

COMMUNITY & LIFESTYLE MAGAZINE

LOCAL LIFE

JUN | JUL 23

*Soak up the Seaside in Style
with Laura Thomas Co*

...page 14

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Editor's LETTER



While our long anticipated summer does not technically start until June 21, the month of May has always acted as the metaphorical season opener. Rapeseed blooms; the breeze gets a bit warmer, the skies blaze a more vibrant shade of blue, and the days are longer.

Summer in Scotland can, without a doubt, deliver a mixed bag. Meaning many of us escape to (consistently) sunnier climes, but there's something undeniably alluring about this country when the sun does shine. Summer in East Lothian never stops

working its inexplicable magic. So, this issue is about the magic of summer – taking the time to enjoy the warmer months and the place we live. And Laura Wilson, the founder of Laura Thomas Co, is no better advocate for a Scottish summer. Her stunning new range, featured on our cover, is inspired by Scottish beaches and our beautiful coastline. And, of course, there's so much to see and do; Fringe by the Sea returns to North Berwick, and there's a spate of new shows at the area's museums and art galleries.

But if you do plan on packing a suitcase and heading off on a much-needed holiday, we have the perfect summer holiday edit and beauty products you can make at home to get your skin summer holiday ready. Plus, all our regular features too – interiors, health, gardening, and so much more.

This issue, we're also excited to include a collaboration with the North Berwick Community Council (NBCC), which brings various local news updates and provides information on the workings of community groups and clubs.

So this summer, walk, garden, explore, read, dine out with friends, and experience one of the county's numerous shows and expectations. Or simply breathe deeply and enjoy the magical experience that is summer in East Lothian.

Until next time.

Kim x

LOCAL LIFE COMMUNITY & LIFESTYLE MAGAZINE



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Summer HOLIDAY EDIT

THE WEAR AND WEAR AGAIN

Style workhorses that look crisp and clean on their own should always be one of the first things to go into your bag. Plain tees, white jeans, trousers and shorts can all dressed up or down. And on your feet, you can't go wrong with a pair of classic white trainers and sandals – for both comfort and style!



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Whether you are packing for a beach paradise, city break or relaxing staycation, the secret is a few key, clever pieces that do many things, from days by the pool to city exploring, casual al fresco lunches to smart dinners.

THE DAY-TO-NIGHT DRESS

A day-to-night dress is a true holiday staple. Floaty midi styles are the most versatile; they work as beach cover-ups during the day but are easily elevated come evening with a belt and statement jewellery.



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THE COVER-UPS

Throw-on shirts, clever cardis and lightweight jackets can all double up as beach cover-ups or throw on as an extra layer in the evening.



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THE STATEMENT PIECE

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BAGS OF STYLE

It's official – oversized totes are replacing ultra-mini handbags for summer 2023

If you've spent the last few years Marie Kondo-ing the contents of your handbag so you can fit it all neatly into one of the petite purses that have been supremely on-trend (but impossibly impractical), prepare to be delighted. For the sartorial winds have blown once more, and that which was tiny is now enormous. Put simply; oversized handbags are back in a BIG way.



Devoted fashion mavens may have noticed the shift in trend at the SS23 shows as diminutive models appeared even more so as they hauled enormous carryalls down narrow catwalks. Models at Marni and Ferragamo paraded the runway with tote bags that were big enough to store a weekend's worth of goods.

After many seasons of micro bags, it's refreshing to see bags that are a practical choice for our 24-hour lifestyles, which include hauling a laptop, beauty essentials, and more. Investing in a soft, oversized leather tote is always a good idea. But they're also great in novelty materials, such as canvas, neoprene, or raffia – and make fabulous beach bags.

Teeny-tiny bags have been du jour for so long that it isn't surprising that things are now going the other way. It's a matter of practicality, especially over the summer months. Holidays, weekend getaways and beach days pair perfectly with the usefulness of a spacious bag.

To misquote the infamous line from Jaws: "...you're gonna need a bigger tote."

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COASTAL KIDS FOR SALE

Leaving behind a teaching career, Veeann James took a leap of faith and opened Coastal Kids on North Berwick's high street. For five years, she has been at the helm of a shop which both children and their parents love, but now she tells us it's time to move on, and she's looking for another like-minded person to buy the business.



Returning to Scotland eight years ago with her two young boys, Veeann knew she no longer wanted to be a teacher. A huge fan of North Berwick, Veeann and her family had been visiting for many years during the summer, and she was surprised there wasn't an independent shop that catered solely for children. And so, of course, the seed was sown for Coastal Kids, which opened in September 2018. Veeann says, "I was very grateful to the Scottish Business Enterprise for the courses, advice, support and help they offered and which enabled me to set up my own business."

"It's been an amazing five years, and I am very proud of what I have created and built. But now it's time for me to move on and pursue my passion for writing. I had time during lockdown to reignite this passion and have now been submitting my writing for publication and am considering several offers."

Veeann hopes to sell the business to someone with the same love and creativity she has and hopes the right person will grow it to the next stage. She adds, "It's been wonderful and the best feeling seeing not just people walking around with a coastal kids

bag but to see children wearing the clothes and playing with the toys. I have also loved dressing my two sons in the clothes and seeing them growing up wearing clothes I chose for the shop."

From customers to brand reps to the children and the other shop owners on the high street, Veeann has built excellent relationships with people and will miss them greatly. "North Berwick is really lucky to have such a fantastic high street with some wonderful independent shops, and it's a great community to be part of."

To find out more contact Veeann:

COASTAL KIDS
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THE KITCHEN SPA

Why spend a fortune on fancy beauty products when you can raid the kitchen cupboards to make salon-quality treatments at home?

BROWN SUGAR BUZZ BODY SCRUB

Mix brown sugar, leftover coffee grounds, olive oil and a drizzle of honey. Rub generously onto the body and shower off.

Benefits: Papaya is packed with vitamins A, C and E and also contains alpha hydroxy acids, which exfoliate and brighten, while honey moisturises.

Benefits: Olive oil moisturises, sugar exfoliates, honey is healing, and ground coffee has been shown to reduce cellulite over time.

PAPAYA PUNCH FACE MASK

Blend half a ripe papaya with fresh lemon juice and honey. Apply to face for 15 minutes, then wash off.

BRUNCH BUNCH HAIR MASK

Mash half an avocado with two egg yolks, apply to wet or dry hair and leave for 20 minutes before shampooing thoroughly.

Benefits: Egg is pure protein, vital to rebuilding and restoring hair, while avocado is full of vitamins and fats that will help hair shine.



COCONUT MASSAGE BARS

Give coconut oil a quick blast in the microwave, then add your favourite essential oils. Grapefruit and bergamot to invigorate; cinnamon, sweet orange and vanilla to relax.

Pour into silicone moulds to set, then rub over the body post-shower (while wet) for super-soft skin.

Benefits: Coconut oil moisturises while essential oils relax and fragrance.



BRILLIANT BATH BOMBS

Mix one cup of baking soda, half a cup of citric acid and half a cup of Epsom salts, then separately mix three teaspoons of olive oil, two teaspoons of essential oil, one teaspoon of water and food colouring.

Add wet mixture slowly to dry until you have a sandy texture you can pack into moulds, then leave to dry before using in the bath.

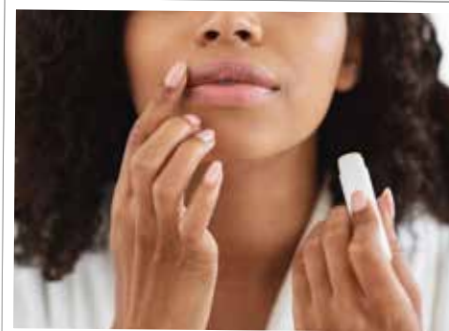
Benefits: Epsom salts soften skin, oils relax, and baths generally make your day better!

PEPPERMINT CHAPSTICK

Add 1oz of beeswax and three heaped teaspoons of coconut oil into a saucepan and heat on low until completely melted. Next, pour the mixture into a container, adding 10-15 drops of peppermint essential oil and stir well.

Now decant into a container and dab onto the lips whenever you need a tingly revival.

Benefits: Peppermint has been scientifically proven to offer a range of health benefits, including killing germs, relieving pain, improving mental function, and reducing stress.



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SOAK UP THE SEASIDE IN STYLE

Finding the best beach towels, whether the most stylish or practical, is a must for the perfect summer set-up.



You may be heading to sunny Santorini, or you might not be travelling abroad this year at all. Even if you've only planned a weekend staycation, or you're simply heading to one of East Lothian's gorgeous beaches for the day, a cute new towel in tow will be the perfect treat to mark the occasion. Or, perhaps your sun lounger or garden furniture needs brightening? Then a chic (but practical) beach towel is a must.

Believe it or not, not all towels are created equal. Unlike your other towels, the best beach towels are designed to handle a lot of wear and tear as they're exposed to the sun, sand, salt water, chlorine, sun cream and more. And the team at Laura



Thomas Co know their beach towel stuff.

Inspired by her ten years of coastal living in New Zealand and now East Lothian, founder of Laura Thomas Co, Laura Wilson's simple beach life and slower pace of the day resonated with her. And this would become the mindset and ethos of Laura Thomas Co products.

