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Alaric Weightman

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Tradesmen

Where else can you
advertise locally for
only £5.50 per issue
with 4,000 papers being
distributed to all your
customers?

Abbeytown Flower Club

Ruth Pinguey
welcomed the members
and a guest to the March
meeting.

Mr and Mrs J Main
were introduced, they
gave a delightful slide
show entitled 'Through
the Garden Gate'.
Everyone was enthralled
as he showed his garden,
how it developed from a
large patch of grass and
is now a beautiful garden
with interest for all the
seasons. He gave advice
on each seasons plants,
when they flowered and
the type of soil they liked
to give the best results.

Everyone came away
with ideas for change
to their own gardens,
large or small. Lesley
Evans thanked them
for a really interesting
show. Refreshments were
served and a competition
was held for three spring
flowers
1st Phyllis Dockeray,
2nd Lesley Evans,
3rd Freda Archer.

Trawler Race

Change of date and
time!

It seems that an
old soak who must be
renowned for forecasting
the weather well in
advance has decided that
the weather on the 23rd
July would not be quite
perfect, so the Trawler
Race has had to be
delayed by a day.

The Trawler Race is
now on Sunday 24th July
with the judging at 2pm
and the race starts at
2:30pm.

All are welcome to
come along to Silloth
Lifeboat Station for an
excellent view of the
festivities.

Art Exhibition

The Inner Wheel
Club of Silloth-on-
Solway by Ann Bisset

The Inner Wheel
Club are holding
an Art Exhibition
of Watercolours,
Oil Paintings and
Photography, in the
Ballroom of the Golf
Hotel on Saturday 14th
and Sunday 15th May
from 10am to 5pm each
day.

Exhibiting artists
from Silloth include Kay
Ritchie, who will also
be "face Painting" each
afternoon within the
exhibition from 12noon
to 2pm. