



Summer 2025





Editor Calling

Our town is proud to be associated with the Coldstream Guards. This year marks their 375th anniversary since its formation in 1650 as a 'New Model Army' by Colonel George Monck, later first Duke of Albemarle. These were troubled and turbulent times in the history of Britain, for the country had just ended seven years of bitter civil war. He moved his army of 7000 men to Coldstream, being well placed to take action in England or Scotland, as the need arose. Getting enough food proved difficult. No Co-op or KeyStore in those days! Their digs were sparse. His Chaplain said, *"the General's palace was a little smoky cottage that had two great dunghills at the door, a hall or entry so dark and narrow as a man could not turn in it, the rooms were worse than I can describe"* Housing standards in the town have come on a little over the years. He also records, *"...the town of Coldstream, because the General did it the honour to make it his place of residence, hath given title to a small company of men whom God made the instruments of great things; and though poor, yet honest as ever corrupt nature produced into the world, by the no dishonourable name of Coldstreamers"*.

VE (Victory in Europe) Day on 8 May 2025 marked 80 years since the Second World War came to an end in Europe. We owe an unfathomable debt of gratitude to the men and women of our Armed Forces who secured our freedom. At 9pm - the exact time King George VI addressed the nation to mark VE Day 80 years before - King Charles called on the country to "rededicate ourselves" to "the cause of freedom" and "the prevention of conflict". Men and women over the years from our town have served in the Forces and we honour them. **See the back page for a suggestion on how you could express your gratitude.** Joining me on my 'Editors Couch' are two ex-Coldstream Guards. As they rolled back the years I was struck with the force of how their experience shaped and moulded their characters. No spring chickens now, their continued service to Coldstream is nothing short of inspirational. One was deservedly awarded the British Empire Medal in the 2016 New Years Honours list.

A new feature on Mental Health appears in this edition and plans to run for the next three. Don't be tempted to skip the read. We all are touched personally by this topic at various times in our life.

This is my 4th Edition as CCN editor and it has been a steep but enjoyable learning curve. Thank you to all who have helped me over this past year. Any feedback you might have would be greatly valued. It is such an important communication tool for our community. My desire is to make it a fresh, relevant & enjoyable read. There are so many ways you can influence the content and delivery. I ran out of space to implement some new ideas within the current budget. With more advertisers the CCN could grow even more. It currently costs about 50p per copy to produce. Make my day and get in touch to say what part you could play, however small. Enjoy the read. Have a great summer.

Chris Faldon

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Autumn Edition 2025 of CCN
Deadline Mon 11th August

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Presenting Coldstream Association

Fiona Shepherd, Vice Chair - Friday 11th April brought blue skies and big smiles as the town came together to watch Mr Aaron Lunn installed as Coldstreamer 2025. The sun shone and the Pipe Band played. A perfect start to what promises to be a fantastic year ahead. We also had the pleasure in installing our Right- and Left-Hand Men, Josh and Jake Kerr and announcing our Streamer's Lassies, Danni, Georgia, Hope and Lucie. A proud moment for the town, and a special memory for each of them. The Principals have been busy representing Coldstream across the Borders at the Installations of the Principals from other Borders Towns, including their first ride-out of the Common Riding season - Berwick Bounds. All came home safe and sound.

One particularly special moment has been the Principals' invitation to our twin town of Bennecourt for the VE Day Commemorations. This is the first time a serving Coldstreamer has made this trip, a meaningful gesture honouring those who gave so much for our freedom and strengthening the bonds between our two towns. Have we just started a new tradition?

The Presenting Coldstream Committee is working hard planning Civic Week 2025. We are thrilled that once again the Ball will be held in a marquee, situated at The Old Hirsell Golf Club. Tickets are £65pp obtained by contacting our secretary Chloe Guthrie presentingcoldstream@btinternet.com. Don't wait - they'll go fast.

This is also a special year for our Coldstream Guards, celebrating 375 years since the formation of the Regiment. The Coldstream Community Council and other organisations in the town will be decorating the town and organising a Civic Reception on Friday 8th August. Saturday 9th August will welcome a cycle ride of Coldstream Guards, leaving Mousehole, Cornwall on 27th July, cycling all the way to Coldstream, arriving late afternoon on the 9th. We hope you can pop down to the High Street to give them the warmest of welcomes, cheering them into town in true Coldstream style. The Fancy Dress may be slightly earlier, to accommodate their arrival.

If you would like to get involved in helping with any part of the Civic Week magic, please don't be shy. Have a chat with any committee member. We would love to have you on board. Have an amazing summer. We can't wait to see you all during Civic Week and do what Coldstream does best- Celebrate Civic Week in style, Hip Hip!

Coldstream Community Council

Joy Thomson, Trustee - Community Awards It is our intention for these awards to be presented at the closing ceremony of this year's Civic Week. The awards are:

- **Jim Patterson Rose Bowl** - awarded to **an individual or a group** from the town in consideration of performing an outstanding achievement **or** making a significant contribution to the Community.
- **Brown Scott Quaich** - awarded to **an individual over 18 years of age** in the town in consideration of performing an outstanding achievement **or** making a significant contribution to the Community
- **New Coronation Youth Awards** - two categories open to anyone in Coldstream falling into the age categories below:
 1. Primary school Age
 2. A person aged under 18 years but over Primary school age

They may have done something special for the community such as: gone above and beyond in the community; gone out of their way to help someone; contributed to something in the town

To obtain a Nomination Form for completion, giving details as to why the group, person or persons being nominated are suitable for the award, contact: secretary.coldstreamcc@gmail.com

