

SPORTS WEEK IS BACK !!!

Stow sports week made a great comeback in 2022 after the Covid Pandemic hiatus and, as you can see here, the weather favoured us by supplying glorious sunshine. So, this year, read the programme of events below, get your Fancy Dress gear looked out, running shoes ready, plan to come along, get involved and most importantly - enjoy yourself!



STOW SPORTS WEEK 18th-24th June 2023 Programme of Events

SUNDAY 18th

12 noon **Family Football Fun Day** - Stow Park featuring 5-a-side football, BBQ, Ice-cream & Refreshments

MONDAY 19th

6pm **Basketball** (P5-P7, S1-S6) - Multi Court
7.30pm **Men's Football** Stow v Killochryett - Stow Park

TUESDAY 20th

6.30pm **Superstars Competition** (P1 - under 15 yrs)
Followed by **Children's Treasure Hunt** (bring your own pencil) - Stow Park

WEDNESDAY 21st

7pm **Hillheid Race** - (P4 - P7) (S1 - 15 yrs) (Adults, 15+)
Start - Stow Park (competitors congregate at 6.30pm)
then **Adults Sheaf Tossing & Children's Tug-o-War** BBQ and Refreshments

FRIDAY 23rd

7pm **Fancy Dress Competition** - Stow Park
(Entrants to congregate in the park at 6.30pm)

Classes

- | | |
|-------------------------------|--------------------------------------|
| 1. Best Dressed Girl under 8 | 2. Best Dressed Boy under 8 |
| 3. Best Dressed Girl 8 - 10 | 4. Best Dressed Boy 8 - 10 |
| 5. Best Dressed Girl 11 - 14 | 6. Best Dressed Boy 11 - 14 |
| 7. Best Dressed Couple | 8. Best Dressed Group (Children) |
| 9. Best Dressed Group (Mixed) | 10. Best Dressed Rider (Cycle/Horse) |
| 11. Most Humorous | 12. Best Dressed Float |

Best Dressed Group - Pate Cup Overall Winner - Keddie Cup

Following the presentation of prizes, **Stow Pipe Band will lead a parade via Mill Rd & Galashiels Rd to the Town Hall.**

8-11pm **Family Fancy Dress Disco** in the Town Hall
8-11pm **Cheese and Wine** in lower rooms of Town Hall

RACE AND STOW SPORTS DAY: All track and field events are only open to Children who currently attend a Primary School within the Parish and/or children and Adults who have, or have had a permanent place of residence in the Parishes of Stow or Heriot. The novelty, cycle and relay events are open to all. In the interest of fair play, we ask that you adhere to this rule.

SATURDAY 24th

SPORTS DAY

12.30pm Parade of competitors and spectators will be led by Stow Pipe Band from the Town Hall via Townfoot, Station Road and Mill Road to the Park
1pm **The Sports Commence**

CHILDRENS EVENTS

Girls flat races - U/5yrs, 5-6 yrs, 7-8 yrs, 9-10 yrs, 11-12 yrs
Boys flat races - U/5yrs, 5-6 yrs, 7-8 yrs, 9-10 yrs, 11-12 yrs
Girls 100m race - 13-14yrs (Malcolm cup for girls)
Boys 100m race - 13-14yrs (Malcolm cup for boys)
Girls 300m race - 13-14yrs
Girls 300m race - 13-14yrs
Girls novelty races - U/5yrs, 5-6 yrs, 7-8 yrs, 9-12yrs, 13-14 yrs
Boys novelty races - U/5yrs, 5-6 yrs, 7-8 yrs, 9-12yrs, 13-14 yrs
Girls high and long jumps - 9-10 yrs, 11-12 yrs, 13-14yrs
Boys high and long jumps - 9-10 yrs, 11-12 yrs, 13-14yrs
Primary school cycle race (competitors must wear a helmet)
Secondary school cycle race (competitors must wear a helmet)

ADULTS EVENTS

All competitors must be 15 years or older on the day of the sports
Points will be awarded in each of the track and field events
1st (4 points) 2nd (3 points) 3rd (2 points)
and 1 point for each competitor who finishes the event.
Please refer to "Rules of Competition" prior to entering any event.

