

## Local Tradesmen

### Ceramic Tilers

**Alaric Weightman**  
Tel: 016973 32779  
Mobile: 077 0898 2355  
Over 20 years experience  
Free advice & estimates  
Discounts for locals  
All work guaranteed

### Decorators

**Frank Daly**  
Holly Cottage  
Blitterlees, CA7 4JR  
Tel: 016973 32575  
For traditional service and value.

### Peter Farrier

The Garth  
Blitterlees, CA7 4JN  
Tel: & Fax: 016973 33039  
Papering, paint effects, coving, tiling & DIY  
25 years reliable service.

## Frank Day

### Decorator

C&G Advanced 1st Class  
F.T.C. 1st Class  
Time Served  
40 Years Experience

Tel: 016973 31649

### Domestic Appliance Repairs

**Bill Lewis**  
43 Wampool Street  
Silloth, CA7 4BN  
Tel: 016973 31786  
Cooker & Washing machine repairs, etc.

### Electricians

**Steven Henderson**  
Electrical  
2 Petheril Street  
Silloth, CA7 4DH  
Tel: 016973 31163  
No job too small

**Shaun Bell Electrical Engineer**  
Domestic, Industrial & Commercial Installation  
Maintenance & Testing  
Tel/Fax: 016973 31048  
Mobile: 077 2043 5458

### Garden Services

**Garden & Countryside Services**  
Contact Ed Birkett  
Tel: 016973 42471  
Mob: 079 6906 3747  
Garden maintenance, landscape design, dry stone walling.  
Fully insured.

### Joiners



## All Aspects Artisan Carpentry & Joinery

4 Esk Street ~ Silloth ~ CA7 4EQ  
Tel Mobile: 077 4633 5163  
Nick Lamb

Extensions - Roofing - Loft Conversions

Purpose fitted furniture  
Kitchen & Bathroom installations  
Ceramic tiling

Fully qualified and time served

Any job considered - no matter how small!

### Joiners Contractors Funeral Furnishers

## William Scott & Sons

Harbour Workshops  
Silloth

Tel: 31173 or 31398

### Motor Engineers

## Scott Wilson

### Motor Repairs & Car Sales

Workshop: 016973 31550  
House: 016973 33081  
Mobile: 077 1253 7455

Servicing ~ Brakes ~ Tyres  
Exhausts ~ Suspension  
Clutches ~ Pre MOT Checks

40 point checks carried out  
free of charge

Over 12 years  
Professional Experience

Member of the  
Institute of the Motor Industry

### Plumbers

**G & T Plumbing**  
Greenbank House  
Barracks Bridge  
Silloth, CA7 4NN  
Tel: 016973 32049  
Mob: 078 3581 0917  
Plumbing, Bathrooms,  
Tiling, etc.

### Ironwork

**Greg Wilson**  
Mobile: 077 1504 6769  
Tel: 016973 31792  
Gates & Railings  
General Welding and  
Repair Work

### Printers

## S & A PRINTING

of Skinburness

\* YOUR LOCAL PRINTERS \*

Business & Wedding  
Stationery  
Distinctive Business Cards  
(incl. plastic)  
Personalised  
Christmas Cards  
Promotional Items &  
General Printing

Call Stewart or Anne on  
016973 31039

### Window Cleaners

**S.G. Hart**  
6 Burnswark Terrace  
Silloth, CA7 4EF  
Tel: 016973 31517  
Silloth's regular window cleaner since 1974.

## Advertise

in the  
Tradesmens Section  
only

£66

for twelve issues

## Join a Gospel Choir

What? A Gospel Choir for anyone who likes singing to join, with the aim of putting on an Easter concert.

When? Each Friday  
starting from Fri 28<sup>th</sup> January at 7pm

Where? Christ Church Hall, Solway Street

Who? Contact Becky: 016973 31413  
if you are interested

## Green Energy?

Make your New Years Resolution a Green One  
Sign up to a green energy company and enter our prize draw

A new home built on a green, zero-energy design will remain a dream for most of us but there is a lot we can do in our old homes.

