

COMMUNITY & LIFESTYLE MAGAZINE

# LOCAL LIFE

FEB | MAR 23

*Transform your skin*

...page 12

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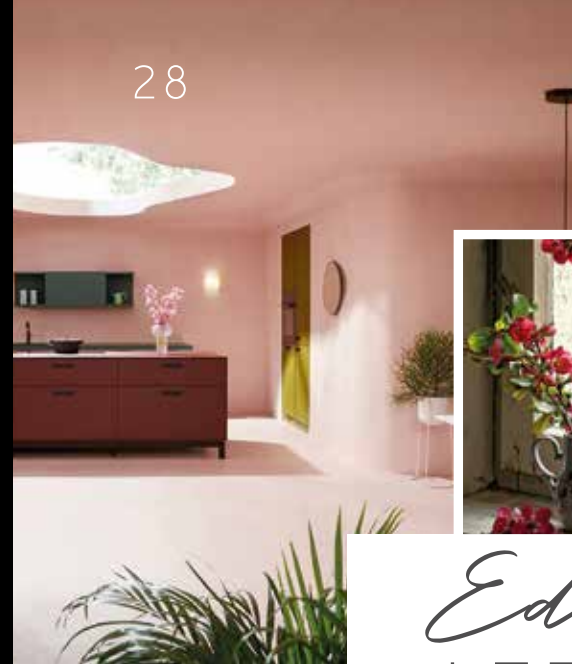
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will bring or what I want to achieve. New Year's Eve looked pretty much like others before: a little Champagne, a lot of reminiscing and an optimistic look at the uncharted days ahead. And as I woke on January 1st, there was certainly a new sense of energy that I hoped to harness for the coming

year. So stepping into 2023 with our first issue of the year, the message is clear – good vibes only.

There are glimmers of good vibes on these pages. From the uplifting brights to ultra-calm tints and tones set to brighten our spring wardrobes to how to decorate our homes with Pantone's colour of the year, Viva Magenta – a colour that vibrates with vim and vigour.

Our cover story looks at how to feel good in our skin, and Angela Cockerton tells us that in 2023 we will continue to see the demand for minimally-invasive aesthetic treatments as

people seek small tweaks that enhance their unique features and give a healthier aspect. Of course, feeling good is all about mental health, and Bernadette Petrie tells us that by focusing on how we want things to be, we can visualise a better future and make it happen. We also debut a new Local Life column – mind body soul columnist Bernie Rowen-Ross tells us what's in the astrology charts for February and March.

So this new year, join us in not setting out a list of good intentions: rather, simply wish to feel good. Enjoy reading Local Life, until next time.

*Kim x*

## Editor's LETTER





I don't like New Year's resolutions, but it's not because I think they're meaningless. Most are inherently very achievable. Lose weight. Spend more time with family. Travel


a new place. If you focus on a goal long enough, you're bound to succeed – you just have to be patient.

## LOCAL LIFE

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# CHASING RAINBOWS

From uplifting brights to ultra-calm tints and tones, Pantone colour experts reveal the fashion colour trends of 2023 that are set to brighten your spring wardrobe.



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The spring/summer 2023 catwalks were awash with every colour of the rainbow, from colours you may already have in your wardrobe (like a soft blue) to those you may have shied away from (an orange shade as vibrant as a juicy tangerine and a sunflower-reminiscent shade of yellow). According to Leatrice Eiseman, executive director of the Pantone Colour Institute, "Colours for Spring/Summer 2023 are recalibrated for the new era we are entering. Blending escapism with reality, wholesomeness, and joy, we embrace the exploration of extreme contrast in mood and colour". Here are our favourites.

Clockwise from top left: Sally Jacket in Carnation Pink £80, Dortha Reversible Jacket £249, Nonina Jumper Orangeade £35, Lemon V Neck Sweater £129, Robell Floral Trousers £99, Blue Chunky Knit Jumper £129, Blue Quilted Jacket £149  
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## BRINGING HAPPINESS TO THE ENTIRE HOME

British wallpaper design studio MissPrint is launching a brand new homeware range this March.

Conic patterns synonymous with the MissPrint brand have been reimagined into fine china tableware, plates, coasters, BCI Cotton textiles and placemats. Renowned for its energetic patterns full of colour and life, the designs for this homeware collection take inspiration from contemporary graphics and mid-century modern style, with influences ranging from abstract geometric shapes to the beauty of the natural world. From the familiar outline of the classic Dandelion Mobile pattern and the delicate Wild Flower design to eye-catching modern graphics, the homeware combines a beautifully contemporary colour palette with stunning shapes to deliver a collection that will bring happiness to every corner of the home. Whether on a charming ceramic egg cup or a pretty hand-illustrated mug, the unmistakable joy of MissPrint's pattern and colour can be felt and enjoyed by all.

missprint.co.uk

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## A DAY IN THE LIFE OF JULIE WATT

### I WAKE UP...

Feed the dogs, make myself that first refreshing, glorious cup of tea, sit on my swing chair and contemplate the day ahead.

### WORK STARTS...

At 10 am when I let myself into the shop. I love my shop and always say hello to it. I've put my heart and soul into converting an old, neglected former bank into a lovely retail space selling artisan chocolates and small-batch gins. It deserves a hello!

### A TYPICAL DAY...

Well, in the chocolate business, that depends on the time of year. At busy times, Valentine's, Easter, and Christmas, I'm constantly serving customers and frantically trying to restock the shelves and chocolate cabinet. At quieter times, I like to plan ahead and find delicious new products to stock.

### WHAT INSPIRED ME TO START THE TIPPY TRUFFLE...

A combination of two things, my lifelong love affair with chocolate and my love of shopping! I wanted to offer the public a selection of top-quality handmade chocolates and alcoholic drinks (mostly made in Scotland) along with an enjoyable retail experience. I love small independent shops, and Dunbar High Street is lucky to have so many.

### BEST PART OF THE JOB...

Serving my lovely customers. People come in to buy chocolates for different reasons; a gift for a special occasion or a little bit of self-indulgence. I love hearing their stories and helping them choose.

### AND THE WORST...

Paperwork, yuk I hate it.

### CAREER HIGHLIGHT...

The day I opened the shop and served my first customer.

### AFTER HOURS...

Autumn and winter, coming home,

having dinner, curling up with a good book, or binge-watching a TV series. Then, in spring and summer, going for walks with the dogs or sitting in the garden with a glass of wine (and chocolate) and relaxing.

### IN TEN YEARS...

I've been lucky enough to take my daughter on as assistant manager, and it's been great to have a younger person's input and ideas. She's amazing with all the social media and technical stuff (I think she'll be getting a promotion). We'd love to expand our website and increase our online sales. Mostly though, just to continue doing what we do, offering delicious artisan chocolates and tipples to our lovely customers.

Julie Watt is the founder of The Tippy Truffle in Dunbar. During lockdown, she and her daughter Katie noticed that the old TSB bank in the centre of Dunbar was for sale and thought it would be the perfect place to realise their dream of opening a chocolate shop. The pair spent many months converting the building into a beautiful new retail space, and in May 2022, The Tippy Truffle opened. They sell delicious artisan chocolates, fudge and other sweet treats, plus a collection of fine gins and other unique tipples.

**THE TIPPY TRUFFLE**  
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# TRANSFORM YOUR SKIN

There are facials, and then there are facials. Whether you're after one that uses tech to perfect your pores, a skilled therapist to massage the life back into your muscles, or just a spa-style pampering that feels really nice, the downside of having so many types to choose from is working out which suit you best, writes **Angela Cockerton**, founder of East Lothian-based The Spa at Garleton Lodge.



