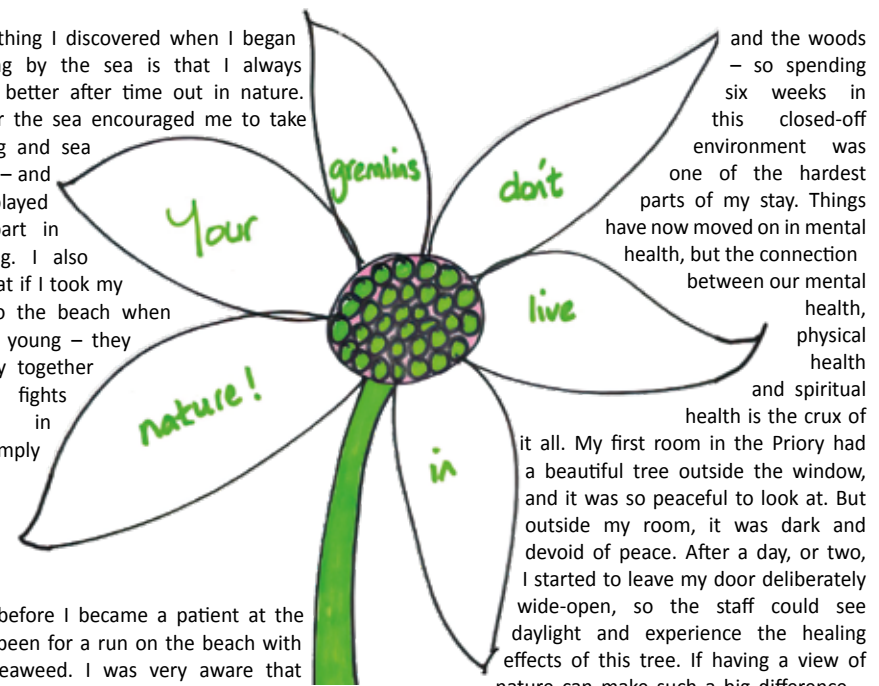


One thing I discovered when I began living by the sea is that I always felt better after time out in nature. Living near the sea encouraged me to take up running and sea swimming – and both played a huge part in my healing. I also noticed that if I took my children to the beach when they were young – they would play together well, no fights happened in nature! Simply put, our gremlins don't live in nature.

Five days before I became a patient at the Priory, I'd been for a run on the beach with my dog Seaweed. I was very aware that something was not okay with my state of mind, and yet, at the same time, I felt so sure I was being guided through it all. I felt calm and confident; my intentions were good, so I took off my trainers and socks and spoke – semi-joking – to my dog, "Will you come in with me, Seaweed? I'm a bit scared I might not come back." She headed to the water's edge without hesitation, and we stepped into the sea together. As I fully submerged, I felt all the tension, doubt and fear disappear. I lay on my back and screamed with joy as tears of relief rolled down my face. I learnt at that moment that I could trust myself far more than my inner gremlins would have me believe.

Stepping out of that water, I experienced what I now describe as a flash-forward in time; I felt stronger and more certain in my body. I walked back, barefoot, from the beach with a feeling of peace surging through every fibre of my being. I had no idea everything was about to collapse, and within 48 hours, I would be admitted to the Priory as doctors thought I was experiencing a manic episode. I am eternally grateful that nature pulled me into her arms – things were firmly in motion and could not be undone.

During my stay in the Priory, I was shocked at how disconnected from nature the building was. Deep down, I knew the healing effects of being in the sea



and the woods – so spending six weeks in this closed-off environment was one of the hardest parts of my stay. Things have now moved on in mental health, but the connection between our mental health, physical health and spiritual health is the crux of it all. My first room in the Priory had a beautiful tree outside the window, and it was so peaceful to look at. But outside my room, it was dark and devoid of peace. After a day, or two, I started to leave my door deliberately wide-open, so the staff could see daylight and experience the healing effects of this tree. If having a view of nature can make such a big difference – imagine the difference regularly immersing yourself in nature could make to your life.

If you are experiencing anxiety or feel overwhelmed, lean into nature for a helping hand. And, as East Lothian is home to natural coastlines, hills and woods, each with their own healing properties, what better place to start? Ten minutes walking barefoot in the park, paddling at the edge of the shore or simply watering the plants in your garden will do wonders. Being amongst trees is magical – why not let your inhibitions go and hug one? You'll feel your internal system relax almost instantly. If the water appeals, rather than toe-dipping, build in an extra ten minutes and take yourself for a proper dip – in no time at all, you will be grinning from ear to ear.

