

COMMUNITY & LIFESTYLE MAGAZINE

LOCAL LIFE

APR | MAY 23



*Inspired
Illumination*
...page 6

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to waste. Spring represents renewal, and the biggest gift that change can give us, is the opportunity to renew, the chance to do something new. So we've packed this issue with reasons to do precisely that.

There's our cover star, Amanda Wells, for whom the memory of a small hanging pendant in the family bathroom of her childhood home sowed the seed for her collection of beautifully handcrafted lampshades and lamp bases. Meanwhile, for Becca Ferrier Baker, the pandemic made her re-evaluate what was important. She took a leap of faith to start fulfilling her lifelong dream – running her own record café. And for Dominique Cameron, the name behind her next exhibition, *Up With the Larks*, came about after listening to an album by The Pearlfishers and reflects getting out and about with a sense of optimism for what the day ahead might bring.

Editor's LETTER



With the arrival of spring, we should all be looking forward with a sense of optimism, hope and expectation. Yet, alongside the optimism of spring is a backdrop of profound societal discontent. In recent months half a million workers, teachers, firefighters, civil servants and border staff have been on strike. What's more, a recent YouGov poll found more than 60% of Britons are feeling sad or stressed.


This makes me think that, surely, if the last couple of years has taught us anything, it's that life is too short


A spring issue always gives me a sense of optimism. Pulling together stories of getting out and about and in nature, spring fashions and lighter spring recipes brings a bounce to my step and sets the mind to the Italian Riviera, where I picture myself strolling along the glorious Amalfi coastline or the South of France, watching the beads of perspiration trickle down my glass of rosé. Neither reverie is likely to happen anytime soon, yet I hope this issue filled with spring optimism puts a bounce in your step and you look forward with a sense of sanguinity to the better days ahead. Enjoy the issue.


Kim x

LOCAL LIFE

COMMUNITY & LIFESTYLE MAGAZINE

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INSPIRED ILLUMINATION

A small hanging pendant in the family bathroom of her childhood home sowed the first seed for Amanda Wells' collection of beautifully handcrafted lampshades and lamp bases.



A well-chosen lampshade, whether it sits pretty on a standard lamp, table lamp or hung from the ceiling, can transform a room instantly, bringing a burst of character to a bedroom or living space. And Amanda Wells, who has worked in the interiors industry for over 12 years, gaining a distinction in her soft furnishings qualifications, awarded by the Association of Master Upholsterers and Soft Furnishers, has always been drawn to the artisan craft of a beautifully handmade lampshade.

Amanda, who had lived in England for 20 years, recently moved back to East Lothian with her husband Ed and their two children, Iona and Angus, reconnecting with her roots. After completing further training in 2021, she launched Amanda Wells in March of this year and now designs her own lampshades and delivers bespoke commissions.

Design and craftsmanship are in Amanda's blood – she was first inspired by her grandfather, Campbell Reid of Whytock and Reid, whose Edinburgh-based company, since 1850, were renowned cabinet makers, interior designers and restorers. The

images © Abbi Rose King @folkenrose



Working in her studio outside North Berwick, Amanda individually cuts all eight rattan panels for each shade from a roll of sustainably sourced rattan. They are then fixed to a bespoke light antique frame, and each lampshade is hand-stitched along the trimmings at regular points to ensure a long-lasting and high-quality finish. These stunning lampshades are designed to hang as a pendant or accompany a lamp base, and available in three sizes. Just perfect if you're after a vintage-inspired shade, complete with charming fringing and made from calming natural materials.

Visit Amanda's new online shop, and you'll find gorgeous original handmade lampshades, lamp bases and accessories. Moreover, she carefully selects fabrics and natural materials to complement and contrast – creating unique designs that will illuminate any room's interior scheme.



Amanda in her studio



Rattan Scalloped Tiffany lampshades: *small* bottom diameter 35cm x height (including fringe) 26 cm | *medium* bottom diameter 45cm x height (including fringe) 30cm | *large* bottom diameter 62cm x height (including fringe) 40cm

memories of time spent flicking through pattern books and the decor of her childhood home are ingrained. So much so that the small hanging pendant in the bathroom of her childhood home forms the basis of her Rattan Scalloped Tiffany lampshades. Building on the simplicity of the original design, Amanda has chosen vibrant and vivid colour combinations for the deep fringing, Liberty fabric trimming and braiding around a classic rattan weave to bring these beautiful original designs to life.

AMANDA WELLS

For all your lampshade needs or to discuss a handcrafted design solution for your own home or work space, please contact: Amanda@amandawells.co.uk | 07919 180 432 or visit Amanda's new online shop amandawells.co.uk

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EASTER CHIC

Welcome in Easter with these whimsical Easter-themed ideas, from decorating a tree to filling every surface with touches of spring.



Set your Easter Table

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

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

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



Say it with Flowers

One of the easiest and most obvious ways to decorate for Easter is with seasonal flowers. Select blooms from around the garden or forage for wildflowers to fill one large central vase, a selection of bud vases, or even egg cups to create a stunning floral display. Massed bouquets of one flower also look striking, and the lower price of daffodils makes this a cost-effective option.



Decorate an indoor tree

Although the trend for Easter trees adorned with decorative eggs is rising, it is certainly not a new concept. Ostereierbaum is a well-known, centuries-old German tradition of decorating trees with eggs. And a form of decoration known in Sweden as påskris sees feathers traditionally used with eggs and ornaments on birch branches.

You can buy Easter trees, but making your own is easy. Forage for small branches in your garden or in the woods from trees that haven't yet blossomed, or buy contorted willow from the florist. You can then decorate with Easter egg decorations or cute Easter bunny designs. Pussy willow, curly willow and cherry blossom sprays arranged in a vintage jug or galvanised bucket also look fantastic. Then, hang dyed eggs from the branches for a chic Easter look.

Try hanging branches over your table, from the ceiling or a chandelier. Weave in fresh or faux flowers and suspend a few lightweight eggs to create stunning displays.

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WEDDING DRESSES CLEANED

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SPRING CLEARING

We all know spring cleaning is a great idea, but do you need a clear-out first?
Morag Readman from Bright & Beautiful shares her top tips as the seasons change.



Time it right

It's easier to stay focused if you work in short bursts. Even just 15 minutes per day will soon make a difference. Tackle one room at a time, start at the door and work around the room in a clockwise direction. Play your favourite music, set a timer – and go for it!

Be prepared, be decisive

Take some boxes and label them 'return', 'repair', 'donate' and 'dump'. Pick up one item at a time and decide what to do. Don't over think it, and don't get distracted. 'Returns' are items that are in the wrong room – or even the wrong home if they belong to someone else. Anything that needs fixing should go in 'repair'. The 'donate' box is for the charity shop; the 'dump' box is for the recycling centre.

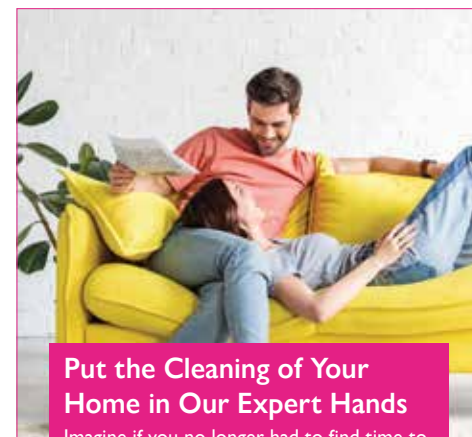
Put 'donate' and 'dump' straight in your car to deliver as soon as you can. Empty the 'returns' box by taking it around the home to put items in the correct room, then arrange to return other people's property as soon as you can. Plan some time to deal with 'repairs'; if you don't do them quickly, consider donating or dumping instead.

Get organised

Plan your home, so there is a 'place for everything, and everything in its place'. Resist the temptation to buy storage items until you have decluttered, then treat your home to easy storage solutions. Putting things back after they've been used is the best way to stop clutter.

Tidy and clean

Now that you've decluttered and organised your space, it's ready to deep clean. If you have run out of energy or time, then let the experts help. We can offer one-off, or regular cleans to keep your home looking its best.



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ALL THAT GLITTERS...

...is not gold. Warm metal tones such as copper and aged brass are taking centre stage. Once only used in traditional settings, these warming metals have been reinvented, adding an element of understated lux and infinite cool – perfect for both bathrooms and kitchens.

The team at **Forever Spaces** tells us how.



KITCHENS

These warmer metallics are great for teaming with blue or green units, but metallic-effect doors also look stunning. Shaker doors with a stylish copper or brass handle are always popular but look for a slab door with a contrasting copper or brass recessed profile detail for a more contemporary feel. Or add a group of copper saucepans or some gorgeous warm metallic bar stools as a nod to this trend.



BATHROOMS

With so much going for copper and aged brass, they can make a stunning addition to any interior, but work exceptionally well in bathrooms. Warm metallics are a failsafe option if you're introducing colourful tiles. Or team with Moroccan tiles to give a luxurious hammam feel. Accessorise with copper bathroom accessories – they'll bring softness and a dash of personality to your bathroom.