Ladies 70m handicap (Watson Cup)	Woman's shot put
Men's 120m handicap (Edinburgh Cup)	Men's shot put
Woman's 200m	Woman's high jump
Women and Men's 200m	Men's high jump
(Michelle Palmer Memorial Cup)	Woman's long jump
Woman & Men's 800m (Miller Cup)*	Men's long jump
Woman & Men's 1500m (Cochrane Cup)*	Woman's triple jump
Starters Cup (Woman with most points)	Men's triple jump
Cunningham Cup (Man with most points)	Pipe band race
Mothers race	Adults Novelty Races

*denotes men and women compete in the same race

2023 Stow Sports Week CEILIDH DANCE in Stow Town Hall • Live Ceilidh Music
Pre Dance Cocktails 7.30 - 8.30 - Dance 8.30pm till late • Licenced bar • Tickets NOW on sale at Stow Post Office £10



"Sunshine After Rain"
Music to raise the Spirit.

SATURDAY 10 JUNE 2023
at 7pm

PLEASE NOTE CHANGE OF VENUE
Macfie Hall, Heriot, EH38 5YE

Buffet included * £8 per ticket * Children Free

Tickets available from Stow Post Office Shop,
Choir Members or available on the door



50TH ISSUE!
SEE CENTRE PAGES

Stowed out update

The return to the Quoiting Green in 2022 was much welcomed although attendance was down compared with the last event in 2018. We planned a lower-profile event with the emphasis on being more local (five of the bands playing the main stage had a local connection, plus we had fantastic local talent on our second stage). We wanted to deliver a family friendly day, with entertainment from top-quality acts, a circus workshop aimed mainly at children... and Alpacas! We were fortunate in having a really sunny day, which worked well with the change to a tented stage but no public marquee, but the heat brought its own challenges.

Despite the reduction in scale, many of the costs and tasks are the same as for a bigger event, so it was a real challenge to deliver this with such a small organizing group. We have, therefore, somewhat reluctantly decided to cancel Stowed Out



for 2023 and work towards putting on an event in 2024.

The final shape of this is still being worked out, but the emphasis will have to be on sustainability.

With this in mind, we have been working with two event professionals to streamline the way we work so we can be in a better position to plan for next year.

Finally, we would like to thank all those that gave their time and helped on the day, and especially those who helped set up and take down the site. We also thank the Local Grants Committee, Foundation Scotland and EDF Energy for largely funding the event through a wind farm grant.

We are still busy running quarterly 'Open Mic' sessions at Stow Station House. Our first one was in March and we have two more planned – one on the 9th of June and then on 8th September.



Follow us on Facebook to keep up to date with our plans.

ALL CHANGE AT STOW AND HERIOT CHURCH

The past few weeks have witnessed major changes at Stow and Il Church. On Easter Sunday (9th April) the congregation said "farewell" to Victoria Linford, who had been minister for almost 13 years and is taking up a post in the Principal Clerk's office – where her legal background will be valuable.



May; she is serving Caddonfoot linked with Stow and Heriot – and to enable her to serve all three locations, it has been decided that the **service times at Stow and Heriot will be:**

- 1st and 3rd Sundays in the month - service at Heriot (11am)
- 2nd and 3rd Sundays in the month - service at Stow (11am)
- 5th Sunday in the month (which occurs four times a year) - a combined service with Caddonfoot, location to be advise).

The changes are for a trial period of six months; anyone from the local community is welcome at all our services, including weekly services at 9.45 at Caddonfoot Church.



A presentation was made to Victoria and her husband Tim, in which she was thanked for all her work in the parish. To help the local congregation through the next steps, presbytery appointed

Rev Lynn Brady (who is currently Interim Minister at Channellkirk and Lauder) to act as Interim Moderator at Stow and Heriot (and Caddonfoot); this means that she chairs all meetings of the kirk session and gives guidance on all matters of substance.

Lynn's first initiative was to propose the appointment of Rev June Johnston to act as locum and the combined kirk sessions were pleased to approve this. June's term as locum started in early



Get growing!

After a two year gap thanks to covid, the Horticultural Society is delighted to announce the Annual Flower Show will be on Saturday, the 2nd of September. It's all about taking part and no vegetable or flower is too wonky or too swanky for our programme.

If anyone would like to help keep the show on the road, do join us. We are a lovely bunch! If you would like to help, please contact:

Anne Dabjen: anne@Dabjen.com

Fiona Nisbet: film.media@btinternet.com

We are also planning a plant swap morning at the community garden, on Saturday, 10 June at 10.30am. It's a great way to get rid of plants you don't need and to try new varieties without breaking the bank. We are also planning visits to gardens in the Borders and East Lothian.

