



# the BLACK bitch

Linlithgow's news by Linlithgow's people

LINLITHGOW COMMUNITY MAGAZINE ISSUE 74 JUNE 2020

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## 'VIRTUAL MARCHES' 2020 GET INVOLVED P16

Deacons' Court organise selection of videos and presentations on youtube, website and instagram, Tuesday 16th June.



BB MAGAZINE  
SUBSCRIPTION 3



THE LINE GALLERY  
AND LOCKDOWN 9



NEW HOPETOUN  
GARDENS 10

## PLUS

ONE Linlithgow, Lucy Purbrick, Linlithgow Rose Community Football Club, Burgh Beautiful, Poetry by Amy Cornock, Brae Court, Linlithgow Reed Band...



>>>>> **NEW NEW NEW** CLICK ON ANY ARTICLE TO GO TO A PAGE....

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## PROFILES OF OUR TEAM

### DAVID TAIT, EDITOR...

First paid job: newspaper boy, including delivery of Wick's must-have local paper, the John O'Groat Journal. Moved to Linlithgow in 1996.

Having a strong attachment to local papers, by 2010/11 became a bit disappointed and frustrated with the Linlithgow version of local news - The Gazette - by then sadly not so local any more.

Organised a trial of a Linlithgow-only magazine, 3 issues starting May 2011. Received well enough to continue production. So here I am, come full circle, delivering round the doors again!

### Contact the Black Bitch

For editorial and to advertise: [on.a.lead@gmail.com](mailto:on.a.lead@gmail.com)

Editor: David Tait, 07767 713024

Copy deadline for next issue is 1 July 2020.

# Ace Tree

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# LINLITHGOW CORONAVIRUS SUPPORT GROUP

## Support Has Many Benefits

*Linlithgow Coronavirus Support continues to provide both practical help such as shopping or prescription collection, and emotional support through phone befriending. But we are learning that support has positive effects for many people, not just those who use our services.*

Email:

**linlithgowcoronacare@gmail.com**

Tel:

**01506 200838**

A caller from down south said she'd been awake all night, worrying about how to organise shopping for her mum in Linlithgow. She became quite emotional when our service coordinator explained that we can shop as often as required and could deliver when the carers are there. *"Is it really as easy as this? I thought I'd have to make half a dozen calls to get this sorted."*

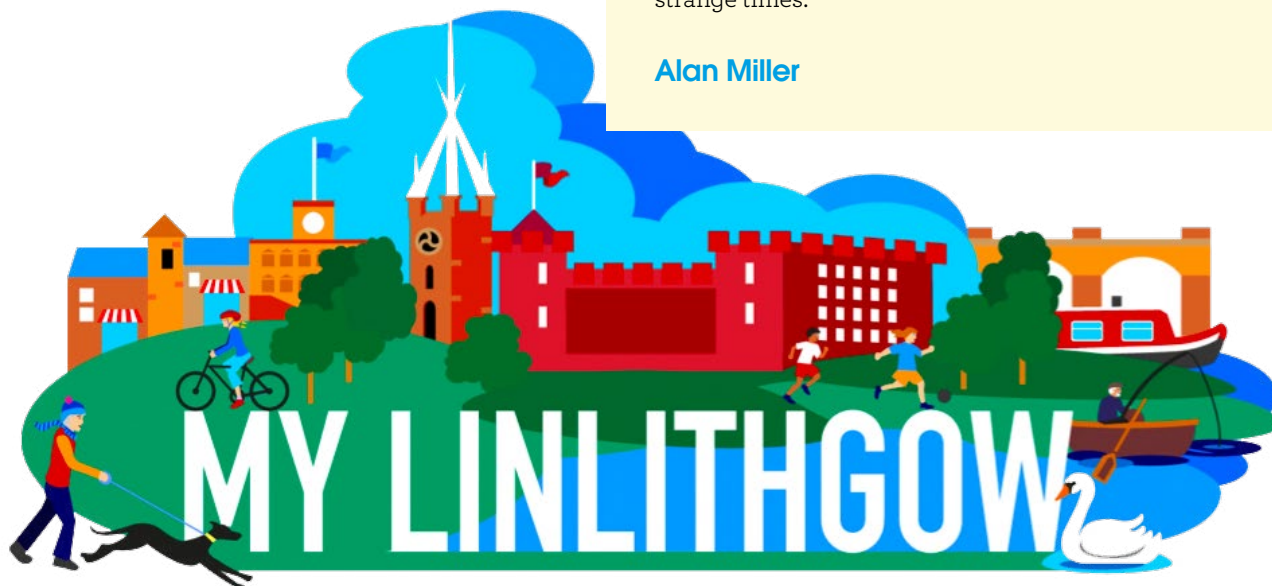
Many families, friends and neighbours are doing all they can to help vulnerable people, but worry about the times when they can't assist. Knowing that our services are available and reliable seems to take a weight off many people's minds. Indeed, not just family: when we called the health centre to clarify a prescription request the receptionist tentatively asked if we could collect another prescription. She was delighted when we readily agreed: *"The patient will be so relieved."*

You could argue that the way we work is quite time-intensive. A volunteer coordinator responds to every request for help by contacting the client to clarify what is required; once a volunteer is identified and briefed, we then contact the client again to tell them what is happening and when. However, it's time well spent as it all helps to build the confidence of both clients and volunteers. Comments from clients such as *"Many thanks again for the kind, efficient service"* suggest that people appreciate the human interaction.

Our volunteers have been quiet heroes of the lockdown. One made 3 trips to the pharmacy to collect a complete prescription. Another whizzed out at 2 minutes' notice to collect an urgently required medicine. A third got lost in their own street while searching for a client's house – but recovered (and now understands the street numbering much better!).

Our volunteers and coordinators also appreciate having this opportunity to offer support in our community. But we recognise that most of the heavy lifting is still being done by neighbours, friends and family members. One client's comment – *"MBE for all you lovely people!"* – could equally apply to all those who are creating and strengthening the bonds of community in this strangest of strange times.

**Alan Miller**





# LINLITHGOW CORONAVIRUS SUPPORT



Stuck at home due to self-isolation? If you urgently need:

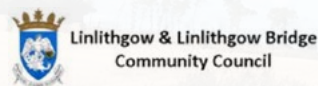
Food  
Supplies  
Someone to talk to

Please email [linlithgowcoronacare@gmail.com](mailto:linlithgowcoronacare@gmail.com)

If you do not have email, please leave your name,  
number, and message at 01506 200838

Find our support group on Facebook

Stay safe, and stay hopeful!



# ONE LINLITHGOW

We're delighted to be supplying member businesses with protective equipment, screens, sanitiser, distancing stickers, gloves, masks and other related items to help them observe both distancing and hygiene in a strict way.

*Some have actually thrived throughout lockdown, and a small number in Linlithgow have reopened under "Phase 1" of lockdown easing, most notably Linlithgow Golf Club and Kingsfield Leisure.*

*Most will be reopening under "Phase 2", which we hope will happen some time in June, with a few (e.g. hairdressers) having to exercise more patience until "Phase 3".*

*It's crucial to supply the correct equipment to businesses in time for reopening, so that we can keep the virus under control and allow further easing to take place, instead of losing control and going back towards stricter lockdown measures.*

*One Linlithgow has secured £15,000 external funding to subsidise its augmented operation with respect to the pandemic, which was distributed through Scotland's Towns Partnership, applied for by One Linlithgow, and undersigned by West Lothian Council.*

*This allow us to continue that augmented operation (including supplying and/or subsidising various items of PPE) and to be there for our businesses in a more meaningful sense, without eating into funds collected through the "BID levy" in the short term.*

*As such, businesses struggling to pay bills due to having to close down need not worry about settling any levy payments with*

*respect to One Linlithgow until September 2020.*

*We're also working with LCDD on the "mylinlithgow.com" site, which is already a fantastic resource, but which we're now collaborating on to update with details of regular online classes and events run by local businesses. We'll be announcing progress in that regard through our mailshots.*

If you are a member business (i.e. levy payer) of One Linlithgow, but don't receive the mailshots, please contact [office@onelinlithgow.com](mailto:office@onelinlithgow.com) to be added. It's the single best way to stay informed, alongside following our Facebook page, checking "onelinlithgow.com" for operational updates, and of course contacting us directly by email.

Particularly with current restrictions on visits in person that could be seen as "not strictly necessary", and the immediate urgency of uniting businesses with the equipment they need (and training, where necessary), it's more pertinent than ever to receive the mailshots, so please do get in touch.

## ADAPTING TO NEW MEASURES BY SHOPPING LOCAL

Several businesses on Mill Road industrial estate have diversified significantly to help meet some of the challenges posed by the coronavirus pandemic - the supply of hand sanitiser, personal protective equipment (PPE), and signage for social distancing.

Some are doing so in quite small ways, but with real potential for expansion given that Covid-19 is not likely to be going away anytime soon. For others, the change has been much more dramatic.



The stock-in-trade of **Newbridge Construction Supplies** has been in supplying everything from screws to tools for the building trade, as well as protective face masks and hand sanitiser. Last year it supplied the construction industry with a fair number of masks - and two litres of hand sanitiser. Since lockdown it has supplied 5,000 litres!

Director **Grant Paterson** said that it has been "disgusting - a complete disgrace" how some manufacturers and suppliers had taken advantage of the crisis with hugely inflated prices.

*"We have now sourced a company in Wishaw who are very fair to deal with, and we are not only selling to the trade, but also supplying other providers. We're doing a 500ml bottle for £6.50, 60ml for £1.10, and a five-litre can for £40."*



**Peter Woods**, who owns the long-established printing firm **JMK**, said that with businesses getting up-and-running he was beginning to receive requests for social distancing wall and floor signs.

*"Unfortunately, we're struggling to source vinyl decal for outdoor signs and for floors. There's obviously a high demand for the product."*

Added Peter, *"It's all about how quickly businesses in the town, many of them customers of ours, can get going again. I would certainly expect we'll have a fair demand for signage for social distancing."*







**Linlithgow Distillery** was one of the first distilleries in Scotland to diversify into producing hand sanitiser, experiencing a steady demand for the product, but it has not abandoned its core business, with its popular range of gins available online, both the original Lin Gin, and the quartet in The Four Marys range. **Customers have particularly been appreciating the "lockdown kit": gin, tonic, chocolates, sweeties, crisps... and hand sanitiser!**

Details of prices for various volumes of sanitiser, including bulk, can be found on their Facebook page, which is shown on the list at the end of this magazine.

## network promotions

effective, targeted branding

Another for whom the pandemic has meant a significant shift in emphasis in business - some of it with great potential, - has been **Jill Wardrope, owner of Network Promotions**, which does corporate neckwear, school ties, and promotional wear for events.

*"We had an expression of interest from someone involved in the airline industry for scarves for cabin crew which carry a logo, are fashionable, but can double as a face mask. They would have hidden loops for ears and would be washable and reusable. I'm waiting for samples I'm having made up abroad."*

Jill added that the company was also sourcing wall-mounted hand sanitisers, ideal for sports clubs and businesses, which could carry a logo. They cost £50, and they were arousing interest, with one already going to a local golf club.

There's no doubting where the priorities lie for **James Riding**, owner of the highly specialised car detailing and wrapping service **NRJ Customs** - it's the local community.

He's just taken delivery of a new anti-bacterial vinyl film to wrap around door handles, and for applying to desk tops, touch screens, and other at-risk surfaces.

*"I've already had interest from McDonald's in Glasgow, but I'd much sooner help out the local community, either businesses or individuals."*

James added that he was also using his large format printer to produce social distancing graphics, creating a catalogue to show what could be done. **Anyone interested could contact him on T. 01506 492640.**

## BUSINESS SPOTLIGHT

### Bright Star Toys

As a relative new boy on Linlithgow High Street **Ian Melville** was reluctant to "furlough" himself when lockdown began - he wanted his fledgling business to remain as visible as possible, even though its doors were closed.

Bright Star Toys hardly surprisingly, has been largely about catering for youngsters. With his recently-introduced doorstep delivery service, Ian has been finding a fair chunk of his business has been catering for adults.

Hardly surprisingly in these lockdown days the demand for board games and jigsaws has gone through the roof. A good part of Ian's week has been about chasing hard-pressed suppliers to meet his demand, particularly for adult jigsaws.

His bestselling line however, remains as it has been since he opened last September - Squishmallows! They were hugely popular and really colourful, with new ones coming out regularly, and had become much-loved collectables.

*Ian said that he had been enjoying getting to connect with customers in a different way since the unexpected change of direction for his business.*

*"We chat on the phone when they place their orders, then it's amazing later in the day to see their smiles and waves when we drop off their purchases."*

*Ian said the feedback they had received since launching their delivery service had been "unbelievable".*

*"We have been so touched by all the support. I can only say a massive thank you to all our customers, old and new."*

*He said they were now launching a new website, [brightstartoy.co.uk](http://brightstartoy.co.uk), and they would be increasing their delivery days, as well as offering a click and collect service.*

*In a sentiment shared by many, Ian added, "Ultimately though we can't wait until we open our doors again and welcome customers back into the shop."*



*His bestselling line however, remains as it has been since he opened last September - Squishmallows!*

## BUSINESS SPOTLIGHT

### Sweet Little Cheesecake Café

Draw up a list of treats to see you through lockdown, and cheesecake would feature in most. Even as it eases, the delicacy is still likely to be a feature of many picnics and barbecues.

After the huge disappointment of having to close the doors of her recently opened **Sweet Little Cheesecake Cafe on Linlithgow High Street**, Carol Paton decided home delivery of her main product would be a viable option.

It has effectively meant her returning to what she did in Armadale prior to realising her long-held dream of opening a cafe in Linlithgow.

*“My cheesecake production facility was a huge success, largely through word-of-mouth. Aside from locals, we had a range of corporate clients.”*

Continued Carol, *“It’s almost gone full circle for me, making up bespoke orders instead of welcoming customers to my cafe. I’m supplying quite a lot of them, as well as delivering to new customers.”*

She said that delivery could be arranged via Facebook, Instagram, by calling 07475 793239, or through Scoffable at weekends. *“I’m doing six individual cheesecakes for £20, or a large one for £28. Tablet, strawberry, white chocolate, and our lovely Freedos are the most popular.”*

Carol said she was also doing afternoon tea for two at £18 with dainty sandwiches, cream scones and meringues with fresh fruit, and canape-sized cheesecakes.



*She added, “I’m delighted to be able to offer the sweet part of the cafe menu to customers across West Lothian. In these tough times our cheesecakes and afternoon teas can definitely brighten someone’s day.”*







## BUSINESS SPOTLIGHT

### The Line Gallery

You've no choice but to cancel a large part of an exciting programme planned to celebrate 25 years of running an intimate, nationally recognised gallery on Linlithgow High Street. What do you do?

Answers on a postcard please to Gail and Elisabet at The Line Gallery. We should in fairness point out they've already come up with a solution by pinching an idea - from themselves!

"Lockdown Postcards from The Line" is a logical, online extension to their quirky, and hugely popular, annual "Postcards at The Line" exhibition. It features a wide range of small paintings, sketches and photographs from a raft of artists throughout Scotland, most of them regular exhibitors at The Line. As in the annual show, none of the works sells for any more than £100. There is also a selection of craftwork and jewellery.

Aside from maintaining an online profile for the gallery, it further demonstrates the continuing passion Gail and Elisabet - some of whose stunning black and white photography is featured - have for encouraging artists and craftspeople from Scotland and wider afield.

Gail said that lockdown was proving particularly hard for artists, for whom exhibitions were their bread-and-butter. *"Artists seem to be enjoying, and appreciating, our initiative. Because we do not have to have their work physically at The Line, we have been able to lower our commission considerably, which means more money for the artist when their work sells."*

*The artist then organises delivery directly to the new owner. Only the other day a postcard went to Sweden. We are putting two or three each day on Facebook, and there has been a lot of interest, with quite a few selling."*

Gail said that she and Elisabet were actively supporting **"Saying Thanks to Key Workers"** along with a range of artists in the way they knew best.

*"If a key worker identifies themselves we will do our best to put them in touch with an artist who will make them a portrait, either a painting, sketch or photograph free of charge. To date Lorna Pirrie, Ruth Nicol, Elizebet, Victoria Ross and Elaine Woo MacGregor are all involved."*

*"We have nurses, auxilliary nurses and police officers taking part. But bin collectors, posties, delivery drivers - any key workers - are welcome to come forward."*

Gail added that although Covid-19 had left their programme for the year "in tatters", they were busy rejigging it for when they could re-open, and would be starting with the exhibition by **Ruth Nicol**, which had to be closed after only six days.



## DID YOU MISS THESE LOCK-DOWN LOVELIES?

Since the end of March nature has been carrying on regardless of the Covid-19 situation and what a spring it has been. Not only the sunny days but the star performances of many plants in our gardens have been memorable. If you have been able to enjoy their performances in your garden you will agree what a show they have given us. If you haven't spotted them over the last few weeks you might think about planting them in your garden this summer and autumn.