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

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Spring is here, and the change of season is a perfect time to boost your beauty routine by giving your makeup bag a bit of a clear-out.

TIME TO SPRING CLEAN YOUR MAKEUP BAG



As it takes a lot to find the perfect makeup – trial and error with foundation alone equates to more time than we care to admit – we tend to hold on to a good thing. As a result, our makeup bags become a catch-all of brands, shades and expired products (which not only perform poorly over time but can wreak havoc on our skin). So, whether your makeup bag is just a bit dirty from daily use or packed to the brim with products making it hard to find what you're looking for, we share our top tips for spring cleaning your makeup bag.



WASH YOUR MAKEUP BAG

The first place to start is with your makeup bag. Whether your favourite eyeshadow has exploded or bits of foundation are rubbed everywhere, remove all the products and clean the bag well. You'll be surprised how much dirt your makeup bag holds. Turn it inside out and rinse it under the tap with soap or shampoo. Or if it's machine washable, pop it in the machine at a low temperature, and it'll come out like new. Wipe or rinse all your products before popping them back in the bag; they will look and feel as good as new.



WASH YOUR BRUSHES

We paint, contour, and highlight our faces with makeup brushes daily, but when was the last time you washed your makeup brushes? Did you know that dirty makeup brushes and tools can cause congestion, breakouts and skin irritation? This is easy to avoid by giving your makeup tools a little TLC. Ideally, brushes should be cleaned every two weeks. Luckily it's simple; all you need is warm water and a gentle anti-bacterial soap. Simply wet your brushes, squeeze a little soap into the palm of your hand, and swirl the brush around, rinsing as you go, massaging it into the base of the brush hairs. You will be amazed at the amount of grime rinsed down the drain. Leave them to dry by laying them flat with the bristles hanging off the edge of a counter. Don't forget your makeup sponges – microbial-resistant sponges like beauty blenders should be cleaned with soap and water once a week and replaced every three to four months.

long you've had your mascara because they have a short shelf life – the wand can attract bacteria that can irritate and harm your eyes. Products with the longest shelf life include blush, bronzers and other face powders.

Spring is also a great time to adapt your products for the warmer weather ahead. Invest in a higher SPF foundation, bronzer, and brighter lip and eye shades.

ADOPT AN ECO-MINDSET

Products packed with chemicals are not only bad for the environment but also for your skin. So, it's time to ditch those harsh chemicals. Luckily, more and more beauty brands now create natural products that haven't been tested on animals and are affordable.

One of the biggest culprits is face wipes and cotton pads. They contain a cocktail of plastics and fibres, which means they're non-biodegradable and bad for your skin and the environment. Plus, makeup wipes don't actually properly remove makeup; they tend to just spread around whatever makeup is on your face and create a breeding ground for bacteria. So instead, swap your throwaway wipes and pads for washable natural and reusable bamboo pads.

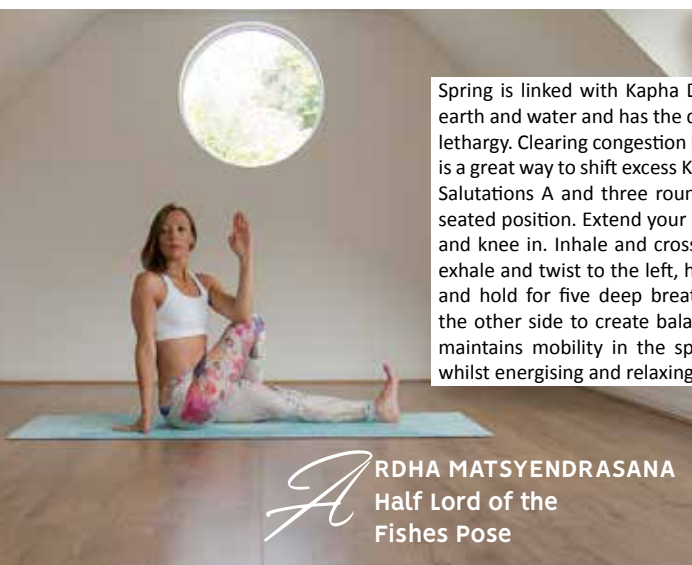
PURGE OLD PRODUCTS

We are all guilty of clutter and accumulating products that we don't use. As much as you love that one perfect lipstick (which you've seemingly had forever), the rule of thumb is that you should be tossing it after about a year. Also, check how

AYURVEDIC YOGA – READY FOR SPRING

words: sally jean rankin | pictures: lindsay scott

For the past six years, my job has been to educate, teach and promote holistic health and well-being via the modalities of Ayurveda and yoga. However, at the end of 2022, I realised my well-being had taken a bit of a back seat; given the extreme situation we have all found ourselves in, it came as no surprise. I wonder, is this a reflection of you too? How are you at setting boundaries to create space for yourself? It takes discipline to say no and to be just a teensy bit selfish. We get so caught up in our past and future selves we neglect ourselves in the present moment. There are many ways to get off the hamster wheel and prioritise your well-being; book a massage, start yoga, meditate, detox, walk in nature, start gardening or simply drink a hot drink without any distractions. Let 2023 be the year you take control. Here are two yoga poses that will ground your energy, so you feel relaxed in the present moment, yet will help you shed your winter coat, ready for spring.



Spring is linked with Kapha Dosha; it relates to the elements of earth and water and has the qualities of moistness, heaviness and lethargy. Clearing congestion by moving and creating internal heat is a great way to shift excess Kapha Dosha. After six rounds of Sun Salutations A and three rounds of Sun Salutations B, come to a seated position. Extend your right leg out and draw your left heel and knee in. Inhale and cross your left leg over your right thigh, exhale and twist to the left, hug your knee tightly into your chest and hold for five deep breaths. Remember to do the same on the other side to create balance. This pose stimulates digestion, maintains mobility in the spine, relieves backache and tension whilst energising and relaxing the body.

ARDHA MATSYENDRASANA
Half Lord of the
Fishes Pose

Return to a seated position and move through a shoulder stand and plough pose, five deep breaths in each. Then come out of plough pose through shoulder stand and into fish pose. Take a deep inhale and as you exhale, engage your core, bring your hands on your mat and slowly start to lower your legs down onto your mat, bringing your hands underneath your buttocks. Inhale and lift up through your chest and take your head gently back, so you rest on the crown of your head. Extend your toes; five deep breaths here. If you are a beginner, you can pop a cushion underneath the crown of your head for elevation, and you can use a Dharma Wheel to help you with your back bend. This is a fun and safe way to access a back bend and will help you progress. Matsyasana energises the body whilst promoting a sense of calm; it releases tension, boosts the immune system, relaxes the nervous system reducing depression and anxiety. It increases mobility and flexibility and stretches, strengthens and lengthens the body.



MATSYASANA
Fish Pose

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IN THE STARS

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



Aries

21 March – 19 April

Your home and friends are important places for you to deal with right now, and there could be some really chaotic moments. You may feel some vague niggles that you can't quite put your finger on in the atmosphere. Remember just to 'be'; sit with what is happening and don't make any rash decisions; this too will pass. You might want to focus on your own values and not take anyone else's word for what you should or shouldn't do.

20 April – 20 May

In a sense, this time is really all about you and what your boundaries and expectations are. This is a good time to focus on what it is you are happy to do and what not. Your career might be in focus or your close neighbourhood. Young children could play a part in your decision-making, which is great, as the youth teach us more than we like to admit.



Taurus



Gemini

21 May – 20 June

Well, Gemini, you are not generally given to flights of fancy, being a pretty practical person, but at this time, you realise that there is more to life than the obvious, maybe even something a bit magical or esoteric. You could get swept up in some fanciful idea; there is no harm in stepping into the water and seeing what this will bring to your life, even if it does seem a little outlandish.



Virgo

23 August – 22 September

Dear Virgo, it is about learning and philosophical attitudes for you; sit back and contemplate what your desire is and then follow through with action. You could even plan a trip far away from home. There may well be new horizons for you; keep your keen eye on what is happening around you.



Sagittarius

22 November – 21 December

If you want to change unhealthy habits, this month is the time to do it. Add more exercise to your daily routine, eat more consciously, and enjoy the spring weather outdoors. You are naturally energetic, and your energy will increase now. Give yourself the satisfaction of making healthy choices. If you have pets, they may need more attention this month; check that they are getting enough attention.



Pisces

19 February – 20 March

You might find you're making more local trips and some routine trips have changed. You may need to travel on a different road to work, or your back door area is different, and you can't use that area for a few days. It is a small change, but it feels as though it affects every area of your life. You'll either get used to it, or it will change again. Relax with the difference; something positive will come from it.



Cancer

21 June – 22 July

Groups are important to you at this time, and you will be better off doing some group work or having friends gather around than trying and do whatever you want on your own. Give yourself a reason to gather your close friends and family around. You may even encounter a new group of people with a good outcome.



