

COMMUNITY & LIFESTYLE MAGAZINE

LOCAL LIFE

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*Home Fires
Burning*

...page 20

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forward to battening down the hatches, wrapping up in layers and indulging in some serious comfort food. Let's face it, autumn is the time to get cosy, so we should embrace it, and in this issue, we show you how. We tell you all you need to know about safely and legally keeping a wood-burning stove or



traditional fireplace in your home for the autumn nights ahead, and we give you styling ideas to ensure your home really makes an entrance. In health and beauty, Karolina Bajbuz unravels the secrets of natural beauty while weaving in spooky skincare trivia for some Halloween magic. And we ask Clinical Hypnotherapist Kat Turnbull exactly what hypnosis can do for our health.

Editor's LETTER



As I am writing this, we're experiencing what can only be described as an Indian summer, and while we may be holding onto those

summer vibes as much as we can, there's no doubt that the cooler evenings remind us that autumn is nearly here. Skies are still beautifully blue, but I've dug out slippers and blankets, find myself turning on lamps around the house, and I've thought about collecting blackberries and conkers (but am yet to actually action this).

If you love autumn's misty mornings and bonfire smells as much as I do, you're probably looking

We've also produced our second collaboration with NBCC which brings local news updates and information on community groups and clubs.


Dressing appropriately for the inevitable autumn rain is always tricky, so we celebrate the anniversary of the humble Macintosh raincoat. And, with party season just around the corner, we bring you the autumn/winter 2023 trends that will help up the ante as we head into the festive season with glamorous, colourful jewel tones and classic gold and silver.


But if swapping flip-flops for cosy boots saddens you, then chase the sun to warmer climes. Whether you're looking to bask in a rich historical ambience or simply chill on the beach, we bring you the best places to visit in the pursuit of winter sun.

Until next time, enjoy autumn, enjoy your Local Life.

Kim x

LOCAL LIFE
COMMUNITY & LIFESTYLE MAGAZINE

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Editor: Kim Williams

Contributors: Veronica Clarke, David Hicks, Bernadette Petrie, Elaine Ramanauskas, Sally-Jean Rankin, Bernie Rowen-Ross.

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In Pursuit of Winter Sun



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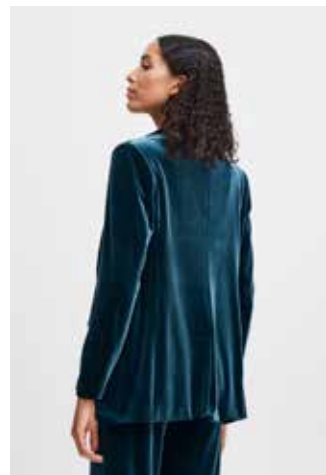
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SPARKLE LIKE IT'S 2023

Metallics come around almost every winter thanks to their firm association with party season, but for 2023, it's not just about the shimmer. While previous seasons welcomed splashes of silver here and bursts of sequin there, there's no holding back for autumn/winter 2023, as the look requires a full liquid metal take on the trend – from head to toe!



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Up the ante as we head into the festive season with glamorous, colourful jewel tones and classic gold and silver. Not one for wallflowers!

If you can't wait for Christmas party outfits, wear your favourite sequin and metallic clothing dressed down with a white shirt, sweatshirt, jeans or leggings.

If sequins or statement metallic shine aren't for you, opt for satin or iridescent chiffon for a low-key shimmer that's easily transferred from AM to PM.

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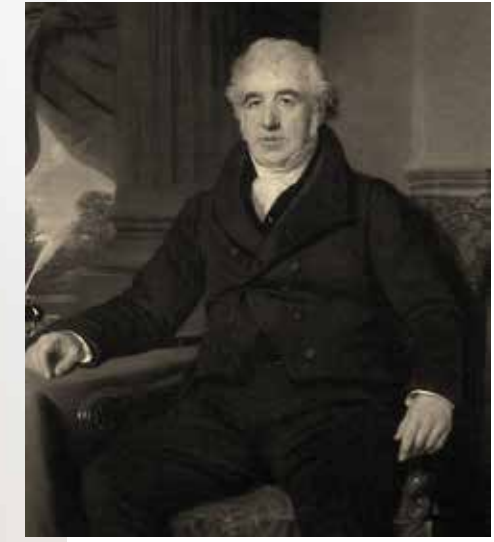


A Watertight Invention

Two centuries ago, on a typical drizzly afternoon in Scotland in October 1823, chemist Charles Macintosh unveiled an invention that would revolutionise our response to inclement weather – the waterproof raincoat.

As the anniversary of the humble Macintosh raincoat (or the ‘mac’, as we affectionately term it) approaches, it seems only fitting to celebrate a seemingly unassuming item of clothing that has slipped into our wardrobes and lives with such stealth that we might forget to acknowledge its significance.

The raincoat’s conception owes its existence to a by-product of the Industrial Revolution: tar. In the early 19th-century, Charles Macintosh, a practising chemist with an eye for invention, discovered that coal tar naphtha (a waste product of the booming coal industry) could dissolve rubber. He then



ingeniously sandwiched this rubber solution between two pieces of fabric, creating the first waterproof cloth and, consequently, the first raincoat.

The invention was not without its initial drawbacks. As a garment, it was stiff, had a distinctive smell and would melt in high heat, but these minor inconveniences were a small price to pay for staying dry.

Despite the product’s ingenuity, Macintosh did not receive much acclaim, and adoption of the mac was slow. He subsequently lived in relative obscurity until he died in 1843.

Fast-forward two centuries, and the raincoat’s popularity has gone far beyond a practical addition to our closets. It has been embraced by the fashion world and turned into a versatile sartorial staple. Raincoats have repeatedly proven their fashion mettle, from the classic Burberry trench to the edgy Stutterheim rubberised Mac. The modern version is testament to the transformative power of fashion: a humble waterproof elevated to a potent style statement.

Yet let’s not forget, the raincoat’s raison d’être – to keep us dry. And with advanced technology, such as Gore-Tex and other breathable additions, the coat no longer has any uncomfortable downsides to staying dry.

Charles Macintosh may not have received appropriate recognition for his invention in 1823, yet his name still adorns a product that saves us from so many soggy sojourns.

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What can Hypnosis do for your Health?

Hypnotherapy is emerging as a powerful treatment for stress, anxiety and many other conditions. But can it shake off its reputation as a stage magician's trick? We spoke to Clinical Hypnotherapist Kat Turnbull to find out.

Clinical Hypnotherapy is a natural and gentle way to bring about desired change, and there is increasing clinical research to back up its use to help manage a range of health conditions. Yet it still struggles with its reputation as a stage gag – in which you might stare at a pocket watch and feel suddenly inspired to cluck like a chicken. Kat Turnbull, based at Cockenzie House, works hard to dispel these myths. For starters, her studio has no swinging watches, and you won't be coerced into acting like any member of the poultry family! She uses a particular form of therapy called SFH (Solution Focused Hypnotherapy). Drawn into this field by the intriguing positive results that practitioners were having, Kat was also impressed by the efforts undertaken to research the neuroscience underpinning the therapy. *"I like to incorporate some of this into sessions. Understanding the 'why' behind your mental health can help you start to regain control over your life."*

Sessions regularly incorporate techniques like breathing or grounding, guided conversation, reframing and future pacing to help a client picture their preferred future. For example, if the 'problem' didn't exist, what would you imagine life to be like? Kat adds, *"Using our imagination in this way is very beneficial. It can be the catalyst for even the most unwell person to start believing in hope again and the possibility of improvement."*

Hypnosis is used at the end of every session. In such a relaxed state, the mind will begin to consolidate and integrate any new learning and begin to process unresolved stress. *"Hypno feels a little like getting*



© Moments by Alexandra

lost in a good book – relaxing and transporting. You are awake and always in control," Kat explains. *"Over an appropriate number of sessions, you will return to a much healthier version of yourself – it's important to remember that the mind does want to be well."*

"Hypnotherapy is a fantastic way of providing the right context for health and well-being and rebalancing the system", explains Kat. And it's precisely for this reason that it can be such an effective remedy for so many conditions. Over the previous six months, Kat has worked with clients ranging from five to 85-years-old, suffering from conditions such as stress, anxiety, depression, fatigue, OCD, pain, unwanted habits, IBS, specific phobias, sleep issues, EBSA, health anxiety, overwhelm, panic and confidence issues.

She emphasises that Hypnotherapy is not a magic wand remedy, *"The client and therapist work together equally to encourage changes to happen. But with consistency and patience, the results can be astonishing."*

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Autumn's Eerie Beauty: Natural Skin Care with a Halloween Twist!

As the leaves change and the air turns crisp, the arrival of autumn brings a bewitching ambience to the atmosphere. With the cooler season's appearance, it's the perfect time to give your skin some extra care and an enchanting glow. **Karolina Bajbuz** unravels the secrets of natural beauty while weaving in spooky skincare trivia from the past for some Halloween magic!

CARING FOR YOUR SKIN AS THE SEASONS SHIFT

Your skin deserves a little extra TLC during the transitional autumn season. Cooler weather and fluctuating humidity levels can leave your skin feeling dry and prone to irritation. Embrace natural skincare to keep your complexion glowing like a harvest moon.

BANISH IMPURITIES

Instead of harsh foaming gel cleansers and soaps, opt for natural alternatives that cleanse and feed your skin without stripping your skin's natural oils. Cleansing balms offer a perfect solution that turns your daily routine into a luxurious cleansing ritual. Not only do they effectively remove impurities and waterproof cosmetics (think your ghoulish Halloween look!) and provide aromatherapy benefits, they also nourish delicate skin with all the plant goodness.

THE MAGIC OF HYDRATION

A good moisturiser is like a fountain of youth; your skin will drink in the benefits. Keep your skin well hydrated, plump and youthful with botanical-infused moisturisers that include ingredients like hyaluronic acid, niacinamide, glycerine, panthenol and ceramides. They help to attract and retain water in your skin, soothe irritation and strengthen the skin barrier.

WITCH HAZEL: TRICK OR TREAT?

Witch Hazel has wonderful anti-inflammatory, cleansing and skin-tightening properties. But beware! It is frequently diluted with alcohol,



which will dry out and damage your skin. Make sure to use the alcohol-free product to reap the benefits risk-free.

UNVEIL YOUR GLOW

Did you know that pumpkin contains an enzyme that is an excellent exfoliator? Treat your skin to a gentle exfoliation with fruit acids or an exfoliating face mask, and watch the dull skin slough away. But avoid harsh scrubs that can damage your skin, and don't overdo it. Once or twice a week is best, particularly if you have sensitive skin.

