

Disrupting to Inspire and Achieve... Congratulations Stow Primary Pupils!

It's been an incredibly busy few months at Stow Primary. Mid-September found all the school children, in the hall, presenting to two packed audiences. Their aim - to disrupt the current thinking on single use plastic. The event was the result of six



10 Disrupters received the award on behalf of all Disrupters at Stow Primary School

Awards 2018 event held in the Volunteer Hall, Galashiels in November. These awards are designed to recognise and reward young individuals or groups from eight to 25 years old, who have personally achieved or overcome hardship to make a contribution to their local community in

months' work on sustainability and successfully becoming one of 100 Scottish Disrupters by the Hunter Foundation. Each class explained the impact, gave alternatives and sang about single use plastic.

The impact has been staggering. The children have not only changed their own habits but influenced so many others. The school canteen now uses metal teaspoons and yoghurt is no longer served in plastic pots; the Parent Council donated litter pickers and recyclable water bottles and an anonymous donor has funded bamboo tooth brushes for each child and a surplus to sell.

This achievement has also been recognised beyond the village. For its Disrupters' work, the school recently won an Enterprise and Regeneration Award receiving this at the prestigious Scottish Borders Year of Young People/Inspire

any of the following categories: Culture, Education, Enterprise and Regeneration, Equality and Discrimination, Health and Wellbeing, Participation and Leadership, and new this year, the Children & Young People's Champion Award has been added for young people to give recognition to an inspirational and supporting adult in their lives.

Judging was carried out by this year's Awards Group, also made up of young people aged eight to 25, from across the Borders.

(more from Stow Primary on page 3)



the Disrupters' representative group with the Award

Concert of Christmas Cheer

Gala Water Singers

Community Choir from the Gala Water Valley

Starts 3pm

Sunday 16th December Stow Church

Buffet included

Tickets: £8 for Adults, Children go free!

John - 0178 730289

Tickets Available at Stow Post Office or by Phone

Gala Water Singers has been busy rehearsing for our Christmas concert on 16 December at 3pm in Stow church.

We will be accompanied by the newly formed Gala Water Singers Junior Choir who have also been busy practising since the start of October. The children of the valley got together for our summer concert and did a guest spot producing a lovely sound. They have now become an official part of Gala Water Singers and we look forward to hearing them again.

Our programme this year is a mixture of traditional (sometimes with a twist) and contemporary Christmas songs. All very easy listening and should help to put everyone into the right frame of mind for Christmas and away from the commercialisation so prevalent at this time.

As usual there will be a buffet afterwards and a time to socialise and enjoy the company. If you don't have a ticket in advance, or decide on the day that listening to your own community choir is a great way to spend a Sunday afternoon in the run-up to Christmas, as always you're welcome to pay on the door.

Stow & Lauder Health

The Health Centre will be closed on
Tuesday 25 and
Wednesday 26 December
and then
Tuesday 1 and
Wednesday 2 of January

A reminder to patients that we no longer accept prescription requests by email. Patients wishing to order online can register for our patient access service, which allows patients to order prescriptions and book appointments online.

Patients can either register online via our website - <http://www.stowandlauderhealth.scot.nhs.uk> – where there is a downloadable form, or call into the health centre to collect a printed copy of the form from Reception.

To access the form from the website homepage: click on 'Prescriptions'; then from the drop-down menu click on 'Repeat Prescriptions'; then scroll down to 'On-line Patient Access' where, via a link in blue, the form can be accessed.

Once completed and submitted to the Practice to register for the service, if successful your application will be approved and you will receive your log on details.

Please remember to order your medication in plenty of time for the festive period, allowing three working days between order and collection. You don't need to order double amounts unless you are going away.

Wishing all of our patients a Merry Christmas and a Happy New Year

From Doctors & Staff
at Stow & Lauder Health



Stow Post Office and Village Shop Festive Season Holidays

24th December – close at 4 pm
25th and 26th CLOSED
31st December – close at 4pm
1st and 2nd January CLOSED

Thank you to all our customers
for your continued support
throughout the year

Best wishes for 2019

December is a busy time for the shop and the Post Office counter.