Coldstream Community Trust

John Froggatt, Trustee - Getting fit for the future. We continue to work hard with our volunteers and the people of Coldstream and District to raise funds for the vital work needed to make the Community Centre sustainable. We're currently looking at improving insulation and lighting to save energy as well as further work on the fabric of the building, which being both listed and in a conservation area means we'll need to work closely with SBC planners! Part of that will be looking at better secondary glazing for, and repair work to, our amazing stained glass windows. Look out for more on them in a future CCN. Fundraisers included our very successful "Musical Extravaganza", which featured Cornhill Community Choir, the "McDrifters", and soloist Mhairi. Thank you to them, choirmaster Paul McDermott, and all who came to watch, listen and help. We raised over £1000. Please remember our "Go Fund Me" page; <https://www.gofundme.com/f/74zwsn-renewal-at-the-heart-of-coldstream>

Forthcoming highlights Some new classes have started: Indoor Walking, and a new exercise class with Daina McFarlane on Mondays; Functional Fitness; "Little Strikers" (Early Years Physical Education); and a new HIIT class on Wednesdays. We also had a "pickleball" taster, and we'll be seeing if that can keep going. Keep an eye on FaceBook and our 'week ahead' notices for more. As always, we want to thank everyone who runs events and classes at the Community Centre, and all who come along to those events and classes. We could not continue without you. As you know, we organise occasional litter picks throughout the town (weather permitting) so if you would like to be added to the e-mail list, get in touch, or watch out for announcements on FaceBook.

The Community Centre is run by a group of volunteers for the benefit of the town, and we are very fortunate to have an excellent team of part-time employees to help us do this. We continue to have a policy in place which ensures that everyone treats each other with respect and dignity and expect that this extends to people communicating with us. You can get in touch with us by-phone 01890 883332 or message on FaceBook @coldstreamcommunitycentre. For bookings and to reserve tickets email bookings@coldstreamcommunity.com. Our mobile number is 07587 668126. Thank you for your support. Best wishes from Adrienne, Chris, Dennis, John, Ross, Sam, Susan x2 and Wendy.



We are on our marks right now, and getting set, by preparing to celebrate the Coldstream Guards' 375th Anniversary, during Civic Week!

Four of the town's organisations, Community Council, Coldstream Gateway Association, Presenting Coldstream and of course the Coldstream Guards Association, have united to create the "375 Group" to work on this project.

The Group's goal is to incorporate into Civic Week events some "Guards themed" activities and to make the town look extra special, with some amazing enhancements to our usual Summer decorations of glorious floral displays and our blue and white bunting! **WATCH THIS SPACE!!**

We are all aware that SBC's funding restraints have meant cuts in services which inevitably have affected the frequency of grass cutting, weeding/weed killing and so on. CDCC and the 375 Group have very recently met with representatives from SBC Park's Department and agreed a programme of "tidying up" in preparation for Civic Week.

You may have been aware of "Coldstream Community Action Team", a new team of enthusiastic volunteers, set up under the auspices of CDCC, who have been tackling areas which have fallen into disarray because of funding cuts. "CCAT" will continue to complement the work of SBC, but we could also do with **your** help!! I know that I will be making an extra effort to do a bit of weeding around the perimeter of my own property, and wonder, if you are able, could you do something similar around yours?

GREENER GATEWAY AWARDS
Everyone making a small contribution would make such a difference to the overall look of the town. Confident that we will have our town looking "second to none" in time for Civic Week, this year, Coldstream Gateway Association will be entering Coldstream into the competition – let's all get behind them!

CALLING ALL CRAFTERS!
Coldstream is locally renowned for its talented Crafters! The Little Deli's proprietors, Dave and Andrea, have very kindly agreed to provide within their shop, a "pop-up" space for selling Guards related items during Civic Week. If you feel inclined to create something, please note **your contributions must be associated with "Coldstream Guards"**. If you would like to take advantage of this opportunity, drop into the shop and chat to Dave or Andrea about your ideas and whilst there you can also discuss pricing strategy etc.

The 375 Group will be keeping the town posted on what's happening via social media, but in the meantime if you have any ideas please share them with us via secretary.coldstreamcc@gmail.com and show the subject of your e-mail as **"375 Celebrations"**

Local Place Plan - Progress Update

Ali Sim, Secretary - The Coldstream Community Town Team is pleased to announce that the Place Plan was approved and successfully registered by Scottish Borders Council in February 2025. This plan, developed with input from residents, businesses, and stakeholders, sets out a vision for the next ten years, focusing on six key priorities and ten projects designed to enhance community life. The plan can be viewed at - <https://www.scotborders.gov.uk/downloads/download/1688/coldstream-place-plan> The team is still hard at work shaping the future of our town. Recent updates include continued engagement with Scottish Borders Council and other local partnerships to ensure the plan aligns with national and regional policy goals. The plan aims to create a more sustainable, liveable, and productive Coldstream, addressing local needs. Community involvement remains vital, and residents are encouraged to stay engaged as the plan progresses. Stay tuned for further updates, and thank you for your continued support in shaping Coldstream's future!

Social & Literary Society

Sue Thouless - Our sessions this year concluded with talks from a local author about the nun who became Martin Luther's wife; a journey around South America and Antarctica from our committee member Sue; and a talk about Cragside from the National Trust. The speakers were all warmly received and enjoyed by everyone.

Our AGM was on Monday 17th March and several changes were made to our committee. Our outgoing President, Karen Williams, was thanked for her splendid year of leadership and our new President, Marguerite Edwards was welcomed. Also stepping down was our Secretary, Beth Tweddle, who was also thanked for her hard work over the last year. Sue Thouless was duly elected as Vice President, a role which had been vacant for the previous year, and will also cover the Secretarial duties. Elizabeth Park has remained as our Treasurer and is greatly appreciated for her sterling efforts in finding such interesting speakers for our sessions. Jacquie Forrest was welcomed as a new committee member. The meeting ended with a quiz, drinks, snacks and a raffle concluding our programme for the 2024 – 2025 season.

