

Stow & Fountainhall

community newsletter in print and online • www.stow-borders.co.uk



WREST announced as headline act for STOWED OUT 2022

STOWED OUT will be back live on the Quoiting Green on August 13th 2022.

We don't want to give away too much at this stage but are pleased to reveal that we have managed to secure rising stars 'Wrest' as our headline act (<https://wrest.band>). This will likely be the last chance to see them for some time as they head for Denmark and then tour elsewhere in the UK.

Over the last two years we have provided online music events. In 2020, Stowed Out – Locked In, was a charity fundraiser for Tiny Changes, and last year, a more ambitious project, Virtual Stowed Out, saw a full line-up of music and spoken word recorded and live-streamed from the MacArts in Galashiels. We also made space for local and up and coming talent on an Open Mic stage. You can still check out most of these via our web page <https://stowedoutfestival.org.uk/2021>

Stowed Out 2022 will be a little lower key than the last two fantastic events in the park, but we remain committed to our ethos of bringing a top-quality, eclectic line-up over the afternoon and evening. We hope to make this event even more family friendly, with some activities specifically for our younger festival goers.

Our Main Stage line-up is just about finalised but we have also had some interest from people wishing to perform on the Open Mic stage this year. Anyone who is interested in a spot in that tent – get in touch and we will see what we can do.

Our recent Open Mic night at Stow Town Hall saw great performances from local musicians and raised over £400 for Ukrainian Refugee Charities. Thanks to everyone involved, especially the performers, and the really generous audience.

For the latest news on the line-up and tickets for Stowed Out, keep an eye on our Facebook page www.facebook.com/stowedoutfestival



Issue 46 Summer 2022

SPORTS WEEK IS BACK !!!!



June 2022 marks the much-heralded return of Stow Sports Week, which, for the past two years, has been curtailed due to the COVID-19 epidemic.

For those new to the village, our Sports Week can be traced back to 1885 where it was held in "Haigs Haugh", the field in front of the school. Although the events are now held in the Public Park, we still maintain some of the respected traditions from the past. Those who have been to the Ceilidh Dance on the Saturday night, will know about the male and female champions being carried into the hall with their trophies held aloft by the serving committee and toasted with champagne by the crowd (*disclaimer, probably not actual Champagne!).

Among the many events that have taken place in the past we have had log based pillow fights, Tug of War, a blind fold race and, of course, Slicing the Ham! Where the winner gets to keep the ham. Perhaps rather

fortunately, Health and Safety has dictated that many of these events have had to be consigned to the archives.

However, the heart and soul of Sports Week is still very much alive and kicking. The children and adults who take part each year in a multitude of events never fail to remind us how important such traditions are in a small rural community like ours.

So, if this is your 1st sports week or your 61st sports week, come along, get involved and most importantly - enjoy yourself!

Elliot Whitson

Stow Sports Committee Chair



Archive photo of Stow Sports (more photos on p2)

STOW SPORTS WEEK 19th-25th June 2022 Programme of Events

SUNDAY 19th

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

MONDAY 20th

6pm **Basketball** (P5-P7, S1-S6) - Multi Court

7.30pm **Men's Football** Stow v Killochett - Stow Park

TUESDAY 21st

6.30pm **Superstars Competition** (P1 - U/15 yrs) then Children's Treasure Hunt (bring a pencil) Stow Park

WEDNESDAY 22nd

7pm **Hillhead Race** - P4 - P7; S1 - U/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 24th

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 - Patre 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

SATURDAY 25th **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 Commerce 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)

Men's 120m handicap (Edinburgh Cup)

Women's 200m

Women and Men's 200m (Michelle Palmer Memorial Cup)

Woman & Men's 800m (Miller Cup)*

Woman & Men's 1500m (Cochrane Cup)*

Starters Cup (Woman with most points)

Cunningham Cup (Man with most points)

Mothers race • Fathers race

Woman's shot put

Men's shot put

Woman's high jump

Men's high jump

Woman's long jump

Men's long jump

Woman's triple jump

Men's triple jump

Pipe band race

Adults Novelty Races

*denotes men and women compete in the same race

2022 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



The very picture of health!

Stow Sports Cup winners a century apart: (above) a 2018 line-up of the winners of all categories, and (left) a Stow Sports cup winner gets his achievement on record with a photograph posing with his trophy – and his coach (?)



