



First Day of Spring 2018



St David's Day 2018

### CONGRATULATIONS JENNY!



Jenny Mushlin, so well known across our parish, and in our 'spotlight' in 2011, has been recognised for the magnificent work she does, not just in our locality, but across the Borders. We cannot improve on the words of Borders Care Voice, the organisation which nominated her, and appreciate being able to bring them to you here.

*'One of Borders Care Voice's most dedicated and active service user representatives is the winner of this year's local Long Service to Volunteering*

*Award. Jenny Mushlin was declared the winner at the Loving Our Volunteers awards event in Kelso on 14th February, organised by Volunteer Centre Borders.*

*Jenny is the chair of the Mental Health and Wellbeing Forum. She is also Secretary of Fountainhall Village Hall, Secretary of [the Parish of] Stow Community Council, and a Board member of Borderline and New Horizons.*

*She was nominated by our Mental Health Development Worker, Shirley Barrett, who said: "Jenny selflessly gives up her time to support and campaign for people with mental ill health, trying to improve their quality of life, whilst working towards securing a better experience for them and others in the future."*

*Everyone at Borders Care Voice is delighted with this recognition of Jenny's hard work and dedication and we congratulate her on this latest achievement.'*

[www.borderscarevoice.org.uk/volunteer-jenny-is-a-winner](http://www.borderscarevoice.org.uk/volunteer-jenny-is-a-winner)

Typically, Jenny's response was "I was amazed to have been nominated let alone win". Neither the nomination nor the winning, surprises those of us who know of Jenny's commitment and skills. Once again, Congratulations Jenny!

### GREAT NEWS FOR STOW PARK

Stow park will very shortly be getting its new play equipment. Having raised all the funds, work on the new play park will commence in mid April - weather permitting.



wooden bridge to the A7 where there will be an access ramp which will be installed after the equipment is built. We are also supplying three benches and a picnic bench in the area.

The play equipment will be sited south of the current swings and will be suitable for children aged between 8 and 14 years. There will be eight different pieces of equipment including a large climbing frame and basket swing. Adults have not been forgotten and there will be four pieces of outdoor fitness equipment including a cross trainer and chest press.

The installation will include a path from the

The contractor has over 100 years experience of manufacturing and installing play parks. We are hopeful that they will take care to minimise disruption to neighbouring properties and ensure the the surface of the park is disturbed as little as possible.

Please support Stow Community Park and like our face book page where we will keep you up to date with progress.

Helen Corcoran, SCPSecretary

### FOUNTAINHALL VILLAGE HALL ARTS

**FRIDAY 23 MARCH 7.30PM THE CAMPBELL DUO**

With their vibrant combination of wind and strings The Campbell Duo bring a wide and varied repertoire of familiar and not so familiar works to life, presenting a repertoire of music ranging from the baroque and classical periods, through to impressionist and the very best of recent works written for guitar and flute. They have given numerous first performances, and have had many pieces written specifically for them. Hugh has turned his attention to the wider repertoire of orchestral works of the twentieth century and arranged them for the unique combination of flute and guitar.



Doors open 7pm for 7.30pm. Licensed bar.  
Tickets: Adult £8; Child under 16 £4 from:  
[jjmushlin@gmail.com](mailto:jjmushlin@gmail.com); t: 01578 760297 or Stow Shop

**WEDNESDAY 11 APRIL 2PM**

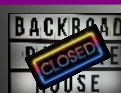
**OSCAR AND THE DEEP SEA PEARL (SUITABLE FOR 4+ YEARS) PERFORMED BY THE MOUSETALE PUPPETS**

The future of the ocean rests on one little mouse... Oscar and his friend, Fin the fish, are swept into an exciting underwater mystery in which they encounter the wicked Emperor Gritskylyter and a power which controls the whole sea. Fast-paced, energetic, musical and humorous, this is an established family favourite, presented in Mousetale Puppets' colourful glow-in-the-dark style.



Mousetale Puppets is a professional touring puppet theatre based in Central Scotland. With lively, vibrant shows, designer and performer David Stewart brings his adventure stories to life with charming puppet characters and glow-in-the-dark ultraviolet effects. His productions are well known for their vivid colour, catchy music and original songs.