The garden centre has been kept alive by a small core team of eight, making home deliveries and caring for our plants. We have managed to deliver many of these star performers to our customers' gardens and we thought that we should remind you of some of our favourites that you may have missed during lock-down and think about introducing them to your garden later this year. Many of you have told us that you have been gardening madly to keep your spirits up and have created new spaces for replacement plants!

The tall shrub *Amelanchier canadensis* has been spectacular in blossom in gardens and in our streets. The masses of small white blossoms are set off by the pinky green emerging new leaves. We have a bush outside our bathroom window and love to bring in a few sprays of its delightful flowers onto the windowsill. It is lovely having fresh blooms here after enjoying dried blue hydrangea florets all winter.



There are a very wide range of Oriental Hellebores available for our gardens now. Some started flowering in December and many are still looking great in mid May.

They are really easy to grow but look so exotic in our gardens. We always have a couple in pots on the patio to enjoy from inside. This is Anna's Red and it has lovely mottled leaves all summer to make it a plant for all seasons. The only thing missing is fragrance but you can't have everything.

During May the *Viburnum juddii* has been filling the air with its powerful spicy fragrance. The flowers appear just as the new leaves are showing and it makes a neat domed bush up to 1.2m (4ft) tall.

Lesley's pots have been moved around all spring as they take turns at being the star performer. One that has lasted at the front door since November is *Heuchera Marmalade* with its mound of gorgeous leaves as its main resident. Lesley stuck in coloured stems of dogwoods to make it more spectacular at Christmas and then her hidden treasure of bulbs appeared in late April. The deep yellow daffodil Quail and the darkest tulip Paul Scherer have been these added jewels in recent weeks.



What are your plans for the garden this summer when we will all be enjoying staycations? Hopefully we'll be able to invite you back to New Hopetoun Gardens very soon!

**Dougal Philip and Lesley Watson,** New Hopetoun Gardens

## so much more than just a garden centre

[www.newhopetoungardens.co.uk](http://www.newhopetoungardens.co.uk)

NEW  
HOPETOUN  
GARDENS

### WELCOME BACK TO THE GARDENS!

HOPEFULLY WE'LL BE ABLE TO INVITE YOU BACK TO THE GARDEN CENTRE VERY SOON AND WE HAVE STRICT SOCIAL DISTANCING RULES IN PLACE TO FULLY PROTECT YOU AND OUR TEAM.

Meanwhile keep safe and gardening!





## NEW ADDITION TO LINLITHGOW'S COMMUNITY GARDENS NEW WELL WYND COMMUNITY GARDEN



If your daily exercise takes you past New Well Wynd, do take a moment to pause and enjoy the new community garden that's sprung up this year.



Where once there were just weeds and wheelie bins, now you'll find a garden that's bursting at the seams - with strawberries, tomatoes, beans, raspberries, herbs and salad all jostling for space. The garden has been created entirely from items that have been found, donated, upcycled or repurposed, and has benefitted from the generosity of both those on the street and passers-by, who've all chipped in to add seeds,

pots, plants and ideas to the mix.

This summer, thanks to the Scottish Book Trust, the garden will be paired with a Scottish writer, who'll be adding some additional creativity to the garden, with words of hope and inspiration for us to enjoy alongside the plants and flowers.

Keep watching this space!

**Kathryn Welch**

## LINLITHGOW UNION CANAL SOCIETY PRESS RELEASE

### FUN DAY & CARDBOARD BOAT RACE CANCELLED

#### Latest casualty of Social Distancing & Lockdown

Linlithgow, West Lothian, April 26, 2020: Linlithgow Union Canal Society have taken the understandable, but unprecedented, decision to cancel this year's Annual Fun Day at the canal basin, which as all locals know includes the "world famous" cardboard boat race. The event which normally attracts huge crowds was due to take place on the 16th August, but given the current lockdown situation, the decision has been taken at this early stage to cancel the popular event.

Mike Smith, Vice Chair at LUCS commented, *"it is indeed unfortunate that the Fun Day and Cardboard Boat Race has been cancelled. I cannot remember this happening previously. But so much preparation is required leading up to the*

*event, not only by LUCS volunteers and membership, but the many other charities and community organisations who participate in the event, not forgetting the Cardboard Boat Race entrants who are already designing and building their craft, it is only fair that we give everyone as much notice as possible"*

*"The Cardboard Boat Race historically attracts interest from far and wide, with teams using all their ingenuity to design their boats, in the hope of staying afloat long enough to complete the timed course and challenge out in the depths of the basin"*

The Society is not accepting bookings for the current season. Refunds or vouchers for next year are being offered to anyone who has made reservations for this year.

Mike continued *"while this is all very unfortunate, and we would like to be out on the water enjoying our wonderful canal, the most important thing is to ensure the health and safety of our members and customers. We hope everyone follows government guidelines and stays safe."*

Contact: Stuart Rennie  
Phone : 07847 611398  
Email : [ezine@lucs.org.uk](mailto:ezine@lucs.org.uk)  
[www.lucs.org.uk](http://www.lucs.org.uk)  
Twitter : @LUCS\_canal

Linlithgow Union Canal Society  
Manse Road, Linlithgow  
West Lothian EH49 6AJ







# 1926

## THE MARCHES THAT NEVER WAS

*Oyez! Oyez! Oyez! A bolt from the blue. No Marches this year.*

That's how local journalist, **Robert Fleming**, writing in his **Broadcastings by Radio** column in the *West Lothian Courier*, broke the news that the 1926 Marches had been cancelled.

He echoed the feelings of many when he wrote: *"That there is keen disappointment at the cancellation, even temporarily, of the old-world pageant, goes without saying. But when authority decrees, populaces must bow to the inevitable."*

Robert Fleming was no stranger to the Marches. Hailing originally from Bathgate, where he trained as a printer, his later journalistic career took him to Aberdeenshire, where he married in 1880. He returned to West Lothian and in 1883, became the Linlithgow correspondent for the *Falkirk Herald*. When that newspaper's owners decided to establish a separate Linlithgow publication - the *Linlithgowshire Gazette* - in 1891, he was ideally placed to become the paper's guiding spirit and editor, a position he retained until 1913. In 1926, at the age of 70, he was back working in Linlithgow as the *Courier's* local reporter.

Fleming was a talented poet and his weekly reports were often accompanied by topical verses, none more so than at the Marches time, where his poems and songs were famous.

*Na, na ma freen ye needna fear  
Nor need ye fret or worry  
The Marches Day, or ah'm mistaen  
Will no fade in a hurry  
Mair modern fete ye nicht weel plan  
Rear big triumphal arches  
And captivate youth's fancy, but  
Auld Lithca likes the Marches*

The Marches of 1926 was scheduled for June 15th, but had been in some doubt, due to the industrial and financial situation arising from the on-going effects of the miners' strike and the resultant General Strike. The miners were still in dispute, coal stocks were low, and money was tight everywhere. A meeting of Linlithgow Town Council on Tuesday May 25th confirmed that the time-honoured ceremony would go ahead, albeit with one band less, and there were high hopes that the public would respond generously to the annual door-to-door collection for the Marches. However, just a week later on June 1st, the Town Council declared that there would be no Marches Day, as the Chief Constable could not guarantee police cover and would not take serving officers away from policing the coal field on that day. Under the Emergency Powers Act, which had been used during the General Strike, the police had the power to ban gatherings of people. The Town Council feared that they would be in breach of the law if they proceeded to hold the Marches and felt that the only course of action available to them was to cancel.

The Marches had been revived in great style in 1919, following the years of the Great War when it didn't take place, and locals were shocked to hear that the *old-time pageant* would be cancelled again. Robert Fleming reported on a protest that took place the evening after the decision:

*"A demonstration, which was marked with a good deal of good-natured banter, was held on the Cross Brae on Wednesday night. The obvious object of the gathering was to give expression to the public feeling regarding the decision of the Town Council to abandon the town's Marches this year."*

*"The meeting was summoned by bell, the duty being performed by Mr David Dodds, who paraded the High Street, inviting the*

*inhabitants to 'roll up in their motor cars and side cars, etc'. to attend the meeting. The appeal was eminently successful so far as numbers were concerned, as in a short space of time a crowd of both men and women assembled on the Brae in front of the Burgh Buildings. From the outset, hilarity was a feature of the gathering, but withal, the interest and earnestness manifested in the object of the meeting viz, to protest against the action of the Council, was unquestionable."*

After one speaker declared that *"the Sons of the Black Bitch were not going to take the action of the Town Council lying down"*, a *"very large crowd assembled outside the Provost's house."* The Provost, local ironmonger, **John Hebson**, who lived above his shop at 68 High Street, saw some of the protesters and advised them to *"put down on paper what they wanted and give it to the Town Clerk"*. A further meeting was held on the Thursday night and a petition was organised and presented to the Town Clerk. The protests were to no avail, however, and a special Town Council meeting on Tuesday June 8th re-affirmed the earlier decision. There would be no Marches riding. As he had done for many years, Robert Fleming expressed his sentiments in verse:

*There's nae Marches noo, ma freens  
Nae Mairches noo  
Whelps and Daws are grievin aw  
There's nae Marches noo*

*Bauldie's powney stands forlorn  
Bauldie's wae, I troo  
Sair he waits at Harry's door  
There's nae Marches noo*

*The puir Black Bitch is said misgien  
Heavy is her broo  
She canna rest nor nicht nor day -  
There's nae Marches noo*

*The "Roke an' Row's" a funeral knell  
Makin folk's heids boo  
A dirge comes fae the auld toon bell  
There's nae Marches noo*

*Oyez! Oyez! - the weans atwell  
At Mithers' aprons pu'  
They canna unnerstan' for why  
There's nae Marches noo*

*At Lithca Brig there's nocht but dool-  
Nane ken why or hoo  
The "loving cup" nae mair is seen  
There's nae Marches noo*

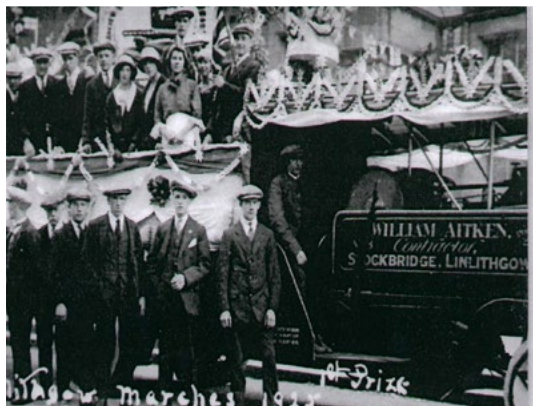
*"Cakes an' wine" at aul' Blackness -  
E'en the mountain dew  
For ae twalmonth ye winna pree -  
There's nae Marches noo*

**Chorus -**

*There's nae Marches noo, ma freens  
Nae Marches noo!  
Whelp an' Daw are wailin' aw  
There's nae Marches noo!*

Preparations had been going on for weeks and there were reports that the usual sprucing-up of premises and whitewashing of closes was well in hand. The customary installation of





Deacons and 'My Lords' by local works had started on Saturday May 1st with the Lochmill paperworkers. Three weeks later, on May 22nd, the engineers and carters of **William Aitken's** transport firm at Stockbridge had "lifted" their respective Deacons from **Mrs Drinnan's** West Port Hotel and paraded along the High Street behind Linlithgow Pipe Band. The following Saturday, the members and supporters of Linlithgow Rose F.C. did the same thing, from the Custom House Hotel.



With no Marches to look forward to, local people could escape from the daily grind when one of the country's most famous circuses came to town on Monday June 7th. Advertisements offered a spectacular event at the Mains Park:

**"See PIMPO at Lord John Sanger's Circus!"**

**See the Indian Whirlwind Riders, Giant Elephants, Dancing Horses of all nations, Comical Kangaroos, Super-Human Sea Lions, Deadly Snakes, Daring Feats in mid-air, Royal Cream Horses, Comedy Rodeo, 20 Star Turns. BRITAIN HAS NEVER SEEN SUCH A SHOW!"**

The Sanger family circuses had been famous since Victorian times and had even enjoyed the patronage of the Queen herself. In the 1920s, the family tradition was being carried on by **'Lord' John Sanger**, the son of one of the founders, and a major crowd-puller was the legendary clown **PIMPO** - real name **James Freeman**. He was considered to be among the greatest clowns of all time, and for many

spectators he was the highlight of the show. His agility and versatility were legendary, as he was as much at home with the artistes on the flying trapeze as on the sawdust.

Pimpo and the circus were regular visitors to Scotland. In later years, one Helensburgh spectator recalled:

**"The one figure who remains distinctly in my memory is Pimpo the clown."**

**"I can see him now, sitting in a motor car, strapped to an elephant's back, giving the hooter spasmodic blasts, while he raucously hailed the ringmaster, his diminutive figure clad in oversized dress-suit, a mass of ginger hair sprouting from the top of his head, and an enormous bow-tie."**

Pimpo's antics, which included boxing with a kangaroo and dancing with a horse called 'Sport', no doubt brought great pleasure to the Linlithgow crowd.

Their spirits were further lifted the following Saturday, when the local Pipe Band accompanied the triumphant Rose team along the High Street with the County Cup they had won earlier that day at Newtown Park, Bo'ness. The trophy joined the Thornton Shield on the Rose sideboard. Alas, there would be no opportunity to parade the prizes on Marches Day.

June 1926 was very wet, and Robert Fleming reported:

**"The tears of June, the month of roses. To date it has been rain, rain, and more rain every day. The auld Lithca bodies, in their disappointment, declare that the rain has been sent as a judgement for the stopping of the Marches".**

Despite the cancellation, the Courier reporter found that many were still determined to have some kind of celebration:

**"If we hivna the Mairches, we hiv the Mairches Day, so here's tae ye!" That was one of the comments heard on Tuesday, but there were others unprintable. It was surprising the number of whelps (of the Black Bitch) who found their way to their home town, simply because it was the Marches Day."**

There was an unofficial OYEZ! OYEZ! OYEZ! proclamation on the Friday, when local worthies, **Davie Dodds** and **Rab Haigie**, processed in fancy dress from the

Low to the West Port, followed by a group of schoolchildren. **Robert Fleming** did not approve of what he described as **"burlesquing the grand old custom"** and thundered:

**"This year, the 'Crying of the Marches' was performed in mockery. The clownish show caused some to laugh, but only some. The thinking classes of the community, while regretting the circumstances necessitating the departure this year, were not disposed to make fun of it."**

Robert Fleming bemoaned the lack of the usual hustle and bustle of a Marches morning and described the scene as people gathered:

**"A good many visitors, mostly natives of the town, had arrived by morning trains and buses and towards the forenoon, groups of people assembled in the neighbourhood of the Cross and either side of the High Street... meanwhile, the Linlithgow Pipe Band and that old favourite, Kinneil Reed Band, appeared on the scene and, being a holiday, each had a large following."**

**"After parading the town and marching to Linlithgow Bridge..., they returned to the Cross Brae, where they took up a position reminiscent of old times. Here in turn they played selections, including the indispensable 'Roke and Wee Pickle Tow', to the evident delight of the people assembled. At the West Port, as a mark of appreciation of their visit, the Kinneil bandmen were hospitably entertained."**

At Blackness, the incumbent Baron Bailie, **William Spence**, laid a wreath at the war memorial on behalf of himself and Provost John Hebson, as did Mrs Spence, on behalf of the Deacon of the Fraternity of Dyers, Alex Spence. The position of Baron Bailie would be held in future years by Robert Fleming's son, grandson and great-grandson.

In 1927, the Marches returned in great triumph, with renewed optimism and interest, and Provost Hebson led what was described by the local press as **"the finest procession in years."**

**Murdoch Kennedy**





WE CAN  
WEATHER THE  
STORM AND  
RETURN TO  
GLORY AGAIN...





# THE REED BAND IN LOCKDOWN



Andrew West and Martin Brown.

Like many organisations, Linlithgow Reed Band has seen its activities change dramatically over the past eight weeks. When our rehearsals were disrupted, we were only two weeks away from our annual Spring Concert. Initially, we had hoped to be able to reschedule this for later in the year, but that is looking increasingly unlikely, unless we hold it as an Open-Air concert!

The band has set up a closed Facebook group, where our members can post videos of themselves playing. Through the group, they can receive encouragement, or ask

questions about parts which they are finding difficult. Some of our members have also joined in projects such as playing Scotland the Brave or Over the Rainbow during the Clap for Carers on a Thursday evening.

Our Committee has continued to meet (virtually, of course). While the main business has been a long list of cancelled engagements, we have also been planning some events for the future once we can return to some form of normality. At our most recent meeting, we also had the pleasure of awarding the James Hamilton Trophy to this year's recipient, Robert Szkudlarek, as this presentation was another victim of the cancelled Spring Concert.

The social side of the band has not been forgotten either, with weekly catch ups

held by video conferencing. The upside of this has been that even our members who are no longer local have been able to join us. We are also planning a quiz night for members shortly.

The next month or so will probably be the strangest period for many of our band members. In June, we normally have around a dozen playing engagements, and our families are used to the fact that they rarely see us for long. Among these engagements are many, such as the Riding of the Marches, that the band has been deeply involved in for all its sixty-four-year history. While we will be sad not to be taking part in them this year, they help us remember that we can weather the storm and return to glory again.