Libra

23 September – 22 October

For you, Libra, the month is all about other people and their resources, as well as dealing with some deep-feeling issues going on. It will be a good idea to check your investments and if you can start saving (I know, it's not easy!). It can honestly be about what is most important now and what you can live without. There is healing taking place within a relationship, and it could be that an old friend makes an appearance.



Capricorn

22 December – 19 January

Your creative side needs some attention, and you are on the verge of transforming some old ideas into something worthwhile. Your practical nature might find it challenging to think out of the box about something creative. Maybe it is time to take up a new hobby; how about painting or getting into creative recycling? You might find great pleasure in those pursuits.



Leo

23 July – 22 August

You, dear Leo, need to watch your temper at this time. You may well feel a spurt of energy; use it wisely, go for that walk/run/cycle that you have been meaning to do. Join the gym or start a new exercise routine; it can only benefit you. You might even find a new golf partner or club. Whatever it is, watch your moods and don't let the fiery side consume you.



Scorpio

23 October – 21 November

It's all about your relationship with people, not only loved ones but everyone that you meet. Be sure that you consider them in your decision-making, especially work colleagues. If you are retired, then it is important that you are aware of the people that you interact with; how are they doing? You will be able to help someone in a meaningful way.



Aquarius

20 January – 18 February

Home is where the heart is, and for an Aquarian, that might mean that this is where you put all your energy, even if a little unconventionally. This month, you might want to change things around the home; just warn the people you live with not to expect the furniture to be in the same place. Have fun expressing yourself.

Bernie Rowen-Ross is a Psychotherapist and Complementary Therapist
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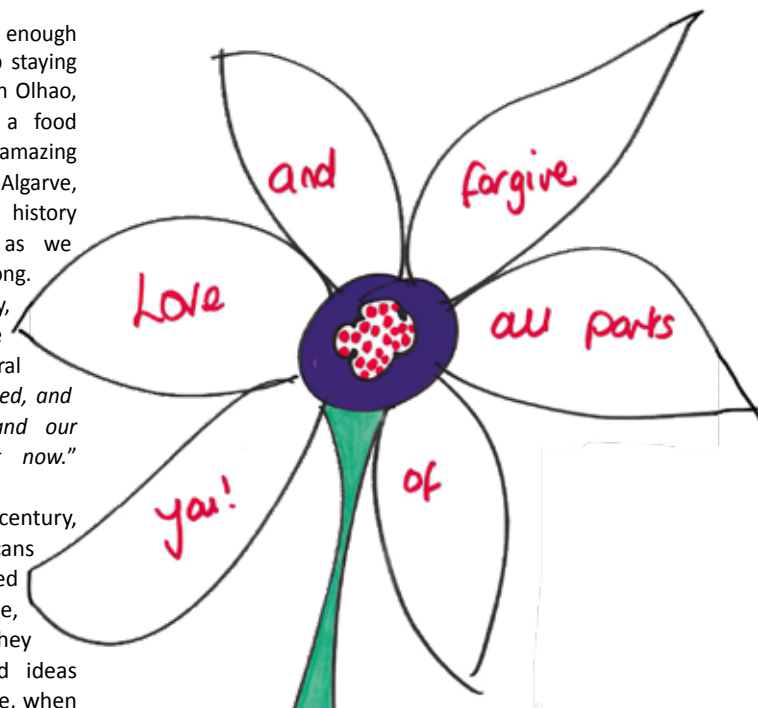
Bernadette Petrie asks, can our history as invaders teach us to love, and forgive?

In 2018, I was lucky enough to be part of a group staying in Villa Casa Fuzetta in Olhao, Portugal. As part of a food walking tour led by the amazing Joana from Eating Algarve, we learned about the history of Portuguese food as we munched our way along. Throughout the day, as Joana spoke, she repeated this line several times; *"We were invaded, and we were invaders, and our food represents that now."*

Throughout the first century, the Spanish, Africans and Balkans invaded Portugal one by one, and as they did, they introduced their food ideas and traditions. Likewise, when the Portuguese invaded other countries, they brought their influences to those countries. What is now evident in both Portuguese food and the Portuguese attitude is the vast mixture of these elements.

Before you think I've switched to writing about food, let's look at how this thought comes into play in this context; *'We were invaded, and we were invaders. Love and forgive all parts of you.'*

Later that evening chatting with Joana, I asked her about the acceptance of the invader as well as the invaded. She smiled and nodded in agreement, *"Yes, maybe we have accepted all of our parts, and we are much more in balance now because of that."*



Having spent that time with Portuguese people, one of the things that stood out to me was their overall and balanced friendliness. Their acceptance of the invader and the invaded identity must undoubtedly be a contributing factor. Through their long history of evolution and political unrest, somehow, they have been able to forgive all parts and sides, resulting in living as balanced people. They are in tune with themselves, and a real sense of balance and emotional strength is evident. The energy of the people I met was very loving and friendly. I now felt sure I knew why.

I often hear about invasions in Irish and Scottish history but have yet to hear us describing ourselves as the invaders. However, based on the

Spanish history timeline Joana referred to, I am sure Irish and Scottish people also need to own the role of the invader.

Maybe a key element to the healing and peace we all seek lies in accepting our national history over the centuries, our family and personal history too. By taking responsibility and owning all parts of the invader and the invaded, we can lean into loving and forgiving them equally.

Article adapted from Bernadette's book *Permission to Shine* – Chapter 13

hello@bernadettepetrie.com

Buy book from: [amazon.co.uk](https://www.amazon.co.uk)

Buy book and card deck from:

NORDEN 82 High St, North Berwick EH39 4HF

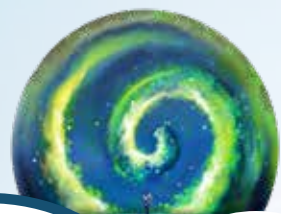


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SPRING ESSENTIALS FROM WILKIES

Spring has a way of sneaking up on us, often meaning a frantic search for a jacket or footwear more suited to the warmer weather. Luckily, North Berwick-based Wilkies is the destination for women's and men's fashion and footwear.

Just minutes from the town centre and train station, Scottish-owned independent fashion retailer Wilkies has been opening its doors on North Berwick's high street for 50 years and stocks a wide range of both womenswear and menswear.

Labels for ladies range from well-known names such as; Barbour, Weird Fish, Joules, Olsen, Betty Barclay, Superdry, Craghoppers and Mistral to harder-to-find boutique labels, including Viz-a-viz, Tigi, Pomodoro, Luca Vanucci and Penny Plain. There's also an extensive selection of hosiery and accessories. Men will be pleased to hear about the new menswear department with collections from Barbour, Jack Jones, Superdry, Craghoppers and Weird Fish, plus underwear and socks from Sock Shop. And the thrifty amongst us will be pleased to see three Jack Jones men's t-shirts for just £30.

As the only footwear shop in town, Wilkies will help you step out in style this spring with an extensive range of footwear from brands including; Rieker, Remonte, Lunar, Lotus, Van Dal, Padder, Hotter, Skechers and Superdry. And with spring showers bound to be on the horizon, check out the fantastic selection of outerwear from fashion pieces and fleeces to fully waterproof, technical garments – ideal for the coastal weather.

Olsen
stripe
knit £99

Ladies
Barbour
Adria jacket
£229



Mens Barbour
Ashby Casual
jacket £149



Right: Ladies
Barbour Rowan
T-shirt £26.95

Middle:
Craghoppers
Milvia half zip
RRP £60
OUR PRICE
£30



£10 OFF
any £60 spend

quote localLife10
offer valid
until 31/5/23

SHOP OUR SPRING FAVOURITES

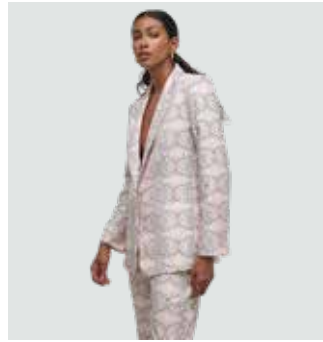
Clockwise from left: Lunar St Ives/ Exbury shoe £49.99 (available in several colours) | Lunar Flamborough leather shoe £53.99 | Remonte leather trainer £75 | White Rieker leather trainer £72



WILKIES, 19-21 Station Hill, North Berwick EH39 4AS
Open Monday – Saturday, 9.30am – 5pm

THE INVITE HAS ARRIVED

As event season blooms into life, here are our favourite outfit solutions that you'll love long after the big day



spring collection now in store!

Secret Boutique
Gullane | since 2005

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



A MAXI IS NOT
OFF-LIMITS
This always elegant
style is a super-
flattering cut that
proves it's fine to go
floor-length.
above: Charley
dress £235
middle: Floral maxi
dress £94.99



YOU DON'T HAVE TO
WEAR A DRESS
A jumpsuit or a bright
suit is always a great
option – an instant
outfit that's flattering on
everyone.
Trousers £119, Jacket £199
Blouse £119



YOU CAN WEAR THE SAME THING
TWICE!
An always-on-trend floral print not
only looks amazing as a modern
wedding guest or race day option,
but it's easy to wear with trainers
and a jacket at the weekends too.
left: Floral & animal print dress
£94.99 *far left:* Pink floral dress £94.99

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



Great Escape summer styles arriving

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APRIL SHOWERS

The adage 'April showers bring May flowers' may put a positive spin on things, but as all Brits know, April means equal parts sunshine and rain. It can be hard to dress practically in uncertain weather while still maintaining your own style. To help, here are some waterproof ways to keep on trend and, most importantly, keep you dry.

