

FREE

The

Green Handbook

Connecting Dumfries & Galloway

SUMMER 2018

Issue 96

LABYRINTHS IN HEALTHCARE

FOREST EDUCATION

THE NAIL FACTORY

INKJET PRINTING

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WHERE TO FIND THE GREEN HANDBOOK

You will find the Green Handbook at libraries throughout the region and at these locations:

Annan: Citizens Advice Bureau, Perfect Retreat, Town Hall

Auldirth: Allanton World Peace Sanctuary

Balmaclellan: Balmaclellan Shop

Beeswing: Loch Arthur Creamery

Carlisle: Atlas Works, Nelson Street

Carsphairn: Carrick's of Carsphairn

Castle Douglas: on King Street at: Sunrise Wholefoods 49, In-house Chocolates 128, Blackburn's Hair & Beauty Salon 142, Essence Beauty Salon 207, Small Print 215, McGill Duncan Gallery 231, Cotton Street Community Centre

Colvend: Londis Colvend Stores, Barnbarroch Pottery

Creetown: Gem Rock Museum (summer)

Dalbeattie: The Nail Factory, Carsons Butcher, Decaf Café, The Bridge Wellness Centre, Jamiesons Sandwich Bar, Post Office

Dalton: Village Hall

Dumfries: Alternative Centre, Basement 20, Boots, Business Gateway, D&G Mental Health Association, Deli 56, Gracefield Arts Centre, The Hub, Lincluden Community Centre, Lover's Walk Dance & Fitness Studios, Midsteeple Box Office, Mrs Green's Tea Room, North West Resource Centre, Nana Lou's Café (The Old School), Pumpnickel, Robert Burns Centre Film Theatre, St John's Church, The Stove, Tourist Information, The Usual Place, Your Sweet Home Café

Eskdalemuir: Community Hub

Gatehouse of Fleet: Franca Bruno's, Galloway Country Style

Gretna: Tourist Information

Isle of Whithorn: St. Ninian's

Kirkcudbright: Pure Beauty (St Mary Street), Corner Gallery (Castle Street), High Street Gallery, Brambles Delicatessen, Tourist Information, Master Piece, All Natural Me

Langholm: Chloe at La Belle, The Paper Shop, Truly Scrumptious, Pelosi's Corner Café

Laurieston: The Gallery

Lochmaben: Pink Flamingo Vintage Tea Room, Graham's Bakery Cafe

Lockerbie: Just Be Bistro, Cafe 91, Flower Pot Gift Shop, Kings Arms, Annandale Herald Newsagent

Moffat: Brodie's, Buccleuch Arms, Beauty Matters, Moffat Books, Benmar Services, Harvest-Time, The Rumbly Tum

Moniaive: Craigdarroch Arms, Glen Whisk café, Watsons' Grocers

New Galloway: Community Shop, Catstrand, Post Office

Newton Stewart: Lushlagenlook, Belted Galloway Visitor Centre, Scent of Galloway, Aroma Italian Bistro, Brew Ha Ha

Palnackie: Village Shop

Ringford: Old Schoolhouse café

Sanquhar: A' the Airts

Stranraer: Good Life Foods, Jan de Vries shop, Tourist Information

St John's Town of Dalry: Post Office

Thornhill: Moniaive Chocolatier, Spar

Wanlockhead: Wanlockhead Inn

Whithorn: Whithorn House Tea Room

Wigtown: Shoots & Leaves Café, Book Shop, W&B Community Initiative, Hippiedippies, Readinglasses, Cobwebs, Wigtown Medical Practice

If you have a public place where you'd like to have copies of the Green Handbook for people to read and take away, please get in touch



A few years back, Ruth and I were sat for a couple of hours watching this lenticular cloud hovering over Kirkcudbright Bay. It was starting to get dark but I decided to take a photograph though I expected it wouldn't do it justice (which it didn't).

∞

We have been very pleased to hear all the positive comments and messages coming in since we published the last issue. It seems that the new format is a big hit.

We would also like to thank all the businesses and therapists who have continued with their advertisements here.

We hope that you enjoy the summer and that the sun continues to shine.

