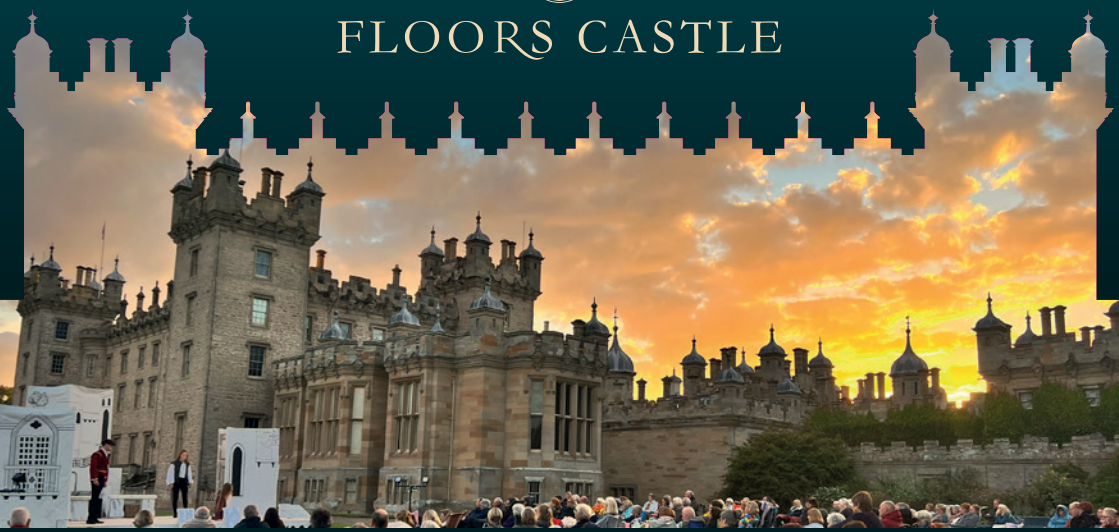


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May | 2024



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- | | |
|-------------|---------------------------------------------------------|
| 30th June | Three Inch Fools present The Secret Diary of Henry VIII |
| 7th July | Chapterhouse Theatre Co present Little Women |
| 14th July | Immersion Theatre present Peter Pan |
| 3rd August | Roxburghe Rocks |
| 27th August | The HandleBards present The Comedy of Errors |

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We would like to announce that Margaret is retiring at the end of March. She will be a big miss for us as she has worked loyally for us for 5 years, but has been in the shop for the last 20 years!

We would like to wish her all the best in her retirement. You will still see her from time to time as she will be helping with holiday cover.

The new Manageress will be Corinne. Corinne has been a decorator for approximately 40 years, serving her time with Henry Steel, Greenlaw before moving on. She has been a decorator with W R Patterson for 18 years and has become a valuable asset to the company.

She has decided to hang up her paint brush and try working in the shop.

Corinne brings a wealth of knowledge and experience with her and should be able to answer any questions you have regarding decorating.

She will be assisted by Wendy who has been with us in the shop for 5 years.

Please feel free to pop in for a chat.



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Deadline for June issue

Tuesday 21st May

Richard Sked - 07900 197907

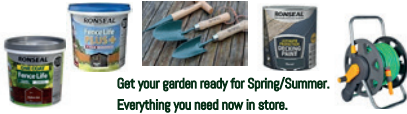
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Thoughts in Spring

As I write this, we are awaiting storm Kathleen – in the meantime, however, it is a mild and lovely spring day. Spring and Easter are irrevocably linked in my mind – both being about new beginnings – new life waiting to appear. As I walk in the extremely muddy and slippery fields with my ageing cockapoo, my thoughts often turn to the way life plays. As I stand in the local field which has young trees growing in it, I sometimes see the barn owl quartering the fields, hear the buzzards calling or the strange call of the young herons as a parent comes in with a tasty bite. New life is busy coming into being. Only this year, I noticed that the buds of trees are so many different colours. Apart from sticky horse chestnuts, the beauty of the buds had passed me by completely. How could my senses have been so dull? How hadn't I noticed the undoubted miracle that some buds are a pale purple, some a brilliant green, and my favourite of all the larch cones so brilliantly pinky red against the vibrant green of its needles? In this time, we have so many distractions. When I see people out walking with buds in their ears, listening to their music instead of the sounds around them I feel saddened. For many people the natural world has become even less than background, and yet, time and again, it has been proven that contact with nature is good for us – especially for our mental health.

Mary Oliver, one of my favourite poets, who died a few years ago, wrote about nature in a way that brings it alive, and brings us into relationship with it. In "Morning Poem" she describes how "each pond with its blazing lilies, is a prayer heard, and answered, lavishly". We don't have to be religious to relate to the beauty around us, and to feel like giving thanks for what we have been given. We may not have many ponds with blazing lilies here in Scotland, but in the Borders we are lucky enough to be surrounded by beautiful countryside, to see young animals – lambs especially at this time of year – and to feel our spirits lifted by that connection.

By the time you are reading this, it will be the last month of Spring and Summer will be approaching, bringing, no doubt, more troubles in this world of ours, but the landscape and its beauty is always there to lift our spirits, and to reconnect us with Greater Life, and the wonders that surround us.

Lynda Stark

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Please bring your family and friends along to enjoy not only the cricket, but also the Clubhouse and our outdoor facilities.

Bar Opening Hours – Open all Home Games, please check Facebook for additional opening times

2024 FIXTURES

April

Sat 27 April Kelso v Leith FAB ESCA Div 2

May

Sat 4 May Kelso v Edinburgh Accies 2 ESCA Div 2

Sun 5 May Langholm v Kelso ESCA Dev League

Sat 11 May Carlton 3 v Kelso ESCA Div 2

Fri 17 May St Boswells v Kelso Border League T20

Sat 18 May Kelso v D&CCC ESCA Div 2

Sun 19 May Penicuik v Kelso ESCA Dev League

Sat 25 May Edinburgh 2 v Kelso ESCA Div 2

Sun 26 May Marchmont v Kelso ESCA Dev League

Fri 31 May Manderston v Kelso Border League T20

July

Sat 6 July Edin Accies v Kelso ESCA Div 2

Sat 13 July Kelso v Carlton 3 ESCA Div 2

Sat 20 July D&CCC v Kelso ESCA Div 2

Thurs 25 July Gala v Kelso Border League T20

Sat 27 July Kelso v Edinburgh 2 ESCA Div 2

September

Sun 1 Sep Kelso v Gala ESCA Dev League

June

Sat 1 June Kelso v MDAFS 2 ESCA Div 2

Sun 2 June Edinburgh Accies v Kelso ESCA Dev League

Thurs 6 June Kelso v Selkirk Border League T20

Sat 8 June Kirk Brae v Kelso ESCA Div 2

Sun 9 June Kelso v Langholm ESCA Dev League

Sat 15 June DT 2 v Kelso ESCA Div 2

Wed 19 June Kelso v Peebles Border League T20

Sat 22 June Kelso v RHS 2 ESCA Div 2

Wed 26 June Kelso v Melrose Border League T20

Sat 29 June Leith FAB v Kelso ESCA Div 2

Sun 30 June Kelso v Stewart Melville ESCA Dev League

August

Sat 3 Aug MDAFS 2 v Kelso ESCA Div 2

Sat 10 Aug Kelso v Kirk Brae ESCA Div 2

Sun 11 Aug Gala v Kelso ESCA Dev League

Sat 17 Aug Kelso v DT 2 ESCA Div 2

Sun 18 Aug Grange v Kelso ESCA Dev League

Sat 24 Aug RHC 2 v Kelso ESCA Div 2

Please note – all matches may be subject to change

OTHER DATES FOR YOUR DIARY

Saturday 22 June
Saturday 10 August
Saturday 31 August
Saturday 7 September
Saturday 14 September

Ladies Day
Invitation Day
Brian Lang Memorial Game
Wains & Pains Day and Awards Dinner
Pud Murray Memorial Game

Come along to our Social Events

?? Quiz Nights ??