THE TRENCH COAT

Audrey Hepburn helped to immortalise the trench coat in her rain-soaked turn as Holly Golightly in *Breakfast at Tiffany's*. Not only is the classic cover-up perennially chic, but it's also lightweight and perfect rainwear.

THE HAT

Avoid bedraggled hair with a stylish but simple fedora, perfect when you've forgotten your umbrella.



REACH FOR RAIN BOOTS

OK, we get it – you might not feel overly eager to put on a pair of wellies, but you've got to admit they're pretty handy. With so many vibrant hues and trending styles to pick from, these trusty boots will work a dream with your fave spring outfit. But if you still think wellies are for the country and you'd rather wear leather boots – then ensure you protect them with a good protector spray; your boots will thank you for it.

THINK ABOUT THE HEMLINE

It's time to ditch the maxis, bootcuts and flares. Instead, stick to skinnies, slim-fitting trousers or mid-length skirts that will work perfectly with your rain or leather boots.

Caz's Style Room



ethical ladies
brand
suits all ages
& sizes
many styles up
to size 24

Caroline is an Independent
Tortue UK consultant
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and personality

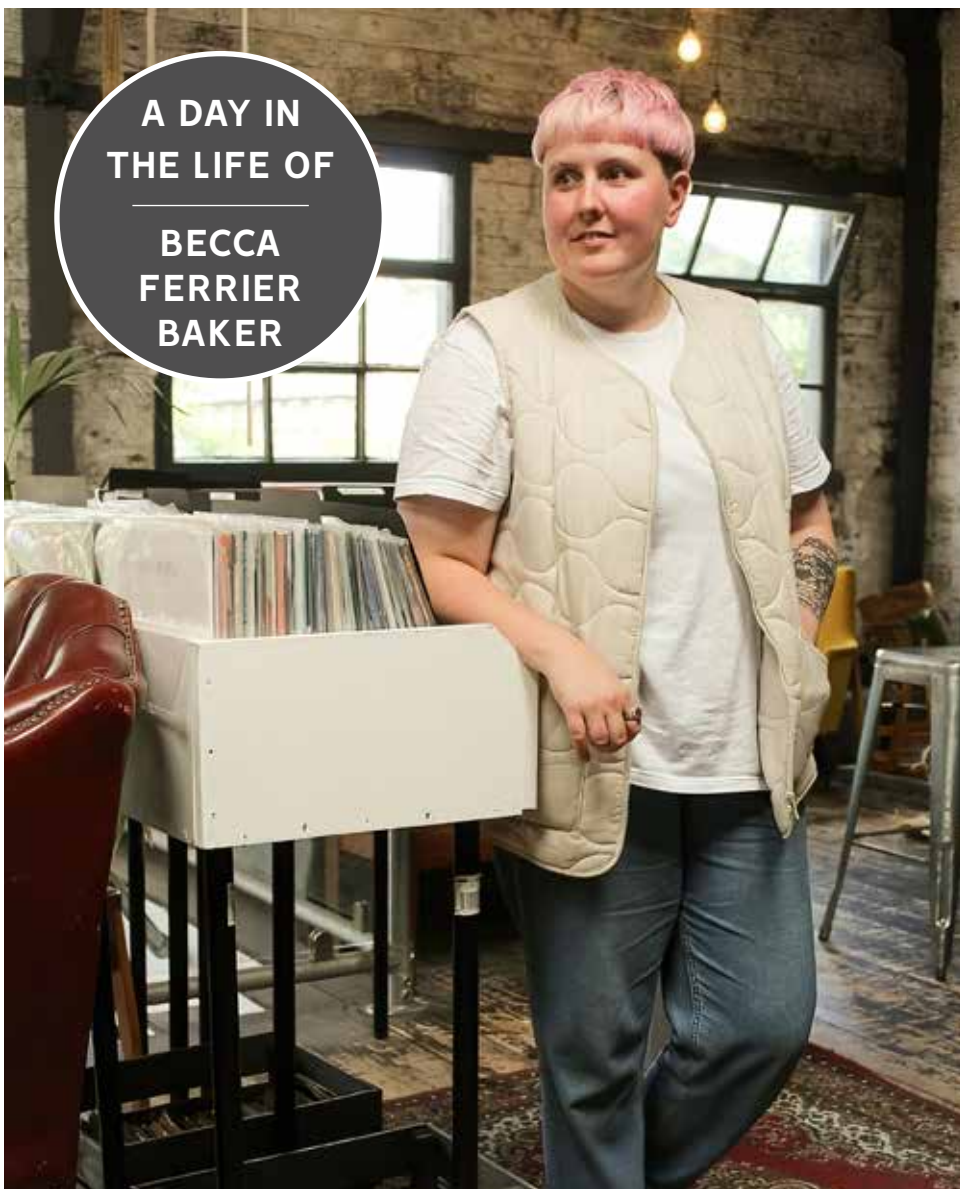


75 High Street,
North Berwick EH39 4HG
01620 890009



A DAY IN THE LIFE OF

BECCA FERRIER BAKER



Becca Ferrier Baker has always loved the process of record digging, buying and collecting. The concept behind Orange Moon Records and Coffee began during the pandemic in 2020; between jobs, Becca began to re-evaluate what was important to her and took a leap of faith to start fulfilling her lifelong dream – running her own record café.

Orange Moon Records aims to create a judgement-free, community-based record-buying experience and coffee shop. Open Friday to Sunday at Steampunk in North Berwick, music lovers can head upstairs for a rummage through Becca's constantly changing crates of vinyl – both new and used. So, grab a coffee, warm yourself by the fire, and listen to some tunes.

I WAKE UP...

Typically on the days I'm working in Orange Moon, I wake up at around 6.30 am. It means I have time to take my two dogs out for a quick stroll before heading into the shop.

WORK STARTS...

I head into Steampunk at around 8.40 am to get all set up ahead of opening at 9 am. There's a little fireplace in the corner of the shop, so I'll get that going and ensure our listening station is all turned on and ready for customers to listen in-store. The amazing team at Steampunk are so kind and always makes sure I have a delicious coffee ready for me to start my day (I'm totally spoiled!).

A TYPICAL DAY...

A typical day in Orange Moon would involve pricing and putting out new stock, cleaning, grading, test playing and pricing old record collections I'm buying, sourcing records for customers, updating the stock on our website and serving customers when they visit the store. On top of that, I am also a DJ and teach DJ workshops, so you'll often find me doing some gig prep/research with my headphones on, deep in concentration!

WHAT INSPIRED ME TO START ORANGE MOON RECORDS...

I have always been totally obsessed with music. I love playing music and chatting with people about it. Over the pandemic, I felt we were all missing out on those really important social interactions and connections, so I wanted to move away from selling online and create a safe and inclusive creative space with community at its core where people can come and hang out, listen to music, chat and drink great coffee!

BEST PART OF THE JOB...

Meeting new people and getting to chat about music all day!

AND THE WORST...

As much as I love DJing, sometimes DJing until the wee hours and having to get up and into the record shop for 9 am the next day is a real struggle. Being based in a coffee shop certainly comes in handy!

CAREER HIGHLIGHT...

One of my career highlights since moving Orange Moon into Steampunk has been watching some of the teenagers from my DJ lessons perform for the first time in the shop for record store day last year.



They did so well. I also loved DJing at Fringe by the Sea – it was great to party with so many familiar North Berwick faces!

AFTER HOURS...

After work (if I don't have a gig), I like to chill and spend time with my wife and dogs. My wife is also self-employed, so our work schedules can be a bit mad! We both really enjoy gigs, so we like to keep an eye on what's coming up.

IN TEN YEARS...

I like the idea of running my own East Lothian-based DJ academy in addition to the record shop. A secondary space that people can hire to practice their skills or learn new ones would be so cool. Who knows what the future may hold...

ORANGE MOON RECORDS
Steampunk 49a Kirk Ports, North Berwick
open Friday – Sunday, 9am–5pm
orangemoonrecords.com



Artist Profile

DOMINIQUE CAMERON

Buachaille Etive Mor



Dominique Cameron is an artist whose practice is rooted in landscape. She draws, paints, films and writes about her encounters whilst walking through an area of interest – be it the urban or the rural environment.

Up with the Larks is a landscape exhibition of process, from figuration toward abstraction. The works include a series of drawings from a traditional, single point of view and move toward a more painterly abstraction that owes more to storytelling, becoming a narrative journey through the landscape. The title *Up with the Larks* came about when Dominique was listening to an album (of the same name) by Scottish rock band, The Pearlfishers. The title reflects the feeling of getting out and about with a sense of optimism for what the day ahead might bring and references Dominique's curiosity about exploring Scotland and the encounters in meeting and making new stories of our landscape.

all images © Gary Doak Photography

Tell us about the work in your solo exhibition at Fidra Fine Art

Up With The Larks is a landscape exhibition that moves from figuration to abstraction as well as being a journey through Scotland's landscape. It is a catalogue of my walks taken over the last year and a half.

