

Stow really does rhyme with Wow!

Stow Primary's teaching on sustainability to be rolled out across Scotland

Education Scotland and the Scottish Government visited Stow Primary School to hear about their Learning for Sustainability (LfS) journey ahead of a national action plan. As the Scottish Government's action plan on Learning for Sustainability goes to the Cabinet Secretary, officials from Education Scotland and the Government came to Stow to see how the scheme could be rolled out across the country.

The expectation is that all Scottish schools will practice LfS in line with Stow, who are seen as trailblazers in this area. Children and staff were given the opportunity to share how LfS has become a part of the culture and ethos of the school.



Stow school chosen as a pilot for 'Forestopia'

Stow Primary School has been chosen as one of seven primary schools to take part in a project aimed at schools across Scotland. Forestopia is a collaboration



between Education Scotland, Daydream Believers and Creative Scotland.

The initiative will incorporate partnership working, pupil voice, collaboration, Rights of the Child, The Global Goals, skills for work and life and allow children to be creative and apply skills and imagination within a relevant context.

contd. overleaf



Stow Principal Teacher Debbie Matthewson with Lucia Ramon and Ellie Robertson from Scottish Government

Coffee Morning raises £2,500 for Turkey and Syria Earthquake fund

With the devastating news of the earthquakes in Turkey and Syria on Feb 6, Serpil Renton (who was born and raised in Turkey) and her friends decided something had to be done for the disaster appeal. Many in the community swung into action, and on Saturday, 18th February, a fabulous coffee morning was held. Stow Community Trust kindly gave the use of their wonderful venue, the Station House. Alison Runciman agreed to collect donations for the tombola, G & R Anderson provided the milk as well as a sack of potatoes for a Guess the number of tatties in the bag competition. Tesco donated tea, coffee and tombola prizes.

An astonishing number of gifts were handed into the Post Office. The Miller Family (Border Firewood) donated a cubic metre bag of hardwood logs with kindling and firelighters. It was decided to make this the first prize in a raffle along with a vast array of others including pottery from local ceramic artist, Belinda Glennon. Many people gave baking, preserves, sweets and handmade goods.



On the day, the community really came together, donating generously at the door and buying lots of tombola and raffle tickets as well as enjoying meeting up with friends and neighbours over a cuppa and scone. Despite the sadness which sparked the event, there was a wonderful atmosphere in the packed station house, a deep sense of one community reaching out to another. The door never closed, with a constant flow of eager and kind supporters. Many were lucky enough to sample some traditional Turkish fare prepared by Serpil. The Baklava sold out in less than an hour!

Serpil and her friends are enormously grateful to all who contributed in any way to making the morning such a success. The fantastic sum of £2,500 was raised, which has been sent to the Disasters Emergency Committee. Your time, unstinting support, generosity and goodwill made it all possible. **Thank you.**

Stowed Out Presents

The Stationhouse Sessions

The Stowed Out/Sound Out team will be running regular 'Open Mic' sessions at the Stationhouse. We aim to establish a safe, informal atmosphere where new and established musicians can play and hone their skills - any genre - in front of a live audience.

Interested in coming along?

The opening session will take place on **Friday 10th March 7.30 - 10.30pm**, and monthly thereafter. The line-up for this first session will be structured but we are aiming for greater flexibility in the line-up at future events

Interested in playing?

If you are interested in getting involved as a musician or perhaps interested in learning more about technical setup for this or future events, **please contact Peter (07714 334340) via Whatsapp/SMS or via the Stowed Out Facebook page**





Stow rhymes with Wow!

Continued from page 1



Christine Grahame MSP with pupils

MSP presents award to Stow Primary School

Stow accepted a Living Streets WOW badge from Christine Grahame MSP and Councillor Jenny Linehan as they became one of the first schools in the Scottish Borders to take on this initiative. The scheme encourages walking to school once a week and supports pupil health, as well as reducing congestion and protecting the planet. They were joined at a special assembly by Councillors Steele and Strider and the Living Streets Team.