**T**he good news? At The Spa at Garleton Lodge, all the treatments can be tailored to your specific requirements. Each appointment starts with a consultation where you can relax with a cuppa and chat through what you'd like to achieve from your session, making it really easy to banish your skin woes.

The revamped spa, which opened its doors in June last year as a bigger and better salon, has been on quite a journey. Therapists Charlie and Niamh have been on a roller coaster of skill elevation and training, and it's fantastic that they share my passion for skincare and overall well-being. Our aim for the spa was to create a relaxing and inviting space for clients where they can be assured of superior knowledge and advice together with exceptional results-driven products, both in our professional ranges used for treatments and our retail products.

In 2023 we will continue to see the demand for minimally-invasive aesthetic treatments as people seek small tweaks that enhance their unique features and give a healthier aspect without looking like they went to an aesthetic clinic. And at The Spa at Garleton Lodge, while our Dermalogica facials are still incredibly popular, we're starting to see a move toward the offerings on our advanced

treatment list, such as peels, microneedling, nanoneedling and microdermabrasian.

So what moves a treatment to the 'advanced' list? Well, quite simply, it adds another level to the treatment to combat specific concerns such as fine lines, rosacea, hyperpigmentation and acne. At your first appointment, your therapist will undertake a detailed Face Mapping Process, take several photographs to assess your skin condition and document your progress, together with any patch tests that might be required. Then, a recommendation will be given on the treatment, frequency and home care regime. As a rough guide, we recommend a monthly treatment to take advantage of the 28-day cell renewal window.

Still one of the best ways to deliver instant and long-term skin rejuvenation without any downtime is microneedling. This slightly scary-sounding yet highly effective treatment is rapidly becoming a go-to for the reduction of acne scars, as well as for plumping fine lines and creating fresher skin with a rejuvenated glow. I'm an absolute needle phobic, so I was extremely nervous about letting anyone near me with a bunch of needles! As part of a detailed consultation, Charlie talked me through the process, yet I still felt incredibly anxious. Our microneedling treatment

uses Dermalogica's patented Skin Pen, which provides sterilised single-use cartridges and their innovative Pro-Restore treatment, reducing the downtime typically experienced after treatment. I don't know why I was concerned, a mild tingling sensation was the worst I experienced, and after a few days, my skin looked noticeably brighter and smoother. I'm looking forward to my next session in three weeks.

It's not only me who is a convert; clients have reported a massive improvement in skin tone and texture with a noticeable reduction in fine lines and wrinkles. The use of microneedling offers long-term skin improvements encouraging the growth of elastin and collagen by up to 400% for up to six months after you complete a treatment series. If you wish to generate these results, you only need to go through four microneedling sessions spaced 30 days apart, which will have you well on the way to fresher skin this spring.

Contact us to book a free no obligation skin consultation

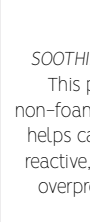
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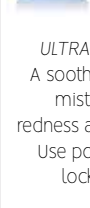
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# EIGHT TRIED AND TESTED BEAUTY TIPS FOR MATURE SKIN



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

Ageing is a natural process, and we all deserve to feel beautiful and pampered, no matter the metric. That said, the skin's needs change over the years. Hormonal changes result in drier skin, loss of elasticity and uneven skin tone. **Karolina Bajbuz** tells us how to rejuvenate mature skin naturally and bring out your radiant, healthy glow in a few easy steps.

## CLEANSE GENTLY

Cleansing balms are ideal for mature skin. They help to reduce skin dryness and effectively remove makeup and sunscreen. Some natural cleansing balms double up as nourishing face masks that soften dry skin, improve its elasticity and replenish essential fatty acids important in the skin's renewal processes.

## EXFOLIATE REGULARLY

Exfoliate twice a week with a gentle scrub or enzymatic peel to reveal fresh skin and enhance the efficacy of your skincare products. Avoid over-exfoliating as it can cause microdamage to your skin and aggravate dryness.

## HYDRATE AND MOISTURISE

Mature skin is thinner, thus prone to dryness. Effective hydration is key to retaining skin plumpness, reducing the visibility of fine lines and maintaining skin health. Invest in a good moisturiser with ingredients like Niacinamide (Vitamin B3), peptides and ceramides to not only hydrate but also increase the skin cells' renewal and reduce the appearance of wrinkles. For mature skin, products with 5% Niacinamide are recommended, as this concentration is clinically proven to deliver the best results.

**Pro tip:** When applying products, gently pat them onto your skin. Don't rub or tug your skin to avoid skin stretching – it creates



wrinkles. Remember to apply the moisturiser to your face, neck and décolleté to ensure even results.

## USE A VITAMIN C SERUM

Our skin is subjected to oxidative cell damage every day. Vitamin C is a powerful antioxidant that helps to reduce skin cell damage, increases collagen production and evens the skin tone by brightening dark spots. Seek a vitamin C serum that also contains vitamin E, as pairing these two vitamins enhances their potency. We recommend an oil serum with vitamin C, vitamin E, bakuchiol (natural retinol alternative) and Coenzyme Q10 to boost collagen and reduce wrinkles. Unlike water-based vitamin C serums, an oil serum doesn't require a low pH that can irritate the skin.

## TAKE COLLAGEN SUPPLEMENTS

The body's ability to produce collagen dramatically decreases as we age, causing skin sagging, loss of elasticity and wrinkling. Use a good quality Type 1 collagen daily (i.e. marine collagen) to improve skin's firmness and appearance.

## FACE-LIFTING MASSAGE

Facial massage tones muscles and increases circulation, which with time and consistency, will naturally give your skin a lift, sculpt your features and reduce some fine lines. Even five minutes a day will deliver



wonderful results, and you can easily include the massage into your beauty routine using your favourite oil serums. For beginners, we recommend a YouTube tutorial on Japanese Tanaka Face Massage (available in English).

## WEAR SPF DAILY

Sun exposure is responsible for almost 90% of skin ageing. Even on cloudy days, wear SPF 50+ UVA/UVB to prevent UV damage to your skin and reduce dark spots. It is particularly important when using Vitamin C and retinol products as they make your skin more sensitive to the sun.

## HIGHLIGHTER IN YOUR MAKEUP

Instead of mattifying cosmetics, use a foundation and highlighter with light-deflecting particles. It creates a natural effect of smooth skin and a soft glow. Add a touch of highlighter on your cheekbones for visual lifting.



## KAROLINA'S TOP PICKS



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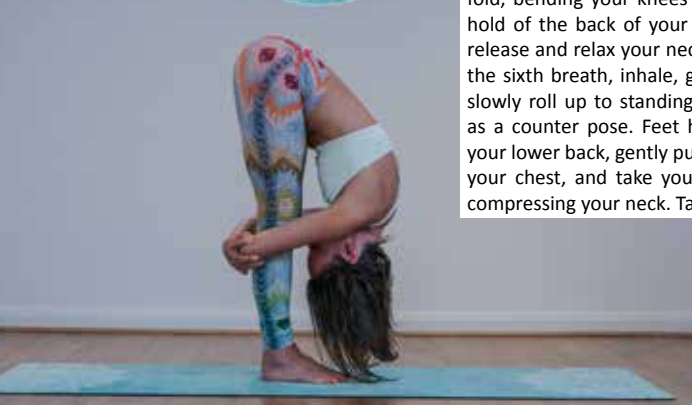


# AYURVEDA YOGA – PROMOTE PEACE

words: sally jean rankin | pictures: lindsay scott

Over the last five months, I have experienced a huge amount of intense change and upheaval, which caused me to become very ungrounded, stressed and anxious. The changes meant I was moving from place to place a lot of the time. I am so grateful I had plenty of tools in my kit to help me. I remember lying awake one night, wondering what it must be like for others who might be experiencing high-level stress and don't know how to help themselves. In Ayurveda, when a person becomes this way, we promote a sense of routine to help; waking up at the same time each morning at around 7 am, followed by a mug of hot water – especially comforting during the winter months which is Kapha time in Ayurveda. We also promote some form of regular exercise, a brisk walk out in nature during sunlight hours for about 20 minutes, and of course, a regular yoga practice is priceless during stressful times. Here are two Yoga poses to help with stress and promote peace. And breathe.

