



COLDSTREAM COMMUNITY NEWS

SUMMER 2020

coldstream.community.news@outlook.com

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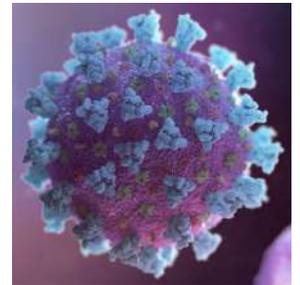
28 High Street
Coldstream
TD12 4AS
Tel. 01890 882791

In this edition:

Covid-19 Coldstream Community Action Team	Page 2
A report on the Covid-19 Action Team - Phil Johnson	Page 3
Coldstream Girl Guides Coldstream Flower Show	Page 4
Advertising	P.5
Beware the scammers Macmillan activities	Page 6
Andante Choir news Coldstream SWI	Page 7
Community Trust Premier Cru Cycling	Page 8
Coldstream Parish Church Art Exhibition titles	Page 9
Quiz Time! Lexie Kerr's Lockdown	Page 10
State of Henderson Park Gateway Association	Page 11
Where Can I Walk?	P.12
Lockdown - Joy Thomson Thank You from The Birds	Page 13
Art Exhibition - pages 14 - 20 St Mary's Episcopal Church P.20	

Well, what strange times we're living through at the moment!

Welcome to a somewhat different - some would say special - edition of the Community News. Just like most of us, our printers are locked down at the moment due to the Coronavirus outbreak and it's therefore impossible to produce and circulate the normal printed edition. Despite this we've decided to produce this modest electronic edition which can hopefully be distributed to as many people as possible. We realise that not everyone in our community is au fait with computers, laptops, tablets and smart phones so perhaps the tech savvy amongst may choose to help those unable to access the CCN by whatever means you can, e.g. printing a copy out etc. Anyway, despite the fact that we're living through unprecedented and difficult times, great things are still happening in Coldstream thanks to a dedicated group of volunteers and helpers. Read more about them in this edition. In the meantime, look after yourselves, stay safe and let's hope that we can get back to normal (whatever that is!) as soon as possible.



A big Coldstream "Thank You" to the fantastic
NHS staff
and all our brilliant Key Workers

Deadline for items for the Autumn Edition of CCN is Tuesday 11th August

COVID-19 Coldstream Community Action Team

Here to help. Call us on 07544 719512. [Email ccactionteam19@gmail.com](mailto:ccactionteam19@gmail.com)

Are you concerned about coronavirus and how it is affecting your everyday life?

COVID-19 Coldstream Community Action Team has been set up to support older and more vulnerable residents through the pandemic. We will also support NHS staff, carers, other emergency service workers and anyone who is in self-isolation. We are here to help.

We have dozens of volunteers. If you are elderly, vulnerable or need support, we are offering to run errands to the shop or the chemist to top up your essential supplies or pick up your prescription.

Even if you just need someone to talk to, please get in touch. If you are on Facebook, join the Coldstream COVID-19 Community Action Team group and ask for help. Here are examples of the help we offer:

- ⇒ Shopping for essential supplies
- ⇒ Collect and deliver your prescription
- ⇒ Phone or video call if you are lonely, concerned or just want to chat
- ⇒ Collect parcels/letters

When you phone us on 07544 719512 or [email ccactionteam19@gmail.com](mailto:ccactionteam19@gmail.com), we will relay your request to our volunteers and find help. All our volunteers live or work in the Coldstream area. Our team is an official volunteer resilience group being guided by Scottish Borders Council.

Berwickshire Churches Food Bank

A big thank you to everyone who has donated food and toiletries to the Berwickshire Churches Food Bank via the collection box which is currently based in the Coldstream Co-op. And thank you to the staff at the Co-op for their co-operation.

Between November 2019 and March 2020 the food bank made 60 deliveries to Coldstream families and individuals and since the on-set of Covid19 and its impact on everyone, the number of referrals from Coldstream and all other Berwickshire settlements has risen considerably. In April we saw a 61% rise in referrals to the food bank and an 87% rise in the number of people we have delivered food to, as more families are hit by the impact of Covid19.

During this difficult period many people continue to think of others who are really struggling and despite the increase in demand for our services, the food bank has been very well supported by people in Coldstream and across Berwickshire, both in the form of food donations and also monetary donations which allow us to provide clients with fresh goods such as milk, bread, eggs, vegetables etc and also chemist vouchers.