ELIXIR OF SERENITY

Like witches' potions, facial serums enriched with essential nutrients can revitalise your complexion and enchant with sensuous scents. There are many serums to choose from to match your individual needs. Our favourite ingredients include Vitamin C, Bakuchiol (natural Retinol alternative) and Rosehip oil for their collagen-boosting and restorative benefits.

THE HAUNTING BEAUTY OF THE PAST

In pursuit of eternal beauty, our ancestors employed some rather eerie skincare practices:

The White Lady's Curse: During the Elizabethan era, pale skin was considered a sign of beauty and social status. To achieve this look, women used cosmetics containing white lead. Unfortunately, these cosmetics often caused skin damage, lead poisoning and other health issues.



The Gaze of Belladonna: Belladonna, a poisonous plant also known as 'deadly nightshade', was used by some women to dilate their pupils, giving them a wide-eyed appearance considered attractive during the Renaissance. However, this practice was extremely dangerous due to the plant's toxic effects.

Vampire Facials: Recent skincare trends have also seen unusual treatments, such as the 'vampire facial'. This procedure involves drawing a small amount of the patient's blood, processing it to extract the platelet-rich plasma, and then applying the plasma to the face using micro-needling. Looks as spooky as it sounds.

Luckily, today we have the privilege of harnessing nature's gifts and creating beauty rituals that honour both our skin and the planet.

EMBRACE THE MAGIC OF AUTUMN'S BEAUTY RITUALS

While the spirits of Halloween stir the air, let your skincare routine be a testament to self-care and reverence for the power of nature – with a sprinkle of magic!



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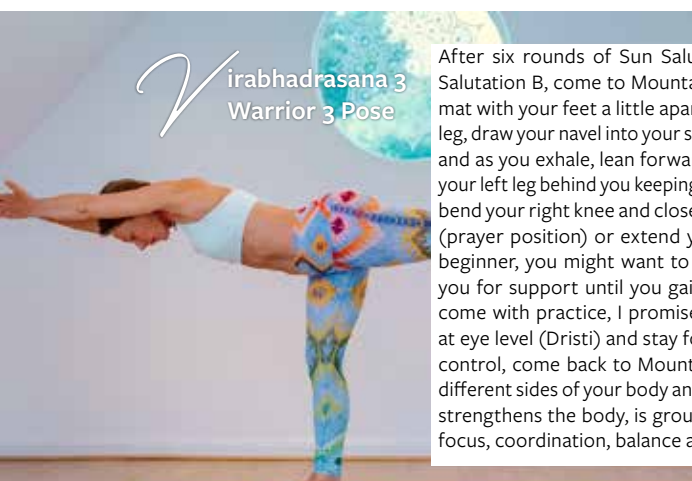


Karolina Bajbuz, skincare expert and award-winning Deerieo Skincare founder. You can also read Karolina's beauty blog at deerieo.com hello@deerieo.com

Yoga for Vata and Kapha Seasons

words: sally jean rankin | pictures: lindsay scott

As we move through autumn (Vata) and into winter (Kapha), keeping our yoga practice grounded, warming and stable is important. As our Vata can be provoked by cold and windy weather, so can our Kapha. We slow down with the tendency to want to sleep longer and stay in because it's cold. By working with nature's cycles, we can feel a sense of harmony and control rather than being bogged down by the cold, damp darker climate. Drinking a mug of hot water upon waking will help boost your digestion, and drinking plenty of hot herbal teas and eating plenty of warm, healthy home-cooked meals will keep you hydrated, nourished and warm. Getting plenty of sleep and walking in nature will boost your mental health. Ayurveda is about balance, and yoga is about self-realisation, a powerful combination. By delving into your well-being tool kit, there are plenty of approaches to help you through the changing seasons. Here are two yoga poses to help you feel grounded, warm and stable.



Virabhadrasana 3
Warrior 3 Pose

After six rounds of Sun Salutation A and three rounds of Sun Salutation B, come to Mountain Pose. Standing at the top of your mat with your feet a little apart, take a deep breath in, lift your left leg, draw your navel into your spine activating your lower abdominals and as you exhale, lean forward, folding from the hips, and extend your left leg behind you keeping your hips and shoulders level. Slightly bend your right knee and close your palms together in Anjali Mudra (prayer position) or extend your arms by your ears. If you are a beginner, you might want to hold onto a stable chair in front of you for support until you gain strength and confidence (this will come with practice, I promise!) Focus on a space on the floor or at eye level (Dristi) and stay for five deep breaths. Slowly and with control, come back to Mountain Pose, change sides, observe the different sides of your body and stay for five deep breaths. This pose strengthens the body, is grounding and boosts stability, improves focus, coordination, balance and builds confidence (it's also fun!).

After practising Virabhadrasana 3, practise a vinyasa to keep your energy flowing and to keep you warm, then come to a seated position with both legs out in front of you. Remember, keep warm as you start seated postures. Inhale and bring your left heel and knee into your body, exhale and sit tall by lengthening through your spine and crown of your head. Inhale, take your left foot over your right thigh, exhale and twist to your left, hugging your left knee into your chest. Feel your sit bones ground, lift up through your chest/heart and breathe gently and deeply through your back and spine, don't force it. Stay for five deep breaths. Inhale, come back to centre with both legs out in front of you and exhale to ground. Repeat on the other side. This pose stretches, strengthens and lengthens the back, hips, legs and upper abdominal muscles. It improves and increases our range of motion and improves our quality of breathing. It is also energising, distressing and relaxing. It is also believed to help improve the digestive system by releasing excess heat and toxins from organs and tissues. During these colder months, it's important to keep a healthy routine and never skip Savasana! Grab your soft, cosy blanket, eye pillow and thick socks, stay warm and enjoy a deeply restorative relaxation.



Ardha matsyendrasana
Half Lord of the Fishes
Pose

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In the Stars

Autumn is here, and as the seasons change, **Bernie Rowen-Ross** tells us there are always new things to look for in the stars.




23 October – 21 November
Life is just becoming interesting, but much of the activity is not visible. Changes are taking place within your psyche; you are tuning in to more subtle energies, and your thoughts are deeper and more complex than usual. This doesn't last but is a period of realisation and transformation. Go with the flow and enjoy the process.




22 November – 21 December
The focus for the moment is on other people. As a Sagittarian, you are gregarious and friendly, and this time is no different, but it is more evident that groups may take up more of your time and attention. You enjoy the banter and chatting, and with the lead-up to the Christmas season, it is good for you to be a little more outgoing.




22 December – 19 January
Ah, reliable Capricorn, change is in the air. Not that life is ever static, but there are often things that we cannot control that affect us directly, and it looks like this is the overriding energy in your horoscope right now. Change that is out of our control is sometimes very good; it shifts us into new areas of life and broadens our outlook.




21 March – 19 April
There are often issues to be healed in relationships, which means with anyone: family, friends, colleagues, and lovers. This is an excellent time to take the hard edges off your heart and soften your focus with kindness. Many of us struggle silently without making our innermost experiences known. Be kind to yourself first, and then allow that kindness to overflow.




21 June – 22 July
Home is where the heart is, and this becomes very clear to you during this phase of life; you start accepting that you are most comfortable surrounded by loved ones, and as the nights draw in, your comfortable surroundings are the best place to be. Brighten the inside of your living area with some changes to your décor and bring warm colours into play.




23 September – 22 October
During autumn, it is time for you to slow down, enjoy the beauty around you and appreciate the cosy comfort of candle-lit dinners and cosy beds. Try not to strive too much, and take your time when doing any project. Life is not a race, and the pleasure of spending time in nature, even as it gets colder, is even greater when we take the time to be part of the splendour.




20 January – 18 February
If you are in a position to travel, this is a good time; if not, you may want to read more about foreign countries and experience the joy of armchair travel, maybe on TV. If you are keen to learn a foreign language, now is the time to start; you will master it in no time. Of course, this requires discipline, but you generally get what you set out to do, so with discipline and enthusiasm, you will achieve what you want.



20 April – 20 May
It's time to focus on taking your health and fitness routine up a level. The buzzword is routine; it's no good exercising one day a month and hoping it will make a difference. Exercise could be like brushing your teeth; it is something that you do every day, and when you do, you will thank yourself as you will feel the benefit immediately.




23 July – 22 August
During this period, you will find that communication becomes essential. Keep all of those channels open and remember the details. You may well come up with some innovative ideas, follow your intuition and don't be afraid to suggest some changes. It can be a very exciting time for you, especially if you also listen to other people's ideas.



19 February – 20 March
New doors are about to open for you; there is change afoot, and with change, there is adjustment, and you can do that. Keep your feet on the ground, but reach for the stars; there is so much that you can achieve. Rely on those people who 'have your back'. We don't have to always 'go it alone'. You are very capable of being your authentic self and moving forward.



21 May – 20 June
Sometimes, it is a good idea to allow your creative juices to flow, and this is one of those times. If you have a little time on your hands, change something in the house or try to beautify an area in your home that you have avoided, be disciplined and determined. You can make a difference!



23 August – 22 September
You are probably halfway through your Christmas list, as Virgoans are methodical and organised. It is important that you are focused on your finances now. You may find some added way to increase your income, and as you need security, this will be a great opportunity, but it will require your organisational ability.

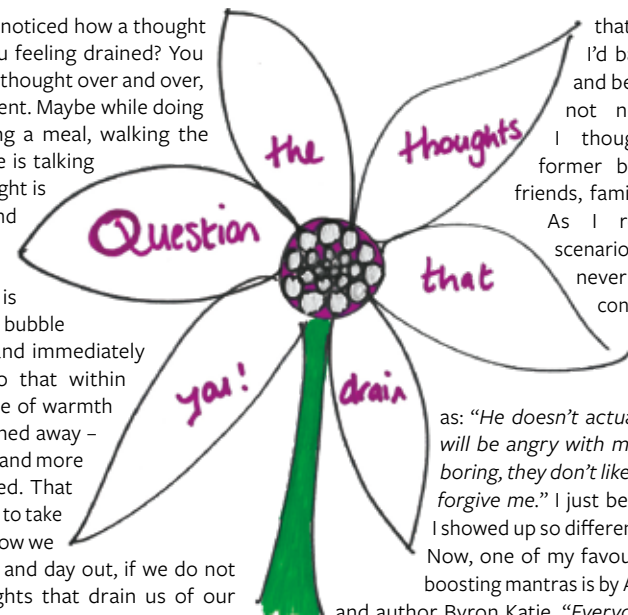
Bernie Rowen-Ross is a retired Psychotherapist and Complementary Therapist
e: bernirr@yahoo.com
t: 01620 844 321



Question the Thoughts that Drain You

Bernadette Petrie tells us now is the time to question our innermost thoughts.