*Long Live the Marches! Long Live Linlithgow Reed Band!*

**Seonaid Scott**





## THE DEACONS' COURT VIRTUAL RIDING OF THE MARCHES 2020

We are pleased to be able to bring you details of the 2020 Virtual Marches Day on Tuesday, 16th June.

We aim to have video footage to mark each of the main events throughout what would have been Marches Day, at or around the time that this would normally be happening.

The intention is that each video will be shared on our Facebook page at the appropriate time. It is also our intention to share the videos on our YouTube channel and on our website and Instagram, to allow as many people as possible to access them.

To ensure access to our Virtual Marches, please like or subscribe to our social media pages, just search for:

**Facebook:** Linlithgow Marches and Deacons Court

**Youtube:** Linlithgow Marches and Deacons Court

**Instagram:** deacons court

**Website:** [www.linlithgowmarches.org](http://www.linlithgowmarches.org)



All videos will be pre-recorded and prepared ahead of the day and will be filmed in compliance with social distancing and Government guidelines, from the front doors or gardens of those making the speeches.

*We will start the day at 5am with photos and videos of past Marches and a message from the Provost of the Deacons' Court.*

*6am will be marked with a video of the town piper and drummer, recorded separately.*

*We will be working with the Reed Band to bring an online version of the 23rd Psalm being played at the West Port at 7am. We are also hoping to have a video of the Reed Band playing from their gardens.*

*At around the time that the Fraternising at the Palace would normally be happening, we will be sharing photos and videos from past fraternisations, as well as a message from the Provost and the Deacon of the Dyers.*

*We are aware that the Marches Day is often a time for meeting friends old and new, and without the people of Linlithgow, the Marches would not be the day that we know it to be. We therefore want to encourage as much participation from the public as possible, which we will collate and put out at 11am. Along with photos and videos of past processions, we hope to be able to include messages from the people of Linlithgow and photos and videos of float designs, decorated bikes and people dressed up.*

>> We are asking for individuals and households to send us video messages (or written messages) that we will share throughout the day. It's easy to do - just make a short video, no more than 15 seconds long (in landscape format) and send it in to us.

>> We would also call for any individuals or organisations to take part by making a float either by drawing a picture or creating a model, decorate a bicycle or even by dressing up, take a photo or video and send them in to the Deacons Court. You might be an expert float builder or a novice designer, but we want to see all your ideas!



You can send in your videos or photos to us via private message on Facebook or by emailing: [deacons court.events@gmail.com](mailto:deacons court.events@gmail.com) This should be with us no later than Wednesday, 10th June.

At the time when we would normally be heading to Blackness, the Baron Bailie will show his respects at the war memorial and will go on to give his report from Blackness.

Our virtual Marches would not be complete without going three times around the Cross Well and we hope to be able to show a video of 5pm processions from throughout the years. The day will conclude with a message from the Deacon of the Dyers and the Provost at 6pm.

**Stephanie Thomson**  
on behalf of the Deacons' Court





While we are all disappointed that the usual Marches Day will not go ahead this year, we do hope that people are able to enjoy our virtual Marches celebrations from the comfort and safety of their own homes.

**MARCHES DAY 2021 WILL TAKE PLACE ON TUESDAY, 15TH JUNE 2021.**

UNTIL THEN, STAY HOME - STAY SAFE.

LONG LIVE THE MARCHES!



## BURGH BEAUTIFUL UP FOR THE CHALLENGE!



In a recent publication, Burgh Beautiful was commenting on the amount of rain we have had. Now it is the amount of sunshine. My mother who loves the sun wants some rain. She is concerned for the farmers whose grass will not be growing to allow them to adequately feed their cattle. You can take the girl out of the farm but not the farm out of the girl and I guess the same is true for gardeners. We did have some heavy rain a day or two ago but if you have been digging you will know that the ground is still dry. But given how seldom we have an extended sunny spell, I had better watch what I wish for.

As for Burgh Beautiful, we are having, like everyone, to contend with the coronavirus restrictions. Nonetheless we have the summer hanging baskets all filled and planted, and, at the time of writing, they are being nurtured at our Clarendon base. They look splendid and will be hung at the very end of May when you can judge for yourself. Over the next two weeks we see the delivery of the plants for the planters and beds in the town. These will be major exercises from taking delivery of the plants, sorting them all out, separating them out into lots according to which volunteer needs what, to having them collected. Usually these are quite social occasions but not this year. Everyone is having to adhere to a strict timetable in order that we strictly comply with the social distancing guidelines. Before leaving that point, I must comment on the amount of work by two individuals in particular, sorting out who is due to collect

which plants and then timetabling each individual to uplift their plants at a specific time.

The impact of coronavirus continues. Some of the larger areas which require a team of planters will not be planted up as usual as we are unable to allow a team to work together in some locations so, if you spot blank areas, you will realise the reason. The floral barrels and containers in the railway station will not be planted up for this summer either, as ScotRail has imposed an embargo on all planting by volunteers in stations in Scotland.

Already some of our volunteers are at work preparing areas such as the new beehive planters outside Platform 3 and opposite West Port Hotel as part of their permitted daily exercise. The crab apple trees recently planted near the 'Black Bitch' statue are doing well, in flower and growing with regular watering by two more volunteers. Our Water Yett team is planning how to get the planting of summer bedding done in accordance with the current restrictions. The planting of the various beds in Learmonth Gardens is being thought through and all our individual volunteers are preparing for action. Ready to roll.

Our Floral Trails booklet has once again been published and will be available for collection at key points in the town when restrictions are relaxed. Please pick one up as that will provide you with routes for your walks which will then include Burgh Beautiful's beds and planters.

Finally, we hope that our efforts will continue to provide some good cheer for the people of Linlithgow as we emerge from a very difficult few months for so many people.

**Jean Long for Burgh Beautiful.**







# THE ARTS

## "LINLITHGOW ROCKS!"

Pat Swan [patswan@virginmedia.com](mailto:patswan@virginmedia.com).



We all know that Linlithgow is a great place to live, but perhaps when people say "Linlithgow Rocks" in future you will think of something else.

I've been aware of the trend for decorating rocks for some time, but I was reminded about it more recently, when I found a painted pebble on holiday in a temple in Vietnam, which had originated in the UK. I then discovered that there was a local group, called Linlithgow Pebbles, but I had never been aware of any rocks hiding around town. I recently hid the pebble I found abroad in Linlithgow and it popped up on the FB page the other day!

Kiera McKimm (pictured) who lives in town, and works as a nail technician in Broxburn was aware of a rock painting group in Broxburn, and thought it would be a good idea to have one in Linlithgow to cheer people up on their daily walks during lockdown. She then discovered that there was a local group which had not been particularly active for a while, and very quickly she took over ownership of the Facebook Group and renamed it **Linlithgow Rocks**. The timing was perfect when I decided that this was a perfect Art activity for our current situation, and that I'd write about it in my Arts article.

The idea is that you paint some colourful rocks, you hide them, you search for other rocks and when you find them you take a photo and post it on the FB page. You then re-hide the rock to give pleasure to the next person who finds it. Children and adults can participate and no-one should worry about their artistic skills as it's all a bit of fun. Recently there have been a lot of themed rocks, particularly rainbows and NHS thankyou stones. You can follow on FB where your rock moves to and one day you might even find your own rocks again! I've loved seeing some of the happy faces on the FB page when kids unexpectedly find rocks when out and about. If you need decorating inspiration there are lots of other groups on FB.

Acrylic paint or household paint is fine for rock painting and many people add detail with pens or nail varnish. Varnish or spray varnish can help to give your rock a longer life but it's not necessary. Try to write your name or initials on the bottom of the stone and "FB Linlithgow Rocks" to spread the word.

**STAY SAFE** when you are out rock hunting. Take hand sanitiser and be careful to sanitise or wash your hands after touching rocks. Maybe take a plastic bag to collect rocks, so you can look at them when you get home and wash your hands safely. Don't remove rocks from private property or beaches (that's illegal) and don't go searching in places that aren't for public access.

I chatted to Kiera and suggested that we run a **COMPETITION** to help promote the group.

I'd like to see how inventive you can be with rocks and hiding places, and will pick an interesting photo to win a prize. It doesn't need to be a photo of a rock you painted but it needs to be in a great hiding place and make both me and Kiera smile. If you'd like to enter please email your photo to me [patswan@virginmedia.com](mailto:patswan@virginmedia.com) by 30 June.

Mac's of Linlithgow have very kindly agreed to donate a £10 pick n mix box as the prize. Thank you Mac's and we hope you can open your doors again soon. They have been delivering these boxes within Linlithgow and surrounding areas for customers who have missed a tasty sweet treat in lockdown.



The rocks pictured here have all been painted or found recently - **the Dr Seuss themed ones are amazing!** I've also included a picture of a rock which depicts the local DIY shop - I don't think this one is being hidden but perhaps it might give budding artists ideas. You might find lots of rocks outside the local primary schools too, as there appear to be collections appearing as I write.

Kiera recently painted the Black Bitch dog on a rock (pictured), so if you find it please can you post - let's see how many times it can be found over the next few weeks. Post your pictures on the FB page holding the rock and we will pick a photo to feature in the Black Bitch magazine next time (optional!).





At the time of writing the group has 546 members – let's try to get this up to 1000 and get the town filled with brightly coloured rocks. Get your kids involved, get them to tell their friends and enter our competition.

Happy painting, safe searching and most importantly enjoy!

## AND BRIEFLY, OTHER ARTS NEWS:

### THE LINE GALLERY

is open for online sales – check out their website or FB page.

### FAR FROM THE MADDING CROWD

is open again for free local deliveries so you can continue to source great reading material.

For those of you tidying up and not being able to get to a charity shop with books you are finished with, you may wish to consider taking them to Linlithgow station. They have a bookcase where you can donate books and acquire free books.

Sadly, Linlithgow Folk Festival and Party at the Palace have had to be cancelled.

Please let me know if there's anything you'd like me to write about next time, as there's not much going on!

[patswan@virginmedia.com](mailto:patswan@virginmedia.com).

I hope you have time to experience some  
ART over the next few weeks.

### QUOTE OF THE MONTH

*“the job of an artist is to  
offer a sanctuary of Beauty  
in an Ugly world”*



## The Book of Hopes: Words and Pictures to Comfort, Inspire and Entertain Children in Lockdown

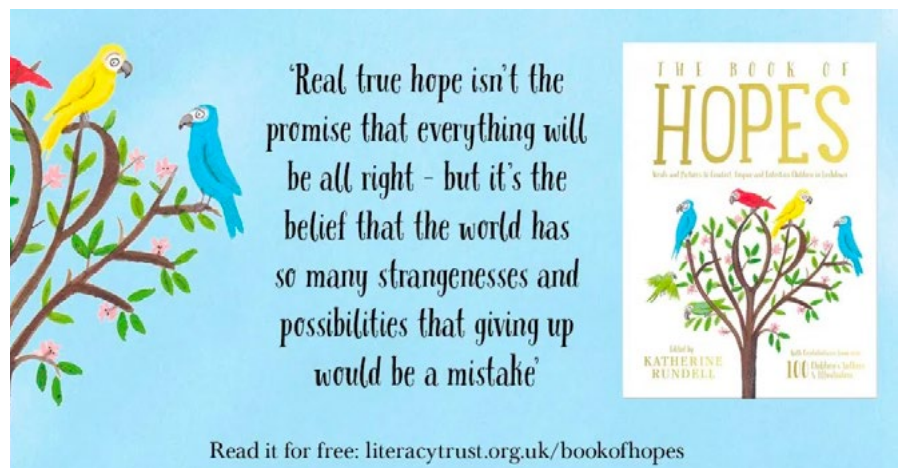
Edited by Katherine Rundell

As we all continue to adapt and endure a little longer in this strange new reality of national lockdown, many of us will find that our daily routines have completely altered, or perhaps have ceased to exist altogether. While there is much to lament about the loss of our previous ways of living, loving and being we can hopefully find glimmers of appreciation emerging from the rhythms of our new normal.

It is with this sentiment in mind that Katherine Rundell began the 'Hope Project' which involved her approaching over 110 well-known and appreciated children's authors and illustrators, inviting them to share messages and impressions of hope to inspire, encourage and comfort others at this time of global crisis. She describes them as fellow 'professional hunters of hope' looking to shine a little light into these dark and uncertain times.

The Book of Hopes is an admirable collection of short stories, poems, images and essays ranging across all manner of subject areas. Some are fiction, others non-fiction and none exceed 500 words, making them immensely enjoyable and easy to read. While this short story collection is primarily written for and aimed at children, the sheer volume of contributors and their range of writing styles, themes and content means there is most definitely something for all.

"Real, true hope isn't the promise that everything will be all right – but it's a belief that the world has so many strangenesses and possibilities that giving up would be a mistake; [...] we live in a universe shot through with the unexpected." (Katherine Rundell, *A Very Short Note About Hope*)



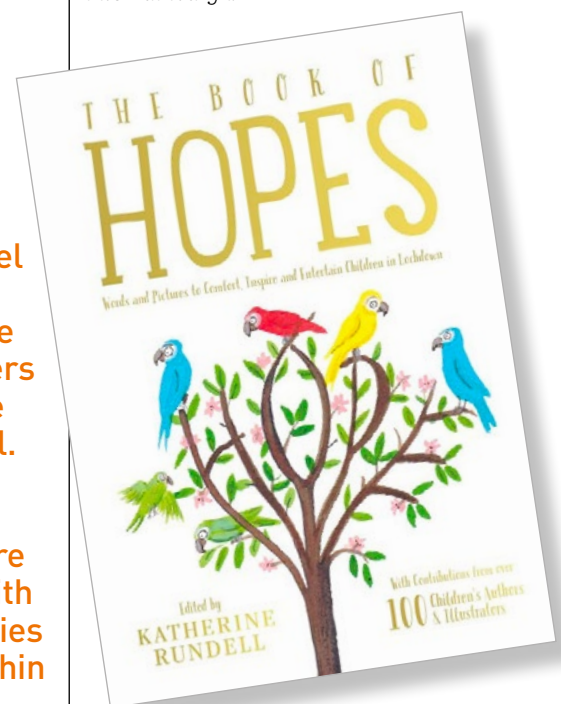
The collection is helpfully grouped into delightfully named, diverse categories; 'Animals', 'Kindnesses', 'Magic', 'Insects and Bugs', 'Aliens and Outer Space', 'Believing Hard in Yourself'.... to name only a very small few! The whole collection feels quirky, fun and genuine in its efforts to spread cheer and solidarity in the face of this time of mass isolation. It is a nice touch that you do not know who the author of a story is until you have read it – the author credits come at the end of each item. It is amazing to think that such a wide ranging and wildly varied response came from Katherine's presumably most modest of briefs to her fellow authors: quite simply 'to write a message of hope to share'.

I loved many of the stories in this collection for many, many different reasons. Some made me laugh, some made me feel sentimental. Some I liked because they made me pause and think, others I liked because they were silly and seemingly trivial. This is a collection I can imagine myself reading and then rereading, before reading again to share with my family. There are stories and poems contained within in this collection that will speak to different people at different times of their life, with messages that will transcend, finding ways to comfort, amuse and inspire.

"Hope doesn't have to be vast or grand. It is not a spell. It's an enchantment we already have within us. On a sad or overwhelming day when everything feels very dark, if you can find just a little drop of hope, a memory of something wonderful, or a dazzling ambition, that tiny drop – no matter how small – will become your guiding star." (Cerrie Burnell, *Stronger Than Magic*)

**Lisa Nettleton**

*Lisa Nettleton is a teacher and enjoys reading on her daily rail commute into Edinburgh.*





Constable Andrew Murray and Constable Peter Robertson are the community officers based in Linlithgow Police station, which is now located within the newly refurbished **Tam Dalyell House at Linlithgow Partnership Centre, High Street, Linlithgow**. They are keen to get involved in local community issues and want to hear your views and opinions on these issues. We will be publishing an article in the magazine every month, covering ongoing community issues which we are keen to address within the ward. There is also a public assistance desk at the station, which is open from 9am to 5pm Monday to Friday.

## COVID 19 & EXERCISE

The COVID 19 pandemic has resulted in many people now taking to the canal towpath and around Linlithgow Loch exercising either cycling, jogging, walking or exercising their dogs.

- >> Please when out exercising keep your distance
- >> Be courteous to other users
- >> Cyclists slow down and warn pedestrians of your approach
- >> If walking your dog keep it on a lead
- >> Be aware of other persons around you

**Stay Safe and look after each other**

## OFF ROAD BIKES AND QUADS...

- >> Must be registered and have their registration plates on display in prescribed manner.
- >> They must have insurance that covers the rider for at least third party risk.
- >> They must have a valid MOT certificate if the vehicle is over 3 years old.
- >> The rider must hold a valid drivers license for the type of vehicle being ridden.
- >> The vehicle must conform to all current construction and use regulations.