Your support is much appreciated by the volunteers who help at the food bank and by the recipients who receive much needed food and toiletries. The increased pressure on food bank services is likely to continue for some time yet and your continued support will ensure that our neighbours who are most in need do not go hungry.

Contact Berwickshire Churches Food Bank via: dunsfoodbank@gmail.com

Community Action Team - something we should all be proud of

by PHIL JOHNSON

It is amazing how a community can pull together in the face of adversity. Our wee town has always had a community spirit to be proud of, but the collective response to coronavirus has taken it to a new level. We are being kept apart by social distancing measures, but we've never been closer together.

When it became clear how severely this virus was going to impact everyday life, I set up a Facebook group on March 14, calling it the Covid-19 Coldstream Community Action Team.

It was an idea copied from a similar initiative in Hawick and I expected to perhaps gather a dozen or so people to volunteer. It didn't quite work out like that.

The Facebook group now has more than 750 members, the equivalent to about a third of the town's population. Thanks to the power of social media, it grew at incredible speed and has been a useful way to share information.

Mary-Jane Allan donated a mobile phone to use as a helpline and within a few days we had managed to print posters and distribute them to every household in the town.

The poster offered help with shopping, prescriptions and befriending for those in need via the helpline. The £75 print cost was kindly covered by McGregor Farm, Tahna Scott's WAO Hairstyles and Coldstream Seniors football team.

Sarah Renton volunteered to pick them up from the printer in Jedburgh and, on a very wet Tuesday night, an impressive number of volunteers arrived at the football club to distribute them, Gareth Watson and Derek O'Donnell coordinating.

The effort proved to be worthwhile, with more than 100 calls coming in to request help as the weeks rolled on and lockdown was imposed.

Of course, the Covid-19 Coldstream Community Action Team has just been one of the cogs in the community wheel. Away from the Facebook group, friends, family and neighbours across town have been looking out for and helping each other.

The Community Action Team has assisted and been in regular contact with the pharmacy and the health centre and has now become an official community resilience group under the guidance of Scottish Borders Council.

Martin Brims, the former community council chair, kindly agreed to become chair and has made an enormous contribution, not least with a daily trip to the pharmacy to collect and deliver prescriptions around town.

Another strand of the Community Action Team that deserves huge credit is the soup group. Coordinated by Dawn Clough and assisted by Helen McLean, Sonia Davidson, Michael Steele, Lou Washington and many more, the ladies have done an incredible job, delivering more around 100 portions of soup and more to our most vulnerable residents week after week.

Coldstream Angling Association, Kath's Cakes, The Woodshak, Alice Wilson and Nina Robertson have donated funds for the group and many others have supplied ingredients and containers.

The Community Action Team has had a number of very well-intentioned offers of financial support, most of which were turned down in the initial few weeks because there was little need for money and no constituted body in place to receive it.

The offers, of course, are another example of the kind-hearted support that has typified our community spirit. What the group has really needed is people's time. Thanks to so many individuals, we have managed to do what we set out to achieve and will keep it going for as long as is necessary.

Thanks again to everyone for all the support.



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2 Marinated Pork Steaks/Schnitzels
4 Beef Olives
2 Loin Lamb Chops

WHY NOT CONTRIBUTE ITEMS TO OR ADVERTISE IN COLDSTREAM COMMUNITY NEWS?

Please don't forget that anyone can use the Community News to publicise and advertise - individuals, clubs, organisations and businesses. Please don't hesitate to get in touch (details on front page). If you use email we can add your email address to our mailing list so that you receive reminders to submit any items you may have. It's your CCN - use it!

COLDSTREAM GIRL GUIDES

Coldstream Guides have just held their biennial Susan Maxwell competition. The girls had to choose to do four out of six sections being the new themes from the Guide programme.

Take Action covered an amazing poster & talk on climate change, a report on an interview with a Guide Leader & two of the judges Mrs



Caroline Robison & Mrs Roslyn Savage were introduced to some very well behaved dogs & heard how well they were cared for by the girls. They were also treated to a visit from a lovely hedgehog!

Another popular section was baking under Skills for my Future & the other two judges Mrs Hazel Walker & Mrs Gillian Lauder had the enviable job of tasting & judging cakes, from banana bread, gingerbread, cupcakes, cheesecake, orange poppy seed syrup cake & mint choc chip cakes. They all had their recipes, some passed down from generation to generation.

They also watched the girls making a selection of fruit salads, salads & smoothies for Be Well.