THE STATION HOUSE

We are delighted to report that we have reignited the recruitment process for a tenant. We are hosting an Open Day for potential professionals on 18 May, to get the Station House open and enable us all to enjoy this amazing venue. A more detailed selection process will follow, which is likely to take until the end of the Summer.



We continue to add to the building, including displaying an original Stow Railway sign and a Waverley Train sign. These gifts were made possible by the kindness of great friends of the Station House, Bill Jamieson from Stow and Judith Cleghorn of Borders Railway Community Partnership.

You will also see new picket fencing replacing some of the stark metal mesh that runs along the platform, new outdoor signage and some outside seating that we'll be able to take advantage of when the Station House opens its doors fully.

We're still taking bookings for parties at the Station House via Facebook (search for 'Stow Community Trust') or by emailing gracemurraystow@gmail.com.

STOW VILLAGE SHOP & POST OFFICE

NEW OPENING HOURS with effect from Monday 13th June

June – Changes were made to the opening hours of the shop during Covid which slightly reduced the trading hours. Now that folk are out and about more, and there is greater traffic passing through, we shall be making some changes.

SHOP:

Monday – Friday 6am-6pm
Saturday – 6am-4pm
Sunday – 8am-11am

POST OFFICE:

Monday – Friday 9am-5.30pm
Saturday – 9am-12.30pm
Closed on Sundays.



COMMUNITY ACTION PLAN CONSULTATION

In partnership with Stow Community Council and ably assisted by Julie Nock of the Southern Upland Partnership, we will be hosting public meetings on 8 and 9 June in Stow and Fountainhall to launch the Community Action

Plan questionnaire. We've developed the questionnaire to give you the chance to have your say on improvements you would like to see in Stow and Fountainhall over the next five years. The results will shape a strategy for the Trust to take forward and implement new projects and developments. The questionnaire will be delivered to every house and is available online. Look out for further information and have your say!

Train Time Chaos

As we write, a temporary train timetable is in operation. The service has been drastically reduced due to strike action. Trains are mostly hourly and the last train back from Edinburgh is 21.43. Please check before you travel: www.scotrail.co.uk/plan-your-journey/timetables.

Hopefully, the full timetable we were so excited about, will be restored soon.

Fountainhall SWI have been delighted to resume face to face meetings after far too long a break. Sadly, a few of our older members have decided not to return to the meetings and they will be very much missed.

FOUNTAINHALL
Meetings are the third Wednesday of the month in Village Hall at 7:30pm. No meetings in July or August.

Coming up in 2022:

- June 18th or 19th - Summer Outing
- September 21st - Ceramics
- October 18th - Christmas Decorations
- November 16th - AGM / Air Ambulance Talk
- December 14th - Christmas Party

You members always welcome!



FOUNTAINHALL SWI

On a brighter note, we have been really pleased to welcome so many new members along to our meetings, it is heartening to have so many younger members joining us. Recently we have had a fascinating talk on honey bees, a great fun flower arranging class, an inspiring stained glass workshop and a most interesting talk from The General Store in Selkirk on their mission to Repair not Replace.

We would love to see other new faces at our meetings, so if you would like to keep up to date on what is going on, please join our Facebook Group 'Fountainhall SWI' or contact our President Dianne Wilson on 01896 668381.



News Update

At the archive we are constantly looking for ways to improve and expand what we do for the community. We have been working on our 'Vision for the Future.'

We want to establish Stow as 'The Heritage Village of the Borders' and the GWHHA to become a Centre of Excellence for the rich cultural heritage of Stow and the surrounding area.

As a Centre of Excellence, the GWHHA would:

- promote and increase knowledge and awareness
- provide education
- collect, collate, protect and promote archival material
- embed a sense of place and belonging in the local community

We would very much like to contribute to the proposed community development plan to ensure that whatever we do best serves the community for the future.

Working News

In the past year the GWHHA has:

- accepted over 250 new items
- produced four mini-videos
- created and delivered five teaching sessions to the school
- devised and led a heritage walk
- maintained the archive.

