



the BLACK bitch

Linlithgow's news by Linlithgow's people

LINLITHGOW COMMUNITY MAGAZINE ISSUE 75 JULY 2020

CLICK TO **SUBSCRIBE** AND CONTRIBUTE TO SUPPORT FOR YOUR COMMUNITY MAGAZINE

LINLITHGOW PUB WATCH

EXPECTING THE PUBLIC TO MEET THE SAFE GUIDANCE RULES

- 1 Limited capacity, entrance strictly controlled all seated, no standing, table service only.
- 2 Open till 10.00pm Sunday to Thursday.
- 3 Open till 11pm Friday, Saturday.
- 4 Pub Trail suspended until further notice.
- 5 National safe distance rules to be strictly observed.
- 6 All 8 Pub Watch members will follow.



**SUBSCRIBE TO THE
BLACK BITCH MAGAZINE.
READER SUBSCRIPTION
PAYMENT OPTIONS 3**



**TIME TO ENJOY
OUR WILDLIFE 10**



**WE ARE
FAMILY 24**

PLUS

ONE Linlithgow, Lucy Purbrick, New Hopetoun Gardens, Peace Garden Update
Community Council Report, Linlithgow Front Steps Project, Local Arts review

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

CONTENTS

- 3** Magazine Subscription
Subscribing to the BB Magazine
- 4** One Linlithgow
Open for Business and Business Spotlight
- 8** New Hopetoun Gardens
How did your "lockdown" garden grow?
- 9** Community Council Report
Planning, footpaths and parking in Linlithgow
- 10** Linlithgow wildlife & nature
What did you see during lockdown?
- 12** Linlithgow Front Steps Project
Rebecca Holmes captures the mood across the community
- 15** Letter from America
Local resident Elizabeth Hill reporting from New York

- 16** Linlithgow Peace Garden
Progress Report previews three new proposals
- 18** The Arts "Do What Makes You Happy"
profiling three local artists/illustrators
- 22** Book Review *The Boy, the Mole, the Fox and the Horse* - Charles Macksey
- 23** Linlithgow Police News
Covid-19 & Parking in Linlithgow
- 24** This is Farmily
Linlithgow 'mini farms'
- 28** Virtue Money
Business protection - the Facts
- 29** Linlithgow and District Allotment Society
Wildlife at Oakwell Allotments
- 31** Lucy Purbrick
Scottish Youth Climate Strikes

- 32** Linlithgow String Orchestra
Online project keeps Linlithgow in tune
- 33** Linlithgow Heritage Trust
Community images and captured moments from Lockdown
- 34** St Michael's Well
300 years of history Bruce Jamieson
- 38** Cocktail Time
Le Mystère is a beautifully refreshing vodka cocktail with fresh lime juice
- 39** Meet Brodie, the Labrador Springer Spaniel cross
Check out those Puppy Dog eyes!
- 41** Kirk Gates
Reflections on news and the media in lockdown



PROFILES OF OUR TEAM MURDOCH KENNEDY...

My name is Murdoch Kennedy and I have lived all my life in Linlithgow. I work as a civil servant in Edinburgh.

Two of my great passions are local history and traditional music. I am currently researching the story of an interesting local character from the 1890s and I am also the Director of the renowned Linlithgow Folk Festival. I have been writing for the magazine since its inception in 2011 and particularly enjoy organising the regular "Folk fae Lithgae" interviews. These

give an interesting insight into people living and working in the community and have always been very well received.

As well as writing, I also distribute several hundred magazines. I believe that the magazine is one of the best things that has happened in the community in recent years and I try to support it in every way I can.



Linlithgow- a Great Visit!

www.linlithgow.com

Download the Linlithgow App Today!

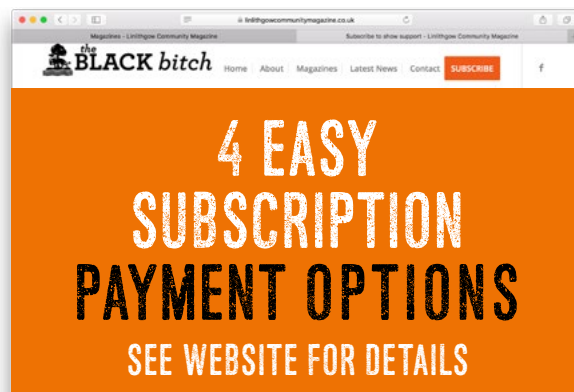
Pride & Passion
LINLITHGOW

Pride & Passion Linlithgow. Financially protected by Alan Steel Asset Management
Linlithgow's National Award Winning IFA
www.linlithgow.com/pride_passion.htm



**DAVID TAIT,
EDITOR**

SUBSCRIBE TO THE BLACK BITCH MAGAZINE



Since our previous issue, the town is slowly coming to life with more businesses allowed to open, traffic flow increasing and confidence within the community gradually returning.

While opinions as to the rate of recovery vary widely it seems more than likely recovery will be slow whether or not there is a second “winter” spike as is now being forecast by some.

In terms of the availability of local news the effect of the coronavirus on the main newspaper groups, which are the owners of many local newspapers, has been acute with the temporary closure of sales outlets seriously impacting both current income and

advertising revenue.

Against that background and the likely knock-on effect on local newspapers, already in severe difficulty even before the current crisis, the need to support production of local news is ever more important.

To those who already appreciate the content and potential of the magazine and have become subscribers thank you all for your support. In the short term, while the business community who have supported us loyally in the past get back on their feet your contributions will ensure sustainability of the magazine and in the longer term will allow us to improve its coverage of local issues.

As most readers probably know the magazine is a not-for-profit charitable organisation dependent on the voluntary input of around 50 people to help originate content, compile each issue and deliver to every house and business in the town.

The magazine is all about Linlithgow – its people, heritage, community groups, businesses and fundraisers – and always will be. As we all go through a difficult period, if you haven’t already subscribed, please consider making a subscription using the links provided below and help us to keep everyone in touch with events, developments and activities in our town.

➤➤➤➤➤➤➤➤➤ **CLICK TO SUBSCRIBE AND CONTRIBUTE TO SUPPORT FOR YOUR COMMUNITY MAGAZINE**



LINLITHGOW PUB WATCH

As we carefully make our way out of total lockdown by degrees, July 15th marks the day that many will have been looking forward to for some time.

In anticipation of a happy return to making social contact with friends and colleagues, even if limited to 2m distancing rules, all members of Linlithgow Pub Watch are keen to manage the expectations of their customers and make clear that while the doors will be opening again the experience will not be the same as prior to lockdown.

To this end Pub Watch has placed a notice on the cover of this issue to help ensure that customers have every opportunity to make themselves aware of what is required to ensure that everyone, customers and staff alike, can enjoy the experience and ensure that there will be no second “spike” originating in Linlithgow!

As more and more businesses come on stream and begin to deal with a much changed operating environment we wish Pub Watch members and customers a successful, enjoyable and much anticipated return.

➤➤➤ For details and events visit **what’s on** www.mylinlithgow.com <<<



WEDDINGS • EVENTS • PORTRAITS
 UNIT 7
 BRAEHEAD ROAD
 EH49 6EP
 (opposite Linlithgow Rose F.C.)
01506 671700
www.paulgavin.co.uk

Gift Vouchers on sale now
 Appointments available 7 days

MPA
 Qualified MASTER Photographer

**PAUL GAVIN
PHOTOGRAPHY**





Although a small number of businesses must remain closed in the short term, it's not hard to tell that Linlithgow is back in business!

A stroll through the town (masked and socially distanced, of course) reveals many of our beloved businesses opening their doors for the first time in almost four months: hairdressers and barbers, many pubs and bars, and as of Wednesday 22nd July, "personal retail services" such as beauticians, too!

Under the earlier phases of lockdown, we produced (and published in this magazine) a list of businesses, which were trading despite lockdown. Now, almost everybody is back in business, so instead of an incredibly long list, we are delighted to report this message instead:

Almost every Linlithgow business is now open, or will be by end July/early August! Please don't be a stranger to them – they need your support now more than ever. Just as importantly, though, wearing a mask is now mandatory and social distancing/hygiene measures are still essential.

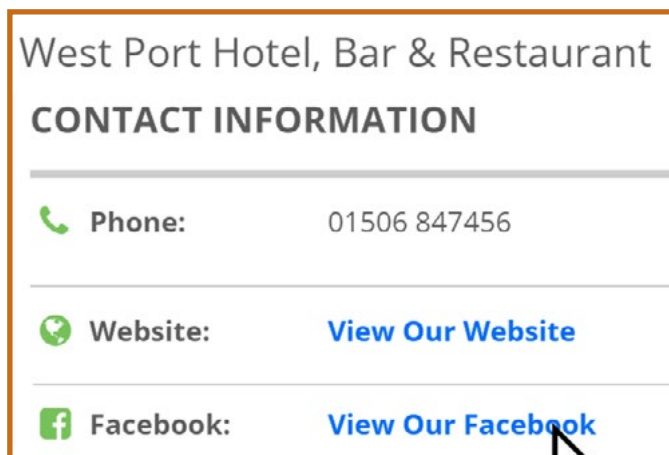
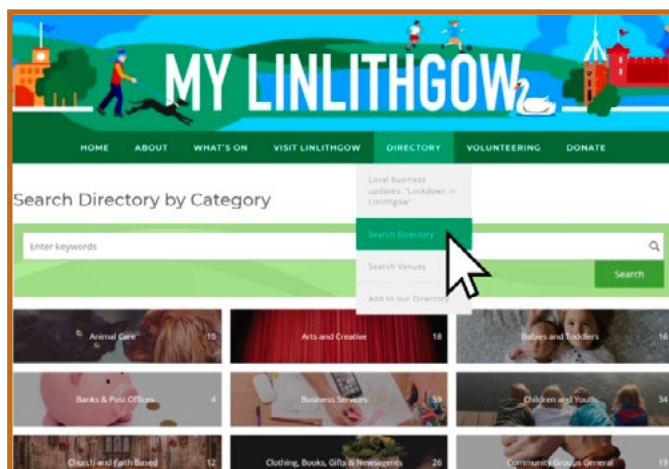
As Scottish Government rightly puts it in its 9th July update: **"it will not, and should not, feel like a return to normal life yet"**, but this doesn't mean you should feel strange about visiting your favourite venues according to the guidelines.

For example, if you fancy a pub lunch but are worried about all the regulations, you can visit MyLinlithgow.com and search the directory, either by typing the name of your favourite venue, or by clicking the relevant category (in this case "Places to Eat and Drink").




There, you'll find all the contact details and information you need.

Not every business can operate the same way, so it's important to check in advance with your favourite.



The Four Marys are limiting numbers to 32 inside, pre-booked tables, 18+ years and limiting booking duration to two hours. Their beer garden has just re-opened for up to 32 with a two-hour stay maximum and no pre-booking required.

Yes, it can a bit odd at first, but it's not rocket science, and it doesn't take long to get used to it!




The Four Marys
7 July at 14:52 · 🌐


We're still on for re-opening on the 15th. Please remember that pub life will be a bit weird for a while. To this end, we'd like to let you know:

- that we will be not be able to welcome any Under 18's for the foreseeable future.
- we will have very limited tables available, and it would be best if you booked one online (time limited to two hours)
- that we will be grateful if you would observe our social distancing etiquette
- all the weirdness is to protect you, and our team.

ORDER & PAY
FOR YOUR FOOD & DRINK FROM YOUR PHONE AND WE'LL DELIVER TO YOUR TABLE

DOWNLOAD THE GREENE KING APP
SEARCH FOR GREENE KING IN THE APP (THREE OR GOOGLE PLAY) AND LINK FOR THIS LOGO







SAFE SOCIALISING

GREENE KING

WE ARE NOW OFFERING TAKEAWAY







ONE LINLITHGOW SUPPORT

Here at One Linlithgow, we've been busy making sure that every business has a 'starter' supply of PPE and a bottomless supply of hand sanitiser! We've also been paying out grants to help with the expense of compliance with new regulations.

If you're a One Linlithgow member business and still didn't know that, please get in touch. Most businesses are on the mailing list, but because it has been a bit harder to keep in touch with those that aren't, it's best to stay in touch by contacting office@onelinlithgow.com to be added!

One business owner to pivot immediately to an effective lockdown strategy (who also happens to be our esteemed Chairwoman at One Linlithgow) is **Evelyn Noble of Lilypond Crafts & Gifts**, who says that it's "fantastic" to see businesses reopening throughout the town, continuing:

"Many businesses continued to trade online throughout lockdown, some doing local deliveries, and many others expanded their business to include online, which has helped them through. Some have even thrived.

It's not quite back to normal sales levels yet, but the more premises can open their doors again, the quicker Linlithgow will return to the busy and vibrant town it has always been.

