

INSIDE... MOVEMBER • REFEREEING SPOTLIGHT • FAREWELL JAMES BROWN & LEWIS CARMICHAEL



MELROSE





PRESIDENT'S WELCOME

THIS IS THE LAST EDITION OF THE ROSE FOR 2023, SO ON BEHALF OF THE TEAM, WE WOULD LIKE TO WISH OUR READERSHIP

A HAPPY & PEACEFUL FESTIVE SEASOI

See you all in 2024! BRENDAN, PAUL AND THE ROSE TEAM



WELCOME to the last Rose of 2023. On the rugby front, November has been a decent month with good wins against Watsonians, GHA and GHK. A disappointing second half cost us the game against Biggar, although we kept on going to the end and did manage a try scoring bonus. Keiran Clark's touch down in that game must surely be a contender for Try of the Season.

There's plenty to look forward to at the Greenyards in

December. Amongst other things, there's a Christmas Market on Friday 1st starting at 6pm which aims to raise funds for the upcoming P7's tour.

Numbers in the Youth Sections at the club this year have exploded. Compared to this time last year playing numbers are up 156%. That's a huge increase and thanks must go to the hard-working youth committee for all their efforts both on and off the pitch.

Saturday 9th December is likely to be a very busy day. Highland Rugby Club are the visitors on the pitch and off field we welcome our players' sponsors for lunch. After the game, in The Ned Haig Bar, we'll hold a Pensioner's Party. Entertainment is already arranged with Jack Dobbie confirmed as the singer. It promises to be a great day.

Our traditional Boxing Day game against neighbours Gala returns to the Greenyards on the 26th, a chance to get out from in front of the tele, see some rugby and catch up with friends. Stovies will be on sale in the clubhouse after the game.

Thanks to all the folk who have contributed to and help produce the Rose over the past year. There's a huge amount of work that goes into its production and it is greatly appreciated by the members who read either the printed or online version.

Finally, and although a bit early, I'd like to wish all members a very Happy Christmas and a great New Year.

Hopefully I'll see you in the clubhouse soon

GRANT HOGG PRESIDENT, MELROSE RUGBY











JAMES BROWN

BRENDAN MOLLOY TALKS TO JAMES BROWN...

I had the pleasure recently of sharing a coffee with James Brown, star 1XV winger and Games Coach and Geography teacher next door at St Mary's School, Melrose. James will be leaving us shortly for an adventure of a lifetime, but more of that later. We first talked about his background and upbringing... "I'm from Trinity in Edinburgh originally, and I've been in Melrose for about ten years. I was educated at the Edinburgh Academy, and then did a degree in Geography at the University of Dundee. I started playing rugby at the age of 7, always on the wing as I was never the biggest. My highlight was captaining the Fourth XV. I loved it, we had freedom, no pressure or expectations, we just had good fun. At Dundee, I played for the Seconds, but nothing serious. There then followed a period of soul searching and trying to figure out what to do with my life. I applied for the role of Graduate Teaching Assistant and a Games Coach position at St Mary's in 2014 and miraculously Liam Harvey offered me the job. From there, I attended the University of Buckingham for my Teaching Qualifications, and I've been at St Mary's teaching full-time since 2016."

And Melrose Rugby?

"Richard Mill, a colleague at St Mary's and player of the Melrose 1XV, was a great influence. A bunch of us (including Richard, Donald Crawford, Blair Roden and Austin Lockington) took part in the Colonsay 10s Tournament in 2015 for a laugh! Turns out we won, and I was awarded the Golden Boot for most tries scored! Richard convinced me to join the Melrose Storm, which turned out to be a great move as we were unbeaten for three seasons. Then came the Super Six, and the majority of us found ourselves promoted to the 1XV, where I have been since."

So you've had some coaching and guidance along the way?

"Liam has been so supportive and understanding. He's encouraged me to stick at it (teaching and rugby) in good times and bad. Both he and Moff (Rob Moffat) have been amazing mentors. Liam has steered the school in an amazing direction, and has built a great positive environment around the school, the town and the club.

So you're the most popular player in the senior squad, you are loved by the children and teachers (including the Headmaster)....why on earth are you leaving?

"Yeah, it's hard to talk about this without getting emotional. I realise it's so rare to be so appreciated. But I'm 31 and I want to spread my wings, and develop my teaching abilities. I could happily stay here for the next 30 years, but I would always wonder about the big world out there. So, my girlfriend Hollie and I are trekking around Eastern Asia for the next 6 months. I'm a big Lord of the Rings and Tolkien fan, so this is my Bilbo Baggins moment!"

Share some lessons from your time in Melrose...