Have Adventures provided PowerPoints on holidays & talks about Orkney & Poland.

Know Myself & Express Myself showcased lots of dancing routines, a variety of musical instruments were played, a super personal collage & the judges heard about other hobbies such as riding, hockey etc.

It was a very busy night & all the Guides had worked very hard before & during the evening.

The standard of all entries was very high.

The overall competition winners were 1st – Eilidh Read, 2nd – Erin Younger & 3rd – Kimberly Mann.

Congratulations and many thanks to the judges.

.Hopefully the girls are working hard on interest badges at the moment & we look forward to all getting back together again soon.

Flower Show

We are hoping that the Flower Show will still be going ahead in September and are expecting the most fantastic display of fruit, veg and flowers as everyone has had so much time to spend in their gardens! Whilst out on our daily regulated exercise the committee has seen some very neat and tidy gardens around Coldstream. We know that several people have been experimenting with new crafts and have been busy making things for the industrial section of the Show. We have had to make some changes to the schedule and there will be no class 76 (arrangement of flowers in Coldstreamer's colours) nor class 119 (photograph of Civic Week 2020). Class 112 (invitation to Civic Week Ball) still stands. Class 140 (the Alistair Watson Trophy for 16 years and under) has been changed to A View From My Window. Be inspired and be creative! There aren't so many outlets open where you can pick up a copy of the schedule so if you would like one please call Susan on 882562 and she will arrange for one to be popped through your letterbox.

With the sad passing of Derek Campbell on 9th April, Coldstream has lost one of its favourite sons.

Derek was born in Coldstream Cottage Hospital on 19th July, 1956 to Hughie and Mary Campbell. Two years later his sister Gillian came along and together with older brother Brian this completed the family. Brian who was 10 years older than Derek remembers him as an energetic and sporty youngster who was mad keen on football and also a bit of a daredevil. So much so that he contrived to fall from the top of the chute in the park and fracture his leg. This however, did not curtail his sporting involvement as, alongside football, he took up golf and at the high school excelled at table tennis, winning a Berwickshire Table Tennis Tournament. Blessed with good hand to eye co-ordination he would go on to become a single handicap golfer and also develop into an excellent snooker and pool player. His love of football ensured that he was a regular in the Amateurs team and he also played for Earlston as a result of his close friendship with Allan Wilson who was manager there at the time. Derek's friendly and happy go lucky nature belied the fact that when it came to the crunch he was the fiercest of competitors. The fact that in his teenage years he was diagnosed with Type 1 diabetes which, for the rest of his life, involved the daily injection of insulin, never stopped him from giving 100% effort in all his activities.

In 1979 Derek experienced one of the proudest times in his life when he became Coldstreamer. There is no doubt that he was a very popular choice not just in the town but throughout the Borders where he made many friends amongst the other principals, some of whom became lifelong pals. Always conscious of his obligation to the town for the honour of being chosen as Coldstreamer, Derek showed his continuing commitment to the community in subsequent years by serving as the Chairman of the ex-Coldstreamers Club and on the committee of Presenting Coldstream. He was also a stalwart of the Coldstream Football Club Committee for many years, holding the position of Vice chairman and Treasurer at different times and remaining involved right up until his deteriorating health prevented his participation. Truly a Coldstreamer not just in name but also in action.

In 1984 he got reacquainted with Liz Todd from Duns. They had been at the Berwickshire High School together but this time round romance blossomed. The problem was that she was about to move to Guernsey to take up a post with the Royal Bank of Scotland. Undeterred by this Derek took the decision to up sticks and join her and 6 months later they were together on the island. Derek was experienced in the motor trade particularly on the parts and customer service side of the business having built up his knowledge working at a number of firms but in particular at the Central Garage in Berwick. This provided him with an excellent C.V. which enabled him to get a good job in Guernsey as a Customer Service Manager with a multi-franchise Motor Group specialising in top of the range vehicles such as B.M.W's.