Have you ever noticed how a thought can leave you feeling drained? You focus on this thought over and over, moment after moment. Maybe while doing the laundry, cooking a meal, walking the dog, while someone is talking to you and the thought is there, turning over and over, keeping you in a trance. Focusing on negative thoughts is like filling a gorgeous bubble bath – hopping in and immediately pulling the plug so that within minutes, your source of warmth and vitality has drained away – leaving you exposed and more than a bit dissatisfied. That would be a crazy way to take a bath, and yet it is how we live our lives, day in and day out, if we do not question the thoughts that drain us of our vital life force.



that the thoughts I'd based my actions and behaviour on were not necessarily true. I thought about my former boss, old school friends, family, and husband. As I recalled various scenarios, I realised I had never once paused to consider whether the thoughts in my head were true. Thoughts such

as: "He doesn't actually like me, they will be angry with me, they think I'm boring, they don't like me, he will never forgive me." I just believed them, and I showed up so differently because I did.

Now, one of my favourite confidence-boosting mantras is by American speaker and author Byron Katie, "Everyone in here loves me; they just don't know it yet".

While researching and writing my book, I watched a Netflix series called *Once Upon a Time*; where characters are genuinely themselves. But, the wicked queen cursed the land, so no one remembers who they truly are. For the past 28 years, they have lived in a different, less magical reality. They live in a modern world, which is a bit foggy in the details. They have thoughts that conflict with their feelings and narratives of lives. They are in jobs that feel strange and are without true loving relationships. No one is truly themselves – stuck between the illusion and the glorious reality.

The only way to break the spell and set themselves free from the thoughts draining them of their true essence is to question these thoughts. And without being governed by these thoughts, they can subsequently act differently. This isn't easy, and just like our inner critic, the wicked queen is there, filling them with self-doubt. It takes tons of self-trust and persistence, but it pays off. Small changes emerge in their daily lives because they are finally waking up to the fact that the thoughts that don't feel good need to be questioned, and the truth will set them free.

It's time to get into the habit of questioning your thoughts that don't feel good and returning to your true reality. I vividly remember standing in my bedroom in July 2010 when a realisation hit me – maybe I had some things wrong? I don't mean I'd done something wrong; no, I'm referring to the realisation

Imagine how differently you might show up if this was the thought you entered with instead of any of the above. Questioning our thoughts is a huge part of the secret to being happier, and it is something we either will or will not do, and it will make all the difference.

Only by loving ourselves for who we are can we love others in the same way. What illusionary thoughts keep you stuck in a trance-like state like the characters from *Once Upon a Time*? Which thoughts leave you feeling drained and powerless or just a bit blah? We don't need to let our power source drain away unnecessarily. We don't have to buy into a reality that doesn't feel good. Take the thoughts out of your mind, stare them down, shake them out and ask them the question that has magical power – is this really true?

We need to trust these feelings far more than we currently do so we can fully use our precious energy to create a magical life. Only then, when the story of our life is told, it too may start with the magical words 'Once upon a time...'

Article adapted from Bernadette's book *Permission to Shine* – Chapter 15

hello@bernadettepetrie.com

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Home Fires Burning

All you need to know about safely and legally keeping a wood burning stove or traditional fireplace in your home.



Fire – possibly our greatest invention, or rather, discovery. When our primitive ancestors mastered fire approximately two million years ago, it propelled the evolutionary leap necessary (specifically the development of larger brains) to become the most intelligent species on Earth. So perhaps that's why we still find fire so alluring. Whether gazing into the leaping flames of a great bonfire or the dying embers of a traditional hearth, fire maintains a primitive fascination and sense of comfort that simply cannot be replicated by electricity.

Furthermore, as we enter another winter besieged by uncertainty over energy prices, wood-burning stoves may become a fiscal necessity, above and beyond their obvious place in our hearts as a sturdy style statement. However, with great power comes great responsibility and our ever-expanding wealth of accumulated information demands that we no longer burn with reckless abandon for the sake of our health as much as for the sake of the planet.

What's more, the new wood-burning stove regulations that came into force in 2022 affect what type of log burner you can buy and what fuel you can burn in it. This law mandates that all newly-produced wood-burning stoves, multi-fuel stoves and fireplaces must adhere to rigorous guidelines – called Ecodesign. The updated regulations prohibit the sale of the most environmentally harmful fuels, guaranteeing that only eco-friendly stoves are now available for purchase.

While the regulations pertain to manufacturing new units, it is permissible to continue using existing wood-burning stoves that do not meet the updated standards. However, if you reside in a smoke control area, additional criteria must be met, which may impact the use of your stove.

It is highly recommended to enlist the services of a certified installer when fitting your stove, as well as placing a carbon monoxide alarm – which detects the presence of the potentially lethal gas – in the room. Also, ensure your stove and chimney are inspected annually, sweep it frequently, and purchase wood from a reliable source.

Remember, mindful and informed burning will ensure you have a cosy and happy winter and, what's more, lower energy bills too.

The team at East Lothian-based Stoves & More have over 25 years experience in the construction industry, and they're happy to help with everything from choosing a stove and installation to ongoing service and maintenance.

STOVES & MORE

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Make an Entrance

Add a little 'wow' factor to your hallway without breaking the bank.



If the kitchen is the heart of the home, and the main bedroom is the mind as one's private retreat, then the entrance hallway is surely the ego.

Like a perfectly curated Instagram feed, this is where we reveal most to those outside our family or friendship circles.

Whether fleetingly delivering a package, picking up a child from a playdate or visiting to spend a leisurely evening, the entrance hallway is the first and last impression we offer of our homes, so why not invest a little love into it in the following clever ways:



SMARTEN UP YOUR STORAGE

If you don't have a dedicated porch, your entrance hall can become a dumping ground for outdoor paraphernalia.

From overflowing coat hooks to overburdened shoe racks and even the odd buggy or bicycle, managing the necessary bits and bobs a family needs to leave the house is challenging. However, there are ways you can simplify and modify storage so it serves you better.

One obvious solution is to rotate coats and shoes depending on the season to minimise what needs to be in the main hallway.

You can also turn existing storage into something more practical, so as far as under-stair space goes, consider transforming it into a closet with rails and built-in drawers or shelves for shoes.

Shoe cabinets that hide the cluttered footwear are also fantastic, particularly if they double as a bench.

BE BOLD

As for what you put on decorative display, embolden your entrance hall with show-stopping pieces that immediately grab the attention.

Consider a large, grand mirror; it will amplify light, add dimension and offer one last chance for guests (and yourself) to primp before entering or leaving the house.

Unique console tables adorned with vibrant vases or sculptural art can also be stunning conversation starters, and if you have high ceilings, a dramatic pendant light or chandelier will make a lofty impact.

And don't forget about the floor – a bold, geometric patterned rug can tie the whole space together while adding a soft and welcoming touch.

EMBRACE EXISTING FEATURES

Your entrance hall might, in its very fabric, find itself graced with inherent architectural features, and it's a good idea to make the most of these.



Staircases can be highlighted with a fresh coat of paint or by updating the balustrade with a modern design.

If you've got vintage tiled floors, let them shine; they embody character.

Stained glass windows, cornicing, or even original wooden floors can be accentuated rather than hidden – they all tell a story of the home's past, and enhancing these unique features can provide a distinctive and authentic charm to your entrance hall.

SHOW A LITTLE LOVE

Finally, ensure you imbue your hall space with personal touches that welcome guests and celebrate the things you cherish.

Display framed photos of loved ones or important life moments, or hang a gallery wall that combines family pictures with artwork you've collected over the years.

Family heirlooms – an antique clock, a handed-down console table, or a vintage coat rack – will



offer timeless elegance and a sense of history, so consider pieces that resonate with you personally.

It's these personal touches that make a house a home, and while many of us leave such elements for the main living spaces in the house, there is no reason why you can't express pride and passions from the very first moment you step into your cherished abode.

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Back to Black

For many people, black is the one colour to be avoided at all costs. **Forever Spaces** shows us how using black can actually breathe life and colour into your interiors.



KITCHENS

Black in a kitchen can be bright, beautiful and super chic. Contain the black to a single island unit. This way, it's more like a beautiful sculpture than furniture. Or make your storage units the big black statement and balance the visual impact with white. Remember, black doesn't always have to be pure black; shades of grey work equally well.



BATHROOMS

Black bathrooms can offer a spa-like feel and a sense of calm that other parts of your home might be unable to provide. Tiles are an easy way to bring black into your space – use as a splashback or a feature wall. Black fixtures and fittings add a stylish accent, but for a truly standout flourish, you can't beat an all-black freestanding bath perched majestically in the middle of 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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Cleaning Tricks and Treats!

Autumn's a great time of year to appreciate our home comforts. **Morag Readman** from Bright & Beautiful recommends some 'tricks' and 'treats' to enjoy the season.



SORTING IT OUT

This is a great time of year to declutter and get organised for the months ahead.

Clear out your fridge and freezer; use up summer food and dispose of out-of-date items. Creating space means you have room for extra casseroles or soups for the freezer or stocking up early on festive food.

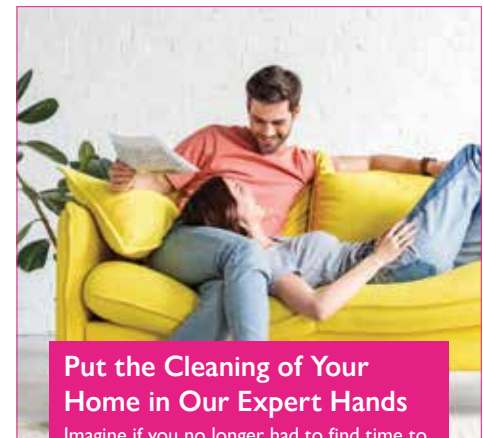
In the bedroom, clean and pack away summer outfits to make wardrobe space for woolly jumpers and jackets. Rotate the mattress and switch to a heavier duvet for comfy and cosy nights ahead. Clean blinds and curtains, wash throws and cushion covers in the living room. Ensure log burners are serviced and arrange supplies of fuel. In the hall, make space for winter shoes or boots to be taken off and stored at the door.

SNUGGLING IN

Now for the fun part! I love to introduce a few autumn colours into my home décor. Grey is still very popular for interiors, and pops of orange look amazing with it. Changing cushion covers or bed throws can warm up the room. If orange isn't your thing, green, mustard or gold also add that seasonal feel. Whether you choose pumpkin-spiced latte, apple pie or cinnamon-scented candles, your autumn home can smell as good as it looks. Yum!