We can't wait to welcome everyone back, and to help we're running a prize draw up to the end of July to give away a wonderful hamper of locally-sourced products. Just come and spend even a little. It all helps and you never know... you might just win!"

For more information about the hamper, including which businesses will be participating, keep an eye on our One Linlithgow Facebook page!



WE'VE ALSO BEEN PAYING OUT GRANTS TO HELP WITH THE EXPENSE OF COMPLIANCE WITH NEW REGULATIONS.

BUSINESS SPOTLIGHT : BRAEHEAD BUSINESS PARK

Linlithgow Sports Podiatry & Chiropody Clinic

It might be slightly tucked away from the centre of Linlithgow, but as far as everyone operating on Braehead business estate is concerned, the advantages this brings far outweigh any perceived disadvantages.

Podiatrist Martin Godley, who has operated his successful business there for several years is in no doubt that Braehead's location and compactness offers nothing but plus points:

"It's ideal for parking and it's within easy cycling or walking distance for lots of people. We have so many services here: everything from therapies and beauty treatment to dog grooming and training. It's like a mini High Street. We don't have a coffee shop but we do have the Linlithgow Rose Social Club over the road!"

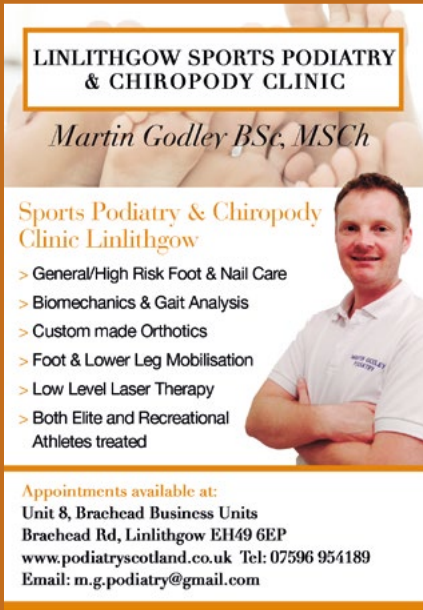
He said that there was a great sense of community spirit among all the businesses at Braehead, which added to all the other advantages of the business park.

Martin Godley Podiatry offers a wide range of sports podiatry, for both experienced and recreational athletes, and a range of both general and high-risk foot and nail care. His treatments also include biomechanics and gait analysis, foot and lower leg mobilisation, as well as providing custom-made orthotics.

He said that after closing for five weeks at the onset of lockdown he had been providing treatment for high risk patients, including diabetics, or those in pain or discomfort.

"I'm now back to providing my usual services, but with a high emphasis on safety. I see fewer patients in the day, I have a screen between me and patients, I wear a visor and

a special mask, and I do a special clean between each patient."



LINLITHGOW SPORTS PODIATRY & CHIROPODY CLINIC

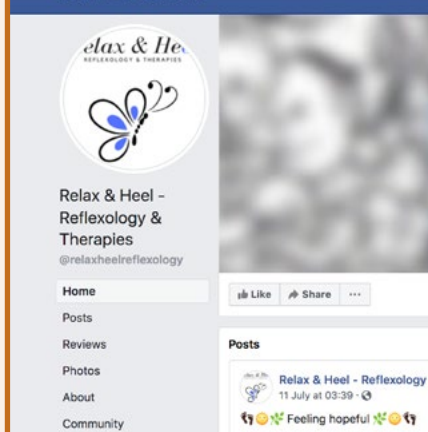
Martin Godley BSc, MSCh

Sports Podiatry & Chiropody Clinic Linlithgow

- > General/High Risk Foot & Nail Care
- > Biomechanics & Gait Analysis
- > Custom made Orthotics
- > Foot & Lower Leg Mobilisation
- > Low Level Laser Therapy
- > Both Elite and Recreational Athletes treated

Appointments available at:
Unit 8, Braehead Business Units
Braehead Rd, Linlithgow EH49 6EP
www.podiatryscotland.co.uk Tel: 07596 954189
Email: m.g.podiatry@gmail.com

facebook



Relax & Heel Reflexology

Jo-Anne Jamieson, who runs Relax and Heel Reflexology, is on the cusp of reopening – a moment she was beginning to fear would never arrive:

"I am very much looking forward to seeing my clients again. On reopening, I will be following the strict guidance from my professional organisation on enhanced hygiene, PPE and other measures to ensure client and therapist safety."

Jo-Anne said her overall aim was to support health and wellbeing through the use of therapies such as clinical reflexology, massage and reiki, including women's health and cancer care. A holistic approach was taken, which meant all lifestyle factors were considered when creating individualised treatment plans for patients. She also provided workplace wellness packages at businesses.

She added that during lockdown she had completed her degree in Integrative Healthcare, and planned to continue to Honours level, bringing many of her newly-learned skills to her clinic.

Dogstar Grooming

Visitors to Braehead can be sure of one thing - they are as liable to see as many dogs as human beings. They might be well-coiffured after a visit to Dogstar Grooming, or panting after a fun walk with Lothlorien Dog Services!

For **Karen Hobbs at Dogstar Grooming**, lockdown has been intensely frustrating. Unlike other types of businesses she's been unable to operate in any way whatsoever.

"I'm fortunate to have such a loyal client base, but I'm having to catch up on a lot as well as fit in new clients."

Karen said she was continuing only to take small dogs, and provide the full range of services, from bathing, grooming and through to nails. An increasing number of her dogs were some of the "high maintenance" poodle crossbreeds. She took particular pleasure in occasionally grooming rarer dogs on the Kennel Club's list of endangered species such as Dandie Dinmonts and rarer cocker spaniels.

Added Karen: *"The job can have its sad moments when a dog that's been coming in for many years passes away, but it's lovely when owners bring in a new puppy, usually after a while."*





Lothlorien Dog Services

Lothlorien Dog Services

Unlike Karen's enforced absence, her neighbour **Claire Staines at Lothlorien Dog Services** has never stopped, and the dog walking side of her business – only part of a much bigger picture – has proved a boon to many owners during lockdown, and a lifeline for some.

Claire said she had established her business in 2004 for dog walking. Over the years it had welcomed on board dog walking staff, and expanded into offering dog training to guardians, with a team of trainers covering the whole of Scotland's Central Belt, as well as training the trainers at Braehead.

"Lothlorien is often described as a place where magic happens... where dogs come first, where guardians and trainers alike pledge to work by our ethics, and bear in mind one very simple rule for our dogs: 'to do no harm'. Our training methods are science-based, and free from force and coercion. We get results and make changes in dogs' behaviour for the long term."

Claire added that during lockdown she had continued puppy training online, and had produced 50 videos for owners. The videos were shot by her 18-year-old son Arran, who is establishing a fast-growing reputation in the area and wider afield as a photographer.

As Martin Godley observed, the only thing they're lacking compared to a High Street is a café. That may be true, but Braehead is about to welcome a new business which will ensure there will be cake aplenty on the estate!



Truly Scrumptious Designer Cakes

Countless businesses have had a really tough time of it and had to adapt, and **Truly Scrumptious Designer Cakes**, currently located at Linlithgow Cross, are a classic case. With wedding cakes their stock-in-trade, their world has gone pear-shaped, but bookings are now flooding in.

Co-owner **Colleen Winning** said: *"We have had to adapt quickly to this new world and a new way of operating. We have been incredibly lucky our customers have come back, and it's been heart-warming to see families making the most of time at home, and still enjoying birthday celebrations with our cakes."*

Colleen, who owns the businesses along with husband David, said they had been looking at moving for some time. They were really looking forward to reopening at Braehead on August 1st, and hoped their customers would welcome the change as much as they did.

"Our shop at The Cross has provided a beautiful working location, but it is no longer proving practical for our expanding business. Our new unit will provide the perfect space for us to be even more creative. We're also excited to say our customers will not have to search the High Street for a parking space!"

Added Colleen: "We will be operating everything from our new unit, including cake tastings with our wedding couples. We are delighted to say our team will be joining us on our move. We are currently looking for a new cake designer, and we cannot wait to welcome some more amazing talent to the Truly Scrumptious family."

Flex Fitness

The answer to "lockdown bulge" is also back up and running at Braehead (entirely unrelated to the arrival of Truly Scrumptious, whose cakes are always enjoyed responsibly!) and **Gordon Hunter of Flex Fitness** welcomes you to his training studio in person after months of helping clients online.

"We're here to provide a service of uncomplicated fitness for everyday people", said Gordon.

"We specialise in coaching motivated individuals to feel leaner, stronger and

fitter, and to make fitness become part of their life. Whether you're a complete beginner to exercise, or someone who is looking to take their fitness to the next level, we'd like to work with you. We provide exercise, nutrition and lifestyle advice for busy people who are dedicated to their health and fitness."

Gordon added that he had a fully-equipped 1,300ft² personal training studio at Braehead, designed to provide a "unique training experience for all", including – subject to government guidance – small group fitness classes.



HOW DOES YOUR GARDEN GROW?

How was lockdown life for you and your garden? Lesley was furloughed, we furloughed 22 of our team here at New Hopetoun Gardens including half the senior managers so the business could survive. We had a core team of 8 keeping the plants alive and doing personal shopping for our customers on the phone which we then home delivered or they came and picked up in our carpark, maintaining complete social distancing. It was a completely new way of life for both the furloughed and core teams to get used to.

Lesley helps her elderly but very alert parents with shopping, washing and lots of chatting on the phone, but escaped into the garden as much as possible, much to the delight of Henry the cat who pre-lockdown would sleep all day. She had time to look after the Auricula Theatre in our front courtyard which we built last year. She replaces some of the Auriculas when they have finished flowering with pots of Ferns and Hostas and it is a delight for us every time we leave the house.



We have made a video with her about our **Virtual Art in the Garden** summer event. We aren't running the event this year so thought it would be fun to make a video about it as part of **Discover Scottish Gardens'** virtual Scottish Summer Gardens Festival. You can visit our website (www.newhopetoungardens.co.uk) and DSG's website (www.discoverScottishgardens.org) to see the video. In our courtyard, opposite the theatre we have



a stylish sundial which is more of a work of art than a functional timepiece as it is only correct twice a year at the equinoxes!

From our patio doors we look south to the **Boxing Hares Border**. Besides the hares there are some painted iron flower stems which are echoed by Lesley's plantings of Alliums, thistles and bold domes of Pittosporum Tom Thumb and Hebe Blue Star. One bonus of lockdown was that the core team only worked weekdays so it was novel having weekends off and nowhere to go... quite a lot of heavy pruning, which kept being put off, was undertaken.



In the Boxing Hares border I was ruthless in May with the Berberis Darwinii as soon it's orange flowers finished. The stumps you can see to the right of the picture are already showing little red buds appearing, thankfully. The heap of prunings was cleared away by Lesley, a real treat!

Dougal Philip and Lesley Watson,
New Hopetoun Gardens

so much more
than just a
garden centre

www.newhopetoungardens.co.uk

NEW
HOPETOUN
GARDENS

**MAKE A VIRTUAL VISIT TO
ART IN THE GARDEN!**
VISIT OUR WEBSITE TO VIEW LESLEY'S VIDEO
EXPLORING THE EFFECTIVENESS OF INCLUDING
ART IN YOUR GARDEN

LINLITHGOW AND LINLITHGOW BRIDGE COMMUNITY COUNCIL COMMUNITY COUNCIL REPORT

Linlithgow and Linlithgow Bridge Community Council is an elected voluntary organisation but one with statutory responsibilities to discover and make representations to West Lothian Council and other public authorities on matters of concern to the Linlithgow and Linlithgow Bridge community. The Community Council will take appropriate action in the interests of the community. In normal times the Community Council meets on the fourth Tuesday of every month in the Burgh Halls. These meetings are open to residents.

At present the Community Council is meeting online and is currently investigating ways of including resident participation. West Lothian Council is required by law to consult with the Community Council on all planning matters. The policy of the Community Council is to only comment on planning applications which affect the community as a whole and not on planning applications which only have relevance to near neighbours e.g. extensions, loft conversions, etc.

In 2013 the Community Council together with Linlithgow Civic Trust formed the Linlithgow Planning Forum, constituted as a subcommittee of the Community Council to add breadth to the input of comments to West Lothian Council. The Linlithgow Community Development Trust is also represented on the Planning Forum.

Planning

As a result of Covid 19 the number of planning applications are currently down. However, West Lothian Council continues to process planning applications and the Planning Forum continues to monitor planning matters and to comment where appropriate. The Planning Forum is beginning to think about what a future Linlithgow may look like following the current pandemic and Scottish Government priorities around climate change. Will the town centre change?

Will there be less shops, a need for more localised office space/business hubs, more 'active travel' routes/better-safe routes for cyclists, more electric vehicle charging points, increased affordable housing etc.?