For all events, look out for posters in the Cloudhouse Cafe, the Post Office and local social media sites. Remember to spread the word with neighbours and friends.

FOUNTAINHALL SWI

Fountainhall SWI has had an interesting and entertaining variety of talks so far this year. We are looking forward to further interesting evenings after our summer break. Meetings will resume on 20 September at 7.30 pm.

Our Craft and Chat sessions at the Station House in Stow will also take a break for the summer (last session 20 June) and will resume on Tuesday 5 September at 2.00 pm.



Stow and Heriot Church have had a long association with their partner church in Luwatala, Malawi; Helen Taylor was pleased to build on this by joining a recent visit to Malawi.

"I was delighted to join a small group from the Scottish Borders visiting the Presbytery of Zomba, when I, independently, would be able to visit Luwatala, the partner of Stow and Heriot Church.

Despite the impact of Cyclone Freddy on the Blantyre/Zomba area less than a week before our arrival, our group of four was encouraged to go ahead with our visit. Blantyre airport had just reopened, but signs of debris-strewn roads, collapsed houses and damaged crops were visible as soon as we emerged from the airport.

I was able to spend three days at Luwatala as planned. The first was at Mpata School, where, despite all schools being officially closed because of Cyclone Freddy, I was greeted by over 100 children with singing, dancing and tribal drumming. As Heriot Primary is keen to set up a link with Mpata, letters from Heriot pupils had been sent in advance, and, whilst there, I was given responses from Mpata learners. I also had the opportunity to teach a song to one class (of 90 pupils!), as well as introducing a smaller group of pupils to playing the recorders that had been donated by our community in Stow and Heriot, choosing music also being learned by children at Heriot Primary.

My two other days at Luwatala were spent in the church community. I visited the Women's Guild tailoring group, where 13 women are currently being trained on five treadle sewing machines. They also have two hand sewing machines but, as yet, no tables for them. I then spent an afternoon with a few members from the four different church choirs, enjoying their beautiful singing and teaching them two Scottish responses we sing in churches here. On my third day, I attended their Sunday worship, which was very uplifting, full of energy and enthusiastic singing. Their new minister, the Reverend Joseph Maganga, was my generous host while at Luwatala and is very keen to strengthen links with Stow and Heriot Church, as well as with schools in our parish."

Helen Taylor (Organist, Heriot Church)

Visit to Luwatala, Malawi

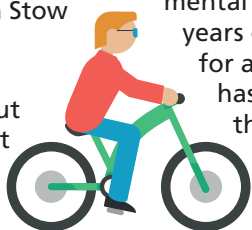
by Helen Taylor
March 2023



Stow Cycle Hub – Cycling to Health Group

The Cycling to Health E-biking group has been going strong since early March. It is a cycling programme aimed at helping people to access regular activity; build fitness, confidence and self-esteem to help improve health and well-being. It is a free programme where E-bikes are provided and the rides follow low traffic routes in Stow and surrounding areas

Originally, it was to be an eight week programme, but has been so successful, that the cycle hub has decided to keep it going. Now the warmer weather is



here, we are keen for more people to join us. We will happily set up a 1:1 skills session for anyone wishing to join the E-bike rides, helping you to build confidence for joining the group rides.

If you are currently not doing regular exercise, wanting to improve your mental or physical health, are 18 years or older and can ride a bike for a short distance (even if that hasn't been for many years) – then please get in touch!

Email us at stow.cyclehub@gmail.com or call: 07984 375817.

The Stationhouse Sessions

**Friday 9th June
7.30-10.30 pm**

Free Entry
(donations appreciated)

Featuring

**Lovat Fraser - The Two Hats -
Graham Godsell - Pete Cairns
(The Blackhope Project)**

**Licensed bar provided by
The Cloudhouse**

Open Mic Night at the Stationhouse, Stow

EDF Longpark Wind Farm Community Fund Awards

EDF Longpark and SSE Toddleburn Application Deadlines for 2023

The EDF Longpark Wind Farm Community Fund and SSE Toddleburn Fund continue to support valuable community activity supporting people living in the Parish of Stow Community Council area. Since 2010, the two funds have awarded over £625,000 and £292,488 respectively to community groups and charities through their open grant programmes. There are two application rounds remaining in 2023 in June and September, if you or your group has a project or activity in mind, check-out <https://tinyurl.com/EDFLongparkFund> and <https://bit.ly/ToddleburnStow> for more information. Don't forget that you can also apply for smaller amounts through our micro grants administered by the Community Council. Decisions on applications to both funds are made by The Parish of Stow Community Funds Panel (see below).