## TO CONTACT THE POLICE...

**101** 101 is the new number to contact the police when it's less urgent than 999.

Alternatively you can email [westlothiancommunityeast@scotland.pnn.police.uk](mailto:westlothiancommunityeast@scotland.pnn.police.uk) or pop into the police station at the library (Partnership Centre) and ask to speak to our Community officers, PC's Murray and Hunter.

Your Local Community Police – Linlithgow  
Website: [www.scotland.police.uk](http://www.scotland.police.uk)  
Twitter: @policescotland  
Facebook: [www.facebook.com/policescotland](https://www.facebook.com/policescotland)

## BOGUS CALLERS & WORKMEN IN LINLITHGOW AREA

Unfortunately we have been receiving a rise in calls regarding doorstep crime in the Linlithgow area. Bogus callers to rogue traders, doorstep criminals are cunning creative and very skilled at deception. They will use a number of ways to try and gain entry to your home to steal and trick you out of money.

Often they will pretend to be someone they're not, claiming to be Council staff, meter readers and even Police Officers. In reality, they are criminals who are trying to steal your cash and valuables.

"Rogue traders" usually cold call, claiming to be workers offering to make repairs or carry out work on your house, garden or driveway. They will charge over inflated prices for work that is often of poor quality or completely unnecessary.

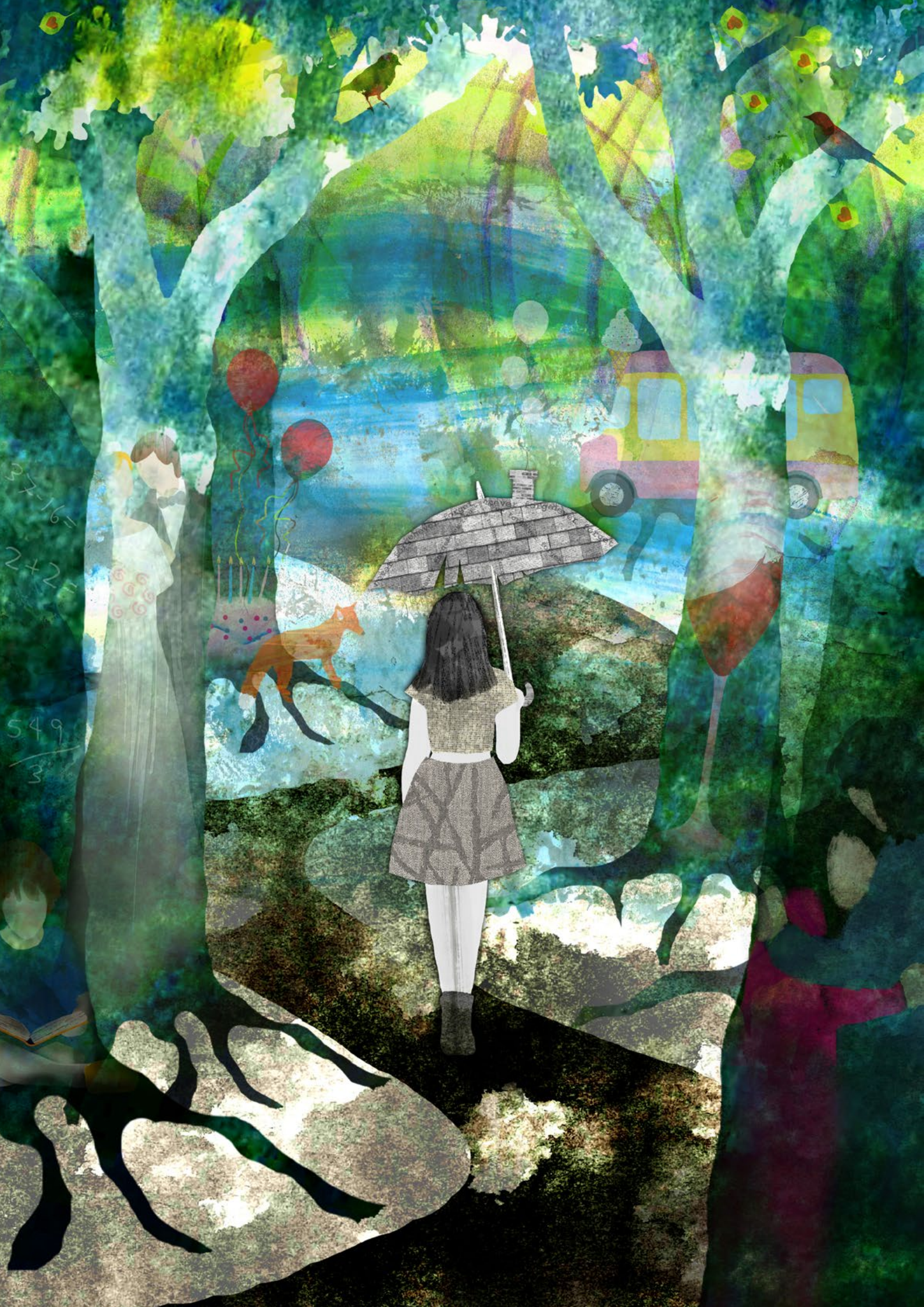
Whilst bogus callers can be very deceitful, there are a few simple precautions you can take to stop yourself becoming a victim.

- >> Be on guard if someone turns up unexpectedly.
- >> Use a door chain or bar and keep it on whilst talking to callers. If you don't have a door chain, check on the person

from the window.

- >> Don't feel embarrassed - genuine callers expect you to be careful.
- >> If you're not sure about the person, don't answer the door.
- >> Always ask for identification.
- >> Do not feel pressurised into agreeing immediate work. Never listen to scare stories and beware of traders who suddenly appear after storms, floods or even snow and avoid claims that a low price is only available if you sign up right away.
- >> Do not agree to buy from the first person who calls. Ask yourself if you really want these goods or services.
- >> Do not pay cash up front. Never pay for work before it is completed and don't hand over large sums of money.
- >> Do shop around if you decide you need work done. Get a minimum of three quotes from reputable traders. Why not consider the council's Trusted Trader Scheme - which is administered by the Trading Standards Department and can provide details of reliable local traders to carry out work around your home or garden.
- >> Do report them. Don't ever feel embarrassed if you feel you have been the victim of doorstep crime. If you feel threatened, unsafe or suspicious of a caller then contact police immediately.







# A MOMENT FOR REFLECTION

*The word lockdown may sound like oppression  
Or some may say a deep depression  
But for me, I feel a deep connection  
With nature, friends, family and my own mind  
It's shown me the fragility and warmth of mankind.*

*Teachers, nurses and all key workers we salute you  
Your valued part in history will see us through  
You're paving the way for future generations  
Showing bravery, grit and true determination.  
Watching the news, being told to wash our hands  
Listening to Spotify and discovering new bands.*

*No pubs, shops nor holidays to Gran Canaria  
For some that's Utopia, for others Dystopia!  
But all of this is merely an insignificance  
When we look at Mother Earth and her  
powerful dominance.*

*Netflix on TV, reading endless books  
Finally learning how to properly cook  
Paddling pools, long walks and naps in the sun  
Who said this lockdown couldn't be fun?  
Wistful childhood memories, ice cream  
vans in the distance  
Life was so simple then, blissful days of  
youthful innocence.*

*PE with Joe Wicks, Zoom chats, online speed dating  
With all of that, who's got time left for home baking?  
Continuously trying to learn new skills  
When some days you just want to run for the hills  
Whatever you call it, Coronavirus or Covid-19  
One day we'll wake up from this nightmare or dream.*

*Let's take a moment for reflection  
for what we have, me and you  
And think about that poor soul  
who's just woken up in ICU  
They say time is a healer when  
we're going through grief  
The same applies to the planet  
and the air that we breathe.*

*Feelings of stress, worry and anxiety are all very real  
But just think of the world and how it will feel  
Feelings of joy, excitement and happiness  
How have we all ended up in this madness and mess?*

*We may be consumed by bleak thoughts of the future  
But put in perspective, it's by no means sheer torture  
Unemployed, working, retired or furloughed  
Relaxing with wine, make mine a Merlot!  
Before we know it, wallowing in loved ones arms  
Hugging, fighting, scowls and grins  
If it all gets too much, well, pass me the gin!*

*Missed weddings, birthdays, holidays with friends  
How can we recreate them? Can't we just pretend?  
None of this matters, in the grand scheme of things  
Your health and wellbeing come before that big ring.  
Phone calls from neighbours and random acts of kindness  
Living in the moment by practising mindfulness.*

*Vivid dreams, old clothes, unwashed hair  
Some might think I've turned into Paddington Bear!  
Images of animals roaming free - how ironic!  
While we're stuck indoors with our gin and tonic!  
Missing human contact and the chitter-chatter  
Too many cakes, I'm getting fatter and fatter.  
Just remember we're all in this together  
If you feel lonely call me for a blether.*

*My mind is all hazy, there's so much I forgot  
It's no wonder as right now my best friend's a robot  
Alexa, you've been with me through the thick and the thin  
Thanks for answering random questions  
and saving my skin!  
Hearing stories of friends struggling with home school  
A child screaming in the background acting like a fool.*

*Hyperactivity and crippling insomnia  
Hours on ebay buying paraphernalia  
So how have I survived endless hours of isolation?  
I simply discovered the power of meditation  
Gathering my thoughts and gaining more clarity  
Can we now live in a fairer society?*

*Let's never forget these memories we've made  
Whether joyous, delirious or really afraid  
This experience won't occur again in our lifetime  
Thank god you may say, less time is served for a crime!  
Thoughts of when this is over and who we'll first meet,  
Don't dwell on it too long or you might start to greet.*

*What does this all mean? I hear you say  
So many unanswered questions - we'll find out one day  
For now, be mindful of what's happening all around us  
People dying, children crying, birds singing in the trees  
My goodness, please tell me you can finally see  
That we can't control our planet nor its seven seas.*

*Has anyone thought how strange it will be  
When we return to what's known as normality  
Social distancing will be a thing of the past  
Let's hope we keep slowing down and stop living so fast.*

*Love, harmony, unity and freedom  
Don't take life for granted, we only have one!  
We'll become more humble and full of sorrow  
As we now realise there may be no tomorrow.*

*So let's take a final moment for reflection  
Be kind, respect the planet, look after others  
When all's said and done we're just sisters and brothers!  
In years to come when we're all grey and old  
Never forget these stories we once told.*

**Amy Cornock**

Image: by local illustrator **Sandra Gibson**.  
Email: [sgibsonillustration@gmail.com](mailto:sgibsonillustration@gmail.com)





# LINLITHGOW ROSE IN LOCKDOWN...

**I think that like many others, we just feel like we are in limbo. Everyone wants to get back playing football, but only when the time is right for players and supporters.**

We are very fortunate as a club to be represented on the SFA's Restart Committee. Derek Crossan, our secretary, is a member of both the medical subgroup and the group looking at stadium requirements. That means we have direct representation on those areas looking at player and supporter welfare. We have already assessed what our safe distance capacity is, and we are ready and able to support that with marking on the terracing and in the stand to specifically tell people where they can stand or sit.

We are all geared up to introduce a one-way system of entry and exit, as well as digital ticketing or safe cash purchase of entry tickets on the day. All we need to get cracking is for the virus infection rate to drop to a level where government is satisfied with the level of risk. But we completely understand that this could take some time.

Through the course of the football shutdown, we've been really keen to maintain our community connections and we've had great feedback on our 'Local Hero' initiative, which we kicked off at the start of May. Basically, we give a wee shout out to an individual or organisation who is doing something a bit different or going the extra mile for the community. David Smith kicked us off with his sales of home-grown herbs where any profits are donated to the Red Cross. He's donated £200 over the last couple of weeks, which is fantastic.

Next up was Rory Millar – a Rose season ticket holder and always keen to put his hand up when the club needs a bit of additional support at big games. Rory is a paper boy at Alexander's on Preston Road and has extended his role to delivering essentials to vulnerable customers who

need to isolate. It's tremendous to see one of our young citizens going the extra mile to help those who need to stay safe this time.

Most recently, our Local Heroes were the good people at Linlithgow Distillery, who used their facilities to produce over 250 litres of hand sanitiser at a time when demand caused it to be rarer than hens' teeth in supermarkets or chemists. Foodbanks, vulnerable citizens, and those looking after them were among those who benefitted from their generosity.

**Jon Mahoney**  
President  
Linlithgow Rose Football Club





# BRAE COURT IN LOCKDOWN



*I was keen to see how the lockdown was affecting life at Brae Court – Bield’s Retirement Housing with Meals development at 223 High Street - and spoke to the manager, **Rena Kirton-Vaughan**.*

*“As a staff group, we are ok. We have all the personal protective equipment (PPE) that we need for what we are doing at the moment. Bield as a company has been very good. We get a phone call on a Monday asking us what PPE we need, and it’s delivered the next day”.*

Rena and two colleagues, Louise Rintoul and Fiona Hamilton, have also augmented the supplies by sewing eighty face mask protectors and these have been distributed to staff and tenants.

Reducing the footfall into the building and into each individual house was a priority from day one, as Rena explained:

*“We’ve got procedures in place to avoid us actually going into someone’s home. What happens is, for people who are having a meal, a member of staff goes, and we put a chair outside the door. If they are able to come to the door and collect their own meal, that’s what they do. When they’re finished their meal, they put their dishes back out on that chair and we go and collect them, so it reduces the footfall into the house.”*

*“I’ve got four people who can’t do that, because of physical frailty. So, we have*

*to go into their houses, but we’ve got aprons, masks, gloves, an adequate amount of sanitizing, to allow us to do that.”*

As well as being responsible for the forty tenants, Rena is also responsible for the staff and safety is uppermost in her mind:

*“The staff in here are brilliant”, she told me. “This place is sanitized in the morning at 9 o’clock whenever the girls come in. Somebody sanitizes every handrail, every letterbox, every light switch, and every door handle. And they do that again after lunch is served and then they do it again at 5 o’clock before they go home, and that’s the best we can do to try to keep everyone safe. We’ve moved our staff room to the lounge which the tenants are not using, because our room isn’t big enough for social distancing.”*

Things have had to change in light of the current situation. All the communal lounges were closed at the very beginning, but the good weather has meant that the tenants have been using the lovely garden and seating area behind the building, maintaining social distance at all times.

This has allowed them to have at least some social interaction with their neighbours, at a time when all communal activities have been suspended. Brae Court is all about independent living and tenants are able to go out every day for shopping and exercise, like everybody else.

Rena explained how the daily meal service has also been adapted:

*“We’re still able to provide a meal service every day. We deliver their lunch, which is always a hot meal. They used to get a hot tea at night as well, but to reduce the footfall, we also deliver stuff for tea at lunchtime, usually a bag with a roll or a sandwich or something in it, a packet of crisps, a bit of fruit, a bit of home baking, they put that in their fridge and they have it at tea time. So, they’re getting something twice a day. They seem to be enjoying their hot meals. We’ve reduced the choices on that as well, for us as much as anything, and for our suppliers. It’s good that we are still able to get the supplies. The butcher, the fish man, the vegetable man, all come in and leave their supplies at the main entrance, to avoid having to come up to the kitchen.”*

*“We’ve taken on extra people who are not normally on the meal service, on what we call an ad hoc basis. So, there’s people having meals who wouldn’t normally have them.”*

Rena is very grateful for all the help and support Brae Court has received from throughout the community.

*“We’re ticking along. People have been really kind. We’ve had help from Linlithgow Link, the Coronavirus Support Group, the wee shop on Preston Road has done deliveries for the tenants and people have handed in books and DVDs. Our suppliers have been brilliant, and we have never gone short.”*

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# PENSIONS – DO YOU KNOW WHERE ALL YOUR POTS ARE?

Virtue Money

The government is currently consulting on proposals for a new pension dashboard to enable pension savers in the UK to view all their pensions under one online login.

According to the Pension Dashboard Prototype Project, during our working lifetime, the average adult in the UK may have up to 11 different jobs. This means potentially 11 different pension pots which may be why they also estimate £400 million of pensions monies are unclaimed.

The Secretary of State for Work and Pension, Amber Rudd, sent a written statement to parliament in April this year advising that the government expected to see the first workable models of the Pensions Dashboard developed and tested in 2019. Although pension schemes will be given 3-4 years to get the data of their members ready for inclusion on the Dashboards.

Rudd added that the dashboard project would eventually *“enable people to access their pension information in a single place online, in a clear and simple form.”*

Industry experts have suggested that the benefits of the Dashboard could be that we:

- >> Have a better understanding of our likely finances in retirement, based on our current situation
- >> Have a clearer grasp of the need for financial advice
- >> Be motivated to increase our pension contributions



>> Have more inclination to take a proactive role in managing our potential retirement.

Until the dashboard comes into play though, where are your pensions pots, have you lost track of some?

The Money Advice Service website has a myriad of advice on how to track down old pensions. You could write to your old employer or provider (if known) and there are templates on the website to help you do this.

Both employers and providers can change their names making it difficult to trace them. If this is the case you could try the Pension Tracing Services. It's a free service which searches a database of more than 200,000 workplace and personal pension schemes to try and find the contact details you need.

Once you've located all your pension pots what do you do with them? How have they performed? What are the charges on each of the plans?

You might be thinking of merging multiple pension pots into one and there can be potential advantages of doing this.

You can keep track of and manage your pension savings more easily, it might save money if you can transfer from higher-cost schemes to a lower-cost one and open the possibility of a greater choice of investments.

Unless you're confident that you understand the costs, benefits and risks involved then you will probably want financial advice on this matter.

If you would like to make an appointment to speak with one of our advisers regarding consolidating your pensions or any other aspect of your finances, life assurance, critical illness, income protection or retirement, then please give me call on 0345 034 3424 or email me at [susan@virtuemoney.com](mailto:susan@virtuemoney.com) and I will be happy to arrange this. The first consultation is completely free of charge with no obligation.



Virtue Money

## TO CONTACT VIRTUE MONEY

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*This article is intended to provide a general review and opinion of certain topics and its purpose is to inform but not to recommend or support any specific investment or course of action.*

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# COVID-19 AND THE ALLOTMENT



With permission from West Lothian Council, Oakwell allotment has been allowed to remain open for members to get their daily exercise. We have strict rules about social distancing but working on your own plot ensures that plot holders stay apart. We have taken other steps and given instructions to ensure that the risk of cross-infection is minimised. It is most likely that our Harvest Celebrations later this year will be cancelled.

## THINGS TO DO ON YOUR VEGETABLE PLOT IN JUNE

Frosts are very unlikely this month. After the rush to get crops sown and planted in April and May, things slow down a little from now on although it is important to keep on top of the weeding through the summer months.

- >> In week 1 plant out Courgettes, Pumpkins, Squashes and outdoor Cucumbers into planting pockets filled with well-rotted manure or compost mixed with soil. They benefit from protection with fleece or cloches at this time of year as it can be cold and/or windy. It is a good idea to sink a plastic pot in the soil a few inches from these crops and water into it rather than directly onto the plant so that the moisture reaches the roots.
- >> Plant out Dwarf French Beans and Runner Beans sown indoors in week 1.
- >> In the first week of June plant out Sweetcorn in blocks at least four plants wide after hardening off.

- >> It has been said that to avoid the dreaded Carrot fly, you should sow Carrots after the 9th June. I am not sure if this really makes any difference; the theory is that you miss the two hatches of carrot fly if you sow then. I would recommend sowing the seed thinly, covering the carrot bed with fleece or veggie mesh, thinning as little as possible and only on a windy evening as the pests cannot fly to lay their eggs in strong winds.
- >> Transplant Leeks sown outside to their final positions in weeks 1 and 2.
- >> Feed Potatoes with high potash fertiliser from the end of the month until the middle of August. Organic Tomato fertiliser is good for this.
- >> Plant out Winter Cauliflower and Kale towards the end of the month.
- >> Feed all Summer Cauliflowers weekly to get good-sized curds.
- >> Continue sowing Radish, Spring Onions and Lettuces.
- >> Blackcurrants benefit from a liquid feed of a fertiliser high in potash as fruits begin to swell; an organic tomato fertiliser would be ideal.

If you are interested in having a plot at Oakwell Allotments, please contact us on our website on <https://linlithgowallotments.org.uk> and ask to be added to the waiting list.



**Paul Taylor**  
Chair, Linlithgow and District  
Allotment Society

## THE ROSE COMMUNITY CLUB IN LOCKDOWN

Some of the things we have been doing during lockdown include:

- >> A zoom football quiz for our 2010 age group with over 35 kids joining. We donated £5 to the NHS for every child who joined which meant over £200 for the NHS.
- >> A kick n'clap challenge for the kids to do keepie-uppies and clap at the same time for our NHS.
- >> The LINBIN CHALLENGE, which is 2 metre social distancing target practice.
- >> Various skill move challenges for the children to try each week and post on our Twitter and Facebook sites.
- >> Our Walking Football team have had Zoom sessions to discuss their best team looking at players from across the world.

As a Community Club, we also believe we have a role to play in supporting as best we can. We have done the following to help:

- >> Donated gift vouchers to parents we know are in the NHS to try and show our support.
- >> Gifted 2 iPads to the Nursing Home to ensure residents can have a way of keeping in touch with friends and family.
- >> Bought an ECG machine for the medical practice to help all the community.
- >> Donated to Kingfisher to help them ensure they could help provide childcare for our care workers.
- >> Donated to local businesses and care facilities to help them.

**Alistair Paton**  
Chairman  
Linlithgow Rose Community  
Football Club





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## Loch-down

After nearly two months in lockdown, I'm beginning to settle into a pattern. Nature has been vital to my continued sanity - whether it's the birds

visiting our garden, the explosion of wildflowers or the wildlife I see at Linlithgow loch when I go for walks there.

Being able to visit the loch more regularly than ever before also has allowed me to see how it is changing as spring edges into summer. Bluebells bloom as the first families of ducks paddle around on the water. Each walk has something special, unique - a pair of handsome goosander unusually close to the shoreline, a small tortoiseshell butterfly basking in the sun or a kestrel hovering over nearby fields.

I also bring a small tub of swan and duck feed to feed the birds down at the doctor's car park-end of the loch. If you'd like to feed the birds at this point also, I recommend using a feed like the one I use or porridge oats. Throw the food into the water and take the bag or container home with you.

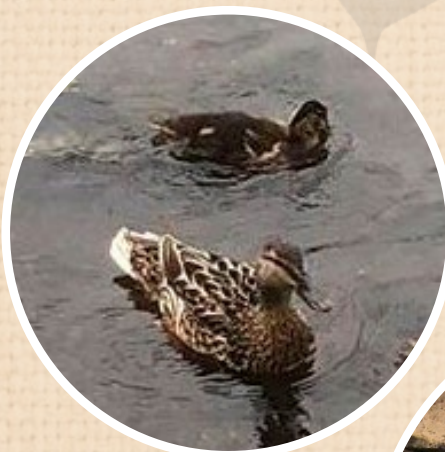
This takes me on to my next topic - litter. The amount of litter I've found is frankly shocking. A lot of it comes from overflowing bins combined with a windy day, but it's still a big problem. Whether entangled in it or ingesting it, litter of any kind is potentially fatal to wildlife. I ordered a litter picker online for £10 and brought it with a bin bag on one of my walks. The bag was full by the time I got to the swans! Items included destroyed tennis balls, cigarette ends, bread bags, sweetie wrappers and many beer and juice cans. Please take your litter home - and that includes dog poo as tying the dog poo bag to a tree isn't helpful. If you feel especially ambitious, why not try some litter picking yourself? If you don't want to purchase a litter picker, wear thick gardening gloves and wash your hands thoroughly afterwards. If you take the collected litter away so that you can sort it into landfill and recyclables, it's best to leave it for a couple of days before sorting in case there's any contamination. I hosed the recyclables before putting them in my blue bin.

There are loads of other things you can do to help the planet while in lockdown. Many people have been taking part in fundraising events such as garden marathons or busking via livestream. Doing these to aid an environmental charity would be a great use of time for anyone who's at a loose end thanks to the crisis. And whilst we're talking about crises, the climate crisis is still happening. Whilst protests are unable to fill the streets, many groups have gone online instead. But more on these protests next time. For now do what you can to stay safe, sane and connected to nature. And if you can help the planet while doing so? All the better.

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Recyclables



Bluebells  
by the Loch



Landfill



# LINLITHGOW RFC MALE VOICE CHOIR

Chris Thomas

Following on from the success of their first recording - "Caledonia" (2,000+ plays & growing) - Linlithgow RFC Male Voice Choir have chosen "All Through The Night" for their second attempt.

Once again observing all "Lockdown" rules, each singer recorded their voice on their Smartphones and then our IT guru "blended" everything together. It's a tough enough challenge singing on your own into your phone (and without a Conductor) but the greater challenge is producing the final product.



## "All Through The Night"

Hope you enjoy the singing and the photos - links for both videos are below.

Link for All through the Night

<https://youtu.be/jshTmrtI9I4>

Link for Caledonia (in case you missed it)

<https://youtu.be/DoKk76Tptjo>





# LINLITHGOW LADIES CHOIR

Firstly the Ladies Choir sends best wishes to all the readers of the Black Bitch Magazine and hope you all remain safe and well during this time of lockdown.

Following on from our successful Christmas concert in December 2019 our choir started to make plans for our Spring event - all of us completely unaware as to what was to come in February and March. Covid 19 put paid to any events the choir was to be involved in. Our concert dates were cancelled and rehearsals stopped as church halls and meeting places were locked and we were advised to "stay home."

So how could we (a community choir) continue? It's safe to say that not all of our 80+ choir are computer savvy, so we had to be inventive. It's been a huge learning curve for us but we now meet up through Zoom meetings on Monday evenings and continue with our practice sessions.

We've been sending film clips and audio tapes to Kirsty Ball our musical director and with the help of family and friends these are being compiled into a video. It had been our plan to set our concert programme around the theme of International Women's Day. This has passed now but In Praise of Women we hope to have something special for our audience to view very soon.

**Shelagh Bell**



We now meet up through Zoom meetings on Monday evenings and continue with our practice sessions.



COMMUNITY ///





## WHO ARE THE DYERS?

Bruce Jamieson



**W**ith the 2020 Marches cancelled on account of the coronavirus pandemic, the wonderful sight of the men of the Fraternity of Dyers parading the High Street will not be seen this year. This is particularly sad as the prestigious organisation is celebrating its 350th anniversary. Bruce Jamieson investigates the Fraternity's unique place in the history of Linlithgow and the Riding of the Marches.

The Fraternity of Dyers is an ancient organisation that charts its existence back to the 17th century. Initially, the Fraternity united those inhabitants of Linlithgow who practised the craft of dyeing but it soon adapted to become recognised as a Society of Relief and thereafter a Friendly Society, with the purpose of assisting members and the people of Linlithgow who had fallen on hard times.



*Early dyers used natural pigments including madder – a plant which grew in Linlithgow – now remembered in the street name, 'Madderfield Mews'.*

The earliest written evidence of the Fraternity is a bond dated 1670 in which the Deacon of the organisation, Thomas Heart, grants one hundred merks Scots to George Dickson. The fact that the group had considerable money to lend at this time suggests that they may have been in existence for many years before then.

It is recorded in their archives that the Fraternity inherited funds from the Walkers, an older incorporation that had ceased to exist. Finance also accrued from the members who paid an entry fee and quarterly dues.

Age limits for members were set at between 21 and 35 and all members had to be resident in Linlithgow, able to "gain his bread by his own industry" and be of "a sound and healthy constitution."

Meetings were held four times a year – in the house of the Deacon who was assisted by two Key Keepers, four Masters and a Clerk. A member could call for financial help during an illness which prevented him from working – unless "the illness was the result of folly, intemperance, unsoundness of mind or insanity." Widows received help towards funeral expenses and an annual grant, as long as she remained unmarried.

The first Dyers Minute Book in existence starts on October 6th, 1713 when an entry laments the fact that numbers were dropping off. In order to attract new members it was agreed to reduce subscriptions and to allow members of other trades to join the Fraternity. In 1717, an entry makes reference to "the Great Disturbance" (the Jacobite Rebellion) which had interfered with regular Fraternity meetings.

Several entries refer to the group's participation on Marches Day when, accompanied by a piper and drummer, the Dyers would parade along with the members of the other incorporations including the Smiths, Tailors, Baxters, Cordiners, Weavers, Wrights and Coopers.

The Fraternity enjoyed Marches Day and records of expenses in their archives detail the money spent on drinking and dining. A meeting of the members in 1798 declared that if a member did not turn up on Marches Day he should still be made to pay a proportion of the £10 cost of the meal and libations!

The members were also magnanimous in dispersing the organisation's funds to help those in need in the community – especially in times of poor harvest and high food prices. They also responded to a government plea for financial assistance in the wars against France and, in 1832, contributed towards a fund set up by the Board of Health to help tackle a cholera epidemic. In the same year, £20 was given to the Town Council to help with repairs to the Burgh Halls

– as long as Fraternity members were allowed to hold meetings therein. Again, after the disastrous town hall fire of 1847, the Dyers contributed to the renovation.

The society thrived during periods of warfare when their dyeing skills were put to full use in the preparation of uniforms for the army and navy.



*Linlithgow dyers prepared vast quantities of blue woollen material to be made into the short, blue "bum-freezer" jackets worn by British sailors.*

Their accumulated wealth saw the Dyers buying land in and around the burgh. The power of such associations caused the government to worry that, as in France, working class revolution might break out in Britain. Combination Acts were passed forbidding the creation of Unions or any gathering of labourers. Linlithgow Provost Adam Dawson and Deacon of the Dyers James Roberts petitioned the authorities, sending them a copy of the rules and regulations of the Fraternity and a list of the thirty-two members. Along with a promise of good conduct, this succeeded in gaining the Dyers exemption from the regulations and allowed them to meet and to take part in the Ridings of the Marches.

By the mid-19th century, the Fraternity numbered around 60 members and their funds increased considerably. Membership included the great and the good of Linlithgow including: Provost Adam Dawson; doctor Robert Spence; lawyer Fletcher Read Lowe; businessman Alexander Gibb; Town Clerk Robert Riddoch Glen; tanners William Callender and James Hardie; brick manufacturer William Dougal; printer and author George Waldie and merchant John Braes. Standard bearers James Mickel



and Charles Douglas carried the Saltire and the Dyer's standard on Marches Day. In 1979 this venerable flag was replaced with a new banner - proudly displayed by Deacon Bill Bennie - the 79th recorded Deacon of the association.



*Lord Deacon of the Dyers Bill Bennie shows off the new Dyers' banner. It depicts a shield bearing three bags of madder dye borne by two panthers. On top, is the grain tree - a plant whose berries were used in dyeing. The motto 'Da Gloriam Deo' means 'Give Glory to God'.*

By the 1990s this standard was showing signs of disrepair and the Lord Lyon was consulted over a replacement. He pointed out that the coat of arms was not that of the Linlithgow Dyers but that of the Worshipful Company of Dyers of London! During the Deaconship of Kenny Henderson, a new coat of arms was produced bearing some of the features of the earlier one as well as heraldic symbols of Linlithgow.



*The new Dyers standard. The earlier ones are in the Linlithgow Museum.*

Tradition is everything to the Fraternity. New members still take the 'oath de fideli' where they pledge to 'contribute for the advancement of the community'. In happier times, they participate in every aspect of Marches Day.



*Bottom left: Deacon Bill Bennie awaiting his turn to speak at Linlithgow Bridge. On one occasion Bill stated that Marches Day was not an easy day to run. A voice in the crowd responded, "It's no' an easy day tae walk either."*

At the end of the day, it is the Deacon of the Dyers who helps to close proceedings with a speech delivered from the steps of the Burgh Halls. Over the years, the Fraternity has taken an active interest in the town's traditions: initiating the idea of a Provost's Lamp and presenting the Waldie Loving Cup to Provost Hebson in 1923.



*Provost Fergie Byrne shares the Loving Cup with Deacon Gilbert Snedden in the mid 1960s.*



In more recent years, the Dyers have presented Provost Tom Baird with a new Deacons' Court Flag in 1989 and helped with the creation of Marches marker stones.



*The present Deacon - the 85th to be recorded - is Crawford Flint who followed in the illustrious footsteps of his grandfather and father, Lindsay and James.*



*The oldest Deacon is 93-year-old David Morrison, pictured at the 2019 Marches. A D Day veteran, he was Deacon from 1979 - 86. He is seen in the 1980 photograph, wearing the chain of office, as Robert Fleming is installed as Baron Bailie of Blackness.*



*Other notable recent Deacons include cousins Bobbie and David Bennie.*



## WHO ARE THE DYERS? CONTD.

Bruce Jamieson



The present organisation continues the practice that began in the 1930s when the trades met in various hostelrys around the town. The Wrights used the 'Swan Tavern', the Shoemakers either the 'Masonic Arms' or the 'Cross Keys, the Fleshers used the 'Black Bitch' and the Papermakers, the 'Windsor Buffet'. The Dyers meet (but not this year) on the second Deacons' Night, in the 'Star and Garter'.

*Deacon David Oliphant leads the Dyers during the 1997 Deacon's Night parade. Next to him is Sandy Smart. I once asked Sandy if he had witnessed*

*many changes in his long association with the Marches. His reply was, "I certainly have - and I've been against every single one of them!"*

It was the customary practice on Marches Day for each trade organisation to wear distinctive garb. The Gardeners wore tall hats and flowered gaiters; the Shoemakers dressed in black coats and white corded trousers with hats decorated with sprigs of boxwood; the Whipmen wore black coats, white breeches and long boots. The Dyers, when Marches Day returns, will wear their recognisable outfits of black morning

suits, grey ties and grey top hats.

As the Dyers celebrate their 350th year of proven existence, they continue to support the local community. Their fund-raising events allow them to make charitable donations to organisations throughout Linlithgow and they also contribute to the running of Marches Days. They have also recently started to present a trophy to Linlithgow Academy to be appropriately awarded for creative activity on the textile front. **Long may they continue - and live up to their motto: "We dye to live; we live to dye."**

Bruce Jamieson's latest book, "LINLITHGOW LIVES" is available from Far From the Madding Crowd. It will be delivered to you.