Laura is inspired by Scottish beaches and the coastline when creating new ranges for Laura Thomas Co. Encompassing everything coastal from smells and scents to things that would be handy to have. And the newly launched SS23 textile range is all about the long summer days spent at the beach. The hugely-popular Pineapple Towels are back after being launched last year. They're a slightly different colour with a more vibrant blue allowing the pink to pop more than last year's shade of pink and light grey. Also launching are the cutest beach towels designed for children and grown-up ocean lovers with decorative patterns of octopus, shells, seahorses and fish. Plus, the terry toweling Multi Coloured Spot Beach Towels are perfect for beach days with happy vibes.

Versatile enough to be used as a towel, picnic rug or even blankets and wraps for the cooler nights, your perfect summer set-up starts at Laura Thomas Co.



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AYURVEDIC YOGA FOR TRAVEL

words: sally jean rankin | pictures: lindsay scott

After an exciting and highly eventful start to 2023, I realised I was completely burnt out (who's with me?). As well as being burnt out, I also suffered from Empty Nest Syndrome as my son had started at Dundee University. I needed to get away. Three flights and a three-hour drive later, I was very stiff and felt like a shrivelled prune, so I reached into my Ayurvedic and Yoga tool kit and, the following morning, practised 20 minutes of gentle slow-flow yoga and then drank a mug of hot water with ghee followed by a delicious fresh ginger lemon tea. I also avoided dry foods, ate plenty of fibrous fruit and vegetables, and drank lots of coconut water. Even though I was in a very hot country, I still followed my morning routine, which worked a treat. Remember, no matter where you are, you can still apply Ayurvedic principles and practice yoga to keep you on track. Here are two poses you can even do on the plane that will help keep you supple.

Start on all fours in tabletop position. Create your strong foundation by keeping your wrists in line with your elbows and your hips in line with your knees. Inhale, draw your navel into your spine, exhale, lift your knees up, and push your hips up and back into Adho Mukha Svanasana. Spread your fingers wide, creating a Hasta Bandha lock, lengthen through the spine, opening the back, roll your shoulders away from your ears and draw your inner elbows in. Keep your feet hip-width apart, hips up, thighs back and heels to ground, gazing to your toes, knees or navel. Stay for five deep breaths. Ahhhh. Bliss! This pose is de-stressing, promoting relaxation. It stretches, strengthens and lengthens the body, increasing flexibility and range of motion.

ADHO MUKHA SVANASANA
Downward Facing Dog

Come to standing with your feet slightly apart, and make sure you feel stable. Standing tall and strong, feet grounded, arms by your sides, extend through the fingertips and the crown of the head. Gaze forward and take some deep breaths in and out of the nose. Lift your toes up, spread them wide and ground them back down, feeling the four corners of your feet. Inhale and sweep your arms up, exhale and gaze to your thumbs. Inhale and push your hips forward, exhale, take your arms back, still gazing at your thumbs if you can for a backbend. Do this three more times. Then come back to standing with your arms by your sides. Inhale and take your arms back up over your head; this time, come to your tip toes giving the toes a good stretch. Come back to a standing neutral position and circle your hips six times one way and then the other. This is a fantastic pose to help stretch and lengthen the body, increasing flexibility, range of motion and circulation.

UTTHITA TADASANA
Extended Mountain
Pose with Backbend

To learn more or to book your appointment for Ayurveda and/or Yoga with Sally, please go to:
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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.

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IN THE STARS

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



21 May – 20 June

Dear Gemini, you enjoy a good discussion, and this time is no different, except I would steer clear of any contentious subjects. You might get a bit hot under the collar and say something you might regret later, so watch how the conversations flow. Spend time in familiar surroundings and invite people to visit you at home.



Cancer

21 June – 22 July

It's around your birthday time, and you may want to celebrate, and who doesn't? Many Cancerians would prefer a quiet, intimate evening to celebrate, and it's the right time of year to be entertaining outside. A small group of friends and nothing too costly would suit you right now. There is no harm in the BYOB idea for a party in these times; grab the opportunity to enjoy your friends.



Leo

23 July – 22 August
Well, Leo, do you want just to observe what is happening around you now? There are times when this

is appropriate; it isn't compulsory to be out and about and visible to everyone all the time. You are welcome to some quiet time and time of reflection. It can do you some good. You also need some breathing space, and as long as your friends and family understand, then take some time for yourself.



Scorpio

23 October – 21 November
It is time to take stock of your lifestyle and, where necessary, to make changes. When you

work, you work very hard, and you play hard as well. Right now, it is the right time to take a break, take some time out to enjoy nature, and reflect on what is most important in your life. Is it your family, your health, or your work? Make sure you make the right choices for yourself and your loved ones.



Pisces

20 January – 18 February
There is no reason to fight change; it will happen no matter what you do. We can only

plan for small things because the universal energies do what they want to do. We cannot stop nature; if it is raining, we can use an umbrella, but we can't stop the rain, so go with the flow, and that will be easier, and you will enjoy a new perspective.



Taurus

20 April – 20 May

It's spring, dear Taurians; it's time to get into the garden and become grounded in creating a place you are proud of. A transformation is taking place in your life, and now is the time to grab it with both hands and enjoy being productive in making your garden a happy place for summer. If you live in a flat, make a little indoor herb garden, you will be pleased that you did.



Virgo

23 August – 22 September
Dear Virgo, this will be a great time to start if you haven't taken up a new exercise regime.

Go with a group of friends walking or swimming; there are no end of benefits for you if you can do that. When you are at work, take a colleague with you for a walk at lunchtime and listen to them; they may share important information.



Sagittarius

22 November – 21 December

Your philosophical outlook on life is being challenged now, and you aren't sure why. I would think you are looking outward when in fact, it is the inner work that counts. Contemplate all the different aspects of your life and which ones are most important to you, then put your focus there. You are not concerned about what others think about you, so if it is unconventional, so be it, as long as it is authentic.



Pisces

19 February – 20 March
If you have recently made some resolutions to live a healthier life, please stick to them. You know what is good for you; if you don't know, ask an expert. Because this is a great time for new beginnings, and you will take your decision seriously because it has not been imposed on you; it comes from within. Enjoy your autonomy.



Libra

23 September – 22 October
You may feel a little dreamy, Libra, or you can't quite put your finger on what is going on around

you. Don't worry; it is temporary, and taking this as a time to be more creative will help you feel grounded. Keep your focus on the bigger picture, maybe even get involved in some activity such as becoming an activist about climate change or expand your knowledge of local government and what you can do to make things run smoother.



Capricorn

22 December – 19 January

Stable, reliable Capricorn, you are about to break out of the mould and surprise everyone, even yourself. Something or someone is suggesting change, and you don't really like change, but this time, you want to clean up your act and experience something different. Go for it! As long as it is legal and not dangerous, have fun, and allow your inner child to play!



Aries

21 March – 19 April

Well, you have had the parties and the celebrations, and now is the time to settle down at home and be creative. Allow your self-expression to take on new heights as the planets favour creativity. That could mean simply changing your furniture around or creating an artistic statement. Whatever you decide to do will facilitate some deep healing in your life.

Bernie Rowen-Ross is a retired Psychotherapist and Complementary Therapist
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ARE YOU BEING HONEST WITH THE UNIVERSE?

For Bernadette Petrie, the island of Mallorca is a reminder of how wrong the mind can be, and she encourages us to discover our hidden limiting beliefs.

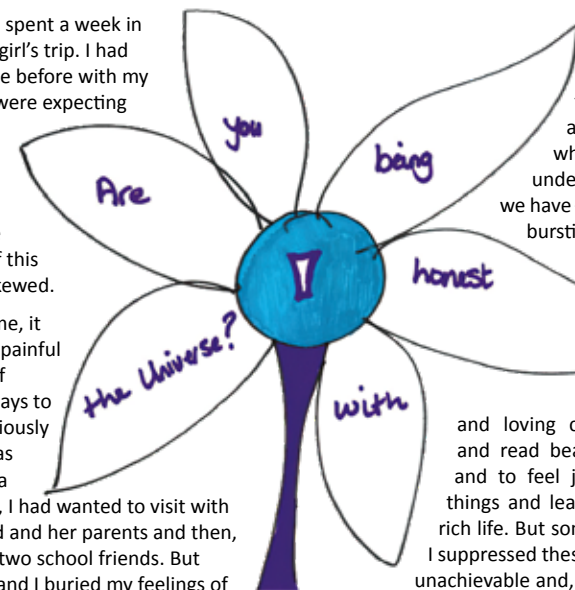
Sometime ago I spent a week in Mallorca on a girl's trip. I had been here once before with my husband when we were expecting our first child. I remember how much I loved the place, which was a complete surprise as my perception of this island was totally skewed.

Why? Because for me, it was easier and less painful to dislike the idea of Mallorca. Two holidays to this island had previously alluded me – once as a child and then as a teenager. As a child, I had wanted to visit with my childhood friend and her parents and then, as a teenager, with two school friends. But neither happened, and I buried my feelings of rejection and disappointment.

It is a human trait; when we are jealous of something we secretly desire, we convince ourselves it's not worth experiencing and belittle it. I criticised everything about Mallorca; however, this view altered when in my early thirties, I happily, although somewhat sceptically, stepped on a plane and visited this gorgeous island. Since then, it holds a special place in my heart and serves as a reminder of how wrong our minds can be and encourages me to discover what other hidden limiting beliefs I might have.