## Uttanasana Standing Forward Pose



Come to a standing position with your feet hip-width apart, inhale and stretch your arms up, exhale and slowly forward fold, bending your knees if you need to. You can either take hold of the back of your legs or just dangle, make sure you release and relax your neck/head. Five deep breaths here. On the sixth breath, inhale, ground down through your feet and slowly roll up to standing. Gently take a standing back bend as a counter pose. Feet hip-width apart, put your hands on your lower back, gently push your hips forward, lift up through your chest, and take your head back but not too far, avoid compressing your neck. Take three to five deep breaths.

This is also known as melting heart pose! Start in a wide-kneed extended child's pose. Come onto your knees, big toes touching, knees wide. Inhale and take your arms up, creating length in your spine; exhale and gently fold forward, coming into extended child's pose. Five deep breaths here. Then inhale and slowly slide your body forward until your bottom is in the air keeping your hips in line with your knees. Five deep breaths here. Slowly slide your body back to extended child's pose and then come to sit on your heels. You can pop a folded blanket underneath your knees if you need to and place a cushion underneath the forehead if this is more comfortable. This pose stimulates and opens the lungs and heart, increases mobility in the shoulders and stretches the arms and spine/back.

## Uttana Shishosana Extended Puppy Pose



For further information on Yoga, Ayurveda and Ayurvedic massage treatments, please contact Sally: [kinship.studio](mailto: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.



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

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

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!

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# IN THE STARS

Bernie Rowen-Ross tells you what's in your astrology charts for February and March.



20 January 20 – 18 February

On your birthday month, life is frankly about you! What you enjoy doing, especially if it is around the home, you have some great talents that feel like being unleashed, and now is the time to own that. In the hidden recesses of your mind is a transformation waiting to happen, and now is the time to be honest and bold and be who you truly are. Enjoy your birthday!



19 February – 20 March

You may have some interesting dreams, and in the real world, you are on the cusp of following your dreams; if you are still not sure of what it is that you want in life, this month is a good time to process this. Leave old stories such as "I can't do this" or "I'm not good enough" at the back door and be courageous. Step out of the mould and be the unique being that you are, and enjoy the real you!



21 March – 19 April

After the rush and busyness of late last year, your focus may be at home and a settling of your emotions, feeling safe in your surroundings. It is a time to recall that you are responsible for your actions and no one else can do what you need to do for yourself and personal growth. You may meet unusual people or feel like doing something unconventional, go right ahead if it feels right for you, and enjoy it!



21 June – 22 July

Your feelings are very close to the surface this month, and this means that you need to be aware of who you are mixing with and sharing your thoughts and feelings. Trust your intuition and know that you don't need someone else's opinion. It's OK to be who you are without approval. The most important person who needs to approve of you is you.



23 September – 22 October

This month is the month to focus on your health and fitness; if you can go for a walk every day, then do that. Review your vitamin and mineral intake to boost your immune system, and eat a healthy diet – maybe this is your month to give vegetarianism a try or meditation? Whatever you do, do it so that you will benefit in the long term.



22 December – 19 January

It appears you would like to stay out of the public eye this month and keep a low profile. There is nothing wrong with inner work and self-reflection. Are your relationships and friendships working for you? Is there something that you need to change to make them work? Taking responsibility for your part in the relationship is important this month; enjoy some exciting adventures, and think out of the box.



20 April – 20 May

Short journeys could be a source of frustration for you this month; check that your vehicles are working well and you are carrying all that you need with you. You could experience sudden changes in your work situation, which will be good for you in the long term. Remember that the most important moment is the present moment. Make the most of it.



23 July – 22 August

This month it would be very helpful if you could focus on 'the other'. Give your attention to what others need, and this will show a side of you that is loving, generous and caring. There could be some changes in your daily routine, and in an unusual way this leads to personal growth. Enjoy the opportunity.



23 October – 21 November

Household repairs and maintenance seem to be the flavour of this month; enjoy a little revamp here and there, nothing that will stretch the budget over the limit. A philosophical attitude towards life will go a long way to achieving peace of mind. Self-responsibility is also in the stars; take the bull by the horns and do what needs to be done, it's the right time.



21 May – 20 June

This is a time to hold your own counsel. No matter what you want to say, wait for the appropriate time to do so; otherwise it may be misconstrued. You may want to set boundaries, and this will serve you well in the long term: this month is a time for being aware of what you really want.



23 August – 22 September

You might find yourself dealing with groups of people and encouraging them to become more creative. If it is not an external group, it could be that you join a group of people for some creative pursuit; go for it! You have talent that needs expressing, whether that is writing, painting, sewing, knitting or any other craft.



22 November – 21 December

Creativity and communication are on the cards for Sagittarius this month – writing poetry? Well, it's still winter, so that's not a bad idea, it could be that you decide to join a writing group, or you eventually get to that keyboard and start that novel you have wanted to write. Creative communication covers a lot of possibilities. Could it be public speaking? Or even communicating with other resources, such as some form of craft.

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## FOCUS ON HOW YOU WANT THINGS TO BE

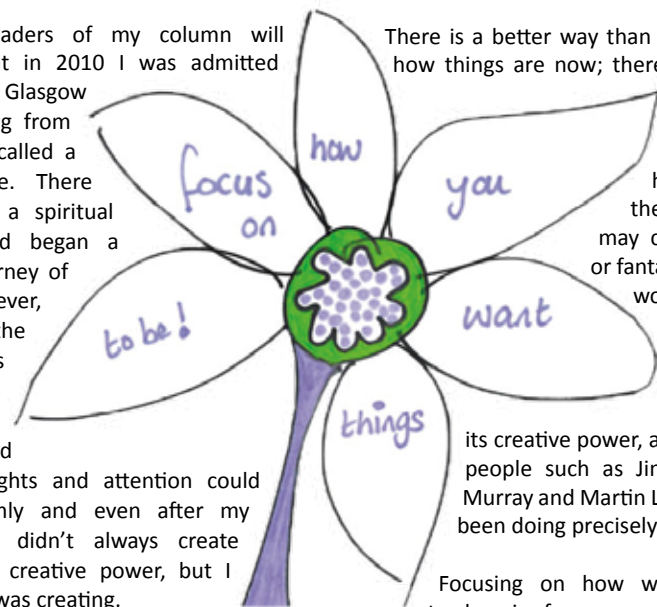
As the new year dawns, leaving behind yet another challenging year, **Bernadette Petrie** tells us that by focusing on how we want things to be, we can visualise a better future and make it happen.

Regular readers of my column will know that in 2010 I was admitted to the Glasgow Priory, suffering from what doctors called a manic episode. There I experienced a spiritual awakening and began a long, slow journey of recovery. However, following the temporary bliss experienced in the Priory, I soon discovered that my thoughts and attention could switch randomly and even after my 'awakening', I didn't always create joyfully. I had creative power, but I didn't like all I was creating.

I began working with Melody Fletcher, an excellent energy coach, who helped me understand the law of attraction so that I could harness it effectively. Not one to beat around the bush, Melody was always direct, asking me: "Bernie, where is your focus?" Squirming, the penny would finally drop, and I would well and truly feel, for that moment, reawakened.