Of immediate concern are the gap sites on the High Street – namely at the front of Templars Court retirement housing complex and the site of the former Victoria Hall. Whilst action to develop both sites appears to have stalled for now, the Planning Forum continues to explore with West Lothian Council and others, ways in which development might move forward. It is vital that these sites which look increasingly derelict, are developed as soon as possible to repair damage to the historic heart of the High Street and our unique historic conservation town. The planning consents for both sites incorporate housing which is much needed in a town where access to affordable housing is becoming increasingly difficult for younger people and those on lower incomes.

A further project on the Planning Forum's radar is the future of the Vennel. Readers will recall that the Council's publication of a redevelopment brief in 2017, sparked a conversation which went on to look at options for repair rather than wholesale replacement. The Planning Forum continues to favour redevelopment of the site, and West Lothian Council is in the process of considering redevelopment proposals which will be progressed once the normal committee cycle resumes. In order to communicate community views on the Vennel to any future West Lothian Council working group the Planning Forum has asked to be involved in the project through a formal 'Participation Request'.

Elsewhere, two major housing projects continue to rumble on:

>> **Wilcoxholm Farm** (approximately 200 houses off the Edinburgh Road) is currently the subject of a planning application on which West Lothian Council is seeking additional information.

>> **Preston Farm** (60 houses off Deanburn Drive) for which a planning application has yet to be submitted.

Whilst additional housing is to be

welcomed, it must be accompanied by the necessary infrastructure which includes consideration of school capacity, health/community facilities, impact on the environment, station parking and local road network. Affordable housing must also be a part of these projects. We hope to be able to report further on these projects in the next edition of the Community Magazine.

Changes to Footpaths and High Street parking

At the online Community Council meeting on 23rd June Councillor Tom Conn gave a report to the Community Council on various "safer streets" projects prompted by Covid 19. The projects in Linlithgow under consideration are improvements to Capstan's Walk funded from the Cycling, Walking and Safer Streets (CWSS) initiative. In addition, funded from the "spaces for people" initiative are:

>> **High Street footway widening adjacent to Oliphant's bakery**

>> **Footway widening at Back Station Road**

>> **Suspension of the pavement parking in the High Street between St Michael's Wynd and the Four Marys and also between Lion Well Wynd and New Well Wynd.**

>> **Walker/cyclist friendly zones will be introduced on rural roads in the Bathgate Hills with a reduced speed limit of 40 mph.**

>> **Advisory/temporary cycle lanes will be introduced along the Edinburgh Road and St Ninian's Road.**

>> **Physical distancing signage and measures at lay-by bus stops.**

We are always looking for feedback and input, so please get in touch if you have any comments. You can do this by email to the editor on a.lead@gmail.com



Joyce Hartley

*Linlithgow and Linlithgow Bridge
Community Council*

REJOICE FOR WILDFLOWERS IN GRASSLANDS AND GARDENS, ATTRACTING POLLINATING INSECTS...

During Covid and lockdown folk have been walking more, enjoying the environment and appreciating nature. There has been more time to stop and look, to listen and to smell. What have you spotted on your perambulations?



Despite West Lothian Council keeping the roadside verge margins cut shorter for safer visibility, they still provide wonderful displays of dandelions which provide nectar for early insects and butterflies.



1. *Dandelion and Tortoiseshell butterfly*

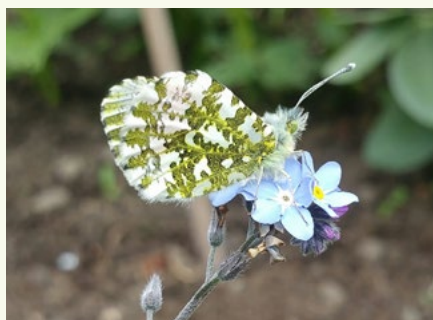
Priorities and funding are understandable although, sadly, cut grass left in clods in many parks and residential areas is followed by tougher grasses and docks. However, grass cropped by rabbits, or cut short by local residents and volunteers in public spaces, encourages low growing flowers such as daisies, speedwell, medic and clover to bring colour, scent and diversity into what would otherwise be a monoculture.



2. *Yellow pansies on grass cropped by rabbits at Beecraigs*

3. *Volunteer grass cutting at the Canal Basin*

West Lothian Council, in conjunction with charitable bodies such as BugLife and Burgh Beautiful, has planted up wildflower meadows. Particularly noticeable are the three areas at Rosemount Park and the expanse at Beechwood. Last year, there was an amazing range of flowers, however, this year so far Ox-eye Daisies are dominating. Each year will see a



Speedwell and underwings of Orange tipped butterfly

difference, largely depending on how timely and carefully decaying vegetation has been removed in the Autumn after seeds have fallen. Wildflowers flourish on unimproved soil, free from nutrients but, for the best results, a degree of human management is necessary.



5. *Rosemount Park Ox-eye Daisies 2020*

For a number of years, Burgh Beautiful volunteers have been managing the upper triangle of the Cycle Ramp leading down from the Union Canal to the Leisure Centre. Over 30 species of wildflowers have been identified. One of the most important is the abundance of Yellow Rattle. Its seeds 'rattle' in their pods until scattered, germinating quickly in the Spring. As their roots draw water and nutrients, so they help to weaken the growth of grasses, allowing more flowers to develop.



6. *Yellow Rattle*

Further down the Cycle Ramp, Cow Parsley, coconut-smelling broom or later in the year, fragrant Creeping Thistles give masses of fine seed heads much loved by Goldfinches.

The Union Canal provides a wonderful corridor for wildlife, whether Mallards or the occasional Kingfisher. It is also popular with cyclists and walkers. Many

will have noticed the smell of the black elder, honeysuckle and briar rose or spotted the orchids by the canal edge.



7. *Common Spotted Orchid*

8. *Cow Parsley along the Canal Towpath*

9. *Honeysuckle; and 10. Briar Rose in hedge row near Williamsraig*

Even on an urban walk, one can hear the hum of insects and appreciate the amount of attention gardens have received in this strange time of Covid. Native plants like Red Valerian and Vipers Bugloss might be considered by some as weeds but oh so attractive to pollinating insects including the Humming Bird Hawk Moth. This year Burgh Beautiful volunteers have focussed on 'Flowers for Pollination' at the Vennel bed in the centre of town.



11. *Vipers Bugloss along the Falkirk Rd*

12. *Red Valerian in a corner of Lennox Gardens*

Perhaps you too have been taking photographs which might be shared in due course. Watch this space!



THE LINLITHGOW FRONT STEPS PROJECT

Capturing our town during lockdown

Like many local businesses, I found myself unable to work during lockdown. I tried as much as I could [while home-schooling and pre-schooling three kids!] to do some business work and training behind the scenes - but I sorely missed being out with my camera meeting local folk. I was also going slightly stir-crazy I'll admit...

Teaching long division while wrangling a toddler simply isn't that much fun!

Fortunately, a regular client of mine told me about the Front Steps Project. Started by a couple of photographers in Massachusetts, the project aimed to "highlight the faces of our community during a time when we might not see them in passing at the grocery store, coffee shop, on the train or at the gym". The idea was to take photographs of households, businesses and charities on

their 'front steps', as a representation of their time in lockdown. The hope was that it would bring cheer to those who were struggling, give friends an opportunity to see each other when they couldn't face to face, all while creating a record of the unprecedented times. People could register to be involved, and I would travel around the town stopping at each spot for about 15 minutes to get the photos (and chat - there was plenty of chat!).



Using a long lens, it was all done within social distancing guidelines.

Instead of payment, for those who were able, I asked for a donation to Linlithgow Young People's Project. I have first-hand experience of the love, care and support they show our local children and young people, and I felt really strongly that I wanted to support them in their 30th year. I was overwhelmed by the response! Over 270 households and businesses signed up to be photographed

and at time of writing the fundraising total is over £3400 and continuing to rise! I really can't fully describe how much the [#linlithgowfrontstepsproject](#) has impacted me.

I met individuals, couples, very new newborns, retirees and many families. All struggling one way or another with not seeing their friends, extended families and support networks. Children grappling with all the scary talk of 'safety', toddlers who couldn't understand why it was no

longer ok to give a hug.

I met families wrestling to maintain jobs amidst the chaos of homeschooling and nappies - some also supporting children with additional needs. There were households where jobs had been lost or businesses gone bust. So many families desperately needing a break and some space, and some who genuinely didn't know how they would continue to put food on the plate for the rest of the year.



I chatted to other business owners trying to survive, serving their community as best they could while hoping restrictions would ease in time for them to stay afloat. I met teachers trying to educate their students while balancing their own families. I witnessed the work of charities and community groups, countless volunteers doing their absolute best to help in this time of difficulty. And of course, I can't forget the wonderful key workers I met, those working on the 'front line' keeping the country running and our community healthy – most with their own families and difficulties at home to consider.

But amidst all of this heartache, I was privileged to witness so many wonderfully warm, genuine, bright and welcoming smiles. So many small and large acts of incredible kindness. People who, despite everything 2020 has thrown them, continue to look after their neighbours, count their blessings and celebrate what they have right in front of them.

Thank-you Linlithgow. You've warmed my heart and made 2020 a year to remember for all the right reasons.

Rebecca is a Linlithgow local, specialising in 'people' photography. She is an expert at making things fun and relaxed and takes a wide spectrum of photography – from families to dancers and personal branding to commercial. Rebecca also provides photography workshops for those looking to upskill themselves. Rebecca is taking bookings for photography sessions following Government guidelines and adhering to social distancing.

You can follow Rebecca; On Facebook here: facebook.com/rebeccaholmesphoto
On Instagram here: [@rebeccaholmesphotography](https://www.instagram.com/rebeccaholmesphotography)
And view her portfolio on her website: www.rebeccaholmesphotography.com

Rebecca Holmes
PHOTOGRAPHY

LETTER FROM AMERICA

From Linlithgow to New York City

One resident's experience of life in New York during lockdown

There is a little park in Brooklyn that has the most wonderful view back into Manhattan. You can see the Brooklyn Bridge on one side, the Manhattan Bridge on the other, and the skyscrapers in the financial district in the background. Usually, it would be packed with camera-wielding tourists. There would be a queue of people lining up at the little beach to take the Instagram famous shot. You probably know the one I'm talking about: the person is standing next to the river, hip popped, the Brooklyn Bridge behind them, and One World Trade Centre in the distance. Now that beach is empty, bar a few children playing in the small patch of sand, and the park is quiet, only used by masked locals.

I moved to New York in February with my husband, 9 days before the first case was confirmed in New York City on 1st of March, and 3 weeks before the city completely locked down. Since then there have been 222,723 confirmed cases of the virus in New York City and 22,719 deaths. At its peak in April, there were 6,377 new cases in one single day, as of 7th of July that has dropped to 118. That reduction has happened thanks to the

strictly enforced city-wide lockdown and residents adhering to the stay at home order and regulations on wearing a mask.

The mask is a fashion accessory I had not imagined I would be adorning when I moved to New York. Now, it's a wardrobe staple. You can't leave home without it. Literally. No shop will let you in without one and the Governor, Andrew Cuomo, reminds the city in his daily briefings that we must wear a mask at all times in public. 3 months in it is finally second nature to pick up my mask as I leave the house, but it has taken a lot of walking halfway down the street, before running back to pick it up to get here. Once the Bane from Batman impressions had worn out and I stopped breathing like Darth Vader every time I put it on, it now feels totally normal and like a comforting safety blanket to protect those more vulnerable around me.

As the case count drops the city is starting to come back to life. It feels like a patient waking up from a medically induced coma, cautiously taking it one day at a time. Shops that were previously boarded up have started to open, restaurants and bars are open for outdoor dining and takeaway cocktails, slowly people are spending more time in parks and playing sports, whilst the Black Lives Matter protests are continuing daily. To help restaurants and bars recover, the city has relaxed laws about drinking in public (strictly not allowed normally) and has allowed them to set up tables on the sidewalk and in parking spaces. Some streets now feel almost European, with the seating from each restaurant bleeding into each other on the sidewalk, everyone sitting outside under umbrellas enjoying the hot summer weather.

Although New York City is recovering, case numbers in the rest of the country have exploded. We are reminded nightly on the news that there have now been over 3.17 million confirmed cases in the USA and 135,000 deaths. As a result,

New York State has imposed a 14-day quarantine on people entering from badly affected states such as Arizona and Florida.

Our grand plans to explore the US are now indefinitely on hold due to quarantines and travel restrictions in most states. The hardest restrictions to accept are the international ones though. Due to the travel bans on both sides of the Atlantic, we will not be able to come back to Scotland to see friends and family for the foreseeable future.

Among the scary figures and restrictions, we are finding glimmers of hope and celebrating the good where we can. The area of Brooklyn we moved to has really banded together and become a little community to help each other during this hard time. Charities have been created, shop and restaurant owners say hello and we are slowly starting to make friends. There may not be a Golden Chip, but there are plenty of excellent restaurants to explore and bars to try. It has not been the adventure we thought it would be, but it definitely is an adventure, just a different kind!