Friday 24 May
Friday 16 August

Adults Practice Nights

Tuesdays & Thursdays
6.00pm – 8.00pm

Juniors Coaching

Mondays 6.00pm – 7.00pm (P3-P4)
Mondays 6.00pm – 7.00pm (P5-P7)

Youths Coaching

Wednesdays 6.00pm – 7.30pm
(U16s)

Talk to us about membership and sponsorship options, or how you can help out at the Club. We always welcome volunteers and any help and support given is greatly appreciated.

Social Memberships: Family £25, Couples £20, Single £10

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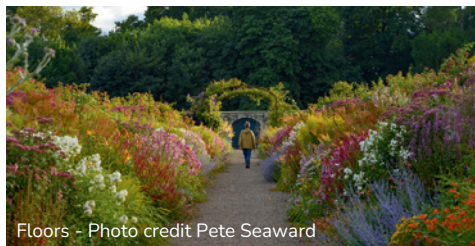
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Gardens opening for visitors

HASTINGS & S

At Hastings, we love opportunities to discover Kelso and the surrounding Borders. With spring in full swing gardens are welcoming the public to visit and get inspired.

Gardens Open to the Public



Floors - Photo credit Pete Seaward

Floors Castle, Kelso, TD5 7SF

Woodland grounds, epic walled gardens along with the estates amenities make a great day out for the whole family.

1st May- 30th September 10am -5pm

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Thirlestane, Kelso, TD5 8PD

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31st March to 31st Oct by arrangement

call 01573 420487

£5 per adult. Dogs welcome.

Monteviot, Jedburgh TD8 6UQ

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1st April - 31st October

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Ruthven House, Coldstream, TD12 4JU

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1st January - 13th September by arrangement call Karen on 0890 840680

£6 per adult. Dogs welcome.



Lennel Bank - Photo credit Kenneth Patterson

Lennel Bank, Coldstream TD12 4EX

Terraced gardens overlooking the Tweed. Planted borders, shrubberies, water garden, rockery and a kitchen garden are all highlights to inspire.

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call Mrs Brown on 01890 882297.

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In our Selves

In our School

In our Community

[Latest Update from Kelso High School](#)

There have been lots of exciting things happening at Kelso High School over recent weeks. Read on to discover more...

As an Apple Distinguished School, we are always leading the way with new digital initiatives. We are therefore delighted to announce that our newly appointed Digital Avengers have been awarded their Apple Pencils to enable them to carry out their 'digital missions'. Keep an eye out in future editions for exciting news on the different ways in which our Digital Avengers will be working hard to help us improve learning and teaching across KHS, whilst also working on some inspiring projects across our wider school community!



It has certainly been a busy and successful few weeks on the hockey pitch for KHS. Congratulations to our S3 Hockey squad, captained by Freya Donovan, who produced their best hockey of the season on Friday 1st March to reach the semi-finals of the South Schools S3 Tournament. Congratulations too to our two fantastic S2 hockey teams who achieved success in the S2 South Schools Tournament with our 'Tigers' Team finishing runners-up in the B Tournament final, whilst our 'Lions' Team lifted the A Tournament trophy after defeating our friends from Jedburgh Grammar Campus 2-0 in an exciting final. And our hockey success didn't stop there. Not to be outdone our S1 hockey team produced a fine display in the South Schools S1 Tournament winning all three pool games against Hawick, Jedburgh and Berwickshire HS, and scored 11 goals, despite playing with just seven players against eight-a-side teams. And just when we thought our hockey news couldn't get any better, congratulations to our S1 and S2 mixed teams who finished off the hockey season in style by winning both the S1 and S2 Mixed Tournaments at Earlston High School on March 23rd. Demonstrating our KHS PRIDE values both on and off the pitch, all players represented both themselves and KHS superbly throughout all competitions. A huge well done to all players involved and our grateful thanks to KHS Director of Hockey David Ferguson and Assistant Coaches Liv, Miss Rout and Miss Stevens for their unstinting dedication to supporting our teams. It really is a team effort!



Recent weeks have also seen KHS achieve success in Athletics. Huge congratulations to all of our KHS runners who competed at the Border Schools Cross Country Championships at Netherdale, Galashiels. Our KHS runners all ran brilliantly and we are very proud of the determination and resilience they displayed. Special mention must go to Evie Leonard who finished 1st in the S1 Girls race and Oliver Hastie who finished 1st in S3 Boys race. A huge well-done to all involved.



World Book Day is always a very special day in KHS and this year was no exception. A huge thank you to our fantastic Head Team, Miss Mallon, Miss Helary and Mrs Cameron-Lyle for organising a variety of events across the day, including a Book Swap, Class Readers and our afternoon extravaganza in the Assembly Hall which saw the winning finalists from each of our S1 classes compete in the Grand Final of our S1 World Book Day Quiz. Well done to all who took part. Our thanks as well to all fancy-dress entrants from both S6 and staff who with their amazing costumes really entered into the spirit of things and made World Book Day 2024 a day to remember. Please enjoy some photos from KHS World Book Day 2024. More photos of the event can be found on our KHS Facebook page.



The week beginning Monday 18th March saw KHS celebrate Neurodiversity Celebration Week 2024. Over the course of the week there were many events and presentations held which saw KHS recognise and celebrate the many talents and advantages of being neurodivergent. One of the many highlights of the week was 'Wear a Hat Wednesday' – which saw both learners and staff don a vast array of headgear. A huge thank you to all learners and staff who supported this event and an even bigger thank you to our fantastic Support for Learning Department led by Ms Dyer and to Lucy Campbell for organising. Please enjoy some photos from the event below and as always even more photos can be found on our KHS Facebook page.



If you wish to keep up to date with what is happening at KHS in 2024, please follow us on our social media platforms: Kelso High School Facebook, Kelso High School Instagram and Kelso High School X. #pridekhs

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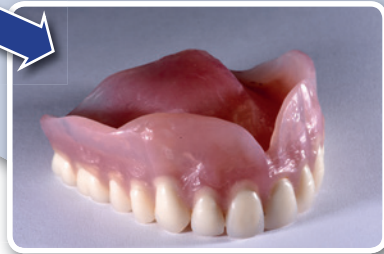
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John Lamont MP

LOCAL MP PROUD OF KELSO CREATIVITY

The creativity and ingenuity of people in the Borders never ceases to amaze me.