As always, the Community Recycling Centre is open 24/7 in the school grounds and details of all of these stories plus more can be found on the School Facebook page and Twitter feed.

Stow and District Pensioners' Association / Retirement group

Although based in Stow, this socially active group encompasses Stow, Heriot, Fountainhall and all the outlying areas.

The organisation has been around for many decades and aims to promote social interaction with retirees of all ages.

Covid prevented our usual gatherings, but we are back with gusto again this year. The committee is open to any suggestions to add to our existing events calendar.

Planned so far are :

- 18th March, Coffee Morning, Stow Town Hall, 10.30-12noon
- 10 June, Bus Trip (destination tbc if enough interest)
- 10 September, Afternoon Tea, Stow Town Hall, 2.30pm
- 9 December, Christmas Party, Stow Town Hall, 2.30 for 3pm inclusive of 3-course meal and entertainment.

Annual subscription is only £3 which includes all of the above as it is subsidised by fund raising activities and hopefully a grant from the windfarm. Membership fees are now due and can be given to any committee member or paid at the coffee morning.

All ages are welcome to fundraising events - babies and older!

Any queries: Please contact [Wilma Lofthouse 07749 925088](mailto:Wilma.Lofthouse@stow-pensioners.co.uk)

FOUNTAINHALL SWI



In November, several members entered the Selkirkshire SWI Federation Show and had successes with preserves, sewn articles, photographs, drawing and painting. A photo of our community entry is shown here. The needle-felted Santa and his reindeer won best exhibit in the Show – congratulations to Dorothy Small. We had a great and fun end to 2022 with our December meal out at the Lauderdale Hotel.



Our new year began well with a fascinating talk by Alice Gully from Heriot on her amazing adventure taking part in the Mongol Derby to raise funds for Doddie Aid. Members were in awe of the challenges she faced. In February, we had a games night. March sees a talk on Dementia Awareness, and in April our local historic buildings expert, Tom Parnell will be speaking to us. In May, we are excited to be hosting a demonstration on hat making by Marjory Tennant.

Meetings are held in Fountainhall Village Hall at 7.30 pm on the third Wednesday of the month (excluding July and August). New members and visitors are always warmly welcomed.

- Don't forget there is also Craft and Chat on the first and third Tuesday of each month in Stow Station House from 2-4pm.

LAUDER AMATEUR DRAMATIC SOCIETY
presents some

Tragedy
and
Trickery
and a pair of Louboutins..!

LAUDER PUBLIC HALL

WED 22ND TO SAT 25TH
MARCH

TICKETS £12.50

(Doors open 7pm for 7.30pm start)

INCLUDES FREE GLASS OF WINE, CHEESE AND BISCUITS

TICKETS AVAILABLE FROM WEIGH GREENER
Please buy tickets before booking a table.

Table bookings: Call Gail on 01578 722885/text 07960 366911

STOW BOWLING CLUB: New Season

Since the closing of the Green in September, the club has been very busy with social events, our Christmas Party in Dec was a great success with a three-course meal, secret Santa and music.

We then held a Burns Supper at the end of January, this developed into an especially poignant night as not only were we celebrating the life and times of Robbie Burns but we were also celebrating the life and times of our own Robbie - Robbie Swan who sadly passed away a few weeks earlier.

Robbie had been a member of the Stow Bowling club for 70 years and had been President three times. He was a very competitive bowler and played throughout the Borders. It was Robbie who had introduced Burns Nights to the club many years ago, so it was deeply appropriate we celebrated him here.

Our resident bard Robbie Wilson composed a poem (see right) that night as a tribute to Robbie Swan.

We have also had a Quiz night and a hugely successful Motown night. We are introducing music nights which we hope to run 3-4 times a year.

The committee are already putting plans in place for the opening of the green in April and are especially looking forward to welcoming new members to the club on Sun 23rd April at 2pm. This is where anyone who would like to give bowls a try can get out on the green and try their hand.



THE LAST END

(Tribute to Robbie Swan)

Ah see the Green in front o' me
A wunderHow's it runnin?
Ah see the Jack sae far away
Ah better git ma ee in
Should ah fire
Should ah draw
Should ah change ma hand
Or should ah listen tae ma heart
An' jist git in amongst them.