Our summer outing this year is on the 2nd June. We are having a guided tour of the John Buchan Museum in Peebles with time for coffee and lunch. We resume our 2025 -2026 programme on 6th October at 2 p.m. in the Community Centre and have an exciting round of speakers. So don't be shy and come along and join us. Everyone is very welcome.

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SCOTTISH FIRE AND RESCUE SERVICE

We need your help to reach those most at risk.

The Scottish Fire and Rescue Service have identified an increase in dwelling fires within the Scottish Borders over the previous two quarters compared to previous years, with over 93% recorded as accidental.

This sadly also resulted in two fire deaths within the locality, on each occasion, these were individuals over 65 who were living alone. These incidents have a significant impact on, not only the families involved, but also within the communities themselves, and to those responding to these incidents within their local communities.

- Many of us know a friend, relative, neighbour or client, often living alone, who could be vulnerable from fire.
- If you know someone who could be at risk from fire, please tell them about Home Fire Safety Visits and submit a referral to the Scottish Fire and Rescue Service.
- The Scottish Fire and Rescue Service will work with you to make sure that the person is safe in their own home.

Prevent the person you care for becoming a victim of fire.



- To find out whether you or someone you know could be eligible for a Home Fire Safety Visit, go to fire.scot.nhs.uk or scan the QR code to complete our questionnaire.
- You can also contact us on behalf of a friend, relative, neighbour or client, if you don't have access to the internet, please call 0800 02722 299.
- After answering our questions, you will either be offered a Home Fire Safety Visit or be given a Personal Fire Plan/Home Safety Guide with advice on how to stay safe in your home.

Safety. Teamwork. Respect. Innovation.

Your space next edition?

Advert - we rely on a few paid adverts each edition to help cover costs. Each magazine costs about £0.50p

Creative writing piece - how about a poem or something short and thought provoking of local interest?

Art - painting, drawing. Perhaps even a cartoon?

Puzzle - Great to have something to strain the brain

Group activity report - been a while since you told us what you are up to?

Photo - have a striking local image? Thanks to Guy Gumm for providing this edition's cover.

Help, please!

Deliver to your street - can you spare 20 minutes to drop the CCN through a few letter boxes?

Admin support - Keeping the database up to date, proof reading

GUY GUMM PHOTOGRAPHER

guywithacamera.co.uk

Coldstream Community News

Summer Edition 2025

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Mental Health Focus - Anxiety

Derek McGuinness - We all feel anxious occasionally and it's OK, it's completely natural. Feeling worried, stressed or anxious and suffering the effects will occur in all of us from time to time. When we are unsure, frightened or feeling under threat, our bodies release hormones into our blood stream. These prepare us for flight, fight or freeze conditions, just as animals do. We become ready to 'take on' the perceived danger or "run away" from it. In some instances we become "frozen to the spot" in the hope the scariness will pass us by unnoticed. These are natural survival instincts.

Feeling anxious may be triggered by many different causes - having to pay an unexpected bill, an important social function, job interviews, health issues, watching the news or even doing the weekly shop. The reasons are endless, but in most cases, if we take time out, relax, breathe slowly the cause of the anxiety will become clearer allowing us to cope better with the symptoms. Discovering the cause eases the anxious feelings. The 'unknown' often being scarier than the 'known'.

The real challenge comes when there are no obvious reasons, when the anxiety seems constant and our lives are disrupted through worry, disturbed sleep, lack of concentration, increased heart rate, stomach complaints, headaches and breathing difficulties. These can all be symptoms of worry. To be accurate this condition is called anxiety disorder and it can creep up on any of us. The physical signs can be very disturbing, leading many sufferers to believe they are seriously ill, having a heart attack or believing death is possibly close at hand. This becomes a spiral of fear often resulting in an anxiety/panic attack. Ambulances are regularly called out or visits to A&E departments only to discover by the time the sufferer is seen, the worst of the symptoms have lessened or disappeared.

Our overworked GPs have their share of patients suffering the effects of anxiety, and they simply don't have the time to spend helping to discover the real causes. Underlying psychological, and emotional issues take time to uncover and are the work of professionals in these areas. "Talking Therapies" are often the answer and offer the best help for anxiety disorder sufferers. If you suffer from anxiety and require further information why not take a look at www.berwickandborderstherapies.org

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Coldstream Scotland Women’s Institute

Jan Brown - A dismal February was given a spring-like flavour making marzipan lambs, ducks and chicks with Lou. Great fun, and as usual, varying degrees of success.

John Fulton acted as Quiz Master for our March Visitors’ Night. He set questions appropriate to the gathering. It was a close-run thing with ‘The Classy Ladies’ squeaking a victory by 2 points, winning a Lou designed medal. Our thanks go to John for an enjoyable evening and to all the ladies involved in preparing a delicious supper under the guidance of Susan V, our ‘Catering Manager’. Also in March, our team won the Berwickshire Carpet Bowls competition, bringing home the trophy to Coldstream for the first time. Well done to Georgina, Lynne and Maggie A, and also June who made up a ‘Four’ at the next stage.



In April we welcomed Kirsten Wilson from ‘British Divers Marine Life Rescue’, our charity for the 24/25 season. She gave us an interesting insight into their work, and one of our newer members practised ‘rescuing’ a seal. We hope that our fund-raising efforts will result in a great contribution to their new triage centre. Later in April saw the Berwickshire Federation Show where Coldstream SWI were again very successful. The highlight was being awarded the ‘Book and Old Campus Teapot’ for winning the Community Class trophy - the first time in our history. The photo shows our President, Susan Burnett, being presented with the award by Mary Mitchell, Federation President. Our Alice in Wonderland entry will soon be on display in The Mad Hatter Tearoom where you can all enjoy it. We also won the Federation Trophy for the Small Community section, which was our delicious take on an afternoon tea. Many of our members gained 1st, 2nd and 3rd places in the individual competitions. We put Coldstream firmly on the map. Congratulations to all those who took part in a wonderful event.