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Forest Education - Outdoor Learning



Forest School at Allanton, Auldgirth

Many of the children here in Dumfries & Galloway are fortunate in that they probably get to play outside far more than a lot of urban kids. And there is also a growing trend towards nature education taking place outdoors and often in woodland.

In the last few years, some schools were inviting specially trained outdoor learning educators to take their classes outside looking at nature and wildlife, foraging, building dens and fires, environmental art and woodland ecology. Now that budgets are being restricted, parents who value this kind of learning are having to rely on independent Forest Schools. Luckily, there are some offerings available.

A variety of outdoor education groups operate across the region with

pre-school sessions during school time and sessions for primary aged children outside of school time, all taught by trained specialists.

They are assisted by DGOWL, the Dumfries & Galloway branch of the national umbrella body: Outdoor Woodland Learning (OWL). They are the best point of contact to find out about and contribute to Outdoor Learning. They meet every two months and work with providers in Dumfries, Beeswing, Nithsdale, Annandale, Eskdale and Galloway, not just Forest Schools but also Nature Reserves, mountains and beaches. Contact details are at the end of this article.

In Dumfries, Annandale and Eskdale, Simon McRae from Wonder Woods Education is running Forest schools over the summer holidays. There are

also regular sessions at Loch Arthur (Beeswing), Allanton (near Auldgirth) and at various places across Galloway. DGOWL are also the main organisers of the DG Environment Fair which we reported on in the last issue. They are a diverse group including rangers, teachers, parents, Forest School leaders, outdoor learning specialists, charities and organisations like the Forestry Commission who provide them with support.

For more about the outdoor learning available in the region or if you want to start up something in your area, get in touch or get involved with DGOWL.

Contact DGOWL dgowlgp@gmail.com
[facebook.com/OWLDC](https://www.facebook.com/OWLDC)
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Simon McRae
 (Wonder Woods Education)
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**Outdoor &
Woodland
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DUMFRIES & GALLOWAY



Dumfries and Galloway group of OWL (Scotland)

The group is an informal mix of people with an interest in outdoor learning, including Countryside Rangers, teachers, Forest School leaders, organisations, charities and individuals.

Our aim is to increase opportunities for outdoor learning across the region, through sharing good practice, supporting Career Long Professional Learning, delivering activities, and working together to utilise our areas of expertise wisely.

If you are interested in learning more about DG OWL, coming to our meetings, skills shares or becoming a member please contact us through dgowlgp@gmail.com

8th August at Taliesin – Skill Share - pond, fire, charcoal
8th October - Gatehouse - Permaculture Skill Share

 @OWLDC

 @dgOWLgp

Shoots & Leaves: A Vegetarian & Vegan Café for Wigtown

A new vegan and vegetarian café is coming to Wigtown this summer.

Carl Davis, who has run the Glaisnock Bed & Breakfast and Café for several years, has now gone into partnership with lifelong Vegetarian and Vegan, David Oldham, to create what they think might be Dumfries & Galloway's first Vegetarian and Vegan only café.

Towards the end of June the café will serve up their last meaty dish before going over to a mostly vegan menu.

Their café is called Shoots & Leaves, and their menu is inspired by dishes from around the world. They will also be selling and serving Fairtrade coffee and tea along with homemade local cakes and pastries.

The café has a meeting point, an art corner, a retail area selling ethical products and whole foods, a book area and a herb garden to eat outside when the weather allows. Pets are welcome too.

We are certainly going to give it a try next time we're delivering Green Handbooks in Wigtown.

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The Nail Factory in Dalbeattie

Quietly tucked away behind the High Street in Dalbeattie lies the Nail Factory. They don't make nails there any more, that stopped a couple of hundred years ago, but for the last 10 years Rupinder Dulay has been running a small art gallery focusing on local upcoming talent and skills sharing.

Not only has she been exhibiting the work of local artists and some higher profile artists like Hannah Frank, Colin Park and Lucianne Lassalle, she has been running workshops where her regular exhibitors share their experience with people eager to learn new creative skills.

I spoke to Rupinder about her passion

for art and for creating a grass roots gallery in a small town. She explained how supporting local artists is one of her primary concerns in running the gallery. Not only does she exhibit their work but also supports their career development and gives advice.