Starts 2pm Tickets: Adults £6; children £3 from:  
[jjmushlin@gmail.com](mailto:jjmushlin@gmail.com); t: 01578 760297 or Stow Shop



Sadly the Backroad Picture House at Fountainhall Village Hall has had to close due to inadequate patronage.





## UPDATE ON THE PLANTING

Last year we tried, where possible, to plant the station with perennial plants such as Rudbeckia, lupins, monkshood, azaleas, jasmine, honeysuckle and a thyme carpet to name a few. Unfortunately these plants take time to establish so the impact will hopefully come this year. Our major problem has been with rabbits who have eaten everything, including plants that they apparently don't like. We have therefore purchased netting that we are going to attach to the bottom of the fences to try to keep them at bay. We have had donations for a hosta bed, a rose bed and a bulb bed for which we are very grateful.

The village planters and the two new ones at the station were planted, but fell foul of the weather (winds and rain and a lack of sun). We again



*the station planting which so impressed Stow rabbits*

have tried to plant some perennials such as lavender, heucherellas and taxus baccata, but there is always a need for some annual plants to give more impact. For the winter and spring we have planted bulbs and pansies in the three tier planters in the village.

We would like to thank Philiphaugh Gardens for their continued advice and supply of plants and those who helped with the weekly watering over the summer period. Also grateful thanks to the people throughout the village who have allowed us access to their gardens to fill up the water bowser. You have no idea how heavy 100 litres of water is to carry around the village! We have been given a grant to replace the old wooden planters that have rotted, and to purchase two new planters for the station.

If you would like to be added to the watering crew, please get in touch with Fiona Jeffrey at [fionajeffrey321@btinternet.com](mailto:fionajeffrey321@btinternet.com). It only takes a few hours, once a week, and if we get a few more people, we may only have to do it once each over the summer.

## WALKS AROUND STOW PROJECT



We have applied to the Localities Bid Fund at Scottish Borders Council for a grant of £5000 to kick-start the 'Walks around Stow' project.

If you are interested in joining us, please email: [stuartjeffrey321@btinternet.com](mailto:stuartjeffrey321@btinternet.com)

## STOW BABY AND TODDLER & MUSIC GROUPS

Our ever-popular **Music Group** meets on **Monday** mornings from **10:00am – 11:00am**. Come along with your little ones and join in with some singing, actions and a few musical instruments. Perfect voices are not required!

Our long-running **Baby and Toddler Group** meets on **Thursday** mornings from **09:30 – 11:00 am**. Come along with your little ones and meet some of the local families. We can offer you a hot cuppa and a friendly atmosphere. Children's snacks and drink are also provided; of course we welcome breast/ bottle feeding also.

You will find both groups upstairs in **Stow Town Hall** in the main hall. Cost per session: £2 per family; groups run during school term.

**Volunteers required: We are looking for volunteers to help out with running the Music Group.** If you have an hour to spare and would like to help please contact Eleanor 07746 972664.



*Christmas party 2017*



## STATION HOUSE PROGRESS

February started with a very successful meeting of Stow Community Trust members interested in seeing the Station House project push forward. With the feasibility study and the business plan in place, the Trust was on the verge of appointing an architect to move into the next phase. It is very heartening to witness the number of people who are willing to help make this project a success.

The raising of funds can pose nightmarish problems and this project has experienced its fair share. One of the issues is the fact that the European LEADER funding is time sensitive and so applications are having to be accelerated. However, all stakeholders are supportive and there are grounds for cautious optimism. This should happen in the next couple of months. At present, applications to LEADER, Railway Heritage Trust and the Scottish Landfill Community Fund are near completion and submission.

Just before the newsletter went to print we had good news and can tell you that we have had confirmation of Borders Railway Blueprint funding for the design phase of the project (to the tune of £38,000) which in conjunction with earlier awards from the Longpark and Toddleburn Windfarm Community Funds has allowed us to select a principal designer (i.e. architect) with a quantity surveyor to follow by the end of February. We will then have a full design team in place and it will be all systems go!