The girl's trip was a trip with a difference because it was about dreaming, planning and creating for the future – as I was there primarily to write. If you had told my disappointed 12 and 18-year-old selves that I was to become a spiritual guide and coach and would be spending a creative week with American-born Theta Healer Jennifer Main and Scottish-born Compassionate Business Coach, Alisoun Mackenzie, on the island of Mallorca – they would have been blown away. My reaction would have been, *"Oh my God (huge grin). Really? No way – is that how my life will be? Are you telling me the truth?"* I may have even cried – okay, hands up; I know I would have cried. I can feel the tears as I write. I'm smiling and being healed by the thought of my 12-year-old self beaming.

Why am I telling you this? Because each and every one of us has desires. Desires which run deep but also desires which may be hidden away. Desires which have been ignored and forgotten and those we might



even scoff at when they are mirrored back to us through the lives of others. We are so often unaware of what is happening right under our noses – of the gifts we have – the desires inside of us bursting to come out.

My secret desire as a child and young woman was to lead a creative life. To have meaningful, connected and loving conversations. To write and read beautiful words. To travel and to feel joy. To create beautiful things and lead an interesting, joyful, rich life. But somewhere along the way, I suppressed these desires, thought them unachievable and, even worse, considered my already beautiful, interesting life too dull. Why? Plain and simply, because I wasn't present, I wished I was someone else; I was wishing myself away.

"You wished yourself away, and with that so much more. You doubt your value.

Do not run from who you are."

– Aslan to Lucy, 'Chronicles of Narnia: Voyage of the Dawn Treader'

In the last decade, many parts of my external life have not seen a lot of change, yet internally – how I view myself and experience life has radically changed. By being much more present, I can practise loving and cherishing all I am. Our ordinary stories are so rich and full of love; if we are brave enough, to be honest about how we feel, we will see the way forward. I encourage you to try, three times a year, to tune in to how you feel in that particular moment and how you would like to feel going forward in your life. Find three words to use as verbs. Use them to make decisions for the next four months until you revisit the process again. If you can be honest with yourself about who you truly are and how you truly want to feel, your life will feel transformed. No one but you can give you permission to live your secretly desired life.

Article adapted from Bernadette's book *Permission to Shine* – Chapter 31

hello@bernadettepetrie.com

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SHABITAT CHIC

Want to transform your home on a small budget? Upcycling furniture may be the perfect solution for your décor dreams.



What is upcycling?
If you've ever walked past the window of a fancy second-hand furniture boutique and spied a gorgeous chest of drawers painted in, say, French Grey, with mismatched antique handles and rugged edges, there's a good chance this is an upcycled piece. In other words, a once abandoned and unbecoming item of furniture that has been sanded down and transformed into something remarkable.



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Why is upcycling worth the hassle?
There is always the option to buy good quality furniture brand new – but let's be honest, anything really decent will be expensive. The beauty of upcycling is that you can find a really solid piece – anyone who has ever had plywood flat-pack drawers collapse on them understands why the integrity of your furniture matters – and turn it into something unique to you for a fraction of the cost.

How do I source the raw materials?
Car boot sales, charity shops and second-hand furniture shops are good places to find pre-upcycled furniture. You can also seek sellers online or, if you're lucky, find stuff on the street. You may not even need to search far at all, as many of our homes have languishing sideboards and coffee tables begging to be given a new lease of life. And remember, even if something is broken, it can still be useful, providing it is made from good quality material.

Is it easy to do?
Thanks to the internet, you have a wealth of online upcycling tutorials literally at your fingertips. Not only will these tell you how to turn that old door into a headboard, but you can also get inspiration across a multitude of projects.

Sure, there is a level of effort and skill required, but even the basic ventures, for example, a straightforward sand and repaint, can yield wondrous results that will transform your space whilst also providing a sense of achievement and an utterly unique interior.



six upcycling ideas

FROM A DESK INTO TWO BEDSIDE UNITS

Find a desk with two sets of drawers on either side and simply saw away the middle section to create two pieces, adding extra legs where necessary.

FROM A SIDEBOARD INTO A TELEVISION UNIT

Remove any doors to create an open shelving space for your games consoles and TV boxes, and drill holes in the back for the wires to go through.

FROM AN OLD DRESSER INTO A BATHROOM VANITY

You need to find a dresser that is the right height for your basin so you can cut a hole in it so that the basin fits. But once correctly fitted and sealed – water-resistant paint is a must – you will add a stunning addition to your bathroom that also offers storage space for extra soap and towels.

FROM AN ARMOIRE INTO A PANTRY

If you've always dreamt of a pantry but don't have the space, you will love this upcycling project. Install shelves if the armoire was designed



solely for hanging, and affix hooks and storage shelves inside the doors for utensils and spices.

FROM A WOODEN LADDER INTO A COAT-RACK

Turn the ladder sideways and attach it firmly to the wall – it must be able to bear weight. Now, attach hooks to the lower edge and add personal name plaques to the higher one if you're feeling fancy.

FROM A DRESSER DRAWER INTO A PLANTER

A super straightforward project - simply drill holes into the bottom of the drawer for water drainage and add layers of soil.



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RENOVATION BUDGET TIPS

Many home improvement and renovation projects are being put on hold as squeezed UK households cut back amid the intensifying cost of living crisis. But, if you're in the midst of a home renovation project or simply can't face looking at those same four walls any longer, the team at **Forever Spaces** have tips on how to make your home renovation budget go further.



SPEND WISELY

Before starting, research how much your home renovation could add to your property value to maximise its return on investment. Local estate agents can help you learn which features and property improvements are desirable in your area (i.e. home offices or modern kitchens). A quick search of ceiling property values in the vicinity can also be helpful.

Remember to set aside part of your overall budget for unexpected costs should they arise. The amount you reserve will likely differ depending on the size of your project; however, 10-20% is a fair estimate. If your home is older (pre-1950), has moisture issues, woodworm, roof or foundation concerns, be aware that your contingency budget may need to be more generous.

CHOOSE IMPACTFUL FEATURES

Opting for modernising features (e.g. recessed shelving, concealed lighting, boundary-free showers and handleless cabinets) can be a good way of maximising your home renovation budget's aesthetic value. Keeping your colour palette neutral and choosing classic fixtures and fittings is another way of maximising your home renovation's longevity and cost-effectiveness over time.



OPT FOR ENERGY-SAVING SOLUTIONS

Energy-saving appliances, double glazing, good insulation and water-saving taps and showers are likely to pay dividends in the long run, both environmentally and financially. Sometimes they incur higher costs upfront, but if your home renovation budget can accommodate them, they are well worth considering.

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

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SMART MOVES

Moving home is a stressful life event, even though it's exciting too. **Morag Readman** of Bright & Beautiful East Lothian has some advice to help you through.



Less is more

People often call us when their home is going on the market. The first important step is to declutter and style your home before photos are taken. The camera's bright flashlight makes rooms look bright and seem clean, but it won't hide mess. Attract the eye with nicely placed cushions and houseplants, remove the ironing pile and recycling bins.



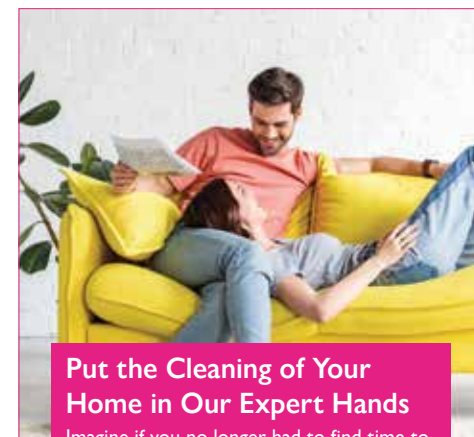
First impressions last

When potential buyers view your home, they expect it to be very clean and tidy, so invest in a professional deep clean if you don't have much time. Starting at the front door, make sure everything is neat and welcoming. Remove smelly pet beds and trays (pop them in your car during viewings) and use natural cleaning products for a fresh, understated fragrance. Polish mirrors and windows for maximum sparkle. Spotless skirtings and surfaces will subtly suggest that your home is well-loved and maintained.

Making the move

On removal day, pack a 'survival bag' with snacks and drinks, essential medications and toiletries for the next 24 hours. Consider booking a home delivery meal for dinner in your new home. If possible, arrange for young children and pets to spend the day elsewhere. Whether using a removal firm or doing it yourself, make sure every packed box is clearly marked with the name of the room it should go to in your new home. Take photos of your meter readings as you leave. Make up beds as soon as possible in your new home so you have somewhere comfy to go at the end of an exhausting day.

And, when it all gets too much, remember it will be worth it in the end!



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SUMMER FOOD THAT REALLY SINGS

kate lewis & veronica clarke

Summer is officially here! Fingers crossed, this will mean sunny warm days, making everyone feel happier and carefree. We can get out and about a bit more, and longer days mean more time to chill in the garden. Of course, this also means the smell of freshly cut grass, chatter from neighbouring gardens, and the distinct aroma of BBQs being fired up for dinner (especially on weekends).

As much as we love a BBQ at Casa L&C, we also love to sit in the garden around the fire pit and catch up with family and friends, meaning something we can pre-prepare and heat up when everyone is hungry is always a winner. And, nothing sings sunny, warm nights, gathering with family and friends, than an East African Kuku Paka Curry (KUKU means chicken in Swahili).

Of course, if you're firing up the BBQ, it's always good to try something different than the usual burgers, sausages and kebabs BBQ fare. Steak on the BBQ is a taste sensation, especially with Miso and pepper butter.