A New Year's Resolution needs to be easy to fulfil. Friends of the Earth have recently updated their list of recommended suppliers - there are four recommended green tariffs in England, Scotland and Wales, and one who only operates in Northern Ireland. FoE recommends tariffs which only sell green electricity or produce green electricity in a large percentage of the power stations they own, buy or generate one unit of green electricity for every unit you buy, and hold onto at least some of the proof that they have. If you buy your electricity from one of them, you will really be making a difference by creating extra demand for green energy, and you will help to limit the damage caused by climate change. If you go for any other "green" supplier you are probably paying extra without adding to the market at all.

The recommended

companies are:  
Eco Energy [N Ireland only] telephone 08457 643643  
Ecotricity Old Energy telephone 08000 326100  
RSPB Energy telephone 0800 0288 552  
Good Energy telephone 0845 456 1640  
Green Energy 100 telephone 01920 486156

You can find out more by following the links on the FoE website to each supplier's webpage

[www.foe.co.uk/campaigns/climate/press\\_for\\_change/choose\\_green\\_energy](http://www.foe.co.uk/campaigns/climate/press_for_change/choose_green_energy)

How easy is it to change? One FoE member said 'I signed up with the RSPB scheme and just worked my way through the questions on the website. It worked really easily. I have heard from both my new supplier and my old one and the change over takes about 6 weeks. It couldn't be easier.'

If you join one of the recommended tariffs after reading this, please let West Cumbria Friends of the Earth know. West Cumbria FoE has agreed to put all the names in a hat at the end of February 2005 and draw a winner to be rewarded with a hamper of environmentally friendly goods. Phone 01900 819878 to leave your contact details and the name of your chosen company.



Captin Buzz  
by  
Ashley Little  
aged 9 from  
Holm Cultram Abbey School

## On the Waterfront by Tommy Legs

November was quiet with only five ships visiting the port.

The BEN ELLAN was first from Liverpool with wheat, followed by the ARKLOW SKY with a cargo of fertilizer from Amsterdam.

The NAVIGATOR then brought wheat from Wolgast in Germany.

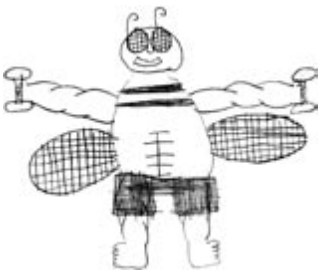
Near the end of the month the LADOGA-3 from Les Sables d'Olonne in France and the MAIKE from Rostock in Germany brought cargoes of wheat.

December was quite busy with seven ships, the first being the molasses tanker BRALANTA from Bremen followed by the BALTISKIY-102 with fertilizer from Ternuezen.

The ARKLOW SKY from Amsterdam and the SCHULENBURGH from St. Petersburg brought cargoes of fertilizer.

Then followed two cargoes of wheat on the BALTISKIY-110 from Hamburg and the REEST from Bonnières in France.

Lastly the large molasses tanker APACHE-1 arrived from N. Shields.



Muscle bee  
by  
Carl Lightfoot  
aged 10  
from  
Silloth Primary School

## Little Acre Awards



Back L-R: Carole Litt, Dot Chambers, Heidi Graham  
Front L-R: Doc Rod Jones, Sam Jameson, Christine Steyert

Great emphasis is placed on the staff training programme at Little Acre and despite being busy preparing for Christmas, nine members of staff successfully completed the Alzheimer's Society dementia care training course "Yesterday Today Tomorrow". Some of them are seen here with their certificates and badges which were presented to them by Dr Rod Jones from Silloth Group Practice.

A number of staff were also presented with certificates in the "Safe Handling of Medicines" which had been achieved through a distance learning programme run by Lakes College.

## Silloth Rotary Centenary

On Friday 25th February, the Rotary Club is holding a great Fund Raising evening of entertainment at the "Sunset" in Stanwix Leisure Centre, West Silloth.

There will be two live bands, a comedian and a disco, all for just £10 per head. Food will also be available.

Tickets, which will be on sale shortly from Rotarians, the Golf Hotel or Oakleaf Hardware, will be limited to 250, so early booking will be advisable.