I no longer experience stress or anxiety in the way I used to. And yes, whilst I went through some traditional therapy, life would feel very different without nature and its powerful medicine. So, it's time to let nature really play its part.

Article adapted from Bernadette's book *Permission to Shine* – Chapter 28 | hello@bernadettepetrie.com
Buy book from: [amazon.co.uk](https://www.amazon.co.uk)
Buy book and card deck from: **NÖRDEN**
82 High St, North Berwick



SUMMERTIME – AND THE LIVIN’ IS EASY

Summer is the perfect time to bring sunshine into our lives, whether it be how we behave, our actions, or what we wear, writes **Bernie Rowen-Ross**.



In the summertime, our hearts often feel lighter, we have more energy, and most of us want to do more outside. But, what about our inner life? Look to the elders in our community, the wise ones, the people who lived through experiences, who knew when inflation was as high as it is now, and still had a chance of a good life. Let’s think about how they did it – ask older people how they managed. Even though money is tight, there are glimmers of hope even if you work to a very strict budget. You will hear there was no entertainment; they made their own. Someone played a musical instrument, they would make a fire, and sit and sing around it. This brings joy and a carefree attitude.

There were picnics, not with fancy picnic baskets and expensive champagne; often, a cotton tablecloth was used as a holdall. The children were always excited to unwrap the homemade cakes and sweets their grandmother or mother made. The enjoyment of being in nature looking for tiny sea creatures in rock pools beats any digital game, as does making a ‘tent’ out of old blankets and clothes pegs.

Speaking of clothes pegs, many of us no longer hang washing outside because we have tumble dryers. Yet, using Mother Nature and natural solar and wind energy does amazing things for clean clothing. Not using petrol or electric mowers and planting flowers and vegetables in the garden instead of lawns gives the bees more nourishment. Hence us more nourishment, and it looks great, saves on the grocery bill, and helps us keep fit. Summer is a great time to beat the budget and save on the fuel bill so that winter is less daunting.



Iris Apfel © Ron Adar, Shutterstock

Handmade and homemade is the new chic way of living – recycling last season’s clothes to make new ones. I have a friend who makes clothes from old linen, sheets and duvets, dyed with new bright colours and I have to say, I like her style. Today, individuality is the way to go. We are all born unique. This is an opportunity to express yourself as the exceptional person you are – it’s okay; everyone wishes to be authentic to their own nature. There is so much freedom in not worrying about what other people say about you. Because let’s face it, when people pass an opinion about you, it says more about them than it does about you.

Google Iris Apfel – you will see that at 100-years-old, she has style, and it is very unique. She says she wants to see personality, not the generic fashion that is prevalent today. Wear something that expresses who you are at 20, 40, 60, 80 and even 100-years-old. It’s such fun!

Bring the sunshine into your life and smile. Life is what you make it, so make it happy. Have a great summer.

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

CAN YOU DISINHERIT YOUR CHILDREN IN SCOTLAND?



Family disagreements happen. When they do, sometimes they are serious and irreparable. That can have significant implications when this is between a parent and their children. Sometimes, this leads to the parent wishing to exclude the children from receiving anything from their estate. As a result, we are sometimes asked whether a parent can disinherit their children in Scotland writes **Rebecca Greig**.

The Law of Succession in Scotland sets our provisions to protect the right of the spouse or civil partner. It also seeks to protect the right of children to share in their parent's estate.

What rights are children entitled to?

Children of a deceased parent are entitled to Legal Rights. It is an automatic entitlement, and it applies to biological and legally adopted children. The spouse or civil partner of the deceased is also entitled to Legal Rights. However, determining the extent of Legal Rights can be complex.

In addition, children are entitled to Legal Rights whether there is a Will or not.

What if there is no Will?

If the deceased does not leave a Will, their spouse or civil partner is entitled to Prior Rights. That means

the surviving spouse or civil partner is entitled to the house (up to the value of £473,000) and the furniture in the house (up to the value of £29,000), and a cash sum (if there are children, £50,000 or if there are no children, £86,000). If the whole estate is exhausted by the Prior Rights, then there will be nothing left for Legal Rights.

After the Prior Rights have been satisfied, the surviving spouse or civil partner is entitled to Legal Rights to the extent of one-third of the remaining moveable estate and the children to one-third of the remaining moveable estate equally amongst them. If there is estate remaining, the children are entitled to the remainder of the estate.

What if there is a Will?

Prior Rights enjoyed by the surviving spouse or civil partner do not apply where there is a Will. Where there is a Will, Legal Rights still apply on the following basis:

- Where there are no children – the spouse or civil partner is entitled to one half of the moveable estate, or
- If you have children and your spouse or civil partner has predeceased you – your children are

- entitled to one half of your moveable estate, or
- If you have children and are survived by a spouse or civil partner – your surviving spouse or civil partner is entitled to a one-third share in your moveable estate, and your children are entitled to a one-third share of your moveable estate.

Please note that Legal Rights relate to moveable estate. Heritable estate is excluded.

When either the surviving spouse or civil partner, or a child exercises their Legal Rights, they will lose any provision made for them in the Will. They cannot exercise their Legal Rights and receive any provision made for them in the Will.

The Law of Succession is complex and aims to ensure that a parent cannot disinherit a child.

If you have any questions about making or changing a Will or if you would like to discuss dealing with someone's estate, please contact us.

PARIS STEELE
t: 01620 892138 | parissteele.com

A trusted part of the legal landscape since 1926

PARIS STEELE Legal

NORTH BERWICK

01620 892138

DUNBAR

01368 862746

parissteele.com



Total

tax services



“Whatever your taxation issues – we can help”

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

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

07916 221 796

anne@totaltaxservices.co.uk

www.totaltaxservices.co.uk



3 Cockburn Halls available for Office or Commercial use



1,200 sq ft | warm air central heating
computer cabling | solid wood floor | long, north facing roof-light, providing ample natural light

01875 615866

www.cockburnhalls.co.uk

Take control of your finances

- Retirement Planning
- Investment Planning
- Estate Planning
- Personal Insurance



Helping to ensure your Pensions are set up to provide you with the best retirement

 **BURT FINANCIAL PLANNING**

36 Market Street, Haddington, EH41 3JE

t: 0787 584 5398 e: connel.burt@sjpp.co.uk

Burt Financial Planning Ltd is an Appointed Representative of and represents only St. James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the group's wealth management products and services, more details of which are set out on the group's website www.sjp.co.uk/products.

CLOCK & WATCH REPAIRS

Vintage & New



All work completed in-house, from battery replacement to full rebuild

We specialise in the repair of quality time pieces and instruments: Vintage Clocks and Watches, Grandfather Clocks, Pocket Watches, Bracket Clocks and Genuine Restored Military Watches

Specialists in Victorinox Swiss Army Watches

TIME FLYS

ALL WATCH AND CLOCK REPAIRS | NO JOB TOO SMALL

01620 890 466 or 07860 696 769

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

DIRLETON PC DOCTOR

COMPUTER SERVICES AND
HOME MOVIE CONVERSIONS

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



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

RICHARD W. FAIRBAIRN

t: 0755 735 3862 | e: richarddpd@gmail.com

www.dirleton.org


WHITELAW WELLS
CHARTERED ACCOUNTANTS

...where people matter

Glasgow

9 Royal Crescent
Glasgow G3 7SP

Tel: 0141 332 5499

Edinburgh

9 Ainslie Place
Edinburgh EH3 6AT

Tel: 0131 226 5822

North Berwick

The Lighthouse, Heugh Road
North Berwick EH39 5PX

Tel: 01620 892090

www.whitelawwells.co.uk

mail@whitelawwells.co.uk





EVERY STEP OF THE PROPERTY LADDER

Whether you are buying, selling, letting or renting, Garden Stirling Burnet's team of local property experts are with you every step of the way. We speak to their specialist team, who are happy to share practical property-related advice.

CHOOSE PROPERTY SPECIALISTS

Senior Sales Negotiator **Marie Cook** says, GSB will help every step of the way. From; the initial search, setting up alerts to give you a nudge when a property you might like the look of comes onto the market, to providing specialist advice on putting in an offer and closing the deal. Most home buyers are far more concerned about what colour to paint the living room or who's getting which bedroom in their new home, not the paperwork. And Marie adds, this is where we come in. We pride ourselves on speaking to customers in a language they understand, there's no jargon, just solid advice. New properties come to the market almost every single day, making it possible for you to find your dream home.