We hope these dishes make both your heart and tastebuds sing!

These recipes are taken from an article written for East Lothian Life, a further spice-inspired recipe can be found in the summer issue.

EAST AFRICAN KUKU PAKA

KUKU PAKA MARINADE

4 chicken thighs	2 cloves garlic, crushed
1½ tbsp rapeseed oil	1 tsp coriander powder (ground cilantro)
1 tsp Ujamaa ground turmeric	1 tsp cumin powder (ground cumin)
1 tbsp lemon juice	1 Ujamaa pili pili chilli, ground or
½ tsp Ujamaa ground ginger	½ tsp red chilli powder (optional)
½ tsp black pepper powder (from miso garlic butter recipe)	

Pat the chicken dry using a paper towel.

Place chicken pieces in a bowl and add lemon juice, minced garlic, ginger, black pepper, red chilli powder, coriander, cumin, turmeric and salt. Stir in the olive oil, then give it a good mix to combine. Cover, place in the refrigerator and allow to marinate for at least 30 minutes or overnight for best results.

GRILL THE CHICKEN: BBQ

Preheat the grill to between medium and medium-high. If using a coal grill, ensure the flames are not too hot. Remove the chicken from the fridge while the grill is heating, and let it come to room temperature. This will allow the chicken to get the right internal temperature and not overcook on the outside while the inside is still too cold.

Once the grill is hot enough, brush the chicken pieces with cooking oil on both sides and lay them on the grill. Grill for about 5 minutes, then flip and grill on the other side for another 5 minutes.

GRILL THE CHICKEN: HEAVY-BASED PAN

Heat oil in a large pot over high heat. Brown chicken on both sides until lightly golden, sprinkling with salt and pepper. Remove from pot. (Do this in two batches if the pan is not big enough). Use the same pan for the coconut sauce.

COCONUT SAUCE

2 tbsp rapeseed oil	½ tsp ground ginger
1 medium-sized onion diced	1 clove garlic
1 large bell pepper, chopped	½ tsp ground cumin
1 teaspoon ground turmeric	1 can coconut milk
1 tbsp cup tomato paste	

Place a non-stick pot or pan on the stove and heat on medium heat. Next, add cooking oil and the sliced onions. Fry until the onions are translucent and fragrant.

Add the tomato paste, salt, minced garlic and ginger, turmeric and ground cumin, then stir to combine.

Add coconut cream and lemon juice, then mix it well. Reduce the heat to medium-low, cover, and allow the sauce to cook for about 10 minutes, stirring occasionally.

Next, stir in the bell pepper and coriander and allow to cook for a further 2 to 5 minutes.

Place grilled chicken into the sauce and cook until tender.

Garnish with chopped coriander or sliced chilli and serve with rice, flatbreads and yoghurt.



MISO AND PEPPER BUTTER – PERFECT FOR STEAK

250g unsalted butter (room temp)
2 tbsp white Miso
1 clove garlic crushed
1 tbsp black peppercorns.

We recommend Ujamaa Spice peppercorns, but you can use your preferred brand. Pre-ground black pepper will work if you don't have a pestle and mortar or spice grinder.

Place all peppercorns into a preheated pan on medium-high heat, toast until fragrant, and start to smoke slightly. Remove from pan and grind to a fine powder. (You can keep for seasoning and use it in recipes as you won't use it all for this recipe)

Place softened butter, miso, garlic and tbsp of pepper powder into a bowl and mix until well combined.

Lay out a double clingfilm layer, and lay the butter in the centre. Then using the clingfilm, roll into a cylinder and twist and tie knots in each end to seal and secure. Chill in the fridge until firm.

TOP
tip

If you want a butter for seafood, like lobster, for the BBQ, change the black pepper for chilli and a squeeze of lime for butter to die for!

UJAMAA SPICE

We are very fortunate in East Lothian to have access to the most fantastic produce on our doorstep. However, sometimes certain spices and herbs have to come from further afield. Still, it is important to us at Lewis & Clarke that these ingredients are high quality, ethical and sustainable. This is why we are proud to work with the excellent Ujamaa Spice based in Edinburgh. Founders Jawahir Al-Mauly and Rist Van de Weyer work directly with farmers in the historically known 'Spice Islands', Zanzibar. Zanzibar was one of the world's most thriving trading ports, but that all changed in the aftermath of the 1964 revolution.

Since then, Zanzibar has experienced economic collapse and struggled to export its products at a valued price.

Working with Ujamaa Spice means not only can we guarantee that the spices are bought for a fair price, but we can also trace the spices direct to the source and know with 100 per cent certainty that our feedback to Ujamaa will go directly to the village and farmers who have, with love and passion, grown the spices we use in our food. Furthermore, Ujamaa Spices are 100 per cent organic and good for your health due to their anti-inflammatory properties.

Many may think a spice is just a spice, but once you have tried real cinnamon, cloves, black pepper and other spices provided by Ujamaa Spice, you will know this is not the case.

In Zanzibar, they have a saying: "When you play the flute in Zanzibar, all of Africa dances..." Well, in the home of L&C we say, "When you use Ujamaa Spices, your food really sings."

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FIVE ALIVE FOR EARLY SUMMER READS

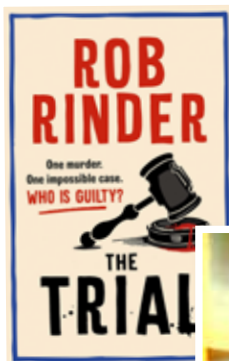
For June, five releases that combine romance, rock, and restorative justice.

The Trial by Rob Rinder

As fans of Judge Rinder will know, Rob Rinder has seen enough courtroom trials in his career to know that truth can be stranger than fiction.

No wonder, then, that his debut novel takes all of the drama he brings to proceedings and boils it down into a powerful thriller.

Transporting the reader from the murky world of Chambers to the grandeur of the Old Bailey, Rinder's character Adam Green, a trainee barrister who doesn't quite fit in, is one to stick with. Published by Century on 22 June



Set in Iowa City around a potent friendship group of dancers, amateur pornographers, poets, landlords, meat-packing workers and mathematicians who occupy the city's many facets, *The Late Americans* culminates in a reckoning that will change all of these young people's lives. Published by Jonathan Cape on 22 June

The Girls of Summer

by Katie Bishop

Summer romances are the stuff of many a novel, but debut author and seasoned backpacker Katie Bishop twists this familiar scene on its head in her debut.

Don't let the title fool you, *The Girls of Summer* tackles dark subjects through a dual-history narrative, and when Rachel thinks back on the first love she believed changed her life as an adult, she realises just how far she had fallen. Published by Penguin Books on 23 May



Ordinary Human Failings

by Megan Nolan

Following her bestselling novel *Acts of Desperation*, Megan Nolan's second book *Ordinary Human Failings* explores the real stories behind tabloid headlines.



Set in the Nineties, ambitious reporter Tom Hargreaves stumbles across a scoop: a dead child on a London estate, with the suspicion of one reclusive family of Irish immigrants swirling in the background. Published by Penguin Random House on 11 July

The Late Americans: A Novel

by Brandon Taylor

After the Booker Prize-shortlisted *Real Life* and bestseller *Filthy Animals*, Brandon Taylor's third offering is *The Late Americans*, a novel that places the endless intricacies of friendships, lovers and chosen family centre stage.



Into the Void

by Geezer Butler

With over 70 million records sold, heavy metal pioneers Black Sabbath are among the most influential bands ever. From the very beginning, Geezer Butler was at the heart of their success. He named the group, provided the bass behind their distinctive sound and wrote the lyrics that resonated so powerfully with fans around the world.

Here, he tells his rock 'n' roll story from industrial Birmingham to global stardom with wit, passion and a surprising softness. Published by Harper Collins on 8 June

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To-do LIST

out and about in
our area...



FELINE FUNDRAISING FUN

East Linton-based independent bookshop Night Owl is holding a fundraising event with author Alex Howard in support of Edinburgh Dog and Cat Home. Alex Howard – whose TikTok account @housedoctoralex has over 290,000 followers, will visit East Lothian during Independent Bookshop Week to celebrate the release of his new novel, *The Ghost Cat*. Witnessing over a century of changes in an Edinburgh tenement building based on Alex's own, *The Ghost Cat* purrs, shuffles and sniffs his way through the fashion, politics and technological advances of the modern era alongside its ever-changing inhabitants. Taking place in East Linton Community Hall, £5 from the sale of each ticket will be donated to local animal charity Edinburgh Dog and Cat Home.

Monday 19th June, 8 pm | East Linton Community Hall

Tickets and the book are available to purchase from: nightowlbooks.co.uk

ALL THE FUN OF THE FAIR

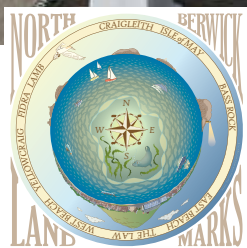
Dirleton Fête and Games is a traditional village fête for all ages believed to have been held in the village every year since the early 1900s, with only a couple of exceptions during World War II and the COVID pandemic. The fête, which takes place on the village green, includes musical entertainment, children's races, an array of stalls and a raffle. Don't miss the tea tent with home baking, a well-stocked bar, and burgers from the barbecue. Classic cars will be on display, and there's even a fun dog show, so bring the pooch too.