I recently met with local engineer and welder Craig Ferguson at the Gordon Ferguson Engineer and Welder studio on Bowmont Street.

He showed me some of the incredible works he's created,

including this magnificent stag, his latest project.

Craig is hoping to use his art to help efforts to improve tourism to the Borders. I hope to see his works encouraging more visitors to Kelso soon.

It's always a pleasure to celebrate originality like this, especially



considering all the hard work and dedication that has gone into creating it. Please support

local artists like Craig if you can. Our communities benefit from their creativity.

EXCELLENT EXHIBIT RAISES FUNDS FOR CHARITY

I was also pleased to recently attend the Easter Exhibition run by the Kelso Art Group.

There was a brilliant array of artistic talent on display, including lots of paintings and pieces from Borders artists.

Congratulations to all the volunteers on another hugely successful and well-organised event which raised a good sum for charity.

All the funds raised were donated to The British Heart Foundation in memory of long-standing member Ged Wood, which was a lovely gesture.









John Lamont MP



Member of Parliament for Berwickshire, Roxburgh and Selkirk

6 ways to contact John

-  01450 375948
-  john.lamont.mp@parliament.uk
-  25 High Street, Hawick, TD9 9BU
-  [johnlamontmp](https://www.instagram.com/johnlamontmp)
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Evening Talk, Monday 13th May, 2024*

7.30 p.m. at Kelso Rugby Club

“Are we nearly there yet” – History of Milestones

Presented by Bruce Keith

Not just distance markers, but early methods of measurement and mapping and the travellers of the 18th and 19th centuries whose journals laid the foundation of the Scottish tourist industry. Bruce also celebrates the ‘Top 50 Scots’ – the sportsmen and women who have gone the extra mile in terms of speed and endurance to set new world records. So something for everyone!

*Please note that this talk will be held on 2nd Monday in May 2024



Logo – courtesy of A. Binnie



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DENTAL PRACTICE

Gardening Tips from Woodside

Well, what a cold and wet Spring it has been so far. Here's hoping that May will see some improvement in the weather and we can make up for some lost time in the garden.

Although the days are getting warmer and sunnier, it is still cold at nights, so beware of planting out frost tender plants, such as courgettes, runner beans and summer bedding too early. Before planting out you should harden off tender plants by leaving them outside during the day and bringing them back under cover at night for 7 to 10 days before planting outdoors. Even then you should watch the weather forecast and have some fleece handy to throw over them at nights if necessary. Summer hanging baskets can be planted up now and grown on in the greenhouse, before hanging up outside later in the month. Use a good quality compost mixed with slow-release fertiliser and water-retaining crystals, to keep them in looking good all season long. Remember to open greenhouse vents and doors on warm days to let the air circulate and to prevent plants becoming too hot.

Now is a really good time to get your pond planted up with a good mix of submerged oxygenating plants, which will keep the water healthy and help keep it clean, along with marginal plants and deeper water plants. A well planted pond can be one of the most attractive features in the garden, as well as providing a great habitat for wildlife. It can take some time to achieve the right balance of pond plants to have clear water – so do be patient, as the rewards will be well worth the effort.

Prune spring-flowering shrubs after flowering by removing all the flowered stems – this will improve shape and performance for next year, and will stop plants becoming overgrown and straggly. Don't forget that all pruned plants will benefit from a dose of fertiliser, so give them a good feed of Growmore, Vitax Q4 or other general fertiliser to boost growth and health. Healthy plants are also more likely to resist winter cold as well as pest and fungal problems, so it's a good idea to give all of your garden plants a Spring feed to improve their overall health and resistance. Applying a good thick layer of mulch also helps plant health, as well as keeping the weeds down, maintaining moisture during dry summers, and it looks tidy too!

Plants in containers will appreciate having the top section of loose compost removed, and some fresh compost applied. They will also benefit from a dose of fertiliser, and I find that a liquid feed is easiest for all container and pot plants. Apply every 2-4 weeks in Spring and Summer to promote healthy growth, and remember to dead-head plants regularly to keep them flowering.

In the vegetable garden you can sow directly into the ground a whole range of seeds including spinach, carrot, beetroot, spring onion and lettuce. Thin out if necessary and water well after thinning or weeding. I know some of you didn't get your seed potatoes planted last month as the ground was too wet. It's not too late to get them in now – they will quickly catch up. If you feel you've left it too late to sow seeds, don't forget that you can buy a whole range of baby vegetable plants, which can be planted straight out in the garden now. I know it's a bit of a cheat, but if it saves some time and work, then why not? Remember to protect brassicas (cabbage, kale, cauliflower, calabrese, sprouts etc) from pigeons by covering with fine mesh or fleece, and lettuces may need protecting from slugs and snails.

It's a very busy gardening month, so let's hope we get the weather to be able to enjoy it.

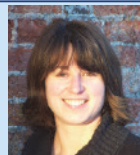
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KELSO ANGLING ASSOCIATION

Very little to report this month, I'm afraid.

High water levels and strong winds have reduced fishing effort and success on our stretch of the Teviot. A short window before levels rose once more brought success with two fresh Salmon landed one afternoon by the same angler. We can only hope for warmer, drier spring like condition in the not too distant future.

Sand Martins and very early Swallows were seen working the river this week. Hopefully there might be enough fly life hatching even though the winds are cold to keep them in a fit condition.

The lack of fly hatching has more or less put a stop to Trout fishing on Kelso Angling waters. It is normally a feature of the trout fishing season to see abundant hatches of flies on the river by the end of April. Usually, the fly life hatching is enough to feed hungry Trout of all ages as well as young salmon Parr as they look to feed after the Winter period. Gulls and martins can be seen during the day feeding hard on the wing with fish and ducks taking the hatching fly on the surface. It always surprises me how quickly gulls become aware of a hatch of fly and also how soon they disappear once its finished.

As mentioned last month, the Tweed Foundation, in collaboration with local trout anglers is running a computer program to collate photographs of the gill cover spot pattern of fish caught in the Tweed catchment. Trout spot patterns are unique to individual fish, in the same way that finger prints can identify individual humans.



A trout caught, photographed and released on Tweed in 2021



The same fish identified with the scale pattern program caught and released one year later

So far the information given to the Biologists at Melrose can help track movements and growth rates of photographed and returned Trout. Repeat captures are a feature of the research with information on location before and in subsequent re capture.

The club outing to the Lake of Menteith is scheduled for Sunday the 28th April. All booked boats are now full. A report on the day in next month's article.

If the poor weather persists then as a substitute for fishing I will further expand on the scientific work of the biologists.

Tight lines!

Neil Jones, Secretary, kaasecretary1@gmail.com

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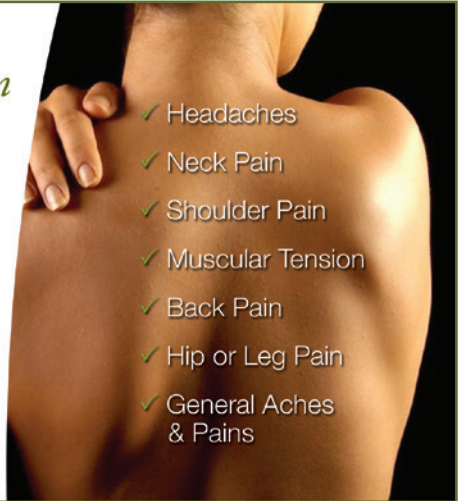
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KELSO ORCHARD TENNIS CLUB

Kelso Orchard Tennis Club are delighted to have been voted the best club in Scotland at the recent Tennis Scotland Awards in Stirling, winning the prestigious Club of the Year 2024 Award and now go forward to compete for the LTA UK-wide title.