Elizabeth Hill is from Linlithgow but now finds herself living in New York. Her Mum knows some of the magazine team and has introduced her to the magazine.

In normal circumstances, Elizabeth works in marketing, but she is currently spending her time exploring New York and doing some freelance writing.

Resources:

Corona daily case numbers: <https://www1.nyc.gov/site/doh/covid/covid-19-data.page>

Corona total cases: <https://www.nytimes.com/interactive/2020/nyregion/new-york-city-coronavirus-cases.html>

Cases in the US: <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html>

Travel to NY: <https://coronavirus.health.ny.gov/covid-19-travel-advisory?>



LINLITHGOW PEACE GARDEN PROGRESS UPDATE

Following publication of the Peace Garden project article in the Black Bitch in January 2020 a consultation session was held on the evening of the 4th March in the Burgh Halls. Chris Rankin and David Muir of the Landscape Architects Rankin Fraser spoke about the history of the area to the east of the Burgh Halls. Opened in 1950 it comprised an area which includes the Rose Garden, the flat area next to the 'Green Man' that at one time included a curling pond, and the terraces down to the lower area of the HES land.

The challenge of the maintenance of the Rose Garden in particular has been an ongoing struggle for the Council who always have many areas to spend our money and have therefore had to reduce spending on all gardening throughout the Region. The Garden is, as I write, badly in need of grass cutting and weed control although the Roses are flowering well.

The proposal from the Peace Garden project is to lease the area to the east of the Burgh Halls and run the whole garden as a community area for the benefit of all visitors. It is part of the Trust's objectives to create in the area a garden that will continue to be the peaceful quiet area it has been for the last 70 years. However it will have new planting to provide interest all year round and to add real interest for wildlife and insects. It is hoped to widen access for all and provide places within the garden where the trust can welcome folk who would benefit from Gardening as a therapy.

The Peace Garden's initial funding came from the Linlithgow and Linlithgow Town Management Group with a clear expectation that the new SCIO would be able to bring new life to the area and recreate a space for the people of the town as intended by the original Trustees who bought the land and gifted it to the town in 1903. We should note that the original conditions from 1903 still apply and in particular the land must be used for community enjoyment and may never be sold or built upon.

Given that simple brief, Rankin Fraser presented the basis for the consultation on the 4th March and have reviewed all comments received during and after that meeting. From these they have produced three potential schemes that they intend to show over the next few weeks, to all who have requested to participate in the design process. These schemes are intended to help arrive at the eventual proposal to satisfy the Trustees that RF have fully consulted and determined what is required and needed.

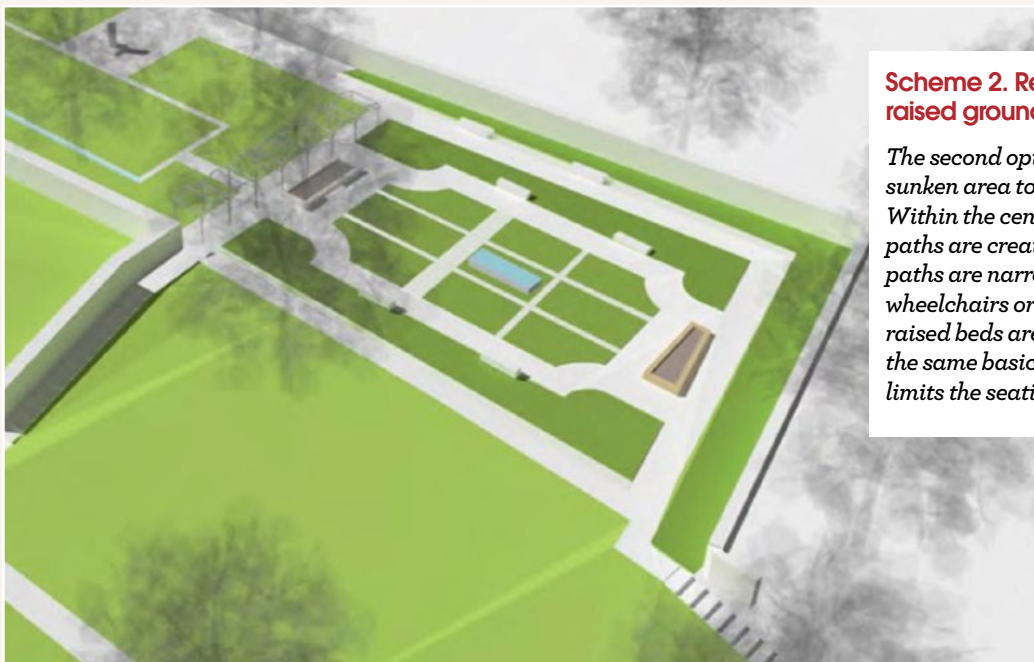
The three schemes that Rankin Fraser wish to share with those who have expressed interest are summarised in this article.

It had been expected to hold consultation sessions with groups to ensure that further comments and suggestions were fully listened to. However, the COVID 19 lockdown has put paid to that for the present. As an alternative Rankin Fraser are beginning to invite small groups to join a discussion on ZOOM. They will show the presentation and then lead a discussion to draw out any comments on the alternative designs.



Scheme 1. Refurbishment.

The first involves the minimum change to the Rose garden area, basically upgrading the paths to improve access around the garden but not improving access to or the soft surface within the lower area. The seating remains limited and relatively inflexible.



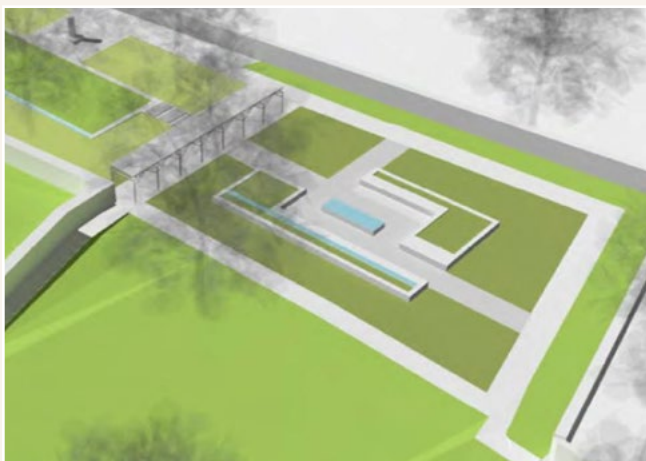
Scheme 2. Refurbishment with raised ground levels.

The second option considered, raises the sunken area to the level of the outer garden. Within the central area a number of new paths are created that give some access, but paths are narrow and not really suitable for wheelchairs or perhaps even 'walkers'. Some raised beds are incorporated but following the same basic pattern of the Rose Garden limits the seating provided.



Scheme 3. Redesign.

The third option recognises the general pattern of the Rose Garden but ensures that access to all areas for wheelchairs is maximised and seating is as flexible as possible. It gives the opportunity to introduce raised beds with this more flexible seating. There would be sufficient area for small groups of people to meet and enjoy the garden. That might be of particular interest to the Day Care centre users who meet in the Tam Dalyell centre just across the road.



It has not been the Peace Garden projects original purpose to include the area between the Burgh Halls terrace and the Rose Garden but the drawings for the consultation include a simple view of an idea that Rankin Fraser consider might prove interesting to the town. The Burgh Halls and its café are an important route into the garden and the view from the terrace is important so the idea of a simple new structure to the area possibly with the pergola at the end may be attractive.

Rankin Fraser will be in touch with everyone who left their email contacts at the 4th March consultation. Anyone who did not attend on the 4th but would wish to make new or further comment should email Linlithgowpeacegarden@gmail.com

The Trustees look forward to the lifting of lockdown restrictions so that eventually we will be able to present these ideas in a 'real' venue!

Reading this article you may have ideas about this area. If you are interested in helping develop this proposal do get in touch with us on the e-mail or by contacting one of the Trustees. We would particularly welcome assistance with the development of a Website for the Garden.

Trustees are; Rev Christine Barclay, Tom Conn, Tom Kerr, Elma Birrell, Chris Gunstone.

Chris Gunstone
Secretary, Linlithgowpeacegarden@gmail.com
SCIO SC048583

For all three schemes the planting would be new but would ensure that roses are part of the scheme. Within the garden, planting will have to be selected and arranged to suit the shadow areas and the effect of large overhanging trees.

A key part of the planting design would be the use of the walls to the North and East of the garden but Rankin Fraser have, in addition, included an idea for a pergola structure running to the west edge of the Rose Garden and providing a separation between that section and the rest of the grass area leading to the Burgh Halls. They will show drawings of this from both east and west and for all the schemes.

THE ARTS

“DO WHAT MAKES YOU HAPPY”

Pat Swan patswan@virginmedia.com.



One of the casualties of Covid-19 and lockdown has been Forth Valley Art Beat, and indeed many other Open Studio events. These give you the opportunity to visit artists in their own workspaces, see how they work, support them and perhaps find a piece of art that you might not come across in the galleries or shops you visit. Hopefully FVAB will be back next June, and I'll be able to write about it knowing we can all get out and about.

I'm going to bring the artists to you instead this year, and introduce three local artists whose work has come to my attention. I hope you like their work.



Shona's inspiration is varied but old doors, buildings and birds feature a lot.



Shona Young BA

I've been aware of Shona for a few years, and bought one of her pieces not long ago from the wonderful Line Gallery.

She works mostly on semi abstract paintings in mixed media, simplifying images using strong colours, adding texture, words and shapes and sometimes symbols to tell the story. Shona also explores sculptural pieces and artists books. Her inspiration is varied but old doors, buildings and birds feature a lot. She can't remember

ever not wanting to be an artist or do creative things. Shona studied Public Art and Site Specific Design, which gave her a chance to work with many different materials.

Shona has found lockdown quite overwhelming, but working on the online "Lockdown Postcards" exhibition for the Line Gallery has really helped her focus. The Gallery has also just announced that they will continue to post in this way so that they can show a wider range of work than

they can display on the walls at any one time. Great news!

Shona has exhibited at The Line Gallery for around 10 years, and you can also often see her work in The Greengate Gallery in Culross and various open exhibitions around Scotland.

Follow her on Instagram
@shonayoung.artist and at
www.shonayoung.co.uk



Christie finds beauty in both nature and architecture.

Christie Jamieson

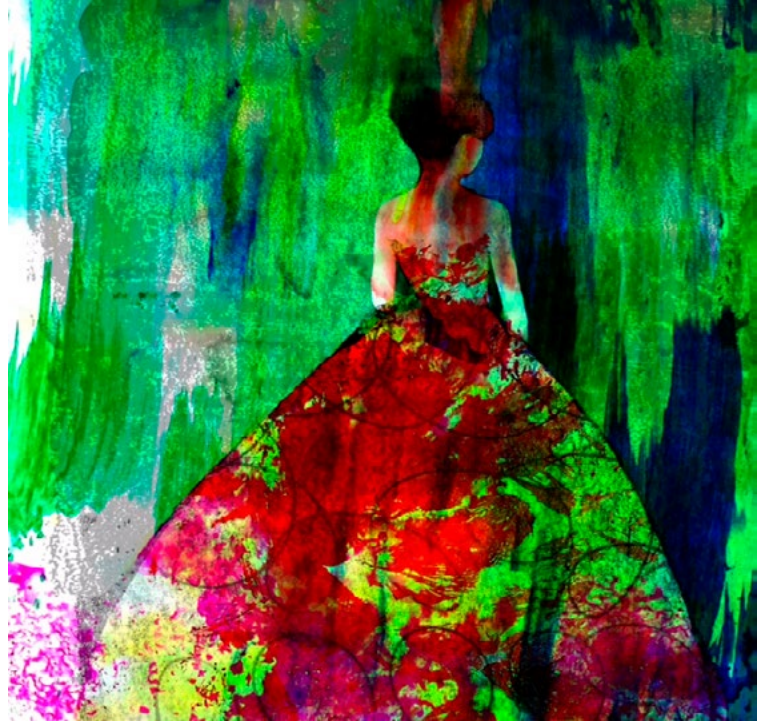
Christie has always loved Art and was all set to follow that path when she changed her mind at the last minute and instead decided to study Law. After graduating and starting work in what is a fairly busy and stressful environment she turned back to her painting as a hobby, as a way of escaping and most importantly as a stress release. She is very much a believer in Art being good for wellbeing and recently ran an art therapy session for her work colleagues on their regular Friday afternoon virtual team bonding get together.

During lockdown, she has found herself with much more spare time and has really enjoyed immersing herself in painting, finding it a productive way to keep busy but also to relax. Christie has also found that while out running, she has had more time to stop and really look around to appreciate her surroundings, finding beauty in both nature and architecture as she might not have before due to her previously faster pace of life. Her main inspiration is nature, particularly flowers, and interesting architecture, the buildings around Edinburgh's Old Town and the coastal towns of Fife being favourites. Christie was thrilled to receive a

commission from her school art teacher to paint an image of Crail for a gift, and this is how I became aware of her work.