If all goes well, the final phase could start in September of this year, with a construction period of about four months and an opening in spring/ summer 2019. There are many hurdles to overcome, but where there is a will there is a way and this is the will of the people!

Find out more at [www.stowhub.co.uk](http://www.stowhub.co.uk); to get involved contact: Bill Jamieson e: [sparrowcastle@btinternet.com](mailto:sparrowcastle@btinternet.com) or Alan McNeilly t: 01578 730209

## CLOUDHOUSE CAFÉ & GALLERY



The Cloudhouse Café is open 7 days a week; 10-3 Saturday -Thursday and 10-4 on Fridays. The folk session will be held on the first Sunday of each month from 3-6. Our Facebook page *Cloudhouse Café Stow* is where to keep a lookout for any special events.

We are always happy to facilitate meetings or gatherings within or outside of our usual hours - contact us at the café or via t: 01578 730718; m: 07877 495640.

The New Year has started well for our club and children attending it. We have had a lot of fun using the gym hall playing badminton, hockey, football and using wheel boards. We have two new scooters for the children who forget to bring their own (note to parents: helmets are compulsory for bikes but for scooters you have to tell us you want your child to use it and supply one please) and we have bought some amazing outdoor resources for when the weather gets better. They include: a set of four giant games, such as Connect 4 and Jenga; more Playmobil and Duplo; and sand toys, dinosaurs, mini beasts, sea animals and astronauts (with mats to match) to use in our outdoor trays with water and sand.

We are going to buy a shed so the older children will be able to use our snooker table and ping pong table. Also, we are trying to develop the outdoor area using 'loose parts' for the children to fire their imagination. Please give us any unwanted pan, piece of guttering, rubber mat, pieces of pipe etc. which the children could then use to make a den, an obstacle course, a spaceship... whatever inspires them! Thank you.

We are hoping to offer an Easter club for the week starting Monday 9 till Friday 13 April 8.30am to 6.00pm; fees t.b.a. If you would like your child/ren to join us in this fun, please contact Andrea at e: stowkidsclub@hotmail.com or come and see us at the club at Stow Primary School.

## IT'S THAT TIME OF YEAR AGAIN... SO WHAT'S IT ABOUT..? AND WHY DOES IT MATTER..?

**IT'S THAT TIME OF YEAR AGAIN...** spring to early summer, from April to June, when signs appear in the fields asking us to take greater care than usual when out walking and to avoid some fields altogether, especially with dogs.

**SO WHAT'S IT ABOUT..?** Lambs and calves. Pregnant ewes and cows, then the young animals in the fields with their mothers meaning changes for these few months in how humans and dogs co-exist with farm livestock outdoors.

**WHY DOES IT MATTER..?** That's the bigger question. To answer it needs a look at the bigger picture... As a community surrounded by working farmland we need to know what the law and the Countryside Access Code ([www.outdooraccess-scotland.scot/Practical-guide/public/dog-walking](http://www.outdooraccess-scotland.scot/Practical-guide/public/dog-walking)) have to say about that access.

### LEGAL - THE RIGHT TO ROAM; RESPONSIBLE ACCESS

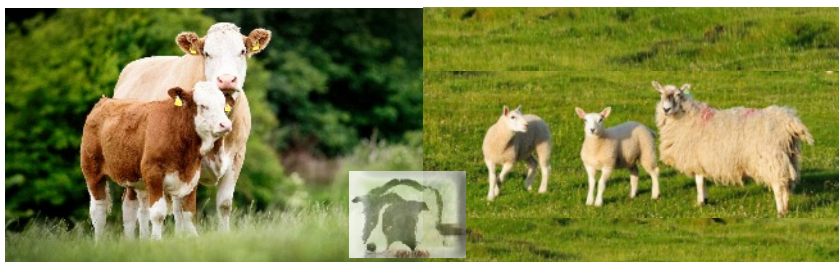
The Right to Roam is a precious entitlement and is governed by The Land Reform (Scotland) Act 2003 which provides a right of access for everyone to most land and inland water *provided they exercise their rights responsibly*. The Scottish Outdoor Access Code provides detailed guidance on the responsibilities of those exercising access rights. It says 'Do not take your dog(s) into a field where there are lambs, calves or other young animals. Go into a neighbouring field or onto adjacent land. In more open country, keep your dog on a short lead [under 2 metres] if there are lambs around and keep distant from them.'