Our AGM in May sees Susan standing down as President. She leaves on a high. Many thanks to her for steering the ship for so many years. The new ‘25/26 season begins on Thursday 19th September 7pm at the Community Centre. We encourage you to come along and see what we do and have planned for the coming months. The SWI wishes you all a very happy, peaceful and sunny summer.





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HE

Coldstream Community News

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Lost Railways of Berwickshire

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(Lance Sgt)

John Bassett
(Reg Sgt Major)

Peter Darling
(Guardsman)

Geoff Levy
(Colour Sgt)

Tommy
Hermiston
(Corporal)

Branch meeting of Coldstream Guards Association (May 2025)



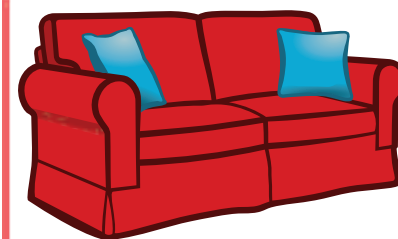
Who's he
looking at?



Tommy (Jock)
Hermiston



Jock (John)
Law



On the Editor's Couch

It's a tight squeeze on the couch today in the distinguished company of two strapping ex-Coldstream Guards. "Welcome Jock Law and Tommy Hermiston, make yourself at home". Actually, that's not a bad place to start.



Q - How long has Coldstream been home to you?

Jock - I was actually born near Kelso. We moved to Coldstream however when I was a young boy
Tommy - I can beat that. 'Born and Bred' here!

Q - What was your first job?

Jock - Now let me think. I have had so many. I totted them up recently and my wife typed them up into a sort of CV. So far as I recall there were a total of 22. After leaving school I got off to an electric start and became a 'Sparky'.
Tommy - I was a 'Butcher Message Boy', complete with my own bike and basket. After that I was working on the Lees farm and learning to drive stood me in good stead for my military career. It was not the most inspiring work. Some of the women there were pretty rough!

Q - What influenced you to sign up for military service?

Jock - I had been working on the main road bridge that crosses the Leet, and I suppose truthfully it was to get away from a girl I was courting at the time and had argued big style with. Sheena was her name. We must have made up as we later married - 66 years and still counting! Also, I had the choice to do either National Service or join as a Regular. The latter option paid more, so that sealed the deal - the princely sum of 30 bob/week (£1.50). I had stormed off to the recruitment hall and wasn't fussed which regiment to join but the recruiting Sergeant took one look at my 6' 2" frame and said, "Coldstream Guards" Actually that wasn't particularly tall by Guard standards.

Tommy - I recall in 1968 at the age of 7 a whole regiment of the Coldstream Guards coming into town. The Henderson Park memorial stone was presented, and they were given the Freedom of the Burgh. Smitten by the sight at such a tender age left a lasting impression. I turned my back on picking fruit at the age of 17. The recruiting officer (RSM John Bassett) came to the farm to get me, but my boss didn't let me go until I had finished my shift.

Q - Do you both have military families?

Jock - No, my father was a Woodcutter. I did however carry some weight in my regiment as being the first Guardsman from Coldstream town recruited after WW2.

Tommy - Yes, several of them served in the KOSB and the Royal Artillery. Their stories played a part in me joining up.

Q - So how long did you serve?

Jock - I joined in 1953 and left in 1957. Just under 4 years. I recall making the nerve-wracking journey down in my 'civvies' to Caterham barracks. Feeling a bit lost in London, the bus driver took one look at me and said don't worry son, I know where you're heading". Was it that obvious?

Tommy - I did my 6-month training at Pirbright barracks in 1978 before moving on to Caterham barracks. I returned to Civvy Street a full 15½ years later.

Q - What ranks did you hold and what roles did you mostly perform?

Jock - I went in as a Guardsman (they don't really call them Privates in the regiment), becoming a Lance Sergeant. I had always been pretty fit and was a Border Cross Country champion - should've been national champion but that's another story. It was no surprise therefore that I became a Guards PT instructor.

Tommy - I went in as a Guardsman, got to the rank of Lance Sergeant in the Motor Transport (MT) Platoon and spent my last year as Platoon Sergeant of the Auxiliary Military Police (MP) platoon attached to the Royal MP. I was always called Jock back in those days, although we were formally addressed by our surname - except Peter, for obvious reasons! Being in the Transport section there was pretty much nothing on wheels I couldn't drive.

Q - What special memory do you have from your time in service?

Jock - Trooping the Colour for King George. With five foot guard regiments forming the Household Division at any one time it was a competition as to which one was chosen. The practice was gruelling. I had to guide the officer in front to stop him going off course - "Left a bit sir, right a bit sir!" One of them fainted. I suppose the most nerve-wracking experience was being called by the Regimental Sgt Major to see the Commanding Officer. I thought I was for the high jump but instead he called me the 'smartest man in the battalion". I had stood my ground earlier in the day against some drunken Officer.

Tommy - Yes, for me it was Trooping the Colour for the Queen in 1979. This ceremony marks the official birthday of the British Sovereign and dates back to 1748. A whole battalion of 1400 parading soldiers, 200 horses and 400 musicians come together each June in a great display of military precision and horsemanship. The Regimented Colour (Flag) is processed down the ranks of soldiers. Later I was based in Germany and also did a tour in Belfast.