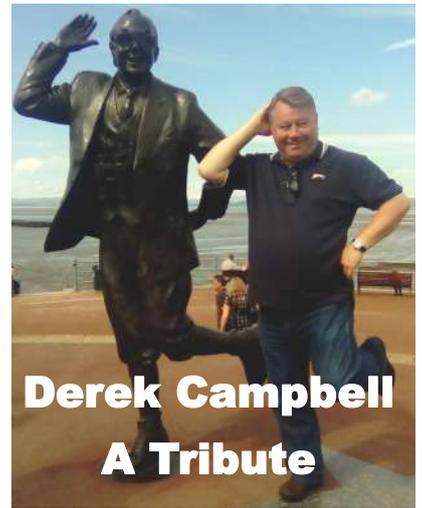
Derek and Liz spent 11 happy years in Guernsey but continued to make regular visits to their home area, usually at Civic Week, to ensure that they maintained their connection with Coldstream, Duns and the Borders. Derek loved to travel and even before he got together with Liz he had visited numerous European destinations but also the U.S.A, Jamaica and Australia to mention just a few. Liz was also a keen traveller so as a couple their foreign trips continued to exotic places such as Thailand, Cambodia, Vietnam and New Zealand.

In 2005 after 11 years on Guernsey they took the decision to return to the Borders. Derek had survived a kidney cancer scare year earlier and they felt it would be better if they were closer to home should the problem return. They bought a house in the town at Lees Mill Drive and Derek got a job, again in the motor trade, this time with Maxwell Motors where he worked out of both Berwick and Kelso while Liz utilised her bookkeeping skills in a number of part-time jobs in and around the town. Derek soon got involved in the community again, making sure he renewed his acquaintance with his old pals by joining the "Friday Club" in the Besom to debate the issues of the day and drink the occasional beer. Always a fun loving character, he was for many years, a member of the infamous Commercial Fancy Dress Company appearing as different artistes, often in female attire, creating much hilarity on the Civic Week Fancy Dress float.

A few years back the writer persuaded, not without some difficulty, Derek and his brother Brian to join with him and appear in a "Stars in their eyes" evening at the Golf Club. The idea was to enter as the American vocal group The Drifters which was quite ambitious because while both Derek and Brian could sing a bit, they lacked the vital ingredients, rhythm and timing! However, after 3 months of rehearsing, complicated by the fact that Brian lived in South Shields we duly took the stage to perform the Drifters biggest hit "Save the last dance for me". To cut a long story short we won, partly because the audience was highly amused by the sight of 3 short of stature, slightly rotund, middle aged men dancing about the stage in time to a latin soul beat, at the same time as making a reasonable attempt at singing the song. Since then the MacDrifters as we became have performed, sometimes with different members but always with Derek, at various functions in the town. I tell this story not to boast but to underline the warm, honest, fun loving and positive nature of Derek Campbell which is epitomised in the photo chosen to accompany this appreciation.

Tragically, some 3 years ago the curse that is cancer returned to haunt Derek. He had beaten it in 2004 but this time it returned with a vengeance. By then he was working at Cessford Motors in Morebattle where typically, he kept going as long as he possibly could but eventually retired to give himself the best possible chance. Sadly this was one battle he could not win but he fought it in the same manner he competed in life, with a positive, cheerful but determined attitude right up to the end. At this sad time all his many friends' thoughts are with partner Liz, and parents Hughie and Mary, both well into their nineties and still going strong, together with his brother Brian and sister Gillian and their respective families.

R.I.P. my friend, J.H.E.



Thank you to all our amazing customers from **The Old Post Office Flower Room and Coldstream Plants Online**. I do believe Coldstream and the surrounding area is one of the most amazing places for local support, its really appreciated. I am glad to announce that Non-Contact

Delivery seems to be working well as flowers and plants are getting to their destinations in and around the area. Please tel. 07481 008060 for Fresh Flowers or Plants; each week I get different bedding plants in so it's worth having a look on www.coldstreamplantsonline.co.uk or giving us a call. I must admit, it's strange not letting people into the shop but, if you're passing, shout "Hello!" See you soon when we can all get back to normal but for now, deliveries are dropped off at the doorstep. **Thank you again, Louisa at The Old Post Office Flower Room and Coldstream Plants Online.**

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Thank You!

I'm sure I am speaking on behalf of many residents of Coldstream who want to extend a massive thank you to all those people who have gone the extra mile in helping some of the more vulnerable members of our town - in particular Phil Johnson who got the action team up and running so quickly and for the work it continues to do; the Saturday soup kitchen ladies who are doing such a splendid job in delivering around 100 meals each week; the shops which are open and are delivering shopping (please do continue to use them once restrictions are eased) and the staff in them who remain cheerful throughout; the carers looking after housebound people and the carers at Victoria Lodge and Lennel House who are keeping their residents safe and secure; the neighbours who do shopping and phone and wave through windows to cheer people up. Then there are the people who cross the road or step off the pavement to make sure we all stay 2 metres apart; the continued regular delivery of newspapers and mail; the emptied bins; the swept roads. There are others doing their bit quietly and unassumingly so when all this is over, and we are able to do so in safety, go and give them a big hug.