### SAFETY - PEOPLE; LIVESTOCK; DOGS

Bankhouse Farm's Vet, Amy Jennings, has contributed to this article about some of the ways that dog owners can help to support farmers and their livestock. She says "Many of us enjoy walking our dogs and all the farmers in the area thank dog walkers for keeping their dogs under control to avoid any stock worrying. Every year at the practice we manage several incidents of dogs attacking sheep. Please be vigilant when you are out and about and challenge visitors who have dogs off leads in areas that you know may have animals grazing. All our dogs can be unpredictable and none can be entirely trusted to behave around sheep."

A pregnant ewe can miscarry if chased and she and her lamb will panic and run from a dog that goes near them. Should they end up in the river the ewe can turn turtle with a soaked fleece and the lamb, which can't swim, swept away. Injury or drowning for both are the likely outcome.

A cow weighs 700-1000 kg and is a fiercely protective mother which will attack a dog if she feels her calf is threatened. If the owner is close by the dog in that situation, both are under threat. Don't try to lead your dog out of the field. The cow will follow the dog and you will both be in increasing danger. To quote the Code 'If farm animals react aggressively and move towards you, keep calm, let your dog go and take the shortest, safest route out of the field. Both you and your dog will be far safer if you allow your dog to escape on its own.'



### DISEASE - DOGS; LIVESTOCK; PEOPLE

Vet Amy again "Dogs can also pose a more invisible risk to cattle and sheep; dog faeces can carry several parasites that are health risks to sheep, cattle and humans.

Dogs can harbour several species of tapeworm. The eggs pass out in their poo. When these are consumed by cattle they cause cysts in the muscle of the animals. Areas of meat with these cysts have to be discarded causing financial losses for the farmer. Certain tapeworms can also cause cysts in humans leading to severe ill health. Dogs catch these tapeworms from scavenging on fallen livestock. The tapeworms have very little obvious effect on the dogs themselves.

Dogs also can carry Neospora which is passed in their poo. Neospora spores are released in huge number from infected dogs and these can be eaten accidentally by cattle while grazing. This parasite causes a chronic infection which causes cows to abort. It is impossible to treat and can cause long-standing issues in herds that mean that several calves are lost every year.

Sheep are affected by another parasite often harboured by dogs, Sarcocystis. This too passes out in dog poo and infected sheep develop cysts so that sections of the meat have to be discarded or condemned. Additionally sheep can suffer impaired vision, brain damage or sudden death.

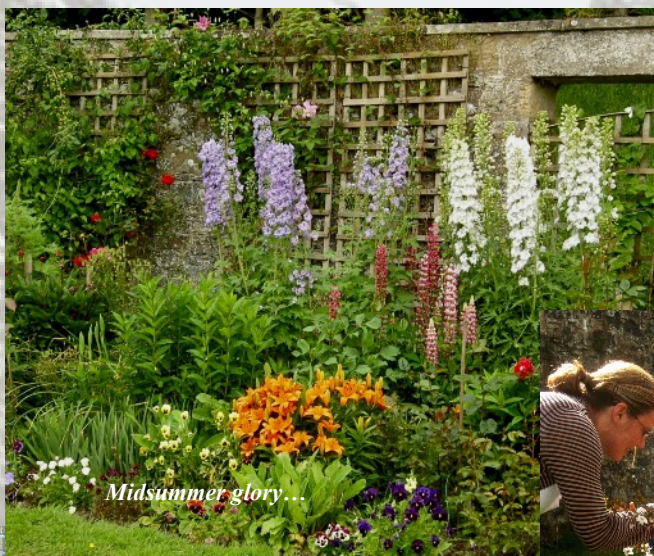
The best way to prevent all these risks is by regularly worming your dogs every three months; removing their poo from the pasture and preventing dogs from scavenging by keeping them under control at all times."