She has upped her Instagram presence and finds at the moment that along with word of mouth, that platform is a good way of advertising her work. She is aware that keeping it affordable at present is an important issue, and is available to do commissions too.

**Follow her on Instagram
@christiejamiesonart.**



Sandra has always drawn and loves to get messy with paint and ink, and she explained that for her wellbeing, Art is an essential part of her life. She finds if she is stressed or agitated it's calming and therapeutic to paint.

Sandra Gibson

Sandra's illustration in Issue 74 of the magazine caught my eye – I loved the layers and thought it was very atmospheric.

As a “mature student”, Sandra has recently completed a college course and is heading to Edinburgh College of Art to study Illustration. She has always drawn and loves to get messy with paint and ink, and she explained that for her wellbeing, Art is an essential part of her life. She finds if she is stressed or agitated it's calming and therapeutic to paint. Taking the plunge to go back in to Education has been a

great decision and she has surprised herself by getting into the digital world.

She admits that when she was first introduced to working digitally, she had to be dragged kicking and screaming to the computer. Now it is one of her favourite mediums - she loves taking her traditional drawing and painting, experimenting with it on the computer and producing digital collage.

Lockdown has been challenging but luckily Sandra can produce her work with the tools and equipment she has at home. Losing direct personal contact caused new organisational and communication challenges, but she feels she quickly adapted and pulled

together her HND work digitally, in the way many art students have had to this year.

One of her main inspirations is the famous “Timorous Beasties” and she loves to be loose, rather than precise, and bring lots of colour to her work. Her dream would be to write and illustrate books and I wish her well with her degree. Hopefully I'll be able to write about her degree show in a few years.

Follow her on Instagram
@sandragibsonillustration and at
<https://sgibsonillustration.wixsite.com/portfolio>.



I enjoyed speaking with all of the artists and the over-riding message was that creativity is good for wellbeing, which is so very important, particularly in these strange times. It doesn't need to be painting but if you can find something creative to do where you can lose yourself for a few hours from time to time I think you will enjoy the benefits. After a hard day at work you might actually find that doing something creative can be more relaxing than sitting doing nothing – try it!

AND BRIEFLY, OTHER ARTS NEWS:

ROCK PAINTING COMPETITION WINNER

The winning photo from the competition in Issue 74 is on page 22 of the magazine. Well done to the Skene family, and I hope you enjoy the prize kindly donated by Mac's. Thanks to those who entered and I hope you are still enjoying rock hunting and hiding.

THE LINE GALLERY & FAR FROM THE MADDING CROWD

The Line Gallery and Far From the Madding Crowd have both now reopened and life is beginning to feel slightly more normal again. Let's support our local shops even more to make up for the tough time these businesses have had. The big galleries in Edinburgh might not be open for some time but smaller galleries are starting to reopen, and I'm heading to Edinburgh for a fix of visual art very soon.

COMMUNITY GARDEN

In the last magazine you will have read about our new Community Garden – I urge you to take a wee trip there to enjoy the beautiful words of poet Skye Loneragan. With support from her and the Scottish Book Trust, New Well Wynd Community Garden is now filled with poetry. Take a look and gather inspiration for the soul.



It looks like it might be quite a time before our normal Arts events resume. If you hear of anything interesting on the horizon please do get in touch - patswan@virginmedia.com.

I hope to do another article in the future about other local artists so please email me if you'd like to be included. An exhibition of all the work being produced locally might be something we could aim for once you all get in touch. I hope you have time to experience some ART over the next few weeks.

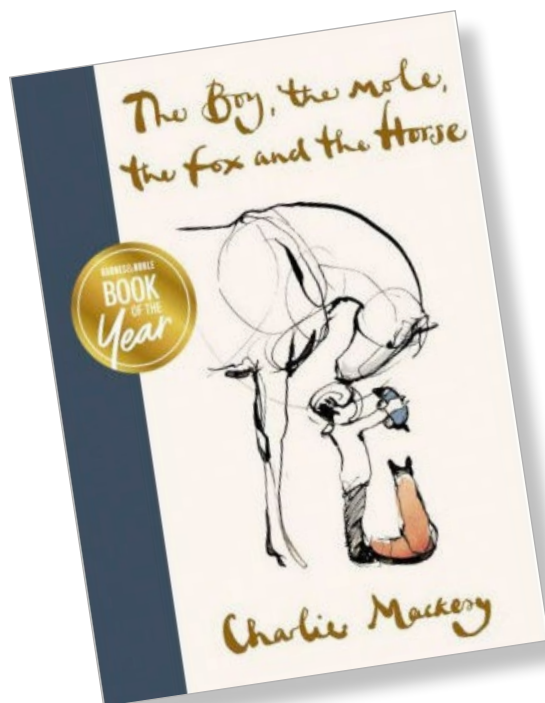
QUOTE OF THE MONTH

*“art is you being free from
all of the worlds heaviness”*

The Boy, the Mole, the Fox and the Horse

Charlie Mackesy

A tale of love, friendship and kindness – this story has universal words of wisdom for readers whether they are eight or eighty-eight. Exquisitely bound and filled with beautiful illustrations on each page this book feels special and one to treasure even before the first word is read.



"When the big things feel out of control...focus on what you love right under your nose."

In the book's foreword, Mackesy tells us the four companions are all aspects of human personalities – we ourselves are most probably a jumble of all four. The boy is a little bit lost and in need of guidance, the mole lives for the moment and is unashamedly obsessed with cake, the fox is more wary as he has already been hurt by life while the horse is the most gentle and intuitive.

For Mackesy the book grew organically, through a desire to illustrate and record pivotal conversations and musings that he had been fortunate to share amongst friends. They are snapshots of universal themes and feelings that Mackesy encapsulates so succinctly and refreshingly through his artwork and words.

"Is your glass half empty or half full?" asked the mole.

"I think I'm grateful to have a glass" said the boy.

During this time of worldwide upheaval I found this book refreshing and honest. It is an easy read yet the words of wisdom linger for longer in the subconscious, reminding us of what is truly important in life; love, laughter, kindness, humility and compassion.

It is easy to feel disconnected and cast adrift in the midst of current world events, especially if for you the digital world has overshadowed the natural world, ensuring we are more connected yet in many ways more isolated than ever before. The Boy, the Mole, the Fox and the Horse brings it all back to basics in the most beautiful of ways.

"Always remember you matter, you're important and you are loved, and you bring to the world things that no-one else can."

Lisa Nettleton

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



The winning entry for the Linlithgow Rocks competition was provided by the Skene family. Dad Sean has been thankful for the distraction of taking the family out to hunt for rocks during these difficult times. His daughters Isla and Hayley found this perfect hiding place for a rock that they had painted. Well done to them and I hope they enjoy their prize from Mac's of Linlithgow. The Facebook page now has more than 800 members, and it's clear rock painting and hunting will go down in history as a lockdown pastime for many Linlithgow residents, young and old!

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](#).

There is also a public assistance desk at the station, which is open from 9am to 5pm Monday to Friday. Alternatively if you want to discuss an issue, which may require more privacy, arrangements can be made to speak with you at another time at a police station, by telephone or your home address.

Alternatively you can email the Constables at: westlothiancommunityeast@Scotland.pnn.police.uk

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

NEIGHBOURHOOD WATCH SCOTLAND

This system allows users to receive alerts from Neighbourhood Watch and Police Scotland. The idea being that if there has been a recent crime trend, then officers from Police Scotland can send an alert to all users who may be affected or who may have an interest in the crime.

- >> **Crime Trends** – recent crimes that have occurred in their area, housebreakings etc.
- >> **Missing Persons** – Details of High Risk missing persons can be broadcast to specific areas.

Members of the public can register online and the registration process is very simple. You can register as an individual or an association such as a residents association or community council / community group.... Or both!!!!

The key to the Neighbourhood Watch Alert system being a success is YOU, we require the public to register online; the more people who register the better.

You can register at <https://www.neighbourhoodwatchscotland.co.uk>



PARKING IN LINLITHGOW

Despite the reduction in vehicles on the road due to Corvid Pandemic and people resorting to walking and cycling a hard core of motorists insist in flouting the parking restrictions.

There are no changes to the parking restrictions within the town

Police Scotland are disappointed to report that despite several appeals to the residents that the inconsiderate and illegal parking is still continuing to blight the High Street and surrounding streets.

Parking on single yellow lines

Nearby signs should indicate when single yellow line restrictions operate. Single yellow lines indicate areas where parking is prohibited at certain times. There are no set rules about when single yellow line restrictions operate and the limits can vary street by street as well as between towns and cities.

Parking on double yellow lines*

Unless you hold a disabled parking permit you cannot park on double yellow lines.

The Highway Code states: "Double yellow lines indicate a prohibition of waiting at any time even if there are no upright signs."

A few areas have special exclusions that allow you to park on the lines at certain times but these will be clearly displayed on street signage. If you can't see a sign, play it safe and assume the parking ban is in place all day every day.

Should the attitudes of these drivers continue then action will be taken against these people

As a resident or visitor to Linlithgow if you do need to drive please do not be a selfish motorist, park legally and adhere to the parking restriction signs.



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 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
Twitter: [@policescotland](https://twitter.com/policescotland)
Facebook: www.facebook.com/policescotland





During lockdown, something really extraordinary has been happening across Linlithgow. Mini farms have been popping up - in gardens and patios, on windowsills and fences, producing everything from lettuce and radish to strawberries, cabbage, carrots and potatoes.

This is Farmily – a new community network that has emerged from Narrowboat Farm and already grown to over 600 members. It's a thriving, active, supportive community of peers who are growing their own food at home – often for the first time. Since March, over 100 raised beds have been distributed and filled around the town, creating ready-made veg patches for those who need space to grow.

Alongside caring for their own patches, members are swapping seeds, sharing plants, helping with the identification of various bugs and beasties, delivering farm supplies to those who are shielding, and supporting one another through the triumphs and disasters of growing food from scratch. The focus is on getting stuck in, having a go and cobbling things together with whatever materials are on hand, all supported by a range of starter kits created and distributed from Narrowboat Farm on a 'pay what you can' basis.

People come to the group for all kinds of reasons. We asked a few members to share their experience of Farmily, and to tell us what they'd got out of being involved:

"Starting to grow veg from seed at the start of lockdown gave me a focus and respite from worry that I struggled to find elsewhere. I think I found a sense of hope and moving forward in watching the seeds grow. It gave the whole family a reason to get outside and a project to get stuck into. Growing veg and doing the seed/seedling swaps has allowed us to feel connected with the community even when we've been so disconnected from our usual lives. It's been one of the real highs of lockdown."

Alison, Farmily member

"I've become very isolated mentally and physically by my disability. I had lost all hope really of having any form of meaningful contribution to my day. Due to my condition I spend a lot of time in my bed in pain. But then lockdown came and as a customer of Narrowboat Farm I saw the post [about Farmily] and the rest is history. Farmily has given me a reason to smile again, to feel positive. I take small steps, I potter about listening to my podcasts and audiobooks and I've achieved so much with my wee farm and my garden."

Vikki, Farmily member

"Farmily has helped me learn new skills and try new crops and techniques. More importantly to me it's helped stop me feeling isolated while redundant and shielding with 3 kids. I'm so grateful to all of the people that have so kindly delivered things to my door and it's also presented opportunities for me to be able to help other people which has given me purpose beyond being a Mum and made me feel useful"

Helen, Farmily member

Like all the best projects, what started as a small idea quickly grew arms and legs. Over 280 free sunflower 'starter kits' were created and delivered to local families via Linlithgow Academy (focusing on those collecting free school meals), Bonnytown Nursery, and the toddler group and Sunday School at St John's Church. Thanks to support from the Strengthening Community Fund – Linlithgow's Covid-19 Community Response – plans are now afoot to connect with local charities and community groups to roll out more starter packs to those who are especially struggling under lockdown. A further 500 starter packs will be created and distributed over the coming months – to help spread the satisfaction and joy of growing to as many people as possible.

There are plans for a permanent Farmily zone and swapping shack at Narrowboat Farm, vegetable and herb planting in some of the High Street barrel planters - and hopefully (lockdown permitting) a harvest festival to celebrate all that's been achieved in such a short space of time.