Heritage walk

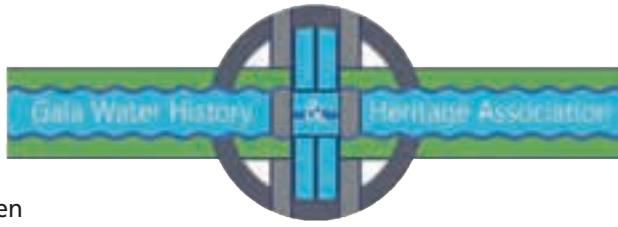
Last summer, as part of the Borders Walking Festival, the GWHHA led a heritage walk exploring the medieval history of Stow. Armed with a few wee facts from Mary and a whole load of enthusiasm, Jessica and Gordon took visitors on a fascinating walk that included King Arthur, Robert the Bruce's son's wedding, grisly murders and witch executions! It was a roaring success and Jessica and Gordon are

going to do it all over again this summer, so look out for details.

A great friend of the archive

Sadly, the archive lost a great friend and supporter this spring with the death of Alistair Riddell.

His passion for the heritage of the valley will never be forgotten.



Café sessions

The café sessions are back! Got a story to tell? Want to know where ballroom corner was? Just want a good old blether about all things to do with the Gala Valley? Then come along to the Clodhouse on the 7th of June at 10.30 am. Armed with tea, coffee and the occasional scone, Jessica leads the group in memories, stories and general chat. Everyone is welcome and we meet on the first Tuesday of every month. Hope to see you there!

Other news

- The GWHHA is funded by the windfarm which pays for the community archivist. The day to day running of the archive comes from our own funds. If anyone would like to support us and become a 'Friend of the Archive', please contact Jessica Troughton at email: mikejess@hotmail.com
- Fraser Simm is standing down as chair of the GWHHA. Fraser has guided us through several exhibitions, new ventures and the uncertainty of Covid. He chaired meetings with good humour and an eye on the clock. Thank you to Fraser for all his hard work. He will be a tough act to follow!

The 'Summer Six' Challenge

1. Who was Dr Calder?
2. How old is the Auld Kirk?
3. Where is the bomb crater?
4. Where is the Viking buried?
5. Where did the Gypsy Moth land in 1931?
6. Which mythical king fought the battle of Guinnon in the valley?

Answers in the next issue!

Stow Pump Track update

We are delighted that we have been awarded £60,000 from the local community windfarm funds - EDF Renewables Longpark Wind Farm Community Fund (Foundation Scotland) and SSE Renewables Toddleburn Community Investment Fund. This is an exciting step towards the building of the pump track. The grants are conditional on obtaining match funding for the total project costs and we are working hard to secure these.

We attended the recent Tour series race in Galashiels, along with Stow Cycle Hub, to raise awareness and there was lots of interest and support for our plans. It was



Take your wheels for a spin with us...

Come and join our Community Bike rides leaving the Station House every Sunday at 9.30am. All types of bike are welcome and each can go at his/her own pace.

Join our eBike membership scheme! Only £30 membership provides an annual subscription which gives you discounted rental rates of £6 for half a day and £10 per day, £40 weekly hire and £100 for a month.

The Cycle Hub Workshop is now up and running under the cycle hub manager, Stephen Riddell, plus his team of skilled volunteers. It's open Saturday from 10am-4pm, Tuesday 12pm-4pm and other times too. Come and learn how to fix that nagging problem with your bike!

Volunteers are also upcycling unused bikes which are for sale at give-away prices!

Contact us on 07984 375817 or email: stow.cyclehub@gmail.com



great to see Stuart Balfour, originally from Heriot, racing professionally. Having a pump track in Stow will give more kids the opportunity to get into cycling for health, wellbeing and potentially competition!

Our Garden Market Trail fundraiser will be on the 21st August, so please save the date and look out for further details on our Facebook page: www.facebook.com/stowpumptrack.

Thank you for your continued support!



For goodness sake, bag it ...and bin it!

The No 1 complaint to the community council is dog fouling. At a recent meeting, Rose Hogg, the Dog Education Officer from Scottish Borders Council, enlightened everyone on responsible dog ownership. Here is a summary of her advice.