The Nail Factory has collaborated with the nearby Dalbeattie Museum; they provided an interactive experience associated with two exhibitions, one on sporting life in Dalbeattie's history and the other about its rich industrial heritage.

Rupinder discovered the part-restored Nail Factory when she went to look at a house in Dalbeattie over 10 years ago. She loved it so much that she bought



Inside the Nail Factory



Outside the Nail Factory

the house it was attached to and began the process of converting it into a gallery space. There is an interesting history of the process on her website.

The Nail Factory offer upcycling workshops teaching people to create bags and furniture from used items and have also worked with designers from Edinburgh based community interest company, Upcycled World.

Four years ago, she had a new bothy built next to the old Nail Factory. This was intended as a second exhibition and workshop space. Since then, Rupinder has been able to run related workshops and courses like Mindfulness and Reiki while exhibitions are running. The bothy was built from locally sourced larch with hot water provided by solar energy and heat from a wood burning stove. The Nail Factory also participates in the national Refill scheme where people can top up their water bottles with tap water.

Rupinder's personal interest is in felt making, photography and willow but most of her energy in the Nail Factory goes into curating exhibitions and creating a diary of workshops.

For every local workshop that she organises, there is always one free ticket available for a local resident.

Visitors to the Nail Factory can expect to view and be able to purchase the work of local artists. The gallery is open any time between 11am and 5pm from Wednesday to Sunday. At other times it is best to get in contact to make an appointment. Toilet facilities are available. Courses and workshops often come with food provided but refreshments can be found at the nearby Granite Kitchen and the King's Arms Hotel.

The summer exhibition, 'Into the Woods' opens on July 8th featuring several local artists with paintings, glass, ceramics, willow, steel and photography. A full list of exhibitions and workshops available can be found on the Nail Factory website.

For more details visit:
nailfactory.org.uk
 Tel. 01556 611686

'Into the Woods' runs from 8th July to 30th November and can be visited from Wednesdays to Sundays between 11am and 5pm



Rupinder outside the Nail Factory

INTO THE WOODS

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Labyrinths in Healthcare

You would be excused for thinking of a labyrinth as a maze but there are no tricks and no dead ends in a labyrinth. Rather, it is a single meandering path leading, in a circuitous way, from an outer edge to a central point. Unlike a maze where you lose your way, they are used symbolically as a tool that can help you *find* your way.

Dating back 4,000 years or more they have been used as tools for personal, psychological, meditative and spiritual transformation that are also thought to enhance right-brain activity.

Pioneering work by local artist, Jim Buchanan, is now applying this tradition in a healthcare setting, albeit for now, across the Atlantic.

Jim has lived in Dumfriesshire since 1993 and he makes labyrinths that come in the form of monumental earthworks, interior projected light

installations and small hand held objects.

Research following the installation of one of his projected light labyrinths at the Alberta Children's Hospital in Calgary has identified physiological biomarkers indicating positive health effects. While the labyrinth walker is immersed in a subtle interplay of projected light and the shadow cast by their own body, heart rate variability (HRV) stabilised and mental alertness increased.

Jim worked with the departments of Mental Health, Eating Disorders, Chaplaincy and Neurology to design these labyrinths. Another recent commission for Laguna Honda Hospital in San Francisco forms a triptych of three labyrinths laid side by side used by a weekly labyrinth programme across departments in Rehabilitation, Mental Health, Chaplaincy and the Activity Team.



Image: The Path' labyrinth earthwork on the Raiders Road, Galloway Forest Park, 1996. Photo: J Buchanan

LABYRINTH DRAWING & WALKING

@ low tide

10.00-12.00am

Sunday 29th September 2018

Sandyhills Beach
Dalbeattie, DG5 4PT

facebook.com/Labyrinthlaboratory



Image: 'Labyrinths of Light' one of three projections, Laguna Honda Hospital, San Francisco, 2017
Photo: J Buchanan

He says, “The labyrinth form emerged in antiquity as rock carved mandalas, thought to express the cyclic nature of life and death. Later it was applied to coinage, Roman period mosaics, village green installations created in cut turf or as stone pavements in Medieval churches. Each labyrinth offers you a way to physically engage, either by hand, eye or by walking. The act of walking a labyrinth can stimulate an emotional response and this understanding of ‘how we move can effect how we feel’ underpins my new work within healthcare.”