Susan Burnett

Beware of the Scammers!

Unfortunately, the CCN has heard of a couple of attempted bank scams in the town.

Some criminals are trying to take advantage of more people being at home at the moment by increasing phone scams.

Someone in Coldstream had a phone call purporting to be from the bank and what was scary was how much information they had about her and how concerned and plausible the caller was.

NEVER give personal information away, if there is **ANY** doubt put the phone down, better to be rude than robbed.

Check with your bank as they will confirm if they have tried to contact you. Say safe - be vigilant!

MACMILLAN CANCER SUPPORT

Well, who would have guessed we'd be in this predicament due to Coronavirus when the last Community News went to print.

Macmillan had various events planned for the coming year but unfortunately most have or will have to be cancelled depending on how long the lockdown lasts and how long restrictions stay in place.

Our main objective is to keep our volunteers and local community safe and well.

Something which is still happening is the photographic competition for a Macmillan Calendar with the closing date being May 15th, entry forms can still be picked up at J Sanderson Butchers on Coldstream High Street or email coldstream2021calendar@gmail.com

The judging of the photographs which have been entered by this date will still go ahead with the photographs being downloaded onto memory sticks and delivered to the four judges, John Lamont, Rachael Hamilton, Guy Gumm and Barbara Berkowitz to whom we send our thanks for taking on this job. We as a group are still undecided if we go to print for 2021 or wait till the following year. Unfortunately we don't know if printers will be working but more importantly we are running out of events where we can sell the calendar and the whole idea is to make money for Macmillan and as you can imagine funds will be low due to the lockdown. But do not fear, at some point we will be producing a fantastic calendar for you to purchase and we thank all those people in advance for submitting some really excellent photographs.

We must thank Lou Washington, one of our committee members, who did the 2.6 challenge on the 26th April by cycling with her partner Phil 26 miles and raising more than £1300, well done both of you and a big thank you from the rest of the committee. If anyone would still like to donate you can do this on Just Giving on the following page:-
Lou & Phil's 26 mile bike marathon for Coldstream Macmillan Committee

For those of you who have donated clothes, accessories etc for our pre-loved and vintage fashion show, which was to be held on April 18th, the clothes are being stored in a safe and dry location and at some point we will have a fashion extravaganza and hope everyone will come along and support us.

PROVISIONAL DATES - Despite the current difficulties the Committee is still planning future events to be run whenever we can do so – the Golf Competition is provisionally booked for the 13th September, the Vintage Fashion Show & Sale for the 17th October & the Christmas Fair for the 24th October but they are of course liable to have to be postponed again. Nothing will happen without warning so watch for posters & the press.

All I can say is stay safe and keep well and we'll see everyone at our future events once things are back to normal.

Thank you all for your past and future support. We are always looking for new members for our hard working and friendly committee so if you would like to join us once we get up and running again please contact me on 01890 882696 or susanvassallo@hotmail.com

Susan Vassallo, Chairperson, Macmillan Coldstream Branch

Andante in Lockdown

These are, indeed, very strange days for a group of 32 Borders folk who are used to gathering together every Tuesday in Eccles or Leitholm in order to sing their little (and big) hearts out.

The first casualty was the postponement (not cancellation!) of our planned concert in Coldstream Community Centre on March 15th. Since then, rehearsals for and concerts by Andante Chamber Choir have been suspended. Some of us tried that virtual choir thing but, frankly, the time delays really made it impossible. So how to keep this group of singers "together" and being positive? A series of challenges and quizzes is the answer!

Challenge number 1 was to identify our members' Top Ten Favourite Ditties.

We have a repertoire of 285 songs, 122 of them received a vote. The Top Ten favourites are:

Lux Arumque by Eric Whitacre
 Only in Sleep by Eriks Esenvalds
 Stars by Eriks Esenvalds
 Sing Joyfully by William Byrd
 O Magnum Mysterium by Morton Lauridsen
 Northern Lights by Ola Gjeilo
 Ave Maria by Robert Parsons
 Bogoroditse Devo by Serge Rachmaninov
 Sleep by Eric Whitacre
 Ubi Caritas by Ola Gjeilo

If you've ever attended an Andante concert, you're sure to have heard at least one of these songs. Links to all ten songs, in performances on YouTube sung by an assortment of choirs, are available on the Homepage of our website www.andantechamberchoir.webs.com



Then we had a musical crossword created by our bass

Alistair of Cockburnspath, followed by Andante members explaining how we got to where we are now - musically. Fascinating!