The club was honoured for their work with all ages of the community in Kelso during 2023, from tots to care home residents. Thanks to funding from Charity Begins at Home and the Cheviot Neighbourhood Fund, the club was able to offer free tots tennis sessions and free sessions for care home residents, developing links with two care homes in the town. In addition, the club worked alongside active schools to offer free tennis to all primary schools in Kelso and the surrounding area and ran free Come and Try sessions. Coach Lesley "It is very exciting to be acknowledged for the work we have been doing in the community, taking tennis out to all." Coach Kate "We're really passionate about getting into the community and we've been into care homes and making tennis available for tots – it's about trying to give everyone the change to play tennis for free. I'd like to thank everyone who has helped us along the way."



Coaches Lesley Thomas and Kate Bull collecting the award in Stirling

The Club is excited to build on their work in the community this year with the continuation of our Junior Tennis for All Project and Keep Your Mind and Body Active with tennis project. They are hoping to secure funding to enable them to extend these projects and offer tennis for free to more members of the community. The club plans to have a big open day in May to celebrate the achievement and open up the club to the community, date to be confirmed. In the meantime, the new season is in full swing at the club with Junior sessions and adults sessions restarting after the Easter break, competitions on Sundays and Leagues matches on Tuesday and Wednesday nights. New members are welcome, membership packages can be purchased online (new adult membership offer for £45).

For further information visit our website
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KELSO LADIES RUGBY CLUB



Well, that was quite the season we had.

It takes time to break a new team in, and that is where we are now. Every team goes through this cycle, and Kelso ladies are no different. Although we took some heavy hits in our matches, we did manage to come away with 2 wins, but it was the losses that gave more information to train with.

Winning isn't everything, right? Correct. For several of our team members, this season was their first playing, and for others, a return after a long hiatus. Training has been brilliant with Coach Eilidh Walker and Assistant Coach Babs Watson putting us through our paces for drills and cardio. They have really zeroed in on what we need, and it has been great having a concise training plan to work to.

We saw Donna Borthwick our longstanding captain hang up her boots and join the coaching team for next season. It is fantastic that we get to retain her knowledge base, and she is an added perspective to our coaching team.

For our awards night this year, we had two winners for most Improved, for Kate Ayrton and Louise Miller, and Chloe Bolam took home both players player of the year and coaches player of the year.

Congratulations to our award winners, they truly deserve it, and we are looking forward to some friendly games and Couch2Contact and Summer Rugbyfit, over the month of May (See pages 32 & 33 for info).

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Weds May 2024

1st Kelso session - Croft park - 17 Plus - 7pm - 8:30pm

8th Kelso session - Croft park - 17 Plus - 7pm - 8:30pm

15th Duns Rugby Club - 2 Sessions - Under 18s 6pm - 7pm.
Followed by 17 Plus 7pm - 8:30pm

22nd Jedburgh session - at the Glebe - 17 Plus
7pm - 8:30pm





Edenside Primary School

Learning, Laughter, Love



Family engagement

We are now in the middle of our busy Summer Term with lots of events planned over the next few weeks. We are once again looking forward to welcoming parents to our 'Open Classroom' sessions where we can share some of our learning with them.

We are also excited about this year's second 'Family Workshops' event where parents and families can take part in indoor and outdoor activities ranging from willow weaving, making spring wreaths, making clay thumb pots, making, and playing with playdough, junk and Lego modelling and creating erupting volcanoes!

Learning across the classes

Classes are now immersed in this term's learning, linking Literacy, Numeracy, Health and Well-Being, and Expressive Arts to their new topics.

Primary 1 pupils are reviewing their first year in school, thinking about some of the topics they have learned about and thinking about all the things they have achieved since beginning school in August! They are also taking a look at their food, finding out where it has come from and how to prepare it safely and hygienically.

Primary 2 and 3 pupils are in the midst of an Enterprise topic. They are learning about some of the things needed to run a business and are planning to make and sell some of their own home-made products.

Pupils in Primaries 4 and 5 are looking at life in Scotland, comparing it with life in Kenya. Children are learning about Scottish language and how to say a few words in Swahili. They are also enjoying finding out about and creating music and art from the two countries.

With the Olympics and Paralympics taking place in Paris later this year Primary 6 and 7 children are exploring inclusion and diversity. They are looking at the opportunities that the events give to inspire individuals, bring about social change, and promote equal opportunities for all.

Edenside Glee Club

Since its initial formation in October our Edenside Triple L Glee Club have been having fun each Monday, singing, dancing, and signing a range of songs. The group is made up of fifteen Primary 6 and 7 pupils. Along with two other Border Primary Schools, they are taking part in the Regional Heats in the Central Halls in Edinburgh. We wish them every success in the competition and above all hope they have great fun and enjoy the experience!



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The Provost Report

Hello everyone and welcome to my May update.

We received an update from the Kelso Community Larder group - in just over a year since the larder has been open, they have just passed 10 TONs of food that has been redistributed through the larder, food that was all destined for the bin. This amazing project is to stop food being wasted that is still perfectly edible. The larder is not means tested and is open to anyone that wishes to pop in and collect some food. This is not a food bank (please contact us below if you require assistance from the food bank and we can give you more information) Well done to all the volunteers and trustees who give their time to this wonderful project.

At the time of writing this (Tuesday 16th April) the declaration of the 2024 Kelso Laddie had not yet taken place, however all I can hope is that the rain held off for a few moments, the sun shone bright and the square was filled with people eager to meet & greet the new Kelso Laddie. I send my congratulations to the Laddie and his family, who will be hugely supported by his Right and Left Hand Men, Andrew and Callum, along with all the Ex-Laddies, Committee and of course – your support.

The 2024, four lady bussers are Sophie Frame & Ruby Thomson from Edenside Primary and Bella McNulty & Robyn Blackwood from Broomlands Primary. All the best wishes for the coming summer girls, to you and your families.

We have recently had a spate of vandalism in the town and antisocial behaviour. We do not condone this behaviour in Kelso and ask that if you see or hear anything, report this to Police along with any CCTV or Video Doorbell footage you have. Many a time incidents get posted on Social Media without contacting the Police. The Police won't do anything until it gets reported to them officially. You may have noticed that the toilets have been closed at Shedden Park, again due to vandalism.

In last month's Kelso Life, I touched upon the creation of a Town Place Plan. Specifically, what facilities you would like in the town and what would benefit you as a resident of Kelso.

We invite a representative from as many community groups as possible to a meeting on Tuesday 28th May – 7pm (for an hour), so we can explain more on what Community Led Planning is and how the creation of a Town Plan, will be a great asset for seeking out new funding sources in the future and what new amenities those in the town would like.