"I'm so privileged to have been part of St Mary's and Melrose Rugby. I come across as confident, but I do worry a lot under the surface. One of the biggest things I will take away is not to let your worries become overbearing. Park them, don't wrestle with them. Don't be afraid to seek reassurance from people in your social circle. Play to your strengths and manage your worries. I'm an average rugby player, but I'm physical, I'm quick and can tackle well enough. I own these."

And in teaching?

"I'm still learning my trade, but I like to be real with the kids. I like to have a laugh and not take things, or myself, too seriously. Teaching is a display of humanity and emotion, but, as with rugby, you want to create a culture where everybody wants to

... I'VE LOVED MY LAST TEN YEARS IN MELROSE. IT'S BEEN AN HONOUR AND A PRIVILEGE TO HAVE BEEN PART OF ST MARY'S SCHOOL AND MELROSE RUGBY..."

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improve themselves. I own my own mistakes and shortcomings, but I push forward at what I'm good at."

Give us three of your highlights from your time in Melrose...

"I've loved organising the Bull Run. For the uninitiated, this is where Melrose Rugby and Southern Knights players dress up as either Bulls or Bull Runners, and go around the local pubs, before ending up back at The Greenyards I loved the buzz of anticipation, and it helped foster a sense of team with the Knights lads."

"Our 2022 Tour to Canada was something special. I loved it, and it was a great to have been part of it."

"The third highlight is a Monday Assembly at school, when I've been playing the previous Saturday at The Greenyards, and the kids are giving me a good ribbing for mistakes I made or balls I dropped. Hilarious!"

Finally, James, any parting messages to your friends at Melrose?

"I've loved my last ten years in Melrose. It's been an honour and a privilege to have been part of St Mary's School and Melrose Rugby, and to have become an honorary Borderer. I've been so happy here, which is a rare thing. I will miss it so much."

Thank you, James, and all the best for the future.

James with former

Angus Inwood

St Mary's colleague











YOUTH RUGBY - WARWICK VISIT

A ROARING

WARWICK SCHOOL'S SECOND ANNUAL VISIT TO MELROSE RUGBY

BY MIKE DALRYMPLE

WEDNESDAY, 1st November marked a day of camaraderie, laughter, and some fierce rugby as the S1 & S2 Melrose Wasps welcomed back Warwick School for the second year running.

It seems our English friends just can't resist the allure of the Scottish Borders, and who can blame them? With rolling hills, a touch of that famous Scottish mist, and the promise of a free-flowing rugby contest, it's a recipe for a cracking good time.

From Rob Moffat's first whistle at around 3pm to Key Broon's last at well after 5:30pm, the lights and the rugby shone on a murky evening at the Greenyards and the standard in all three games was electric.

Cameron Shand deserves a standing ovation for again co-ordinating arrangements between the Wasps and Warwick School's tour company. Cameron, our unsung hero behind the scenes, made sure everything fell into place like a perfectly executed line-out. It's like he had a secret playbook for this, and we're just lucky to be on his team.

Coordinating the catering for a horde of 100 hungry teenagers and their coaches is no small feat and the incredible meal that Ally Leach and Jenny Erwin put together was made to look easy, thank you to both. The only thing faster than our wingers on the field was the speed at which those plates were cleared. And speaking of clearing, the help from Tom Little, Stuart Cook, Craig Lewis and the first aiding, photographing, pot washing magician that is Dave Williams was really appreciated. Dave's fabulous photos of the day mean that we have colourful reminders of the memories made to share forever.

A huge word of thanks to lan Cooper who delivered a fascinating talk on the heritage of Melrose Rugby. Picture this: a group of wide-eyed teenagers hanging on every word about the rich history of our club. Ian turned a Wednesday evening into a story that no one wanted to end – a great success.

With full bellies, we gathered to celebrate the spirit of the game and recognize outstanding players. The awards saw Koby Utterson, Luke Butler, and Archie Nairn steal the spotlight, earning accolades for embodying the Melrose brand of running rugby. They didn't just play; they rumbled, rocked and rolled their way across the pitch, leaving opponents in their wake. Our players nominated Jamie, Ollie and Sam from Warwick as stand out players who each took away a pair of Melrose socks to train in.

Special kudos to Warwick School for being good sports and honouring our lads with Warwick souvenirs. They left the Greenyards with a Melrose plaque as a token of our appreciation and a reminder that, while the competition may be fierce on the field, off the pitch we're all part of the same rugby family.

As a rather long-in-the-tooth youth coach, it seems to me that these types of activities are the ones that make special memories for our players and are really worth doing. Wouldn't it be fantastic to work with Warwick School to make this an annual tradition? May the Rugby Gods bless us with many more years of spirited matches, camaraderie, and the occasional post-game banter.