How have your life experiences influenced your aesthetic style?

I have always been a walker and very curious about what is around the next corner or over the next hill. These experiences form the basis of my practice.

How have other artists or art genres influenced your sense of aesthetics?

I have a wide collection of landscape art influences. All are so interesting in the ways they tackle ideas around what a landscape can be and have helped me find my own way through. Currently, I am interested in the work of Roy Oxlade and Leon Kossoff.

Where is your favourite or most inspirational place?

My favourite place has to be Rannoch Moor for its beauty and silence.

What did you have to develop, try or learn to create this type of art?

I have had to develop the skill of being present in the landscape, not simply walking through but observing all the enormity and detail of a place.

If you had all the time in the world and unlimited financial means would you create the same art you create today? Or would you create something different?

I would still make the work I am making now. It is me and I am it.



Corrour Station



Finally, do you have a favourite piece in the current exhibition

A favourite piece is *Moon River, along the Forth* as it describes a day out searching the unknown stretches of the river. It is very complete in intention and execution.

UP WITH THE LARKS 6 May – 18 June FIDRA FINE ART

Open Tue to Sat 11 am–4 pm,
Sun 12–4 pm, Closed Mon
7–8 Stanley Road, Gullane
t: 01620 249389
e: alan@fidrafineart.co.uk
fidrafineart.co.uk

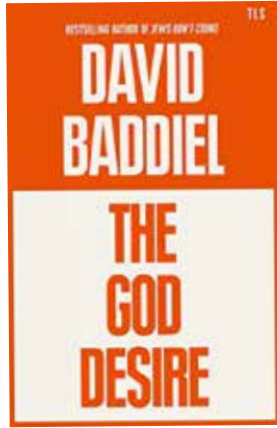
FOUR FAB READS OUT IN APRIL

For April, an eclectic combination of fiction, non-fiction and poetry to stimulate the mind and appease the soul.

The God Desire

by David Baddiel

David Baddiel has spent a lot of time fantasising about how much better life would be if there actually was a God. Unfortunately for him, there isn't. Or at least, that is Baddiel's view in this book, which argues that it is indeed the very intensity of his, and everyone else's, desire for God to exist that proves His non-existence. Anything so deeply wished-for we will, considers Baddiel, make real.



The God Desire emerges as a philosophical essay that utilises Baddiel's trademarks of comedy, storytelling and personal asides, offering a highly readable new perspective on the most ancient of debates. Published by William Collins on April 13th

Homecoming

by Kate Morton

Many years ago, a police investigation is called and the small town of Tumbilla becomes embroiled in one of the most shocking and perplexing murder cases in the history of South Australia.



Six decades on, Jess, a journalist in London, who finds herself laid off from her full-time job and struggling to make ends meet. A phone call out of nowhere summons her back to Sydney, which leads her to begin digging into her past, and that long-forgotten tragedy. Published by Mantle on April 13th



A House for Alice

by Diana Evans

Alice wants to go home to her native Nigeria to die, though three daughters are divided on whether she stays or goes, and tasked with realising her dream of a house in Africa, conflict stirs and old wounds rise to the surface. Meanwhile their father wanders the flames of purgatory, unable to pass into the light. Will Alice get back home and complete the circle of her life, or will London be her final refuge?

Set against the shadows of Grenfell and a country in crisis, these ordinary people are faced with fundamental questions about who they are, what they want and where, and with whom, they want to be. Published by Chatto on April 6th



Divisible by Itself and One

by Kae Tempest

A new poetry collection from the UK's foremost truth-teller, Kae Tempest masterfully steers a path between public-facing performance, dramatic work and the contemplative voice that came to the fore in *Running Upon the Wires*.

Questions of integrity are addressed in direct, affecting terms: how can we be true to ourselves while under constant pressure to conform? Throughout the poems, ideas of form – of the body, gender, and in nature – resurface and resolve, as the poet considers the changes that are sometimes required to be oneself. Published by Picador on April 27th

FIDRA FINE ART SPRING EXHIBITION 18 MARCH TO 30 APRIL 2023

Including: Rosemary Beaton, George Birrell, Georgina Bown, Davy Brown, Nicola Carberry, June Carey, Carol Dewart, Matthew Draper, Alison Dunlop, Michael Durning, Andy Heald, John Johnstone, Ged Lerpiniere, Neil Macdonald, Stephen Mangan, Alice McMurrough, Heather Nevay, Alastair Strachan, Peter Thomson & Helen Wilson

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 | fidrafineart.co.uk

To-do LIST

out and about in
our area...



HUNT FOR EASTER EGGS

Hoppy Days! The popular Easter Egg Trail is once again being held at Newhailes House and Gardens, joining 32 other National Trust for Scotland properties taking part in this egg-travaganza. Use your chocolate detective skills to follow the trail, collect the clues, solve the puzzle and win your chocolate-y reward!

Fri 7 to Sun 9 April, 10am–4pm (last entry 3pm) | Book your trail in advance | £4
nts.org.uk/easter



DOCTOR WHO WORLDS OF WONDER

Head to Edinburgh's National Museum of Scotland for a thrilling exploration of the science behind the long-running hit series Doctor Who.

Doctor Who Worlds of Wonder features eight zones filled with immersive, hands-on experiences. Travel through the Time Vortex Corridor, discover Sonic Screwdrivers, teleportation technology and much more in a TARDIS Tech room, and get up close with some of the series' weird and wonderful creatures in the Monster Vault.

This blockbuster exhibition brings a scientific perspective to The Doctor's adventures, drawing on content from across the full canon of Doctor Who. Is time travel possible? Could complex life exist on other planets? And what would you sound like as a Dalek?



DOCTOR WHO WORLDS OF WONDER
until 1 May 2023
National Museum of Scotland
Chambers Street,
Edinburgh EH1 1JF
nms.ac.uk



VISIT A MAKERS MARKET

On the edge of Pathhead, Rosemains Steading has undergone a complete transformation. Converted farm buildings from the cow shed to the stables are now home to a collection of creative businesses and artisan makers. Don't miss the Village Green @Rosemains Steading makers market, which showcases some of the best local artisans, combined with studio open days where you can see the residents of Rosemains Steading crafting their wares. From potter Ella Fletcher Designs, furniture restorer Ella Key, framer Northwood Framing, beer brewer Kerrs Beer, coffee roaster Common Coffee and skincare maker Seilich. There are also workshops from pottery throwing to natural skincare making, from wood embroidery to wildflower walks to beer tastings. In addition, Common Coffee will be running a café, plus there will be dog walks and events for the whole family.

VILLAGE GREEN @ROSEMAINS STEADING
Saturday 20 May, 11am – 4pm
To find out more follow us on Instagram
[@rosemains_steading](https://www.instagram.com/rosemains_steading)

Weekend TIDE TIMES



APRIL		High Water		Low Water	
		AM	PM	AM	PM
1	Sat	0025	1249	0637	1914
2	Sun	0134	1345	0720	1954
7	Fri	0414	1628	1003	2229
8	Sat	0447	1701	1030	2256
9	Sun	0521	1737	1052	2316
14	Fri	0937	2242	0317	1620
15	Sat	1108		0507	1755
16	Sun	0006	1224	0618	1901
21	Fri	0402	1616	1006	2237
22	Sat	0442	1659	1044	2308
23	Sun	0522	1743	1117	2330
28	Fri	0921	2202	0208	1539
29	Sat	1031	2314	0423	1729
30	Sun	1145		0542	1823
MAY		High Water		Low Water	
		AM	PM	AM	PM
5	Fri	0309	1526	0859	2124
6	Sat	0344	1602	0934	2159
7	Sun	0420	1640	1009	2223
12	Fri	0813	2110	0152	1437
13	Sat	0930	2229	0317	1612
14	Sun	1050	2342	0439	1729
19	Fri	0259	1514	0900	2132
20	Sat	0339	1558	0943	2207
21	Sun	0420	1641	1022	2237
26	Fri	0745	2022	0038	1325
27	Sat	0840	2117	0136	1428
28	Sun	0941	2216	0254	1558

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



STILL STORIES TO TELL

Stories are a vital part of Scotland's culture, and the current exhibition at the Coastal Communities Museum in North Berwick continues to celebrate the tales of our nation.

Visit Scotland dedicated last year to celebrating stories inspired by, written or created in Scotland. The Coastal Communities Museum continues to support this theme with its ongoing exhibition *Land Sea People Stories* and many other exciting exhibits through into its 10th anniversary 2023 Exhibition.

The Coastal Communities Museum began in 1957 as the North Berwick Museum, but in 2002, when new regulations for fire and safety and disabled access were introduced, the museum was forced to close. However, it reopened in 2013 after East Lothian Council made alterations to the building to comply with the regulations.