The Farmily community is welcoming, friendly and supportive - and growing in numbers by the day! Everyone from Linlithgow and surrounding areas is warmly invited to join in the fun at <https://www.facebook.com/groups/famfarm/>



Kathryn Welch

Linlithgow Farmily



MORRISON
Personalised Wealth Management



Personal, considered,
comprehensive

You are our client, not your money

01506 200580

www.morrisonpwm.com
enquiries@morrisonpwm.com

DETAIL



13 HIGH STREET • LINLITHGOW • EH49 7AB
distein@detailhair.com • www.detailhair.com

TEL: 01506 670429

skinhappy
solutions for your skin

What to do if you suffer from ingrown hairs

Ingrown/trapped hairs occur when hair grows back into the skin anywhere on the body. If hair follicles get clogged by congestion of dead skin cells the hair cannot grow up and out as normal and instead grows back down or sideways underneath the surface of the skin causing inflammation.

The medical term is Folliculitis or Pseudo Folliculitis Barbae. It's more commonly known as shaving rash. Those with naturally coarse curly hair usually suffer from this problem more than those with straight hair. Bacteria enters the skin of the shaved area causing itchy red inflamed bumps. Daily shaving can exacerbate the problem.

It's important to be gentle, do not pick, poke, or squeeze the infected area(s) excessively as this can damage the skin and at worst cause scarring.

How to resolve ingrown hairs:

- > Use a new razor daily/as frequently as you can.
- > Keep the area clean and change towels/clothes daily.
- > Gentle exfoliation over the shaved area will help the trapped hairs come to the surface.
- > If it is an option, let the hair grow for a few weeks and the inflamed infected area will clear up.
- > If stopping shaving is not an option, then Laser hair removal is the only definitive solution.

How will laser hair removal help?

The laser emits pure light that's absorbed by pigment within the hair follicle and is transformed into heat. This heat energy effectively destroys the hair follicle without damaging the surrounding cells. With a course of laser hair removal, the hair follicles will be permanently reduced solving the problem of ingrown hairs.

What to do now: If you suffer from ingrown hairs or shaving rash and want to know how laser hair removal can help you, **contact Tina Arnot today** for a virtual consultation. A solution can be tailor made to suit you.



We restore radiant skin to help you feel confident carefree and skin happy.



For more information and an online consultation contact Tina Arnot:

Skin Happy, 42 High Street, Linlithgow Tel: 01506 888138 E: nfo@skinhappy.co.uk
www.skinhappy.co.uk/body-contouring www.skinhappy.co.uk/reviews



SkinHappy



inhappyme

star barber

TRADITIONAL TURKISH BARBER

HOT TOWEL SHAVES
GENTS HAIR CUTS & STYLES
BEARD TRIMS & STYLES
OAP RATES
KIDS & BOYS HAIR CUTS
PATTERN DESIGNS
HIGH LIGHTS
GIFT VOUCHERS



FO
NE
X

ARKO
MEN

OPENING HOURS

MON-TUE-WED- 9AM-6PM & THURS-FRI 9AM-7PM & SAT 8AM-5PM

76 THE VENNEL LINLITHGOW EH49 7ET 01506237387



THE DOLLHOUSE

At the Dollhouse we are patiently waiting until we can open. Please keep an eye on our Facebook page for updates.



Stay safe

77 The Vennel
High Street, Linlithgow
T. 01506 847 222



The Dollhouse

NAIL BAR & BEAUTY SALON
Tel: 01506 847 222



Now open at 77 The Vennel, Linlithgow

TRADE
ONLY



HOWDENS Linlithgow

Linlithgow's ONLY Trade Kitchen
Supplier



Supplier of Kitchens to Suit all Budgets,
Bathroom Units, Appliances, Accessories, Flooring,
Doors, Joinery, Hardware, Electrical & Plumbing.

Mill Road Industrial Estate, Linlithgow, EH49 7SF
Tel: 01506 670940 Email: linlithgow@howdens.com

BROCHURE
DESIGN

LOGO
DESIGN

WEBSITE
CREATION

COPYWRITING

ANIMATION

cgh creative
OF LINLITHGOW

Tel: 07843 856922
www.cghcreative.co.uk

BUSINESS PROTECTION – WHY YOU MIGHT NEED IT

Virtue Money

If you are a business owner and employ staff, you will have insurance to cover your employees in the event that they have a workplace accident. If you have a factory or office, chances are you will have insurance on these.

However, you may have forgotten about protecting your most important assets – you as the owner or people key to your business.

Not enough businesses take time to consider and indeed seek cover if a key person in the business falls ill (including critical illness) or dies.

>> What would happen to the day to day running of your company, would your income take a hit if a key person is affected?

>> Could you repay business debts or afford to pay the surviving spouse of the key member the value of the business owned by the Partner or Director?

There are different types of business all of which need protection however not all businesses need to protect the same things:

>> Limited Company – you may have a business loan, loan account or a business overdraft which would need to be protected.

>> Limited Liability Partnership and Partnerships – Do you have key people who contribute to the success of your business?



>> Sole Traders – Although you cannot own property or plans (these would be owned by the individual owner) what would happen if you or a co-owner were to suffer a serious illness or die?

People who are self-employed generally find that their business and personal finances are often interdependent. This means that you would look to protect yourself and your family. This could mean looking at business protection.

If you are a Director or a Partner in a business, you would look at business protection to bridge the gap should you, your partner or other directors fall ill or die. How could you afford to recruit someone qualified to take on the role of the key person?

What if you already have personal protection? That's great and it means that your family would be covered in the event of your death, disability or critical illness but what about your business.

If you could no longer work because of a disability or a critical illness how would your business cope and if you could go

Not enough businesses take time to consider and indeed seek cover if a key person in the business falls ill (including critical illness) or dies.

back to work afterwards would there still be a business to go back to?



If you would like to speak to one of our advisers about Business Protection then please call me, [Susan Ralston](mailto:susan@virtuemoney.com), on 0345 034 3424 or alternatively email me at susan@virtuemoney.com

I can arrange an appointment that suits and remember the first consultation is free of charge and completely no obligation.



Virtue Money

TO CONTACT VIRTUE MONEY

EMAIL [Susan Ralston](mailto:Susan.Ralston@sus@virtuemoney.com)
susan@virtuemoney.com.

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.

© 2016 Virtue Money | Virtue Money is a trading style of Policy Services Limited.
Registered Office – Priorsford, 75 Grahamsdyke Road, Bo'ness, EH51 9DZ.
Registered in Scotland No. 230167. Policy Services Limited is authorised and regulated by the Financial Conduct Authority. FCA No. 214036.

FREE
CONSULTATION

www.virtuemoney.com e: info@virtuemoney.com t: 0345 034 3424

WILDLIFE AT OAKWELL ALLOTMENTS



Gardens and allotments are increasingly becoming havens for wildlife as changes in the countryside and in farming practices have taken place. The widespread use of herbicides and pesticides have meant that there is less insect life and weed seeds which in turn means that birds have less food for themselves and their chicks. As more and more farm ponds have been drained, garden ponds are now the main refuge for amphibians. Oakwell allotments hosts a wide variety of wildlife and we have been keeping a note of what has been seen here over the past two years. Here is the list so far.

Birds. Mallard (breeding), Buzzard and Raven (overhead), Lapwing, Woodpigeon, Grey Partridge (now quite rare), Starling, Wren, Swallow, Dunnock, Swift, Long-tailed Tit, Blackbird, Robin, Redwing, Song Thrush, Sedge Warbler, Willow Warbler, Whitethroat, Bullfinch, Linnet, Greenfinch, Goldfinch, Carrion Crow, House Sparrow, Tree Sparrow.

Mammals. Rabbit (no longer we hope), Weasel, Field Vole.

Butterflies. Large Cabbage White, Small Cabbage White, Orange Tip (once rare but now spreading, not to be confused with Cabbage Whites; males have orange tips to their wings and both sexes have mottled green camouflaged underwings)

Amphibians. Newt, Frog, Toad

Quite a list, particularly of species of birds, and this does not include a host of invertebrates such as beetles and centipedes.

Things to do on your fruit and vegetable plot in July

There is little to be done in the way of sowing and planting this month and harvesting crops and keeping on top of weeding are the main tasks on your plot.

- >> Feed autumn Cauliflowers weekly to get good-sized curds
- >> Summer Cabbages, Swiss Chard, Courgettes, Peas and Spinach should be ready for harvesting this month
- >> Stop watering Shallots in week 2 and harvest them at the end July
- >> Stop watering Onions towards the end of the month.
- >> Early Potatoes should be ready for harvesting. Try not to leave any small potatoes in the ground as they will come up again next year. There are always some left however thorough you are.

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:

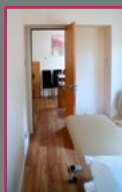
- >> Donated gift vouchers to parents we know are in the NHS to try and show our support.
- >> Gifted 2 iPads to the Nursing Home to ensure residents can have a way of keeping in touch with friends and family.
- >> Bought an ECG machine for the medical practice to help all the community.
- >> Donated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



Linlithgow Physiotherapy

Local Physiotherapy Clinic.



We can help with:

- Back/Neck Pain
- Sports Injuries
- Joint/Muscle Pain
- Ante/post Natal Care
- Modified Pilates
- Bladder Problems
- Headaches
- Dizziness
- Acupuncture



26c High Street
Linlithgow
EH49 7AE

Karen Graham
Pamela Armstrong

Tel. **01506 238189**

www.linlithgowphysiotherapy.co.uk
contacts@linlithgowphysiotherapy.co.uk

Healthcare Insurers Recognised
HCPC registered



BLACK BITCH

THE BLACK BITCH WELCOME YOU BACK

We may look a little different but the beer
still tastes the same!

Beer Garden: from 12-10pm
Bar & Lounge: from 11am-11pm

BLACK BITCH FUNCTION SUITE:

Offering an ideal setting for any event or occasion.
Accommodates 46 seated & a further 15 standing guests
comfortably. We offer a private bar with a wide range of wines,
beers & spirits. Music & buffet can be organised on request.

SKY & BT SPORTS:

Dedicated to bringing you the best live sporting action.
Come relax watch and enjoy with us.



TEL. 01506 842147

14 West Port, Linlithgow EH49 7AZ



**Lochside
PLAYGROUP**



Low Port Centre, 1 Blackness Road, Linlithgow, EH49 7HZ

REGISTERED PRE-SCHOOL SESSIONS
CHILDREN 2 YEARS 3 MONTHS+
9.15AM-11.45AM
MONDAY-THURSDAY (TERM-TIME)

To enquire about a place or to add your child to
our waiting list email:

lochsideplaygroup@yahoo.com



Care Services No.: CS2003013238 | Charity No.: SC013205

A range of luxury gifts
handpicked and brought
to your High Street

Free delivery to EH49 Postcodes or Click and Collect in store



View our full range
and latest offers
instore or visit
lilypondcrafts.co.uk



LILYPOND CRAFTS & GIFTS

25 The High Street, Linlithgow EH49 7AB tel: 01506 840225
enquiries@lilypondcrafts.co.uk



Scottish Youth Climate Strikes

I've waited a long time to write this piece – agonised over it in fact. Because honestly – I was scared. Scared that my school would

forbid me from continuing if I starting yelling “Look at me, I’m a climate striker!” to all the readers of this magazine. But now I’ve properly left school I feel like I can finally share this story.

In May last year I joined SYCS or Scottish Youth Climate Strikes, an organisation which believes in peaceful protests and political action to make progress in environmental goals. We focus on changing the system as a whole, rather than guilt tripping individuals for not turning off the light in their house.

At this point, the climate crisis and other environmental issues need to be seen for what they are – legitimate dangers to our human rights. Higher temperatures increase populations of bugs which carry diseases such as malaria and Lyme disease.

Unpredictable weather makes it hard to grow enough food for a planet of people. Flooding is expected to swallow many coastal cities (by 2050 Glasgow, Mumbai and New Orleans could all be underwater) and extreme weather has already caused refugee situations worldwide. Plastic from the ocean eventually gets into our food chain, causing cancer. And both COVID-19 and Ebola came to humans via the illegal wildlife trade. This isn’t just treehuggers – unless there is a complete overhaul in every aspect of life, millions will die due to environmental issues.

And that complete overhaul is possible. It won’t be easy – nothing worthwhile is – but the circumstances we’ve lived through recently have proven us possible of incredible change. All that remains is to convince governments that a green recovery is the best option for all involved.

That’s where groups like SYCS come in. As well as a network of strikes across Scotland, we also work alongside groups such as Greenpeace and Extinction Rebellion in larger demonstrations and use political contact – like lobbying MSPs and petitioning.

Despite us being the ones who will inherit this planet, many young people can’t vote. That is why we strike from school – not because we don’t value our education, or because we want to make trouble, but because we can’t stand by and do nothing.

The tangent to all this is that we need your voice. Strikes have continued throughout lockdown online and are now returning (socially distanced) to the streets. Anyone is welcome to get involved – check SYCS’ website, Facebook, Twitter or Instagram for more information. You can also sign up for a free monthly newsletter, which will arrive via email and keep you up to date on the climate crisis and any action SYCS has been taking.