To Cameron, Ally, Jenny, Rob, Key, Ian, Tom, Craig, Stuart & magician Dave – you're part of the reason that we are able to keep this rugby heritage alive and well, so thank you all. Until next year, when we hopefully do it all again, let the Wasps rugby adventures continue.











AS WELL AS the Warwick games, we've also got a few highlights to share from elsewhere in the Youth section.

....**THE U13S**

HAVE NOW

OF WINS IN

COMPLETED A

CLEAN SWEEP

THE BORDERS

TOWN V TOWN

CONFERENCE

THIS YEAR...."

The teams have been training hard, supporting one another, and getting some great results into the mix. We saw the U13s win 70-19 at Kelso, the U15s 40-14.

The U13s have now completed a clean sweep of wins in the Borders Town v Town Conference this year. Well done to every single player on working hard for each other at training and in games.

We also saw a strong turnout from the Queen Bees

at Kelso at the end of last month. They took a big squad and had three games – getting two wins and a draw. Their coach, Bryony Hawthorne reported that the girls showed great team spirit and played well.

As the weather gets a bit colder and Christmas approaches, we have lots planned for December at the Greenyards. There'll be Christmas parties for the younger ages and on Friday 1st, we will have a Christmas Market down at the Greenyards with lots of local traders, mulled wine and a Santa's Grotto. If any of you (including any of the older kids) would like to help out with the kid's parties, just let your parent representative or team coach know and they'll put you in touch with the organisers.

Lastly, if any of our young players have updates from training or matches that they'd like to see featured on The Rose, just send them through to me on Teamo or give them to your coach to pass on.















- The -GREENYARDS MELROSE







...EVERY RUGBY

MATCH NEEDS

AND, WITHOUT

SOMEONE TO

TAKE ON THIS

TASK. PLAYERS

WILL SIMPLY NOT

GET A GAME...."

A REFEREE

REFERREE SPOTLIGHT

HAVE YOU GOT WHAT IT TAKES TO BE A REF?



AS THE Rugby World Cup is quickly fading into memory, one of the main talking points was the quality of the officiating. Lots of comments about refereeing in general and it has to be said the vast majority from people who have never been in the middle of an Under 10's game, far less a World Cup Final.

What if even a small percentage of these people got off their chairs and got involved, how much easier it would be for all the Referee Societies!

In this article I hope to help people understand the need for referees and the process to become qualified. Also of huge importance is the support and additional training that people receive, as well as the opportunities that can arise. Most importantly though is the enjoyment one can get from refereeing.

Every rugby match needs a referee and, without someone to take on this task, players will simply not get a game. Stop and think for a minute how that would affect your club. No mini-rugby which

mSafetu

means no players coming through to the Under-18 ranks and then on to your senior team.

> So how do you become a referee? Well, the first step is to speak to either your club's Development Officer or to contact the Border Referee Society directly. Next stage is to attend an 'Introduction to Match Officiating' course which is held within the Borders as the need arises. In addition, there is an online course to complete.

Once you have undertaken this course, you can either help out at your local club or hopefully become a member of the Referee's Society. It is always a good idea to try and referee some games at your local club or school first to gain some experience. Your home club will be more than happy to help you with games and if they contact the Referee's Society we can send one of our coaches to come and give you some pointers.

As you get more comfortable, you will be allocated matches at Under-18 level. The first few games you do for the Society you will have the support of one of the Society

> coaches who will go with you to games. Once you and your coach feel you are comfortable. you will 'fly solo', but will still be occasionally watched during the season.

> From there you can referee up to Border Junior League locally. If you are still keen to progress the Society would propose you for the Scottish Rugby Transition Panel where you will be allocated to games in other parts of Scotland and hopefully then progress to the SRU Panel of Referees. This will then see you take charge of games up to Premiership level, and beyond if you are good enough.

Other benefits to being a Society member include exchange trips if you are interested. We currently have ongoing exchanges

with the Netherlands and New York, so there's a great chance to see other parts of the world. Also, the Kings of the Sevens are a great way to be involved in great tournaments as Assistant Referees.

Refereeing is a good way to keep fit and stay involved in the game, whether you have played or not. Whilst we would love people to be available every week, we are always happy to welcome people who can commit to whatever they can.

Rugby needs referees to survive and the more we have available, the better it is for everyone. Why not give it a try? You might find you really enjoy it and want to go further.

> BY IAIN HEARD, BORDERS **REFEREE SOCIETY**



EMBRACING THE WHISTLE MY JOURNEY FROM THE BORDERS TO INTERNATIONAL OFFICIATING

I WANTED to share a little bit of my journey from the fields of Galashiels Academy to becoming a pro ref. It's a story of unexpected opportunities, challenges, and an unwavering love for the sport that has shaped my life.