BUYING A PROPERTY

It doesn't matter if you're a first-time buyer or looking to move up the property ladder; **Gurwinder Singh**, Sales Negotiator, explains the team at GSB makes sure you know exactly what's involved. In most cases, the process starts with appointing a solicitor. You may then need to get mortgage advice from an Independent Financial Adviser (IFA) depending on your financial situation. They'll check you can afford

to buy a house and help you secure an Agreement in Principle – this shows you have a mortgage agreement underway, which is more appealing to sellers when making an offer on a property. You can then search for your ideal property and view your shortlisted properties. Make sure you look at the Home Report for more details on any properties you're interested in. Once you've found the home you want, make an offer via your appointed solicitor and once accepted, finalise your mortgage with your IFA. Once the details of your offer are finalised and the date of entry agreed, your solicitor will explain the next steps of the conveyancing process with you.

SELLING A PROPERTY

For many, selling a property is just as stressful as buying and Property Valuer **Audrey Turner** says it's important you trust the team helping you sell. GSB are the local experts, and they'll help get your property in front of the best potential buyers. There are some essential steps involved in selling your house. First, check your current mortgage with an Independent Financial Adviser (IFA) or with your mortgage lender to find out the minimum offer you can accept on your house and if you can transfer your mortgage to a new property. Second, choose



a solicitor to take care of the sale of your property, get a free pre-sale valuation from GSB Property and have a Home Report carried out. Next, you need to market your property to get maximum exposure; GSB can assist with everything from; sales boards and schedules to ESPC.com listings. Then you'll need to prepare your house for sale and host viewings. Work with GSB to negotiate closing date, offers, date of entry and other details. The final steps, which GSB can help with include; accepting an offer and concluding missives, drawing up new title deeds and transferring ownership of the property. Finally, move out on the agreed date!



CONVEYANCING

Property bought or sold, and it's time to move onto conveyancing, explains Senior Solicitor **Lauren Buchanan**. This involves legally transferring home ownership from the seller to the buyer, and you will need the services of a residential conveyancer. GSB can help with all the legal aspects of buying your home, including speaking to your mortgage lender, completing transfer documents and preparing loan documents. Plus, we'll advise on LBTT (land and buildings transaction tax) implications. And our Estate Agency team also offer support in areas such as noting interest in a property, arranging a survey and negotiating offers.

If you're selling, we'll create a tailored marketing strategy to increase exposure, reach potential buyers, offer advice on any offers you receive, negotiate the price and date of entry, and any conditions specific to the sale. We will also; issue an acceptance on your behalf, which protects your best interests and arrange to have the contract of sale binding on both parties, complete all the searches, prepare the transfer documents and answer any questions raised by the buyers' solicitors. We will arrange for the repayment of your mortgage to establish how much is outstanding and make sure the balance is paid when the transaction is completed. Finally, we'll settle the transaction, which involves letting your Council Tax Office know of the change of ownership and sending the proceeds of the sale direct to you.

FINDING A PROPERTY TO LET

Not everyone is looking to buy or sell, but looking for somewhere to rent can be as arduous. **Carol Scott**, who works in the Lettings Department, explains how GSB can help you find your perfect home. We've got homes to suit every taste and budget from Tranent to Dunbar, Haddington to North Berwick, and everywhere in between, from our selection of properties to rent in East Lothian. So whether it's a four-bedroom home for a large family or a compact apartment in the heart of town, we're happy to discuss your needs and requirements.



LETTING YOUR PROPERTY

Are you a landlord with a property you'd like to rent out in East Lothian, or perhaps you're looking for advice about getting into the buy-to-let market? With a fully managed letting service, **Lesley Scott**, Lettings Negotiator, explains they offer essential support

and advice and help maximise your property investment. As East Lothian property specialists, we know the market inside out and are well placed to keep you up to date on the latest trends and rental prices. As a result, we can find you the best tenants and take care of the paperwork when letting out your property.



GARDEN STIRLING BURNET
SOLICITORS & ESTATE AGENTS

www.gsbolicitors.co.uk

DUNBAR • HADDINGTON • NORTH BERWICK • TRANENT



Family life taking its
toll on your carpets?

Dry Fusion can help...