Last September I was heading into Edinburgh on the bus for a school strike when a woman asked me about my protest sign. I explained, and she said what myself and other young people were doing was fantastic, and it would be fantastic if Linlithgow could hold a strike of its own. I hope that supportive attitude is shared by many of you. The time to act is now. Not tomorrow – today.

LUCY PURBRICK

Wildlife, conservation and eco-living.



LINLITHGOW STRING ORCHESTRA

ONLINE PROJECT FOR STRING PLAYERS OF ALL AGES



KEEPING EVERYONE
PLAYING DURING THE
REMAINING LOCKDOWN
PERIOD AND OVER
THE SCHOOL SUMMER
HOLIDAYS...

Music has played such an important part in helping people up and down the UK navigate their way through lockdown. Gareth Malone heard Esther Rantzen's suggestion on BBC's 'One Show' that he should form a virtual choir, right at the very beginning of lockdown. He continues to hold online weekly YouTube rehearsals and has formed a Great British Home Chorus of 1000's of people from across the UK and beyond who have sent in recordings soon to be released as an EP by Decca Records later this month. He has documented the lives of some of his online choir members and the challenges they have overcome, particularly keyworkers, and the importance of music in their lives in a current BBC Two series 'The Choir – Singing for Britain'.

Due to the pandemic, music groups across Scotland, including orchestras, have been unable to rehearse or perform together since the end of March – therefore many choirs and orchestras have taken to producing online recordings. Singers and musicians either individually or as household groups have recorded themselves playing along to backing tracks which have then been stitched together to produce impressive virtual choirs and orchestras. People contributing to these online productions have not only included regular choristers or musicians but also those who have returned to music during recent months – emphasising the importance of music for mental health and keeping people feeling connected in a lengthy period of isolation.



After the success of their recent 'Bring Me Sunshine' recording featuring Gregor Borland which was launched on the Linlithgow Orchestra YouTube channel on 21st June for international Make Music Day (see: <http://www.tinyurl.com/LSOsunshine>), Linlithgow String Orchestra (LSO) have launched an online 'O2J project' (Ode to Joy) to keep everyone playing during the remaining lockdown period and over the school summer holidays. String players of all ages from across West Lothian and the surrounding areas are invited to record themselves playing along to backing tracks of Beethoven's 'Ode to Joy' to create a mass orchestral recording. Sheet music and backing tracks are available to download at www.linlithgowstringorchestra.co.uk/o2j-project. Recordings (audio/visual) and photos need to be submitted via their website by 10pm on Sunday 26th July.

Helen Greig,

President, Linlithgow String Orchestra

email: linlithgowstringorchestra@gmail.com

www.linlithgowstringorchestra.co.uk



COLLECTING TODAY'S LOCKDOWN STORIES FOR TOMORROW'S MUSEUM

Helen MacKenzie

We need your help!

We are looking for items – photos, stories or objects – that will help us show the small and personal changes we have all had to make in our lives thanks to these unprecedented times. The coronavirus has had a profound effect on us all and we are keen to ensure that we are able to record this unique period so that people in the future will understand what the changes meant to us now, and how the town responded.

>> Perhaps for you it was having to home-school?

>> Or joining in the Clap for Carers or looking for rainbows on your daily walk?

>> Or maybe it was queuing at the chemist or walking along empty streets...

We don't want to pry – we know that this has been a difficult time for many – but if you would like to participate, we would love to hear from you.

What we need from you

Think about the things that stood out for you during this strange and tragic time, and send us something that captures them. Whatever it is – rainbows in windows, leaflets through the door, online birthday parties, messages on pavements, signs in shops – take a photo or make a video.

Or, if you'd rather tell us about it, write it down or talk about it in an audio or video recording.

If you have any physical objects, we would be keen to hear about that too – let us know.

You'll find full details on the museum website of what and how to send things in. But in general, the idea is that we hope to use your items either on our website, in a future exhibition, or by adding them to our collection for researchers of the future to use.

"The coronavirus pandemic and lockdown is certainly the biggest thing to happen to the country in my lifetime," said Norman Dowie, Chair of Linlithgow Heritage Trust, the volunteer-led charity that runs the museum. "We don't know how and when it is going to end, or the changes that will come as a result. In fact we probably won't be able to judge that for many years – and that is why developing a collection like this now is very important."

"Sometimes it's the small things that explain history most clearly," he said. "Take the signs in shop windows, for example, or the chalk messages and the painted stones and the rainbow paintings. They show the emotions of the moment and if we don't capture them now then they will be gone forever. But with your help we can show the people of tomorrow what lockdown life really is like today."

"As well as pictures and stories, one other kind of donation you can make to support your museum is financial. The pandemic has meant we've had to cancel

all our normal fundraising events – particularly our hugely popular Antiques Fair, and our planned series of talks. We rely on these events to raise the funds that keep the museum going throughout the rest of the year, and although the museum has been closed, we still have bills to pay. So if anyone is able to make a small financial donation to help us, that would be very much appreciated! You can donate online at www.linlithgowmuseum.org/support."

Speaking of online...

While we don't yet know when the museum will reopen, we have been doing a lot of work on the internet.

Our Trustees and volunteers have been busy on our website, Facebook and Twitter pages, so if you'd like to find out more about our collections, local history or history in general, then make sure you check them out.

Till then, keep safe and start sending us your images, recordings and objects. Full details can be found at www.linlithgowmuseum.org/forthefuture and if you have any questions, email us at forthefuture@linlithgowmuseum.org.

Thank you!

Linlithgow Heritage Trust

<https://www.linlithgowmuseum.org>

<https://www.facebook.com/LinlithgowMuseum/>

<https://www.linlithgowmuseum.org/forthefuture>

Twitter: @LinlithgowH



ST MICHAEL'S WELL 1720 – 2020

Bruce Jamieson



A young girl collects water from the well.

Their account of the journey is the first ever written record of an expedition of this nature. They wrote on 7th October 1871, "The well bears the date 1720, and the words 'Saint Michael is kinde to straingers'. As we considered ourselves to be included in that category, we had a drink of its water."

The corona outbreak is not the first pandemic to affect Scotland. When bubonic plague reached Scotland and rampaged through Edinburgh in 1645, the authorities in the capital appealed to the Linlithgow Town Council and to St Michael's Kirk Session, with a fervent request to bring the 'Tounis College' (the precursor of the University) and the Committee of Estates (the interim government) to Linlithgow. The requests were reluctantly granted – the "University" moved into St Michael's Church and the "Parliament" met in the palace.



The saint's figure was chosen to grace the construction on account of his being the patron saint of the town; the archangel who had given his name to the 15th century church on St Michael's Mount and whose motto (in quaint 18th century spelling) appears carved on the well: "SAINT MICHAEL IS KINDE TO STRAINGERS." It is said by some authorities that the statue once graced an early Cross Well and was rescued during a 17th century restoration. Others suggest that it stood as a religious icon at the entrance to St Michael's Wynd – the lane nearest the well.



St Michael's Well in the 1920s.

The water for the well was supplied by a natural spring emanating in the Bathgate Hills and brought to the High Street in pipes. The well once stood slightly further along the street but was moved to its present position in 1802 when a larger reservoir was constructed to improve the water supply. For centuries, it supplied the cooking and drinking needs for the neighbourhood as very few establishments had running water in the house itself.

In 1871 it is described as a "pump well" by Robert and John Naylor - a couple of wealthy English brothers who passed through the town on their walk from John o' Groats to Lands End (with many diversions.)



The book "From John o' Groats to Lands End" and one of its authors, Robert Naylor.

The appeal was made on the grounds that Linlithgow was comparatively free of the plague on account of its quarantine arrangements with guards and gallows at the town's entries and an isolation camp on the Burgh Muir. The burgh also had an excellent, clean water supply – one such being St Michael's Well. The original one was a dipping well where a constant stream of water flowed into a trough into which householders at the east end of town dipped their water containers. The well that stands on the spot today was erected in 1720, in the sixth year of the reign of King George I. It has stood throughout the reigns of ten more monarchs and has witnessed three hundred years of the town's history.

In all likelihood, the well was ceremonially opened in 1720 by Provost Thomas Ronald, a wealthy merchant with trading interests based in Blackness. He was also the owner of a brewery and, for business reasons, very interested in bringing fresh water supplies to the town.

Linlithgow's reputation as a provider of good water supplies is borne out by the old 18th century rhyme, "Glasgow for bells, Linlithgow for wells, and Falkirk for beans and pease."

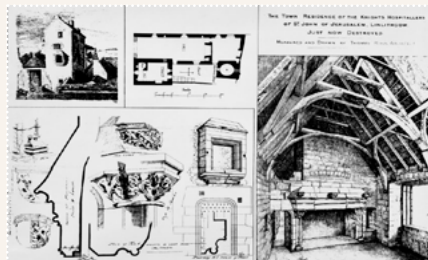
Provost Ronald was keen to improve local businesses and he encouraged the establishment of a thriving linen industry in the town – as witnessed in the 1720s by Daniel Defoe when he visited the burgh. "There is a very great linen manufacture and the town's water is esteem'd with the best in Scotland for bleaching linen cloth."



Daniel Defoe – the author of "Robinson Crusoe".

Defoe went on to say, "Lithgow, itself is a pleasant, handsome, well built town; the Tolbooth is a sturdy building, kept in good repair, and the streets are clean. The people look here as if they were busy, and had something to do, whereas in many towns we pass'd through they look'd disconsolate for want of employment. The whole green, fronting the loch was cover'd with linen-cloth, and, I believe, a thousand women and children were tending the bleaching business". If only Defoe could see our sad, empty High Street today!

In early photographs of St Michael's Well, the High Street building visible behind it was part of the Mint complex – the local headquarters of the Knights of St John. Its threatened demolition in the late 19th century saw architects David MacGibbon and Thomas Ross compiling a detailed survey of the building, particularly the tall tower to the south of the High Street.



Bottom left: Drawings of The Mint made by MacGibbon and Ross.

After the buildings were pulled down in 1885, the two architects claimed many of the oak beams and the walnut panelling and used them in an extension to The Whitehouse in Barnton.



The Whitehouse in Barnton, Edinburgh - now the home of Harry Potter author, J. K. Rowling.

The Mint complex was replaced by the St Michael's Hotel which, in its turn, was transformed into flats in 1992.



The well in 1970 with St Michael's Hotel behind. The crudely carved figure of the saint carries the town's coat of arms.

Sometime in the twentieth century, the well was hit by a vehicle and the damaged water spout was never replaced. Today, it stands somewhat forlornly – dwarfed by an ugly air quality monitor and often surrounded by dustbins. It deserves better in its 300th year!





**THE LINLITHGOW
FRONT STEPS
PROJECT** P12



**HELP RAISE URGENT
FUNDS AND
BUY BLACK BITCH
CARDS** BY SILVANA DONALDSON

**£3.50 for pack of 4
(blank inside)
or £10 for 3 packs**

**Delivery free within Linlithgow
Contact Averil 07899 983377**

*Cards commissioned by
Burgh Beautiful.*

*Designed by Linlithgow Academy
S1 pupils.*

*Sponsored by Alan Steel Asset
Management.*

*Funds raised to enhance Linlithgow
– Winner of Gold and Best Town
category in Britain in Bloom 2018.*

*Burgh Beautiful Linlithgow is part of Linlithgow
Burgh Trust. Linlithgow Burgh Trust is a Scottish
Charitable Incorporated Organisation – Scottish
Charity Number SC047211*

**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**



Du Vin Bouchers
Wine Bar

HELLO!
WE ARE
REOPENING!
On Saturday
1st August
(subject to any government changes)

Click & Collect and Home Delivery
is still
available ☺

www.duvinbouchers.co.uk

Open for essential and urgent services only

We've suspended all routine eye and hearing tests.
If you need urgent care or are a key worker, please
call us and we'll aim to help you as quickly as possible.



Visit specsavers.co.uk to search for your
local store to find out their opening hours




**GET FIT, MAKE FRIENDS,
PLAY NETBALL**

For more information on our netball sessions
at XCITE follow us on Facebook or
email: Linlithgownetballclub@gmail.com


Knee, Hip, Lower Back Problems

**LINLITHGOW SPORTS PODIATRY
& CHIROPODY CLINIC**

Martin Godley BSc, MSCh

**Sports Podiatry & Chiropractic
Clinic Linlithgow**

- > General/High Risk Foot & Nail Care
- > Biomechanics & Gait Analysis
- > Custom made Orthotics
- > Foot & Lower Leg Mobilisation
- > Low Level Laser Therapy
- > Both Elite and Recreational
Athletes treated



Following guidelines
from College of Podiatry
the clinic is open to
patients with Emergencies
or in pain and discomfort.
Full safety measures in place.
For appointment please
call 07596954189.
Thank you for all
your support.