A've seen aa
the kind o' folk there are
Line up tae tak the shot
Seen big yins greet
An' wee yins curse
Frae yin end tae the other
Seen belly's burstin
oot their cloods
An' bald heads red an' shiny

Seem folk's ben doon
An' puff their jowls
Tryin tae git their aim in
Tae see the road
Tae find yer wie
Is harder than ye ken
And when that bowl
Jist rolls away
It often dis yer heid in

Gie it grass –
gie it weight
Bit dinnae gan sae heavy
Pit it there –
naw, pit it here
Naw, dae whit taks yer fancy
Jist make shair
That you git here
An' always haud yer heid up
Jist make shair
The last bowl counts
An' yer the last yin standing.

R.G.W

Stow Community Car Share Scheme – Interested?



Stow resident Courtenay Young, and Andy Maybury, Chair of the Teviot Electric Car Club, came to the Stow Community Council on Monday, 5th December, to see if there was any interest in starting up a Community Car Share Scheme in the village.

Andy shared some of his experience of the Community Car scheme in Hawick, which is a fully-mutual co-operative society. They have 2 electric cars, a BMW i3 and a Nissan Leaf. The scheme is enabled by hiyacar (www.hiyacar.co.uk), which promotes car sharing nationwide and is also now starting up local car clubs with vehicles owned by the organisation.

Benefits of Community Car Clubs / Car Sharing

- They can save you a lot of money: (petrol, maintenance, taxes, registration, insurance, etc. are all included in the pay-as-you-drive cost).
- They provide access to self-service, pay-as-you-drive, low-carbon vehicles.
- Community Car Clubs or Car Sharing schemes are a practical alternative for those on a budget who don't necessarily need a full-time vehicle.
- They can reduce pollution/ car emissions.
- Car sharing can give you company on your journey.
- These schemes can reduce local congestion and take cars off the road.
- It can save you time. * It can be safer.
* You can make new friends.
- They can reduce the use of limited fossil fuels.
- They are run by the community for the community.
- You can use a car without having to own one.
- You may have a choice of vehicles.
- Car sharing allows you to earn money from your privately-owned vehicle when you are not using it.

Essentially, there are three different types of community car share schemes:

- 1) Community Car Clubs - where there are community cars dedicated solely to the scheme (like with CoMoUK or Enterprise CarClub);
- 2) Car Share Schemes - pay-per-trip, peer-to-peer schemes where local residents allow their cars to be used at times by other local residents under a "car share" scheme with an online support platform that provides contacts, insurance, etc. (see <https://help.hiyacar.co.uk/en/articles/3193125-start-your-own-car-sharing-community> or <https://www.como.org.uk/shared-cars/overview-and-benefits>);
- 3) Lift-sharing schemes (also called ride-sharing and car-pooling) which is when two or more people agree to share a car and travel together - facilitated by an online-platform (e.g. www.Liftshare.com, BlaBlaCar.co.uk).

These three types of schemes are not mutually exclusive and a community car share could incorporate variations of these to suit the local needs. The main advantage of these initiatives is that car ownership - and the associated costs - can be shared - everybody (including the planet) benefits.

We would like to get a small group together in Stow - first of all - to organise a survey of local residents to see whether there is sufficient interest and to discover which options might work.

Please contact **Courtenay Young** on **07730-422800** or email: courtenay@courtenay-young.com



We had a really good turnout for our live screening of the Calcutta Cup in the Village Hall on February 4th. There was a large screen and a licensed bar. It was a family event with children present. We will definitely repeat this in the future.

There will be a regular pub night in the Village Hall on the first Friday of every month. Please put it in your diary and come along.

At the moment in the planning stage – we are hoping to do cooked breakfasts (bacon rolls) once a month. There is also likely to be another Quiz Night in the near future.