Q - What was your return to Civvy Street like?

Jock - I have never had a day of unemployment. I have turned my hand to so many things - swimming instructor, coal lorry driver, shoe shop owner, baked potato business, local councillor, picture framer... to name a few.

Tommy - I was briefly unemployed after coming out of the guards. The support back then was not great for people leaving military service. I have since been a lorry driver, Edinburgh airport driver, worked on a chicken farm and development manager at a retirement complex.

Q - What did you gain from your military experience that has equipped you for life?

Jock - My Guards years were short but priceless. I have always wanted to put back into life what I have taken out.

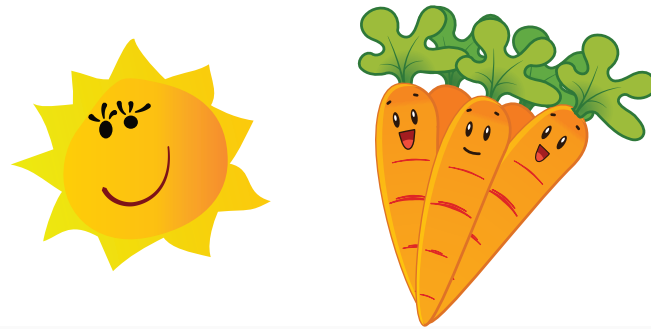
Tommy - Discipline. This has enabled me to better serve my local community in a variety of ways - Civic and Remembrance Parade Marshall for the past 30 years, British Legion Chair, Coldstreamer trainer (I was the first Guardsman to become a Principal Coldstreamer). I look after the Guards memorial stone too.



Norham Summer Activities

St Cuthbert's Church will be filled with over forty displays of fresh flowers and memorabilia created by volunteers, including professional florists, flower arrangers, community groups and individuals, who are all coming together to respond to the 80th anniversary of these important events in our history. The Flower Festival will coincide with Open Gardens, crafts on the green and afternoon teas in Norham Village Hall on Sunday 22nd June. Once again green fingered locals will open their gardens to the public for the afternoon when visitors can enjoy and be inspired by gardens brimming with colour and variety to suit all tastes. There are about eight gardens to view, large and small, including those with ponds, pergolas, summer houses, bee hives and a huge variety of plants, trees and shrubs. The craft stalls on Norham Village Green will include a variety from artisans on both sides of the Border.

Saturday 19th July 2-4pm - a lovely traditional summer fair! In the hall - your favourite stalls, wonderful plants and produce, lovely home-baking, tombola, bric a brac and a great raffle. On the green there will be the fabulous Norham Village Band, and also starring Rag Bag Morris and Luna Nigra. And of course, homemade cream teas and ice cream..... altogether a perfect summer Saturday afternoon!





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St. Mary's

Alison Tams - On Sunday, 4th May, St Mary's folk gathered at the Community Centre – as they usually do on the first Sunday in each month. But this time, instead of going inside, we braved a chill wind to follow the tradition of Rogation (an ancient church festival when a blessing is asked for crops and whatever sustains the local community). Starting outside Coldstream Community Centre, standing in the High Street, we prayed for the shops and businesses along the street; we then moved over the bridge and down to the Leet from where we could see fields – an opportune time to pray about farming and fishing. Those on foot (and mobility scooters) made their way to the school and our Community Larder and garden. Meanwhile the four travelling by car had time to make a detour to Lennel House to offer prayers there. We all returned to the Community Centre to ask blessing on the classes and activities there; and to enjoy a welcome cup of coffee and scones etc. in the Community Café.



In June we will be departing from our usual pattern (see below). On 15th June we shall join with our sister congregations from Duns and Eyemouth when we share an 11.15 am service at St Ebba's, with our Bishop John presiding. Rt Rev Dr John Armes has been Bishop of Edinburgh Diocese (which includes the Borders) for the last thirteen years. He is retiring at the end of August and this will be his final "official" visit to the Berwickshire Episcopal Churches Group. We shall also mark the occasion by enjoying a fish and chip lunch! Two weeks later, on 29th June, the three BECG congregations will meet again for their regular "5th Sunday in the month" joint service. It is St Mary's turn to act as host. After the service we shall enjoy another lunch together, this time in Coldstream.



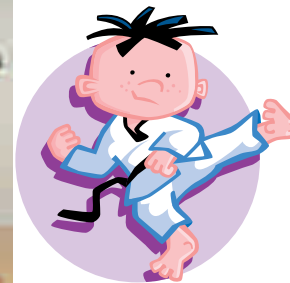
Our Regular Services:

1st Sunday of the Month: Sunday Morning Gathering – 9:30am in the Community Centre.
 2nd & 3rd Sundays of the Month: Communion service – 9:30am at St. Mary's
 4th Sunday of the Month: Stillness and Reflection – 5:00pm at St. Mary's.

For up-to-date information on all of this and more see our web-site: www.stmaryscoldstream.org.uk or: follow us on facebook: <https://www.facebook.com/stmaryandallsouls> or: phone Chris: 07745 410487

Coldstream kickboxing and self-defence class

John Wilson - Students were successful in gaining higher grades at a recent Grading exam where they had to demonstrate the techniques they had been learning over the last 6 months



Community Learning & Development

Amanda Dempsey - We will be offering four, free, family fun sessions in July!

2nd 9th 16th & 30th July (9.30 - 11.00)

Primarily aimed at our younger family members but children up to primary 7 are also very welcome to attend. All family groups **MUST** also bring an adult to join in the fun! Sessions will be held primarily in the grounds of Coldstream Primary School. Session Two (9 July) activities will be held in the grounds of Hirsell estate. Please email, text or call to book places and indicate dates, numbers and ages of children.