When owning a dog:

- Your dog must have a tag with a phone number, address and owner's name. We suggest not putting the dog's name on the tag as it makes it easier for thieves to obtain the dog.
- Your dog must be microchipped.
- Dog fouling (picking up poop after your dog) consistently ranks as the top complaint to local councils. You must scoop that poop in public places. Dog poop not cleaned



up can cause illness in people, livestock and wild animals. If you can't find a rubbish bin while out and about, then you need to take the poo bags home with you and use your own bin. If you are found not to be picking up the dogs poop, then an £80 fine can be issued. Dog fouling can be reported via www.scotborders.gov.uk/xfp/form/665

N.B. For the Police to issue a fixed penalty notice, we require a witness who can describe the owner, the dog and also give an address of the dog owner.

■ Your dog must be under control, this means that your dog must have recall and not cause fear or apprehension to other dog walkers and their dogs. If this does happen, it can lead to a report being put to the

Dog Control Officer who might take action against you.

■ As we live in the countryside, there are many fields filled with livestock. It is essential that dogs are not allowed to roam in fields with livestock as they can cause sheep or cattle to abort. They may also cause injury or be injured themselves, especially with cattle. The Dogs (Protection of Livestock) (Amendment) (Scotland) Act 2021 came into force on 5 November 2021 to tackle the issue of out of control dogs attacking and worrying livestock. Under this new law, owners of dogs that attack or worry livestock can be fined up to £40,000 or even sent to prison for up to 12 months.

So be a well trained dog owner, clean after your dog and consider others around you.



STOW COMMUNITY COUNCIL – Summer 2022

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

■ The Parish of Stow Community Council has places for up to 12 local people – 10 from Stow and 2 from Fountainhall. Currently we do not have the full number from Stow. Scottish Borders Councillors come to our meetings and we raise concerns which they take up directly with SBC and other bodies. We are the point of contact between the Community and the Council and raise matters brought to our attention by local people.

The Community council is a Statutory organisation with a remit to represent the views of people in the area; it is completely non-political. We are consulted on many different matters, including planning. Meetings take place 10 times a year on a Monday evening and all our meetings are open to the public.

■ There are 2 places on the Windfarm Panel for community councillors; we distribute microgrants of up to £300 for community benefit. We are also represented on the Stow Community Trust. We have 15 projects of our own – including supporting the community newsletter, restoration of the Old Kirk and speed signs in Stow, in conjunction with the Council. New people are needed on the Community Council and we would welcome anyone at our meetings who is considering joining us. There will be elections at the end of the year but elections only actually happen if more people come forward than there are places. If you are interested in coming to a meeting please contact : jjmushlin@gmail.com or tel: 01578 760297 for more details.

EDF Longpark Wind Farm Community Fund Awards

Application Deadlines for 2022 – Local groups and projects are achieving great successes with the support of EDF Longpark Wind Farm Community Funds (and other funds!). Stow Community Trust's eBikes project featured on ITV Borders. The Station House is a wonderful venue, and this summer's Stowed Out Festival looks phenomenal. Grants were recently awarded to the Stow Baby & Toddler group and towards the exciting Pump Track project.

The EDF Longpark Wind Farm Community Fund has another two application Rounds in 2022 – in July and October. If you or your group has a project or activity in mind, check-out <https://tinyurl.com/EDFLongparkFund> for more information.

► 04/07/2022
03/10/2022



Meet the councillors

Neil MacKinnon

Born and raised in Peebles, I attended Halyrude primary school, followed by Peebles High School. I appeared in "on Screen Test" on the BBC in 2nd year, unfortunately I didn't win!

I then attended the Textile College in Galashiels from 1987-91 where I gained a degree in Applied Chemistry.

Having moved away to live and work in Leeds as a research chemist, I returned to Galashiels in 2001 and have lived there ever since. First working as a service engineer for a scientific equipment company, and latterly switching to working from home in a technical support role.

I have three children, all of whom attended St Margaret's in Gala and then Galashiels Academy; my youngest child will finish there next year, the older two are at university.

I am a keen mountain biker and head out into the hills of the Tweed valley most weekends. We are so lucky to live in such a lovely part of the world with the countryside on our doorstep.



Euan Jardine

My father was a hill shepherd, I have eight siblings evenly split between four brothers and four sisters. I have always had a passion for sport and was fortunate enough to reach a high level in athletics and compete internationally. My career before politics was in management, specifically

in retail and IT. I wanted to become a councillor to help develop opportunities for people and help enrich lives. I hope that I have been able to do that over the last five years and will continue to do what I can to serve the people in the ward.