Jim sometimes works at low tide on the beaches of Dumfriesshire where he describes the ‘liminal’ zone - neither land nor water - echoing the

state of ‘not knowing’ as a design evolves while it’s being drawn out. The act of drawing the labyrinth becomes a physical exercise which mirrors the walking of one. The destruction of the on-rushing Solway tide reinforces that for him, it’s the act of making and of being in the moment that matters.

Jim’s small-scale work is designed to be placed in the palm of your hand. “Each hand-held journey takes the form of a carved sphere, in which the journey is tactile and visual, a haptic happening, one’s fingers exploring a route around, and even through the centre of, a sphere that is both labyrinth and a journey.”

During recent workshops (led by Jim for NHS within Dumfries & Galloway)

attendees comment on the sensation of ‘being in the moment’, relaxed yet focused on the act of carving, shaping or polishing their clay labyrinths.

“As an artist it’s been a fascinating journey to go from what was little more than ‘gut feeling’ regarding the potential of the labyrinth, through exploratory beach drawing, to creating them within healthcare for people of all ages, needs and abilities.”

Several projects are currently underway that will bring Jim’s international experience back to Scotland, and to Dumfries.

Jim Buchanan will lead a beach drawing event, ‘Drawing & Walking’ on Sunday 29th September 2018 at Sandyhills beach.

Event information will be posted at www.jimbuchananprojects.uk

Front Cover Image: ‘Beach Drawing’. 2010. Photo: Allan Pollok-Morris



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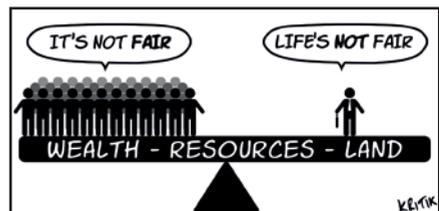
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the Green Handbook
online**
greenhandbook.co.uk



Inkjet Printing Environment and Ethics

by Tim Jones

You can buy an inkjet printer for as little as £30 and doing a lot of home printing can certainly get costly as we become tied in to the company that made the printer. They are usually uneconomic and difficult to repair when they break. The cartridges seem to run out quickly, or dry out and there is often conflicting information on how to recycle them.

So bearing this in mind and also that people often ask me which printer to buy, I wanted to find out more about how to recycle different brands of inkjet cartridges and also about the ethics of the companies involved.

So, focusing on inkjet printers for the home market, I will be taking a look at Hewlett Packard (HP), Canon, Epson, Brother, Lexmark & Dell and their products.

An online scheme by The Recycling Factory allows you to post them your used cartridges and nominate a charity to receive the profits. However, they will only accept some HP and Canon cartridges and not those from other manufacturers. But before you rush out to buy an HP, there are other things to consider and people may assume erroneously that Epson cartridges, for example, can't be recycled at all. As it happens, Epson cartridges are simple plastic containers that can be recycled along with normal plastics.

If you put plastic Epson cartridges in the rubbish in Dumfries & Galloway, the plastic content gets milled up with the other plastics in the Ecodeco plant at Lochar Moss near to Dumfries ending up as fuel for cement kilns. At least they don't end up in landfill. In other parts of the country, these cartridges get dealt with in the same way as other plastics.

However, all the manufacturers run schemes whereby you can download and print a label, or be sent a bag, to return used cartridges free of charge. They only accept genuine branded cartridges and not generic ones (which are far cheaper to buy although, not so reliable).

So while it might seem best to get an HP or a Canon for price and for participation in a recycling scheme,