My journey into refereeing kicked off at the age of 23 during a Gala 1st XV match against Currie. Fate had it that the appointed referee got injured after just five minutes. Seizing the moment, I stepped up and took charge of the Premiership game, a decision that would shape my future. Those minutes with the whistle in

hand ignited a passion that would lead me to become Scotland's first professional rugby referee.

As a PE teacher, I found joy in officiating various sports such as tennis, basketball and volleyball. But it was rugby that captured my heart, and I embraced the challenges and rewards that came with being a referee. Each match offered new lessons and experiences that deepened my understanding of the game.

One of the highlights of my career occurred in 2007 when I officiated South Africa versus Samoa at Johannesburg's Ellis Park. The pressure was intense,

but the experience was unforgettable, and I had the ability to handle high-stakes situations at the international level.

Officiating the All Blacks versus Romania during a World Cup was another highlight. It wasn't just about officiating a match; it was about being part of the global rugby spectacle and contributing to an exciting global competition.

HIGHLIGHTS OF MY CAREER **OCCURRED IN** 2007 WHEN I **OFFICIATED** SOUTH AFRICA **V SAMOA AT JOHANNESBURG'S** ELLIS PARK "

...ONE OF THE

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FORMER INTERNATIONAL **REFEREE MALCOLM** CHANGLENG



MALCOLM'S ADVICE FOR **BUDDING REFEREES**

For those of you aspiring to follow in my footsteps, this advice I can offer some advice:



Watch a lot of rugby, learn the laws, and build relationships with players, coaches, and fellow referees. Respect is paramount, and engaging with club coaches and players will provide valuable insights into the game.



Staying fit and dedicating some time to continuously learn the evolving laws and trends in the game are essential. The Borders Referee Society, which supported me throughout my career, offers valuable advice from senior officials and provides the necessary kit.



Enjoy refereeing at any level, whether it be senior rugby or youth rugby. The joy you find in officiating will fuel your passion to drive your journey forward.



I encourage anyone who is keen to go for it and see where you get to! It certainly helps fitness and keeps the mind sharp! Remember that the whistle you hold in your hand has the power to shape not only the game but also your own remarkable journey.



FAREWELL **KNIGHTS LEVIS CARMICHAEL**



THE SOUTHERN KNIGHTS bade farewell to forwards coach, Lewis Carmichael this month.

Lewis joined Melrose Rugby as an eighteen-year-old from North Berwick, making his first league start against Edinburgh Accies at the Greenyards and going on to win the Premiership that season, just pipping Gala to the title by 1 point. Lewis signed for Edinburgh in 2016, playing 47 times for capital team before heading to Western Force in Western Australia on Ioan in 2017. He won his first of two international caps against Canada and USA, scoring a try on his debut in 2018 and later announced his retirement from rugby in 2021 due to injury.

> Lewis joined the Knights as forward's coach in 2021 and was instrumental in helping them reach the Championship final that year. He has formed a fantastic coaching partnership with head coach Alan Tait and attack coach Scott Wight, with the group narrowly missing out on a playoff spot this season.

> Everyone at the club wishes Lewis all the best for the future and we look forward to welcoming him and the family back to the Greenyards in the not-too-distant future!

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IN TODAY'S world marked by turmoil and strife, stories of resilience and triumph serve as beacons of hope. The tale of two Syrian brothers, Omar and Ahmad Darwish, who fied Aleppo in the midst of the Syrian wars, is one such story that unfolds against the backdrop of adversity. Their journey, from the war-torn streets of Aleppo via Damascus to the tranquil landscapes of the Scottish Borders, is a testament to the indomitable spirit of those who seek refuge in foreign lands.

A DESPERATE EXODUS

Omar, the younger of the two brothers, is profoundly deaf, adding an extra layer of challenge to an already arduous journey. Ahmad, his older brother, bears the scars of the Syrian wars, haunted by the traumas of the conflict that forced their family to abandon their home in Aleppo.

Eight years ago, the brothers found themselves in Galashiels. The warm welcome they received from the local community and the opportunities that awaited them at Galashiels Academy marked the beginning of a new chapter in their lives. It was here that they discovered the transformative power of rugby, a sport new to them, but that would become their passion and a source of healing and camaraderie.

RUGBY AS A CATALYST FOR CHANGE

Galashiels Academy provided the brothers with more than just an education; it offered them a sense of belonging. The rugby field became a sanctuary where language barriers dissolved, and the shared love for the game forged bonds that transcended cultural and language differences. Both Omar and Ahmad found comfort in the challenges that the game of rugby demanded. The brothers joined Gala Wanderers Under 18s. The team, which was composed of boys from diverse backgrounds, embraced the newcomers, recognising the strength that lies in unity. Under the guidance of dedicated teachers and coaches, and with the support of their teammates, Omar and Ahmad fourished both on and off the field.