### CLEARING UP - BAG IT AND BIN IT (DON'T CHUCK IT)

Thank you to everyone who bags their dog's poo and thank you again to everyone who carries the filled bag to a waste bin. Sometimes bags of poo are left in fields and they pose another threat to livestock. The animals are curious and will explore the bag, chewing it open. They are then exposed to the dog poo but they have eaten some of the bag as well. The plastic is not digestible and can cause breathing problems, digestive blockages and even death. When you spot visitors walking their dogs, offer to tell them where they can find our public bins.

A few last words from Amy, "So please help our farmers to protect their livestock by keeping your dog under control and bagging and binning your dogs' poo when they defecate on farm land. Also help others to do the same - carry some spare bags and keep an eye out for dogs that are not on a lead." A succinct good neighbours' charter. Many thanks to Amy.





*Midsummer glory...*



*Early days...*



*A day to savour the temptations of those...*



*Herbs for health and flavour all year*



*Calendula attracts beneficial insects whilst controlling pests such as whitefly*



*Nothing tastes better than fresh picked home grown*



*!...*



*You don't get to do this online!...*



*Composting manages soil structure and nutrition - that's why this same bed has grown a bumper crop of runner beans for the last 18 years*

## GALA WATER HORT

Feeling inadequate about the length of your cucumber? Perturbed about the girth of your pumpkins? Tortured by your tomatoes? Fear not - help is at hand. At the Gala Water Horticultural Society we want you to tap into our knowhow, but we would love to tap into yours too. As a comically unrealistic gardener and a serial geranium and pelargonium slayer I have after two meetings been educated on how to make these wonderful flowers more than a one season wonder, saving me time, money and lots of bad words.

At the society we wish to celebrate the contribution plants, nature and crafts can bring to our community, our sense of place and our personal wellbeing. We want to embrace it all - flowers fruit and vegetables, home and craft skills, traditional and modern handicrafts, baking, preserves and plants. How might we encourage gardening along organic principles? Using natural controls, composts and mulches, using companion plants to keep off the insects, avoiding pesticides?

We hope to respond to community changes and lifestyles; few have the space or time to grow on a large scale anymore. Many of us have a small area or a patio. No matter what your space or your ability we would like to welcome you... to plant a stylish container is a triumph in itself.

Spring is definitely springing and a stretch in the daylight and the first glimpse of life from the dank soil lifts our spirits. It might also drain our finances with frenzied bulb and seed ordering difficult to control as glossy catalogues land on our doormats promising us blonde hair and beautiful and productive gardens. My dear neighbour and co-author Ray Chaplin (he is a brunette) has already confessed to getting completely carried away in the sweet pea seed department. Watch this space... there may be a few plants spare later... bees and butterflies love them; perfect for any plot.







*The Walled Garden Burnhouse*

*se seductive flower and seed catalogues...*



*Courgettes - yummy but pick them young or they will become marrows almost overnight!*



*Buddleia - gorgeous and irresistible to many butterflies and insects*



*Interplanting and catch cropping works well here*



*Superb flavour - air and sun dried these onions will store for use all winter*

## AGRICULTURAL SOCIETY



Our aim too is to explore the healthy eating trend. For the gastronomes among you (ordinary gnomes welcome too) we want to hear what you are growing, how you are growing it and how you are eating it. We want to keep the annual show alive and kicking, with its competitive tradition, but hopefully without any Midsomer Murders type activity if your marrow isn't as big as next door's or your dahlias have drooped.

**Our plant sale in late spring is a marvellous event, locally grown varieties significantly cheaper and fresher than the normal garden centre offerings. On Saturday 19 May,** an opportunity also to catch up on all the latest chat, it's a great

place to meet and talk and get to know your community. If you play your cards right, for a small passing of silver, a steaming cuppa with some of our treasurer Margaret White's drop scones might come your way.