PRINTERS ETHICAL RANKINGS

BRAND NAME & COMPANY GROUP	Environmental Report	Ecolabels	Nuclear Power	Animal Welfare	Human Rights	Arms	Political Donations	Other Criticisms	Boycott	Ethical Accreditation	ETHICAL COMPANY INDEX
	Environment	Animals	People	Other							
Brother Brother Industries Ltd	●	●	●	●	●	●	●	●	●	●	96
Konika Minolta Konica Minolta Holdings Inc	●	●	●	●	●	●	●	●	●	●	96
Kyocera Mita Kyocera Corporation	●	●	●	●	●	●	●	●	●	●	96
Lexmark Lexmark International Inc	●	●	●	●	●	●	●	●	●	●	96
Ricoh Ricoh Co Ltd	●	●	●	●	●	●	●	●	●	●	96
Olivetti Telecom Italia S. p. A	●	●	●	●	●	●	●	●	●	●	91
Epson Seiko Epson Corporation	●	●	●	●	●	●	●	●	●	●	78
Dell Dell Inc	●	●	●	●	●	●	●	●	●	●	61
Xerox Xerox Corporation	●	●	●	●	●	●	●	●	●	●	61
Canon Canon Inc	●	●	●	●	●	●	●	●	●	●	52
HP HP	●	●	●	●	●	●	●	●	●	●	35
Samsung Samsung Group	●	●	●	●	●	●	●	●	●	●	35

© The Ethical Company Organisation

there is even more to think about. First is the ethical rating of those companies; whether it be animal welfare, links to the arms trade, human rights or political donations. Interestingly, HP and Canon both score very poorly on ethical rankings with Dell and Epson marginally better. However, Brother and Lexmark rank very highly for their ethics. Lexmark offer a free return service for small businesses that use fewer than 10 cartridges per year and Brother offer a similar scheme for all.

Looking at the ethical rankings of the companies compared to the cost of the printers themselves makes an interesting study. You can pick up a cheap Canon for under £30, HP are similar with Epson not too far ahead. A more ethical Brother is likely to be £80 plus.

Another environmental factor to consider would be purchasing a 'duplex' enabled printer that can easily print documents on both sides of the paper. Also to consider is ink

usage, ink permanence (if you sell prints or want them to last), print quality and the cost of cartridges.

Concerning the recycling of the printer hardware itself, according to Shanks Waste Management, who operate the Lochar Moss plant, printers and other hardware including appliances like televisions are sent away from the region where they are stripped down to their components at specialist recycling plants.

More details on ethical ratings
thegoodshoppingguide.com/ethical-eco-friendly-printers/

The Recycling Factory
therecyclingfactory.com

Manufacturer recycling scheme guide
stinkyinkshop.co.uk/pages/recycling-empty-cartridges

Information about the ethical ratings of companies
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Into the Woods exhibition 8th July -
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insured Aromatherapist now
practising at Lushlagenlook,
Newton Stewart. Please phone
Jody on 01671 638010 for more
information and appointments

Jo Jackson Essential Sense
Also Indian Head Massage
3 Shillinghill, Kirkcudbright, DG6 4EJ
Tel 01557 332067 jusjojo@outlook.com

Builders

Steve Phelps General building, roofing &
maintenance work. Whiteside Cottage,
Dunscore, Dumfries DG2 0UU.
01387 820347, 07768743988
e: stevephelps07@aol.com

Philip Watson Carpentry, general
maintenance. Dalbeattie.
07922 066 326. Local reliable friendly
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www.philipwatson-carpentry.co.uk

Centres & Retreats

Asheiri Spiritual retreats, meditation
Creetown. Contact: Sarah Summerson
01671 820848
sarah@asheiri.one asheiri.one

Allanton World Peace and Prayer Society
Auldgirth, Dumfries Tel. 01387 740642
allanton@worldpeace-uk.org

Baha'i Community

Offering study circles, Sacred Space
gatherings, Peacemaker club for children
and Junior Youth Empowerment groups,
and Unity Feasts
contact venus.carew@gmail.com
Tel Venus on 07796893500

Ceremonies

Green Weddings Traditional Handfasting Ceremony
Jump the Broom from the Sacred Circle of Light
For more details tel. 07514 557480,
johnfergie2011@gmail.com

Dance

Sara Lockwood Margaret Morris Movement, choreography, dance classes Tel 01387 820472
sara.lockwood@sky.com

Design

JCC Creative Graphic Design. Web. Apple Mac. Training. 01848 200622
tim@jonescc.com jccccreative.co.uk

Education

DGOWL (Outdoor Woodland Learning) For forest schools and outdoor learning across the region contact DGOWL
dgowlgp@gmail.com
owlsotland.org/local-groups/dumfries_and_galloway_cluster_group