With practice, I began to see that if I focused on how I wanted things to be – something would happen that way. My relationship with my husband transformed, and I experienced my children getting on far better. Problems which would typically have had me fretting for days began to work out easily and effortlessly. All by simply shifting my focus.

We all want things to feel better, but in the first instance, we have to focus. If you are skiing down a mountain, you don't focus on falling – unless you want to fall! Instead, you focus on the next turn. Or, for me, in my early days of skiing, I focused on the joy of getting to the bottom – for a hot chocolate! I can't tell you how many times I skied, in my imagination, as a graceful skier to help my actual skiing. I began to realise other things could do with a similar focus.



There is a better way than worrying about how things are now; there is a better way than focusing on the challenge, the hardship and the angst. Some may call it dreaming or fantasy, but another word for it is visualisation. There is so much evidence of its creative power, and inspirational people such as Jim Carrey, Andy Murray and Martin Luther King have been doing precisely this.

Focusing on how we want things to be, is far more beneficial than stewing about how things are. I am not talking about living in denial; I'm talking about paying attention to how you want to feel in the moments you can, especially before they happen. Believe me; you will be blown away by the changes. Melody would tell me: "Focus on how you want your relationship to be – see yourself communicating and laughing. Focus on how you want the experience to be – see yourself as if it's happening the way you would love it to happen."

You are a powerful creator, either way, your focus will manifest – so why not make it beautiful? If something in your life isn't quite how you want it to be, focus on how you would like things to be instead. Do this as frequently as possible, let the feeling of that desired reality sink in, and then keep moving forward.

Our focus really is powerful so let's harness it for the better.

Article adapted from Bernadette's book *Permission to Shine* – Chapter 37

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## THINK PINK

There's a new trend on the block, and it comes with a big personality. Barbiecore is the pretty-in-pink aesthetic du jour sweeping homes with the release of the much-anticipated new Barbie movie this summer.

From bold hot pink to softer duskier tones, pink elevates any interior scheme for both fans of pared-back neutrals and maximalist enthusiasts. Paired with sage greens and rustic interiors, pink hues can help create a contemporary or even retro feel in a space. Add statement furniture to make a real impact, or add pops of colour with smaller accessories or a lick of paint here and there. Either way, pink is a true head-turner. From wood-burning stoves and wallpaper to furniture and striking accessories, we've rounded up our favourite products in this charismatic colour.

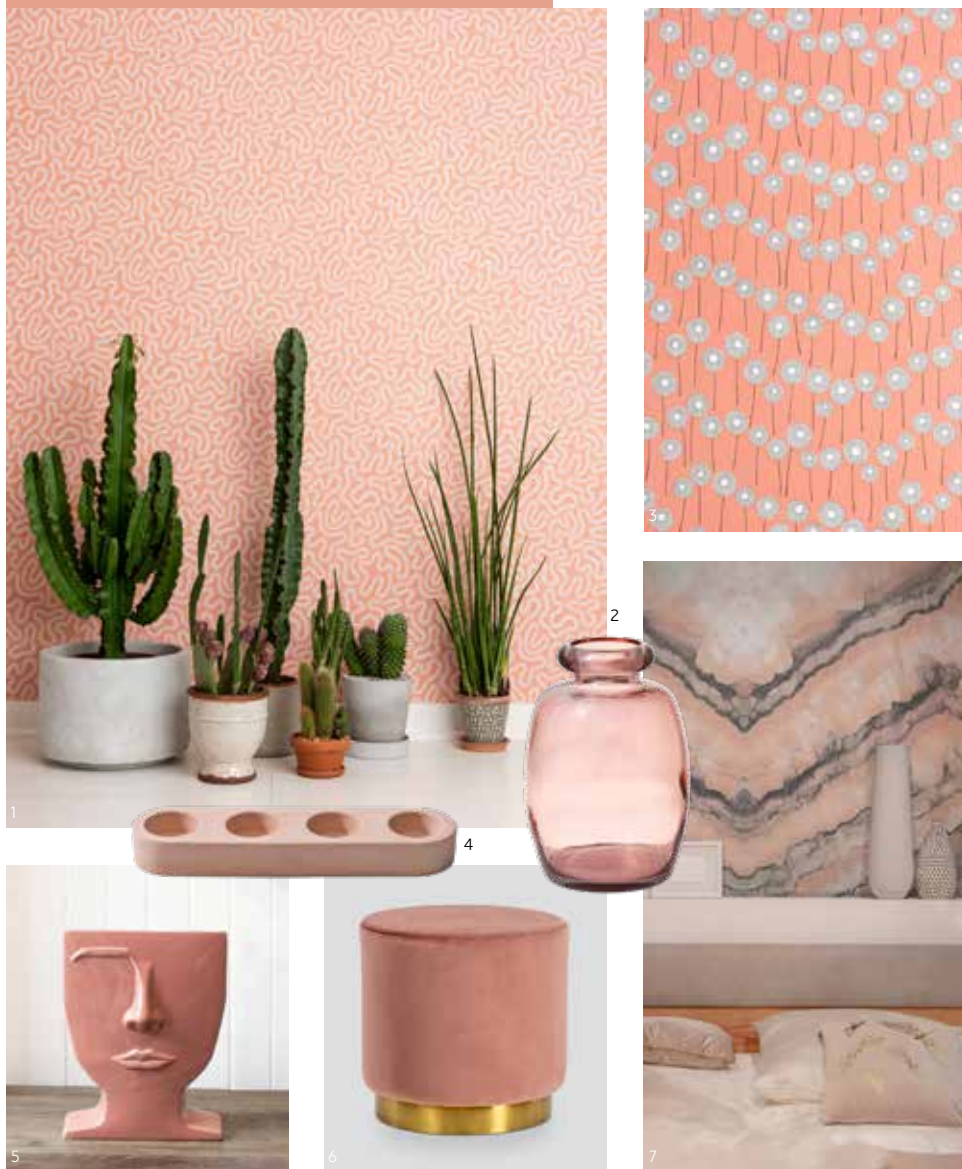
*Hot Pink*



1. Hamlet Stove in Flamingo Pink from £849, [aradastoves.com](http://aradastoves.com) | 2. Alnair Diamond Cut Glass Table Lamp £120, [sazy.com](http://sazy.com) | 3. Denver Blossom Wallpaper £75 per roll, [missprintcoulk](http://missprintcoulk) | 4. Fuchsia Shetland Wool Throw £79, Time & Tide, North Berwick | 5. Mabelle Cushion Cover £45, [sazy.com](http://sazy.com)