A lot of mail is sent from Stow to family and friends all over the world. Leaflets are available with the latest recommended posting dates or phone on 730225 if you have any questions. We are also happy to give advice with wrapping, packing and pricing of parcels – whether presents or selling online. Any questions regarding prohibited and restricted items – please ask if you are unsure. It is easier to know in advance than wrap up and pack and then not be able to post it. Leaflets available for this too.

Cash withdrawals for major banks can be made at the Post Office counter as well as other banking transactions depending on your bank. Very handy if you need to withdraw cash and don't want to go into town. Bureau de Change is available. Euros and US Dollars usually available on demand. Other currency available to pre-order.

One For All Gift Cards are a handy gift and can be spent in more than 17000 outlets.

The shop is bursting at the seams with stock as we try to go about our normal day to day business and do Christmas as well. Cards, wrap, gifts, chocolates and wine, books, toys and stationery – and lots more. Pop in for a look.

Christmas Trees will be available again this year. There will be a small selection outside the shop. We do take orders which is helpful for us and we will get you a tree and deliver it straight to you locally.



STOW PRIMARY SCHOOL RECYCLING STATION IS OPEN TO ALL IN THE COMMUNITY SO PLEASE SPREAD THE WORD!

You can safely get rid of: plastic toothbrushes; toothpaste; ink cartridges; any kind of household battery; clean milk bottle tops; pens – all types including highlighters etc. and tipp-ex to be recycled.

There is also a book swap and rag bag collection.



GREENING STOW

It has come to the public's attention that five trees along the A7 in Stow Park are to come under the axe. These trees have been identified as a safety risk by a report commissioned by Scottish Borders Council. In these environmentally conscious times, trees are close to everyone's heart and about eleven people attended the November Community Council meeting wanting reassurance that the action was absolutely necessary and if it was, to request that the felling take place over a period of time with replacement planting. Councillor Aitchison agreed to discuss these concerns with the appropriate authorities.



It has to be admitted that frequently the regional council is a blunt instrument and it is disappointing to learn that not only does the felling have to take place but also this side of the park will be denuded of five trees at one stroke. The overriding reason for this action is that the trees pose a significant safety risk and they are at the end of their natural life span.

Nevertheless SBC, encouraged by Cllr Aitchison, are keen to support the community's desire to preserve and enhance the green spaces in our village. First of all, the short lived black poplars and white willow in the park are to be replaced with a larger number of oak or similarly long-living trees. It is also planned that the felled trunks, where possible, be used as some kind of feature such as rough carved benches.

Secondly, SBC is willing to support the creation of a woodland area to encourage bio-diversity in the green space between the Mill Lade and the Bowling Club. There are opportunities for those interested in the Greening of Stow to get involved and a meeting to share progress, plans and ideas will be held early in the new year. Please get in touch with Jenny Mushlin 01578 760297 for more information and watch out for posters nearer the time.

STOW PRIMARY SCHOOL FURTHER NEWS

The fourth year of putting on a Macmillan coffee fundraiser raised an amazing £565.60. Thank you to everyone who came and supported the event.

The harvest assembly collected food for the food bank in Galashiels and was delivered by the children.

In September all children went to the Lady Haig Poppy Factory in Edinburgh where they got a fantastic welcome from the war veterans who work there. As well as helping to make some poppies, the house captains made the wreath that

they laid at the Stow War Memorial on Remembrance Sunday. It was good to see so many families at the memorial. This was the beginning of a WWI project across the school. Pupils have been creating crafts, cooking, letter writing, and each family has 'adopted' a name on the war memorial. Thanks go to Mary Craig, Stow Parish Community Archivist, who has helped the children understand and appreciate, not just the war but about how it affected the local community.