1. Which political figure do you look up to? Winston Churchill

2. What would be your mastermind specialist subject? World Athletics Championships 1993-Present Day

3. What is the most important thing you want to achieve as a councillor? To create opportunity for people in the region so that they do not have to leave the borders to achieve their career goals.

4. What single thing would make your own life better? Lower shelves in supermarkets!

5. What would be your top desert island disc? 'Shout' by Lulu

Contact Euan: 01835 826867
euan.jardine@scotborders.gov.uk

I have played the bagpipes since I was fourteen and now play in Stow Pipe Band. I'm now in my seventeenth year in the band and enjoying it as much as ever.

I also play five aside football and darts and I'm an avid Celtic fan.

1. Which political figure do you look up to? John Smith, the best prime minister we never had, tragic that he died when he did.

2. What would be your mastermind specialist subject? WWII aeroplanes, I was obsessed with them as a child!

3. What is the most important thing you want to achieve as a councillor? I want to serve my constituents to the best of my ability and try to make a difference to people's lives.

4. What single thing would make your own life better? Scottish Independence, it would make everyone's life better!

5. What would be your top desert island disc? Baba O'Reilly by the Who

Contact Neil: 07773 619754
neil.mackinnon@scotborders.gov.uk

Hannah Steel

I live in Stow and I'm currently finishing my fourth year at the University of Edinburgh where I've been studying Politics. I love the outdoors and am very lucky to have three lovely horses who I spend a lot of my free time with. Anyone in Stow has most likely seen me out on them as they always like to stop and say hi to people!



I am passionate about the environment and doing all we can to reduce the effects of climate change. I also care deeply about education in our local area as it is very important for young people to have a good learning environment to set them up for a successful future.

The past couple of pandemic years has shown the need for strong mental health support so I would really like to see funding for more mental health services. I think its particularly important for young people who have lost many formative milestones due to lockdowns.

1. Which political figure do you look up to? My Grandpa, David Steel

2. What would be your mastermind specialist subject? Grey's Anatomy

3. What is the most important thing you want to achieve as a councillor? I really want to increase mental health support for young Borderers.

4. What single thing would make your own life better? Nicer weather!

5. What would be your top desert island disc? 'Message in a bottle' by Taylor Swift

Contact Hannah: 01835 826867
hannah.steel@scotborders.gov.uk

Fay Sinclair

I live in Clovenfords with my husband and three young sons. We are incomers to the Borders, but through my family's involvement with Gala Rugby Club and Galashiels Town Band as well as joining my local community council and serving as chair of our primary school parent council I play an active part in the local community.



I am delighted and honoured to have been elected by the people of Galashiels and District to represent them, and am eager to get stuck into addressing issues that came up on doorsteps during the election campaign.

People are worried about safety on the A7, soaring energy and food prices, the climate emergency and delivering a much-needed new high school building for the area.

My previous career as a journalist gave me the communication skills to engage with people. Counselling training has helped me to improve what I believe are the most important qualities required of a local representative – the ability to listen, identify the real issues and seek solutions.

I'm looking forward to working with the other ward councillors to make this area a better place to live and the best place for our children to grow up.

1. Which political figure do you look up to? Alison Thewliss, MP for Glasgow Central, is a huge inspiration as a female politician with a young family. I also enjoy her tweets about "Westminster Weirdness" highlighting the quirks and traditions of the UK Parliament.

2. What would be your mastermind specialist subject? Pokémon – I have a 10-year-old who is a massive fan and I hear A LOT about Pokémon daily!

3. What is the most important thing you want to achieve as a councillor? I want to make this area the best place for our children to grow up in any way I can, from making roads safer to having better community facilities.

4. What single thing would make your own life better? Being able to clone myself, as juggling council responsibilities and the needs of three wee boys means there are often diary clashes and never enough hours in the day!

5. What would be your top desert island disc? Times Like These by Foo Fighters. It's a song about hope, love, compassion and growth, with an awesome rock beat.

Contact Fay: 07773 619753
fay.sinclair@scotborders.gov.uk

We're all aboard...

STOW IS OPTIMISTIC!



■ A rap written by class teacher Mrs Leckie and performed by some P4-7 boys has been published in the latest edition of Victor Perton's book Optimism: The How and Why. The children have each received copies. Follow Stow Primary School on Facebook or Twitter to see the rap performed by the boys.