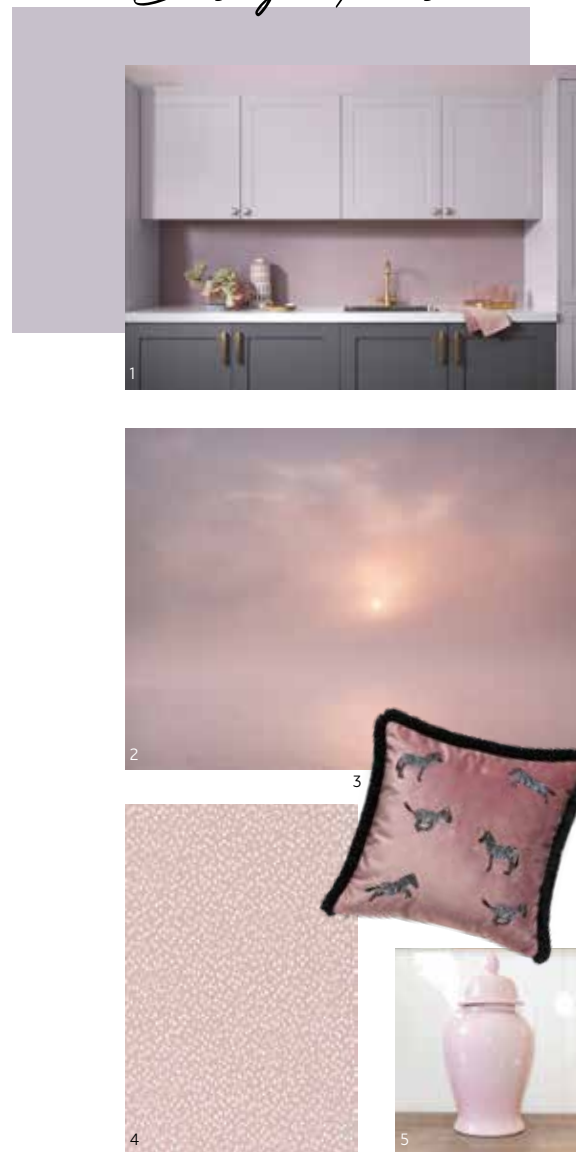


## Peachy Hues



1. Coral Peach Blush Wallpaper £80 per roll, missprint.co.uk | 2. Belle Glass Vase £18, sazy.com | 3. Meadow Honeysuckle Wallpaper £80 per roll, missprint.co.uk | 4. Concrete Tealight Holder Bloks Coral £18, NØRDEN, North Berwick | 5. Pink Face Vase £39, Time & Tide, North Berwick | 6. Duo Footstool £119, dwell.co.uk | 7. Lagoa Pink Marble, geraldculford.co.uk

## Dusky Tones



1. Frosted Flora Splash Back from £139, alusplash.com  
2. Photographic Art Print Candy Floss £65, NØRDEN, North Berwick | 3. Zebra Cushion Cover £15, sazy.com  
4. Chimes Pastel Wallpaper £80 per roll, missprint.co.uk | 5. Candy Pink High Gloss Jar £69, Time & Tide, North Berwick



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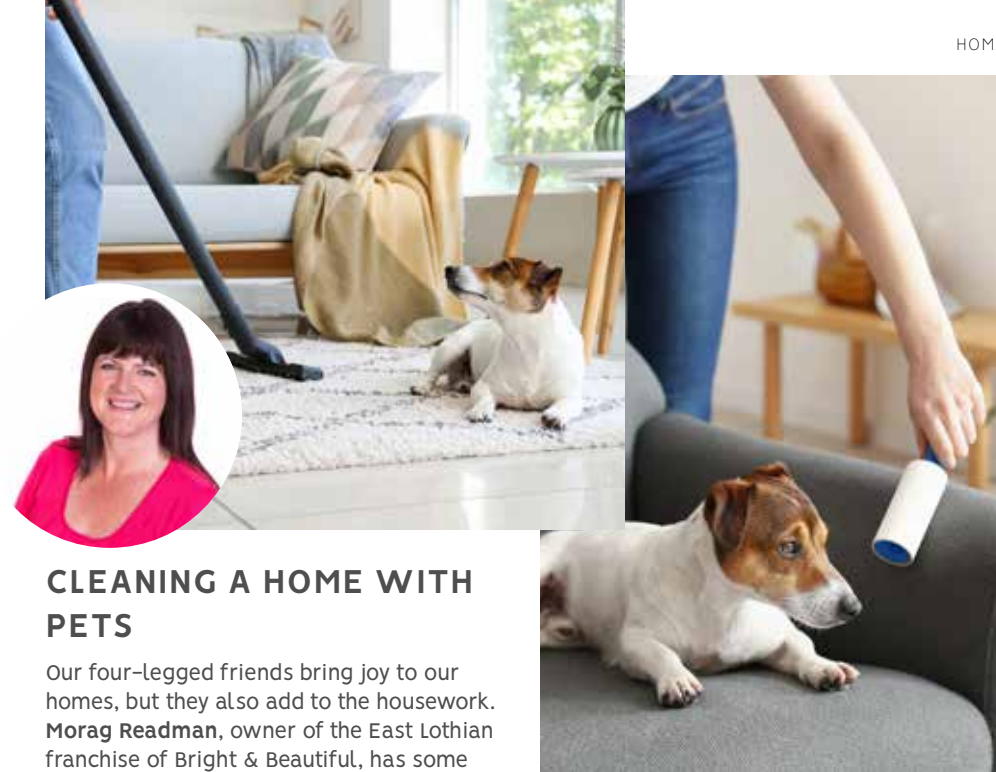
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## CLEANING A HOME WITH PETS

Our four-legged friends bring joy to our homes, but they also add to the housework. **Morag Readman**, owner of the East Lothian franchise of Bright & Beautiful, has some tips.

### Muddy paws, mucky floors

Keep a basket of dog towels and wipes by the door to clean your dog after walks. Large, washable doormats really help to protect the floor.

Use a soft rubber broom to collect pet hair from hard flooring; it's quicker than vacuuming. This is a daily essential during the moulting season. We have special scrapers to lift pet hair from carpets before vacuuming.

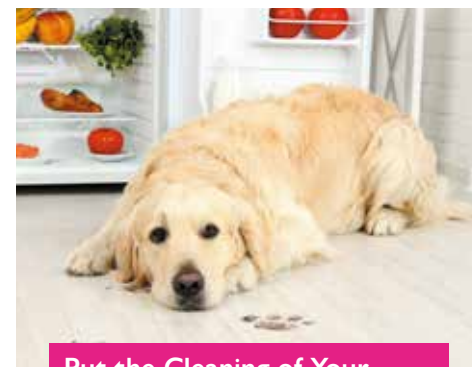
A rubber mat under feeding bowls can be removed for wiping, which is easier than cleaning dried-in pet food from your floor.

### Furry friends, fluffy furniture

Regular vacuuming with the upholstery attachment is a must if you and your pet love snuggling on the sofa. A lint roller, or a damp rubber glove, also helps to remove pet hair. Fleecy throws can be easily washed and protect your sofas and beds from pet hair and odours.

### Worth the work

Despite all the mud, hair, slobber and muck – we wouldn't be without our furry family!



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# VIVA MAGENTA!

Each year, the colour experts at Pantone carefully select a hue to represent the current moment in design. And after last year's divisive Very Peri, this year's colour of the year is more of a crowd-pleaser. Viva Magenta is a colour that 'vibrates with vim and vigour,' says Pantone. Despite its vividness, the shade is surprisingly 'rooted in nature', stemming from the red family as an expression of strength. This nuanced crimson tone is perfect as both a background and accent colour for the home. The team at **Forever Spaces** tells us how.



## KITCHENS

Kitchens tend to lean towards classic neutral tones. But 2023 is a year of change and optimism, so why not bring that vibe into your home? If you want your décor to be striking and unique, kitchen cabinets in a deep colour will surely catch the eye. Magenta cabinets can easily be paired with yellow wooden tones or icy grey tiles for a stunning look. Viva Magenta will look beautiful when used to highlight wall panelling, draw attention to an alcove or architectural space, or make a functional area more fun – like your splashback. Or sprinkle some Viva Magenta throughout your kitchen with stylish tableware, cookware and even a couple of candles.



## BATHROOMS

Bathrooms are perfect for pushing your colour boundaries, especially if you're willing to experiment. Coloured ceramic is one trend returning with a vengeance. If you're concerned about a bathroom's longevity with coloured ceramics, choose one bolder statement piece. Bolder shades work well as a bathroom paint colour on a splashback or a floor tile. You can also add splashes of Viva Magenta with towels and accessories.