Our next community litter pick will take place on Thursday 23rd May – 6pm – meet in The Square, all equipment supplied. Please come along and help us give the town a good tidy up.

I have been looking at ways to improve communication with members of the public. We have setup a new website – www.kelsocommunitycouncil.co.uk where you will find Agenda's, Minutes, AGM and Finances for the last 10 years and information on planning and more. I have also arranged for some folders to be placed within the Town Hall and Kelso Library with these documents so can be readily available to read.

If there is anything that you would like to bring to our attention, please contact myself or Secretary Yvonne Oliver below, or any Community Councillor you may know and we will hope to try to resolve or find the answer for you. Our meetings are open to the public and are held in the Town Hall every second Tuesday of the month (excluding July and August), where you are very welcome to attend.

Yvonne Oliver
Secretary

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Kelso Golf Club



Like us all, the last month has been a wet one and curtailed a lot of our Start of Season fixtures.

Our opening Captain V Vice Captain went ahead on a restricted 9 hole basis but everyone was keen to be out on the course. Our Sponsors Day went ahead but in the Clubhouse with bar games at the top of the list - darts, dominoes, pool - a day thoroughly enjoyed by all.

The recently refurbished lounge area is now available for larger functions and we had our first Wedding Reception at the end of March. A lovely venue option for lots of events and available throughout the year. Please call the Clubhouse to come for a visit and look around. There is also a large outdoor seating area that is used when weather permits.

Hopefully this coming month will provide drier weather and a chance to catch up on 18 hole play.



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HOUNDS

Well, I'm not going to mention this weather, except to say I think my legs are so much stronger with all the mud marching I have done for the last 3 months, dogs are really happy thou. I thought I would keep looking at the different types of dogs we are taking into our lives and homes and try to understand them a wee bit more. So today I am going to look at Hounds. Hounds really fall into 3 categories, Sight, Scent and both.

Sight Hounds are sleeker and faster, relying on their sight and speed. Scent Hounds are stronger and have greater endurance as they rely on their noses. All scent hounds "bay" when they get a fresh scent. With selective breeding some breeds use sight and/or smell. They range enormously in size from the miniature Dachshund to the Irish Wolf hound.

Sight hounds have an amazing 270% field of vision, they have the best canine eyesight, they are long legged and very slender. The most commonly known one is the Greyhound, these were bred to hunt deer and foxes but were used mostly to hunt Hare. The whippet is the second fastest, they were bred to hunt rabbits. The elegant Afghan hound was bred to hunt leopard or gazelle, they are much larger weighing up to 60lbs and standing 27 inches to the shoulder. The slighter but much faster saluki was bred for hunting Gazelles.

Scent hounds typically have long wide noses and droopy ears, shorter legs with a long neck, elongated body to allow them to keep their noses to the ground for long periods of time whilst tracking. Baying is a vocalisation exclusive to scent hounds.

Beagles have one of the best noses of the scent hounds, they were bred to hunt rabbits and work in a large pack. Second best nose is the Bassett hound, they were bred to track Fox, Badger, Hare and Rabbit. The winner of the best nose is the Blood hound, these were bred to hunt large game such as Deer and Wide Boar. The wee miniature Dachshund was bred to hunt Badger, in-fact the name translated means "Badger Dog", not sausage dog !!!

The one thing all these hounds have in common is their lack of response if they get the scent or sight of prey, their recall is non existent. The human does not exist, you will be ignored most of the time, they are not bad they are doing what they were bred for.... HUNTING!

The great thing about these Scent dogs are they are becoming invaluable to humans , we use them in search and rescue in earthquakes or up snowy mountains to scent out lost people, or as Cadaver dogs to find dead bodies. They are used by the Police and other law enforcement agencies to find hidden drugs and money.

They don't always make the best pet in a busy household, as when not working they do love peace and quite, but they are very loyal and loving.

Well that's me off for another mud march, I'm an excited sort of Nina as we are getting a new Flat coat puppy next week. So I have to get the cage "SAFE BED" in place to allow my other two Flatties to realise a new little body is moving in.

Speak next month, have fun and keep checking your best friend for ticks.

Nina



NINA

(of PAWS Dog Grooming)



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The Kelso Men's Shed

Following a recent conversation with a friend about a new Mens Shed being set up in Mallaig (by mostly fishermen), and a recent journey down the length of the country, I thought it worthy to touch on this broader aspects of this growing grassroots movement.

There are currently hundreds of Sheds in existence across the UK (see map insert). Many of these Sheds are also part of regional networks, for example of the 138 in existence in Scotland (plus a further 64 under development), there are 9 sheds in the Borders: Eyemouth, Duns, Coldstream, Kelso, Jedburgh, Galashiels Selkirk, Hawick and Peebles.

It is well documented that Sheds bring health benefits, encouraging physical and mental activity, and improved wellbeing. They provide an enjoyable way to stay socially integrated in local communities, by being creative and learning, or passing on skills. While many Sheds are for men, about 1/3rd involve women, and there are now some all women sheds. Further information can be found through the UK Mens Shed Association, or the Scottish Mens Shed Association.

Here in Kelso, through a lot of hard work by a number of people, we are fortunate enough to have a very well equipped sizeable facility, providing a range of activities. The Shed is in 26-28 Roxburgh St and opening hours are: Tuesday 10:00 - 15:00, 19:00 - 21:00 hrs. Wednesday 10:00 - 12:30, Thursday 10:00 - 15:00, Friday 10:00 - 15:00. Membership is free and open to men and women. Check out our Facebook page, or our website www.kelsomensshed.co.uk



Bill Pratt



That really is the Fifteens season over for all sections of the Club. The Firsts had a couple of Border League games to play at the time of my last article. We lost to Melrose without our South players but we also picked up a couple of long term injuries. Our final game was against Gala away and without 11 of our first choice players. We came away with a good win although we had to call in a few emergency loan players from Berwick. We finished mid table in the Border League which was won by Hawick as a result of us beating Gala which was the only team which could catch Hawick.

In the end we had 9 players who were involved with the South in the Inter-District Championship which was won by The South as they came through against the other 3 Districts. There is no doubt that there was great interest in the event. The scores in the games were all very close apart from the South v Caley match. In fact, the game against Glasgow at Poynder Park was decided by the last kick of the match. A good crowd turned up and the hard work in preparation for the game was rewarded and we have set a high bar for the other Borders' clubs which host games in the future. The South still has 1 more game to play as a South selection is due to play Hawick on Thursday 9th May as part of Hawick's 150th anniversary. That must be just about Common Riding season!

Apart from players in the South set up we also had 3 players selected to play for the Co-optimists against Heriots. Well done to James Thompson, Nik Stingl and Charlie Marshall.

In addition, Angus McGregor has signed for the Southern Knights in their last hurrah for the Super 6 Sprint Series over the next couple of months. It is the end of the line, as the Travelling Wilburys would say, for coaches Kevin Utterson, Kevin Hendry and Ritchie Laing who have decided to retire from coaching after a hard working stint. In addition, Murray Hastie has decided to hang up his boots to concentrate on the day job at which he is very successful.