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

STAIN & SOIL PROTECTION BUILT IN

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

NO WETNESS

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



CALL NOW FOR A FREE NO OBLIGATION QUOTATION

t: 01368 863 500

www.dryfusionscotland.co.uk



Replacement Door & Joinery Specialists

Providing Excellent Service for over 35 years.

jandljoinery@btinternet.com

- Supplier & Installer of Composite, Pvc-u & Hardwood External Doors
- All types of internal doors fitted including pre-finished.
- Need your own doors fitted? Give us a ring. Door cutting service.
- Brochure available
- FREE estimates
- All domestic joinery work
- Fully insured
- All types of wood flooring supplied and fitted
- Kitchen & Bathroom alterations
- Installers of Bathroom ceiling & wall cladding

Design
your own
Composite door
on our new
website



0131 202 8489 | 07981 436 485

www.jandljoinery.co.uk

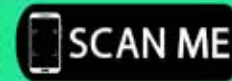


Domestic Electric Vehicle Home Charging - Made Easy

- We are a locally based company
- Bringing you choice at the right price
- All our Installers are Government Grant approved
- Compatible with all Electric & Hybrid Cars

Visit our website to receive your
FREE personalised quote

www.evhomechargeinstall.com



1
Send Details
Complete the
enquiry form

2
You Choose
Choose your
charger

3
Sit Back
We'll do the
rest



Email: hello@evhomechargeinstall.com

Call: 03300 011 350

Drem Timber & Fencing Ltd

01620 850 833 / 836



www.dremtimberandfencing.co.uk
info@dremtimberandfencing.co.uk

A2B PRIVATE HIRE

A friendly, local run taxi company based in North Berwick, we service the whole of East Lothian and offer a complete taxi service.



Need a taxi or minibus?

Wherever your pickup or destination, we'll help you with our friendly and quality service.



Need to catch a flight?

We will get you to the airport in plenty of time.



Playing golf?

We can meet your golfing needs.

t: 01620 89 5000

e: a2btaxisnorthberwick@aol.co.uk

For vehicles you
can rely on...

Long and Short
Term Car and
Van Hire

Roodlands Business Park
Hospital Road
Haddington EH41 3PE

THE • CAR
AND • VAN
RENTAL
CO • LTD

01620 825678

www.thecarandvanrentalco.ltd.uk

email@thecarandvanrentalco.ltd.uk



**ROTARY
LAWNMOWER
SERVICING**

collection and
delivery free within
5 mile radius

ANDERSON LANDSCAPING AND GARDEN SERVICES

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

LAWNS

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

LANDSCAPING & MONOBLOCK

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

FENCING & DECKING

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

TREE SERVICES

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

OTHER SERVICES

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

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

SMEATON

NURSERY & GARDENS



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

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



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



OPEN DAILY – ALL YEAR ROUND

Tearoom open 9.30am–4pm | Gardens open 9.30am–4.30pm

Preston Road, East Linton EH40 3DT | t: 01620 860 501

www.smeatonnurserygardens.co.uk



Only one flower signifies summer for some gardeners – the rose. Garden designer Joy Grey tells us, roses are among our favourite garden plants and deservedly so.

They are versatile, produce vibrant colour all summer long and well into autumn or even winter, and many are deliciously scented. People often believe that roses look after themselves, but this is a myth; we need to lavish love and attention on these special flowers. And, it's been alleged that the Prince of Wales is known to chat to his roses. Roses really are the most rewarding plants you can grow; however, it might take more than a few words of encouragement as you water them. Here are our top tips for the ultimate blooms.



START WITH THE ROOTS

You can purchase roses already potted in soil or as dormant bare-root plants. Each type has its benefits:

Container roses: Container roses are great for novice gardeners because they're easy to plant and establish quickly. They can be purchased at local nurseries throughout the growing season, allowing you to plant them when climate conditions are ideal, preferably on a cool and cloudy day.

Bare-root roses: One of the advantages of bare-root roses is the greater selection of varieties available. They are economical and can be purchased online. However, unlike container roses, bare-root plants need to have their roots soaked overnight in water before planting. And the roots should be kept moist for the first few months after planting.

It is beneficial to add mycorrhizal fungi when planting new roses – both bare root or container grown. This will encourage early and strong root establishment.

FEED

At the beginning of the season, use an all-purpose, slow-release granular rose feed high in potassium. Draw a small circle around the base of the plant with the feed, making sure it doesn't scorch the leaves. After the first flush of blooms, feed again to encourage a longer flowering season.

WATER WISELY

Soil should be kept evenly moist throughout the growing season. The amount and frequency of watering will depend on your soil type and climate. It's best to soak weekly rather than a little each day – this encourages the roots to go down looking for water. Roses growing in sandy soils will need more watering than those in heavier clay soils. How you water is as important as the frequency. To keep roses healthy, avoid wetting the foliage. Use a soaker hose, watering can with a long spout, or a watering wand pointed directly at the soil.

