

STOW & FOUNTAINHALL

ISSUE 25 ~ COMMUNITY NEWSLETTER ~ SPRING 2016

STOW BOWLING CLUB CELEBRATES 125 YEARS

At the start of this new Season Stow Bowling Club will celebrate its 125th year of existence. Our celebrations kicked off on 16 April when our President Neil Beaton officially opened the Green for 2016 and his partner Tracey (as tradition dictates) bowled the first bowl. Neil said 'I am looking forward to a great year of bowling and the green itself is in excellent condition. We are planning some exciting celebrations for our 125th later in the year'.

As we prepare to embark on what we hope is another successful year of bowling we are looking to attract some new members to the club to ensure the next generation of Stow bowlers. So please come along if you are interested and 'give it a go' and meet some of the Stow Bowling Club members. We practice on a Monday evening throughout the season from 7 till 8.30 pm so feel free to just pop along. Our first practice night was held on Mon 25 April where you would have seen us playing in the snow showers wearing woolly hats and sunglasses; we are a determined bunch!



Happy 125th Anniversary Stow Bowling Club

The success of the club is reflected in the fact that we are looking at a general refurbishment of our premises, this we hope will make the building more attractive to existing members and new members alike.

Gala Water Singers
Community Choir v.v. Gala Water Valley

WEST SIDE STORY
Les Misérables
My Fair Lady
Sondheim!

CONCERT TICKETS £8 ~ CHILDREN FREE
STOW CHURCH Stow Shop-01578 730289~on the door
SUNDAY 29 MAY 7 PM post concert buffet included

DO YOU RUN YOUR OWN BUSINESS?

TO BE PART OF A SPECIAL BUSINESS EXTRA - READ ON . . .

If you run or co-run your own business and are based in the Stow and Fountainhall Parish area, you are invited to send in information for a free entry in the *Business Extra* which will form part of Newsletter No 26 due out mid September 2016.

Having served the voluntary and civic sections of Stow Parish for seven years, the next edition of Stow & Fountainhall Community Newsletter will be a special

expanded edition with a four-page insert within the usual newsletter, which will showcase the businesses and services based in, or run from our area, large and small. The intention is to create a business profile of our Parish so that residents can find out what businesses are in our locality, rather than go further afield; businesses may discover or develop beneficial links with others; residents can tell friends and workmates

what Stow offers in the way of business; all the while highlighting what this area has to offer customers, colleagues, visitors from neighbouring areas and tourists. The *Business Extra* will be on the Community website as part of Newsletter No 26 in perpetuity, for an even larger audience.



Until the size of the response is known, it is difficult to judge how much space is available for each entry. A business card carrying key information

in addition to contact details would be fine, otherwise, please keep text to under 100 words and remember to include any logo. The Shop and the Cloudhouse have kindly offered to be collection points for entries for the *Business Extra*, or email the editor in the usual way. Please send your information by 30 June; if you have not received an acknowledgement by 9 July, please contact the editor.

GALA WATER CAMERA CLUB

Throughout MAY we are showing an exhibition of our work at the Cloudhouse Café titled

FAUNA AND FLORA

Come and see it and join our Galawater in Pictures webpage

COFFEE MORNING & PLANT SALE



SATURDAY 4 JUNE
STOW TOWN HALL
10.00 am to 12.00 noon

Donations of plants, pots, tools and all things horticultural very welcome contact Jacki Cooper t: 01578 730391 for further details

URGENT - STOW COMMUNITY PARK

WE NEED YOUR HELP FOR OUR GROUP TO CONTINUE THIS ESSENTIAL AND WONDERFUL PLAY PARK PROJECT FOR STOW



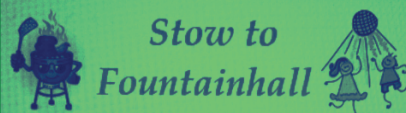
Due to changed personal circumstances we now require a few new people to become part of our team. We only have a few things left to do, with the majority of the work already done.

We really appreciate all the support and help we have had so far, but unfortunately, if no-one comes forward then the project will be at a standstill and £50,000 will have to be handed back to our fundgivers or grantors.

Your help is vital. Thanks. Please contact: Sharon-Anne m: 07528 541169
e: sharonanne.young101@gmail.com or e: stowcommunitypark@gmail.com f: Stow Community Park

FOUNTAINHALL VILLAGE HALL

FAMILY FUN RUN, WALK, BBQ, DISCO.