Sadly, we did not get past the first round at Melrose Sevens where we lost in extra time to near neighbours, Jed-Forest.

The Sharks' season is going to end with sevens tournaments but they have already collected the John Laing Trophy by winning their own sevens, beating Jed-Forest 10-7 in the final. There are a few more sevens events and the chance of some players being selected for a junior South squad.

The Ladies' season is over and it finished with their Awards Night held in the Clubrooms early in April.

The Quins eventually came up short when they lost the play off against Peebles Colts in their quest for the South Semi-Junior League for the first time in 30 years. It became almost a test match style series between the Quins and Peebles to finish off the season as they played 3 times in as many weeks. They did however win the South Under 18 cup. Unfortunately, the Quins had to postpone their Sevens due to a waterlogged pitch. It is hoped that these will be played later on and perhaps into May.

The Boys under 16s also reached a final which was played at Murrayfield but again they came up short against Trinity Academy. They have a few sevens tournaments to play as well.

Girls' rugby continues to develop within the town and there are good numbers training enthusiastically and with Chloe Redpath having gained selection to play for the East District.

The Cougars held their tournament at Springwood Park this year and it was a great success with an awful lot of cars and people turning up to participate over the age groups. Same again, next year? All they have left is their annual venture to the Ayrshire coast and a game at Scotstoun where they will be providing the guard of honour at a Glasgow Warriors game. For some of the boys, it will be the end of the line for Mini rugby as the P7s will be moving on to the next stage of the game.

The Walking Rugby group has now played its first game as they provided the curtain raiser at the Melrose v Kelso Border League match. Needless to say, it was a win for Kelso. Some people will do anything for a free pint. They now have plans to travel over Soutra as there will be a competition prior to the Edinburgh v Zebre game early in May. I sense the first overseas tour is not far away!

Just when you are getting used to the 6 Nations being over for this season, information has come to the Club with regard to acquiring tickets for next season. The dates have been selected and announced and it is now possible to order tickets for the Autumn games in November against Fiji, South Africa, Portugal

and Australia. Details and application forms may be obtained from the Club Secretary by email: normandanderson512@gmail.com Please don't delay as the closing date for you to return these forms in Friday 10th May. You don't have to pay for the tickets yet. The downside is that the SA and Oz games are on Sundays.

The application forms for the 6 Nations matches are not out yet. Keep an eye on the Club website/ Facebook page.

Before you ask, the Club will not be able to get tickets for the 2025 Lions tour to Australia.

The club has launched a Youth Rugby lottery through Support Sport Lottery. It is a national lottery and we would encourage supporters to participate. It costs £1 per week and further information can be received on www.supportsportlottery/kelso-rfc/

Our Dinner was again a sell out. There are very few clubs still staging Club Dinners but we are trying to keep the tradition going. There were several presentations made to players who had excelled during the season and the speakers were Ronnie Fleming, Frankie Robson, Kevin Utterson and Graham Blaikie who is from Whitecraig near Musselburgh.

We are continually grateful to the sponsors who have stayed on board with us. We know times are hard but your support means a lot to us especially as we have moved up to the Premiership. Sponsors have responded by sponsoring players, taking pitch side advertising and getting their firm's name on the playing or casual kit and there is a new venture with several local firms putting up a smaller advertising board on the side of the stand as you enter the clubrooms. We have got this figure up to around 30 sponsors now. You may have noticed last season that each playing jersey had a different sponsor's name on it. These were the 20 sponsors who took part in our £250 draw. We are also encouraging the players to get their own sponsor which will get that sponsor's name in the programme. We are maybe a little old fashioned here by still producing a programme as several clubs have moved on to digital rather than paper programmes.

However, Paul Utterson, Sponsorship Convenor, is always looking for generous firms or individuals to help out the Club by sponsoring a game or sponsoring the player of the match or even sponsoring the match ball. Paul may be contacted at sponsor@kelso-rfc.co.uk or on 07831 168172. You had better catch him soon as Paul is relinquishing his post as Sponsor Convenor after a few very successful years.

The Clubrooms are busy during the week as it is being used by outside groups. Gentle Exercise is on a Friday morning, Zumba on Wednesday night. One group using the facility is the local Boccia club. It is a bit like indoor bowls. The Cub Scouts are also using the facility during term-time. They are celebrating their 100th year as the Kelso group. We have the Kelso Accordion Club coming in on the last Wednesdays of the month. Bingo has restarted and the University of the 3rd Age are back on board with us for their monthly meetings. The Heritage Society also meets in the clubrooms. We now have a darts team who play on the Thursday night and who won the Kelso league last season. Now, that is really turning back the clock as that was the case 50 years ago when darts was possibly more popular than now. There is a new group on the Wednesdays called the Wednesday Lunch Club. A group of ladies has been preparing a 2 course lunch and tea/coffee. This is all for the grand total of £6. So far, the lunches have been well attended with up to 40 places set. You have to book in advance and to do that or find out more information you should contact Pauline on **07970 124223**.

We have times now available during the day in the middle of the week. Any member wishing to use the facility should contact the Club to discuss the possibilities. We do weddings, birthday parties, christenings and funerals and have rented the space out for some associations to hold their AGMs, e.g. Kelso Allotment Society, Kelso Beekeepers and Borders Search and Rescue, ClubSport Roxburgh Awards Night and a Kelso Hockey Club Race Night.

We are always looking for volunteers to help out with various jobs around the Club. There is nothing too onerous.

The big event left is, of course, Kelso Sevens which will be held on Saturday 4th May. Again we have had a great take up of places in hospitality and this counts as Kings of the Sevens event so there are points in the Kings of the Sevens table to be accumulated. Lots of hard work has gone in to the organisation for the Sevens but we are always keen to have volunteers on board to help with the day.

Our eldest granddaughter has been to the Hong Kong Sevens and has returned safely having had a wonderful experience. Her pipe band played at several events including finals day and at the Dottie Foundation Dinner.

Norman Anderson



KELSO AMATEUR SWIMMING CLUB



Eilidh and Rowan were awarded Kelso ASC's Swimmer of the Month in January and February respectively. Thanks to the kind generosity of Sainsbury's and its shoppers we raised £670 from bag packing on the 27th January. We have used some of this money to provide valuable training at the Commonwealth pool. Hopefully we will be able to run another session for those members that missed out.



We are now in thick of Swimming Competitions. There were many events in January and February. Some of the highlights included Jessie, James, Jacob & Jasper medalling at the Borders Championships and Kirsty representing the club at British Paras/Citi World Championships in Aberdeen.

Bronwen, Jasper, and Jessie took part in a number of events at East District Swimming Championships round 2 in February and were joined by Anna at round 3 in March. They all performed very well. Jasper secured a bronze in the 200m Fly and a 7th place in the 100m Breaststroke. Bronwen achieved qualification for a number of events at Edinburgh International and was pleased with some good times.