Since then, there have been yearly exhibitions held to great acclaim. Beginning with the appropriately named *Open for the Open*, created to celebrate the Golf Open Championship held at Muirfield, which coincided with the museum's opening. Several successful exhibitions followed. *Coastal Ward 1914 – 1918* commemorated the beginning and end of the first world war. An exhibition entitled *Rigs to Riches* explored the history of farming in the area, and *99 Objects* featured items of special interest and included objects outside the museum for the first time.

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*. Visitors to

the museum can explore our local community's history and take a journey through the museum, where each exhibit presents a piece of the unique story of our local landscape and heritage. From the origins of the landscape to the mysterious masked preacher, plus the impressive original light from the Bass Rock lighthouse.

To celebrate the museum's tenth anniversary, there are some interesting new exhibits and a reimagined children's area, complete with new activities. A new display will tell the story of the powerful women who ran most aspects of the town during its time as a key pilgrim stop-over on their way to St Andrews. There is a feature on village graveyards and the sinister goings-on that took place within them. Robert Louis Stevenson will also make a striking 'personal' appearance. In July, following up on a featured piece on the BBC's *Antiques Roadshow* and with some further volunteer research, a special loaned exhibit will go on display to celebrate the short life of a brave local heroine.

Entirely run by volunteers, the Coastal Communities Museum is a facilitating place to visit – and who knows, perhaps you'll leave with your own stories to tell.

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



10th ANNIVERSARY

LAND SEA PEOPLE Stories

NEW VOLUNTEERS & TRUSTEES WELCOME

 **COASTAL
COMMUNITIES
MUSEUM**

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

2023 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



LEUCHIE'S THOROUGHBRED FUNDRAISER

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

Leuchie's annual Ascot-themed fundraising event returns to Edinburgh's prestigious Prestonfield House. Taking place on Thursday, 22nd June, in the appropriately-named Stables, The Big Ascot Bash features live streaming of the races from Royal Ascot.

Race-goers are invited to don their most fabulous frocks and fascinators, boaters and blazers to be in with a chance to secure the crown for 'best dressed'. Beginning with champagne and canapés, a delicious three-course meal follows, and guests can bid on a live auction. Television presenter Natasha Raskin-Sharp, best known for *Antiques Road Trip*, *House of Games* and *Bargain Hunt*, will host

the event and last year's host, Christopher Biggins, returns to make a special guest appearance.

Leuchie House needs to generate over £1 million every year to support hundreds of families living from the devastating effects of MS, Stroke, Parkinson's, MND and other neurological conditions through tailored respite breaks and other services. The Big Ascot Bash is one of the charity's biggest annual fundraising events, and last year raised a massive £88,000. Every pound raised from this year's event will go directly towards Leuchie's services, thanks to the generosity of the headline sponsor, Prestonfield House, who are generously donating the entire venue hire and catering cost.



THE BIG ASCOT BASH

Thursday 22 June 2023 | 12–7pm
To book your table contact the fundraising team: 01620 892864
e: fundraising@leuchiehouse.org.uk
leuchiehouse.org.uk



FOODIE FESTIVAL RETURNS

For an entire week this spring, April 10th–16th, the fantastic culinary offerings of East Lothian will once again take centre stage as the Gullane Food and Drink Festival returns for its second year.



The festival launched last year in the wake of a particularly challenging year for food and drink businesses facing COVID restrictions and reduced footfall. The economic situation, which continues to threaten small to medium local businesses, means bringing creators and consumers in the East Lothian community is more important than ever, which is at the heart of the 2023 Gullane Food and Drink Festival.

The event-packed week celebrates the produce, people and places that make up East Lothian's vibrant and varied food and drink scene. Thanks to the overwhelming success of last year's festival and the generous support of sponsor Rettie & Co, some favourite events are set to return alongside new events for the 2023 festival. With a mix of free and paid ticketed events,

the dinners, demonstrations, talks, workshops, tastings and tours will cover everything from berries to bubbles and cakes to kombucha. So there truly is something to tickle everybody's tastebuds.

The hugely popular Artisan and Producers Market is back for the Saturday of the festival week (April 15th) with an even more extensive range of market stalls and fresh street food by some of the county's most talented local food artisans. So stock up your pantries, gather foodie gifts, and pick out something delicious for lunch; this day is going to be (literally) jam-packed.

GULLANE FOOD AND DRINK FESTIVAL | 10–16 APRIL 2023

For the full programme, along with ticket sales and reservations: gullanefoodanddrinkfestival.co.uk



NEW SEASON, NEW LOOK, SAME GREAT PLACE.

HERRINGBONE IS BACK!

After almost a decade of sharing our very own brand of laid-back coastal cool, we felt it was high time to treat ourselves to a bit of a makeover! Following a brief winter break, we are very excited to be back and can't wait to greet friends new and old this summer.

Our fresh new interior makes for an even warmer welcome, with a striking central wine bar, beautiful natural furnishings and beautiful botanical plants throughout. We've also added a dreamy wall mural, an eclectic mix of upcycled furniture, and pops of colour on our wallpaper and handmade clay tiling.

Of course, looks aren't everything, and our reimagined menus are a veritable treat for the tastebuds, whether you are in the mood for flat white as we open, a bite to eat or some perfectly crafted drinks by the sea.

Our chefs have already made themselves at home in the state-of-the-art kitchen, whipping up a whole host of new flavours, such as roasted monkfish wrapped in Parma ham, or spiced celeriac steak with cannelloni beans and spinach.

Some things are too good to change though, so you'll still find all the Herringbone Classics on our menu, from the seared flat iron steak slices with rocket, parmesan, and fries, to the sesame crusted Bass Rock salmon burger with wasabi mayo.

Anticipating a summer like last year's scorcher, we have raised the bar on our drinks offer, stocking up on local craft beers, our favourite wines, and beautifully crafted cocktails. Just the thing for a post beach sundowner or lazy afternoon with the crew.

Be sure to pop in and see for yourself next time you are passing!



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A CELEBRATION OF SPRING

kate lewis & veronica clarke



Well, here we are, folks – British springtime.

Spring is when the natural world around us revives after the colder months. More sunlight and warmer days result in dormant plants awakening and new seedlings to 'spring forth', hence the name, no doubt. We move from warm, comforting soups and stews to lighter dishes and salads. People seem a bit lighter and brighter as we come out of hibernation, looking to go out and enjoy the sunshine. We're eager to invite friends and family for a wee BBQ in the garden or to pop around for coffee, cake and a chat.

So this issue, our recipes are a celebration of the longer and lighter days. A quick, light, versatile salad, allowing you less time in the kitchen and more time to explore the beauty East Lothian has to offer. And a cake that can be enjoyed with friends and family while you 'spill the tea'.

But if you still don't want the hassle of being in the kitchen, you can always visit us in Gifford, and we can do all that for you!

CHEF LEWIS' COFFEE & WALNUT CAKE

INGREDIENTS

FOR THE SPONGE

300g unsalted butter, at room temperature	6 tsp instant coffee
200g golden caster sugar	4 tsp boiling water
100g soft light brown sugar	300g self-raising flour
6 medium eggs, beaten	Pinch of salt
	100g walnuts, chopped

FOR THE BUTTERCREAM

250g unsalted butter, at room temperature	4 tsp boiling water
500g icing sugar, sifted	walnut halves, or chopped walnuts to decorate
6 tsp instant coffee	

METHOD

SPONGE

1. Preheat the oven to 180°C/350°F or gas mark 4.
2. Line three sandwich tins with baking parchment paper. In a stand mixer, cream the butter and both sugars together until the mixture is pale and fluffy.
3. Slowly add the beaten eggs, mixing well between each addition.
4. Dissolve the coffee in the boiling water and add to the mixture, mixing to combine.
5. Sift the flour and a pinch of salt into the bowl, add the chopped walnuts and fold in using a large metal spoon until the mixture is smooth; then divide the mixture between the sandwich tins.
6. Bake on the middle shelf of the preheated oven for about 20-25 minutes until golden, well risen, and a cocktail stick inserted into the middle of the cakes comes out clean.
7. Leave the cakes to rest in the tin for 10 minutes, then turn out onto a wire cooling rack and leave until cold.

BUTTERCREAM AND BUILDING CAKE

1. To make the buttercream, cream the butter and icing sugar together until the mixture is pale and airy.
2. Dissolve the coffee in the boiling water, then leave to cool before you add to the mixture and mix until thoroughly combined. Check the consistency of your mixture; if a little stiff, beat in a little milk.
3. Place the bottom layer of your cake on a serving plate and spread a layer of buttercream on top, then add the next sponge layer and repeat and continue with the third layer. Using the remaining buttercream, decorate your cake and finish how you like using your artistic flair, e.g. chopped walnuts, rose petals etc.