KEEPING IT CLEAN

There's a reason why cobwebs feature so much in Halloween decorations, but if you don't want to keep yours, we can help. Whether you need a seasonal deep clean or regular housekeeping, we have a service to suit your home.



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The Flavours of Autumn

kate lewis & veronica clarke



In October and November, our stores and farm shops are full of tasty pumpkins and root vegetables that love the nip of frost, such as parsnips, swede and kale. It is also a perfect time for rich game meats like venison. Venison is a delicious, nutritious, sustainable alternative to other red meats. Plus, it's very lean, low in fat, high in protein and packed with vitamins and minerals. It can be roasted, stir-fried, stewed, used in a ragu, or even minced for burgers.

Mindful of shopping locally, I popped into Anderson's Butchers in North Berwick for a venison haunch, which

I was told was from East Lothian. Therefore, preparing a dish using local suppliers seemed only fitting. So, I bought a Tractor pumpkin from Kilduff Farm and sourced the dates, onions and fresh ginger from the local Andrew Johnstone fruit and vegetable van that travels around East Lothian weekly.

This Moroccan-style stew infused with ginger, cinnamon and chilli is a hearty warming dish that warms the soul and is a perfect make-ahead meal for either a quick mid-week dinner or for guests coming round.

VENISON AND PUMPKIN TAGINE

Serves 4 | Difficulty: Easy | Time: 15 mins prep, 2 hours cook

INGREDIENTS

3 tbsp rapeseed oil or vegetable oil
500g venison haunch cut into large pieces
Kilduff Tractor pumpkin, peeled, seeds removed and cut into pieces (if the season allows; if not, use butternut squash)
1 brown onion diced
1 tbsp cumin seeds or 1 tsp cumin powder
1 tbsp coriander seeds or coriander powder
1 tsp black peppercorns whole or ½ tsp freshly ground pepper
1 tsp cinnamon powder
2 cloves
Bunch of coriander, stalks roughly chopped, leaves picked
Thumb-sized piece ginger, peeled and roughly chopped
3 garlic cloves, crushed
1 dried pili pili chilli or 1 fresh red chilli seeds removed and chopped
500ml chicken stock
8 pitted Medjool dates halved
1 tbsp tomato puree

METHOD

1. Preheat your oven 180°C / Gas mark 4/5. Toss the pumpkin pieces in one tablespoon of oil and season, then place on a baking tray lined with baking parchment. Roast the pumpkin for 30 minutes until almost tender but not too soft.

2. Add one tablespoon of oil to a heavy-based pan on medium-high heat and brown the venison – you'll need to do this in batches so you don't overcrowd the pan.

3. If you're using spice seeds, while the meat browns, heat a frying pan and tip in the cumin, coriander seeds, peppercorns, and cloves. Warm the spices through, stirring them occasionally until they turn a shade darker and smell aromatic. When ready, transfer the spices into a mortar and pound with a pestle to a powder. Add the coriander stalks, ginger, garlic and chilli and blend to a paste.

If you're using powdered spices, add them to the mortar with coriander, etc. and blend to a paste. You can use a food processor/blender to make the paste, but you might have to add a touch of water for it to work.

4. When all the venison pieces have been browned, place the meat in a bowl to the side. Add one tablespoon of oil to the pan on medium heat and add onion. Cook for one minute.

5. Stir in the spice paste, mix and cook for a further one to two minutes, then add tomato puree. Pour in a splash of stock to deglaze the pan.

6. Return the venison to the pan and add the remaining stock.

7. Bring to a simmer, cover with a lid and leave to bubble over a gentle heat for 1-1.5 hours, stirring occasionally.

8. When ready, remove the lid and add dates and honey. Turn up the heat a little and let it bubble for 15-20 minutes, then add the pumpkin and cook for a further 10 minutes until the liquid has reduced and the tagine is rich and tasty. Season to taste.

9. Stir through the coriander leaves and serve with cous cous, flatbread and a dollop of yoghurt. It's also great served with rice or quinoa. Like all stews and tagines, it is even better if cooled and served the next day.

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WHAT'S THE SCOOP? Gullane Glögg

We sat down with
Julia Sutherland, the
face behind artisan
drinks mixer range
– Gullane Glögg.



What did you do before creating your artisan drinks mixer range?

After graduating with a degree in Hospitality Management, I worked for the InterContinental Hotel group for a few years before moving to the 'other side' and working for an Event Management Company organising conferences all over the world in unusual places, such as Angola, Bolivia, Turkmenistan and around Europe and the US. Later, I moved back to hospitality, working in event management at Claridge's, the famous London Hotel, organising parties and weddings for the rich and famous and many corporate events. Tired of London, I 'emigrated', moving north to Edinburgh in 2008, which coincided with meeting my husband! I worked for an Edinburgh-based event management company before moving to Gullane, where I took a career break to start my family.

What made you decide to create Gullane Glögg, and what's the inspiration behind it?

It was an accidental happening! As chair of the fundraising committee for our local playgroup, while my youngest child was attending, we decided to serve mulled wine at the annual Christmas Fayre. I'd recently had some revolting mulled wine at a fireworks party down south, and I wondered how I could delegate

the making of mulled wine to someone without the flavour being ruined. So, I devised a simple mix that could be added to wine, heated and served!

How are the mixers made, and what are the ingredients?

Gullane Glögg is made by hand in small batches with orange juice, sugar and a special blend of spices. It's simmered in a pan for a couple of hours before being bottled. I deal with the faff so you can have nearly instant mulled wine!

What has been the biggest challenge so far?

The season of 2020, during lockdown. As there weren't any Christmas markets and people were still cautious about going to the shops, I didn't make a lot of stock as I didn't anticipate selling much. I set up an online shop at the end of 2019 but had little experience selling online and did not anticipate the demand. I got absolutely inundated with online sales, so I was desperately making batches every day, then sealing, labelling and packaging them all up in the evenings and repeat – for about a month or so!

What has been the biggest achievement so far?

Winning a one-star Great Taste Award, a Bronze in the Scottish Retail Food and Drink Awards and a Silver in the Farm Shop and Deli Show Product Awards.

Where can we buy your products?

Various stockists throughout East Lothian, including Archerfield Walled Garden, Brand Family Larder, Dunbar Garden Centre, Gosford Bothy, Old Smiddy in Gullane, as well as further afield. They are all listed on my website.

What's next for Gullane Glögg – any exciting plans?

Take over the world! I am just continuing to spread my wings; I have been to a few trade shows and now have stockists all over the UK. I hope to continue stocking in more places, so if anyone knows of any farm shops or delis where they think I would fit, let me know, and I can get in touch with them to help spread the festive cheer!

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AWESOME AUTUMN READS

For October, an eclectic selection of fantastic fiction that will enrich the soul and inspire the mind.

If Only I Had Told Her

by Laura Nowlin

Finn has always loved Autumn. She's not just the girl next door or his mother's best friend's daughter; she is his everything. But she's not his girlfriend. That's Sylvie, and Finn would never hurt her, so there's no way Autumn could know how he truly feels.

Jack, Finn's best friend, isn't so sure. He's seen Finn and Autumn together. How could she not know? And how is he supposed to support and protect Finn when heartache seems inevitable?

Autumn surrounds herself with books and wants to write her destiny – but one doesn't always get a new chapter, and fate can be cruel to those in love.

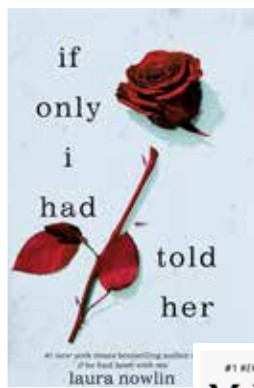
Told through three different perspectives, *If Only I Had Told Her* is a love story brimming with truth, tragedy, and unexpected bonds that heal us. Published by Sourcebooks on October 3rd

What We Kept to Ourselves

by Nancy Jooyoun Kim

Both a riveting page-turner and moving family story, *What We Kept to Ourselves*, upon the discovery of a dead body in a backyard, masterfully explores the consequences of secrets between parents and children, husbands and wives. It is the story of one unforgettable family's search for home when all seems lost, and what it means to dream in America.

The book comes from the pen of New York Times bestselling author Nancy Jooyoun Kim, whose ability to craft style and mystery continues to know no bounds. Published by Atria on October 10th



Going Infinite

by Michael Lewis

Virtually overnight, Sam Bankman-Fried shot onto Forbes' billionaire list and captivated the world as he played video games during meetings.

Lewis paints a character profile of Bankman-Fried, a man who never liked playing by the rules, a trait that led to immense success and even more immense failure.

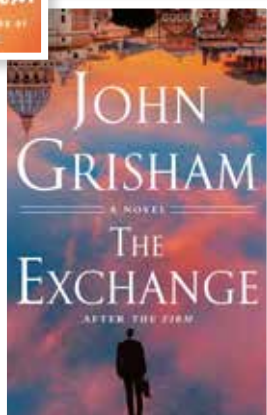
After tackling the financial sector in *The Big Short* and *Flash Boys*, Michael Lewis dives deep into the collapse of the crypto company FTX, to great effect. Published by Penguin Books on October 3rd