Stow to Fountainhall
Saturday 18th June

Run/Walk starts from 2pm in Stow.

Adults, Run/Walk, BBQ, 1st drink, Disco - £8

Kids, Run/Walk, goody bag, Disco - £5

BBQ + Disco only, £5 Adults, £3 kids.

Children under 3 £1.00

For more information and tickets, call Tracey on 01578 760200 / 07891815667.

Register to take part by June 11th

ESTABLISHED 1885 - STOW SPORTS WEEK 2016 : SUNDAY 19 - SATURDAY 25 JUNE

SUNDAY 19

12 noon FAMILY FOOTBALL DAY in Stow Park
~ with BBQ, Ice-cream and Refreshments
~ featuring a BOYS 5 A-SIDE FOOTBALL tournament

MONDAY 20

6 pm BASKETBALL (P5 - P7) (S1 - S6) [at the Multi Court]
7.30 pm MEN'S FOOTBALL Stow v Killochyett

TUESDAY 21

6.15 pm SUPERSTARS
Followed by TREASURE HUNT (bring your own pencil)

WEDNESDAY 22

7 pm HILLHEID RACE P4 to Adult

SATURDAY 25

SPORTS in the park
12.30 pm Meet at the Town Hall to follow the Pipe Band to the park
~ Races start at 1.00 pm prompt

Full programme of events including refreshments and attractions

CEILIDH DANCE in the Town Hall

8.30 pm till late ~ with licensed bar

Pre Dance Cocktails 7:30 - 8:30

Tickets £7 available from the post office

Sports Week Raffle Tickets are on sale

with £150 FIRST PRIZE

Tickets available from the Post Office or the committee



STOW STATION - TRAIN CANCELLATIONS

Although the reliability of trains on the Borders Railway has much improved since the early months after opening, it still occasionally happens that a train is cancelled. If this happens to one scheduled to stop at Stow during the middle of the day, when the frequency drops to hourly, the ScotRail policy is that the following (non-stopping) train should make a special stop here.

However, based on my own experience, it would be unwise to rely on this happening as a matter of course, and I would advise immediately getting on to the help point on the platform for confirmation that the following train will in fact stop at Stow. If anyone has a bad experience in this regard, please let me know and I will take it up with my contact at ScotRail.

Bill Jamieson t: 01578 730262 e: sparrowcastle@btinternet.com

FARE SAVING - www.splitticketing.co.uk

Stow station gives access to the whole railway network and there's a big world to explore about how to get the best fare deals. Most people will know about booking from 12 weeks ahead for best advance fares, but even better deals can often be found using 'split ticketing' where you travel on the same route, in the same seat, but the journey is chopped up into smaller pieces and several tickets bought to cover that one journey. This is perfectly legal and this website does all the work for you. If it finds a saving it will charge you 10% of the amount saved. Recently a long distance fare to South Wales for two, with Railcards, went from £240 to £60!

GALA WATER HOTICULTURAL SOCIETY 2016 ANNUAL SHOW - SATURDAY 3 SEPTEMBER



You may have some of these lovely things already made, or are planning to get busy over the summer, so here is advance notice of the craft and children's categories for this year's Horticultural Show. Remember items entered must have been made in the calendar year leading up to the Show. See the full schedule for all categories.

OPEN SECTION

Handicrafts

- 79. Recycled Item (described)
- 80. Painting/drawing any medium
- 81. Any Knitted Article
- 82. Any Handmade Jewellery
- 83. Any other craft item

Photographs. Max 6" x 4" unmounted

- 84. Garden Scene
- 85. Photograph of a Scene from the Train - with a caption
- 86. A weather scene

Floral Art

- 87. Garden Flowers in a Mug
- 88. Buttonhole - Ladies & Gents
- 89. A Hand-held Posy of Flowers

CHILDREN'S SECTION

School Entries

- 102. School Entry - a Picture of a Peacock made from Bottle Tops (board to be provided)
- 103. An Iced Digestive Biscuit - bee, ladybird or other insect
- 104. A Vegetable Car
- 105. Three Flowers made from any material in a container
- 106. A Snake made out of a Sock

Individual Entries

- 107. Photo of your favourite Hobby / Sport - 6" x 4" unframed
- 108. Something Growing in a 4" pot - a herb; flower; vegetable

AFTER-SCHOOL & HOLIDAY CLUB

SMALL FRIENDLY AFTER-SCHOOL CLUB / HOLIDAY CLUB
We provide fun, stimulating and age-appropriate activities for all children between 4 - 12 years

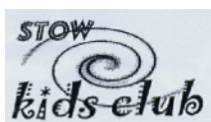
After School Opening Times

- Monday to Thursday: 3.15 pm - 6.15 pm
- Friday: 12.15 pm - 6.15 pm

Summer Holiday Opening Dates & Times

- Monday to Friday: 08.30 am - 6 pm
- Weeks commencing: 18th July 25th July 1st August 8th August

For further information and to get in touch to book your place on the summer club please contact Zara e: stowkidsclub@hotmail.com



EMBROIDERERS/SEWERS WANTED!