The Christmas concert takes place on 13 December. Refreshments will be available as well as items for sale. All welcome.

COMMUNITY GARDEN IN MILL ROAD



The garden is looking great and it will look fantastic in Spring when all the dormant plants will gift us colours and shapes and scents which will attract bees and butterflies. Thank you so much to all the volunteers. The only thing missing is a path and benches. We are now having a well deserved rest.

The next sessions will be in March on 16, 17 and 19 at two o'clock. Young people of all ages are very welcome to attend and help with weeding, planting bulbs and, finally, sowing wild flower seeds.

If you want to donate bulbs, seeds, plants and gnomes (yes gnomes) please contact Andrea on 01578 730763 or andrea.carlino@yahoo.co.uk. I wish you all a lovely festive season.

FIRST WORLD WAR COMMEMORATION E



Residents of the Gala Water Valley were History and Heritage Association (GWA) for the one hundredth anniversary of the

First off – on 11 November – was the play 'And a blackbird sang'. The play was performed by a cast of 24 local residents in Fountainhall. The cast rose to the challenge of the role and were brilliantly supported by Ruth and Danny Miles and Victoria Linford played violin and piano. The play provided expert technical assistance with the set and lighting, an inspired and realistic backdrop for the action. The play was an inspired moments and the audience came away with a sense of the message of the play.

Comments made included: "I was honoured to be part of you for creating such a wonderful show" and "The ages of the cast ranged from 8 to 70 and they all came together to enjoy each other's company". The play was directed by Stuart Anderson leading community



Next event – on 16 and 17 November was an exhibition of memorabilia. Local residents had kindly loaned their items. It was not possible to show all of these items in the school – so the school – opened up many, many interesting items. The exhibition was curated by Mary Craig and Dorothy

The other feature of the commemorative event was the book 'And a blackbird sang: First World War'; this was led by Fraser. The book uncovers many stories of what happened in the local war memorials and also what happened in the town. It is priced at £5 and can be purchased at the school or the Town Hall (usually open on Tuesday

The book, exhibition and play were all part of the commemorative programme and were acknowledged in the respective programmes. You can look forward to a music evening

local research by Ruth Flavin - and involving the choir and local musicians - next summer. Watch for further news!



photos top to bottom: the cast of 'And a blackbird sang' with playwright Nettie Simm; villagers wave off soldiers at the start of the war (in rehearsal); soldiers settle in to their trench (in rehearsal); the cast and playwright in the sepia tint of the era

EVENTS INSPIRE THE LOCAL COMMUNITY

are inspired by the events arranged by the Gala Water (HHA) over the weekends of early November, all linked to the end of the First World War.

written by Nettie Simm – “And a Blackbird Sang”. Local players, including six children from Stow and age of remembering their lines and entrances, and Nick Flavin on harp, banjo and melodion. vital supporting roles and Chris Wemyss sound and light to provide an ion. Nettie’s direction had many away deeply moved by the action

ed to be involved in this production”, “Thank and “Good, no, too good a show – well done!” and a feature was how much everyone came ny. The evening was brought to an enjoyable end y singing of some of the “old songs” of 100 years ago.

as the wonderful exhibition of First World War ly offered many contrasting items of great interest. It ems, but the selection – including items from Stow esting aspects of the First World War. The exhibition y Riddell with help from Jessica Troughton.

ion was the launch of the book “Gala Water and the r Simm and was the result of four years’ research. at happened to the men whose names feature on life was like for the families at home. The book is tow Post Office and Stow Community Archives in ys).

s supported by many people – all of whom are ammes and end pages. The commemorations have come and gone, ent based on and local



some of the artefacts at the exhibition





On 3 November the President of Stow Bowling Club, Jane Ellis, presented all its winners and runners up during the 2018 Bowling season with a selection of cups, trophies, medals, plaques and rose bowls. There are a number of in-club competitions throughout the year where everyone gets a chance to compete. The competitions range over mixed pairs, ladies' and men's singles, triples, floodlit competitions - mainly taking place over weekends. Below is a list of all the competitions and winners:



COMPETITION	WINNERS
Men's Singles	Craig Tait
Ladies' Singles	Anne Swan
Selected Pairs	Ian Swan & Craig Tait
Ladies' Doubles	Anne Swan & Arran Gillies
Club Mixed Pairs	Jane Ellis & Graeme Steel
Herd Trophy	John McCann
Torquhan Trophy	G Millar
Stow v Killochryett	Stow
2 Bowl Singles	John McCann
Club Triples	Bob Preston, John Gibson & Jim West
Sanderson Cup	Bob Preston
4 Bowls Singles	Jim West
Craigie Trophy	Hamish McGregor
Scott Medals	John McCann & Jim West
Club Pairs	Jane Ellis & Graham Steel
Handicap	Scott Hunter
Willie Pryde Trophy	Ian Swan
Fox Trophy	Graeme Steel & Jane Ellis
Crawford Trophy (for Ex-Presidents)	Willie Frew
Neil Beaton Trophy	Willie Frew & Arran Gillies
Hat Night	Bob Preston

There were two new trophies to compete for this year. The first is the 'Willie Pryde Trophy' put up by the Black Bull at Lauder; this was an additional flood lit Tournament. The second is the 'Neil Beaton Trophy' presented to the club by his partner Tracy Easton; this is a really unique Trophy and the day of the tournament was a great day.

Well done to all the winners and runners up for 2018 and a big thank you to Stewart Runciman who did all the competition organising and Anne Swan for organising all the engraving on the cups and trophies.



Anne Swan (Ladies' Champion) with President Jane Ellis



Craig Tait (Men's Champion) with President Jane Ellis

WIND FARM FUNDS

There have been no applications or Panel meetings since the last update.

APPLICATION DATES 2019
EDF LONGPARK (Foundation Scotland)
& SSE TODDLBURN
(combined deadlines & panels)

DEADLINE PANEL MEETING

18 January	5 March
12 April	28 May
19 July	3 September
18 October	3 December

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

Notes
on
the
Wind

The 2017-18 report on EDF Longpark Community Fund gives details of funding activity over the year, including how over £74,000 was distributed to local projects in the Parish. It features detailed case studies of Stow Community Park and Gala Water History & Heritage Association's Community Archivist post. The report can be downloaded at: <https://www.foundationscotland.org.uk/communities/funds/longpark-fund-news/>

SSE too has published its annual Community Investment Review, which details the awards made from the Toddleburn Fund in the year to March 2018. The report can be downloaded at SSE's website below: http://sse.com/media/531016/sse-community-investment-report-2018_2.pdf



STOW STATION HOUSE - PROGRESS UPDATE

The good news is that the Stow Community Trust has 62.5% of the funding needed to renovate the building in place and is awaiting the outcome of applications for the remainder. The Trust is confident that the full funding package will be in place by mid-February 2019. Our success in securing funding reflects the confidence of partners in the Stow Station House Project.

A successful members meeting was held on Monday 12 October (see below). The meeting focused on the need to strengthen and improve communication with people in the village to ensure that everyone is kept updated on our plans as we now move into the next stage of development. We need to share our ambitions for the project more widely and update

on the benefits that it will deliver for Stow. There was much discussion on the wider social and economic benefits that we can generate by bringing the Station House back into use.

The Trust is committed to working with local groups to consider how we can use the opening of the Station House to support the work that is already happening to expand the rich and diverse range of activities that is available in Stow. We are particularly focused on opportunities for walking and cycling in Stow as well as our rich heritage and the availability of accommodation locally. Bringing more visitors to Stow and encouraging them to stay and take part in activities locally will bring benefit to the whole community.

The next public meeting will be held on Monday 25 February at 7:30 pm in Stow Town Hall.



spotlight on

This edition has been produced in the teeth of personal injury, pain and lack of sleep, plus time demands within my family over medical consultations resulting in a challenging diagnosis.