The Exchange

by John Grisham

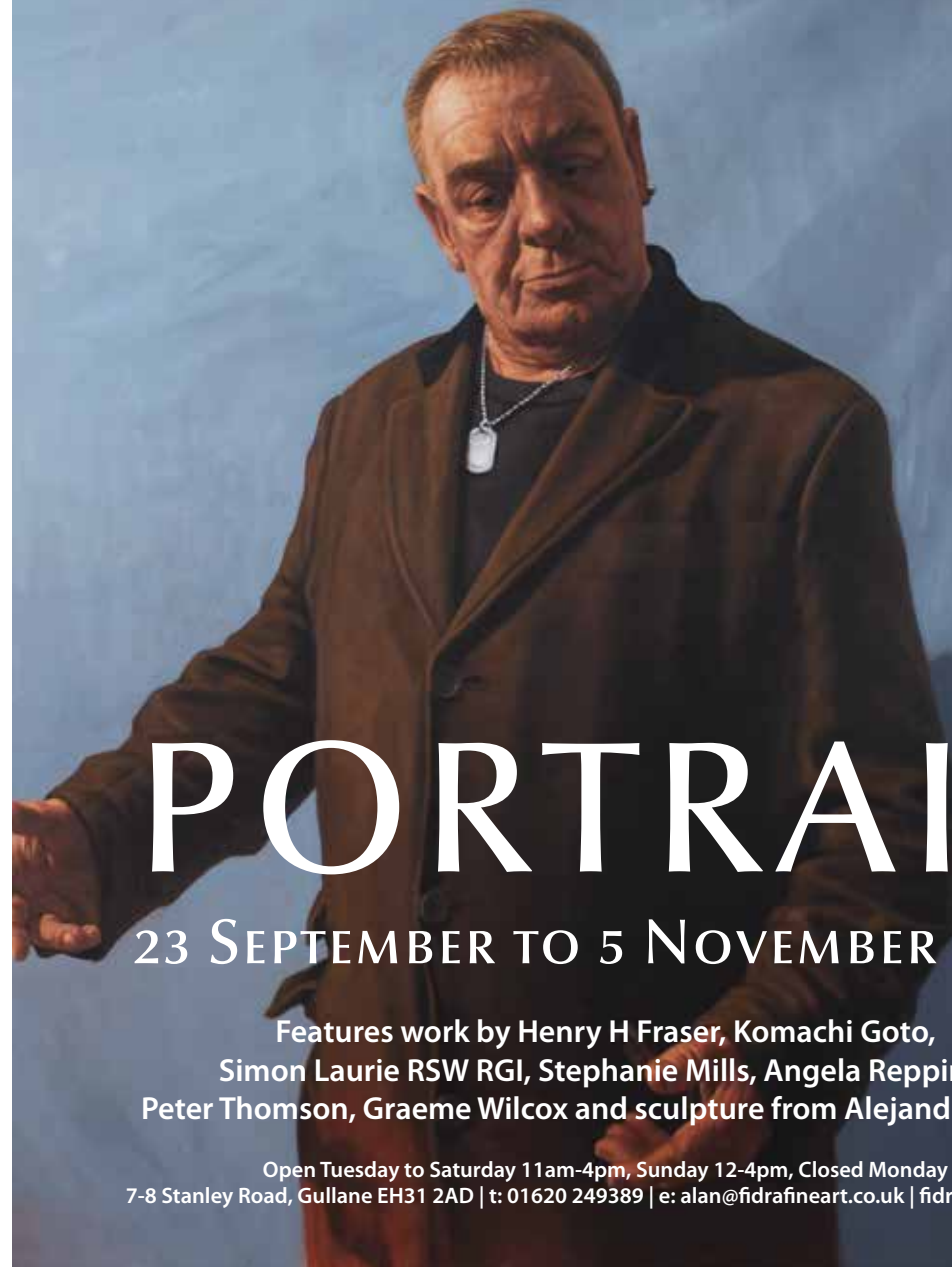
In a sequel to his debut thriller, *The Firm*, John Grisham returns to reveal what happened to Mitch and Abby McDeere after they exposed the crimes of his corrupt Memphis law firm.

Fifteen years later, Mitch and Abby are living in Manhattan, where Mitch is a partner in the world's largest law firm. When Mitch gets caught up in another sinister plot with worldwide implications, he must do all he can to stay one step ahead of his enemies, but will he succeed? Published by Hodder & Stoughton on Oct 17th



FIDRA FINE ART

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To-do LIST

out and about in
our area...



EAST LOTHIAN'S PUMPKIN FESTIVAL

Don't miss Kilduff Farm's 2023 pumpkin festival. Family fun for all ages, the festival includes pumpkin picking, a bale maze, festival games, and many autumnal photo opportunities. Drift and Wee Green Events join them with tasty treats, and their own Wee Red Barn will be packed with autumnal goodies and farm produce.

14 – 28 October 2023 | ticketed | Kilduff Farm, Near Athelstaneford EH39 5BD | kilduff.co.uk



Babs Pease | Winter Sun



John Hatton | Arctic Visitors

FLIGHT PATHS

This joint exhibition presents linocuts by Babs Pease and John Hatton alongside sculptures by Helen Denerley. All three artists take their inspiration from nature and wildlife. They find that the constraints imposed by their chosen medium help them better translate their observations in the field. Babs Pease says: "Most of my artistic input comes from long rambling observational walks in the surrounding countryside". Similarly, John Hatton's life-long interest in nature is sustained by his environment in rural Lancashire. He explains: "Using linocut as a medium forces me to concentrate on essential shapes, rather than detail, creating images that are bold whilst retaining the truth of my chosen subject." Bold shapes are also the key ingredients in Helen Denerley's scrap metal sculptures. The shapes she creates are derived from recycled objects that are often still identifiable (a bicycle saddle or pliers!) but also from the spaces that are left between them, these negative spaces adding grace and life to her sculptures.

27 September – 12 November 2023 | Scottish Ornithologists' Club (SOC) Waterston House, Aberlady
open Wed-Sun (10 am – 5 pm) | free entry | the-soc.org.uk



The 'A New Black' section of Beyond the Little Black Dress
© National Museums

BEYOND THE LITTLE BLACK DRESS

From design classics to cutting-edge catwalk creations, Beyond the Little Black Dress deconstructs this iconic garment and examines the radical power of the colour black in fashion.

In 1926, Coco Chanel designed a simple, short black dress. Considered radically modern, it disregarded convention in its design and shade and was hailed by *US Vogue* as "the frock that all the world will wear." The little black dress became a wardrobe staple and a blank canvas for future generations to reflect broader political and cultural shifts, challenge social norms around race, gender and sexuality and reflect evolving ideals of beauty and identity.

The exhibition charts a century of fashion in a series of themed, immersive displays. Iconic early pieces by Yves Saint Laurent, Dior and Jean Muir are juxtaposed with recent looks by ground-breaking contemporary designers and brands like Gareth Pugh, Simone Rocha and Off-White

"A model fashion exhibition: stylish, surprising, sexy..."
– The Times

Beyond the Little Black Dress | until 29 October
National Museum of Scotland, Chambers Street,
Edinburgh EH1 1JF | ticketed | nms.ac.uk



Weekend TIDE TIMES



OCT		High Water		Low Water	
		AM	PM	AM	PM
1	Sun	0410	1642	1041	2246
6	Fri	0816	2040	0100	1311
7	Sat	0922	2149	0209	1429
8	Sun	1036	2306	0450	1715
13	Fri	0238	1457	0839	2039
14	Sat	0308	1526	0907	2111
15	Sun	0339	1556	0936	2141
20	Fri	0640	1858	1144	
21	Sat	0733	1951	0007	1232
22	Sun	0839	2101	0124	1431
27	Fri	0137	1414	0809	2012
28	Sat	0221	1455	0852	2056
29	Sun	0204	1436	0833	2040
NOV		High Water		Low Water	
		AM	PM	AM	PM
3	Fri	0555	1810	1057	2338
4	Sat	0647	1904	1138	
5	Sun	0746	2009	0036	1245
10	Fri	0018	1243	0625	1829
11	Sat	0057	1318	0657	1906
12	Sun	0133	1351	0730	1940
17	Fri	0443	1655	1013	2243
18	Sat	0532	1743	1100	2342
19	Sun	0627	1838		1209
24	Fri		1202	0551	1755
25	Sat	0012	1249	0640	1844
26	Sun	0101	1333	0726	1933

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

Connect with Nature at the Scottish Seabird Centre



Sanderling © Jamie McDermaid

Grey seal © Emily Burton

From wildlife walks and guided beach cleans to online talks and live science shows, discover the different ways you can connect with nature at the Scottish Seabird Centre this autumn.

The guided coastal wildlife tours with the Centre's conservation team are an ideal way to enjoy the stunning coastline around North Berwick while learning more about the seasonal seabirds and shorebirds to look out for. Thanks to the brilliant team at North Berwick Beach Wheelchairs, these tours are fully wheelchair accessible. If you're keen to do your bit for nature, why not sign up for one of the regular social beach cleans? They run guided sessions at Seton Sands, Morrison's Haven and North Berwick.

Seal pup season is about to begin on the local islands. Use the interactive live cameras in the Discovery Experience to zoom in on super cute, fluffy pups and chat with the friendly team about the nationally important grey seal colonies we have here in the Firth of Forth. The popular seabird holiday club will be back over the October break and Professor Egghead's live science shows are guaranteed to keep



Autumn wildlife walk © Rose Murdoch

the whole family entertained. Entry to the Discovery Experience is free for Seabird Centre members and a good option for local families. Memberships are also a great way to support the charity's education and conservation programmes.

Lastly, don't miss out on the autumn seabird socials. From another Meet the Scientist online talk to a pop-up curry night, wine tasting, and a special Christmas craft and shopping evening – you'll be spoilt for choice.

Find out more at seabird.org
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Stories in Stone

Dunbar Castle

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



Looking at the picturesque ruins of Dunbar Castle, it is amazing to think this was once described as one of the most powerful and important castles in Scotland. But what survives today is just a small fragment of what was once a mighty fortress.

The ruins are perched rather precariously on a rock that rises over 80 feet above the harbour below. This is obviously a position of great strength, making the castle almost completely cut off from the land. The most prominent feature is the remains of a tower, probably once part of a series of fortified artillery positions. On the mainland was a surrounding wall and courtyard, with a connecting bridge to the rock. The castle would also have had a protected and sheltered landing space for boats, useful for sneaking in supplies or prisoners.

In 1338 an English army laid siege to Dunbar Castle, but as well as the impressive defences, they also had to face the formidable Lady Agnes Reynolds, known as 'Black Agnes'. The siege began with catapults firing large rocks at the castle walls in an attempt to batter them down. When this failed, Lady Agnes had her ladies-in-waiting pretend to dust down the walls with handkerchiefs in a show of defiance.

The English then employed a siege engine known as a 'sow' to try and break down the heavy wooden gates. Lady Agnes ordered that one of the rocks that had been fired at them be dropped over the walls, crushing the sow and all the soldiers inside. The English even captured Lady Agnes' brother and threatened to kill him unless the castle surrendered. She merely pointed out that if they did, then she would inherit all the family's land. After five months of fruitless activity, the English gave up their siege, and the story of Black Agnes passed into legend.

The strength of its position caused the castle to be deliberately destroyed many times, to stop it from falling into enemy hands. In 1567 the Scottish Parliament ordered its final demolition after the Earl of Bothwell had used it to hold Mary Queen of Scots prisoner.

From then, the castle's weather-beaten remains slowly deteriorated, becoming an inspiration for romantic artists rather than the military. Today the ruins are home to seagulls, every bit as fierce towards potential intruders as Black Agnes was in the past.



Plastic (not so) Fantastic

After a decade of campaigns, initiatives and tighter regulations, have our efforts to become greener regarding plastic usage had the required result?