Jessie, Bronwen and Jasper have just returned from the Scottish National Age Group Championships in Aberdeen. It was tough qualifying to swim at SNAGS this year. We are very proud of how they did! Jessie achieved some very good pbs with commendable placings in both her breaststroke events. Bronwen had a busy time, achieving a number of PBs and a reserve place in the 100m backstroke Final. As a result she kept Jasper company on the second night. He produced a spectacular performance in the 200mFly Final, shedding almost 10secs off his entry time and finishing 7th in Scotland within his age group. On the penultimate night of Finals both Bronwen and Jasper again represented the Borders Elite Swim Team. Bronwen finished in 10th for her age group in the 50m backstroke. Jasper again rose to the occasion narrowly missing out on a podium place to finish 4th in the 100mFly!



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KELSO SPORTS & CLUBS

KELSO WHEELERS AND KELSO BREEZERS CYCLING AND TRIATHLON CLUB - Something for everyone in a very friendly and welcoming club, accommodating cycling disciplines from youth to senior level, participating in a variety of cycling related events. Time trials take place on a Monday evening throughout the 2021 season. We have weekend club runs, regular MTB sessions & Junior section cycling on Wednesdays. Also have a Triathlon Club.

Club Activities:

Monday - Mountain Biking, 6pm to suit all abilities, leaving from Abbey Fitness Centre, Kelso (must be self sufficient and optionally bring cake)

Tuesday - Triathlon Swim Session, Juniors 7-8pm, Seniors 8-9pm, Kelso swimming pool.

Wednesday - Youth Section Cycle, 6.30-7.30pm during term time, at the Angraflat MTB trails, led by our team of qualified instructors.

Saturday - Triathlon Swim Session 7.30-9am, Kelso swimming pool.

Sunday - Road Ride with "The Premier Cru" - Meet at 9.30am at the Cross Keys Hotel, Kelso. Please check Facebook for weekly details and updates.

ALSO Sunday Breezers (Ladies only) rides are posted on Facebook. Usually leaving around 09.30 a.m. from Mayfield Riverside car park. Please check Facebook to verify.

Contacts

Mountain Biking/off road cycling. Kev Welsh - 07919285887 or bonscottwelsh@gmail.com

Time Trials. Rupert Norris on 07751800418 or rupert.norris@gmail.com

Sunday Road Runs (The Premier Cru): Rob Smith on robsmith100@hotmail.com

Breezers/Ladies. Laura Nisbet - kelsobreezers@yahoo.com

Triathlon. Grahame Veitch on 7821141383 or grahameveitch@btinternet.com

Membership/Treasurer. Craig Dickson on 07760285854 or kelsowheelerscc@gmail.com

WALKING FOOTBALL - Walking football continues at **Kelso High School** on **Wednesdays at 7pm.**

For further details telephone Kieran 07790 025678 or email kieran.obrien@talktalk.net

KELSO SENIOR CITIZENS INDOOR BOWLING CLUB - **Every Monday and Thursday** in the **Abbey Row Centre 1-30** till 3-30. Everyone welcome.

GENTLE EXERCISE CLASS - Zumba **Every Wednesday at 5pm - 6pm** at **Kelso Rugby Club.**

Contact Denise on 07713 357450

KELSO LADIES NETBALL - All 16+ welcome **every Monday at 7pm** at **Kelso High School.**

Message Kate on 07590 668364 for more info and to book in.

KELSO GLIDERS BOCCIA GROUP - Big month 8 players from Kelso Gliders are to play at SDS doubles champs in Annan. This is the first time the first time. Brian Boardman/Ann Pearson, Marcy Lauder/James Rolland, Heather Burton/Jordan Shepherd and Nick Thomson/Jean-Pierre Cossigny. Good luck to all 8. On 25th April Kelso Gliders play Eyemouth Pirates in the first Borders Boccia League game 2024 in the Kelso's Centre Gala. Kelso Gliders is running it's annual fundraising raffle from April to August with excellent prizes on offer. £1 per ticket in books of 5 ticket LOOK OUT FOR TICKETS and please help out efforts.

The SDS doubles held at Annan Swimming Pool and Academy on the 13th April proved a huge success for Kelso Gliders. Out of a large entry the Glider won 6 Golds and 2 Silver medals. Almost a clean sweep in their first ever SDS doubles competition. We are extremely proud of our pairs. Brian Boardman and Ann Pearson, Jordan Shepherd and Heather Burton, Nick Thomson and Jean-Pierre Cossigny and Marcia Lauder and James Rolland. Wow what a performance. David.

KELSO SCOTTISH COUNTRY DANCING - all are welcome on **Tuesdays 7 - 9pm** in **Kelso North Church Hall** (opposite the Factory Shop where you can park). This is not fancy ladies dancing so all are welcome to have fun and exercise. We are all friendly and will welcome and help you. Info from Jessie Hewie 01573 228514 or Helen Rabour 01573 470361/email - helenrabour@gmail.com

FOUR BORDER ABBEYS U3A - For everyone no longer in full-time work. 40+ special interest groups. Something for all! Open Meeting **first Thursday of every month.** **Kelso Rugby Club 2pm.** Google "Four Border Abbeys u3a" for details.

LOTHIAN HALL (CRAWLING & NISBET) - **Sunday 28 April, 10am-1pm. Table Top & Car Boot Sale.** Book a table/pitch for just £5 each at www.lothianhall.co.uk. Come along on the day to bag a bargain, support local crafts etc. Refreshments available to purchase. T: 07967 214482 E: info@lothianhall.co.uk www.facebook.com/groups/lothianhall

STICHILL SWI - We have a packed programme of talks/demos and hands-on evenings that run from September 2023 to June 2024 at **Stichill Village Hall**. We meet on the **first Tuesday of the month at 7.30pm**. Our next event on **7th May (Visitors Night) - A supper evening with music featuring - The Jockuleles**. Further information is available from Frances Rogers (President) on 07471 155112 or francesmaryrogers@icloud.com. We look forward to seeing you.

KELSO KNIT'N'NATTER GROUP - Our weekly get together is at **Abbey Row Centre** on **Tuesdays at 10 am**. Contact Joan on 07969052338 or just come along.

KELSO STITCHERS - Kelso Stitchers will continue to meet on the 3rd Tuesday of the month at Abbey Row Centre from 2-4pm. Members can bring their own work along. Everyone with an interest in stitching (knitting, embroidery, quilting etc) will be welcome to join in and pay towards the rent of the room. For further information contact Rineke Sangster on 01573229414.

ABBEY QUILTERS - meet on the **first Saturday of the month from 1.30 - 3.30pm** in **Abbey Row Centre**. Come along if you enjoy having fun with fabric and sewing. We also hold occasional workshops. To find out more, contact Gill at cooper.gill20@gmail.com or Anne on 07762 734740. Visit our website www.abbeyquilters.wixsite.com

KELSO SPORTS & CLUBS

KELSO BRIDGE CLUB – **Wednesday & Thursdays nights at 7 p.m. Abbey Row Centre.** See our website: <https://www.bridgewebs.com/kelso> for more details. We are a friendly SBU affiliated club always ready to welcome new members. Call Shirley Redgrave on 07974 790521 for info.

KELSO WRITERS – Evening and afternoon sessions held on alternate weeks. **Every other Tuesday 2.30pm - 4.30pm and every other Wednesday 7pm - 8.45pm.** Workshops on all aspects of writing, opportunities to read your work and receive friendly, constructive feedback. Beginners and experienced writers welcome. Contact kelsowriters@gmail.com or call Peter on 07483 852492 for more details.