AVOID PESTS AND DISEASE

People are often put off growing roses because they're worried about greenfly, blackfly or black spot. When it comes to greenfly and blackfly, it's best to let nature work its magic. Birds and insects tend to clear the flies within days. Black spot, however, is a fungal problem that needs chemical treatment, though prevention is desirable. Pick up and destroy fallen leaves.

When pruning, cut out any stems with black spot on. In late-winter, spread a thick layer of mulch around the base of the affected plant to prevent rain splashing soil-borne spores on to new spring growth. Be aware of Rose Replant Disease. Avoid planting new roses in the same place that roses have previously been grown. New plants will fail to thrive or put on good new growth unless special measures are taken.

DEADHEAD

Deadhead roses once the blooms are finished, and the petals crisp up. Use clean secateurs to cut below the spent bud, just above a new leaf, to be rewarded with bloom upon bloom as the season progresses.

PLAN

Next season, you may need to lift old roses and replace them or replace the soil with lots of manure, so plan ahead and watch out for the very best roses. Try to see roses in bloom before purchasing by visiting rose nurseries or rose gardens during the flowering season. And, always ensure you select from a good quality breeder and seller as you don't want to introduce disease into your rose garden.

GOOSE GREEN DESIGN

The Grey Cottage, Goose Green, Gullane EH31 2AT
goosegreendesign.co.uk

GOOSE GREEN DESIGN

gardens by Joy Grey



Joy Grey BSc(Hons) DipPSGD(Hons)

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



BUSINESS AWARDS CELEBRATES THE BEST OF LOCAL BUSINESS

Earlier this year, the Midlothian and East Lothian Chamber of Commerce were delighted to welcome guests back for the in-person Chamber Business Awards 2022. After two years without an in-person awards ceremony, businesses were keen to get out to celebrate their achievements and recognise the determination and innovation shown over the past year. Amongst the winners were East Lothian-based companies; Ocean Plastic Pots for Best Environmental Impact; Hoods Honey, Family Business of the Year; and winner of New Business of the Year, Seilich.

EAST LOTHIAN YOUNG MUSICIAN OF THE YEAR



Corey Dodds was named East Lothian Young Musician of the Year 2022 at the inaugural competition in April. Fifteen soloists from eight schools took part in the final held at St Mary's Church, Haddington. The young musicians performed a range of instruments, including strings, wind, brass, percussion and piano. Corey, an S5 pupil at Ross High School, will now travel to the Royal Conservatoire of Scotland to represent East Lothian at the Scottish Young Musicians Solo Performer of the Year final on 29th May.



NEW INDEPENDENT BOOKSHOP OPENS IN EAST LINTON

Night Owl Books, an independent bookshop, has opened in East Linton. Founded by Rebecca Wall, the bookshop focuses on wildlife and the natural world. Alongside fiction and non-fiction books for both adults and children, Night Owl also stocks a carefully curated selection of cards and gifts by independent makers from East Lothian and beyond, including handmade candles from Olive Atelier, Haddington; natural soaps made in North Berwick by Castaway Scotland, and cards and tote bags by East Lothian designer Fiddy & Mabel. Visitors to Night Owl can enjoy takeaway filter coffee roasted in East Linton by Hometown Coffee while browsing its shelves. The bookshop also plans to run a series of regular book club meet-ups and events.

NIGHT OWL BOOKS
1 Bridge Street, East Linton EH40 3AG
hello@nightowlbooks.co.uk
nightowlbooks.co.uk



We are a new Lothian based studio of chartered landscape architects with 15 years of experience of working in landscape design, at many different scales both in the UK and abroad.

Our services:

- Landscape and garden design packages tailored to your needs
- One-off ideas/ advice consultations
- Online garden design services

Please get in touch with us for a chat about your project.

E: info@hinterlandstudio.co.uk
W: www.hinterlandstudio.co.uk
IG: [hinterlandstudiouk](https://www.instagram.com/hinterlandstudiouk)



STOVES & MORE
NORTH BERWICK

wood burning stoves | multi fuel stoves | mantels | full installation service

approved retailers for Charnwood | Hwam | Wiking | Chesney's | Hunter Stoves | The Penman Collection | Vision Trimline

**The Old Primary School, Kingston, North Berwick EH39 5JF | t: 01620 850308
info@stovesandmorenorthberwick.com | www.stovesandmorenorthberwick.com**