RONNIE'S CHICKEN CAESAR SALAD

INGREDIENTS

FOR THE SALAD

3 thick slices white sourdough (or 3 thick slices of white bread)
3 tbsp olive oil
2 rashers of streaky bacon

Cooked chicken breast or leftover chicken
1 large cos or romaine lettuce, leaves separated
Sea salt & pepper

FOR THE DRESSING

1 garlic clove
1 tub of white anchovies (4 anchovies for the dressing and the rest for garnish) or 1 tsp anchovy paste for dressing
Medium block parmesan or Grano Padano cheese (*you won't use it all*)
250ml mayonnaise

1 tsp Dijon Mustard (optional)*
Dash Worcestershire sauce (optional)*
1 tbsp white wine vinegar
*A true Caesar salad contains mustard and Worcestershire sauce, but if you don't like or don't want them, you don't need to add them, and you will still enjoy the salad.



METHOD

1. Heat oven to 200°C/180°C fan or gas mark 6. Cut the sourdough into squares. Spread over a large baking sheet or tray and sprinkle over 2 tbsp olive oil. Season with sea salt and pepper. Bake for 8-10 minutes, turning the croutons a few times during cooking, so they brown evenly. *Wee tip:* some ovens can be hotter than others, so always keep an eye on the croutons so they don't burn (unless you like them a bit well-fired, of course)

2. Cook streaky bacon until crispy and put to the side to cool. Cut or break the bacon into small to medium pieces.

3. Bash one garlic clove with the flat of a knife and peel off the skin. Crush with a garlic crusher. Mash four anchovies with a fork against the side of a small bowl.

4. Grate a handful of parmesan cheese and mix with the garlic, anchovies, mayonnaise, mustard, Worcestershire sauce, and one tbsp white wine vinegar. Season to taste. It should be the consistency of yoghurt – if yours is thicker, stir in a splash of rapeseed or olive oil. *Wee tip:* you can use a blender like a ninja or nutri bullet, but be careful; they can be quite fast and may split your dressing. If you use a blender, I wouldn't add all the mayo, just half; pulse mix, then stir in the remaining mayo.

5. Tear one large cos or romaine lettuce and keep two to three whole leaves aside for each bowl. The remaining leaves either tear roughly or chop into smaller pieces and put in a large bowl. Add a touch of the Caesar dressing, put a plate over the bowl, and shake to coat the leaves. Then divide in half into serving bowls. Pull chicken into bite-size strips and scatter over the leaves with the croutons and crispy bacon.

6. Drizzle more dressing onto the Caesar salad and use a peeler to shave Parmesan slivers from your cheese block, sprinkle on top, and serve immediately. I also find a wee grind of black pepper over the top really lifts it too.

TOP
Tips

Caesar salad is a quick and filling meal but can also be a great side dish. If you make your salad without the chicken, it is a great side dish for steak and burgers. And the anchovies in the dish make it awesome with lamb. It's a fantastic option as we start firing up the BBQs again

Don't eat meat? No problem Belhaven Smokehouse cold or hot smoked salmon also work well on a Caesar salad. Or use vegan mayo and vegan Parmesan; remove the anchovies and replace with capers and roast sweet potato for a vegan-friendly option

Chicken Caesar is a great way to use chicken leftovers, but you can also quickly cook some chicken with lemon and rosemary to make this quick salad.

Fun Fact: Caesar salad was actually invented in Mexico in the 1920s by restaurateur Caesar Cardini. It's rumoured that he ran out of everything due to a busy spell in his restaurant, so he made something with what he had left. The salad was prepared at the diner's table and still is in certain restaurants in Mexico and California.

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Spring is finally here. The local islands come to life again as the breeding seabirds return after a long winter. By April, the cliff-nesting species, including guillemots, razorbills, fulmars and kittiwakes, will be securing their nesting sites; and the puffins will start to return and prepare their burrows on Craigleith, Fidra and the Isle of May.

If *Wild Isles* has inspired you to learn more about the incredible seabird colonies we have in East Lothian, the 2023 guided wildlife boat trips are a perfect way to experience the sights, sounds and smells of these spectacular seabird cities.

Families will love the Easter holiday activities in the Centre. Professor Egghead is back and bursting with energy to bring you two live science shows, including the new show *WaaatttZaaap* and old favourite *Animal Avengers*. As well as marine-themed storytelling and *What's for Snack* puppet show.



For more hands-on experiences, pull on your wellies and head out along the beach for a guided rockpooling session with Edinburgh Science Festival.

The grownups have not been left out. Choose from coastal wildlife tours (now accessible for wheelchair users thanks to their partnership with the brilliant beach wheelchairs), exhibitions, talks and a changing programme

of pop-up foodie events from paella nights to tastings with wild food and drink innovators Buck & Birch. There really is something for everyone.

Visit seabird.org/events to find out more and book

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 A colorful poster for 'Easter Fun!' featuring a large, stylized sun character with a face, wearing a purple hat and having a yellow lightning bolt on its forehead. The sun is surrounded by small hearts and clouds. The text 'EASTER FUN!' is in large, bold, blue letters. Below it, it says 'Live Science Shows, Storytelling, Puppet Shows & drop-in activities' and '1 to 15 April'. The website 'www.seabird.org/events' is listed. The Scottish Seabird Centre logo is in the bottom right. At the bottom, a dark blue banner contains the text 'DISCOVERY EXPERIENCE • BOAT TRIPS • CAFÉ • GIFT SHOP'.

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 A poster for World Ocean Day featuring a photograph of a young child standing on a surfboard on a beach at sunset. The child is wearing a striped shirt and dark shorts. The ocean waves are breaking in the background. The text 'One Ocean, One Climate, One Future – Together' is prominently displayed. Below it, it says 'BYO Picnic Dinner, West Beach, North Berwick to celebrate World's Ocean Day, 8th June 2023'. The event time is '5 - 9 pm' and it's a 'Community Picnic' that is 'All Welcome'. The World Ocean Day logo is in the bottom left.

Save the date

One Ocean, One Climate, One Future – Together

BYO Picnic Dinner, West Beach, North Berwick
to celebrate World's Ocean Day, 8th June 2023

5 - 9 pm
Community Picnic
All Welcome

World Ocean Day



BANKTON HOUSE

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



One of the most noticeable landmarks as you travel up the A1 is Bankton House near Prestonpans, a splash of colour in the landscape that grabs your attention as you head into Edinburgh. Once described as 'a standing disgrace' to the county, an extensive restoration project 30 years ago saved this old house and its part in one the country's most important events.

The property was originally known by the lovely name of 'Olivestob', with the house being built around 1720. It very much follows the fashions of the day, a solid symmetrical building with decorative flourishes inspired by the classical past around the main entrance and roofline. The stonework is harled, covered in a lime-based coating, often used at the time to help weatherproof the building. A coloured lime wash was also applied as part of the restoration, a mixture known as copperas, which gives the building its distinctive orangey colour.

On one side of the main house is a large doocot, once used for keeping pigeons for the table. On the other is a belvedere, a pavilion used as a viewpoint to admire the estate. Opening up houses to the surrounding landscape was a new style for the time,

with the south front also designed to face onto a substantial orchard.

Back in 1745, the owner of the house was Colonel James Gardiner, a distinguished soldier who had fought in wars on the continent, but his last battle was to be within sight of his own home. A Jacobite army led by Bonnie Prince Charlie had cornered a small force of British troops near Prestonpans, including Gardiner's own regiment of dragoons. The British soldiers broke and fled, and Colonel Gardiner was seriously wounded attempting to rally the troops. He was found by a servant who took him to the manse at Tranent, but Gardiner later died of his wounds. A monument to the gallant colonel was built in Victorian times close to Bankton House.

Today the house is privately owned, but if you follow the battlefield trail, you can see the monument and take a peek inside the undercroft of the doocot. This now has a small exhibition on Colonel Gardiner and his part in the battle. It is well worth a visit and appreciating how this treasure has been saved for future generations.

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from left to right: Amanda Richardson, Claire Christie, Kathryn Wilson, Angela Craig

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We want to provide quality, value-for-money family law advice for the people of East Lothian and the surrounding regions. It is important that our clients leave us feeling they had a positive experience at what is often a very difficult time in their lives."

Kathryn Wilson is joining her as a consultant with 35 years of legal experience across Scotland. Kathryn secured many significant roles, such as on the Advisory Panel for the Scottish Law Commission on cohabitation law reform. Alongside them are fellow director Angela Craig and paralegal Amanda Richardson. Both have spent significant time practising family law.



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TEAPOT TRUST TO HAVE A GARDEN AT CHELSEA

The Teapot Trust, a Scottish charity which offers art therapy to children and young people living with chronic conditions, will have the chance to show off the power of art therapy at this year's RHS Chelsea Flower Show which takes place from the 23rd to 27th May.



The Teapot Trust Elsewhere Garden, which explores the transformative power of art therapy for children with chronic illnesses, is a partnership between the Scottish art therapy charity and Scottish-Swiss design studio Semple Begg. It marks a rare Chelsea appearance for Scottish charities and designers, made possible by a grant from Project Giving Back, which provide funding for good causes at the RHS Chelsea Flower Show.