■ In March, we held a Disrupters Awareness Week to showcase and deepen our understanding around Sustainable Development Goals.

Each day focused on a different goal and children from ELC to P7 met with other schools on Teams and worked with the community.

The goals included food waste, water day, forest day, sewage systems, land/sea/air pollution and recycling. Partners included Scottish Water, Stow Community Trust, PechaKucha, Chirnside, St Ronan's, St Joseph's Primary Schools, and Developing the Young Workforce.



The response was fantastic with the whole school and wider community working and sharing together. The week ended with a visit by SBC Chief Executive, Netta Meadows, Director of Education, Lesley Munro and Director for Infrastructure and Environment, John Curry, who experienced first hand our approach to Learning for Sustainability and the positive impact this is having. A truly wonderful week!



■ We are delighted to be involved in the Dandelion Festival - a national celebration of food growing & harvest that is taking place in local authorities across Scotland in the coming months. <https://dandelion.scot/>

■ Our garden and polytunnel produce is already beginning to be used in the school kitchen and families are also benefiting from the delicious harvest.



■ Our children hear every day how important a just, peaceful society is and as part of their Global Goal pledge towards peace, justice and strong institutions, we were proud to be involved in the Ukrainian Box Appeal which really did mobilise the entire community.

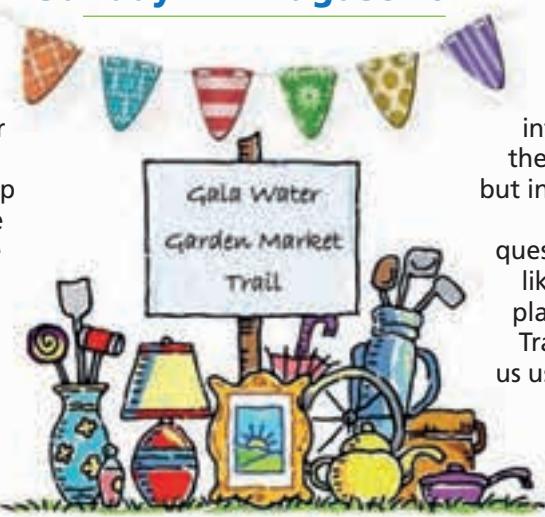
■ With COVID restrictions lifted, it has been great to get out and about, taking part in the normal annual events... so missed in the last two years. We have enjoyed a class trip to Abbotsford, Declaration Night, a basketball tournament and Countryside Day. Sustainability was this year's core theme - showing the children the importance of protecting and enhancing our environment .



GALA WATER GARDEN MARKET TRAIL

Sunday 21st August 2022

Following the success of the first Gala Water Garden Market Trail, Stow Pump Track group are delighted to be forging ahead with plans for the 2022 Trail on Sunday 21st August.



We will be releasing more information over the coming weeks but in the meantime if you have any questions or would like to book your place early on the Trail map contact us using the details below.



Find us on Facebook: [Gala Water Garden Market Trail](#) or email us at stowpumptrack@gmail.com or call Joanne on 07550010199.

the learning curve

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STOW HEALTH CENTRE NEWS

Kai Ora Dr. Coles



Dr Matt Coles, our regular Locum GP, has now left Stow & Lauder Health Practice to venture overseas to New Zealand. He was a very popular doctor at the Practice and he will be missed by patients and work colleagues.

We would like to take this opportunity to wish him all the best and hopefully see him back at some point in the future.





STOW BABY AND TODDLER GROUP

Stow Baby and Toddler group is up and running again. Join us on Wednesday and Friday mornings, 9.30am till 11.30am at the Town Hall. Babies, toddlers and their carers from Stow, Fountainhall and the surrounding area are most welcome. It's a bargain at two pounds a pop! Sessions are friendly and fun, with a healthy sit down snack for the little ones and teas/coffees for the adults. Come and sing along with Jan and her guitar on Wednesday mornings!

We run different events throughout the year so keep an eye out on our Facebook page for further details.

If you have any questions or would like some further information then please feel free to contact us through our Facebook page: www.facebook.com/Stow-Baby-Toddlers-Group-740671849469405/

■ The group is funded by Foundation Scotland from the EDF Longpark community fund.