Saturday 24th June | 1 pm–5 pm | dirletonvillage.org



EYE SPY AT NORTH BERWICK HARBOUR

From the viewpoint at North Berwick harbour, you can see several of the Islands of the Forth, including Fidra, The Lamb, and Craigleith. A new interpretive graphic enables locals and visitors to identify the islands from an illustrated 'compass point' recently installed on the old sundial plinth. Thomas Small, a local graphic artist who created the display, explained that alongside the local landmarks, he has also depicted activities like fishing, sailing and rowing, as well as the area's wildlife. The compass point is part of an initiative by the Harbour Trust to revitalise the area to enhance the visitor experience for locals and tourists alike.



Spotted and Caught | Chris Wallbank



White-tufted Grebes | John Busby

SOC SUMMER EXHIBITIONS

Chris Wallbank | Mostly Air | 7 June – 30 July

This exhibition presents new work by Chris Wallbank, an artist specialising in painting, drawing and printmaking and a member of SWLA (Society of Wildlife Artists). Chris believes in the role visual art can play in presenting themes of ecology in a new light, leading him to collaborate with a wide range of conservation projects, such as the long-term monitoring of Guillemot colonies on Skomer Island. The title, *Mostly Air*, is taken from one of Chris's favourite poems by Ursula K. Le Guin and alludes to birds being 'mostly air'. The drawings, paintings and animations focus on the birds of Scotland, in particular East Lothian, where Chris has lived since 2020.

John Busby Retrospective | 7 June – 30 July 2023

Also taking place is a retrospective of works on paper by the late John Busby, 1928-2015. Artist, author and illustrator John Busby was instrumental in developing wildlife art as a recognised artistic practice and inspiring many wildlife artists working today. In his long career, he travelled extensively, always with a sketchbook in hand to record new bird species and behaviour. The artworks in the exhibition represent the width of those travels with birds from the Indian Ocean, the South Atlantic, the USA, as well as Europe and the fabulous variety on his doorstep here in Scotland.

Scottish Ornithologists' Club (SOC) Waterston House, Aberlady | open Wed-Sun (10–5), free entry
the-soc.org.uk

Weekend TIDE TIMES



JUNE		High Water		Low Water	
		AM	PM	AM	PM
2	Fri	0154	1415	0745	2011
3	Sat	0236	1458	0827	2053
4	Sun	0317	1540	0911	2137
9	Fri	0705	1952	0053	1330
10	Sat	0805	2058	0149	1432
11	Sun	0915	2205	0252	1542
16	Fri	0155	1413	0749	2025
17	Sat	0240	1501	0840	2104
18	Sun	0323	1545	0925	2139
23	Fri	0633	1903		1219
24	Sat	0714	1946	0019	1946
25	Sun	0800	2034	0102	1347
30	Fri	0022	1249	0621	1850
JULY		High Water		Low Water	
		AM	PM	AM	PM
1	Sat	0117	1345	0713	1942
2	Sun	0208	1437	0806	2034
7	Fri	0601	1842		1229
8	Sat	0652	1936	0041	1318
9	Sun	0748	2033	0127	1407
14	Fri	0038	1306	0637	1918
15	Sat	0137	1404	0738	2005
16	Sun	0228	1454	0831	2043
21	Fri	0533	1757	1128	2325
22	Sat	0607	1833	1200	2357
23	Sun	0643	1911		1232
28	Fri	1103	2342	0421	1707
29	Sat		1218	0547	1826
30	Sun	0048	1326	0656	1928

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



AUGUST MEANS SHOW TIME!

Following the success of North Berwick's Fringe By The Sea in 2022, the festival is back in the Lodge Grounds from 4th–13th August.



Kicking off the music on opening night is a dance floor-filling DJ set from Groove Armada, closely followed by Scottish chart-toppers Travis. Elkie Brooks is in town for her only 2023 Scottish date, and legendary folk duo Phil and Aly make a triumphant return on Monday 7th of August. Sister Sledge will be lost in music on the final weekend, and raising up a storm on Saturday the 12th, are the boys from Lewis, Peat and Diesel. The festival will end on a high, with an event for all the family, as the International Film Orchestra brings the magic with spectacular music from the Harry Potter films.

More family events include Children's Classic Concerts present Roald Dahl's *The Three Little Pigs*, *Splash Test Dummies* and the former BBC Saturday morning presenters Dick and Dom fight it out in a DJ Battle. And there will be plenty of rolling in the aisles with comedy shows, including a rare stand-up show from Dylan Moran and the best storytelling comic in the UK right now, Susie McCabe.



The festival never overlooks East Lothian talent, so keep your eyes peeled for Bombskare, William Dalrymple, The Drama Mill, the wonderful singing of North Berwick Gospel Choir and dance from Freedom and Form. More creative work from East Lothian will be found at Coulter's Makers Market,

showcasing many talented, local artisans' wares. The festival theme for this year is Weaving Wonder which will be brought to life around the site – look out for all the handmade bunting! In addition, there is a chance to try several craft activities with workshops and drop-in classes hosted by Wool School in our Weaving Wonder tent or pop along to see Patrick Grant from *The Great British Sewing Bee* in conversation for some inspiration.

There will be over 200 events in the Lodge Grounds and around town, including a whole array of free events in the North Berwick Trust Festival Hub at the heart of the festival, including the return of the much loved Lighthouse Live



stage. And as ever, there will be an amazing line up of food and drink across the site.

All of this set within the stunning town of North Berwick, renowned for its beautiful beaches, bustling high street and historic harbour.



Top left: Travis
Top: Sister Sledge
Above: *Splash Test Dummies*
Right: Dylan Moran
Bottom Right: Peat and Diesel
Below: Sir Robin Knox-Johnston



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Top: Anna Deacon and Vicky Allan

© Anna Moffat Photography

Above: Art in Action, not just a load of old rubbish

© Lil Vischer

A host of passionate environmentalists and nature enthusiasts will share their stories and love of the seas at the Scottish Seabird Centre this June. Now in its third year, MarineFest will run from 8 to 12 June. The packed programme brings together leading artists, writers and environmentalists to celebrate Scotland's incredible marine wildlife and habitats.

TV presenter, wildlife expert and diver Miranda Krestovnikoff will launch the festival on World Ocean Day with an 'in-conversation' evening about the experiences which have brought her closer to nature.

Joining Miranda on the programme are seasoned wild swimmers and writers Vicky Allan and Anna Deacon, World Ocean Day Youth Ambassador Caitlin Turner, Edinburgh Sketcher and sustainable seafood chef Grant Reekie to name just a few.

The kids will be spoilt for choice with rockpool sessions, live science shows, gannet games and messy play. All events must be pre-booked, and the full programme is available to book online.



This is your last chance to visit the incredible marine plastics exhibition in the Centre's boat office space until 25 June. This haunting photography exhibition documents the huge amount of plastic collected by artist Lil Vischer over the course of 100 beach cleans. If it inspires you to do more for nature, you can borrow a beach clean kit from the Centre at any time and head out to help clean up the local coastline.

With the summer holidays just weeks away, don't miss out on the family-friendly programme of events over the school break and a host of hands-on activities as part of the brilliant Fringe by the Sea.

June and early July are the perfect time to enjoy the rich variety of seabirds that breed on the local islands every summer. Species, including puffins, guillemots, razorbills, terns and, of course, gannets, are busy feeding their hungry chicks. If you've not been out on one of the guided wildlife boat trips, this is definitely the month to take the plunge and book.

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

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Stories in Stone

GULLANE'S ARTS AND CRAFTS HOUSES

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

In terms of architectural history, Gullane deserves a place on the map for its significant collection of Arts and Crafts homes. The movement was at its height in Scotland when the Edwardian tourism boom brought the wealthy to the village, building their new houses in the latest fashionable style.

The Arts and Crafts movement was a reaction to the mass production and industrialisation of the Victorian age. It looked to celebrate the individual skills of craftsmanship and was inspired

by the designs of the medieval past. In terms of architecture, the emphasis was on creating asymmetrical, simply designed homes, using traditional local materials and with handcrafted details.

If you take a walk around the hill in Gullane, there are a series of prime examples of the Arts and Crafts style, with features directly inspired by houses of the 1500s or 1600s. Look out for roofs with flared eaves, shaped like a bell, and windows divided

by stone mullions. Many houses are covered with a lime-based coating known as harling, leaving exposed stonework around the doors and windows. Some have renaissance-styled decorations above their dormer windows, towers or oriel windows projecting out from the wall.

For many people, the Scottish Arts and Crafts movement is synonymous with Charles Rennie Mackintosh, but many others were also working in this style. Gullane has buildings designed by two of the most influential architects, Sir Robert Lorimer and Arthur Sydney Mitchell. Lorimer designed Whiteholm on Gullane hill, adding a distinctive fish-scale pattern in the roof slates. Sydney Mitchell planned

his own house, known as the Pleasance, overlooking Muirfield Golf Course.

Arts and Crafts design was often the preserve of the wealthy, but an exception to this is Whatton Lodge on Hill Road. It was designed in 1910 and inspired by traditional Cotswolds buildings, but built from local Rattlebags stone. It is a good example of the style, an interesting asymmetrical design, with little touches such as corbels projecting from the wall and a sundial over the main entrance. Just after the Second World War, the house was bought by the Miners Welfare Fund, its size and location perfect for a new use as a convalescent home.