...THE WASPS V WANDERERS MATCH WAS NOT JUST ABOUT RUGBY; IT WAS A CELEBRATION OF THE HUMAN SPIRIT'S ABILITY TO TRIUMPH OVER ADVERSITY..."

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THE JOURNEY TO THE GREENYARDS

One highlight of the boy's rugby journey happened in October when Gala Wanderers faced off against close rivals Melrose Wasps, in a town with a rich rugby tradition, at the prestigious Greenyards. This historic venue holds a special place in Scottish rugby, as the Home of Rugby Sevens and for Omar and Ahmad, it symbolised the culmination of their hard work and determination. As the first fully deaf player and first Syrians to grace the Greenyards, Omar and Ahmad's presence marked

> a historic moment in Scottish rugby. Their journey from Aleppo to the hallowed grounds of Melrose showed how the power of rugby can overcome adversity and foster inclusivity. The match had grit, determination, and sportsmanship. Gala emerged victorious, and the contribution of Omar and Ahmad did not go unnoticed. Both brothers played a crucial role in the team's success.

A TRIUMPH OF THE HUMAN SPIRIT

The Wasps v Wanderers match was not just about rugby; it was a celebration of the human spirit's ability to triumph over adversity. Omar's deafness and Ahmad's scars from his Syrian journey acted as a source of strength for the Gala team. Their journey from war refugees to rugby players on the Greenyards serves

as a powerful reminder of the resilience that exists within individuals who dare to dream against the odds. The story of Omar and Ahmad is a poignant reminder that amidst the challenges and tribulations of life, there exists the potential for remarkable transformation. From the war-torn streets of Aleppo to the hallowed grounds of The Greenyards, these brothers have not only found a home in Scotland, but have also become an integral part of the Gala team and the local community that values diversity, resilience, and the unifying power of sport.

Omar.



MOVEMBER

MOVEMBER WITH DOUGLAS CRAWFORD

FOR MOVEMBER this year, as part of the club's Well'Rose project, the senior squad alongside some of the other Borders clubs, have been growing rather suspect facial hair to raise money for local mental health charity Quarriers.

Quarriers Resilience for Wellbeing Service supports young people across the Scottish Borders to aid and improve their mental health. Simply put, they are there to guide and help young people to cope and manage when times are tough.

More recently, the service has formed a strong partnership with the youth rugby clubs in the Borders, including our own Melrose Wasps.

Together with the clubs, Quarriers are breaking down the barriers that prevent young rugby players from seeking support and helping the clubs to create a positive culture for mental health within their rugby communities. About 20 of the senior squad have doing their "best" to try and grow a 'Mo'. The results have been well... mixed (judge for yourself - see pictures). While the moustaches might not be helping our players appearances, the cause they are supporting will go a long way to helping a huge number of young people across the Borders to access the support they need. It's not too late to donate using the QR code attached.

We asked some of the squad for their moustache views....

I ACTUALLY LOVE MY NEW MOUSTACHE, AND I THINK I WILL **KEEP IT**"

IT'S A GOOD TALKING POINT AND MIGHT HELP IT'S PROVEN POPULAR OPEN UP MUCH NEEDED CONVERSATIONS **ABOUT MENTAL HEALTH"**



CONNOR SPENCE

















NOT A FAN OF THE TACHE, BUT IT'S FOR A GREAT CAUSE"

BEN MCLEAN



















"YOUR CLUB NEEDS

MELROSE RUGBY cannot function without the selfless work of volunteers. Working alongside club staff, players and coaches, volunteers give up their free time to give back to the sport they love or just to make a difference within the community. The club has a number of specific volunteer roles to fill – would you be interested in taking on one of these challenges?

CLUB SHOP MANAGER

VOLUNTEERING

This volunteer role is needed to manage and control the many demands from teams across the club for new kit. Liaising with Border **Embroiderers and Team** Managers to ensure all players are properly kitted out.