Alto Lynne of Leitholm created a wonderful Scots Place Names Quiz that got us all foxed! Here it is for you to try:

Scottish Place Names Quiz:

- | | |
|--|---|
| 1. Long Meadow | 13. Horse Cry After a Shortened Valley |
| 2. Toppling Place of Worship | 14. Iain and His Mediaeval Coins |
| 3. Popular Hawk Kept by Falconers | 15. Kill the Deity |
| 4. Safe place for Caesar to fight | 16. Cross the Cosmetic River |
| 5. Traditional Print | 17. Misplaced Family |
| 6. British Currency | 18. Mountain Flower |
| 7. Almost Twice a Quarter, Candle Burner | 19. Nuptial Homicide Opposite West |
| 8. Icy Burn | 20. Silent Chips |
| 9. Coal Mine Near a Lake-y | 21. Think it Over |
| 10. Dull Dirty Browns | 22. Weeing Over Half the Marbles |
| 11. Family to Eat in the Vehicle | 23. Wrap the Crossing in a Warm Garment |
| 12. Festival Houses | 24. Masculine Spanish Ruins Mother |

(answers on page 11)

Our current challenge is to write about "What a difference a virus makes" where we all outline how Covid19 has changed us, our behaviour and our outlook on life. You might like to try it yourself!

So, we hope to be back making music in the not too distant future and hope to see you all at our post-virus concerts.

Lesley Stone, Andante Chamber Choir

SWI

We had a fun and diverse range of meetings up to February then just before our big visitors' night it all went pear shaped. Our original entertainment called off on account of the coronavirus then team Fulton valiantly agreed, at the last minute, to help us out. Sadly along with so many other organisations we had to cancel this and the remainder of our meetings for the remainder of the session. We were still able to hold our April competitions and Corinne Robertson kindly judged photographs of flowers. First was Susan B and something beginning with the letter O was won by Jan. The competition points for the year have all been tallied and the overall winners will be announced in September when we shall hopefully be able to hold our AGM and present you with an exciting programme of events for 2020/21. It all depends on Nicola!



We hope you are keeping well, being sensible and safe and we look forward to welcoming you back when we can. In the meantime we are not twiddling our thumbs but planning for when we can re-open.

We are looking at ways we can use the building and the garden in some way that people will feel safe, once there is a relaxation of the current situation. We are also open to any suggestions so if you have any please get in touch, via the usual channels, email, Facebook or leave a message. There is plenty happening on Facebook so if you haven't checked us out there, then please do.

We'd like to remind you about signing up to the **Easyfundraising** website and selecting the Community Centre as your chosen charity, all that happens is that when you buy something online, an icon on your webpage will ask if you want to donate and you click yes, that is all you do. You do not pay any more, it is deducted from the retailer. Lots of major sites such as John Lewis, Marks and Spencer etc are signed up. Every small amount adds up. www.easyfundraising.org.uk

It is also very soon time for the next **Energy Switch**. There is an auction of energy suppliers on **19th May 2020**. Offers of quotes to houses are made by a winning firm **from 1st June onwards** and you can accept or decline the offer until **30th June** when the offer closes.

£1,000 could make a big difference to the work we are doing at Coldstream Community Centre and help to keep us afloat while we have closed our doors. That's why we'd be really grateful if you could nominate us in the Ecclesiastical Movement for Good awards. Your nomination could be the one that wins us £1,000. The awards are designed to give eligible charities in the UK and Republic of Ireland the financial assistance they need to help them make a real difference. In total, 500 charities stand to gain £1,000 and we'd love to be one of them.

Having to close our doors has meant we have lost all our income from events and hall hire. To date we have been unsuccessful in obtaining any funds or grants during lockdown. We still have overheads for our building - insurance, licences, utilities etc - and our admin work continues as well. Our small bank balance drops daily. Once lockdown is eased we want to be able to have the funds to open up again for the local community. We shall need to make some changes to the way the building is run in order to maintain social distancing rules. Our mission statement is: To provide a socially inclusive communal space which inspires, educates, entertains and promotes health and well-being to the residents of Coldstream and the immediate area.