Gullane's Arts and Crafts houses are now mostly over 100 years old and are still much sought-

*Top left: Whatton Lodge
Above: A prime example of the Arts and Crafts style
Below: Sundial at Whatton Lodge*



after homes. Their traditional designs and materials have stood the test of time rather well.

SALAD DAYS

Spring into summer by planting your own salad vegetables to enjoy over the warmer months.



As we prepare to enter that golden summer season in our garden, you may well experience that tinge of disappointment when seeing some plants not flourish to their full potential, and there is always a cluster of seeds not sown that could now be full of life.

That's what makes salad plants so appealing – not only is their success rate high, but there may still be

time to get them in the soil as they grow quickly and, of course, are ideal accompaniments to that classic summer escape – the barbecue!

So as the weather warms up, consider planting these super salad plants to ensure that you have fresh and healthy ingredients on hand this year whenever you need them.

LETTUCE

A salad staple, lettuce is also one of the easiest salad plants to grow, and it can be sown directly into the soil in the spring and summer months. There are many different types of lettuce to choose from, including crisphead, butterhead, and looseleaf.

Lettuce prefers cool weather and partial shade, so keep it well-watered during hot spells.

ROCKET

Rocket has launched itself into the hearts of UK salad eaters, and it's not hard to understand why. Peppery and vibrant, the leaf, also known as arugula, adds

a lot of flavour to any dish and grows quickly. Just be sure (as with all fresh veg) to wash it well before serving.

RADISHES

You may think radishes are rad, or you may think they taste very, very bad. Regardless, this crunchy, peppery root vegetable is easy to grow and can go from seed to serve in as little as four weeks. Offering a decent dose of vitamin C, these red rebels can



add flavour and texture to salads, are strangely superb on toast, and can be pickled to enjoy later. Just make sure you plant them in well-draining soil.

SPRING ONIONS

The humble spring onion is a powerhouse of flavour and versatility when it comes to livening up dull dishes. Spruce up stir-fries, make a delightful dip or even whizz up a delicious summertime soup.

Another good thing about these awesome alliums is that they require very little space or soil, making them ideal for pots and windowsills.



SPINACH

Spinach may be known for its super-strength-giving properties, but the plant itself is rather sensitive, requiring six weeks of cool weather from seeding to harvest.

Be sure to keep your plants in the shade and well-watered during this time. Once harvested, however, you should have an abundance of nutrient-rich leafy greens that can be used in salads, smoothies, and soups.

MIZUNA

Spice up your life with Mizuna, a Japanese salad green that has a slightly fiery and peppery taste.



For a continuous supply of leaves, sow small batches regularly and thin out the seedlings along the row to prevent overcrowding – for example, 10–15 cm (4–6 inches) apart for regular pickings of small leaves.

CHARD

You'll be pleased to know that growing chard isn't particularly hard. It is a stunningly beautiful and vibrant plant that loves the sun and takes up very little space, and its glorious colouring will also complement the late summer blooms in your flowerbeds.



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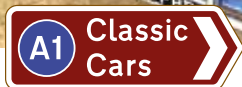
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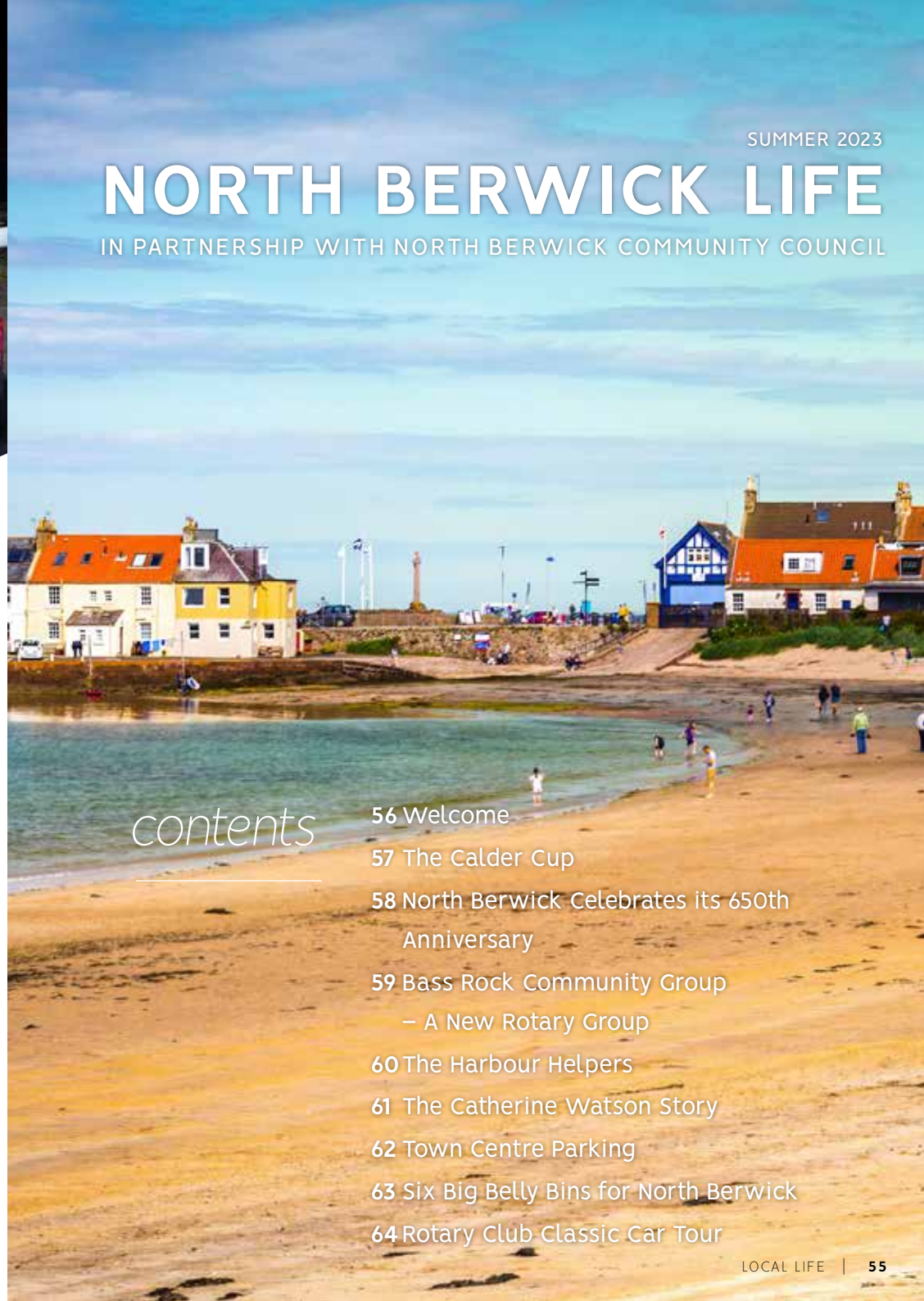


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SUMMER 2023

NORTH BERWICK LIFE

IN PARTNERSHIP WITH NORTH BERWICK COMMUNITY COUNCIL



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WELCOME!

Welcome to the North Berwick Community Council's first collaboration issue with *Local Life*. North Berwick Community Council (NBCC) comprises twelve volunteers who live or work in North Berwick. At the beginning of 2023, we reshuffled our Community Council committee following Judy Lockhart-Hunter's decision to resign as Chairman. Judy now sits as our Vice Chairman, having handed over the reins to our new Chairman, Kenny Miller. Kathryn Smith and Christian Maher continue as Secretary and Treasurer, respectively.

The primary purpose of NBCC is to find out the views and wishes of the community and clearly express them to the local authority of other relevant organisations while taking a view on what is best for the community and town. We

hold a public meeting on the first Tuesday of every month at 7.30 pm in the Community Centre, or you can also watch our meetings live via Zoom. We would love to see you at one soon. At our meetings, we consider a wide range of local matters brought to our attention by concerned residents.

Our members represent a cross-section of the community of North Berwick and are elected every four years. We maintain close links with the local police, East Lothian Council and other relevant bodies, as well as the three locally elected councillors who regularly attend our meetings. Minutes from our meetings can be downloaded from our website or found on our notice board on Law Road, just off High Street.

NBCC are statutory consultees on planning issues. At our meetings, we discuss planning proposals affecting the town, which are due to be considered each month and correspond with planning officials as required. In addition, when necessary, we will attend East Lothian Council planning meetings and speak on behalf of the community too.

We plan to use our collaboration with *Local Life* to bring you various local news updates and provide details about upcoming events or information on the workings of community groups and clubs. Contributions are very welcome, so please get in touch if this is of interest.

Judy Lockhart-Hunter
Vice Chairman

You can contact NBCC via email:
secretary@northberwickcommunitycouncil.org.uk
or visit our website:
northberwickcommunitycouncil.org.uk



THE CALDER CUP

In North Berwick, putting competitions were a regular feature of Edwardian summers. In 1920 North Berwick Town Council decided to introduce a mixed pairs putting competition over the West Links putting green with Cllr Loftus Calder, a butcher in Westgate, donating the trophy which bears his name. The first winners were Miss N Weir and Mr D B Swan.

In 1929 it became a singles competition, with Alexander Livingstone being the first winner. Apart from the war years (1940-45) and during the re-organisation of local government when the Town Council ceased to exist and the Community Council was constituted, the competition has been held annually, now over the East Links putting green, organised under the auspices of North Berwick Community Council.

Originally held in August, no doubt to attract the many visitors to the town, it is not known when or why the move was made to the East Links. It is now usually held in July at the same time as the East Lothian Open tennis tournament.