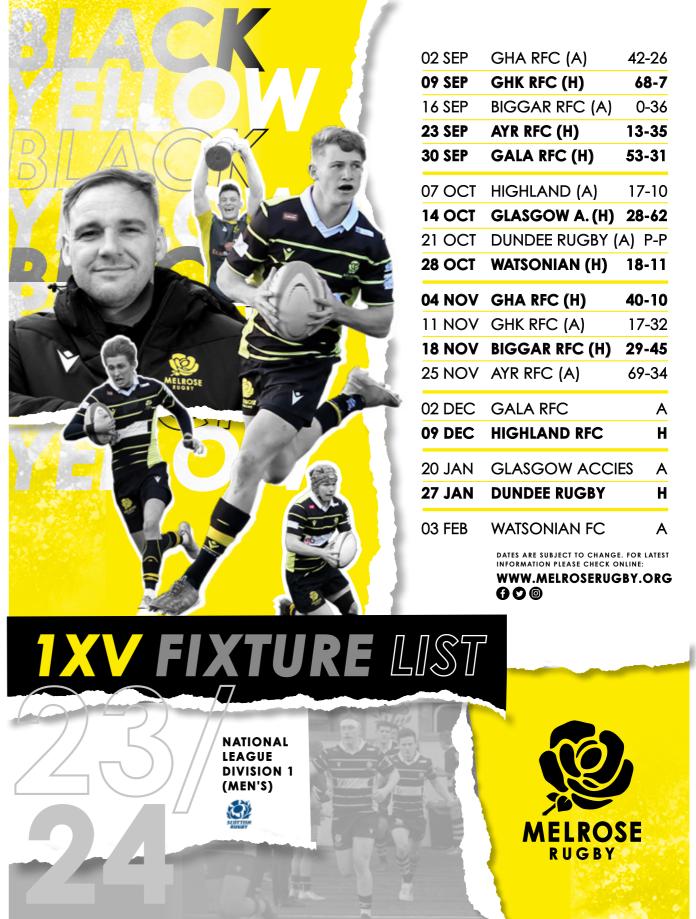
EVENTS COORDINATOR

The Greenyards is a venue for a wide range of events, from pre-match hospitality, hosting visiting teams, fundraisers for the Youth Section, etc. All these events need to be scheduled, planned and delivered by Event Managers. This volunteer role is responsible for setting up and coordinating one overall schedule of events, and communicating with all stakeholders across the club.

EMBERSHIP SECRETARY

Working with a hard-working team of volunteers from the club, this new role coordinates the different aspects of membership renewal and the growth of the membership. This person would be responsible for reaching out to existing and new members and keeping the club informed of opportunities and barriers.

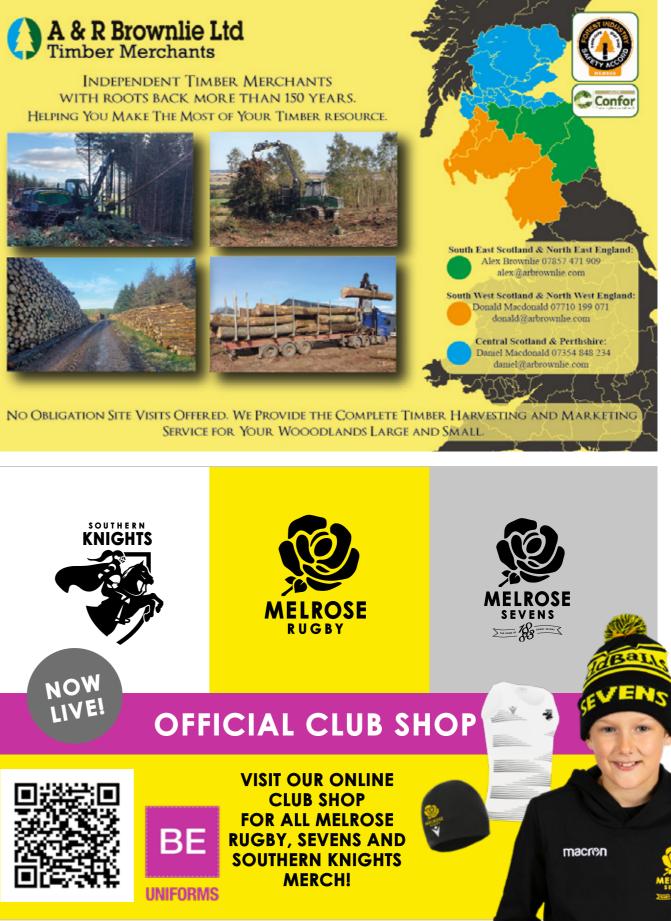
These roles are essential for the smooth running of the club. If you are interested, and have some free time to help, please contact Club General Manager Kieran Cooney on skgm@melroserugby.org