Physically restricted in keyboard and writing ability and mentally befuddled, it was impossible to do the work for the Spotlight section and for a while producing the newsletter at all

the best-laid schemes...

hung in the balance - but as you can see, it is here! Normal health and service should be resumed by the next issue.

Meanwhile the Newsletter team wishes to thank everyone who contributes to the newsletter throughout the year, without whom it would not be the valuable addition to community life that it is.

We wish you all an uplifting Festive Season of wellbeing and a 2019 of great creativity in deeds, words and images and look forward to 'hearing all about it'!

STOW COMMUNITY LEARNING HUB

We are delighted to announce that following all your votes and support we have successfully secured £15,000 for a Community Learning Hub, in Stow Primary School.

We are now in the development stages with a group having been recently formed to create a hub where you can come to learn, share and develop. Our hope is that the community involvement will encourage a sense of belonging, supporting families and empowering the community.

Stow Community Learning Hub will of course keep the community up to date on all stages of our development. Our last meeting was held a few weeks ago and we will communicate updates, along with upcoming events in the next edition. In the meantime, if you would like to contribute to the hub with any ideas on what you think we can offer please feel free to contact our chairperson: Jo Broomfield on jojo@groupeden.com or 07879 557791



Fountainhall SWI meet in the hall on the third Wednesday of most months. Over the past year

we have been delighted to welcome guests to some of our meetings which included an illustrated talk on local bird and plant life and a talk and short recital by a professional harpist.

Next session begins in January with a talk by John McLaughlin from Stow based around the WWI experiences of his aunt who was decorated for her service. February will see members trying their hand at Zentangling and in March there will be a gardening talk by local expert, Jim Mercer. In April we will be given the opportunity to try our hand at soap making with Bubble Trouble Soap and in May Ribbon Craft is being demonstrated. Members enjoy a meal out in June and the session re-starts in September with a talk by Forsyth's Butchers of Peebles. In October Sue Sharp from Heriot will speak about a project showing the History of Edinburgh in 101 objects which she has been involved in, then in November our AGM takes place along with a book club theme.

Guests are always welcome, but we would really love new members to join us. If you would like to know more, please contact President Dianne Wilson on 01896 668381 or wilsond31@live.co.uk; or Secretary Agnes Mathison on 01578 722654 or billandagnes23@gmail.com



What a busy term this has been. The children are super active and having great fun with the new resources and the new volunteers: Layla, Rowan, Libby, Iain, Ryan and the veteran Louis. It is lovely to have young people volunteer to play with our children.

Mrs Currie has been making apple crumble nearly every day, served with ice cream: everybody's favourite. Our traditional Halloween party has been a great success with all the children's favourite games: apple dooking, mummies, pumpkin carving, scariest costume competition, spooky biscuits and some nice food.

Apologies to the children who missed out: we are limited to a maximum number of places by the Care Inspectorate. The committee keeps working tirelessly so that the club is financially viable: volunteers are very welcome!

NEXT NEWSLETTER SPRING 2019 : No. 35

COPY DATE DELIVERED FROM
11 FEB 19 2 MAR 19

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

MUSIC GROUP
Note change of day
Tuesdays
9:30-10.30 am in
Stow Town Hall



BABY AND TODDLERS GROUP
Thursdays
9:30-11 am in Stow
Town Hall

groups run in school
term times

NEWS

any enquires to Kat
on 07708 395619



We've had a lovely autumn term at Baby and Toddlers and have been trying out new crafty activities with our budding artists! It's been a busy term with many new children and families coming along which has been wonderful. We always have space for new members so please do come along and join in at Toddler Group on a Thursday or with singing and music on a Tuesday.

With other toddlers and parents moving on to school and new activities, we have seen a change of Committee Members and welcome Kat Custard (Chair) and Vicki Stirling and Lisa Davidson (Treasurers). Thank you for all the hard work done by our previous Committee members!