The family of the late Margaret Gurney have commissioned two small wall hangings - one in memorial of her and the other in tribute to her husband David - which will hang in the Church. They are both being designed locally and it is hoped that people who knew Margaret and David or enjoy embroidering would like to help with the sewing. You do not need to be an expert embroiderer as there is support available!

If you are interested please contact Nettie Simm t: 01578 730297 or Dorothy Small t: 01578 730550. This is a preliminary notice as once the designs are finished we will have a meeting to present them and discuss the way forward.



The Flying Scotsman crossing Watherston Bridge 15 May 2016

INTRODUCING GALA WATER HISTORY AND HERITAGE ASSOCIATION

Over a weekend in April, over 100 residents and visitors came to help launch the Gala Water History and Heritage Association and to open the exhibition 'Books and Bonnie Braes'. The exhibition featured photographs from the Thin Family archive that proved a treasure trove of informal pictures capturing everyday life for this family in Stow and Edinburgh.



Dorothy Riddell alongside the photograph of Tommy Thin with his little bare toes. It was this photo that captured Dorothy's imagination and led her to cataloguing and researching the collection which enabled the staging of 'Books & Bonnie Braes'.

There was also a display of the 'Poppy Project' which has culminated in the commemorative installation by Stow War Memorial, as well as other projects undertaken by Stow Parish Archive which has now developed into the Gala Water History and Heritage Association.

In recent years, there have been many important changes in the area, so it seemed the right time for the archive to embrace all the communities in the Gala Water valley and to form the Gala Water History and Heritage Association. We have started a Friends group so if you are willing to support the endeavours but don't want to sink up to your neck in meetings, please get in touch with Mary Craig, the Community Archivist e: stowparisharchive@gmail.com. Also visit us on Facebook (still Stow Parish Archive for now).

The activities of the Gala Water History and Heritage Association reflect the interests of the people involved and this changes as people's interests change. Our dynamic, scone-devouring Cloudhouse Café sessions on the first Tuesday of the month are increasingly popular, but we want new

challenges as well. We meet on the second Monday of the month. Come and see what it's all about!

The Thin family cousins photographed at 'Ashlea' in 1902
L to R: Tommy, Georgie, Cathy, Russell, Kate, Ainslie, Kitty, Nancy



Kate's daughter, Kathleen Dun, brought the pictures to the archive

STOW PRIMARY SCHOOL

It's been an invigorating start to springtime for our pupils at Stow Primary School, with many delightful activities and events supported by pupils, teachers, parents, carers and of course, our community! We are proud to see the school nurturing a strong community spirit, sharing in the children's success, activities and fundraising. Here are a few from last term:



- It's with grateful thanks that our Community Café for UNICEF, held in March raised £370! We watched our pupils deliver with much confidence African drumming and singing, with many wonderfully delicious cakes, tray bakes and goodies being enjoyed along the way. Thank you to all parents and members of the community who supported this event, along with many thanks to the Spud Shed in Galashiels for donating all the fruit for the smoothies and Gemma at the Cloudhouse for donating some tasty tray bakes.

- Congratulations to the Pupils who participated in our Scots Language writing and recital competition. The winners went on to represent Stow Primary at Galashiels Academy; well done to Aidan, Zafer, Cameron, Isla, Isaac, Maggie and to our friends/ neighbours at Fountainhall and Clovenfords PS's for jointly winning the overall trophy.