Spanish Lessons Lucas Gonzales 07960 144 953 lucas.gonzalez.sc@gmail.com

Wonder Woods Education Simon McRae Forest School sessions for children of all ages. 07739 339109
facebook.com/wonderwoodsed

Facebook Communities

@**dgartsfest** D&G Arts Festival
@**DGSCHT** Dumfries and Galloway Small Communities Housing Trust
@**DGWGO** Dumfries and Galloway! Whats Going on?
@**BumpBabyandBeyondDumfries-andGalloway**
@**DumfriesNappyLibrary**
@**GallowayNational Park**

Essential Sense Aromatherapy Indian Head Massage



Jo Jackson
Aromatherapist

3 Shillinghill, Kirkcudbright, DG6 4EJ
Tel 01557 332067 jusjojo@outlook.com

Healing

Elaine Murdoch
Animal healing. Reiki & Seikem
Tel. 07764 349 486
w: animal-communication-healing-by-elainemurdoch.co.uk
e: elainemurdoch@hotmail.co.uk

Heating

Nithsdale Stove Centre Thornhill
01848 332200 nithsdalestoves.co.uk
enquiries@nithsdalestoves.co.uk

Help & Activism

38degrees.org.uk UK petitions
avaaz.org International petitions
Massive Outpouring of Love (MOOL)
www.mool.scot e:hello@mool.scot
07497 080557 f:@DGRefugeeAction

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Angela: 07808503091

e: creatinginnerrainbows@hotmail.co.uk

www.taichiscotland.org

Homeopathy

Lyssa Clayton RSHom. Appointments
Moffat and Allanton nr. Auldgirth
07906 312332 lyssaclayton12@gmail.com
madronehomoeopathy.co.uk

Hypnotherapy

Dan Russell Hypnotherapy, NLP,
Shamanic healing. Atlas Works, Nelson St,
Carlisle, CA2 5ND Tel. 01228 401018
www.hypnotherapytrainingcentre.com

Jin Shin Jyutsu

Marion Gardner Jin Shin Jyutsu (JSJ)
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DG2 OSA. Tel: 01387 740230

Noi McIntyre Thai massage. MGPBMT
Mill Isle, Craignair Street, Dalbeattie
DG5 4AX. Tel. 01556 611623
mobile 07799 664993

Music

Guitar Lessons Lucas Gonzales 07960
144 953 lucas.gonzalez.sc@gmail.com

Classical Guitar & Traditional Fiddle
lessons near Dalbeattie, by musician and
music educator Eva Popov (Amsterdam
Conservatoire). 01387 780203
www.solwaymusicmakers.co.uk

Natural Products

All Natural Me the beauty boutique,
8 Castle St, Kirkcudbright.
Organic beauty brands: Dr Hauschka,
Weleda, Lavera, Primavera, A Vogel etc.
01775 42810 or allnaturalme.co.uk

Osteopathy

Julian Leask B Ost, Rosie Gibbs B Ost
Registered Osteopaths.
Lochthorn Medical Centre, Edinburgh Rd,
Dumfries, DG1 1TR. 01387 252 882
www.dumfries-osteopathic-clinic.co.uk

Psychotherapy & Counselling

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for individuals & couples, clinical
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Clair Higgon, mob. 07749 824420

Sarah Broun Counselling

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meditation, guided visualisation
01387 880 720 07969 269 983
sarahlbroun@gmail.com
thebarnretreats.com

Reflexology

Minding Feet Foot Health
Castle Douglas
Patricia Lavelle 07789 246833
www.mindingfeet.com

Anna Keith IIR. In quiet setting nr Auldgirth to assist self-healing, balancing and stress relief. Home treatments possible. Some evenings and w/e appts. DG2 OSA. Tel: 01387 740230

Tai Chi

Wendletrap Tai Chi

Call Angela
07808 503091
taichiscotland.org
creatinginnerrainbows@hotmail.co.uk

Northern School of Tai Chi Chuan

Atlas Works, Nelson St, Carlisle
www.dansankan.com
Tel. 01228 401018
dansankan@gmail.com

Whole Foods

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Castle Douglas
Tel. 01556 504 455