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Coldstream Twinning Association

VE Day 80th Anniversary Commemoration Bennecourt May 2025

Marguerite Edwards, Chair - The Twinning Associations of Coldstream and Bennecourt joined in a unique commemoration of the 80th Anniversary of VE Day in Bennecourt.. The participation of the Coldstreamer and his Right- and Left-Hand Men, reflected the significance of the occasion for both communities. Furthermore, Keith Guthrie, Pipe Major of Coldstream Pipe Band, played an integral role in all events. Nadine AVEL, President of Bennecourt-Coldstream Twinning Committee, reports:

"What a huge pleasure we had to welcome our Scottish friends, to participate at the 80th anniversary of the VE day in Bennecourt and Mantes la Jolie. The Coldstreamer Aaron Lunn, and his left and righthand men, Jake and Josh Kerr, as well as Coldstream's Pipe Major did us the honour to celebrate this event with us. It has been an opportunity for them to discover the twinning friendship and to meet our families in Bennecourt. We were so pleased to welcome the three principals; it was the first time since the beginning of the twinning in 1990 that this has happened. Keith, performed beautiful pieces for us as part of a concert in the Collegiate church of Mantes la Jolie in the presence of Raphaël COGNET, Maire de Mantes de la Jolie, Didier DUMONT Maire de Bennecourt, Bob Bolton KOSB veteran, Donald MOFFAT Scottish Border Council representative, M. ZABOUGRAEF sous-Préfet de Mantes la Jolie, Joy THOMSON Chair of Coldstream Community Council, Mrs DIOP MP, Mrs SENEÉ Sénatrice, Danny MORRELL Lieutenant Colonel of Coldstream Guards, SOE representant, ONAC Director, Mr Bill BEAUCLER Royal Navy, Mrs Marguerite EDWARDS and Mrs Nadine AVEL Presidents of the Twinning Committees. We are looking forward to our twinning visit in April 2026. All the members of the French twinning join me in sending our best wishes to Aaron, Jake and Josh. Safe oot, Safe in"

Coldstream Premier CRU - Cycling Club

Rob Smith - Now is the time to get your bikes out of the garage and get out onto the open roads. We are extremely lucky to live in such a beautiful part of the world with an abundance of quiet, side roads at our disposalall for our enjoyment. Take advantage and GET ON YOUR BIKE!

There is nothing to compare with getting out in the sunshine and pedalling to wherever your front wheel takes you. Even better is to cycle with company, enjoy a conversation or two and maybe even find a quiet cafe for refreshments. We cycle every Sunday throughout the year but long, hot summer days take a lot of beating. Cycling is a great way to keep fit. Cycling is free. No tax to pay. No MOT. No exorbitant insurance. No pollution. No batteries to charge. No fuel to buy. Whats not to like? Why don't YOU make an effort and join us on one of our Sunday Rides. The Club is free to join and there are no subscriptions to pay. We cycle approx 50 miles every Sunday but you can do as many or as few miles with us as you feel comfortable with. We always have a coffee stop around the half way point. Age is no barrier either although we do ask that under 16s be accompanied by a responsible adult. Our only strict rule is that a cycling helmet should be worn. No helmet.....no ride! We meet and leave from Court House Car Park every Sunday at 9am. From there we cycle to Kelso to pick up more riders at 9.30am before deciding our route for the day. All that is required is a reasonable level of fitness and a functional bike. For a great day out with excellent company, craic and coffee make sure YOU join us next Sunday. You would be made very welcome. You can follow all our news and rides on our Facebook pages.



Enjoy a leisurely stroll around Coldstream and pick up a bargain!

Community Larder

Alison Campbell - The Larder has had a busy few months. We now get two deliveries a week from FareShare. They are a national network of charitable food distributors working with us and nearly 8,000 other frontline charities and community groups to #feedbelliesnotbins. We have also signed a new 20-year lease with the council to ensure the annexe is available to us and the larger community. We are hosting FREE adult cooking classes, and everyone is welcome! We'll cover everything from peeling basics (potatoes, carrots and onions!) to merging items together to make a whole meal. Plus, learn handy tips like freezing fresh produce, batch cooking, and understanding 'Best Before' and 'Use By' dates to help you make the most of your goods and reduce food waste! Don't miss this fantastic opportunity to gain confidence in the kitchen and maybe even make some new friends. Look out for posts on Facebook and posters at the Larder and on the town noticeboard for more details.



Calling all green thumbs (or those who'd like to develop them!) In addition to the community garden behind the Larder, work will start soon on our new community raised bed that has arrived as part of the new bank of raised beds in front of the school. Thanks to the Friends of Coldstream Primary School and our wonderful school kids for letting us share in their fantastic project. Our fabulous Larder gardeners are looking for a couple more volunteers to join their friendly team! Fancy spending some time outdoors, helping to grow fresh produce for our community? No experience necessary, just enthusiasm!

The Larder is now a Volunteer Friendly Award recipient. This award recognises our commitment to our amazing volunteers and the incredible work they do. The award is proudly on display - come in and check it out! We are so grateful for each and every person who dedicates their time and energy to the Larder. You are the heart of our community!