In the early years, it was regarded as a prestigious competition, attracting a large entry and spectator presence. In those days, the prize for winning was a Benny putter, in itself a very highly valued prize. Since it became a singles competition, there has been only one lady winner, that honour falling to Helen Walker

in 2005. Community Council Secretary Kathryn Smith, who organised the event for 14 years before handing it over to fellow Community Councillor George Johnstone last year, said: "It's disappointing that entries have been dwindling over the last few years, but it is still enjoyed by those participating, visitors and locals alike. In 2020 we had hoped to celebrate the

competition's centenary in style, but due to COVID-19, the competition could not be held that year nor in 2021. However, we will be looking at how we can encourage more entrants this year."

This year's competition will be held on Tuesday, 25th July (qualifying) and Thursday, 27th July (finals).



THE CALDER CUP 25 & 27 JULY 2023

Do keep a lookout for the posters advertising the event nearer the time or for more information visit our website.



stay in touch

NORTH BERWICK CELEBRATES ITS 650TH ANNIVERSARY

The ancient royal burghs of Scotland were created by royal charter granted by the Kings and one by Mary Queen of Scots. A royal burgh stood on royal land, and enjoyed important privileges, including the right to trade with Europe and the entitlement to be represented in the Parliament of Scotland.

King Robert II, grandson of Robert the Bruce, granted North Berwick's first charter in 1373. This original charter was repealed by William Douglas, 1st Earl of Douglas, to protect his superiority over the port of North Berwick. The existing

charter was granted by James VI in 1568, although the King was only two years old at the time and had only been King for just over a year. He was known as a quick learner.

Each royal burgh has a distinctive coat of arms granted by Lord Lyon, King of Arms. North Berwick's shows a ship with four oarsmen rowing the Earl of Fife across the Firth of Forth to Earlsferry, with the Latin motto *Victoriae Gloria Merces* (Glory is the Reward of Victory) – very similar to that of Berwick-upon-Tweed.

By the time of the Union of Parliaments in 1707, there were 68 royal burghs in Scotland, and none have been created since. The Treaty of Union preserved the rights of the royal burghs, stating that "the rights and privileges of the Royal Burghs

in Scotland as they now are do remain entire after the Union".

Although the Local Government (Scotland) Act 1973 sought to abolish the title, it is still used by many royal burghs who had been accustomed to their self-expression, in some cases for over 800 years, and they were reluctant to relinquish it. The District and Regional Councils that replaced them, lasted barely twenty years.

Plans are afoot this year to celebrate the 650th-anniversary of the granting of North Berwick's first charter with a floral tribute and the refurbishment of the signs at the town boundaries. Since 1978, these have welcomed visitors with the historic coat of arms featuring a Community Council coronet above the ship and oarsmen of yore.



BASS ROCK COMMUNITY GROUP – A NEW ROTARY GROUP

I think we all would agree that North Berwick is a great place to live, work and bring up children. So many volunteering groups contribute to this, but which one should you join and why?

If you have limited time but want to benefit our community, then the Bass Rock Community Group may be for you! It's for singles, couples and families and a great way to meet like-minded people while having fun. Some of our families like their children being involved because it helps teach them about 'community'.

The Bass Rock Community Group is a new, different, low-cost type of Rotary group with all the benefits of being part of the Rotary family. We work with other volunteer groups and on our own projects, so the great variety keeps it very interesting and rewarding. We meet twice a month on Zoom for no more than an hour, and members are happy to get out and do things! You don't have to do everything; you choose what your time will allow.

Some of our activities for spring and summer

We are placing dog poo signs on the West Beach indicating where to find bins. Coos Green is having benches repaired

with new coats of paint. On 6th August from 2 pm, we are running our second children's sandcastle competition on the West Beach. We are helping at the Country Park, planting, and weeding existing trees. Some members will be helping at Fringe by the Sea, car parking at the Haddington Show and North Berwick Highland Games. We are also helping Law Primary with history walks and litter picking. We do a litter pick each month!

We also get together socially; for example, it can be at someone's house, going for walks, playing pétanque or putting, to name but a few.

BASS ROCK COMMUNITY GROUP

If you would like to know more but with no obligation to join, please look at our Facebook page and get in touch for a chat.

bassrockcommunitygroup@gmail.com



THE HARBOUR HELPERS

Have you been down to the Harbour area recently? What a difference!

North Berwick Harbour Trust is a charity run by volunteers from in and around North Berwick with a passion for the area. Our main aims are to assist with the provision of facilities in the area, to advance heritage and culture through activities and events at the harbour, to maintain the harbour facilities economically and to advance community development as well as participation in sporting activities, for example; kayaking, rowing, sailing, and so on. At the beginning of April, boats stationed in the harbour

were craned in, and the 2023 sailing season is officially underway in the town.

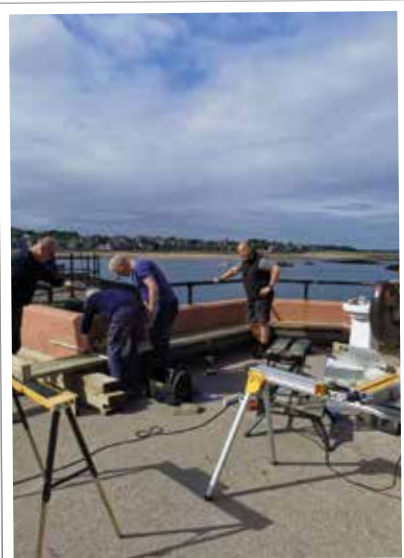
We recently commissioned the cooperative project, alongside Jerba Caravans, Caledonian Horticulture and artist Julie Barnes to have the eight-metre marine mural installed at the harbour, created from 13,000 pieces of plastic beach waste to raise educational awareness. The mural ties in with an exhibition that is part of the Discovery Experience at the Scottish Seabird Centre. Definitely worth a visit if you haven't yet seen it.

Last year, the Harbour Trust called out for volunteers who shared our passion for the harbour area and wanted to be a part of sprucing it up. We now have a group who meet every Friday morning and, each week, tackle various projects to improve the harbour. To date, the Harbour Helpers have built kayak storage racks,

created wooden surrounds for the planters in front of the beach huts, pulled out hundreds of weeds and swept up sand and other debris. In addition, they have helped North Berwick in Bloom plant some of the planters in the area and even wire brushed and painted some of the railings. Painting the sea wall is next on the agenda, and hopefully, this will have been completed by the time this issue comes out.

NORTH BERWICK HARBOUR TRUST ASSOCIATION

Follow us on our website and Facebook page. If you have some free time and can lend a hand to the Harbour Helpers, please get in touch: volunteering@nbharbour.org.uk Or simply turn up at the esplanade on a Friday morning and lend a hand! nbharbour.org.uk



THE CATHERINE WATSON STORY

The tragic story of a local heroine is coming soon to the Coastal Communities Museum!

The red granite cross on Anchor Green is a familiar sight in North Berwick, but few people know the story behind this imposing stone edifice. It has become part of the landscape of North Berwick harbour, frequently assumed to be a war memorial or connected to the old Kirk ruins. It is, in fact, an unusual memorial to a brave young woman called Catherine Watson. Following a chance sighting of a historical piece on the BBC's *Antiques Roadshow* in 2022 with a connection to her, a small team from the Coastal Communities Museum were eager to learn more about her and the tragic circumstances of why this grand monument was erected.

Catherine's story generated much interest when it was shared on the museum's Facebook page last year. So further detailed research began into her life, with a view to sharing her story in the 2023 exhibition. Facts were uncovered about Catherine's death on 27 July 1889; a 'sad drowning of a young lady' was reported widely in the national press and shocked the local and tourist population of North Berwick. A public subscription led to the creation

of the memorial cross, one of the finest examples of the work of Stuart McGlashan, a monumental mason and sculptor from Edinburgh.

Catherine's family descendants who appeared on the Antiques Roadshow were contacted to learn more about her life and have generously helped with the exhibit. The research was conducted at The John Gray Centre in Haddington and National Archives. With more than a little detective work, the life and death of a talented young woman living in Scotland at the end of the nineteenth century was pieced together. Interesting discoveries were also made about wider society and North Berwick at that time while being reminded of the sea's ever-constant danger.

The display about Catherine's life and work will be launched at the museum on 27 July 2023, the anniversary of her death, with a very special loaned set of exhibits.

COASTAL COMMUNITIES MUSEUM

School Road, North Berwick
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coastalmuseum.org



TOWN CENTRE PARKING

Following East Lothian Council's Consultation in late 2022 regarding the Introduction of Town Centre Parking Management Proposals in North Berwick, an East Lothian Council (ELC) meeting was held on Tuesday, 25th April 2023 to vote on whether to accept the proposals.

The proposals by ELC include the introduction of controlled parking zones across the centre of town and residential streets right up to the railway station area. There will be resident's permits available for an annual charge and time restrictions and changes to on-street parking and parking within town centre car parks. North Berwick Community Council (NBCC) received several complaints regarding the consultation; people noted issues submitting their feedback and felt that the questions were leading.

NBCC received significant opposition to the proposals themselves from both residents and owners of local businesses. As community representatives, NBCC wrote to ELC and the three local Councillors for the North Berwick Coastal Ward. NBCC requested the Councillors not to support the proposals in their current form. You can download NBCC's letter from their website, or a copy is available to read on the notice board at the High St/Law Road junction.