Contact:  
sally@maddingcrowdlinlithgow.com





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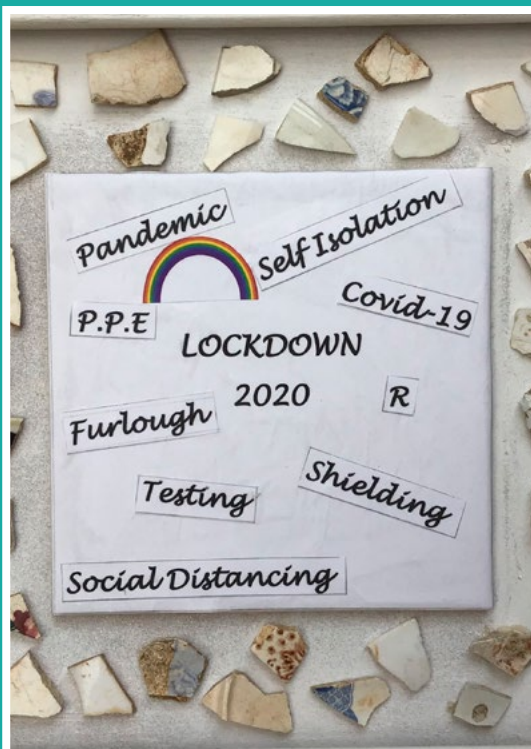
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Email: [m.g.podiatry@gmail.com](mailto:m.g.podiatry@gmail.com)





## TRAVELLING INTO THE PAST IN LOCKDOWN

In these strange times when we have been restricted in so many of our normal activities, walking has become part of the daily routine. It's led me to explore more of the local area, and it was during a recent walk that I ended up taking a trip back in time and uncovering some fascinating history.

While walking along a path next to a newly ploughed field, I was intrigued as to why the soil was glistening. On closer

inspection, I discovered pieces of porcelain scattered across the field, shimmering in the sunlight. The next week on the same path I decided to collect some of the porcelain, with a plan to create some lockdown artwork. Armed with a load of broken china I had plenty to work with, but the mystery remained – why was the field full of it? I knew Linlithgow had a rich industrial past, but I was fairly sure pottery wasn't one of the trades. I decided the only person to consult was local historian Bruce Jamieson. One e-mail later I had my answer – the fragments of pottery I had found were possibly from chamber pots! Prior to the development of plumbing, a very unpleasant trade of disposing of human excrement was developed. By the 18th century, people would put their faeces into chamber pots, empty them into a cesspit and cover it over with soil and ashes. When cesspits became full, they

were dug out by Night Soilmen. They worked through the night (so as not to offend high society!) digging out cesspits and then transporting the waste out of the town and selling it onto farmers to fertilise their fields. This system of disposing of waste ran through until the early 20th century. Chamber pots would often end up in the cesspits and get transported with the human sewage.

My day job is in HR, so I'm used to dealing with a range of people and jobs. However, it would take a great deal of negotiating with trade unions to get agreement for men, armed only with a cart and a candle to clean out human waste and dispose of it in the night. There was no P.P.E. back then, but the Night Soilmen were heroes of their time doing an essential job.

June Martin



## This month's Pet of the Month is Tiger the 11 year old Rhodesian Ridgeback

Tiger's family say that everything about Tiger makes the whole family smile. Apart from the snoring she is a joy to live with!

Sunbathing is her favourite past time and the hotter the better! Her favourite toy is a pink teddy which she loves. Tiger adores being around people with Calton Hill in Edinburgh being her favourite place to people watch.

Recently Tiger has been having acupuncture sessions with vet Rachel at Westport Vets South Queensferry practice as part of her pain management programme.

Her owner reports that the acupuncture has helped her massively, and they cannot wait to get her back for more!

Acupuncture is the practice of inserting fine, solid needles into the body for pain relief or, in some cases, to help the body deal with other diseases. It works through the nervous system. The needles block the pain messages and encourage the brain and central nervous system to produce more of the body's natural painkillers.

In conditions that are not painful, acupuncture may help to reset the body's normal functioning!

Pain is the most common indication for acupuncture. Usually this means pain associated with arthritis, but also muscle strains, pain secondary to disc disease and bony changes of the spine.

Functional conditions such as constipation in cats and irritable bowel type problems in dogs may also respond.

Sometimes animals may react to this sensation as though they are expecting pain, but then relax because it does not occur. Most of the time they accept the fine needles very well and often become relaxed and sleepy during the treatment. It is uncommon for animals to need to be sedated for acupuncture to be carried out. This would only usually happen if they were so painful that any touch or stimulus causes them to be painful. Perhaps surprisingly, cats and rabbits often accept acupuncture treatment very well!

The usual course of acupuncture treatment is once a week for 4-6 weeks. After 4 weeks we will know whether acupuncture is working for your pet and then, depending on the condition and how they have responded, we will work out a plan that usually involves tailing off the treatment so that the effect is maintained for as long as possible.

Acupuncture is very safe in the right hands! Legally it must be performed by a veterinary surgeon. There have been no official reports of problems in animals.

Our vet Rachel is trained in western veterinary acupuncture. If you have any questions or think your pet may benefit, please contact us to discuss further.

To ensure phonedlines are kept free for emergencies please contact us by email [surgery@westportvets.com](mailto:surgery@westportvets.com). For emergencies call 01506 844165.

Hello  
I'm Tiger



The Linlithgow Community Magazine (aka The Black Bitch) is a Scottish Charitable Incorporated Organisation (SCIO): SCO42542  
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### The re-opening of the housing market is on the horizon.

Whilst there is not much hard data at this early stage on which to base our opinions, we at Paul Rolfe are quite confident house sales will bounce back pretty strongly in the coming weeks.

Traffic to property portals such as Rightmove which had dipped in the early stages of lockdown, but had already started to rise, even before Westminster had announced English estate agents could re-open, immediately surged on May 18th.

At Paul Rolfe, whilst we are still not allowed to open our offices, key staff and directors have been working from home and have recently sold 8 properties in West Lothian, on the back of property video tours produced before lockdown commenced, and our level of enquiries to view is rising rapidly.

The Scottish Government's route map out of lockdown, is as we write, precluding actual physical property viewings until the 18th June, though this may change.

**But from next week we expect to see rapid movement on all, already agreed sale completions, that were, except only in exceptional circumstances, completely frozen when lockdown was announced.**

We understand that, where lending criteria is met, banks and building societies will remain happy to advance mortgages.

Once physical property viewings are permitted by the Scottish Government, we expect requests for these to rise sharply. We at Paul Rolfe are currently developing our protocols for conducting viewings in the context of PPE, social distancing, sanitising measures etc., to ensure we keep both our vendor clients and potential buyers safe.

We are gearing up for the production of more virtual viewings/property videos, as we do anticipate that a growing number of potential house buyers will be prepared to make offers on properties on basis of an on-line viewing.

Our take on the future is that whilst things might be a little different going forward the fundamentals for a healthy property market remain, and that though people may make different decisions on how they live their lives, where they live will remain very important to them, and so long as they feel they are in secure employment, they will want to continue to move along the property ladder.

**“whilst things might be a little different going forward the fundamentals for a healthy property market remain.”**



# COD LIVER OIL AND THE ORANGE JUICE

*So that's the end of it, right? Though Covid-19 is still active, there's to be no more Thursday-night applause for health workers. The lady who inspired us to adopt the practice in the first place, now says we shouldn't do it anymore. Nice of her to consult with us first, eh? She said clapping was in danger of becoming political. I wonder where she got that idea from? If she'd run half an eye over the manifestos of all the political parties at the last election, she'd have soon discovered the NHS was political down to its much-bedraggled roots. Next, she'll be saying elections themselves should cease in case they become too "political."*

Of course, I didn't participate in the Thursday-night bouts of adulatory worship. Like many others I didn't feel the need to. If there's a nurse or hospital worker around who still doesn't know how highly we regard them, they must have been self-isolating in some disused mine working's deep under the Forth. Add to that the shop assistants, truck drivers, train drivers, the council bin men and road sweepers, the posties, and aye... even the polis who left us to do our statutorily-controlled exercise uninterrupted, without feeling our houses might be being burgled in our absence. You could easily add many more people to the list.

However, since the Covid virus continues being a serious threat to our health, maybe I will consider spending a few minutes at my window this Thursday recalling individuals whose work in medicine in the past contributed mightily to our health and extending our life-expectancy. Sorry to say, I have to categorise them as our half-forgotten Scots.

There was **James Young Simpson** (first to use chloroform as an anaesthetic): the indefatigable **Elsie Inglis** (surgeon, suffragette, and founder of the first hospital for women, staffed by women): and the gangly, bushy-eye browed physiologist and nutritionist, **John Boyd Orr**. Boyd Orr pulled off the impossible feat during the Second World War of convincing Churchill to give schoolchildren free milk and cod liver oil. Some say he was also responsible for kids being given orange juice. The last of these (fresh milk) only stopped being supplied in the 1970s: so there's lots of us still walking about who might well feel like putting our hands together for Boyd Orr.



If you ask nurses why they've chosen to do what they do, they usually look a little nonplussed. Eventually, they may come up with... *"Well, I want to do for patients what I would like done for me if I got ill."*

It's a disarming response, and not what is normally seen as "heroic." But it's a sentiment worth cherishing, and even for me not beyond a quick burst of genuine applause any day of the week...

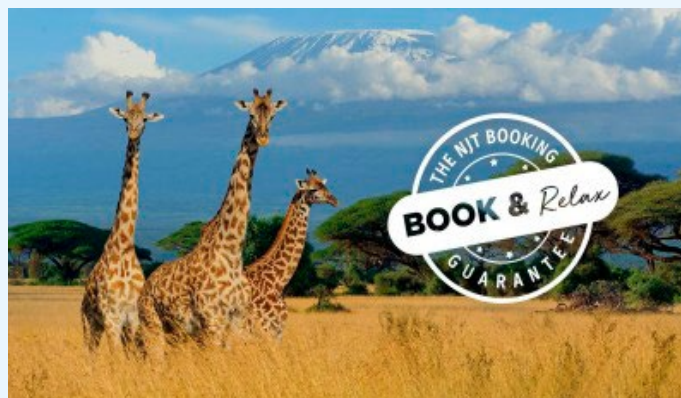
**Kirk Gates**





# JULIE MCDONALD NOT JUST TRAVEL

*Julie Macdonald, Not Just Travel T. 0800 001 6250*  
facebook.com/juliemacdonaldnjt juliemacdonald.notjusttravel.com  
julie.macdonald@notjusttravel.com



**It feels like a very long time since November when I wrote my first article for the Black Bitch, introducing my new travel agency business. It will come as no surprise to any reader that the last few months have been somewhat of a roller coaster for my business!**

The term "Peaks" is travel-trade jargon for the month of January (often extending into February and March). This is the peak booking period and often a very good time to pick up amazing offers. People are encouraged to book early to secure their first choice of dates, the best flight times and their preferred room types (e.g. swim up rooms). I had an incredibly successful January, making many bookings. I worked every single day, from the time I got up in the morning until the time I went to bed! Although it was very tiring, I absolutely loved every minute! Every new business owner knows that it takes time to get established and by the end of January, I really felt that I was.

Come the start of February, things started to slow down a little. That is not unusual although the strange new virus that was taking over China may have had something to do with it!

By the beginning of March, clients really were developing cold feet about booking. Clients of mine (from Linlithgow) headed out to the Far East, albeit with a little

trepidation, and managed to enjoy the first half of their holiday before things started to get much more complicated. The travel situation around the world was changing rapidly at that point, with news emerging by the hour of restrictions being put in place, flights being cancelled and borders being closed. Unfortunately my clients' holiday had to be cut short and it was a stressful few days while arranging new flights (making decisions on their behalf due to the time difference) and waiting to hear that they had arrived home safely.

It became clear over the next few days that travel around the world was going to shut down completely. There were so many unknowns at that stage about what that would mean for holidays booked and to what extent I would be able to ensure positive outcomes for all my clients. This was definitely a low point for me.

By the middle of April, industry processes had evolved and it had become much clearer what options I could offer to my clients. Every holiday booked had to be looked at on an individual basis as different suppliers and airlines have different policies with respect to postponements and cancellations. The majority of clients were keen to rebook to have something to look forward to. Some have preferred to receive refunds although these are taking a considerable time to be paid given the sheer volume and the limited resource at many travel companies who have placed staff on

furlough. I am continuing to monitor closely every holiday due to travel this year.

Researching the best options for each individual client has certainly kept me busy. Unfortunately, as my income is commission-based, it has dried up completely for now and the last few weeks have felt a bit like unravelling all the hard work I had done previously. However, knowing that I have provided excellent service to my clients, ensuring they understood the options available to them and helping them choose the best option for their circumstances, has been really rewarding.

**As I write this, things are starting to feel much more positive again. Enquiries have really picked up and I have already booked several holidays for next year. I expect availability to be lower in 2021 as airlines cut back on their schedules and hotels are forced to operate at lower capacity. Couple this with lots of pent up demand as everyone has been deprived of their holidays in 2020, it is feeling a lot like Peaks again! There are some great prices but they won't last for long and you need to be quick to secure the availability on your preferred dates. Give me a shout – I'd be delighted to help find your perfect escape!**



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# ONE LINLITHGOW LOCAL BUSINESS UPDATES DURING LOCKDOWN

TUESDAY 2ND JUNE

*You'll no doubt be familiar with our list of businesses still trading after the inclusion in the last edition of the Black Bitch magazine. Things have moved on rapidly and, we're happy to say, there soon won't be much point in providing the updates.*

*For starters, everyone's now pretty familiar with how to get their essentials, whether it's using home delivery services, local support groups, or just going along to your preferred outlet, all of which are operating diligent distancing and hygiene measures. We've still included the "essentials" section here, however, in case some of the information is still useful to you.*

*This may be the last iteration of this business list (at least, one of the last). There are now almost 100 businesses on it, so it's becoming a bit unwieldy to update regularly. People are also acclimatising to new ways of doing business, so there's perhaps less of a pressing need to keep it going. Thanks everybody for getting in touch to tell us what's been going on with your business, and for the lovely feedback we've had!*

*With a bit of good fortune, we will soon be entering "Phase 2" on the official road out of lockdown. Businesses classed as "non-essential" will hopefully be allowed to open their doors – not just for collection/delivery – some time before the end of June. It's vitally important that they observe strict distancing and hygiene measures, though, or we could end up back under lockdown: a potentially devastating outcome for the local economy. As businesses begin to reopen, it's just as much the responsibility of shoppers to observe these measures. When you come back out to support local business, please do so responsibly. Your favourite shops and services can't wait to serve you once again!*

*Until then, the best way to keep up to date is generally to check the Facebook (FB) page of the business you'd like to use. We've included contact details with each entry (where available) and divided the list up as follows:*

## 1. ESSENTIALS

## 2. HEALTH/FITNESS

## 3. FOOD & DRINK

## 4. RETAIL

## 5. SERVICES

## 6. BEAUTY

## 7. EVENTS

**PLEASE CHECK DIRECTLY WITH THE BUSINESS  
FOR UPDATES**

**THE INFORMATION IS A GUIDE ONLY  
AND WAS PRODUCED BY ONE LINLITHGOW  
CONTACT:**

**OFFICE@ONELINLITHGOW.COM.**







# ONE

## LINLITHGOW

BUSINESS. COMMUNITY. ENTERPRISE

### 1. Essentials

*As above... much of this "essentials" section may not be exactly hot-off-the-press, but it's still included just in case some of the information is of use.*

BUSINESS	ADDRESS	UPDATE	CORRECT AT	CONTACT
<a href="#">Aldi</a>	31 Falkirk Road (Stockbridge Retail Park), Linlithgow, EH49 7AS	Back to normal hours.	31-Mar	0800 042 0800
<a href="#">Bank Of Scotland</a>	24-26 Blackness Road, Linlithgow, EH49 7JB	Reduced opening hours: Mon-Fri 10am-2pm.	02-Jun	01506 770201 ■ <a href="mailto:bankofscotland.co.uk">bankofscotland.co.uk</a> ■ <a href="https://facebook.com/bankofscotland/">facebook.com/bankofscotland/</a>
<a href="#">Complete Health at the Millstone</a>	159 High Street, Linlithgow, EH49 7EJ	Taking orders and making deliveries - so successfully that there's little time for anything else! Get in touch through the usual means.	02-Jun	01506 847270 ■ <a href="mailto:completehealthlinlithgow@gmail.com">completehealthlinlithgow@gmail.com</a> ■ <a href="mailto:completehealthlinlithgow.co.uk">completehealthlinlithgow.co.uk</a> ■ <a href="https://facebook.com/completehealthatthemillstone">facebook.com/completehealthatthemillstone</a>
<a href="#">Court Residence</a>	1 Court Square (High Street), Linlithgow, EH49 7EQ	Open to key/essential workers in need of accommodation, or to assist locals unable to return to their permanent residence due to insurance claim damage e.g. flooding.	15-Apr	01506 538687 ■ <a href="mailto:info@courtresidence.com">info@courtresidence.com</a> ■ <a href="https://courtresidence.com">courtresidence.com</a> ■ <a href="https://facebook.com/courtresidence">facebook.com/courtresidence</a>