Shoots & Leaves Café

Vegetarian, Vegan & Fairtrade eatery
20 South Main Street,
Wigtown, DG8 9EH
Tel. 01988 402249
facebook.com/shootsandleavescafe

Yoga

Carol Godridge Satyananda Yoga

Classes. 01848 200681
yoga@cgodridge.plus.com
carolgodridgesatyanandayoga.com

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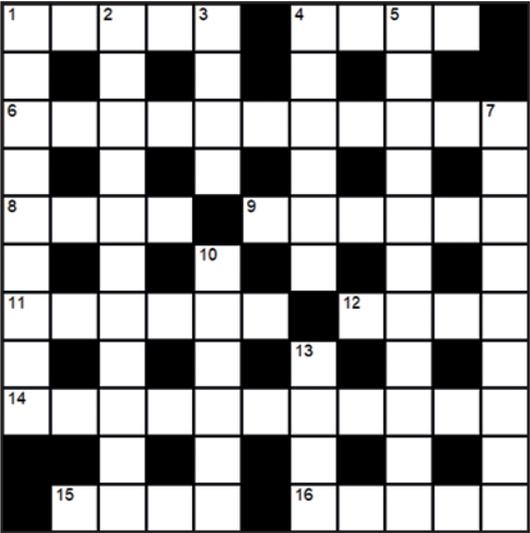
For more details tel. 07514 557480

PREHISTORIC CIST, ESKDALEMUIR



This from the last issue is the prehistoric cist near Eskdalemuir, King Schaw's Grave. It was revealed after a large circular pile of stones was removed for dyking in the nineteenth century. An Eskdale resident was rumoured to have a femur bone from the grave on his mantelpiece within living memory. There is no historical record as to who King Schaw was although the site is very near to the hill, Shaw Rigg. Legend says that wounded in battle, he died crossing the river Esk at a site still known as the King's Pool. If you want to go you'll need a decent map to find it (Ref. NY25939320). More information here megalithic.co.uk/article.php?sid=16949.

PRIZE CROSSWORD



- Across
- 1, 1 Down. Was an Archduke (5, 9)
 - 4. End of August could be breezy (4)
 - 6. Circular aperture (5, 6)
 - 8. Identity not a Norse goddess (4)
 - 9. Light years destroy spacer (6)
 - 11. Build up expert holds vineyard (6)
 - 12. Incline muddled bear (4)
 - 14. Twice O'Galloway? (6, 5)
 - 15. Precise Queen in five years (4)
 - 16. Irons crumpled for a cello (5)

- Down
- 2. Gives us the needle (11)
 - 3. Ultimate letters (4)
 - 4. Instrument used by 1, 1 Down etc. (6)
 - 5. Tangled tresses tied off the main road (4, 7)
 - 7. Was a festival (9)
 - 10. Joanna (6)
 - 13. Maple race? (4)

Some clues may lack definition if they are D&G or GH related. Correct entries will be drawn for a £10 prize. Send in by post or photo. The winners name and solution will be in the next issue.



Issue 95 £10 Prize winner: Stewart Biggar, Balmacelllan

WHASSAT?



What is this and where will you find it?

Hint: it is not alone.

No prizes for identifying this rock. I hope it's a bit easier than the last issue's Whassat?

Have a puzzling or curious local photo for our next issue?

ADVERTISE WITH US

Advertising in the Green Handbook is a great way to get your news or your message over to the people of Dumfries & Galloway and its visitors. We circulate 4,000 copies and have an estimated readership of more than 10,000. They are free to pick up from shops, cafés and public venues from Stranraer to Eskdalemuir.

Our readers tend to keep a recent copy at home as a reference. The Green Handbook is also available to read and click through online with links from your adverts directly to your website or your Facebook page etc.

SUBMISSION DATES

Summer	(July – Sept)	June 1st
Autumn	(Oct – Dec)	Sept 1st
Winter	(Jan – March)	Dec 1st
Spring	(April – June)	March 1st

RATES (10% discount for 4 issues prepaid)

Full page	[120x180 boxed or A5 + 3mm bleed]	£120
2/3 page	[120x120]	£90
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1/3 page	[120x57 or 57x118.5]	£50
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1/6 page	[57x57]	£30

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