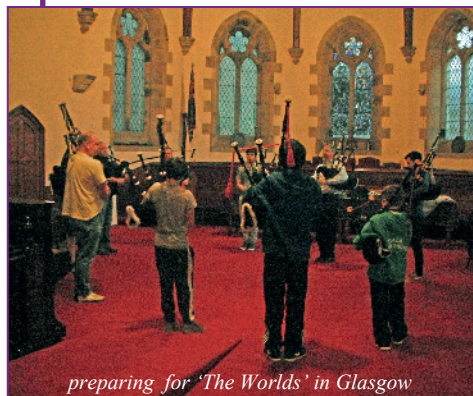
- Recently the P6's took part in the Borders Euroquiz. Out of 17 competing schools, Aidan, Nancy, Charlie and Zafer came in an amazing 3rd place. Well done for all the hard work, a great achievement for the school. Thank you to the parents of P6/7 pupils for coming into school to help the children learn a new language. This clearly helped for the quiz!

- Well done to the P6/7 pupils who took part in the 2K Schools Cross Country Run at Netherdale, with the P7 boys coming in 4th overall. Looks like the daily mile the Stow Primary pupils and teachers run, is paying off!

- May we also take this opportunity to thank all parents, carers, children and the local community who have helped make our recent Car Boot Sale, in aid of school and Stow Kids Club funds, such a success. We are delighted to let you know that the event has raised approximately £650.

- Rights Respecting School Award. Over the past few months our P2/3 teacher Mrs Leckie has been guiding the children throughout the school towards the UNICEF UK rights respecting schools award (RRSA). This award supports schools in embedding children's human rights in their ethos and culture. The children have been participating in themed assemblies, learning about the importance of Fairtrade, with pupils kindly donating items towards a food hamper. They have been developing their health/wellbeing knowledge through completion of food diaries and diagrams, whilst also discovering and analysing what it means to be a "Hero". All these areas are fundamental to the award that recognises achievement in putting the UN convention on the Rights of the Child at the heart of a school's practice. We're just beginning our journey towards this award but already the children are showing great enthusiasm and interest... we will keep you posted on our achievements.

STOW PIPE BAND



preparing for 'The Worlds' in Glasgow

The Brogues are being polished and the shirts are being ironed - Stow Borders Pipe Band are kicking off the piping season with a Competition at Dunbar on 14 May. As you can see we have been practicing our new sets during the winter months are looking forward to a successful year.

This year we are taking a bus to the Scottish Pipe Band Competition in Dumbarton on Sat 30 July and again for the World Pipe Band Championships in Glasgow on Sat 13 Aug. We will have plenty of room on the bus so if anyone wishes to join us for a great day out and support the band it will cost £10.00 per person for the bus. Anyone wishing to come along please get in contact with

Stuart Robinson at Stu.lainey@btinternet.com or contact a pipe band member.

STOW BABY & TODDLER GROUP

All are welcome to come along and join some of the local mums and children for a hot cuppa and a friendly atmosphere.

We have a large variety of toys for the children (young and old) and plenty of space for the toddlers to run around and burn off some energy. Children's snacks and drink are provided. Hope to see you all soon.

Stow Town Hall (Upstairs)
Thursdays 9.30 am - 11.00 am
£1 per family

(open during the school summer holidays this year older children welcome to come along then too)

We would also like to say a special thanks to everyone who has donated toys recently. They are much appreciated and enjoyed by all the children.

spotlight on

WILMA
LOFTHOUSE



Wilma formally opening Fountainhall Hall 4 March 2016

"I like keeping busy." Well, no-one who knows her would doubt for a moment that these words come from Wilma Lofthouse and no-one who has an inkling of the life of a farmer would doubt her many working opportunities to do just that. But for Wilma that would never be enough, as has been clear since she arrived in the valley 43 years ago as the newly wed wife of local farmer Bert. "I love rural life and village life; caring about people; getting involved."

The farm and family Wilma joined was very much part of the local community with a dairy herd and milk round for the area. Wilma added an outdoor ark-reared pig unit (closed after the Foot and Mouth epidemic of 2001, as the layout of the farm against new regulations made the unit uneconomic; the valley lost 'happy pigs' and pure pork products free of colourings or additives, made to Wilma's specifications) and the farm now has sheep and a suckler herd. But when she first moved to the Borders it was from teaching in Edinburgh as a fairly new primary schoolteacher - although already an experienced dairywoman from growing up on her father's farm near Edinburgh.

Initially teaching in Langlee Primary in Galashiels while farming part-time at home, Wilma then had her two children, Jane and Graham, gradually giving up the teaching to give more time to her family and the farm. And all the time becoming more and more embedded and active in the life of Fountainhall, Heriot and Stow.