<a href="#">Pets At Home</a>	Unit 3, 31 Falkirk Road (Stockbridge Retail Park), Linlithgow Bridge, EH49 7AS	Open for business	28-Mar	0345 850 8868
<a href="#">Post Office</a>	266 High Street, Linlithgow, EH49 7ER	Reduced hours due to staff shortages. Regular FB updates.	02-Jun	01506 845635 ■ <a href="#">postoffice.co.uk/</a> ■ <a href="#">facebook.com/LinlithgowPostOffice/</a>
<a href="#">Sainsbury's</a>	32 Falkirk Road, Linlithgow Bridge, EH49 7PE	Opening hours 8am-8pm every day. Priority to NHS ID holders 7:30am-8am. Priority to elderly, carers and disabled customers Mon/Wed/Fri 8am-9am.	23-Mar	01506 845775
<a href="#">TD Anderson</a>	165 High Street, Linlithgow, EH49 7EJ	Trading throughout and ramping up deliveries. Get in touch through the usual means!	15-Apr	01506 842140
<a href="#">Tesco</a>	2 Blackness Road, Linlithgow, EH49 7JB	Open 7am-10pm every day, except Sundays (10am-8pm). Elderly & vulnerable priority Mon/Wed/Fri 9am-10am. NHS priority Tue/Thu/Sun 9am-10am.	02-Jun	03456 779432 ■ <a href="#">tesco.com/</a> ■ <a href="#">facebook.com/tesco</a>
<a href="#">WilliamsCraig Holiday Cottages</a>	WilliamsCraigs, Linlithgow, EH49 6QF	Set to reopen as soon as restrictions allow. Reschedule bookings before end June and, subject to easing of restrictions, bookings beyond this point will be fulfilled as planned. Until then, open to key/essential workers and insurance claims.	13-May	07795 040608 ■ <a href="#">williamsCraigholidaycottages@hotmail.com</a> ■ <a href="#">holidaycottageslinlithgow.co.uk</a> ■ <a href="#">facebook.com/WilliamsCraig-Holiday-Cottages-Linlithgow-158329957524399</a>

## 2. Health/fitness

Perhaps a silver lining of lockdown has been the phenomenon of people getting fit and taking to riding bikes (Elevation Cycles and Andy's Bike Clinic both a bit overwhelmed with demand at the moment, but very happy to help you get back in the saddle!). Fitness classes likely to remain digital for the foreseeable future, so do check those out! We're compiling a list on "mylinlithgow.com", which will be ready soon, but until then, try Kinneil Fitness, Flex Fitness, or Central Scotland Ballet School, to name but a few! Linlithgow Golf Club and Kingsfield Leisure are now open to members, too.

BUSINESS	ADDRESS	UPDATE	CORRECT AT	CONTACT
<a href="#">Andy's Bike Clinic</a>	226c High Street, Linlithgow, EH49 7ES	Apologies for any delays in returning correspondence. This is due to an increasing backlog as the nation takes to two wheels! Open for business - priority given to key workers, so please be patient while Andy works through the backlog. Naturally, social distancing is observed and all bikes are disinfected with isopropanol on collection and subsequent return. Active on FB.	19-May	07765 407663 ■ <a href="#">info@andysbikeclinic.com</a> ■ <a href="#">www.andysbikeclinic.com</a> ■ <a href="#">facebook.com/andysbikeclinic</a>
<a href="#">Boots</a>	70-72 High Street, Linlithgow, EH49 7AQ	Limit to number of customers at one time. Check FB for changes to services. Priority given to prescriptions and supply of essential items.	31-Mar	01506 846371 ■ <a href="#">boots.com/</a> ■ <a href="#">facebook.com/BootsOfficialUK</a>
<a href="#">Central Scotland Ballet School</a>	Unit 9, Block 3, Avon Mill, Linlithgow Bridge, EH49 7SF	Online classes and a comprehensive, successful YouTube channel, all accessible through the website. "Rise and shine" morning classes proving especially popular.	08-May	01324 716425 ■ <a href="#">info@centralscotlandballetschool.co.uk</a> ■ <a href="#">csbs.dance</a>
<a href="#">Devine Dental</a>	24 High Street, Linlithgow, EH49 7AE	Dental emergencies only. Please call ahead. No walk-ins.	19-Apr	01506 842011 ■ <a href="#">facebook.com/devinedental1/</a>
<a href="#">Flex Fitness</a>	Unit 1-2, Braehead Business Units, 64b Braehead Road, Linlithgow, EH49 6EP	Virtual classes offered online to keep you in shape! Contact by phone, email, FB or website to arrange.	11-May	07402 030321 ■ <a href="#">info@flexfitnesspt.co.uk</a> ■ <a href="#">flexfitnesspt.co.uk/</a> ■ <a href="#">facebook.com/FlexFitnessLinlithgow/</a>
<a href="#">Hendry Optometrists</a>	17 High Street, Linlithgow, EH49 7AB	Open for essential and urgent eyecare only. Mon-Fri 10:00 - 16:00.	15-Apr	01506 842751 ■ <a href="#">linlithgow@mmeeyecare.co.uk</a> ■ <a href="#">mmeeyecare.co.uk</a> ■ <a href="#">facebook.com/HendryLinlithgow/</a>



<a href="#">Kingsfield Leisure</a>	Kingsfield, Linlithgow, EH49 7LS	Open to members only, with strict "tee times", which must be booked in advance.	02-Jun	01506 671607 ■ info@kingsfieldgolfandleisure.co.uk ■ kingsfieldgolfandleisure.co.uk ■ facebook.com/KingsfieldGolf
<a href="#">Kinneil Fitness</a>	6a Avon Mill, Linlithgow Bridge, EH49 7SF	Daily classes for members, via members page. Different types of workout. Stay healthy on lockdown!	26-Mar	07775 622620 ■ artisanpd@hotmail.co.uk ■ kinneilfitnessandpersonaltraining.com/
<a href="#">Linlithgow Chiropractic</a>	39 High Street, Linlithgow, EH49 7ED	Now open, with strict hygiene and distancing measures in place.	29-May	01506 844488 ■ info@linlithgowchiropractic.com ■ linlithgowchiropractic.com ■ facebook.com/LinlithgowChiropractic
<a href="#">Linlithgow Dental Care</a>	49 High Street, Linlithgow, EH49 7ED	Telephone advice services offered to relieve pressure on NHS.	25-Mar	01506 847923 ■ facebook.com/linlithgowdentalcare/
<a href="#">Linlithgow Golf Club</a>	Braehead, Linlithgow, EH49 6QF	Open to members only, with a limited number of 20/21 membership packages available for adults and juniors.	02-Jun	01506 842585 ■ secretary@linlithgowgolf.co.uk ■ linlithgowgolf.co.uk ■ facebook.com/linlithgowgc
<a href="#">Linlithgow Physiotherapy</a>	26C High Street, Linlithgow, EH49 7AE	Closed, but will contact everyone, who had an appointment. Looking into offering online consultations.	24-Mar	01506 238189 ■ contacts@linlithgowphysiotherapy.co.uk ■ linlithgowphysiotherapy.co.uk ■ facebook.com/LinlithgowPhysiotherapy/
<a href="#">Lloyds Pharmacy</a>	286 High Street, Linlithgow, EH49 7ER	Opening hours back to normal.	02-Jun	01506 670280 ■ lloydspharmacy.com/ ■ facebook.com/lloydspharmacy/
<a href="#">Mackie &amp; Brechin</a>	256 High Street, Linlithgow, EH49 7ES	Reduced hours (check FB for details). Out-of-hours service unaffected. Surgery open only for emergencies.	24-Mar	0131 333 3203 ■ vets@mackieandbrechin.co.uk ■ mackieandbrechin.co.uk ■ facebook.com/Mackie-and-Brechin-Ltd-363842633650761/
<a href="#">Natural Therapies</a>	13 The Cross, Linlithgow, EH49 7AH	No bookings taken yet, but looking forward to opening under Phase 3. Footcare at Natural Therapies: emergency podiatry appointments/advice, please contact by phone or FB. Bespoke Brows running competitions on FB.	22-May	07720 811420 ■ facebook.com/pg/footcareatnaturaltherapieslinlithgow/posts
<a href="#">Robert Callander Opticians</a>	61 High Street, Linlithgow, EH49 7ED	In case of emergency, call or email.	21-Mar	01506 670766 ■ info@callanderopt.co.uk ■ callanderopt.co.uk ■ facebook.com/linlithgoweyewear/
<a href="#">Specsavers</a>	14 Blackness Road, Linlithgow, EH49 7JB	Open to deliver urgent care to those who need it most. Hours may vary, so please call ahead.	24-Mar	01506 534484 ■ facebook.com/SpecsaversUnitD1BlacknessRoadLinlithgow
<a href="#">West Port Dental Practice</a>	261 High Street, Linlithgow, EH49 7EP	Surgery closed, but telephone advice line operating weekdays 10am-5pm (07709 608079).	25-Mar	01506 842748 ■ facebook.com/pages/Westport-Dental-Practice/147359515356972
<a href="#">West Port Veterinary Clinic</a>	8 Preston Road, Linlithgow, EH49 7AU	Please email rather than phone if you need medication, check FB for updates. Restricted opening times due to reduced staff, but extended little by little on a fortnightly basis. You may need to go to South Queensferry if you need to visit out-of-hours.	20-May	01506 844165 ■ facebook.com/WestportLinlithgow/

### 3. Food & Drink

Please note that restaurants, which usually offer delivery, are largely still open and taking orders as usual. This list shows updates from cafés and restaurants that you may not automatically expect to offer takeaway/delivery services. Many cafés are closed, but some are operating reduced hours for takeaways/preorders/delivery.

BUSINESS	ADDRESS	UPDATE	CORRECT AT	CONTACT
<a href="#">Ashmaan Restaurant</a>	25a Mill Road, Linlithgow Bridge, EH49 7QJ	Order by phone, or using the Ashmaan app, or website. Takeaway and delivery only. Customers may place orders at the restaurant, as long as social distancing is observed.	15-May	01506 845097 ■ theashmaan.co.uk/ ■ facebook.com/theashmaan/



<a href="#">Bar Leo</a>	50 High Street, Linlithgow, EH49 7AE	Accepting online orders for collection or delivery.	28-May	01506 846667 ■ info@barleo.co.uk ■ barleo.co.uk ■ facebook.com/Bar-Leo-Linlithgow-197680053575604/
<a href="#">Cafébar 1807</a>	108-110 High Street, Linlithgow, EH49 7AQ	Takeaway and delivery cocktails available Friday and Saturday. Order through the website	02-Jun	01506 847586 ■ cafebar1807@hotmail.com ■ davidsteinbutchers.org
<a href="#">Crannog</a>	54 High Street, Linlithgow, EH49 7AE	A lockdown success story for a new business in town. Delivering wholesome food to the elderly/vulnerable (and the just-hungry), with a new menu each week. Afternoon teas receiving rave reviews (please order a day in advance). Mon/Wed/Fri 10am-12pm. To place an advance order the evening before, contact 07795 325064.	31-May	01506 843982 ■ facebook.com/thecrannogcafe/
<a href="#">Delhi's Winter</a>	12 Blackness Road, Linlithgow, EH49 7DA	Delivery available (pay on phone when ordering).	31-Mar	01506 671611 ■ delhiswinterlinlithgow@gmail.com ■ delhiswinter.co.uk ■ facebook.com/delhiswinter.linlithgow
<a href="#">Du Vin Bouchers</a>	62 High Street, Linlithgow, EH49 7AQ	Open Wed-Sun 1pm-3pm for off-sales and cheese/meat platters. Watch out for new flower display in front of the shop!	02-Jun	01506 848048 ■ catherine@duvinbouchers.co.uk ■ duvinbouchers.co.uk ■ facebook.com/DuVinBouchersLinlithgow
<a href="#">Golden Chip</a>	147-149 High Street, Linlithgow, EH49 7EJ	Open for takeaways, observing social distancing safety measures	Verbal	01506 844523 ■ hello@golden-chip.co.uk ■ golden-chip.co.uk
<a href="#">Lochside Café</a>	276a High Street, Linlithgow, EH49 7ER	Open for takeaways and offering delivery. Menu regularly updated and shown on FB. No more than two customers in shop at any time.	31-May	01506 848599 ■ facebook.com/thelochsidecafe/
<a href="#">Mason Belle's Kitchen</a>	52 High Street, Linlithgow, EH49 7AE	Closed, but looking forward to reopening under Phase 3. Vouchers extended/rescheduled once normal service resumed. Vouchers also available through TideOver.co	28-May	01506 843867 ■ masonbelleskitchen@gmail.com ■ masonbelles.co.uk/ ■ facebook.com/pg/masonbelleskitchen
<a href="#">Oliphant's Bakers</a>	216 High Street, Linlithgow, EH49 7ES	Operating reduced hours but still trading – call ahead for update.	Verbal	01506 842099 ■ enquiries@oliphantbakersltd.co.uk ■ facebook.com/pages/Oliphants-Bakers-Linlithgow/101160776665460
<a href="#">Subway</a>	117 High Street, Linlithgow, EH49 7EJ	Open for takeaway and delivery.	19-May	01506 671852
<a href="#">Sweet Little Cheesecake Café</a>	230 High Street, Linlithgow, EH49 7ES	Open for collection/deliveries: individual or large cheesecakes (tablet, strawberry, white chocolate, Freddos and more). Please contact by mobile to order.	17-Apr	07475 793239

#### 4. Retail

Many of our wonderfully unique, independent businesses operate online, as well as from their bricks-and-mortar premises. Others, such as Linlithgow DIY, have simply adapted to lockdown with ease, taking orders by phone and arranging collection and delivery. In some cases, shops are closed entirely, but the owner wanted to get a message to customers, which we have included here. Some businesses on this list may continue to operate remotely/using deliveries, but we understand that most plan to open under "Phase 2" of lockdown easing, with enhanced distancing and hygiene practices in place.

BUSINESS	ADDRESS	UPDATE	CORRECT AT	CONTACT
<a href="#">2 Feet 1st</a>	73 High Street, Linlithgow, EH49 7ED	School shoes arriving for start of next term! Limited fitting appointments available, with distancing and PPE measures in place. Keep an eye on their Facebook page, too. They're more than happy to discuss what you need over the phone. Payments can be taken over the phone and orders posted to you.	27-May	01506 847576 ■ facebook.com/twofeetfirstshoes/
<a href="#">A Wee Mindin</a>	48 High Street, Linlithgow, EH49 7AE	Shop closed, but makes bespoke handmade cards, taking orders by phone or via private Facebook message. Deep-cleaning premises in preparation for opening under Phase 3.	30-May	07951 652813 ■ aweemindin.co.uk ■ facebook.com/aweemindin
<a href="#">Bright Star Toys</a>	175 High Street, Linlithgow, EH49 7EN	Offering free local doorstep delivery, as well as Click & Collect. New website launched at beginning of June.	02-Jun	01506 846326