KELSO ART GROUP – meets **every Thursday 9.45 - 12.15** at Room 2, Abbey Row Centre, Kelso. Come along and let your artistic side out. You don't need to be a great artist, just enjoy drawing and painting. This is not an Art Class, but like minded people meeting together and swapping knowledge while enjoying art. There are occasional workshops led by professional artists which are usually held on a Saturday. Associate membership is available for those who may not be able to attend a Thursday morning. Contact Judy Eglington - kelsoartgroup2@gmail.com or judy.eglington@gmail.com or tel Judi Collins 07762967623

KELSO CAMERA CLUB - We are lovers of photography from beginners to professionals and those shooting the latest digital cameras to those enjoying film and alternative photography processes. We meet **most Thursdays at 7pm** in the Abbey Row and we welcome anyone with an interest in photography to come along and take a look with a view to hopefully joining. The first three nights are free. We organise a wide range of activities which include competitions and photographic outings. To find out more about the club visit our website www.kelsocameraclub.co.uk or contact us at info@kelsocameraclub.co.uk.

SYRINX FLUTES - We meet one Monday evening (7pm to 9pm) a month from Sept to May in the Corn Exchange, Melrose with leader Tracy Short (07891 902239) Email: tshortmusic@yahoo.co.uk or try elizabethraitt@icloud.com in the first instance. All abilities and ages from approx Grade 3. Why not dust off your underused flute & join our friendly group? It's such fun playing with others.

ONE ACCHORD LADIES A CAPPELLA CHORUS - Ladies if you love to sing come and join us at Bowden Village Hall, Main Street, Bowden TD6 0SS. Learn to sing in four part harmony, no auditions needed. We welcome everyone who wants to join us. Rehearsal times: Wednesdays 7:30 - 9:30 and 1 Saturday a month 12.30pm - 4pm. Contact us on 07710699619 or visit our website, www.oneachcord.co.uk

BORDERS PHILATELIC SOCIETY - welcomes new members who have an interest in Postal History, Stamps or Postcards at any level from all across the Borders. We are a small friendly club meeting fortnightly on **Monday nights, 7.30 until 9pm** in the Church Hall, Old Parish & St. Pauls in Scott Crescent Galashiels TD1 3JU. Please contact John Brown on 01721 723759 or Email him at tweedavenue@gmail.com for further information, or just turn up to meet like minded souls!

BORDERS FAMILY HISTORY SOCIETY - Our meeting room, at 52 Overhaugh Street, Galashiels, is currently displaying the history of Peel House and the life of Peel Hospital. Following a very successful exhibition in 2015 this archive material has recently been refreshed and there are now 26 folders of photographs and stories of staff and patients to browse through. The Society premises are open to members of the public on Tuesdays and Thursdays 10.00 till 4.00.

Annual General Meeting - The Societies AGM will be held in early June. Members/non members are invited to attend.

BFHS also have a large collection of Photographs and Records from several Scottish Women's Rural Institutes from all over the Borders who have sadly closed over recent years. The SWRI was founded in 1917 in Longniddry and quickly grew to provide the opportunity for women, living in rural areas, to socialise and share skills in cooking, crafts etc while making new friends. This collection is available to view on Tuesdays and Thursday from 10.00 till 4.00. Please watch local press of exact date & venue. Tel: 01896 750387 email info@bordersfhs.org.uk

KELSO SCOUT GROUP - Try new things, make friends, master new skills, have adventures, explore the world and challenge yourself! Scouts is a uniformed organisation and we welcome boys and girls from ages 6 to 14 years. **Beavers meet on Tuesdays 6-7pm, Cubs meet on Tuesdays 6:30-8pm and Scouts meet on Thursdays 7-8:30pm.** New members welcome! Please get in touch with Karen McConnachie on tiags0209@gmail.com.

SCOTTISH BORDERS WOODTURNERS CLUB - We welcome people wishing to learn the skills, techniques and art of woodturning. The venue is Abbey Row Community Centre. The Knowes, Kelso.TD5 7BJ. Contact via secretary@swbt.org or www.swbt.org

Next meetings - Thursday 25th April & Thurs 23rd May 7pm till 9pm

KELSO JIGSAW PUZZLE CLUB - **Every Monday** at Abbey Row from **7pm until 9pm.** Bring your Jigsaw Puzzle on a roll up mat or portable puzzle board. Call Alison - 07759 981600 for info.

BORDER FLOWER CLUB - Next meeting **Wednesday 1st May. 7.30pm** at Abbey Row Centre "Coast and Country" Demonstration by Jane Gordon



News from Sprouston Primary



We have been learning about Electricity in Science and our wonderful P1s really impressed the teacher when they created circuits with switches, lights and fans. Such instinctive and confident use of the circuit equipment and a great 'have a go' mindset led to a brilliant lesson.



We had an enjoyable few days using the Sphero Indi robots. The different coloured mats make the little robot cars go straight or change direction, the children have been very inventive with the routes they have planned out. Linking our Maths and Science work, we've looked at the basics of coding. Using our problem solving skills, we've created repeating patterns, continuous loops and circuits.



Easter Service

We attended an Easter service in the village Church, led by Reverend Maureen Duncan on Wednesday 27th March. The children had been practising some Easter songs for the service and enjoyed learning about the story of Easter. They were surprised with an Easter egg hunt around the Church too!



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Borders Search and Rescue Unit



New Base Update

While the base is now in use the kitchen, two of the toilets and other internal finishings are still to be done as well as groundworks at the back of the base.

Activities

To maintain skills and team proficiency team members commit a considerable amount of their time to training. Each month involves an evening training session and normally a Sunday exercise and at least once a year there is a night exercise. In addition, members can attend a monthly casualty care session.

On the Sunday exercise of March, the team was in the Lothian area. In the morning 3 groups searched for 3 overdue runners and each group had a casualty to assess, give first aid to, and evacuate.

In the afternoon, a couple of groups alternated on two different training activities. One group practiced the fitting of a traction splint on a casualty who had sustained a mid-femur break. This injury results in a shortening of the leg, much internal blood loss and a great deal of pain. With pain relief administered, the leg can be straightened, a traction splint fitted, and the leg stretched to bring it back into a normal position resulting in great pain relief and reduced risk of further damage to the femur. The traction splint is only one of many bits of kit that team members must become familiar with. Another is assembling a stretcher, wheel frame, wheel and stretcher handles.



Evacuating a casualty on a stretcher can be made less arduous by use of a wheel, or in this case a double wheel.

The other group were taken by a team member who has a SARDA trained dog, (Search and Rescue Dog Association), to explain how search dogs work and give a demonstration of the dog and handler operating on a search. The dogs are air scenting and search for human scent particles. The BSARU presently has two team members training as SARDA dog handlers. Training a dog requires a great deal of commitment as it involves attending SARDA training and assessments and constant working with the dog. Once SARDA training is completed the duo may be called out to incidents around Scotland.

Seymour Haugh

Further information

<https://www.scottishmountainrescue.org> and

<http://www.bordersar.org.uk>

BSARU is a Scottish Charitable Incorporated Organisation SCo232213



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