Appointments available at:
Unit 8, Braehead Business Units
Braehead Rd, Linlithgow EH49 6EP
www.podiatryscotland.co.uk Tel: 07596 954189
Email: m.g.podiatry@gmail.com



COCKTAIL OF THE MONTH: LE MYSTÈRE



Le Mystère is a beautifully refreshing vodka cocktail, perfect for lazy summer afternoons in the garden or for celebrating a special occasion with loved ones.

The key ingredient is Snow Queen Organic, a super premium craft vodka encased in an intricately detailed, ice-inspired bottle. Snow Queen Organic is designed to impress – its super smooth, velvety liquid is distilled from only the finest EU organic wheat.

It is a favourite of elite, 5-star hotels and is known and loved across the world for being a beautifully soft, smooth and pure vodka.

Ingredients:

30ml Snow Queen Organic Vodka
5ml Fresh Lime
20ml Tonic Water
10ml Sugar Syrup
Taiwanese Balm Leaf / Lemon Balm /
Mint to Garnish

Directions:

Place all the ingredients into a cocktail shaker. Shake vigorously and strain the liquid onto fresh ice. Garnish with Taiwanese Balm Leaf or fresh mint.

Where to buy:

Shop online via Ellustria

Westport Vets Pet of The Month is Brodie, the one-year old Labrador Springer Spaniel cross.

Brodies family describe him as crazy, cheeky, loyal but most importantly good fun!

He makes the family smile by cuddling with them on the sofa and when chasing rabbits at the rugby club. They always laugh when he gives them his beautiful big 'puppy dog eyes' when sitting like a good boy on his mat waiting for a treat!

Brodie adores catching sticks in the River Avon, playing forestry (pulling at tree branches), chewing on his bone and playing tug of war with his Dad. Brodie loves going out with his dog walker, Sheila and going out to play with his pals!

Brodie has a few cheeky habits such as stealing his sister's socks and destroying them, not leaving his favourite toys when asked and not coming back when playing with his pals!

His favourite toys are rope toys, squeaky balls, treat finding activity and learning new tricks. Brodie has a selection of happy places, usually his bed, on the sofa with his Dad and Mum and his sister's bed.

During the Covid19 lockdown Brodie has been busy with lots of walks as well as annoying Dad and Mum whilst they are working! With the change of routine and normality during the pandemic and lockdown, he has been enjoying having everyone at home and getting lots more treats than he usually does.

When lockdown is finally lifted, Brodie will be so excited to see all his friends, his dog walker and their future adventures in the hills.

Brodie has been a wonderful help to the family over lockdown, "he has managed to get us all out and about walking and finding new places to explore during lockdown in Linlithgow and giving the family structure to the day."

A lot of pets like Brodie have been thriving during lockdown - content having the family together and enjoying the extra attention!

As we move on to our new normality as some lockdown restrictions ease, we should always consider that our pets will also need time to adjust to the new normal too. Have a plan in place to ensure they get some time alone, that they feel comfortable being left alone and build

up duration. This is vital to ensure they are not at risk of Separation Anxiety.

Separation Anxiety (SA) can occur for many reasons, such as when your dog is not used to being away from you or is scared by something in the house. Their genetics, personality and experiences can also affect how they cope on their own.

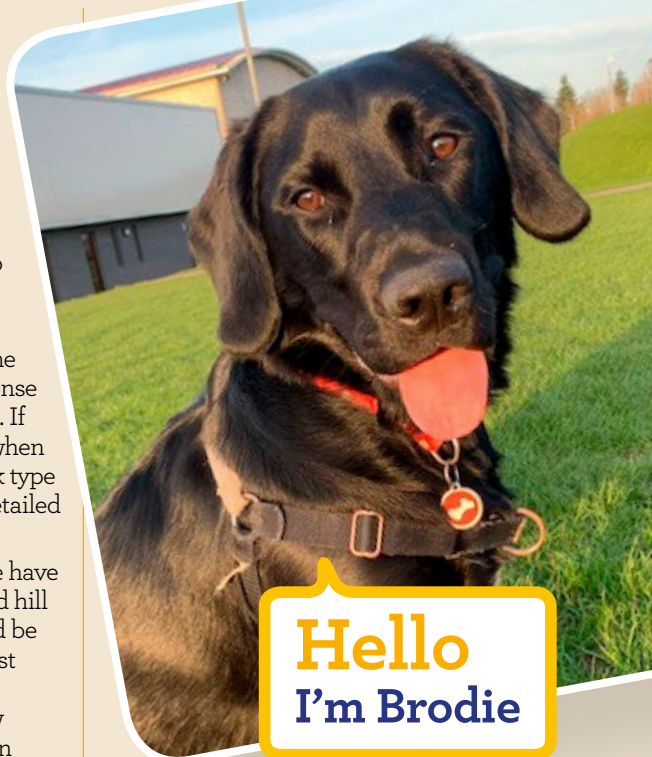
It should not be presumed that pets who previously coped being left alone will cope the same following the intense lockdown. Prevention is key with SA. If you are unsure how your pet copes when alone try videoing them, also FitBark type monitors are good for monitoring detailed activity data throughout the day.

When travel restrictions ease and we have the chance to go for longer walks and hill walks, a bit like ourselves, this should be a gradual build up for pets. Again, just because they previously managed a certain level of exercise, having a few months off will have had an impact in their bodies. Start small and closely monitor how they cope. A quiet or rest day following this type of exercise is always recommended.

If you had a puppy over lockdown, it is worth considering all the changes they will experience. Be mindful that heavy traffic and lots of people can be intimidating so go back to basics with your training and remember distance is your friend! Keep distance between something new and your puppy and watch their reactions, can they take a treat or toy or perhaps they try to move away from something. This is all information you can use in your training.

For all pets the changes may be stressful, having more people, other pets and traffic in their environment could be strange and daunting so monitor them for any signs of stress and ensure that you include lots of things to reinforce these things and changes as positives. This may be using food, toys, affection or simply adding in some distance!

Many pets, a bit like ourselves, may be carrying a bit of additional lockdown weight! Always ensure you know exactly how much food they get daily as this makes it amazingly easy to reduce it, or increase it, as required. Feeding guides are that - a general guide but ideally pets should be fed for their ideal weight not necessarily their current weight.



Ensure when routine is back in full swing that regular weight checks are too. Any medication, including parasite treatments are based on an animal's weight so ensuring that if their weight has changed then they are prescribed the most appropriate medication or treatment dose. This will so help with weight management.

Monitor your pets progress and their routine. Cats are particularly skilled in hiding things - discreet changes may be an indicator of an issue so do not dismiss them. For example, any changes in their toilet habits and behaviour.

If you have any concerns about your pet, or you would like to discuss anything, please contact the Westport Team where we can help. For enquiries please email surgery@westportvets.com or in case of emergency please call 01506 844165.

The Linlithgow Community Magazine (aka The Black Bitch) is a Scottish Charitable Incorporated Organisation (SCIO): SCO42542
Find us on Facebook,
Follow us on Twitter.



The paper we are using is FSC approved.
Images: A big thank you to all our photographers who support the magazine throughout the year.



THE LINLITHGOW FRONT STEPS PROJECT P12

Contacting the Black Bitch

For editorial and to advertise:
on.a.lead@gmail.com
 Editor: David Tait, 07767 713024
 Copy deadline for next issue
 is 12 Aug 2020.



Ace Tree SURGEONS

**Fully qualified
arboricultural specialists**

specialising in:

- * Sectional felling of dangerous trees
- * Limb removal * Hedge trimming
- * Pruning and Shaping * Stump Grinding
- * Fully Insured * 24 Hour Service
- * Seasoned hardwood firewood for sale.

**For a
FREE
estimate call
(01506) 847 049
or mobile
07850 624 939**

www.acetreesurgeons.com

'MAINSTREAM MEDIA' AND THE LIKE...

I'm sitting in the Peel engrossed in a book called "A Short History of Plastic Pipe Making in Eastern Europe", when my phone buzzes. It's a woman doing a survey. She wants to know what I think of the mainstream media's coverage of recent events. I assume she means the lockdown and BLM protests, not my current dispute with a neighbour whose jangling wind chimes keeps me awake at night. My intuition proves to be correct.

ME: The media? Well, you're probably talking to the wrong person. I can't remember when I last bought a newspaper, and ten-years ago I unplugged my television set and had it driven straight to the coup.

There's a pause which I put down to her unfamiliarity with the word 'coup.'

ME: It's a term that was used in Scotland until quite recently. Today, people with pretensions to appear better informed than their parents call it the 'recycling facility.'

WOMAN: Oh, you're Scottish! I couldn't quite place your accent for a moment.

ME: Ah, well, no... not Scottish. I'm a Scot. 'Scottish' might suggest I'm a wee bit of a Scot, but not entirely so. But no such luck (sigh) I've traced my ancestry all the way back to the battle of Houston Interchange and the reign of Emperor Frankie Vaughan and haven't found anything but Scots in my lineage.

WOMAN: Well, shouldn't you be proud of that? I would be. I'm an American myself.

ME: Well, we all have our burdens to bear. Of course, your current President's mother was a Scot, but I have irrefutable evidence that she got on the wrong boat leaving the Hebrides and ended up in New York. Poor woman, she thought she was being taken to a Beatles concert in Liverpool. If she'd done that today her son would have refused her entry as an unwanted immigrant.

We move back to the purpose of her call.

WOMAN: So, if you don't buy newspapers or have television, how do you update yourself on the latest news?

ME: I have three radios. Fortunately, two of them are broken. The one that works seems permanently tuned to the same station.

WOMAN: And which one is that?

ME: I don't know, it could be any one of the forty thousand and fifty-nine channels they insist I have. They all repeat the same things. Previously if you were obsessive about washing your hands, feared leaving your house and went around disinfecting your door knobs every few hours, you'd be seen as in need of psychiatric treatment. But this is what my radio says I must do.

WOMAN: And you've managed not to touch your face?

ME: Yes, and If you saw my face you wouldn't want to touch it either.

We turn to the slogan
"We are all in this together."

ME: It's the mantra of our times. Does it mean empowering our communities more? Does it mean bosses and workers together, employed and unemployed, the super-rich and the super-deprived? Would you ask someone to work less hours to keep another person in a job...?

Just as she's about to answer the call goes down leaving a nasty ringing in my ears. I wait for her to call back, but she doesn't. So, I return to my book about plastic pipes. Did you know some European countries make pipes in certain diameters and not others? I expect you find that as staggering as I do. But keep it in mind if you're thinking of renewing your drains anytime soon.

Kirk Gates

*Image: by local illustrator
Sandra Gibson.*

*Email: sgibsonillustration@gmail.com
See Sandra's profile in The Arts
section on page 21.*



THE LINLITHGOW FRONT STEPS PROJECT P12



Find us on
Facebook

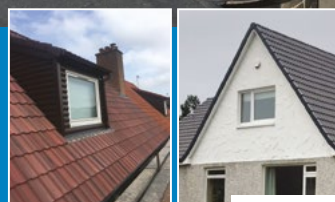
D. WATSON ROOFING LTD

- > Tiled Roofing
- > Slate Roofing
- > Flat Roofs
- > Chimney Repairs
- > UPVC Roofline
- > Gutter Replacement
- > All Repairs and Re-roofing works undertaken.



**T. 01506
847 885**

www.dwatsonroofing.co.uk
email: denis@dwatsonroofing.co.uk
D Watson Roofing Limited
41 Mill Road Industrial Estate
Linlithgow EH49 7SF



Classical Pilates Studio in Linlithgow MARIA HYBSZER PILATES



Offering one to one private classes on traditional Pilates equipment or why not come along with a friend or family member for a duo session or join in a mat class.

*"If your spine is inflexibly stiff at 30, you are old.
If it is completely flexible at 60, you are young. You are as young
as your spine." Joseph Pilates (1883 -1967)*

The Pilates Method - is popular with all ages and fitness levels - improves flexibility, strength and stability - provides a refreshing and energising workout - engages your body and mind.

If you would like to give it a try or find out more please contact
Maria on: mariahybszerpilates@gmail.com

T. 07513 116 490
mariahybszerpilates.weebly.com
Facebook: @MariaHybszerPilates

YOUR FITNESS GOAL?



- Q. Do you have a fitness goal in mind?**
- Q. Want to get in better shape or lose weight?**
- Q. Need to get faster for chasing after kids or playing a sport?**
- Q. Want to de-stress after work?**
- Q. Do you have the tools to help you reach your goal?**

Get in touch today and we can plan a fitness and diet program based on your needs and circumstances.

DAVID WILLIAMS
T: 07735 037853
dwilliams.pt@hotmail.co.uk

Personal Trainer Flex Fitness
1&2 Braehead Business Units
Braehead Road, Linlithgow
www.flexfitnesspt.co.uk



How much is your
home **worth?**

T 01506 828282
E linlithgow@paulrolfe.co.uk
W paulrolfe.co.uk

Paul Rolfe 
SALES AND LETTING