02 SEP	GHA RFC (A)	42-26
09 SEP	GHK RFC (H)	68-7
16 SEP	BIGGAR RFC (A)	0-36
23 SEP	AYR RFC (H)	13-35
30 SEP	GALA RFC (H)	53-31
07 OCT	HIGHLAND (A)	17-10
14 OCT	GLASGOW A. (H)	28-62
21 OCT	DUNDEE RUGBY (A) P-P
28 OCT	WATSONIAN (H)	18-11
04 NOV	GHA RFC (H)	40-10
11 NOV	GHK RFC (A)	17-32
18 NOV	BIGGAR RFC (H)	29-45
25 NOV	AYR RFC (A)	69-34
02 DEC	GALA RFC	А
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20 JAN	GLASGOW ACCI	ES A
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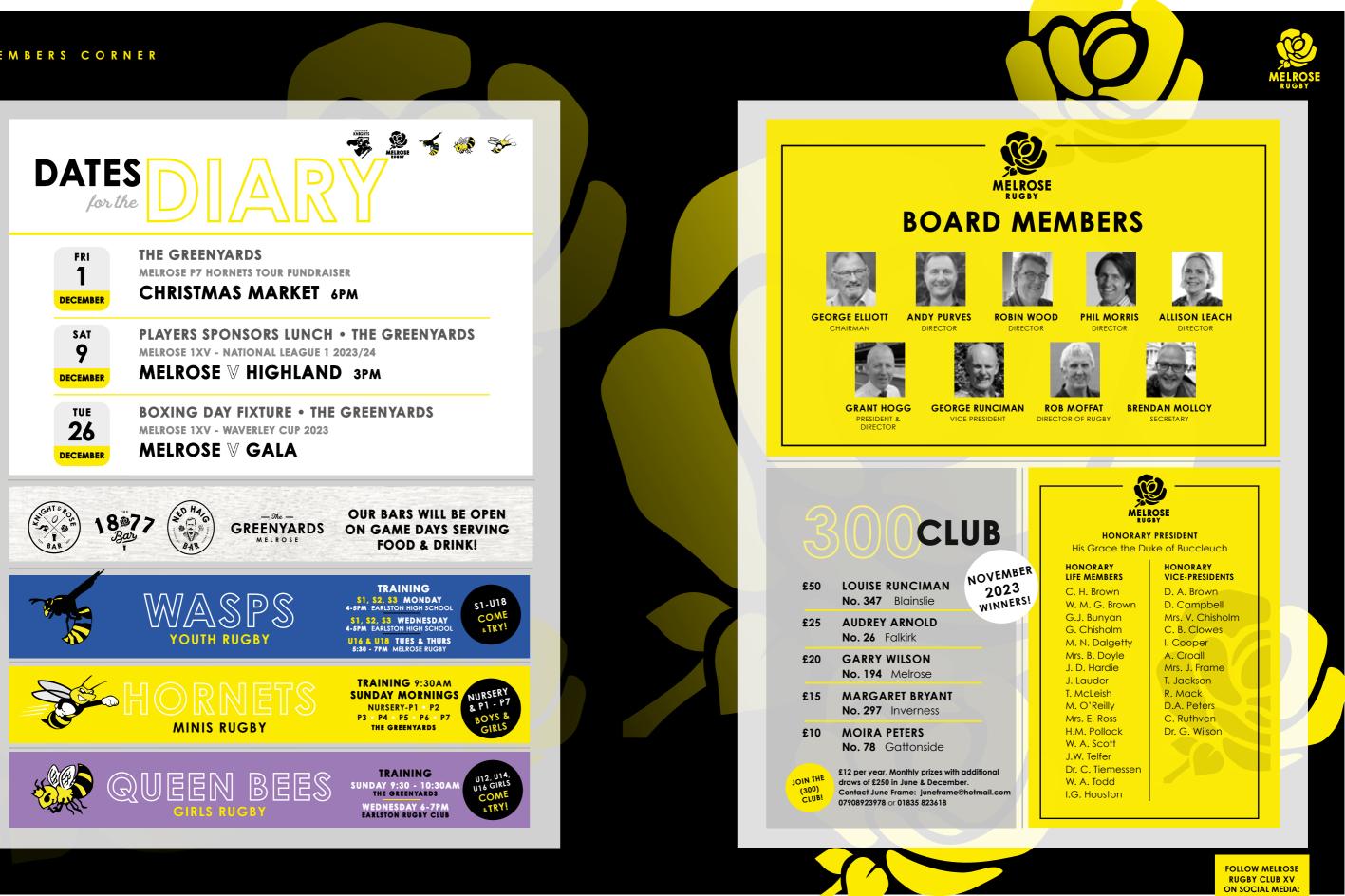




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MEMBERS CORNER





NOVEMBER/DECEMBER 2023

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So whether you are a local to Melrose, a passing visitor or traveler from afar, all are welcome to pop in and see the range of facilities we have to offer and we look forward to seeing you soon.