<a href="#">Centre Stage Dancewear</a>	86 High Street, Linlithgow, EH49 7AQ	Free delivery on all items (call 07850 879743 to order/arrange). Contact-free delivery. Keep in touch on FB.	23-Mar	01506 209916 ■ <a href="#">centrestagedancewear.co.uk/</a> ■ <a href="#">facebook.com/Centre-Stage-Dancewear-203603982987180/</a>
<a href="#">Elevation Cycles</a>	103 High Street, Linlithgow, EH49 7EQ	Website operational for sales of new bikes and workshop reopened. Please ring before bringing bikes down for repair: workshop is busy and spares are taking longer than usual to arrive.	25-May	01506 845390 ■ <a href="#">elevationcyclestore@gmail.com</a> ■ <a href="#">elevationcycles.co.uk</a> ■ <a href="#">facebook.com/elevationcycleslinlithgow</a>
<a href="#">Fair Tradewinds</a>	131-133 High Street, Linlithgow, EH49 7EJ	Collection from the High Street, or local delivery offered. Lots of new stock, including plants to spruce up your home. Offering digital vouchers on "TideOver.co" and updating customers regularly on FB.	08-May	01506 840348 ■ <a href="#">fairtradewinds@yahoo.co.uk</a> ■ <a href="#">callunaethicalliving.co.uk</a> ■ <a href="#">facebook.com/fair.tradewinds1</a>
<a href="#">Far From The Madding Crowd</a>	20 High Street, Linlithgow, EH49 7AE	Collection service from shop: Tue-Sat 10am-2pm. Phone during these hours with any queries, or for recommendations. Local or UK-wide delivery free of charge.	30-May	01506 845509 ■ <a href="#">sally@maddingcrowdlinlithgow.com</a> ■ <a href="#">facebook.com/FarFromTheMaddingCrowdLinlithgow</a> ■ <a href="#">maddingcrowdlinlithgow.com</a>
<a href="#">J. Walker Carpets</a>	2(1F) The Vennel, Linlithgow, EH49 7EX	Gift orders taken through usual channels. New stock arrived end May.	29-May	01506 670777 ■ <a href="#">jwalkercarpets.co.uk</a> ■ <a href="#">facebook.com/J-Walker-Carpets-154820067921262/</a>
<a href="#">Jewellery By Design</a>	121 High Street, Linlithgow, EH49 7EJ	Very active on Facebook and looking forward to reopening. Email with any queries/updates on existing orders.	08-May	01506 239292 ■ <a href="#">info@jbdlinlithgow.com</a> ■ <a href="#">jwalkercarpets.co.uk</a> ■ <a href="#">facebook.com/jewellerybydesignlinlithgow/</a>
<a href="#">Kapital Kilts</a>	114 High Street, Linlithgow, EH49 7AQ	Local delivery on gift items, or collection by appointment (also for kilt hire/purchase). Happy to move any hires affected by postponed events. Email with any enquiries.	08-May	01506 843658 ■ <a href="#">info@kapitalkilts.com</a> ■ <a href="#">kapitalkilts.com/</a> ■ <a href="#">facebook.com/KapitalKiltsLinlithgow/</a>
<a href="#">Küchenhaus</a>	33 High Street, Linlithgow, EH49 7DA	Shop closed, but open for business! Offering a remote design service. Email plans/measurements, or discuss on the phone/Zoom/Skype.	13-May	01506 845400 ■ <a href="#">Showroom@Linlithgow.kutchenhaus.co.uk</a> ■ <a href="#">kutchenhaus.co.uk/</a> ■ <a href="#">facebook.com/kutchenhausLinlithgow/</a>
<a href="#">Lilypond Crafts &amp; Gifts</a>	25 High Street, Linlithgow, EH49 7AE	Shop closed, but fully functioning website allows browsing as well as purchasing. Free delivery to EH49 and EH51. Offering digital vouchers on "TideOver.co".	09-Apr	01506 840225 ■ <a href="#">enquiries@lilypondcrafts.co.uk</a> ■ <a href="#">lilypondcrafts.co.uk</a> ■ <a href="#">facebook.com/lilypondcraftsandgifts/</a>
<a href="#">Linlithgow Distillery</a>	15 Mill Road (E-Net Park), Linlithgow Bridge, EH49 7DA	Latest update on reduced prices for hand sanitiser published on FB page, also showing updated opening hours (Tue-Fri 11am - 5pm). Bulk discounts available.	02-Jun	01506 846873 ■ <a href="#">contactus@linlithgowdistillery.co.uk</a> ■ <a href="#">linlithgowdistillery.co.uk/</a> ■ <a href="#">facebook.com/linlithgowdistillery/</a>
<a href="#">Linlithgow DIY</a>	167 High Street, Linlithgow, EH49 7EN	Extended hours (Mon-Sat 08:30 - 14:00). Delivery is available, so please don't visit the High Street unnecessarily.	02-Jun	01506 670924 ■ <a href="#">linlithgowdiy@gmail.com</a> ■ <a href="#">facebook.com/LinlithgowDIY</a>
<a href="#">Linlithgow Pottery</a>	226a High Street, Linlithgow, EH49 7ES	Studio closed but happy to discuss commissions. Offering digital vouchers on "TideOver.co".	15-Apr	07557 784020 ■ <a href="#">linlithgowpottery@gmail.com</a> ■ <a href="#">facebook.com/LinlithgowPottery</a>
<a href="#">Linlithgow Stoves &amp; Gifts</a>	228 High Street, Linlithgow, EH49 7ES	Shop closed, but coal merchants still delivering. Increase in orders following lockdown, but working to fulfil orders.	23-Mar	01506 842464 ■ <a href="#">hastiestoves@gmail.com</a> ■ <a href="#">linlithgowstoves.co.uk/</a> ■ <a href="#">facebook.com/LinlithgowStoves/</a>
<a href="#">Little Beau Peep</a>	71 High Street, Linlithgow, EH49 7ED	Local deliveries (including to Bo'ness) going like the fair. Very regular updates on FB and new stock coming in all the time.	02-Jun	01506 848196 ■ <a href="#">info@littlebeaupeep.net</a> ■ <a href="#">littlebeaupeep.net</a> ■ <a href="#">facebook.com/littlebeaupeep</a>
<a href="#">mid-C-mod</a>	78 High Street, Linlithgow, EH49 7AQ	Shop closed, but items on sale on eBay under the seller name "midcmod".	07-Apr	<a href="#">facebook.com/Midcmod-137202103577901/</a>
<a href="#">Network Promotions</a>	GF1, 22/1 Avon Mill, Linlithgow Bridge, EH49 7SF	Lots of great ideas in response to coronavirus, including sanitiser dispensers, PPE and more. Offices closed, but still open for business... just contact by email.	15-Apr	01506 847317 ■ <a href="#">sales@network-pro.co.uk</a> ■ <a href="#">network-pro.co.uk</a> ■ <a href="#">facebook.com/networkpromo-105041104449763</a>
<a href="#">The Line Gallery</a>	238 High Street, Linlithgow, EH49 7ES	Gallery closed, but keeping you entertained by posting lots of local art on their FB page, including Lockdown Postcards. Offering digital vouchers on "TideOver.co".	31-Mar	01506 670268 ■ <a href="#">all@thelineonline.co.uk</a> ■ <a href="#">thelineonline.co.uk/</a> ■ <a href="#">facebook.com/linlithgowline/</a>
<a href="#">The Thread Counter</a>	75 The Vennel, Linlithgow, EH49 7ET	Home delivery service with any order over £5. Loads of yarn in stock. Email or contact through FB. The website will be updated with new products. Producing face masks.	02-Jun	01506 842013 ■ <a href="#">info@thethreadcounter.co.uk</a> ■ <a href="#">thethreadcounter.co.uk</a> ■ <a href="#">facebook.com/TheThreadCounter/</a>



<a href="#">Tracey Victoria Interiors</a>	9 High Street, Linlithgow, EH49 7AB	Shop closed, but interior design, curtain making and room styling services, subject to social distancing. Website running as always. Contact for any gifts, which can be delivered. Offering digital vouchers on "TideOver.co".	30-May	0131 444 0285 ■ <a href="http://traceyvictoria.co.uk/">traceyvictoria.co.uk/</a> ■ <a href="https://facebook.com/pg/TraceyVictoriaInteriors/">facebook.com/pg/TraceyVictoriaInteriors/</a>
<a href="#">Truly Scrumptious Designer Cakes</a>	1 The Cross, Linlithgow, EH49 7EY	Reopened at the beginning of June (on their second anniversary, no less). Helping to rearrange cancelled events, but also doing a roaring trade in cakes for lockdown birthdays, with parents making a bit more fuss over their kids while they spend their birthdays unable to see friends. "Cake cups" and lots of other treats available, too. Check FB for updates.	02-Jun	01506 671133 ■ 07468 561600 ■ <a href="mailto:office@trulydesignercakes.co.uk">office@trulydesignercakes.co.uk</a> ■ <a href="http://trulydesignercakes.co.uk">trulydesignercakes.co.uk</a> ■ <a href="https://facebook.com/TrulyScrum">facebook.com/TrulyScrum</a>
<a href="#">West End Gallery</a>	12 The Cross, Linlithgow, EH49 7AH	Gallery closed, but website running and contactable by mobile phone 07786 628892	29-Mar	01324 613100 ■ <a href="mailto:linlithgow@thewestendgallery.co.uk">linlithgow@thewestendgallery.co.uk</a> ■ <a href="http://thewestendgallery.co.uk">thewestendgallery.co.uk</a> ■ <a href="https://facebook.com/WestEndGalleryScotland">facebook.com/WestEndGalleryScotland</a>

## 5. Services

Please remember that **effectively all services, which don't inherently require close contact, are operating as usual, but usually not from their physical premises (e.g. solicitors)**. This list shows service providers, which have had to close due to lockdown, but which are adapting by communicating with their client base in new ways, as well as any other One Linlithgow member business asking to be added to the list.

BUSINESS	ADDRESS	UPDATE	CORRECT AT	CONTACT
<a href="#">Ander Tax</a>	21 West Port, Linlithgow, EH49 7BG	Fully contactable by email and dealing with all business as usual. If you find yourself indoors more, get a head start on your tax return!	17-Apr	01506 846830
<a href="#">Barclay &amp; Co</a>	40 Mill Road Industrial Estate, Linlithgow Bridge, EH49 7SF	Open for business - most staff working from home, skeleton staff on site. Please pre-arrange delivery of books by calling office beforehand.	17-Apr	01506 840033 ■ <a href="mailto:info@barclayandco.co.uk">info@barclayandco.co.uk</a> ■ <a href="http://barclayandco.co.uk">barclayandco.co.uk</a>
<a href="#">Dogstar Grooming</a>	Unit 4, Braehead Business Units, 64b Braehead Road, Linlithgow, EH49 6EP	Now taking bookings for 9th July and beyond. Distancing observed and sanitiser/disposable towels available at door.	02-Jun	01506 840671 ■ <a href="mailto:karen@dstargrooming.co.uk">karen@dstargrooming.co.uk</a> ■ <a href="http://dstargrooming.co.uk/">dstargrooming.co.uk/</a> ■ <a href="https://facebook.com/pages/category/Pet-Groomer/Dogstar-Grooming-327250627289938/">facebook.com/pages/category/Pet-Groomer/Dogstar-Grooming-327250627289938/</a>
<a href="#">EKJN</a>	129GF High Street, Linlithgow, EH49 7EJ	Full team working from home, contactable by usual phone number/email. Construction suspended but still preparing designs, drawings, models, planning applications and building warrants, ready to resume normal service when lockdown ends.	29-May	01506 847151 ■ <a href="mailto:mail@ekjn.co.uk">mail@ekjn.co.uk</a> ■ <a href="http://ekjn.co.uk">ekjn.co.uk</a> ■ <a href="https://facebook.com/EKJN-architects-LLP-131407983582985">facebook.com/EKJN-architects-LLP-131407983582985</a>
<a href="#">Fone Republic</a>	276b High Street, Linlithgow, EH49 7ER	Open for business. Delivery (and pick-up) service available. Contact by phone or FB.	09-May	01506 847444 ■ <a href="mailto:fonerepublic@outlook.com">fonerepublic@outlook.com</a> ■ <a href="https://facebook.com/fonerepublic/">facebook.com/fonerepublic/</a>
<a href="#">Im-Pressed</a>	269 High Street, Linlithgow, EH49 7EP	Delivery service available as usual (as of 18th March, call for update).	18-Mar	01506 840600 ■ <a href="http://impressed-ironing.com/">impressed-ironing.com/</a> ■ <a href="https://facebook.com/impressedservices/">facebook.com/impressedservices/</a>
<a href="#">Kidz Stop</a>	17 Main Street, Linlithgow Bridge, EH49 7PW	Linlithgow nursery closed, but Bo'ness nursery (151 Dean Road, Bo'ness EH51 0HE [next to Kinneil Primary]) open for children of key workers.	15-Apr	01506 239215 ■ <a href="mailto:linlithgow@thekidzstop.co.uk">linlithgow@thekidzstop.co.uk</a> ■ <a href="https://facebook.com/The-Kidz-Stop-Nursery-Linlithgow-144268345761655">facebook.com/The-Kidz-Stop-Nursery-Linlithgow-144268345761655</a>
<a href="#">Linlithgow Travel</a>	3 The Vennel, Linlithgow, EH49 7EX	Lots of holiday options for after the pandemic is over. "Don't cancel, postpone!". Premises closed but available usual business hours by email or by phone (Mon, Tue, Wed: 07468 867102 or 07517 105983. Thu, Fri, Sat: 07772 5709323 or 07843 448190)	30-May	01506 846841 ■ <a href="mailto:sales@linlithgowtravel.co.uk">sales@linlithgowtravel.co.uk</a> ■ <a href="https://facebook.com/linlithgowtravel/">facebook.com/linlithgowtravel/</a>
<a href="#">Linlithgow Tyres &amp; Exhausts</a>	29 Blackness Road, Linlithgow, EH49 7JA	Open Mon-Fri 9am-2pm. Customers are advised to make an appointment to limit number of people in the garage at one time.	17-Apr	01506 843000 ■ <a href="mailto:linlithgowtyres@btinternet.com">linlithgowtyres@btinternet.com</a> ■ <a href="http://linlithgowtyres.co.uk">linlithgowtyres.co.uk</a> ■ <a href="https://facebook.com/pages/Linlithgow-Tyres-Exhausts/320183394729641">facebook.com/pages/Linlithgow-Tyres-Exhausts/320183394729641</a>
<a href="#">Lothlorien Dog Services</a>	Unit 6, Braehead Business Units, 64b Braehead Road, Linlithgow, EH49 6EP	Services migrated online as unlikely to be allowed to resume normal classes until a late stage of lockdown easing. Dog-walking services, however, resume 15th June!	01-Jun	07894 726600 ■ <a href="http://lothloriendogservices.co.uk/">lothloriendogservices.co.uk/</a> ■ <a href="https://facebook.com/lds1875/">facebook.com/lds1875/</a>

<a href="#">Mike's Taxis</a>	Unit 3, 14 Mill Place, Linlithgow Bridge, EH49 7TL	Open for business	25-Mar	01506 848486
<a href="#">RGM Solicitors</a>	19-21 High Street, Linlithgow, EH49 7AB	Telephone consultations, interactive property viewings, virtual house valuations, new wills, Power of Attorney and Family Law cases.	28-May	01506 847070 ■ linlithgow@rgmsolicitors.co.uk ■ rgmsolicitors.co.uk ■ facebook.com/RGM-Solicitors-Estate-Letting-Agents-538662569589448
<a href="#">Veitch Solicitors and Notaries</a>	12 High Street, Linlithgow, EH49 7AG	Open for business by phone, email and whichever conferencing app you prefer. Progressing conveyancing transactions to prepare for lockdown being lifted. Enquiries about "Wills" can also be progressed remotely.	15-Apr	01506 842100 ■ info@tsveitch.com ■ tsveitch.com
<a href="#">Whose Land Scotland</a>	Suite 8, Herkimer House, Mill Road Industrial Estate, Linlithgow Bridge, EH49 7TL	Operating remotely and contactable by the usual means shown.	20-Apr	07867 387591 ■ whoselandsotland@gmail.com ■ whoselandsotland.co.uk

## 6. Beauty

*A difficult sector to operate effectively under social distancing, but thankfully the Scottish Government will soon trust businesses to put sufficient PPE and hygiene practices in place to reopen. We certainly trust our many fantastic "hair & beauty" type businesses to do so. Two such businesses have contacted their clients with offers of remote advice and digital content to keep them looking and feeling beautiful until then!*

BUSINESS	ADDRESS	UPDATE	CORRECT AT	CONTACT
<a href="#">Beautique Beauty Salon</a>	222 High Street, Linlithgow, EH49 7ES	Closed, but contactable via Facebook. You can purchase vouchers to help tide Aimee over until she can open doors again. Send a private FB message for skincare advice.	23-Mar	01506 844002 ■ aimeesthenhouse1990@hotmail.com ■ facebook.com/pages/category/Beauty-Salon/The-Beautique-Beauty-Salon-Ltd-424276597624308/
<a href="#">Chakir Hairdressing</a>	254 High Street, Linlithgow, EH49 7ES	Hair products available for collection (please call to arrange). Online hair/make-up tutorials and other fun messing about (on FB) until reopening is allowed.	02-Jun	01506 671800 ■ chakirhairdressing@yahoo.co.uk ■ facebook.com/Chakirs-187260894630299/

## 7. Events

*Another sector, which will be unable to look forward to a swift reopening in many cases, but one which has shown surprising resilience through digital organisation. Most of the below businesses cannot really translate to an online presence, however, so we can only keep in touch with them and support however we can until reopening.*

BUSINESS	ADDRESS	UPDATE	CORRECT AT	CONTACT
<a href="#">Burgh Halls</a>	10 The Cross, Linlithgow, EH49 7AH	Closed. If you have an event booked, call or email to discuss. FB links to digital classes normally held at Burgh Halls.	25-May	01506 282720 ■ burgh.halls@westlothian.gov.uk ■ linlithgowburghhalls.co.uk/ ■ facebook.com/Linlithgowburghhalls
<a href="#">Eek! Escape Rooms</a>	18a High Street, Linlithgow, EH49 7AE	Offering vouchers to anyone booked in and unable to attend during the virus outbreak. Existing vouchers expiring during lockdown will be accepted upon reopening.	14-Apr	07305 627750 ■ gamesmaster@eeekescaperooms.com ■ eeekescaperooms.com ■ facebook.com/eeekescape/
<a href="#">Linlithgow Canal Centre</a>	1B Manse Road, Linlithgow, EH49 6AP	Closed until allowed to reopen. Refunds for charters until end April. New edition of "Basin Banter" provides reading material until then!	24-Mar	01506 671215 ■ marketing@lucs.org.uk ■ lucs.org.uk/ ■ facebook.com/Linlithgow-Canal-Centre-127202347352969/

We've tried our best to ensure that all information is accurate, but with the rapidly changing situation, some of it might not be. Please go easy on us if we've printed something that's no longer accurate as you read it!