## ACCESSORIES

Viva Magenta is a throwback to vintage décor (think the 70s and the jewel tones of the 90s), and it will create a stylish and quirky yet welcoming atmosphere wherever you use it. Use as an accent shade throughout the home, from a vase full of flowers through to woodwork, panelling and soft furnishings such as comfy bedding or blankets and cushions.



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# To-do LIST

out and about in  
our area...



## BACK A WINNER AT MUSSELBURGH RACECOURSE

Edinburgh's Jumps Racing Festival at Musselburgh Races sets the scene for the unmissable Cheltenham and Grand National Festivals. This two-day fixture is the pinnacle of the jumps season at Musselburgh Racecourse and is long considered a solid guide for predicting future winners at Aintree, Cheltenham and The Scottish Grand National.

Day one of this two-day fixture features The Edinburgh National. A prize fund of £45,000 makes it the most valuable of the 14 races over the Scottish Festival Trials weekend. Sunday features The Scottish Triumph Hurdle; some smart horses have won this race in the past – Carlito Brigante, Hargam and We Have A Dream among them. This race has also produced a Royal triumph in the aptly named Forth Bridge, who previously won for his owner, Her late Majesty The Queen.

An excellent atmosphere, and a great choice of places to eat and drink, on top of first-class racing, make it a must in the National Hunt calendar.

## SCOTTISH CHELTENHAM TRIALS WEEKEND

4th & 5th February 2023 | [musselburgh-racecourse.co.uk](http://musselburgh-racecourse.co.uk)



## THE WONDER OF PEARLS

Pearls are being worn by fashion icons such as Bella Hadid and Harry Styles, and at the end of last year, British *Vogue* noted pearls to be one of the go to looks for 2023. Are you a pearl aficionado? Do you have rows of pearls or pearl set jewels that need restringing or would like to know if they are imitation, cultured or natural? Do you have pieces (pearl or otherwise) that you'd like to have redesigned but don't know where to start? Then this unique event focussed on pearls, held by local jewellery expert Clare Blatherwick is for you. London-based master pearl stringer,

Renata, who has been featured in *The New York Times* will be offering fittings (by appointment) as well as demonstrating the art of pearl stringing. And highly experienced Edinburgh College of Art trained jewellery designer, Jacqui Mathieson will be on hand to offer consultations on redesigning jewellery. There will also be a selection of lovely old and modern pearl and cultured pearl jewellery to purchase on the day.

## A JEWELLERY EVENT

### THE WONDER OF PEARLS

The Marine Hotel, 18 Cromwell Road, North Berwick EH39 4LZ  
22nd February, 10 am – 4 pm  
Pop in or to arrange an appointment, email Clare: [cb@clareblatherwick.co.uk](mailto:cb@clareblatherwick.co.uk)



## SCOTTISH NATURE PHOTOGRAPHY AWARDS UNTIL 26 FEBRUARY 2023

Don't miss the last chance to see the 11th edition of the Scottish Nature Photography Awards, which presents the winning entries in this annual photography competition. All the photographs in the exhibition were taken in Scotland by photographers and filmmakers from around the world. The judging panel nominated three overall winners: Darren Cole received the top award for Ice and Fire (top left), the Junior Scottish Nature Photographer Award went to Kaitlin Clark (age 11) for Peregrine Playtime, and the Student top prize went to Murrone Dunn for a portfolio of images entitled Passing Time.

## LISA HOOPER SWLA

1 MARCH – 16 APRIL 2023

This exhibition presents new woodcuts and etchings by Lisa Hooper. Based in west Galloway, Lisa takes her inspiration from the landscapes and wildlife around her and from frequent trips to Orkney and Shetland. She produces bold and colourful compositions, sometimes flirting with abstraction. An elected member of the Society of Wildlife Artists (SWLA), Lisa exhibits widely in the UK. She has published two books, *First Impressions* and *Printing Wildlife*, and contributed to many publications, such as *The Artful Hare* and *Wings over Water*. Her exhibition is accompanied by glass sculptures by Graham Muir.

Scottish Ornithologists' Club (SOC), Waterston House, Aberlady | [the-soc.org.uk](http://the-soc.org.uk)

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## Stories in Stone



### ARCHERFIELD HOUSE

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

Historic houses often have a tale of survival against the odds, but there can be few as dramatic as Archerfield House. Only twenty years ago, this grand old building was a derelict shell with boarded-up windows and a grand entrance replaced with barn-like doors to accommodate tractors. The contrast to the exclusive country retreat of today could not be more stark.

coat of arms, decorative scrolls and urns topping off the design.

In 1790 there were more changes to the house, led by the renowned architect Robert Adam, which would have transformed the interiors. The drawings he produced still survive, showing intricate plasterwork ceilings and plans for a new dining room, drawing room, library, and staircase,

The earliest parts of the house date back to the late 1600s, built by the Nisbet family as they became lairds of Dirleton. In the 1730s, Archerfield was extended and re-modelled by the Scottish architect James Douglas, creating the symmetrical frontage and main entrance you still see today. The projecting entrance bay forms the eye-catching centrepiece, with classical pilasters framing a window, an elaborately carved



introducing a lighter, more elegant style with a striking colour scheme.

These developments would have made Archerfield one of the most fashionable houses in the country at the time, but not long after they were completed, the owners moved, and the building was let to a series of tenants. With the local tourism boom in the Edwardian period, the Prime Minister Herbert Asquith brought his family to stay at the house. It was during one of these holidays that he invited Winston Churchill to join him, to offer him the position of First Lord of the Admiralty.

During the Second World War, Archerfield was taken over by the military, and so began a period of steep decline. The elegant Adam interiors were removed and sold off, and the once grand mansion was used by a local farmer as a grain store. It would have been easy for a developer to make a case for full demolition, because what possible value does a ruin have? Yet, following a careful restoration, it now earns its keep again as the core of a thriving estate.

Alison Dunlop  
Rock face, Clach Uaine,  
Eilean Mhuire



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Enjoy a warm welcome at Scottish Seabird Centre this winter. Spring may seem a long way off, but the first of the summer breeding seabirds, the Atlantic gannets, begin returning to the Bass Rock as early as February. You can look out for them from the interactive live cameras in the Discovery Experience or on the website.

Family and individual memberships are a brilliant option for regular visitors. They allow unlimited visits throughout the year, ideal if you want to learn more about the spectacular seasonal wildlife, including grey seals, puffins, gannets and bottlenose dolphins. Becoming a member helps support the Charity's vital conservation and education activities and opens up a host of exclusive member benefits.

Keep an eye on their What's On page for details of upcoming events and exhibitions, fun-filled holiday clubs, beach cleans, wildlife walks, talks, tastings and music nights.

If your New Year resolution includes doing more for nature, there are plenty of opportunities to get involved. Help protect local marine wildlife with a self-led beach clean or join one of their guided social coastal clean-ups. As a Keep Scotland Beautiful clean-up hub, everything you need can be borrowed from the Centre, and the litter you



collect will be sorted, recycled (where possible) and recorded. Their regular citizen science workshops are an ideal introduction to the different ways you can contribute data to national marine surveys, including Shorewatch, Seagrass Spotter and the Great Nurdle Hunt.

If you're feeling creative, don't miss the chance to get involved in their 100 Species project and exhibition. This is part of the wider Restoration Forth project, which aims to raise awareness about the incredible variety of species living in the Firth of Forth. Full details on how to enter can be found on their website.