Teapot Trust is a charity at the forefront of transformative mental health support that provides art therapy to children, young people and their families living with chronic conditions. One in four

children and young people in the UK live with the pain and stigma of chronic health conditions that cause anxiety and depression. Almost a third of those under 21 who take their own lives have a long-term chronic illness. Sarah Randell, Chief Executive of Teapot Trust, said, "We are absolutely thrilled to have a show garden at RHS Chelsea Flower Show. Our garden designers have done a fabulous job creating the 'Elsewhere Garden', which perfectly illustrates the escape that art therapy gives children from the pain and stigma of a chronic health condition, allowing them to express and process their feelings about their diagnosis, their treatment regime, and the wider impact of their condition on daily life."



Susan Begg (left), Nicola Semple (right)

The Teapot Trust Elsewhere Garden was created by talented garden designers Nicola Semple and Susan Begg, who are incredibly skilled at telling a story through planting. With over 30 combined years of experience, Nicola and Susan started Semple Begg in 2014, with a Swiss practice opening in 2018. 'Elsewhere' features a 'dolly mixture' stream which brims with bright candelabra primulas. Coloured panels feature simplified children's artwork, while kinetic sculptures and sound art illustrates the power of art to unlock the imagination, encouraging us to see and hear in new ways. Susan explained, "The Elsewhere Garden represents a child's imagination as it blossoms in response to the freedom gifted by art therapy. Through this escape into art, children find coping strategies to deal with life." Nicola added, "For inspiration, we looked to Willy Wonka's factory, to Oz and Wonderland. Where colour is vivid and exuberant, shape and form are exaggerated. And, where the inner world of a child's anxiety is expressed as an outer wonderland."

Following the RHS Chelsea Flower Show in May, the garden will be relocated to its permanent home at the Royal Hospital for Children in Glasgow, which serves social need areas where chronic illness in children is two and a half times more prevalent. As an inclusive space to help overcome barriers to accessing healthcare, it will be used for outdoor art therapy, and all patients and visitors will be welcome.

Commenting on the relocation Prof Tom Steele, Director of Estates and Facilities for NHS Greater Glasgow and Clyde, said, "We are delighted to be receiving this unique garden space which I am sure will have an instant benefit for our patients, families and staff. NHS Greater Glasgow and Clyde manages a diverse portfolio of land across central Scotland that has the potential to improve the wellbeing of surrounding communities by enhancing the environment and creating green spaces which improve mental and physical health."

Increasing evidence links access and use of green space to a multitude of healthcare benefits. Recognising the health and social benefits of high-quality green space leads to better outcomes, not only for patients, but for staff and the wider community and is a priority for NHSGGC. Our experience throughout the pandemic has shown us that access to high-quality external space is essential for wellbeing."

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WORRYING ABOUT THE SECURITY OF YOUR HOME?

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There are, however, many simple and inexpensive steps you can take to improve security and make your property and possessions less attractive to criminals, and Homeland Security includes these recommendations as part of their client consultation and survey. With 30 years experience protecting and helping the public in a policing domain, Gary Dickson started Homeland Security in 2016 to help, advise and recommend security enhancements to residential and commercial property owners in Edinburgh and the Lothians.

Homeland Security delivers a professional bespoke service tailored to each client's requirements and includes effective measures to protect properties better and make them less of a target. Services include conducting a full security survey, installing and maintaining intruder alarms, CCTV and door access systems, perimeter enhancements to fencing and gates, and replacing door and window locks.

"But," Gary explains, "effective security is not just about fitting a CCTV camera or installing a burglar alarm. The more preventative layers you can add will ultimately make your house look less appealing to target and less likely to be targeted." Homeland Security can turn around an initial consultation into a full installation service within a short period. Gary adds, "At this time of increased financial commitments, we do not and never have required clients to take out expensive servicing or maintenance contracts. The alarm and CCTV systems are supplied and installed for an agreed price, and there are no hidden or lasting costs for the customer." Many pet owners are reluctant to fit an alarm system with active pets in the house. However, with careful planning and different alarm sensors, your home can be set into different alarming zones to enable the alarm to be used 24/7, even with pets at home.

Three things you can do right now to help protect your property and possessions:

1. Secure the access points to your home; get a robust lock fitted to your side gate to make it less easy for an intruder to access the more vulnerable rear garden area.
2. If you have bicycles stored in a shed or garage, use a good quality chain and padlock to lock at least two or more bikes together. Making it difficult for an intruder to steal and either cycle or transport the bikes away.
3. A house in darkness, especially during early evenings in autumn and winter, will draw an intruder's attention to your property. Leave a couple of side lamps on automatic timers to give the impression that someone is at home.

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And Finally...

FIVE MEMORABLE CORONATION MOMENTS

On May 6th, eyes around the world will be focused on Westminster Abbey, where King Charles III's coronation takes place. We take a moment to reflect on the most memorable crowning moments in Britain's history.

THE ONE WITH THE UNWELCOME GUEST

When it comes to organising large gatherings, there is always at least one family member you hope won't show up. In the case of George IV at his 1821 coronation, it was his estranged wife, Caroline of Brunswick.

Having wed in 1795, the union had long been acrimonious, with the couple separating only a year into their marriage. George IV had sought various avenues for divorce, but with the pair still very much wed on the date of his coronation, his only option was to lock his queen out. She was jeered by the awaiting crowds and died two weeks later.

THE ONE WHERE THEY LINED THE STREETS

Having ascended to the throne in 1377 at the tender age of 10,



Richard II's crowning was already a rare moment in the annals. His coronation ceremony featured the first-ever procession when he rode on horseback from the Tower of London to Westminster Abbey and back amidst the cheering crowds and streets bedecked with banners and decorations.

THE ONE WHO DID IT HIS WAY

Keen to step out of his father's shadow, George II was determined to make an impression on his subjects from the very get-go.

Subsequently, the task of writing four new coronation anthems fell to famed composer George Frideric Handel. Needless to say, the songs were instant classics and are still performed around the world today.

THE ONE WITH SIBLING RIVALRY

For Mary I, the coronation was not just about becoming queen, but about setting order right in the country. A staunch Catholic, Mary I was convinced that her late brother, Edward VI, had tainted several aspects of the ceremony with his Protestant beliefs.



She demanded new coronation oil from the Catholic Bishop of Arras, and an alternative chair to the ancient one usually sat in by incoming monarchs. Naturally, her wishes were granted, for few dared say no to 'Bloody Mary' (a nickname she would earn after burning 280 protestants at the stake).

THE ONE WHERE EVERYONE FORGOT THEIR LINES

Queen Victoria's coronation was tainted by poor organisation. During the ceremony, an elderly peer fell down the stairs on his way to pay homage to the Queen, the coronation ring was forcefully shoved onto the wrong finger (taking an hour to remove), and at one point, a bishop told her the service was over when it was still ongoing, leading to her being called back to finish the ceremony.

CULTURAL CORONATION



As we look forward to the coronation of King Charles III, we consider how the term 'Coronation' has permeated so much of our language today.

CORONATION STREET

The first episode of Coronation Street aired on December 9th 1960, just seven years after Elizabeth II took the throne. It has since become the world's longest-running soap opera, clocking up almost 11,000 episodes, with actor William Roache, who plays Ken Barlow, an ever-present since episode one. In that time, he has had three wives and almost 30 girlfriends and, by his own admission, says he represents *"the most dysfunctional of families"*! But, of course, the Weatherfield location is entirely fictional, unlike, that is, the 74 Coronation Streets that exist around the UK.

CORONATION, THE TOWN

Three towns go by the name of Coronation. Two are in South Africa, while the other is in Alberta, Canada. Swamping all three in size, if not population, is the Coronation Glacier, which is found on Baffin Island in Canada, and measures around 660km sq.

CORONATION CHICKEN

A dish inspired by George V's Silver Jubilee in 1935 and perfected by Winkfield Place College student

Angela Wood, who was tasked with preparing a coronation dish in advance of a 350-person banquet to be held at Westminster School. The dish combines flavour, spice and sweetness, and is a generational favourite across the Commonwealth and beyond.

CORONATION HORSES

Two famous horses have taken the name Coronation. Both Thoroughbreds; they first rode to victory at the 1841 Epsom Derby, and over a hundred years later, in 1949, another by the same name won the Prix de l'Arc de Triomphe.

CORONATION TRANSPORT

The magnificent Coronation Class locomotive, built in 1937, once held the British speed record, clocking 126mph. The 6220's maiden run in June of that year was tempered by its inability to slow, and it tore through Crewe station's reverse curves at 53mph – well above the 20mph limit – much to the panic of passengers!

Meanwhile, the HMS Coronation gunship was built in Portsmouth and launched in 1685. She took part in the Battle of Beachy Head

in 1690 against the French but dragged her anchors the following year near Penlee Point in Cornwall and was wrecked, with 600 of the 620 onboard perishing. The wreck was discovered in 1967 and is now protected by English Heritage.

CORONATION ROCK

A large rocky formation located on planet Mars, near the landing site of the Curiosity rover, is named Coronation.

CORONATION GRAPE

Finally, the Coronation grape, also known as the Sovereign Coronation grape. This hardy variety was formulated in British Columbia, Canada, with around 2.5 million kilograms produced each year.





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