We hope to have visits to local gardens and talks by gardeners in our Parish. Watch this space as well as the trusty post office and village noticeboards for dates and times of our events. **The show date is Saturday 1 September so get planting to avoid disappointment.**

Without your interest, support and enthusiasm nothing would happen; we want to, with your guidance, move on and develop in the new directions necessary to keep the society active, healthy and evolving. Even if you just want to help out on show or plant sale day or one of our other events we would love to hear from you. We want to keep the show on the road. It's a wonderful reflection of all that life is and all that life should be in the Gala Water valley.

Should you be inspired... get in touch:

Patricia McMahon e: psobruce@btinternet.com; t: 01578 730575

Jacki Cooper e: jackicooper@btinternet.com; m: 07780 791383

Jen Knox e: jenknox1981@btyahoo.co.uk

Article: Fiona Nisbet

Photography & captions: Raymond Chaplin



*The tastiest lettuce I have ever grown - Buttercrunch!*



*Bramble (blackberry) in flower - train these tasty fruiting climbers against a wall*



*So tasty they never get to the Show!*



*Photograph your plants and garden - a great way to enjoy and chronicle the ups and downs!*



## DEFIBRILLATOR TRAINING

Gillian Donaldson, the Lead Cardiac Specialist Nurse at the Borders General Hospital has kindly agreed to carry out training sessions in the use of a Defibrillator in emergency situations.

If you would like to take part in one of these practical sessions (yet to be scheduled), please email [stuartjeffrey321@btinternet.com](mailto:stuartjeffrey321@btinternet.com)



## LAND USE & IMPROVEMENT

Eildon Housing has agreed to allow the residents of Eildon Housing, Mill Court, Stow to utilise the grass area adjacent to Mill Road and Mill Court as a community space until such times as Eildon require it for some other purpose.

This is exciting news: the idea is to create a grassed area, with benches and hopefully some trees and bushes, to make a lovely place to sit outside during the summer. Plans will be drawn up in consultation with the residents and within the constraints set by Eildon Housing.

At some point in the future we will need volunteers to landscape the area so if you are into gardening and want to offer your expertise and/or your hard work please contact Andrea at [andrea.carlino@yahoo.co.uk](mailto:andrea.carlino@yahoo.co.uk); t: 01578730763 or Alistair McLaren at t: 01578730750.



The Community Council has been supportive in achieving this, as has Andy Anderson, SBC Councillor. Many thanks to them.

Watch this space for future developments!



This year's Stowed Out Festival will take place on 10 and 11 August. (two weeks earlier than the last few years).

The Festivals Committee will be working hard to enable reduced rate entry to continue for local residents while maintaining the high quality eclectic mix that has become the Festival's trademark. The Festival team received the fantastic news in December that a further three years' grant has been awarded by the EDF Longpark Community Fund.

The Festival is run by a committee and if anyone would like to get involved on either the artistic or admin side we would love to hear from you, contact us at [e: info@stowedoutfestival.org.uk](mailto:info@stowedoutfestival.org.uk)

## STOW BREWERY

Stow Brewery has been very encouraged by the progress with the old station house development and fully supports the plans to develop the building including the establishment of a bistro.



With the brewing team now back to full strength the Brewery is looking to get brewing again, aiming to have the next brew ready for the spring and by the end of the year to have the full complement of beers in bottle, cask and keg.

## INHALER RECYCLING

You can now return your used inhalers to Stow Heath Centre for recycling.

There is a box located in the waiting room; just put your empty inhalers in there and we will send them away to be recycled.

Another opportunity to do our bit to reduce waste.



**Great Eel Hunt: 1859** In September 1859, a great Eel hunt was held at Stow. Fisherman from across the Gala Water valley, some from Gorebridge and Newtongrange and two fishing clubs from Edinburgh, came down for the day on the train. Several local pools had been marked out and lots were drawn for the fisherman to ascertain where they might try their luck.

At eleven o'clock in the morning the hunt began. The fisherman intent on their prey stared silently into the water while several young local boys ran between the pools to try to be the first to spot an eel. The weather held good for the whole day and a few families decided to picnic along the river to watch the progress of the hunt. At one o'clock the first shout went up "eel caught" and then a second shortly afterward. At the end of the day a tally of 27 was recorded with several specimens of prodigious size having been captured.