Discover more at: [seabird.org/events](https://seabird.org/events)

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Images: top © Greg Macvean | bottom © Helen Pugh

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## Weekend TIDE TIMES

FEB					MAR						
		High Water		Low Water				High Water		Low Water	
		AM	PM	AM	PM			AM	PM	AM	PM
3	Fri	0117	1337	0707	1939	3	Fri	0002	1228	0612	1847
4	Sat	0201	1416	0740	2014	4	Sat	0104	1319	0653	1927
5	Sun	0237	1450	0811	2046	5	Sun	0145	1357	0726	1959
10	Fri	0517	1724	1049	2314	10	Fri	0415	1626	0955	2224
11	Sat	0553	1759	1100	2338	11	Sat	0448	1658	1013	2243
12	Sun	0633	1839	1128		12	Sun	0523	1734	1032	2300
17	Fri	1157		0546	1818	17	Fri	1022	2320	0418	1704
18	Sat	0040	1259	0650	1924	18	Sat	1143		0539	1818
19	Sun	0136	1349	0744	2018	19	Sun	0030	1244	0638	1916
24	Fri	0519	1731	1108	2342	24	Fri	0409	1622	1009	2240
25	Sat	0604	1818	1135		25	Sat	0450	1705	1041	2305
26	Sun	0650	1920	0005	1204	26	Sun	0631	1850		1204
						31	Fri	1120		0527	1822

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





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Place bird feeders 10-12 feet away from shrubs and in areas where predators like cats can't hide. We stock squirrel and pigeon-proof feeders.

Birds will soon start looking for nesting boxes and now is an excellent time to clean out your old nesting boxes. We have a variety of nesting boxes in stock.

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# THE HUMBLE COTTAGE PIE

So here we are, 2023! January to March can feel a bit of a slog after all the food, drink, presents and fun of Christmas and New Year! It can still be cold and dark, and we keep the purse strings tighter after the festive season. Sometimes, we want a quick, simple meal that offers a warm, comforting hug. A dish that is not fuss, easy on the wallet, filling and screams, "I got you mate!"

Nothing says this more than the humble cottage pie. We say humble as it was first recorded in the 18th-century when the poorer people of Britain, who tended to live in cottages, started introducing potatoes as an everyday food. Any pie made using meat and potato was called a 'cottage pie' and made with sliced potatoes to represent the tiles on a cottage roof. A cottage (or shepherd's pie if you prefer lamb) was made using previously cooked, leftover meat. But, nowadays, we

tend to make them using fresh mince and mashed potato. This simple dish, like many, has developed and changed over the years but has remained a home favourite, even abroad. Although historically considered a poor man's meal and a simple dish, it does not mean it isn't delicious. Sometimes the most simplistic dishes are more telling of a chef's skill – never underestimate the power of a well-made cottage pie.

The beauty of this dish is it can be made in advance, stored in the fridge, and popped in the oven with no fuss. Imagine a massive serving of cottage pie, a wee side of veg (need your five a day) and a cheeky glass of Rioja or Beaujolais while sitting nice and cosy indoors, ignoring the rubbish rainy, cold weather. Bliss – sometimes it is the simple things in life!

## COTTAGE PIE

### INGREDIENTS

#### MINCE FILLING

1 ½ tbsp olive oil  
2 garlic cloves, minced  
1 onion, finely chopped  
1 carrot, finely chopped  
1 celery, finely chopped  
750g / 1.5 lb beef mince (ground beef)  
1 tbsp tomato paste  
500ml beef stock

125ml red wine (optional)  
1 beef bouillon cube, crumbled (stock cube or 1 tsp stock powder)  
1 tbsp Worcestershire sauce  
1 tsp dried thyme (or 3 sprigs fresh thyme)  
Salt & pepper

#### TOPPING

1.2 kg / 2.5 lb potatoes, peeled and cut into 2.5cm / 1" cubes

30g butter  
Grated Cheddar (optional)

### METHOD

#### MINCE FILLING

1. Heat oil in a large skillet over medium-high heat.
2. Add onion and garlic and cook for one minute. Then add carrots and celery. Cook for three minutes or until softened and sweet.
3. Turn the heat up to high. Add beef and cook, breaking it up as you go, until browned.
4. Add tomato paste, broth, red wine (if using), bouillon cube, Worcestershire sauce, thyme, salt and pepper.
5. Bring to a simmer, then turn down to medium-high heat, so it simmers rapidly. Cook for 20-30 minutes, stirring occasionally until it reduces down to a gravy consistency. Taste, then add more seasoning if desired.

#### TOPPING

1. Place prepared potatoes in cold salted water and bring to the boil, cooking for 15 minutes or until soft.
2. Drain potatoes, then return to pot and place on turned off stove. Shake briefly and allow to steam dry for 10-20 seconds. This will try out the potatoes before mashing, so no watery mash.
3. Add butter and mash until melted, then season to taste. Mash until smooth.

#### ASSEMBLE PIE

1. Preheat oven to 180°C/350°F.
2. Spread mash onto pie filling, use a fork to rough up the surface (a rougher surface means more golden crunchy bits). Sprinkle cheese on top if using.
3. Place prepared cottage pie on a tray in the centre of the oven and bake for 25-30 minutes or until golden on top and bubbling on the edges. Stick a knife into the middle to ensure it is piping hot. Stand for five minutes before serving.

## TOP TIPS

Freeze cottage pie for a later-in-the-week meal. Just make the cottage pie but miss out the cheese, and don't bake. Then either keep it in the fridge for up to three days or freeze it for up to three months. Remember to take out and defrost before cooking; otherwise will take an age to cook.

The thickness of the mince mixture you place in the dish for the oven will be the thickness once baked, as the potato keeps in all the moisture, so make sure the mince is the consistency you want for eating.

Not a fan of beef? Swap out the beef mince and stock for lamb mince and stock; add a handful of peas, and voilà you have a shepherd's pie!

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# FOOD WITH A VIEW

With its breathtaking views and quirky rustic charm, farm-diversification project Drift Coffee House serves up a sense of idealism alongside an array of delightful dishes.



When Jo and Stuart McNicol (pictured left), cereal farmers from 430-acre Castleton Farm, spotted a shipping container in Bristol selling coffee, they had a light bulb moment but no idea where it would take them. With a love of quality food and coffee, the couple had always wanted to operate a food and drink-related diversification, and in 2018 the Drift Coffee House was born. Starting with coffee and cake and just seven team members, Drift now employs 26 full-time, part-time and seasonal team members and has made quite a name for itself as a must-visit destination.

Drift is not your conventional coffee house; it's a quirky eatery housed in upcycled containers in a, quite frankly, beautiful setting. Situated upon the cliff tops of Quarrel Sands just outside North Berwick, the first thing you notice as you walk through the door is the glass wall which offers a jaw-dropping view of the Firth of Forth coast, dominated by Bass Rock. But, it's not just the setting that is blissful, the shabby chic interior is warm and welcoming, and the menu emanates a careful but laid-back vibe with food that relies on fresh seasonal and Scottish produce. Jo, a Scottish Agritourism Destination Leader for the Lothians, is



passionate about serving the best the Scottish larder can provide. "We have a wealth of produce in Scotland that must be celebrated and recognised domestically and internationally. As an Ambassador for Scotland Food and Drink, it was very important for me to showcase this through Drift."

So it's not surprising that from the stunningly beautiful cakes and scones to the brunch and lunch menus, food is taken very seriously here. Everything on the menu is freshly made, and new Head Chef Martin Parker is keen to move Drift to a bistro-style menu. Along with his team, he produces some fantastic regular specials, and his monthly Sunday roasts are proving incredibly popular. From March, Drift will run a themed Supper Club. And with links with other Scottish Agritourism farms to supply produce, such as Kilduff, Yester Dairies and Hadley's at Rhodes Holding, to name but a few, one of the first supper clubs will be the 35-mile club with all produce coming from within a 35-mile radius!