The Village Hall can be hired for private events for £7.50 an hour - £10 if the kitchen is used for more than just tea and coffee. We welcome anyone wanting to start a new community activity and will give whatever help we can with this. We are also always looking for volunteers who can help with anything we are organising.

Every Tuesday morning there is New Age Kurling from 9.15am – 11.15am in Fountainhall Village Hall. It is suitable for all abilities (it can be played seated), Cost £3 including coffee/tea biscuits.

For more details contact: **Jenny Mushlin, Secy. – email: jjmushlin@gmail.com tel: 01578 760297**

Galawater Gang Carry the Gene for BBS UK

A team from the Galawater valley has stepped in to help raise money to save an eight year old girl's sight. Bardet Biedl syndrome is a very rare genetic condition which affects only seven children in Scotland. Eight year old Caitlin Wilkie from Angus is one of them.

The syndrome can result in heart and kidney failure, obesity, learning difficulties and sight loss. Research into BBS has begun and gene therapy and human trials will start in 2024.

To support this vital research, a team from the Galawater Valley, is taking part in a walking, running and cycling baton race from John O'Groats to Land's End. The event has been organised by Caitlin's parents Liam and Ashley.

The race is broken into 12 sections starting from John O'Groats on 18 April and finishing at Land's End.

Amanda Runciman from Stow, an old friend of the Wilkies, has pulled the Borders group into action. Together



with Jane Riddell, Sue Musgrave, Helen Houston, Claire Hendry, Julia Campbell, Anna Firth and Ann Redpath as well as other locals, they will be part of 'Team Scotland'.

The Galawater Gang will be carrying the baton from Melrose across the Border into Wooler following the St Cuthbert's Way on 11-13 May 2023. Once the baton leaves Scotland, the race will continue virtually with BBS sufferers and their supporters taking to the treadmills.

More information on the charity can be found on www.bbsuk.org.uk

Businesses and anyone keen to sponsor the local team for the Carry The Gene Challenge can donate at justgiving.com/crowdfunding/carrythegeneteamsotland, alternatively email liam@kilmac.co.uk



EDF Longpark Fund – 2022 snapshot

WARNING: this is better than any cracker jokes. What do Galawater Singers, Galawater History & Heritage Association (Parish Archive), the Packhorse Bridge, Stow Baby & Toddler Group, the impending Pump Track, Stow Community Trust and the Sports Committee have in common? Of course, the answer is that all seven benefited from the £90k awarded from the EDF Longpark Wind Farm Community Fund during 2022. Congratulations to all the volunteers involved – the Fund is delighted to play a part in fuelling their tremendous efforts.

Application Deadlines for 2023

The EDF Longpark Wind Farm Community Fund and SSE Toddleburn Fund have another three application rounds in 2023 – in April, July and October. Deadline for the next round is 10th April, for a June decision. If you or your group has a project or activity in mind, please go to <https://tinyurl.com/EDFLongparkFund> or Toddleburn | SSE Renewables for more information.

Wind farm funding panel seeks members

Want to help shape how wind farm funds are used? Want to know more about the spectacular range of projects and groups going on in the Parish? Come and join the friendly and committed Panel! Many of the Panel volunteers have generously given their time over many years so we have ongoing vacancies for new members.

Contact Maggie for more information maggie.bws@btinternet.com.

➤ **10/04/2023**
26/06/2023
25/09/2023



Volunteers wanted!

Volunteers wanted to help in the Cycle Hub Training provided on bike repairs; or perhaps you can help us with something else? Pop in and see Stephen at the Cycle Hub. Email us on stow.cyclehub@gmail.com, message us on facebook, call or text 079843 75817.

Scotland's Cycle Repair Scheme

During March and April, with the support of Cycling UK, we are offering free basic cycle repairs! So bring your bike along and we'll get you back on the road for the good weather.

New ebikes are now available at Fountainhall and Lauder (Lauder Community & Leisure Centre). These ebikes are available for free trials for the local communities over the next four months.