**JIMMY'S CHIP VAN WILL NOT BE IN STOW [MONDAYS 4.30 - 7.30PM TOWNFOOT]**

**ON THE FOLLOWING DATES IN 2018**

26 March  
30 April  
21 May

18 June  
9 July  
20 Aug

10 Sept  
22 Oct



## WIND FARM FUNDS

### APPLICATION DATES 2018

#### EDF LONGPARK (Foundation Scotland)

9 April  
9 July  
8 October

#### SSE TODDLBURN

15 April  
31 July  
24 October

#### AWARD DECISION

29 May  
4 September  
4 December

The outcome of an application is usually conveyed about two weeks after the decision.

### RECENT AWARDS

#### EDF LONGPARK

##### Sound Out

£16,569

To purchase a marquee and contribute to running costs over three years.

##### Stow Community Trust

£30,900

To contribute to professional fees and site investigations/surveys in the preparation of a Developed Design for the renovation of Stow station.

##### Foundation Scotland

£10,000

For the Parish of Stow Endowment Fund.

#### SSE TODDLBURN

##### Stow Community Trust

£9,000

Project development costs relating to the Station Building renovation.

##### Parish of Stow CC

£5,604.80

To improve the floral displays in the village. Replacement planters.

##### Foundation Scotland

£10,000

For the Parish of Stow Endowment Fund.

Notes  
on  
the  
Wind



**Gala Water Singers**  
Community Choir of the Gala Water Valley

We are working enthusiastically towards our first concert with Julia Campbell as Music Director and this, our summer concert, has a local, but certainly not parochial, connection.

All proceeds from the concert in May will go the charity *My Name's Dobbie Foundation* set up by former resident and current neighbour of our patch, Dobbie Weir, to raise funds for research into Motor Neurone Disease. In homage to Dobbie's stellar career in Scottish Rugby we bring you an engaging selection of music from the Six Nations.

Note the new start time of 4.30pm, in Stow Church, with the usual scrumptious buffet to conclude our celebration. This promises to be a special event and we do hope you'll join us.

**Stow Church Buffet**

**Info: John 01578 730289**

**SIX NATIONS OF SONG CHARITY CONCERT SUNDAY 20 MAY 4.30**

**Tickets £8: children free**

**Stow Shop on the door**

**ALL PROCEEDS TO My Name's Dobbie Foundation**

## LIVE BORDERS

### A GYM IN STOW TOWN HALL?- WE'D LIKE YOUR THOUGHTS

The Community Council invited Ben Lamb, Facilities Manager, Live Borders, to a CC meeting to discuss Stow Town Hall. He would like to see the Community involved in future developments and would like our ideas as to what they could put in to the Hall. He suggested a gym and wondered if this would be popular, while being completely open to any suggestions from the Community.

I pointed out that the cost of hiring is unaffordable for some groups and he said charges have been reduced. Ben Lamb promised improvements to the kitchen and its utensils. Charges are now:

Facility	Non-Commercial	Commercial
Hall	£12.00 per hour	£24.00 per hour
Meeting Room	£8.00 per hour	£16.00 per hour
Kitchen	£4.00 per hour	£8.00 per hour

Optional Community Group affiliation fee is £50 per year and gets a 20% discount on all hires. Supplement of £30 for rentals between 00.00 midnight and 08.30. There are various other charges for p.a. systems, microphones etc and to borrow tables and chairs from the Hall. Live Borders can provide an entire list or access it at: [www.liveborders.org.uk/TownHallsandCommunityVenues](http://www.liveborders.org.uk/TownHallsandCommunityVenues)

Please could anyone with any ideas contact me at e: [jjmushlin@gmail.com](mailto:jjmushlin@gmail.com) or t: 01578 760297. I would especially like to know if there is demand for his suggestion of gym equipment. He is happy to come to further meetings and we can take up any ideas with him or invite him back for you to come along and put your ideas to him in person. Please do get in touch.