Plastics have long cast their synthetic shadow over our natural world, yet the UK has positioned itself as one of the leaders in curtailing this persistent environmental nemesis. Ten years ago, our reliance on plastic was as intense as it was careless – from the convenience of plastic bags to the allure of bottled water and the comfort of single-use cutlery and straws.

Yet the effect was landfills burgeoned and oceans populated with an ever-increasing synthetic siege. The first real move to stem the tide in Scotland, so to speak, was when the Scottish Government implemented the single-use carrier bag charge in 2014, following similar moves in Wales and Northern Ireland. England followed in October 2015. Many of us will remember the early days of paying for these; the frustration we felt at leaving bags at home or in the boot of the car, the peculiarity of emerging from a

store with a rival's brand swinging from our hand, and the strange notion of value this object had, having always, in the past, been given away for nothing. But most stark was an 85% drop in plastic bag use – a revolution was afoot.

Beyond policies, it was the cultural shift that truly accentuated this transformation. Eco-chic became the trend, as sustainability emerged as the truest form of sophistication. Once riddled with disposable culture, festivals began to implement reusable cup systems, and high streets saw an upsurge of zero-waste shops.

Wind forward almost a decade and recent statistics indicate a 44% decline in single-use plastic items – a testimony to the UK's unwavering commitment. But there is still work to do. While we undoubtedly are using less plastic, the fact is, globally, only 9% is recycled, although this figure does rise to 14% in Europe.

Here are four ways we can further reduce plastic usage.

1. Embark on a minimal-waste shopping spree

Champion the chic of sustainable shopping by prioritising stores that invite you to bring your own containers. The high street continues to see a considerable increase in outlets that offer this service, especially products such as nuts, grain, rice and cereals. Some stores also provide dispensers for household cleaning products. Take your containers to the butcher, fishmonger and greengrocer.

2. Be a connoisseur of cloth bags

Cloth and tote bags offer an air of elegance, sustainability and a huge statement against plastic. Not only that, in terms of keeping items fresh – perhaps loose fruit and vegetables, or a bunch of flowers – a cloth bag will allow goods to breathe in a way that plastic never can.

3. Champion the cause of compostables

Say goodbye to traditional plastic cutlery and dinnerware, instead embracing compostables that decompose with grace. Some manufacturers have had a tough time with non-plastic solutions (particularly drinks carton brands whose non-plastic straws are not fit for purpose), but technology is moving these elements forward all the time.

4. Befriend the bottle... the reusable one

Finally, never get out the habit of turning away from plastic drinks bottles, in favour of stainless steel or glass alternatives. Not only does the environment feel better, but so will your wallet if you can avoid buying bottled drinks off the shelves.

Perfect Pruning

A guide to autumn pruning and how trimming back now can ensure the fertility and fruitfulness of UK native plants and flowers in your garden well into next year.

While the temptation is to wind down horticultural activity in these autumn months, there is still plenty to do, and pruning now will ensure our cherished plants and flowers have the freedom to continue to thrive in the coming winter months.

Pruning in late autumn is a great idea, given that most plants in the UK complete their annual growth cycle by the end of the season. It helps stimulate the growth of young, vigorous shoots, stimulates plant productivity, and encourages better air circulation and sun exposure to inner sections.

By cutting away dead, diseased, or overgrown branches, pruning will also improve plant health in preventing diseases and pests.

As for the varieties that will benefit most, look no further than the iconic British rose. This is a great time to prune bush, climbing and rambling roses, reducing their height by a third to prevent wind rock (a phenomenon that loosens the root and hampers plant health). Doing so will also help to prevent diseases

like blackspot and rust, which are less likely to overwinter on pruned plants.

Similarly, for apple and pear trees, the period between leaf fall and the end of November is the prime time for pruning. Late autumn pruning reduces the risk of silver leaf disease and allows savvy gardeners to shape the tree and enhance productivity for the next season.

Buddleia, or Butterfly Bush, a UK native, also requires pruning in late autumn or early spring. An autumn tidy-up will prevent the decay of the soft stem, although a harsher prune might be needed in spring for those that prefer to maintain a more compact growth.

While shrubs like the hardy *Fuchsia magellanica* and the climbing Virginia Creeper are accustomed to the UK climate, they will benefit greatly from light pruning in late autumn to protect against frost

damage. The tougher trimming can wait until the frosts have passed in the spring.

Similarly, while the garden stalwart Hydrangea can be selectively cut back at this time too, leave the major work until spring.

Finally, late autumn is also an excellent time to prune everyone's favourite, English Lavender. Doing this in the cooler months reduces the risk of 'woody' growth and encourages lush, healthy shoots in spring.

Essentially, it's important to think of an autumn prune as a thoughtful trimming back of the season's growth and careful elimination of any disease-prone or cross-growing branches that could pose problems in the future. It isn't a call for a hard cut-back, so pursue with care, consideration and attention, and you'll be investing in future garden prosperity at a time when most are putting down their shears to let nature have its skeletal way with so much that grows in our gardens.





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Cash... Less?

The pros and cons of a cashless society.

We are in a world where many venture out of the house without any physical form of currency. Perhaps it's only when a youngster troubles us for loose change or we see someone on the street asking for money that it becomes apparent our cash, in 2023, is mainly digital. While that has various advantages, what are the setbacks?

THE PROS Efficiency and Convenience

Digital payments promise levels of efficiency and traceability that physical cash never can. Not only does this remove the heavy, clunky, grubby and wasteful handling of currency, but it also vastly accelerates the pace of commerce.

Reduced Crime

Eliminating physical currency could potentially usher in a safer era where certain crimes – such as burglaries and robberies – see a noticeable downturn. Without the allure of tangible cash, criminals may find fewer incentives to target homes or individuals for quick monetary gain.

Better Financial Tracking

Digitally, each transaction leaves behind a precise, electronic breadcrumb trail. This offers us



a clear vantage point for monitoring and managing financial health, allowing for meticulous budgeting and financial foresight.

THE CONS Privacy Concerns

When each transaction is digitally recorded, the shadow of privacy looms large. Every simple pleasure becomes data, from your morning coffee to the gifts you buy. This information can be analysed, potentially leading to targeted marketing or even deeper intrusions into personal habits and preferences.

Technology Dependence

As we phase out physical currency, our societal tether to technology strengthens. Meaning we become deeply dependent on stable internet connections and uninterrupted power supplies, and this reliance is dangerous in the event of systems failure.

Exclusion

Shifting fully to digital transactions can inadvertently create divides. While urban populations might adapt seamlessly, others unfamiliar



with newer technologies, such as the elderly, those residing in remote rural regions, or those financially marginalised, could feel isolated.

It's tempting to believe that the march towards a cashless society is inexorable. Yet, there are instances where cash still offers unparalleled convenience, especially in situations that require quick, anonymous transactions. What is certain is that whether we leap into the abyss of the cashless or tiptoe cautiously, the future of money is undeniably changing hands.

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The Retro Metro

Once-mocked cars are now finding affection and affinity with the modern motoring market.

The 1980s – a decade marked by neon leotards, cassette tapes and automotive design that was, at times, anything but chic. Fast forward to 2023, and those once-scorned cars are re-emerging to reclaim their moment in the spotlight.

FORD SIERRA

Once the butt of many a car joke, the Sierra's aerodynamic curves are now seen as revolutionary, heralding a shift in automotive design. *Remaining in the UK: 2,800*

PEUGEOT 205 GTi

Small but spirited, the Peugeot 205 GTi was the David to the automotive Goliaths of the 80s, with its nimble performance and unpretentious design, and is again today. *Remaining in the UK: 920*

AUSTIN METRO

The Austin Metro whispers nostalgia with its unassuming cambers and friendly demeanour. An emblem of 1980s modesty and long consigned to history's bin, those that survived are finding renewed admiration. *Remaining in the UK: 260*

ROVER 2000 SD1

A gem of 80s automotive art, the Rover 2000 SD1 dons a graceful silhouette that whispers sophistication. Its balanced proportions, combined with a gruff greatness, proved a sonnet to British design. *Remaining in the UK: 150*

VAUXHALL CAVALIER MKII

The Cavalier MkII was a family car with a friendly yet rebellious edge, yet tied to traditional British values in the form of its manufacturer. Once the choice of the pragmatic, its aerodynamic style now enchants a new generation. *Remaining in the UK: 1,200*

FIAT PANDA 1000

With its boxy allure and candid simplicity, The Panda 1000's aesthetic innocence began in Italy, though it influenced and charmed a Europe-wide generation. *Remaining in the UK: 80*

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AUTUMN 2023

NORTH BERWICK LIFE

IN PARTNERSHIP WITH NORTH BERWICK COMMUNITY COUNCIL

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Welcome!

Welcome to the second edition (autumn) of *North Berwick Life* in conjunction with North Berwick Community Council and *Local Life*. We have been busy since our summer issue, and so much is happening in the town.

By the time this is published, the decision to change town centre parking in North Berwick will likely have been made. Before the traffic orders were published for consultation, we supported North Berwick Business Association and concerned residents by participating in a march to John Muir House with petitions against the proposals. The petition against the proposed changes to the east end of the high street, which involved removing all parking, was signed by 2,380 people, and 4,504 signed the petition against parking charges and the introduction of permit zones. Interestingly, when people signed the online petition, they were given the option by change.org to donate to support the petition. For the east end, £123.88 was donated, and for the parking proposals, £1,235.05. These sums highlight the significant strength of feeling against the Council's proposals, and we can only hope that local Councillors and East Lothian Council have listened to the concerns.

In more exciting news, the festive season is fast approaching, and we hope you are ready to join in



with North Berwick's Ultimate Christmas Celebration! Circle Saturday, November 25th, on your calendar, for the community Christmas Lights switch-on event. This time, it's all about bringing the community together for a full day of fun. The morning will see a lineup of great performances that will put you in the Christmas mood. Expect performances from The Gospel Choir, Sister Sister Choir, Freedom and Form Dancers, The North Berwick Pipe Band, The Drama Mill, and many other local groups. Be sure to bring along your best singing voices!

That's not all – there's plenty of shopping to do too. We love local, and North Berwick has a wealth of shops offering unique gifts and treats to start your Christmas shopping. Speaking of treats, indulge in some delicious Christmas food while you're at it.

Gather for the highlight of the day, from 5.30 until 6.30 pm, for the switch-on ceremony. Watch as the town comes to life with twinkling lights, creating a magical atmosphere that embodies the festive spirit. We encourage you

to dress up and bring torches and twinkling lights so we can make North Berwick glow! Keep your eyes peeled for appearances by local celebrities, and yes, you might catch a glimpse of the big man in red himself. Stay up-to-date with the schedule by following our Facebook page – North Berwick at Christmas – and don't forget to wear your favourite festive jumper!