It's quick and easy to nominate us. Just visit <https://movementforgood.com/> click 'nominate now' and enter our details. Our charity number is SC027990. Once entered click on the search symbol and our charity's name will be populated in the next box. Our charity type is "Community". Fill in your details (only one nomination per email address is permitted). And that's all! The closing date for nominations is Sunday 24 May 2020. The more nominations we get, the greater our chance of winning, so please spread the word to your friends and family. On behalf of Coldstream Community Trust thank you in advance for your time and support.

Coldstream Premier Cru Cycling Club

In the context of this article I am not going to use the dreaded 'C' word which has upset everything and everyone but will instead try to point out some of the merits of Cycling.

The Premier Cru has carried on regardless throughout this crisis, not by group rides as per normal, but by solo rides. Our main communication has been through our Facebook page which keeps everyone up to date with what is going on and has proved invaluable in getting messages to all.

This might be the time for you, if you haven't been on your bike lately, to take to your wheels once again whilst the roads are quiet. Cycling is a great way to get your daily exercise and enjoy our local countryside. Take it short and slow to begin with and do NOT ride on the pavement. Not only is it illegal it is dangerous to yourself and pedestrians.

Not too far and not too fast to start with until you get used to bike handling once again and rebuild your confidence. Don't take risks and PLEASE wear a helmet. We only have one head so we must do our utmost to protect it. Inexperience and potholes are not a good combination and the NHS have much more important things to do at the moment.

When you dig your bike out of hibernation give it a quick check over before you ride it. Give it a good clean and polish. Make sure the tyres are pumped up and not perished in any way. Check your gears are changing correctly and that your chain is clean, adjusted properly and oiled. Check your brakes are functioning properly and adjust them if necessary.



Bike shops are still functioning at the moment and using social distancing if you need any technical help.

Obviously the group rides are not happening just now but will hopefully return in time for the warmer summer weather.

Coldstream Premier Cru is free to join with no subscriptions to pay. Normally we meet at Court House Car Park every Sunday morning at 9am and take in a 50 or so mile loop at a steady pace. A reasonable level of fitness is required as is a roadworthy bike.

Meantime you are on your own. Take advantage of your time in lockdown to get fit, and ride your bikes responsibly.

When the glorious day comes and we can ride once again as a group you will not only be welcomed but you will be fit and prepared to join us. Ride safely.

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Coldstream Parish Church

There is a new website: www.coldstreamdistrictchurches.org.uk on which there appears a short Service every Sunday during the coronavirus 'lock-down'.

We are looking forward to getting permission to open the Church for worship again at some time but inevitably there will be new arrangements with which we will have to comply until this crisis is over. So there will be no Summer Teas, unfortunately.

New arrangements are not being made at present for Baptisms or Weddings. Funerals are taking place at gravesides and at the crematorium but only members of the immediate family are allowed to attend. It is likely that a number of Services of Thanksgiving will take place later in the year or next year to mark the lives of these dear people more fully.

The Berwickshire Churches Foodbank is operational. Referrals are normally made through the Social Services. The Foodbank itself operates out of Duns Parish Church and is being well supplied and is well used.

Rev. David Taverner

ART EXHIBITION TITLES

(from pages 14-20)

1. Bass Rock
2. Bardolino Leaning Tower - Italy
3. Deer (metallic)
4. Bouquet For You
5. Can I Come Out?
6. Cocklawburn
7. Giraffes
8. Coldstream Market Square 1959
9. Malcesine
10. My Loving Pal
11. Evening Light - Holy Island
12. Blossom
13. Cottage by the Sea
14. Dancers on Norham Green
15. Stags (metallic)
16. Down By The Shore
17. My Old Friend
18. Fishing on The Tweed
19. Spaniel
20. Shep
21. Historical West High Street
22. Historical Cornhill-on-Tweed
23. Wolf
24. Girl With Geese
25. Norham Choir
26. Roll of Honour
27. Historical East High Street
28. Heron
29. Loch Vatten & The Cuillins
30. Sunset On Lewis
31. The Leet, Coldstream
32. Stags 2
33. Nuns Walk, Coldstream
34. Norham Village Fete
35. Scott's View
36. Turbulent Waves
37. Forth Rail Bridge (metallic)
38. Path by the River

JP IRONING SERVICES

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This quiz sheet was originally sent out to the recipients of the Saturday Soup Kitchen. The answers are all streets, businesses & people connected with Coldstream. (answers on page 11)