Jenny Mushlin, Secretary, Parish of Stow Community Council



You'll see in the photo that Stuart is wearing dark glasses. They are the kind that react to sunlight and it seemed fitting that we moved from talking indoors, where Stuart's glasses were clear, to the garden so that his lenses darkened (a reminder that pre 'the Beast from the East' recorded in the background images on our front and back pages, it did seem that Spring was just around the corner). Why move for the photo? Because this outdoor loving, willing volunteer for 'Make Stow Beautiful' would far rather be in the background doing useful things, than in the spotlight for this article and dark glasses give a little bit of cover... and of course, because a garden is a natural place for Stuart to be.

But he can't avoid being recognised as it's been 40 years since Stuart and Fiona came to Stow as a newly-wedded pair moving into their first home together and, well, they never moved on. Well-placed for travel to work for each of them, three children, good schools, and an engaging community which they involved themselves in and show no sign of stopping, kept them anchored and content, and Stow and Fountainhall have been the richer for it.

Stuart's life until the move to Stow had been predominantly urban. He grew up in Edinburgh and after a degree in pharmacology joined a major pharmaceutical company in southern England as a research bio-chemist. His three years there were certainly long enough to convince him this was not the career for him and via a stint in a London Teaching Hospital Management Unit, he returned to Scotland. A change of career was required and, not being faint-hearted, Stuart retrained as a Time and Motion specialist - the role was popular in the 1970s with management - not so much with the workers! He plied this new skill in textile mills in Galashiels and Innerleithen and during that time took a course in understanding the working of computers as that then 'new' technology began to come into the workplace.

# spotlight on

STUART  
JEFFREY



In time these new computer skills led him back to work in health care for Lothian Health Board as a specialist Computer Technician, then Computer Security Manager, ending his career as Customer Support Manager. A job area with its own quirks, he tells the tale of being on call many years ago and being rung at 3am by a nurse with a

problem: "The computer screen's black, showing nothing. Is the computer itself working? How would I know that? You'll need to look under the desk to see if its operating light's on. I can't do that, everything's dark here, we've had a power cut." The humour didn't strike him immediately!

Recent retirement is something Stuart finds suits him well, enjoying travel, his grandchildren and being more involved in village life. After helping to run the

Scout group and the swimming club while his children were growing up he is now connected to a new tranch of activities and says he gets involved in what interests him, and if he's asked. Currently he is a member of: the Community Council; the Windfarm Panel as one of the Community Council nominees; the committee of Stow & District Pensioners Society; is part of the team who have planted, watered, nurtured and grieved over the blooming of Stow's public spaces as he eloquently explains on page two, and is leading the initiative to create a book on walks around Stow (more on page two) working with landowners and walkers to ensure the Right to Roam works well and respectfully for everyone.

The man in the shades may prefer avoiding the limelight but there's no doubt that Stuart's choice to do what interests him and to put those choices at the service of his community is of benefit to us all. He may have to accept that his disguise isn't all that good, and that wise people will continue to find their way to him to ask for his help - choose the topic with care and he may keep on finding it hard not to say yes.

## NEXT NEWSLETTER SUMMER 2018 : No. 32

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to: Heather Johnston, Editor  
heather@southcottage.co.uk  
01578 730507

If you are a new business in Stow Parish CC area and would like a mention in the newsletter, please contact the editor

For an email reminder of the copy date nearer the time email the editor and ask to be put on the list

## CAN YOU CHECK YOUR ATTIC?.. AND YOUR FAMILY'S WWI STORIES & PHOTOS?..



**Gala Water Armistice Commemoration 2018 Stow Town Hall 11 November**  
to mark 100 years from the end of World War I

Make a note in your diary now; details in the next newsletter.

**Can you help?** The event includes the launch of a booklet currently being developed by GWHHA on the effect of WWI on the Gala Water Valley (Heriot to Stow). This will cover those who were involved in the fighting, and those who kept things going at home.

**For the event we require four or five WWI tin helmets and one German helmet. We also need battledress tops if anyone has them - WWII would do - but we'd really like to be sure of the helmets.** If you can help, please contact Nettie Simm e: [simm947@btinternet.com](mailto:simm947@btinternet.com)

**We'd also appreciate any local stories or photos of the WWI period of those directly in the war and those affected at home.** If you can help with this please contact Fraser Simm t: 01578 730297.