None of this would be possible without the generous support of North Berwick Community Council, Stella Moffat Trust, North Berwick Trust and the Coastal Area Partnership. You, too, can make the event even more special and donate via our 'go fund me' page, which you can find on Facebook.

Let's make this Christmas one to remember with festive fun and community spirit. Save the date and spread the word.

Merry Christmas when it comes, and best wishes for 2024 from all at NBCC.

Judy Lockhart-Hunter
Vice Chairman

You can contact NBCC via email:

secretary@northberwickcommunitycouncil.org.uk

or visit our website:

northberwickcommunitycouncil.org.uk

The Coastal Communities Museum



complete various vital tasks. The museum currently has 11 trustees and approximately 50 volunteers.

Apart from the closure in 2020 due to COVID-19, successful exhibitions have been researched and organised yearly by the volunteers who work behind the scenes over the winter months when the museum is closed. In 2019, the North Berwick Youth Project created an exhibition entitled '*Teenage Kicks*', a major element in the range of museum exhibits and demonstrating how the museum engages with the Coastal Ward community.

The 2023 exhibition '*Land, Sea, People, Stories*' is well received by visitors and groups and includes an important new display featuring a young local heroine whose bravery and self-sacrifice are all too easily overlooked. 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, who drowned in her attempt to rescue three children who were in difficulty in the sea.

The display about Catherine's life and artistic work was launched on the anniversary of her death, 27 July 1889, with a very special loaned set of exhibits from her family descendants. One of her paintings of a North Berwick Harbour scene first attracted the attention of a museum volunteer when it was featured on the BBC's *Antiques Roadshow* in 2022. These precious artefacts will be on display for a limited time for the 2023 season. When the museum is closed, they can be viewed on the website.

The museum always welcomes new recruits to join the museum as members, volunteers and board members. For further information, visit our website and get in touch to find out more: coastalmuseum.org You can also follow the museum on Facebook and Instagram @coastalcommunitiesmuseum

North Berwick's Skatepark Vision Realised

Last year, a small constituted community group, North Berwick Community Skatepark Project (NBCSP), formed with a determination to transform the town's old, out-of-date park into an up-to-date, fun facility for skateboarding, scootering, blading and BMX riding that the community can enjoy for years to come.

East Lothian Council granted permission, allowing the group to rebuild the skatepark on the current site. Following a public consultation, presentations to the North Berwick Community Council, Coastal Area Partnership, and discussion with community wardens, Police and road teams, it was clear there was much enthusiasm and support for the project. It's been vital throughout the project to engage the community and local and country-wide skateboard fraternity to ensure the design was the best it could be.

Scottish company Concreate Skateparks Ltd made the successful tender for the project.



The design allows users to progress and hone their skills to work their way to the more challenging ramps, so it's suitable for everyone: the very young, teens, novice and experienced adult skaters, bladers, BMX and scooter users.

After only eighteen months, NBCSP raised the funding target with North Berwick Trust and Coastal Area Partnership, the first supporters to put their faith and funds into the project. Other local funders include North Berwick Rotary, Stella Moffat Trust, Law Cycles, Russell Bequest and CIF - ELC. Sport Scotland, SUEZ Communities Trust and Tesco also contributed substantial grants to the project.

Further funds from a community fundraiser evening at Steampunk with a raffle of prizes kindly donated by local businesses and a

generous donation from St Andrew Blackadder Church congregation will allow new lighting at the park to transform it into a destination that's useable throughout autumn and winter and provides a 'library of kit' that kids can borrow free to try out their chosen activity.

After much local and skateboarding community excitement about North Berwick's new skatepark, the team is thrilled to have seen their vision realised.



The Stella Moffat Trust

The Stella Moffat Charitable Trust was created in 2005 by the Community Councillors for North Berwick to administer the legacy which Miss Stella Moffat left for the benefit of the townspeople of North Berwick when she died in 2001.

The Trustees hold the Trust Fund and the income from it to make grants at their sole discretion for charitable purposes for the relief of poverty and the needs of aged and disabled people, the advancement of education, the advancement of religion, and for other charitable purposes all for the benefit of the community of North Berwick.

Applications for a grant are considered in May and November of each year by the Trustees of the Trust, who are the members of the Community Council. Completed applications to be considered at these meetings should be submitted by 21st April or 21st October, respectively.

In assessing applications for a grant, the Trustees will take the following factors into account: The value and extent of the service provided to the community of North Berwick arising from the project, the proposed involvement of young people or assistance for the elderly or any special needs groups; steps already taken by applicants to advance the project for which a grant is sought; the level of voluntary effort involved in the project as a whole; evidence that the project has the support of the local community and the members of any organisation involved in it; steps taken to ensure that value for money is obtained from expenditure on the project (for example, production of competitive estimates, specification of quality of goods and services).



Where projects span more than one year, the grant to the successful applicants will typically be paid in annual instalments, and the grant for the second and subsequent years will be dependent upon a satisfactory report being submitted to the Trust on the work carried out under the grant in the previous year. Local projects that have benefitted from recent grants include North Berwick in Bloom for the purchase of plants, North Berwick Harbour Trust Association for the purchase of materials for their volunteers to spruce up the harbour area, including buying wood to make a seating area, North Berwick Christmas Lights towards the purchase of new Christmas lights, North Berwick Volunteer Car Scheme for running costs, Sustaining North Berwick towards the purchase of Big Belly Bins and Firth of Forth Lobster Hatchery for the purchase of new signage.

Application forms and details of deadlines can be obtained from the Trust's factor below. All enquiries and correspondence to:

Edward Danks, Paris Steele W.S., 35 Westgate, North Berwick EH39 4AG | 01620 892138 edanks@parissteele.com

The Crawford and Calder Cups 2023

Over 60 competitors turned out for the qualifying competition for this year's Calder and Crawford Cups, organised by North Berwick Community Council and took place over the challenging East Links Putting Green in July. This was a vast improvement on last year's poorly supported competition, the first after a two-year break due to COVID-19.

With over a century of history in the town, the Calder Cup is a putting competition set up by North Berwick Town Council and played for the first time in 1920. Cllr Loftus Calder, a butcher in Westgate, donated the trophy.

Jamie Govan and Bob Macnair led the sixteen qualifiers for the match play stage of the Calder Cup with scores of 90.

The final was held on the Thursday evening and was keenly contested by previous winner Bob Macnair, a regular visitor from Strathaven and local David Warren, also a past

winner, with Bob emerging victorious, winning two up.

The Crawford Cup, presented by local businessman Lyle Crawford in 1994, is competed for by under 14's and had a much better entry this year. It saw two local boys, Luke van der Post and Glen Anderson, leading the qualifiers with scores of 94 and 99, respectively. It was fitting that both keenly contested a close final, with 10-year-old Luke coming out on top and winning two up. Community Council Secretary and previous organiser Kathryn Smith, presented the prizes.

The Community Council also organised a finals day barbecue in the evening, which was well received by players and spectators (including a couple of lucky dogs!). This was the first time a barbecue was included at the event, and Community Councillor Judy Lockhart-Hunter cooked 50 burgers and sausages.



North Berwick Community Council funded the barbecue, and The Open Arms Hotel in Dirleton kindly donated drinks.

A huge thank you goes to Community Councillor George Johnstone for all his efforts in taking over the organisation of this year's competitions with a fantastic evening to end a super two days of fierce competition. We are all looking forward to next year's event already!

Kathryn Smith presenting the Calder Cup to Bob Macnair



Kathryn Smith presenting the Crawford Cup to Luke van der Post



Connections Growing Stronger

If you live in the North Berwick Coastal area, you may know someone linked to North Berwick Coastal Community Connections (NBCCC). And if not, if you're over 18-years-old, whatever your interests, we bet we can connect you to something you'd enjoy trying – or to new friendships.

Set up as a pilot project by North Berwick Coastal Health and Well Being Association, and with initial Area Partnership funding, we launched in April 2019 to tackle loneliness and social isolation (we've all been there). Four years later, our charity continues to thrive with a team of 50 incredible volunteers and a small part-time staff. Along with volunteer Dorothy's fabulous scones and Abbey Church's generous free hall let, we started the now-legendary volunteer-run Scone Café, our core gathering for friendship and good fun.

For those not quite ready but hoping to rebuild social or physical confidence to attend gatherings eventually, we offer one-to-one befriending and buddy walking with trained, PVG-checked volunteers. Referrals for these services can come from health professionals, friends, family, community organisations, neighbours or yourself.

With Lottery, North Berwick Trust and other funding, we've slowly grown from one part-time staff member to six part-time staff and have workspace at North Berwick's St Andrew Blackadder Church. We have worked with over 150 clients, organised Scone Walking group walks, Coffee Connections Café meet-ups, the Compassionate Communities project



on death and dying, Intergenerational Meals with the North Berwick Youth Project and produced a monthly newsletter. Earlier this year, we began our Stronger Connections mental well-being partnerships with Keep the Heid Mental Health Café, Andy's Man Club and Sporting Memories.

We love welcoming new recruits to our friendly volunteer team, and we're flexible about time commitment and take all ages over 18. Our greatest need is for Buddy Walkers to help folks on our waiting list, but we've many other roles. You'll get full support, training and a great social life. We'll soon run in-house NBCCC volunteer training and our walk leader training. Key to our mission is partnering with other local groups, and we'll happily offer your group a talk, activity or a visit to Scone Café if you'd like a delicious taste of our work!

Scone Café

Wednesdays 2.30 pm at Abbey, dog-friendly, free but donations welcome

To receive a **newsletter** contact: newsletter@nbc-communityconnections.org

For **referrals** call **Lynn** on **07862 694 842** or complete the form on our website

For **role descriptions** and **application forms** visit our website

For more information about NBCCC and events please visit: nbc-communityconnections.org



Churches Arrange Summer Holiday Club

Churches in North Berwick organised a summer holiday club for schoolchildren from the 21st until the 25th of July, 2023. Led by Hazel Gray (until recently, the Young People's Worker at Abbey Church) and Bruce Lockhart of Scripture Union Scotland, the holiday club was supported by a large group of volunteers from local churches.

If you happened to be walking in the Lodge Grounds that week, you may have spotted children wearing bright orange vests, accompanied by adults wearing yellow vests. An area of the park had been transformed into the venue of 'The Great Glen Green Welly Garden Show', and children who had just finished primary one to five participated in activities which explained the story of creation and subsequent events through reference to several stories ranging from the first to the last books of the Bible. The morning sessions included guest appearances by Lady Flora MacBean, whose family have hosted the Garden Show for decades, and her head gardener Doug, who is happiest when his green fingers are muddy. The mornings included games, craft activities and songs. Groups were located in gazebos, known as 'potting sheds', and provided good shelter for the occasional rain (of which, thankfully, there was little).