STOW COMMUNITY GARDEN

Thanks to a mild Spring, the garden has quickly come back to life. It is full of flowers, buzzing creatures and colour. An ideal place to sit for a chat with a friend or on your own to enjoy nature and read a book from the Little Book Swap Shed. Don't forget that there are two open air meeting spaces for all those very important meetings. And they are free!



There are two further additions to our beautiful garden: more vegetable planters, one of which will be planted with Mediterranean plants; a bird bath in memory of Alastair and Betty Maclarens. Lesley Maclarens sourced and erected the bird bath in memory of two lovely people. Also a strip of the garden at the back has been covered with recycled roof slates. A big thank you to SIG ROOFING of Newton St Boswell for donating the slates.

At the moment there are six volunteers who keep the project going. We would appreciate some help from other members of the community. If you are already a keen gardener or want to learn more about gardening, make friends, spend some time outdoors whilst doing something for the community, then please join us every Sunday morning from 11 o'clock to around 1 p.m.

Donations of plants, tools and seeds are always welcome. Please leave your donations by the compost bins or contact Andrea at andrea.carlino@yahoo.co.uk

All the best and have a lovely summer.

The team at the Stow Community Garden



notice, in an emergency, just email us or leave a message with the school.

Opening Hours (during term time): Mon-Thurs 3:15pm – 6:15pm. The club accepts both Tax-Free Childcare and most Childcare Vouchers for payment.

Staff Members: Andrea Carlino (Manager), Janice Currie

New rates: MEMBER RATE – TERM TIME

Registration Fee (due annually) – £15.00

Mon-Thurs sessions, £9.50 per child; £19.00 two children; £26.00 for three children in the same family

To qualify for member rates, you must commit to using Stow Kids Club for at least 2 sessions per term.

NON-MEMBER RATES – TERM TIME

Mon-Thurs sessions: £13.00 per child; £26.00 two children; £39.00 for three children in the same family.



Stow Kids Club is open to all children aged between 4 and 11 years old. Our philosophy is to offer children a safe and fun environment where they can chill out after a hard day's work at the school. We are based inside Stow Primary school so your children can come to us at the end of their school day. We try to spend as much time as possible outdoors. We are flexible, you can book pending availability, at short

Archie Fisher, MBE, singer songwriter, guitarist, producer and broadcaster talks about his extraordinary career and the importance of music and community.

Born and raised in Glasgow, Archie came to live in Fountainhall in 1978 with his partner Stephanie. They rented a farm cottage. Eventually they settled permanently, building a light airy house. Archie jokes "It was meant to be a painting studio for Steph, the plans got out of control and it became a house!"

Growing up in Glasgow in the forties and fifties with six sisters, the Fisher home was full of music.

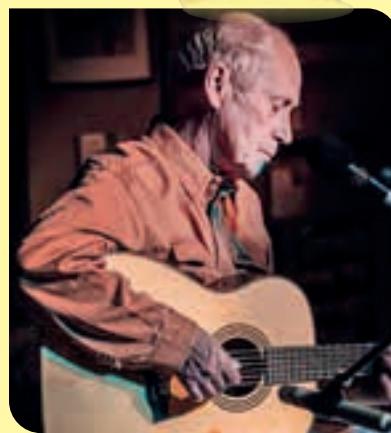
"My mum was from Barra. She was always singing, my dad was a police inspector and a tenor in the city choir. Every Sunday we piled into my parent's Ford Prefect and would go for a drive. We learned to sing in time with the windscreen wipers! We had many family concerts."

Archie played a key role in the Edinburgh folk scene of the sixties alongside Barbara Dickson, Bert Jansch and the Incredible String Band founder, Mike Heron. He released his eponymous debut album in 1968.

"Barbara and I both had a look at fame and fortune with Decca Records ... I decided it wasn't for me, it was all a bit 'poppy'. There's a lovely story about Barbara... she came into Sandy Bells Pub in Edinburgh one evening and said 'lads I've got a gig but no train fare...' We had a whip round, as she went out we heard her shout 'TAXI'. Bound for glory we thought,!"

For twenty seven years Archie presented Travelling Folk, the hugely popular BBC Radio Scotland folk music programme. He interviewed

spotlight on



Archie Fisher

a host of greats from Joan Baez to the Pogues. "Joan was an amazing character and performer and really lovely". As for the Pogues, "We had to edit quite a few expletives. They were a right bunch of lads." He retired in 2010. "I felt it was time to hang up my boots when the last two bands I interviewed weren't even born when the show began. It was a privilege to hear all these musicians in private."