Firstly becoming involved in Fountainhall playgroup, then the Parent/Teacher dialogue of Fountainhall Primary, including a successful campaign to save the school from closure, Wilma has also been on the committee of the Rural (WRI) and Stow Community Council, keen to ensure that the latter heard Fountainhall's voice too. When she sees something she thinks should or could be improved, it's important to Wilma to let the appropriate people know and to take action to change things for the better. At times wanting change brings frustration when others think the status quo is just fine and movement is slow or impeded!

Presently involved with Stow Health Centre Patient Group and Stow and District Pensioners Association, Wilma typically says it's just good to be able to help and that it doesn't have to be formal membership of a group to do that. She has a great knowledge of Borders cafés and can often be spotted of an afternoon sharing a scone and cup of tea with an elderly, otherwise housebound friend or two, in a favoured watering hole.

Being a part of village life, giving and receiving friendship, seeing what would improve things, speaking up, connecting with others and taking action to make those improvements happen, is the heart of everything Wilma lives and does. The team which brought about the successful rebuild of Fountainhall Hall have shown the esteem in which she is held locally - Wilma was the unanimous choice to formally open the building and unveil its new artwork at the Grand Opening on 4 March. Something she did with typical warmth, appreciation and recognition of the many folk who contribute to the wellbeing of our community. She didn't name herself, but Wilma Lofthouse is certainly one of them.



STOW STATION BUILDING FUTURE DEVELOPMENT

At a well attended open meeting in Stow Town Hall on Wednesday 27 April, Alan McNeilly, on behalf of Stow Community Trust, presented outline plans for the development of Stow station building as a hub for the community. Included in these plans is a café open opening early mornings from Monday to Friday, a vending hall where drinks, newspapers, snacks etc would be available at all times, a gallery and exhibition hall, toilets, meeting rooms and a conservatory addition which would act as a meeting place and be available for a pop-up bistro using state-of-the-art kitchen built into the plans.

Together with the micro-brewery, a bar would be open on Thursday, Friday and Saturday evenings. However, ScotRail, who own the building and have final say on its use, have stated that a pub is not an option. A few additional options were suggested by the attendees at the meeting, and other suggestions have been made to the trustees from people who could not attend. The Trust will take these into account as they put together the business plan for ScotRail to assess.

Once we have a final agreement with ScotRail we will then proceed to raise the necessary capital to complete the project. Andy Savage, CEO of the Railway Heritage Trust has guaranteed up to 40% of the costs of the building conversion, as he is enthused by the plans to make the station building a viable asset for the parish of Stow. Further support has been forthcoming from ScotRail, SBC Councillors, and potential funding bodies. For more information please see the Stow website, and Facebook, where further suggestions are welcome.

[Draft plans are on display at the Cloudhouse Café. Written comments left there will be passed on to the Community Trust. Many thanks to the Cloudhouse for this initiative.]

Gala Water Singers COME AND SING

Be our guest and join us at a 'COME AND SING' session which kicks off our new season on Tuesday 30 August 2016, 7 - 9 pm, at Fountainhall Hall. If you fancy singing with people who think there's something special about singing with a group of other people who just like singing - where you don't have to have any training, any skills in reading music, where no-one will decide if you 'qualify' to join - then come along and give it a try.

Enthused to carry on - or if you can't make the 'COME AND SING' - we meet on Tuesdays in Fountainhall School, 7-9 pm, from 6 September with a break in the summer and brief breaks at other major holiday times. Costs are two payments of £20 and one of £10 over the year, with help if only the cost is getting in the way of you coming, and you're welcome to your first two weeks with no charge to try it out. We love our weekly singing and occasional concerts - do join us. For more information contact John 01578 730289 or Paul 01875 835331

Summer Festival 2016
Friday 26 - Saturday 27
AUGUST
THE QUOITING GREEN
• see posters for programme
• tickets from the shop

NOTES ON THE WIND DATES FOR 2016

APPLICATION	NOTIFICATION
11 July	September
10 October	December

SPRING FLING
STOW PRIMARY
SATURDAY 28 MAY
5.45 - 9.30 PM
Disco; Food; Tuck Shop;
children's activities; BYOB
tickets (inc. food)
£5 Adult / £3 Child
from the school & shop

NEWSLETTER COPY *DATES 2016

*some dates altered

ISSUE	COPY	PUBLISHED
Business Extra	30 June	with Issue 26
via Shop/ Cloudhouse/ Editor		
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27	30 Oct	18 Nov
to: Heather Johnston, Editor heather@southcottage.co.uk 01578 730507		