In the afternoons, meetings took place for pupils from P5 to S1, and the young persons could participate in events in the evening, both of which took place in the St Andrew Blackadder Church Hall.

Prior to the pandemic, successful summer holiday clubs in North Berwick had been arranged indoors. When it became possible to hold an event in the summer of 2021, restrictions meant this could only take place, with limited numbers, outdoors and the Lodge Grounds were chosen. This worked so well that the organisers decided to continue to arrange subsequent events in 2022 and again this year in the same venue. Following the events, the organisers received several positive messages of thanks from participants' parents.

In addition to Sunday morning activities, North Berwick churches organise two regular monthly events for children and their parents/carers. Messy Church is held at St Andrew Blackadder Church. It's an opportunity to have fun together through creativity, activity and celebration and meets on the first Sunday of the month. Muddy Church takes

place in the open air (at different venues around the town) on a Sunday afternoon once a month. It is 90 minutes of activities as participants wander and wonder about God.

Messy Church

For further details, contact:
admin@standrewblackadder.org.uk

Muddy Church

for further details, contact
Robert Burgon: RDBurgon@aol.com
or Jane Edwards:
nbjane@btinternet.com



North Berwick Day Centre

The North Berwick Day Centre is about improving the quality of life for older people living independently in and around North Berwick. The Day Centre is in the centre of the North Berwick community; it's a place to make new friends and keep in touch with old ones.

Our activities are based around members' interests and what they would like to do at the Day Centre. Perhaps you'd like to try a new hobby or continue with an old one? We aim to help build confidence, have fun, and offer various activities. We go on bus runs, go for a coffee and do some gardening; the list is endless! We want to promote independence, improve people's well-being and physical health. We also aim to provide a delicious and nutritious home-cooked lunch, lovely home baking and plenty of teas and coffees. The cooks and staff meet all dietary requirements.

Our Reach Out service aims to provide respite for family and carers whilst addressing issues affecting older adults living in social isolation within our community. Reach Out provides support to people to do the things they enjoy. That could be company in the home, going out for a coffee, assisting with shopping, going for a walk and participating in community activities. These activities may help people stay at home for longer, promote independence, and support them to be involved in their community.

Our volunteers do wonderful work for us, and we could not run the service without them. If you have



a spare hour or two and would like to volunteer in the Day Centre or our Reach Out service, please get in touch, as we are always looking to recruit more wonderful volunteers. Also, get in touch if you want more out of life (or know someone who does).

We are always looking for innovative ways to fundraise; we hold coffee mornings and have recently hosted craft fairs to our list of fundraising activities. We have performers who generously give their time to help raise funds, and a volunteer runs a sales table for us in the day centre.

Referrals are easy; they can be done by the person who would like to attend the Day Centre, their families/carers, or through GPs, nursing staff, social workers and AHPs such as Occupational Therapists and Physiotherapists. We currently have spaces from Mondays to Fridays, so please get in touch with us for a referral pack with all the information you'll need.

North Berwick Day Centre

t: 01620 890906 | e: admin@nbdaycentre.org.uk
find us on Facebook or visit:
northberwickdaycentre.org.uk



Ten
MINUTES WITH
KATE
MILLBANK



East Lothian-based Kate Millbank is a printmaker and designer who works primarily in the medium of lino printing and birch ply. Inspired by the natural world, her work celebrates the native flora and fauna of the British Isles.

Kate has a BA honours degree in fashion from Central Saint Martins and a master's degree from The Centre of Alternative Technology in sustainability. She spent several years working in the fashion industry and later for an environmentally conscious interior design company before establishing her design studio in 2017. Kate's designs are used for various products, including stationery, prints and decorative items for the home. And, with her background in fashion and sustainable design, it's no surprise that sustainability and craft are at the heart of her design ethos, and she aims to make products that tread lightly on the planet.

KATE MILLBANK
kate@katemillbank.co.uk
katemillbank.co.uk

We asked printmaker and designer Kate Millbank to reveal her last greats, from books to podcasts.

The last great book I read...

Why Women Grow by Alice Vincent. It's a really gentle book about women's relationship with the land. It explores different women's lives throughout history, their gardens and nurturing the soil. It made a nice change from always reading about artists and printmakers!

The last podcast I listened to...

Wasn't so much of a podcast but rather an audiobook of *The Bullet That Missed* by Richard Osman. It is part of *The Thursday Murder Club* series. I usually have a lot of things

to do in the evenings once the kids are in bed, and I discovered that while I am working through my 'to-do list', I really enjoy being read to! It is brilliant to listen to a story while also getting things done (usually packing cards or threading hanging birds for my website orders).

The last box set I binged...

Starstruck. It's a very light-hearted comedy on the BBC. Perfect for switching off from the day and not too challenging if you just want something relaxing and funny before bed!

The last time I ate out...

At the end of the summer holidays with the kids. We had just been on a boat trip to Bass Rock and, once back on dry land, treated ourselves to lunch at the Lobster Shack in North Berwick. My son is getting quite an expensive taste for seafood, which is brilliant but also costly!

The last holiday I went on...

Was to Italy. This was our first holiday abroad for 11 years! It felt amazing to feel the sun's warmth, experience the change in culture and enjoy delicious food (the children liked

too). Our accommodation can only be described as primitive luxury. It was totally off-grid, perched on a cliff overlooking the sea. Everything other than the bedrooms was outside, including the kitchen, shower and even the loo!

The last time I laughed out loud...

Yesterday when I was swimming with two friends in the Tyne. We decided to let ourselves drift gently downstream; it looked so tempting! The reality was far from the idyllic picture of wild swimming we had imagined. We felt more like newts crawling over rocks and shallow rapids rather than serene swimmers. It was very funny, though, and we enjoyed a few deep pools along the way!

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

Was from my husband, who has recently been reading about Japan and Japanese culture. He told me about Oubaitori: the art of avoiding comparison to others and embracing your own unique journey. As an artist, I find it very easy to compare myself to other artists and feel inadequate (something not helped by social media!). Comparison to others certainly sucks the joy out of life and is something I am determined to stop doing!

The last thing people would guess about me...

I keep hens. My children wanted a pet, and so last year, we decided to take the plunge and give poultry a go. Not your typical pet, I admit, but they are brilliant and give us beautiful fresh eggs every morning. We currently have three hens, Astrid, Hazel and Clucky, but we hope to add more to the flock soon. They each have very individual personalities and really bring the garden to life. We all absolutely love them.



With the 'C' word fast approaching, we love this gorgeous festive floral card decoration from Kate Millbank. Based on the idea of a festive garland, this 3D Christmas card looks stunning, standing as a centrepiece on a shelf or mantelpiece.

The card is printed from a collaged design, using biodegradable inks on FSC card. Blank on the reverse for a Christmas message; the card can be sent flat in an A5 envelope (provided). The lucky recipient can then simply fold out the side arms to stand upright.

Available in 3 colours: pink, mustard and blue | £4.50
katemillbank.co.uk

And
FINALLY

Petra, Jordan

In Pursuit of Winter Sun

As winter arrives, we all yearn for sunshine, and now is the time to start planning a winter holiday once coats and scarves become commonplace. Whether you prefer basking in the rich historical ambience of Egypt or Jordan, the vibrant cultures of Andalucia or Goa, or the beach vibes of Lanzarote or Zanzibar, there's a sunny corner of the world waiting.

EGYPT

Stepping into Egypt during winter is like turning back the pages of a history book under a sunny sky. Home to the Great Pyramids, the Sphinx, and countless ancient temples, Egypt delivers culture and sunshine in spades. British tourists flock here for the dry, mild weather and to escape the winter chill, addicted to the unique vibe that emanates from bustling markets like Khan el-Khalili in Cairo, offering an enticing blend of ancient and modern cultures.

Avg temp (winter): 20°C | Avg hotel room: £70-£120
Avg price for evening meal: £10-£20

LANZAROTE

Part of the Canary Islands, Lanzarote offers a unique lunar-like landscape adorned with beaches, volcanic vistas, and a rich biosphere reserve. It's a haven for British travellers seeking winter sun, thanks to

its consistent year-round climate and the relatively short flight from the UK. The island's vibrant culture, colourful carnivals, relaxed vibe, and outdoor activities make it an unbeatable winter destination.

Avg temp (winter): 20°C | Avg hotel room: £80-£150
Avg price for evening meal: £10-£20

ANDALUCIA

Andalucia in southern Spain, known for its sunshine, flamenco, and historic architecture, offers a warm respite from British winters. With famed attractions such as the Alhambra in Granada and Seville's stunning cathedral, the region brims with cultural riches. Andalucia's vibrant local life, from tapas bars to traditional ferias, imbues a uniquely lively and welcoming winter atmosphere.

Avg temp (winter): 16°C | Avg hotel room: £80-£130
Avg price for evening meal: £10-£25

JORDAN

A winter holiday in Jordan means stepping into a world of awe-inspiring historical sites and warming desert sunshine. The Petra archaeological site, Wadi Rum's desert landscapes, and the buoyant Dead Sea are highlights not to be missed, while Jordan's warm hospitality, captivating Bedouin culture and exquisite Middle Eastern cuisine underpin its popularity with British tourists.

Avg temp (winter): 13°C | Avg hotel room: £80-£150
Avg price for evening meal: £10-£20

GOA

India's beachfront jewel, Goa, is a paradise for sun-seeking Brits during winter. Its stunning coastline boasts beautiful beaches, Portuguese-influenced architecture, vibrant nightlife, and a unique blend of Indian and European cultures, with the local markets and spice farms offering unique shopping and culinary experiences. In every way, Goa's laid-back, tropical vibe provides a welcome contrast to the British winter.

Avg temp (winter): 32°C | Avg hotel room: £60-£120
Avg price for evening meal: £5-£15

ZANZIBAR

The Zanzibar archipelago, nestled in the Indian Ocean off the coast of Tanzania, is a winter sun gem. Known for its pristine white sand beaches, clear blue waters, and lush spice plantations, it offers an exotic getaway from the cold British winter. The Stone Town,



Papagayo beach, Lanzarote



View of pyramids from the Giza Plateau, Egypt

a UNESCO World Heritage site, adds a historical and cultural depth to the island's laid-back beach vibe.

Avg temp (winter): 28°C | Avg hotel room: £100-£200
Avg price for evening meal: £10-£20



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LOCAL10

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