Coldstream Junior FC

Kev Patterson - We currently have over 50 children playing across the different age groups and the girls' session on a Thursday has recently been accredited by the SFA as a Claire Emslie Soccer School. We host training sessions weekly and play our matches on Saturdays against other local towns. We are always keen to see new players come and learn football at Home Park. Alongside this so far this year we took some of the children to Newcastle to enjoy a morning's training session hosted by the NUFC foundation. The children were then invited to the stadium for lunch before taking their seats for the Newcastle v Fulham match. We look forward to welcoming the Newcastle United Foundation coaches back to Home Park in the summer for another day's coaching. We recently sponsored Coldstream FC's final home game of the season. The children enjoyed walking out as mascots and taking part in a half time penalty shootout. We'd like to thank their committee for their continued support to our junior club. Our sponsored walk a few weeks ago raised an overwhelming amount from the local community. The children had a lot of fun on the day. We'd also like to thank all those who contributed to this as we raised funds to refresh some of our equipment. We have recently completed some new kit sponsorship deals with Hastings, Love Stone Landscapes, Premier Plumbing Heating and 3D Transport joining our long standing kit sponsor Hutton Stone supplying the players with strips and rain jackets. We look ahead to another few busy months with lots of exciting events in the pipeline so please give us a follow on Facebook to keep in touch with things. Please get in touch via our website or social media if any children would like to join in the fun we have to offer. We are also keen to hear of any parents who would like to become coaches as we look to launch some new age groups in the near future for children born in the years 2020, 2021 and 2022.

Coldstream Charity Fundraisers

Susan Vassallo - Isn't it nice to have light nights and long summer days back again. Things are happening in the garden and everyone has a spring in their step. Unfortunately this year Ruthven isn't opening their garden, as they are doing a big refurbishment, so no afternoon teas are being served. We do have a coffee morning on the 19th July, 10-30am in the British Legion. Entry is by donation and there will be the usual cake/produce stall, raffle etc. We hope to see you there. The one in April was well attended and we made over £400. This, along with the £740 we made at the 'Soup and Sweet' in February, was a great effort by all those who attended or donated something. Special thanks must go to the committee who work hard putting these events on, making pans of soup, delicious puddings, cakes galore and other enticing goodies. We appreciate the feed back we get back from you all. There is a new event for us on the 5th October, an Apple Day🍏🍏🍏🍏. Look out for details in the next issue of the CCN, but here is a forward notice - keep any containers to store your own pressed apple juice!!! Our last event of 2025 will be our 'Soup and Sweet' event. Save the date, Saturday 8th Nov. Thank you for your support. Every penny we raise goes to the Margaret Kerr unit and the MacMillan centre at the BGH.

Art Group

Gordon Thompson - We benefit from a great deal of support and encouragement from the population of Coldstream and the surrounding district. We have had many visiting artists giving workshops and demonstrations of various subjects , using a variety of techniques. The Group paints in all mediums, watercolour, acrylic, pastel and oils, and is very busy creating works to exhibit at our famous Civic Week Exhibition. This will be held in Coldstream Town Hall and open daily to the public from Saturday 2nd August, closing on Friday 8th Aug.

Should any local artists wish to exhibit along with our group, please get in touch and an application form will be sent to you. Also if anyone is interested in joining our Group, we meet on a Monday afternoon in the Parish Church hall from 1.30 to 4.30pm.

Parish Church

Michael Rowe - At last we have permission from the Church of Scotland to begin the process of finding a minister! This was dependent on congregations in Berwickshire agreeing to a parish grouping in which the ministers will work as a team. We need to recruit a minister who will work not only in our parish, together with our linked congregation at Leitholm, but also as the worship advisor for all of the churches in the grouping, training and supporting worship teams to take services, as the team of four ministers will have 14 churches between them. In turn we in Coldstream will get support from ministers who will be advisors in pastoral care, mission and Christian education. Meanwhile, our worship team and guest preachers and ministers will continue to lead our services every Sunday at 10.30 a.m. The next special occasion in the church year is Pentecost – the birthday of the church – which this year is on Sunday 8 June – do come along and celebrate with us.

Sunday 3 August sees the beginning of Civic Week, when as well as our usual morning service the Civic Week service will take place in the Church at 3.00 p.m. following the opening ceremony in Henderson Park. We look forward to welcoming Aaron, Josh and Jake and visiting Principals to join us for that service. On Flodden Day, Thursday 7 August, the Church and hall will be open for filled rolls and tray-bakes in the morning and the usual tea in the afternoon. The ever popular church summer teas will start on Thursday 24th July and run for 4 weeks.

Our regular activities continue until the summer. Please check on our website for dates and times of Sunday Sing, Ladies@10, Men's Prayer Breakfast and Iona services. Additionally in June we will be running a new three-part course called Hope Explored – see the separate announcement in this issue of CCN for more details.

For more information visit our website: www.coldstreamdistrictchurches.org.uk and our Facebook page: www.facebook.com/ColdstreamKirk. If you have any questions or comments please message us via the website or the Facebook page, or email us at ColdstreamPC@gmail.com or contact me, the Session Clerk, 883333

Coldstream Parish Church Guild

Helen Park - The Guild is open to everyone – male and female – and takes place on the 2nd Wednesday in the month in the Parish Church Hall at 7pm starting on Wednesday 8th October. As usual, we will have a variety of speakers and, hopefully, provide something for everyone! Full details of the complete syllabus will appear in the next edition of CCN. We do hope you will come along and join us – we are a very friendly bunch and you will be made very welcome – and we make excellent tea and coffee!!

Swift Project

Gordon Stirrat - In 2025 a total of 32 nest boxes were erected in Coldstream. Joiner Ian Bryce stepped up, on recommendation of Michael Home, to erect the last boxes and thus meet the deadline of the birds' arrival. The callers are on course for fitting over the extended area, using the expertise learned from last season. Local volunteer monitors have been appointed. The group has received an unsolicited donation from Songbirds Survival, an accolade from Head Office! There has been considerable financial support beyond actual box hosting, for which we are grateful. Good Birding and Thanks

Anne Coltherd & Irene Letham The Coldstream Parish Church Summer Teas were started in 1985 by the late Olive Mitchell when the sum of £405 was raised. From that modest beginning, over the last 40 years in excess of £90,000 has been added to church funds. A few people will recall that in the early years this was held in the "Old" hall of the Parish Church where conditions in the kitchen could be described as primitive! We look forward to welcoming everyone this Summer to help us celebrate the 40th Anniversary of the "Summer Teas."