Cycling to Health course

Not been on a bike for a while or want to build confidence? Cycling to Health is a free E-biking course that provides supported access into regular activity; building fitness, confidence and enjoyment of E-biking to improve health and well-being. E-bikes are a great way to get back into exercise at a pace that is just right for you. The course will start on

Stow Cycle Club



Highlights

Wednesday the 15th of March 9:45am till 11am at the Cycle Hub for around eight weeks.

Bike maintenance classes

Thursdays 6pm until 8pm or Saturdays 10am until 12noon. Come along and learn how to look after your bike and how to mend it when out on adventures! Join us for a few sessions or just one!

Sunday ride

There is a Community Bike ride most Sundays - meet at the cycle hub at 9.45am for a 10am departure. We ride at a leisurely pace - all welcome. Please see our facebook page for this week's plan. (U16s must be



accompanied by an adult; not a led ride - you are responsible for your own safety but our volunteer team are there to support you), always a mix of e-bikes & pedal power. £6/£10 ebike hire or ride your own bike for free.

Ebike hire & members' scheme

Most days we have e-bikes available to hire! Contact us for more details. It's £30 a year to become a member then daily / weekly / monthly low cost.

Cycle hub members, volunteers & friends recently enjoyed some fantastic social occasions together too (Nepalese night & Christmas lunch at station house) and the Sunday ride is a perfect way to meet new people. Why not join us?



Community Survey

At our annual Meeting on Monday, 6 February, we welcomed new Board Members, Conor Moran and Martin Ford-Downes. It was a really enjoyable meeting, the highlight being a fascinating presentation about the Community Survey from Julie Nock of the Southern Upland Partnership. Our Community Action Plan is being developed from the survey and will shape our priorities over the next seven years. There's lots to do thanks to your input!

The plan will be ready by the end of April and we'll be sharing it with you then. You can keep up to date by joining SCT as a member - here's the application form: [Application-for-SCT-Membership-2019.pdf \(stowhub.co.uk\) \(www.tinyurl.com/2eemyu34\)](#)

The key concern highlighted in the survey was the gap site at the Royal Hotel. We've set up a small group to look into this further. The aim is to explore and understand what would work best in the space and find a solution in response to the feedback in the survey - watch this space!

Stow Station House

We've opened the Station House 184 times since last November with lots of groups using the amazing building to meet, and enjoy parties and events - keep an eye on our on-line calendar to find out what's happening and add your own events to let everyone know! Parish of Stow and Fountainhall Community Calendar - Stow Community Trust (stowhub.co.uk). If you are planning a get together, impress your friends and family and book the Station House! Just email us via our website.



STOW COMMUNITY COUNCIL – Spring 2022

The Parish of Stow Community Council covers both Stow and Fountainhall. The Community Council is continuing to meet most of the time in Stow Station House, where there is a zoom facility. However, when our meeting is in Fountainhall Village Hall, it is not on zoom.

- The fourth and fifth Paths leaflets produced by the Community Council will be available from Easter at the post office. They are to Killochryett and the Gala Water and to Watherstone.
- In the Summer, the restoration work on the Subscription Bridge by Robin MacMillan for the Community Council will be complete.
- Work will be starting in the spring on the Viewing Platform on the back road to commemorate the Queen's Platinum Jubilee.
- The Community Council has supported the schools for various activities.
- All our meetings are open to the public. If a member of the public indicates that they wish to speak, they are asked to raise their hand and wait for permission from the Chair. Anyone who wishes to raise an issue is very welcome at our meetings or else can mention it beforehand with any community councillor.
- The Community Council is asked to respond to some but not all planning applications in the Stow & Fountainhall area. We are aware that our function is to represent the views of the community, which we do to the best of our ability. At times, people have come to our meetings about planning proposals. Recently we had 17 people concerning one proposal and we do listen and take on board what people are saying. It very rarely happens, but, if a community councillor had any interest in a planning proposal, they would not take part in the discussion.
- We allocate microgrants of up to £300 and also have a hardship grant of up to £150 for any residents experiencing great difficulty. The microgrants are decided by the whole community council. The hardship grants are decided in complete confidence and are not discussed at our meetings. The contact for the hardship grant and community council business is: **Jenny Mushlin, Secretary; email: jjmushlin@gmail.com Tel: 01578 760297**



Music and Worship with Malawi

Helen meeting Rev. Thomas Nyang'amah at Heriot Church, when he visited from Malawi, in June 2021)

Music is central to worship in Malawi. Our partner church at Luwatala has four choirs and they all prepare worship contributions to the Sunday service with choir practice during the week. The choirs sing out to God with such enthusiasm and rhythm.