10% DISCOUNT ON FOOD FOR BORDER RUGBY CLUB MEMBERS*

*Proof of a valid membership card is required

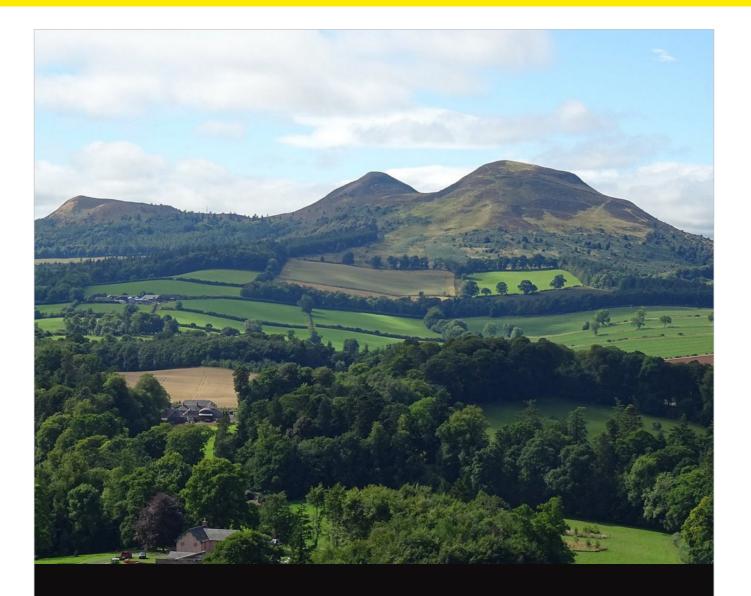
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The Greenyards 3G pitch is used by Melrose Rugby's 1XV, Storm and age grade teams as well as the club's part-time pro FOSROC Super6 side, Southern Knights. The community pitch is also used by football and other clubs/groups via Live Borders.

ze: 2280mm wide x 850mm deep.	
EW BOARD & DISPLAY: £500 + VAT ENEWAL OF EXISITING DISPLAY: £350 + VAT	



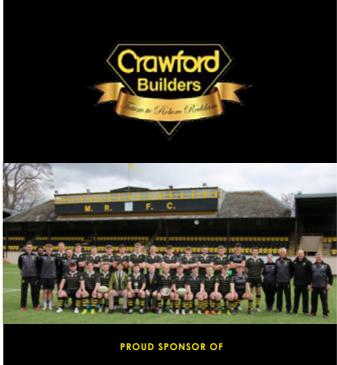
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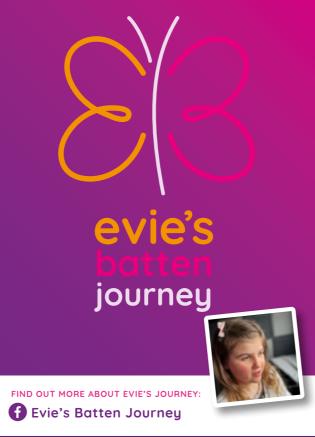
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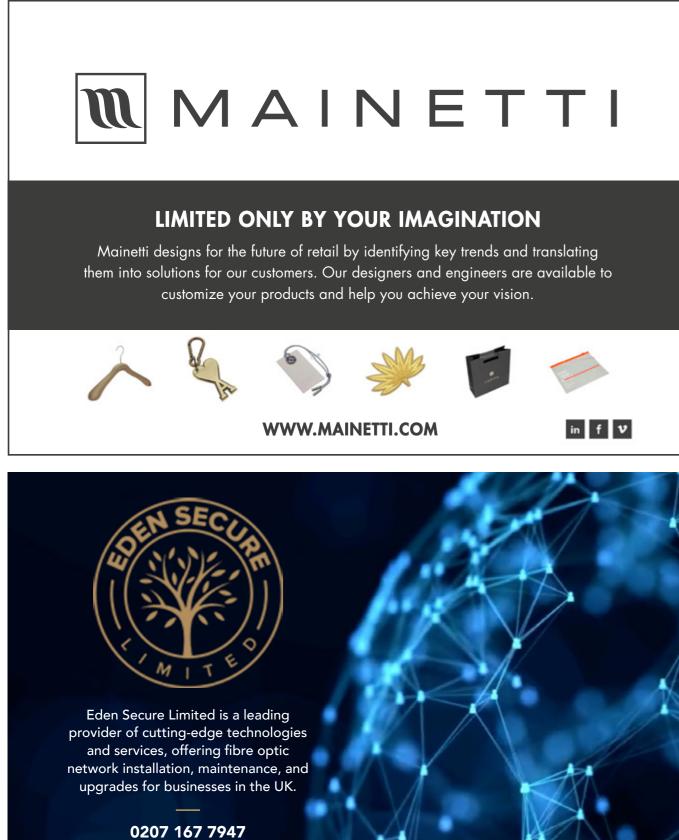
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