And with all the tables full most days, is Jo taking a step back? "No" laughs Jo, "we're forever coming up with new ideas." Plans are aplenty, from farm tours to scone-making classes to the production of juice from fruit grown in the orchard. Jo adds: "A new event space looks to offer farm tours with eating experience, taking us firmly back to the farming history and roots along with opportunities to engage with school children to show the arable side to farming. Scottish Agritourism is a growing sector and exciting to be a part of."

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## A BEACON OF ENTERPRISE

In a corner of North Berwick, you'll find a light and airy hub buzzing with energy and enterprise.



The Lighthouse is the town's first co-working and office space and home to more than 70 members – running businesses as diverse as property consultancies, lawyers, a dance school, an arts festival, financial management and a charitable trust.

The centre at the Heugh Road Business Estate first opened its doors in March 2018 and, nearly five years on, has gained a reputation for offering a professional environment and relaxed atmosphere with five-star facilities – desks and offices as well as meeting and events space.

Demand for its spaces is strong, and the desire for flexibility is a key trend, according to Lighthouse co-owner Nick Watson: "We've seen good uptake of all options, whether people want a desk, co-working or an office. Many want to mix up working from home with an environment which brings a social side and a chance to network and find opportunities. Successful flex workspaces are those that build a true community among occupiers, and that's exactly what we offer." Post-pandemic and social distancing, the centre is now running consistently at over 90% occupancy.

Matt Armstrong operates his business Serious Artworker from the Lighthouse, and says it provides an ideal professional and social environment, "As a sole trader, graphic artworker, I enjoy superb, reliable five-star, facilities for the price of three daily coffees in a Wi-Fi café!"

On the theme of caffeine, members are fuelled by complimentary coffee from local roastery Steampunk. There's a well-equipped kitchen and shower facilities – handy if you fancy a run or surf at lunchtime or a HiiT or Pilates sessions with Personal Trainer Vhairri McMinn. Members' benefits also include discounts for arts festival Fringe by the Sea, Michelle Denham Studio Spa and All About You hair salon.

Nick and Lighthouse co-owner and founder Andy Hadden have their sights set on further growth, with another premises in Falkirk already operating and performing equally strongly and two major projects at acquisition and planning stages. Nick adds: "It's fantastic to see so many ventures and businesses thriving here in East Lothian. We're playing our part in helping enable a diverse mix of enterprise which really adds to the fabric of the community."

### THE LIGHTHOUSE

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# SHRUBS FOR THE FEBRUARY AND MARCH GARDEN

February and March see the days beginning to lengthen, temperatures increasing, and the sap rising. There is a feeling of anticipation for the new season ahead and the garden coming to life again. Shrubs provide the ideal backbone for mixed borders and can also create an eye-catching focal point. By planting shrubs that flower at different times, you can add interest to the garden throughout the year, including a few early-flowering shrubs to kickstart the year. Pair them with hellebores, aconites, snowdrops, early flowering crocuses and daffodils to brighten even the dreariest of February days.



**CHAENOMELES**  
Few spring flowers can match the flaming orange blooms of the Japanese quince that adorn the branches from March to May. While the flowers look elegant and delicate, this is a robust and easy-to-grow shrub. The bare twigs of *Chaenomeles x superba* 'Crimson and Gold' are smothered in bright red flowers with yellow centres in early spring, followed by yellow fruits. Stunning trained against a wall and invaluable where space is limited.



**WINTER JASMINE**  
Jasmine is known for its perfume, but this fascinating group of plants has so much more to offer the winter garden. *Jasminum nudiflorum*'s mid-yellow flowers are not overtly scented but will bloom from November to March. It grows to around three metres in height and spread and looks wonderful trained over a porch or allowed to ramble over a wall. As its flowering peak is towards the end of winter, in China, it is called Yingchun, which means 'the flower that welcomes spring'.

**WINTER HONEYSUCKLE**  
*Lonicera x purpusii* 'Winter Beauty' is one of the best winter flowering shrubs, featuring intensely fragrant creamy flowers that open from early December and then keep coming until April. Unlike other varieties, it blooms well, even on young plants. If you're short on space, try training them against cool north or east-facing walls. Deciduous shrubby fragrant types like 'Winter Beauty' are best pruned immediately after flowering. Cut back the shoots that have flowered to within 2-4 inches (5-10 cm) of the older wood.



**DAPHNE**  
Daphnes are one of the best-scented shrubs available, and they're easy to grow. 'Evergreen or deciduous, daphnes are generally neat and well-behaved. *Daphne x transatlantica* 'Eternal Fragrance' has a long succession of highly scented white flowers. Plant it near an entrance or pathway where you can enjoy its scent to the full.

**HAMAMELIS**  
These large winter flowering shrubs or small trees with red, orange and yellow flowers are probably better known to many by their common name, witch hazel. *Hamamelis x intermedia* 'Pallida' has beautiful clusters of spidery, sweetly scented, sulphur-yellow flowers which adorn the bare branches of this deciduous shrub. Leaves turn spectacular shades in autumn. You can cut a flowering twig to perfume a room.



**VIBURNUM**  
This hardy shrub bursts into life during winter, producing masses of richly perfumed blooms on bare, woody stems. *Viburnum tinus* 'Eve Price' has glossy evergreen leaves with pink and white flowers bursting from pink buds over a long period in winter and spring. A tough shrub which will grow in most gardens in either sun or shade.

Now is an excellent time to buy these shrubs when you can see them flowering in the nurseries. It is also a good time for planting when spring is just around the corner. And if it snows, remember to shake it off the branches of trees, shrubs and hedges to prevent them from being damaged by the weight.





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## CHINAWARE COMMEMORATES THE LIFE OF HER LATE MAJESTY QUEEN ELIZABETH II

Royal Collection Trust, a department of the Royal Household, has launched a range of official chinaware to commemorate the life of Her late Majesty Queen Elizabeth II.

The chinaware is made by hand in Stoke-on-Trent, Staffordshire using methods and techniques that have remained unchanged for 250 years. From the development of initial designs and creation of individual moulds to the hand-finishing with 22-carat gold and manufacture of the special packaging, the production process encompasses the skills of over 50 individuals from several factories at the heart of the English Potteries.

The chinaware range comprises a mug, pillbox, tankard and a teacup and saucer. Two further commemorative items complete the range: a cotton tea towel made in Northern Ireland and a candle votive made in Hampshire.

The commemorative range can be purchased online from [rct.uk/shop](http://rct.uk/shop) or from the Royal Collection Trust shop at Palace of Holyroodhouse, Edinburgh



The banner © Mihaela Bodlovic



The Dunbar Dementia Carers Group and guests © Mihaela Bodlovic

## BANNER CELEBRATES THE FISH WIVES AND HERRING GIRLS OF DUNBAR

A banner that formed part of a UK-wide project marking 100 years of women's suffrage has returned to Dunbar Library and the group that created it. The Dunbar Dementia Carers Support Group worked with East Lothian-based artist Fiona Hermse (pictured above), with her twins) to create a banner that celebrated the fish wives and herring girls of Dunbar and the wider region.

The completed work, along with more than 100 banners nationwide, was part of a project called PROCESSIONS which saw women and girls marching with their banners in the four UK capital cities in 2018. Last year the banner was displayed in an exhibition in London and is now on permanent display at Dunbar Library.

The banner was created using spray dye, silk painting, mono printing, embroidery and pompom techniques, and incorporates the first part of a quote by Frances Wright, 19th-century Scottish abolitionist and feminist: "Equality is the soul of liberty; there is, in fact, no liberty without it." The reverse includes the well-known poem *The Herrin Trail* by Rita Bradd and the signatures of all those who worked on the final piece.

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