Helen is the organist and musician at Heriot Church and has played for the services there for 30 years. In March, she is travelling to Malawi to represent the parish partnership (Parish of Stow-Heriot with Parish of Luwatala, Zomba). Helen is hugely excited and is very much looking forward to participating in the singing and discovering more about the musical worship. Perhaps she will be encouraging us all to sing some fresh hymn styles when she returns, finding different ways to rejoice in God's Grace.

The choirs in Luwatala sang for Stowed-Out in the virtual performances of 2020. To hear the music for yourself and see something of Luwatala, you can experience their performance at https://www.youtube.com/watch?v=E_y8T-prmS8

Helen will also visit Mpata Primary School at Luwatala and take out with her messages from Heriot Primary School. The schools are exploring the opportunity of forming a learning link together.

As we find ways to participate in the World Church we thank our partners in Luwatala for their Christian fellowship.

If you would like to participate, or link your club, school class or group with Luwatala then see our Partnership Page on the Stow-Heriot Church website or email Eve ehartswood@gmail.com.

We look forward to hearing more from Helen when she returns.

Stow Pump Track update

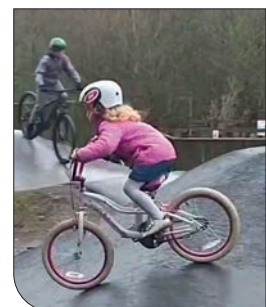


Track on track (excuse the pun) to be built this year!

We are delighted to report that the funding is now all in place enabling the pump track project to progress to the construction phase. The total funding target was met in December with an award of £60,000 from SBC's Place Based Investment Fund. Previously we had secured money for the project from the Cycling Facilities Fund (SportScotland/Scottish Cycling) and the local wind farm funds, EDF Longpark Community Fund (Foundation Scotland) and SSE Toddleburn Community Fund. A massive thank you to all of our backers. A tender specification is now being prepared for a design and construction contract. It's hoped the track will be built this year! The Pump Track project is co-ordinated by a sub-group of the Stow Community Trust, and we are hugely grateful for the support and governance that the organisation provides.

- In December, Jo McBeath coordinated a fabulous local arts and crafts fundraising event at the Station House. A huge thank you to all the artists, crafters and shoppers who attended. It was a great community event but also well attended by many from further afield.

- In preparation for the pump track becoming a reality, we will be collaborating with Stow Cycle Hub and Live Borders to develop a local cycling development plan. If anyone would like to learn coaching skills to support this, or become involved in any way, please get in touch stowpumptrack@gmail.com.



Thank you for your continued support!



Stow Baby and Toddlers Group: new hours

Stow Baby and Toddlers now takes place on Tuesday and Thursday mornings, 9.30 until 11.30 at the Stow Town Hall. No booking is required. The cost is a £2 donation per family per session (paid in cash or online bank transfer).

The group has a large selection of toys and activities for young children along with a complimentary healthy snack. There is also tea and coffee for the parents and carers.

Galawater Horticultural Society



THE SHOW MUST GO ON...

Get growing! After a two year gap thanks to Covid, the horticultural society is working towards rekindling the annual show on the 9th of September. With many supermarkets now rationing vegetables, there's never been a better time for home cultivation. It's all about taking part and no vegetable or flower is too wonky or too swanky for our competitions.

If anyone would like to help keep the show on the road, do join us, we are a lovely bunch! Please contact:

Anne Dabjen: anne@dabjen.com

Fiona Nisbet: film.media@btinternet.com

Other events planned for 2023 include a talk on roses by the horticulturalist Phil Lusby. The Monty Don of Fountainhall.... Jim Mercer will be showing us how to grow vegetables for making soup. We are also planning visits to remarkable gardens in East Lothian and the Borders.