Rainbows, Brownies & Guides

Elizabeth Reid



TOP GUIDE AWARD. Congratulations to Esme Leifer on attaining her Gold award in the Guide section. This is the highest award in Guides and an amazing achievement.

Esme did more than the six skill builder badges needed and far exceeded the minutes asked for in the unit meeting activities. Four hours is the minimum time needed in each of the six themes and Esme did five hours in at least three of the themes. She also worked for six interest badges including Human Rights, Fitness and Be Prepared. She finished it all off with a personal challenge. Well done Esme. Fantastic.

Rainbows, Brownies and Guides would also like to take this opportunity to say a huge thank you to the 'Over 60's' club for their generous cheques. These are much appreciated. Thank you so much for thinking of us when you were sadly winding up your own club.

If anyone would like to volunteer to help out in any of the sections we would be delighted. You don't have to have been involved in Girl-guiding before and no experience is necessary. We have roles that suit all ages and interest. We have lots of flexible ways to get involved and we have lots of fun. Have a look at www.girlguiding.org.uk/get-involved

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Coffee Mornings & Town Diary

Elsbeth Bell - At the time of going to press, these entries are the most accurate. Dates are available in the Coldstream Town Diary. The usual start time is 10:30am. Free dates does not mean there will be no coffee morning. It could be just a late booking. Check with the Legion, Town Diary, posters, social media announcements. The Diary is now held in Sanderson's Butchers. Please fill in all events, not just coffee mornings, to avoid clashes & check with venues before booking in diary. Again please fill in the details yourself and not ask the shop staff.

Royal British Legion = RBL
Church Hall = PCH
Coldstream Community Centre = CCC
Eildon = EC

7 th Jun	Community Centre	CCC
14 th Jun	Town Trip	RBL
21 st Jun	Gateway	RBL
28 th Jun	Twinning	RBL
5 th Jul	BAVS	RBL
12 th Jul	RDA	CCC
19 th Jul	Charity Fundraiser	RBL
26 th Jul	Ex-Coldstreamers	RBL
2 nd Aug	Presenting Coldstream	CCC
9 th Aug	Heart Rhythm (Defibs)	RBL
16 th Aug	Town Trip	RBL
23 rd Aug	Riders Association	RBL
30 th Aug	Flower Show	RBL

Coldstream Primary School

Jane Paterson - For the past 2 years, we have been working on Positive Relationships. We have focused on using words to communicate rather than our hands and feet. We speak about positive relationships in class, in Assemblies and also in small groups. As this work has become embedded there has been a real change of ethos in the school. The children all know they have a voice and are expected to use it. They know that if there is a problem they should speak to their Pupil Council Member, Eco Rep, JRSO, House/Vice Captain. If it is a different problem, every child has a chosen adult. It can be any adult in school, out of school, in their family or out of their family. They are expected to speak to that adult so that we can come together to find a solution. In this ethos of shared understanding, we have built upon our values of Ready, Respectful and Safe. When visiting the P2/3/4 classroom recently, I was struck by some of the children's writing. I will share two of the pieces below that truly capture the feeling of inclusion, kindness, respect and understanding that we have been talking about and building. Our hope is that if we can be an example of peace, that peace can grow beyond our school, into our communities and throughout our world.

May I be free,
May I be happy.
May I be included,
May my friends be peaceful.
May we all be welcome.

May I be awesome,
May I be happy.
May I be calm,
May my friends be nice.
May we all be kind.

Until
next
Time



Food for Thought

Chris Faldon - The shortage of some 'essential' foods at the Co-op in recent days due to the cyber attack that has hit many retailers has been unsettling. The Buckingham Palace VE Day tea party for veterans served up delicacies only dreamed of in the 1940's. A neighbour of mine reminded me of the ration books that were still in place nearly 10 years after WW 2. Grocery shopping on Tyneside in the 60's was for me vastly different to the bewildering choice of foods now on offer. So when you next shake your head at the absence on the shelves of that 'vital' shopping list item consider these 1950's 'back in the day' tit-bits I recently came across:



- Pasta had not been invented
- Curry was a surname
- A takeaway was a mathematical problem
- A pizza was something to do with a leaning tower
- Bananas and oranges only appeared at Christmas time
- All crisps were plain; the only choice we had was whether to put the salt on or not
- Rice was a milk pudding, and never, ever part of our dinner
- A Big Mac was what we wore when it was raining
- Brown bread was something only poor people ate
- Oil was for lubricating, fat was for cooking
- Tea was made in a teapot using tea leaves and never green
- Coffee was Camp, and came in a bottle
- Cubed sugar was regarded as posh
- Only Heinz made beans
- Fish didn't have fingers in those days
- Eating raw fish was called poverty, not sushi
- None of us had ever heard of yoghurt
- Healthy food consisted of anything edible
- People who didn't peel potatoes were regarded as lazy
- Indian restaurants were only found in India
- Cooking outside was called camping.
- Seaweed was not a recognised food
- "Kebab" was not even a word never mind a food
- Sugar enjoyed a good press, and was regarded as being white gold
- Prunes were medicinal
- Surprisingly, muesli was readily available, it was called cattle feed
- Pineapples came in chunks in a tin; we had only ever seen a picture of a real one
- Water came out of the tap, if someone had suggested bottling it and charging more than petrol for it they would have become a laughing stock
- The one thing that we never ever had on our table .. was elbows

Last Word

Coldstream Guards Sponsored Cycle
Proceeds to Coldstream Guards Charity