At the ELC meeting, all elected Councillors in East Lothian were given a vote on the proposals, which were passed by a majority of seventeen to four. However, NBCC was disappointed to note that North Berwick Coastal Councillors, Councillor Liz Allan and Councillor Carol McFarlane voted in favour of the proposals. Councillor Jeremy



Findlay was the only designated North Berwick Coastal Councillor to vote in opposition.

At the same ELC meeting, elected Councillors also voted unanimously to widen the pavements and remove all parking from the east end of the High Street, between lighthouse corner and North Berwick Pharmacy.

Since these votes, NBCC has continued to receive concerns from local people and businesses. If you have comments, please write to the councillors and copy in NBCC. NBCC is committed to doing whatever it can to ensure the concerns of local people are addressed.

CONTACTS & FURTHER INFORMATION

Full details of the consultation are available at: eastlothian.gov.uk

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Councillor Jeremy Findlay:

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Councillor Carol McFarlane:

cmcfarlane1@eastlothian.gov.uk

NBCC:

secretary@northberwickcommunitycouncil.org.uk

Two petitions are available to sign at:

northberwickcommunitycouncil.org.uk

One against the Town Centre Parking Management Proposals and the other against the removal of parking to the east end of High Street.

SIX BIG BELLY BINS FOR NORTH BERWICK

You may have spotted the colourful Big Belly Bins along the seafront in North Berwick. Here's the story of how they came about.

The ongoing challenge of overflowing bins, especially during busy summer months, along the popular seafront spots has long been an issue. Despite the best efforts of the East Lothian Council (ELC) team, who, in busy months, emptied the bins up to three times a day, rubbish continued to spill out.

When local NB in Bloom volunteer Richard Watt came along to Sustaining North Berwick's Climate Café and voiced his concerns, we decided to tackle this troublesome issue.

Interested parties met, and we quickly established that the increased capacity and efficient technology of the enclosed big belly bins, which could hold ten times the amount of rubbish of conventional bins in key areas, offered an ideal solution. To enhance the attraction and entice use of the bins, we decided to decorate them with images of the glorious seabirds that grace our shores. The Scottish Seabird Centre will host an exhibition of the artwork in its gallery space from July to October. Seabirds were chosen to highlight the need to protect our seaside environment and the fragile habitat of the birds. A QR code is displayed on each bin with more information.

Sadly due to the expense of the project, it wasn't an option for ELC to purchase the bins. So Sustaining North Berwick took on the task of raising the necessary funds. Ruth Hunter Pepper of Sustaining North Berwick commented, "This has been a collaborative community effort made possible by the generous financial support of NB Trust, St Andrew Blackadder Congregation, NB Community Council, NB Rotary and Stella Moffat Trust. Our six talented artists, Steven Butcher, Lorraine Thomson, Julia Zeller-Jacques, Rachel Marshall, Susan Cameron and Helen Wyllie, have given us their time, talent and skills and

produced beautiful artwork that will be enjoyed for years to come. The input, support and positive encouragement of everyone involved has been tremendous."

Judy Lockhart-Hunter, NBCC Vice Chairman, added, "This is a great example of community groups coming together to make a difference. Hopefully, the extra refuse capacity makes a real difference."

The bins will be emptied and maintained by East Lothian Council.

SUSTAINING NORTH BERWICK



ROTARY CLUB CLASSIC CAR TOUR

On Sunday, 23rd April, sixty classic cars left North Berwick for a tour to the Borders. They were participating in the Rotary Club of North Berwick's sixth Classic Car Tour, which has raised over £50,000 for charity.

A great variety of cars were taking part, some of which had travelled great distances to get there. There were cars from Aberdeen, the west of Scotland and Fife, and many from Edinburgh and East Lothian.

Almost sixty years separated the oldest from the newest, and there were hard tops and soft tops, left-hand drive and right-hand drive, and engines ranging from 750cc to 6600cc. But all had one thing in common: their owners cherished them; the Rotary Club's definition of 'classic' is 'cherished'.

They gathered at the Tesco car park in North Berwick at 9.00 am, and following check in they were flagged off by a former traffic police officer at 10.00 am. They followed a prescribed route through East Lothian before crossing over Soutra and making their way to the Philipburn Hotel in Selkirk for a coffee stop.

The next leg of the tour was through Yarrow and Ettrick and back to Selkirk for lunch. The final part of the tour followed Gala Water, going through

Midlothian and East Lothian villages to finish at the Marine Hotel in North Berwick. Here, the drivers and their navigators enjoyed a meal, and prizes were awarded for various categories, including the cars two judges would most like to have taken home, the furthest travelled entrant and the vehicle which got the most quiz questions correct.

Despite poor weather for much of the time, everyone enjoyed their day, and some even managed to put their roofs down. With the exception

of one car, which had to be recovered from Selkirk, all made it safely back to North Berwick.

The organising committee thank all those who gave their time to make the day a success and to the many businesses who provided sponsorship and placed adverts, especially Gilson Gray, the event's main sponsor.

**ROTARY CLUB
OF NORTH BERWICK**



Ten MINUTES WITH CLARE BLATHERWICK

The last great book I read...

I'm currently reading Virginia Woolf's *Mrs Dalloway*. I've joined a book club to try and ensure I read more than just books on jewellery!

The last podcast I listened to...

I absolutely LOVE podcasts, as I'm often in the car seeing clients. The News Agents with Emily Maitlis, Jon Sopel and Lewis Goodall was the last one.

The last box set I binged...

Blue Lights on BBC iPlayer. I always enjoy a good drama series.

The last time I ate out...

Today! I am writing this from Yorkshire, where I'm spending a few days with my mum. We had a real treat – afternoon tea at Betty's in Harrogate.

The last holiday I went on...

I dream of these! Running a business means holidays can be few and far between, though as a family, we went to Sicily last summer. Bliss.

Image ©Amanda Farnese Heath

We asked jewellery expert Clare Blatherwick to reveal her last greats, from books to podcasts.

The last time I laughed out loud...

A couple of days ago with my partner, who is a wonderful combination of utter kindness and complete hilarity packaged into one person. I nearly had to pull the car over; we laughed so hard.

The last great piece of advice I was given...

Always listen to your instincts. I've heard this many times over the years, but when you forget, and something goes wrong, it's a good reminder to hear it again. If it doesn't feel right in your heart or gut, then just don't do it.

The last thing people would guess about me...

I'm a bit of a thrill seeker and would LOVE to be able to fly. The microlights at East Fortune are great fun, so I've been up in them a few times, and any opportunity I've had to go in a small plane or a helicopter has been taken with gusto. I had a particularly brilliant day at work when a helicopter landed

in a client's garden (random, I know, but he was lost!). I persuaded the pilot to let us both have a trip in it to help him find where he was meant to be going!

With over twenty years in the jewellery business, Clare Blatherwick is one of the most experienced jewellery professionals in the country.

Join Clare at Winton Castle on Thursday, 8th June, where she will be presenting a fascinating insight into 'The Story of Jewellery in Scotland' featuring Mary Queen of Scots and her attendants (one of whom is entwined in the history of Winton Castle) and the jewels of a nation made famous through Queen Victoria's love of the country as well as the history of Scotland's goldsmithing.

CLARE BLATHERWICK
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clareblatherwick.co.uk

And
FINALLY



"Fair trade was the reason we started the business, and we've always wanted to create fashion accessories with broad appeal with solid ethical, environmental

and social credentials," said Simon. "B Corp certification helps us continue to improve not just what we do but how we do it. Customers are increasingly wishing to look behind a brand to understand the impact of their purchasing decisions, and we hope B Corp accreditation will give customers additional reassurance and confidence when considering our products."

earthsquared.com
bcorporation.uk

EARTH SQUARED GAIN B CORP VERIFIED STATUS

North Berwick-based fair trade brand Earth Squared are delighted to have achieved B Corp certification, furthering the

company's commitment to operating its business as a means of positive change and creating 'feel good' fashion accessories. Established by husband and wife team Alison and Simon Henderson, Earth Squared has worked with producer groups in Vietnam since 2001 to create stylish, practical and affordable fashion accessories, now sold in hundreds of retail shops across the UK and overseas.



L to R: Iona Knottenbelt, Hilary Matthews, Caroline Freeman, Catriona Fraser Harris, Sandra Pardoe, Debbie Spens, Annabel Stirling, Sarah Lang, Clare Tulloch

GAME SET CYCLE CHARITY CHALLENGE TO RAISE FUNDS FOR MAGGIE'S

On Saturday, 17th June 2023, in East Lothian, a team of avid tennis players from Gullane Tennis Club will embark on a challenging charity event to raise vital funds for Maggie's Cancer Centre in Edinburgh by cycling over 70km and participating in six hours of cardio tennis, visiting six East Lothian tennis clubs along the way.

Maggie's Cancer Centre provides support to those affected and living with cancer. The team is participating in this event in honour of their dear friend and former tennis coach, Annette Fox, who received support from Maggie's Cancer Centre during her battle with cancer.

The grand finale will take place at Gullane Tennis Club, where a raffle, tombola, BBQ and drinks will be held. The team invites everyone to join them for a day of fun while supporting a great cause.

Just Giving: justgiving.com/fundraising/gamesetcycle2
Cardio Tennis Booking: game-set-cycle.myshopify.com
Online Auction: uk.givergy.com/Gamesetcycle

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