

## Solway Coast A.O.N.B.

### SOLWAY COAST AREA OF OUTSTANDING NATURAL BEAUTY

Do you have a little spare time on your hands, and are you keen to play a part in what happens in the countryside around you.

Would you like to meet people who do care about what happens to the environment?

Would you like to be part of a team of volunteers who can make a difference by simply donating a few hours of spare time, assisting with many varied projects along the beautiful Solway Coast? Projects which include,

Countryside Management, Bird Watching Surveys, Car Park Surveys, Historic Research, Guided Walks, Cycle Tours, Tree Planting, Nature Reserve Management and much more

If the answer is yes to the above questions then we would like to hear from you contact Graeme Proud or Rose Wolfe at the Solway Coast AONB Unit Liddell Street, Silloth. Tel 016973 33055. Email graemeproud@solwaycoastaonb.org.uk

## Solway Community School

Last month year 7 and 8 attended a presentation and follow up workshops on the theme of Alcohol abuse and Anti-Social Behaviour presented by the Cragrats Theatre group. This event was sponsored by Cumbria Police Force and is designed to raise awareness and to give students skills to make the right decisions on these important issues.

Both year groups enjoyed the presentation immensely and benefited from the workshops. Thank you to Cumbria Police and the Cragrats.

### Staff Receive Honours

We are delighted to offer our congratulations to two members of staff, Mr C Agnew and Mr B Green, who were among the first civilians to be awarded the Queen's Jubilee Medal for their services to the Mountain Rescue.

Here in Cumbria the dedication of the members of the Mountain Rescue teams are both highly valued and appreciated.

It is a privilege to have them as part of our staff.

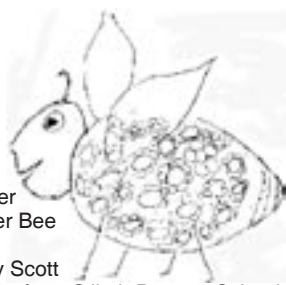
## Clive's Shape 'n' Style

### Matrix Appointed Salon

Unisex hairdressing salon  
& sunbed parlour

30 Eden Street  
Silloth  
CA7 4AD

Tel: 016973 31378



Flower Power Bee  
by  
Emily Scott  
aged 7 from Silloth Primary School

## On the Waterfront by Tommy Legs

### ON THE WATERFRONT by TOMMY LEGS.

April proved to be another busy month with ten ships visiting the port.

The first vessel was the Dutch vessel LAURINA with fertilizer from Ijmuiden, closely followed by the Russian BALTISKIY 202 with fertilizer from Klaipeda in Lithuania.

Next was the small old type Scottish "puffer" NORD STAR, who loaded a cargo of bagged fertilizer for the Isle of Islay, it must be one of very few left and still working.

The regular BEN ELLAN then brought a cargo of wheat from Seaforth, Liverpool.

We then had the now quite usual sight of two Arklow Shipping vessels lying together in Silloth, the ARKLOW MILL from Ijmuiden with fertilizer and the ARKLOW MARSH with fertilizer from Ghent.

The LAURINA arrived for the second time this month with fertilizer from Terneusen, on the Ghent Canal.

Next was the Russian SHEKSNA with fertilizer from Muuga and the German DORNUM with wheat from Rostock.

Finally the BEN ELLAN brought another cargo of wheat from Seaforth, Liverpool.

## Silloth Tide Table

### APRIL 2003 TIMES OF HIGH WATER AT SILLOTH

(Courtesy of A.B.P. Silloth)  
Times in G.M.T. (add 1 hour)

Heights in metres				
	Time	Ht	Time	Ht
1st. Sun.	0004	6.7	1225	6.6
2nd. Mon.	0036	6.7	1301	6.5
3rd. Tues.	0112	6.6	1339	6.5
4th. Wed.	0151	6.5	1420	6.3
5th. Thur.	0233	6.4	1505	6.1
6th. Fri.	0322	6.2	1557	5.9
7th. Sat.	0418	6.0	1657	5.6
8th. Sun.	0523	5.9	1806	5.6
9th. Mon.	0633	6.0	1916	5.9
10th. Tues.	0738	6.3	2019	6.3
11th. Wed.	0841	6.6	2116	6.7
12th. Thur.	0937	7.1	2207	7.2
13th. Fri.	1029	7.4	2255	7.5
14th. Sat.	1120	7.5	2342	7.6
15th. Sun.	****	**	1209	7.5
16th. Mon.	0028	7.6	1259	7.4
17th. Tues.	0117	7.5	1349	7.1
18th. Wed.	0207	7.3	1438	6.7
19th. Thur.	0256	7.0	1528	6.3
20th. Fri.	0346	6.5	1619	5.9
21st. Sat.	0440	6.1	1715	5.4
22nd. Sun.	0539	5.7	1817	5.2
23rd. Mon.	0643	5.5	1920	5.2
24th. Tues.	0743	5.5	2017	5.3
25th. Wed.	0839	5.6	2108	5.6
26th. Thur.	0928	5.9	2151	6.0
27th. Fri.	1012	6.1	2231	6.3
28th. Sat.	1052	6.3	2307	6.5
29th. Sun.	1130	6.4	2344	6.6
30th. Mon.	****	**	1207	6.5

Sunflower, Buttercup  
Honnysuckle & Daisy



by  
Suzannah Bowness  
aged 11  
from  
Holm Cultram Abbey  
School

## Winters Post Office

Newspapers ~ Magazines  
Sweets ~ Rock Novelties  
Gifts ~ Toys  
Greetings Cards ~ Postcards  
Fax & Photocopying service

Eden Street ~ Silloth (opposite the Golf Hotel)  
Shop: 016973 31323 ~ PO: 016973 32957