Leaving radio enabled Archie to do longer tours to America and Canada, opening up a whole new spectrum. It was great, but a lot of travelling. I once went from Newfoundland to Vancouver islandI changed my agent after that! I sent him a map!"

Despite the touring, recording and the radio show, Archie managed to perform locally. "When the Stow Folk Club was running, I would do a floor spot. I've played a few venues in the Borders. Covid has made people realise the importance of communitylike Joni Mitchell said... 'you don't know what you've got till it's gone'. I think that will spark many more local music sessions. The Borders has such a rich heritage of traditional ballads. No doubt I'll go along to the Station House sessions in Stow to listen but probably won't get out without playing too!"

"At the moment I'm coming out of hibernation. It's a difficult thing to describe. I practised during lockdown but you need motivation and a purpose ... I learned so many new songs but forgot them because I hadn't been performing!"

I think the pandemic highlighted that making music is a social thing. You don't make music in a vacuum. There is nothing greater than being

at a folk festival and six thousand people are singing with you.

"I love living in the Borders. A big chunk of my life was spent on the back of a horse called Tequila Sunrise. I even wrote her a song. It's an incredible place for riding. That's the most attractive thing about being here, that and the people. I shall probably push the daisies up here ... I should probably plant them soon as well" he laughs uproariously.

"I don't know what I would have done without music ... maybe I would have been a policeman like my father and grandfather. Sometimes I wonder how I survived. Sometimes I wonder, how did I manage to eat? Music is a way of speaking. It's the best way of communicating any kind of message, of affection, of protest. A song can change the world now and again. I don't think national anthems can, but folk songs can."

"I'm very confident about the future of folk. The talent out there is enormous with tremendous instrumental skill. Being a folk musician now is sexy, it's something people look up to and get respect for. There is a whole new concept of folk music. It's not just entertainment, it's part of the social fibre of the community."

"One of the greatest moments of my career was in the nineties meeting two singers I'd admired all my life. Ronnie Gilbert, was the lead singer of the Weavers, the other the black gospel singer Odetta. After a radio show in San Francisco I was photographed between these two fabulous divas, I thought ... this is the sandwich of a lifetime. I couldn't wipe the smile off my face for a week!"

There has been sadness too... In 2018, Scott Hutchison, singer and guitarist of 'Frightened Rabbit' took his own life aged 36. Archie and him were friends and had played together at Stowed Out in 2016. "It was a wonderful experience to share with him. We actually made a single together called 'The Work'. We wrote it and recorded it here. I really miss that young man. He had an incredible talent"

At 82, Archie is sparkly and joyful with a wicked sense of humour. "I'm not going to be performing as intensely as I was before Covid. I'm going to ease out rather than stop dead. I played a farewell concert with Garnet Rogers in Canada and the Celtic Connections concert I did in Glasgow in 2020 was called 'ARCHIEOLOGY' which I think was a hint!"

"It's a privilege making a living from folk singing. It's nice that people still want to listen to me, so I'll not hang up the guitar just yet. I just hope that all these years I've made some kind of difference somewhere. I don't have any great ambitions. That doesn't mean I think I've done it all. I would just like to keep enjoying what I've done for most of my life."

REUNITED IN SONG

"Reunited In Song" was the theme for our Concert on Sunday 15 May. It was so good to be back performing again. We have struggled to come together since Covid and have been practicing with masks or visors. For the first time on Sunday, we took them off and sang our hearts out.

We plan to do "a come and sing" on 3 July 2022 and everyone will be welcome to enjoy a good sing of simple popular songs.



More details via our Facebook page or from John on 01578 730289.

The choir is open to anyone, so do join us for future practices and concerts. We plan to restart in September 2022 preparing Christmas songs for our Concert at the beginning of December. We shall be carol singing around Stow, Fountainhall and Heriot again this year.



The Stow and Fountainhall Community Newsletter is funded by SSE

To be included in next issue's 'Dates for your Diary' contact galawaternewsletter@gmail.com at least 1 month prior to print.

Next Issue: September 2022 To submit news, contact the newsletter team on galawaternewsletter@gmail.com or call Claudia on 01578 760221 (eve)