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



Stow Church Steeple – looking after our Heritage

After the damage suffered during the storm of last February, the repairs to the steeple of Stow Church have now been completed; the supporting stonework has been rebuilt and a newly-painted cockerel is standing proud once again.



Did you know ...?

Cockerel weathervanes on church spires date back to the 9th century AD, echoing Jesus' prophecy to Peter on the day of the Last Supper.



The cost of repairs came to £26,334. An additional £2,994 was spent removing any greenery on the tower and to clear any vegetation in the rhones and gutters.

Running a building of such an age and size does not come lightly; £23,366 was required for dry rot work in 2021 and the extremely cold snap last December brought with it burst pipes in both Stow and Heriot church.

STOW COMMUNITY GARDEN

The community garden sessions are back. After a well earned winter rest we are meeting again every Sunday from 11 a.m at the community garden in Mill Road/Mill Court.

The community garden might look messy at times but our ethos is to cultivate a nature friendly place, free from pesticides and herbicides. It does require work to maintain, therefore we would appreciate your help: if you can spare a little bit of your time, please join us most Sundays or any time you fancy, removing some weeds and clearing around shrubs and trees.

For more information, please contact Andrea at andrea.carlino@yahoo.co.uk or on **01578 730763**. You can also join our Whatsapp group.

Donations of plants, saplings, tools and seeds are always appreciated.



ANNUAL CONCERT

"Sunshine After Rain"

MUSIC TO RAISE THE SPIRIT

Saturday 10 June 2023 • Stow Church at 7pm



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 at 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 (see sledging photo above!).

We are flexible, you can book, pending availability, at short notice, just email us or

leave a message with the school.

Opening Hours (during term time): Monday – Thursday 3:15pm – 6:15pm. The club accepts both Tax-Free Childcare and most Childcare Vouchers for payment. Staff Members: Andrea Carlino (Manager), Janice Currie.

Stow Kids Club welcomes volunteers, in particular young people wanting to do work experience for the Duke of Edinburgh award or to help gain paid part-time employment elsewhere. If interested, please get in touch. Contact us at stowkidsclub@outlook.com

Member rate – term time: Registration Fee (due annually) £15.00. Monday to Thursday sessions £9.50 per child; £19.00 for 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: Monday to Thursday sessions: £13.00 per child; £26.00 for two children; £39.00 for three children in the same family.

By the time Danna, our sparkly efficient Post office counter worker, deals with her first customer of the day at 9am, she has already completed a shift. The former actress is the owner and producer of two national horse champions. Last summer, her geldings won the top prizes at the British National Arab Championships in Wales.

"My day begins at five a.m, I'm mucking out, grooming and preparing my horses. I come home, walk the dog, get Connor ready for school, then I start my job at the post office!"

"I've got two pure bred Arabs AV MAMBO and AV NOVEMBER RAIN. We went to the British National Championships in August and both came away as winners in the 'In hand' section. We've had a really successful year with these boys. I've had horses for years, it takes a lot of blood sweat and tears to get to this level with them but it's worth it and I'm thrilled. "

So what makes a prize winner ? "It's all in the breeding", Danna says "My friend Caroline Reid breeds top pure bred Arabs she sells them all over the world. Seven years ago



spotlight on



Danna Gowans

she told me she had a lovely gelding which would be a British national champion. I needed another horse like a hole in the head as you can imagine. Down I went to Sussex on a whim and fell in love with him....and so it began. The breeding is crucial with a good mare and a good stallion ... then you've got to put the hard work in. You've got to keep them fit, feed them well, groom them. It's long hours ".

"There's a certain way you have to show an Arab horse. You've got to keep them going over the winter and the winter is all about getting them ready for the summer. Come the summer you take them to a show ring, with the 'in hand' classes you are literally showing them off in a ring. Judges want Arabs to be flamboyant. You have to be able

to run with them because you want them to be able to move and show off ... it's quite an extravagant style."