1.	Reconnect bent curve when aimlessly walking along here. (10, 8)	
2.	Jump on a broomstick and pop in here for a pint. (5, 3)	
3.	Nip down here to place a bet. (6, 4)	
4.	A home made from cotton. (6, 5)	
5.	Ms Corinne and Geoff get confused regularly on Saturday mornings. (6, 8)	
6.	A group of people in the middle. (9, 6)	
7.	The duchess lived on this road in London. (4, 6)	
8.	Olga and Ewan get together and find a nice little flat here (8)	
9.	Can Coldstream's version be seen from space? (5, 4)	
10.	Soldier keeps an eye on this thoroughfare. (6, 4)	
11.	Crazy Ann Kerr pushed up to go and look at the view from here (9, 4)	
12.	How is Mr Rees-Mogg? (6, 4)	
13.	Officially he was the first to ride out in 1953 (7, 6)	
14.	Where blokes might go to avoid her indoors. (4, 4)	
15.	Maria von Trapp might stroll along here. (4, 4)	
16.	This flower doesn't come from the Isle of Harris. (5, 5)	
17.	Ade urges alcoholism in order to get to number 10. (3, 4, 7-4)	
18.	The density of the epidermis (4, 4)	
19.	Where you go for bread when on horseback. (8)	
20.	Where the old Queen might go when hunting or fishing. (8, 5)	



A Primary 7 Girl's Thoughts on the Coronavirus Lockdown

I first heard about the Coronavirus a couple of months ago but didn't think too much about it because it was only affecting China and other countries abroad. We were told by our Prime Minister to wash our hands often and sing happy birthday twice when we did so because this would get the virus off our hands so we couldn't transfer it to our faces or other people.

At the start of March Mr Reid, our primary 7 teacher, allowed us to watch Newsround everyday in class which was always about the virus. At the time my mum was in New York and Las Vegas and the news showed that more people in America were getting affected by this virus. I felt panicked and anxious that she would be stuck in America or would come back with the virus. I was so relieved when I got back from school and saw that she was home safely.

From mid March every day the Coronavirus situation changed and became worse and on the 23rd of March Boris Johnson announced that the United Kingdom would be put into lockdown which meant that we would only be allowed out of the house for exercise and essential shopping. Most schools had already shut on 20th March which meant that all children were to be home-schooled except for key workers' children who would go to the Duns school hub.

I feel quite scared about the current situation because lots of people are dying in the world and we don't know if someone we care about might get the virus and become ill or even die. The virus affects everyone but especially young children as they will be confused because they don't know what is going on and their whole routine has changed completely. All children are missing their friends. Also, older people over 70 years old are being told to stay in their homes which is difficult for them being inside all the time.

I am especially sad as a primary 7 girl as we are missing out on our residential trip to Dalguise, we won't perform in our musical, we won't get our high school visits before we move up to high school, but most of all we will not get our Guards Day which every child at Coldstream Primary School looks forward to from a young age. We are now at the end of our 5th week in lockdown and it is a strange world we are living in. But we are all in it together and we will get through this.

What you miss most about school: The thing I miss most about school is the learning. I miss being in a classroom with Mr Reid and the other children in the class.

What you have been doing at home during the lockdown: Apart from doing my schoolwork Monday to Friday I have been going out to do my exercise which is either running or walking. I also have been doing Joe Wicks P.E session every morning with my brother Jake. I also like keeping in touch with my friends over facetime or snapchat. We have been having family game nights and movie nights. I have also been doing lots of baking and practicing hockey skills in my garden.

What being at home has made you appreciate: Being at home has made me realise how much my family means to me. We are together all the time and are doing much more as a family. Everyone is becoming more relaxed and we are all having a chance to step back and appreciate the smaller things in life. We are able to look at how busy our lives have become over the last few years. It is so quiet when we are out walking or even in the garden that we can hear the birds singing much clearer than before. Even throughout this pandemic the seasons are changing just like every year. The daffodils, snowdrops and other spring flowers are now coming through like normal.

Something funny that has happened to you, or someone in your family, during the lockdown: We are all just trying to stay as happy as we can. We have family games nights which are quite funny but mostly end up in an argument as everyone is so competitive and wants to win.

What the first thing you would like to do when lockdown ends: After lockdown I would like to meet up with my friends and family. I am also looking forward to getting back into my normal routine like going to school, my sporting activities like hockey and netball but most of all I would love to give my grandparents and other family members a massive hug as I am missing them.

Lexie Kerr, Primary 7