➤ **26/06/2023**
25/09/2023



The relevant dates for the next two fund deadlines are 26/06/23 and 25/09/23.

The panel was first formed in 2010 to support the delivery of the community benefit funds provided by the developers of the Longpark and Toddleburn wind farms. The panel has seven members, three have served following an election in 2010, two represent the Community Council and two have been co-opted over the years. We are supported by fund managers from EDF and SSE and employ a secretary.

Members are drawn from the local community. We have no formal powers and the funds are managed by Foundation Scotland and SSE. Our remit is to consider all grant applications and recommend awards, taking into consideration the benefits to the community that each application can offer. Over the past 13 years, we have supported large projects such as Fountainhall Village Hall and the Station House as well as community groups

What is the Parish of Stow Community Funds Panel ?

from Toddlers through to the Pensioners; activities which encourage community spirit like the Bowling Club, Sports Committee, the Archive, Sound Out and the Pipe Band, as well as smaller projects like the floral displays, the Hogmanay Fireworks and this newsletter. We take our responsibilities very seriously and hopefully we have managed to benefit both individual groups as well as the whole community.

We are aware that many have come to rely on wind farm money and whilst we often encourage groups to consider fund raising projects to supplement their grant, this relies on the amount of support that locals

give, so is not always easy. As the funds will only last for 25 years, we are investing some of the money in an endowment plan which we hope will secure funding for several years after that. This fund is managed by EQ Investors who only invest in sustainable, responsible and ethical businesses; and projects which avoid harm, have a social impact and are environmentally friendly.

The goals range from No Poverty and Zero Hunger to Good Health and Well Being; Affordable, Clean Energy; Quality Education; Positive Climate Action; Decent Work and Economic Growth. As a panel, we feel that this reflects the hopes and aspirations of our communities.

If you would like to join the panel and help to shape how wind farm funds are used, you can contact Maggie for more details.
maggie.bws@btinternet.com

STOW COMMUNITY COUNCIL – Summer 2023

The Parish of Stow Community Council covers both Stow and Fountainhall.

■ The Fountainhall meeting in April in Fountainhall Village Hall was well attended by the public who raised important issues for Fountainhall. Whilst most meetings take place in Stow, it is important to remember that the Community Council covers Fountainhall and issues from both villages are taken equally seriously. The lack of streetlights between the new road in Fountainhall and the village was raised yet again. Cllr MacKinnon has taken this up and reported back that it has been added to the Schedule of Works. However, SBC is having difficulties with existing lighting. Another issue raised was that a part of the road leading to the new road is breaking up. An engineer is going to inspect this. The current X95 bus service (or lack of it) is a huge problem in Fountainhall for people who have no other transport. Stow and Heriot Community Councils are jointly campaigning about the X95 and have written a paper and had a meeting with SBC Transport and Border Buses and Jenny Linehan, SBC Councillor for Transport. We have made a few constructive suggestions for changes to the timetable and are hoping they will be taken on board. The possibility of a bottle bank at Fountainhall is also being investigated, depending on lorry access.

The Community Council obtained a grant for a Coronation Buffet Tea in Fountainhall

Village Hall on May 6th from Scottish Borders Council. This was very well attended by people from both Stow and Fountainhall and was a most enjoyable community event. We would like to thank Babs Mercer for organising it.

■ Stow Toilets will finally reopen. Cllr Jardine has confirmed this in an email to the Secretary. No date has been set for refurbishment and it is possible that the toilets will be located elsewhere, maybe in the park. In his email, Cllr Jardine stated that he had listened to the views of people in Stow at the hustings. This shows that the community does have a voice. At the Community Council, we do our best to reflect the views of the community and all people are welcome to come along to raise any concerns. We do our best to respond. At the last meeting, three of the four local SBC Councillors were present and we are very fortunate to have their support.

We realise that inflation is causing many people difficulties and have a Hardship Grant from the wind farms.. We can give up to £150 to help. This is completely confidential. The point of contact for this is Jenny Mushlin. **Email: jjmushlin@gmail.com. Tel: 01578 760297**

We can also give microgrants of up to £300 to local organisations or individuals for the benefit of the community. All applications are determined by the whole community council at meetings.