Danna has been working with Arab horses for as long as she can remember . "My mum was into Arab horses and I started off with part bred when I was little. At the age of 6, I decided I wanted to ride my Mum's purebred. That was it! I got the bug, I've been showing since then."

Danna is a dark horse herselfwith a degree in Performing Arts from Newcastle Performing Arts College. She's worked in film, starring in a Catherine Cookson movie and appearing in the BBC soap opera River City. She has also played a racy role in a drama documentary for the BBC about drugs. While she was acting, she met Chris, a singer and guitarist in the band Flatliner; they got married and now have an eleven year old son Connor; they live in Stow.

For the past seven years, Danna has been a calm, welcoming and capable presence at the post office counter. "I love my job .. It's really nice to be in the hub of the community, meeting everybody. Everyone knows everyone so it's really lovely, people look after each other. It's great and a brilliant place to work. Alison (Runciman) is a super boss "

"It's hard work to keep the horses ... with working and Connor it's full on. On my day off, I'm riding, schooling and training them. It's a lot but it does pay off ! That first British national champion I got I was flying solo as my mum had just had a knee operation. The week before he cut his leg I was in tears wondering what was going to happen. Then we got to the British Nationals. The breeder was there to support me he won ! You forget all the problems. It was an amazing feeling. All that hard work pays off. I wouldn't do it if I didn't love it . "

So what about Connor, will he follow in the champion's footsteps? " No, he's more into motorbikes, " she laughs .

The championships are held in Wales and Danna will be travelling back down again this year, with 600 entries it's a big deal. " I've got a new horse box with a bit of living space at the back. John from Millbank Garage sponsors us, he does the repairs etc on the vehicle which is really helpful. On the back of two top prizes, the only way you can go is down, but we would like to think that by putting the hard work in, we can be up there. It depends on so much, the judges like certain types of horse, we shall just have to wait and see. "

The show lasts for four days with the championships on the last day." You never know how they are going to perform so you've just got to go hoping. There were some amazing horses in the championship so it could have been anyone's game. It will be no different this year. It's nail biting stuff but I'm sort of addicted now."

Let's hope Danna, AV Mambo and AV November Rain get the judges' stamp of approval again this year!

Good luck, we'll keep you posted!

DATES FOR YOUR DIARY March/April/May 2023

15 March	SWI talk on Dementia Awareness	7.30pm	Fountainhall Village Hall
18 March	Stow and District Pensioner Association Coffee Morning	10.30am - 12 noon	Stow Town Hall
22, 23, 24, 25 March	Lauder Amateur Dramatics (see advert on page 2 for details)	7.30pm	Lauder Public Hall
3 April	Parish of Stow Community Council Meeting	7.30pm	Fountainhall Village Hall
4 April	GWHHA Cafe Session	10.30am	Cloudhouse Cafe
7 April	Pub Night (Licensed)	From 7pm	Fountainhall Village Hall
7 April	Stowed Out Open Mic session	7.30-10.30pm	Stow Station House
19 April	SWI talk by historic buildings expert, Tom Parnell	7.30pm	Fountainhall Village Hall
23 April	Stow Bowling Club Open Day	2pm	Stow Bowling Club
1 May	Parish of Stow Community Council Meeting	7.30pm	Stow Station House
2 May	GWHHA Cafe Session	10.30am	Cloudhouse Cafe
5 May	Pub Night (Licensed)	From 7pm	Fountainhall Village Hall
5 May	Stowed Out Open Mic session	7.30-10.30pm	Stow Station House
17 May	SWI demonstration on hat making by Marjory Tennant	7.30pm	Fountainhall Village Hall
2 June	Pub Night (Licensed)	From 7pm	Fountainhall Village Hall
2 June	Stowed Out Open Mic session	7.30-10.30pm	Stow Station House
5 June	Parish of Stow Community Council Meeting	7.30pm	Stow Station House
6 June	GWHHA Cafe Session	10.30am	Cloudhouse Cafe
10 June	Stow & District Pensioner Association Bus Trip	TBC	TBC

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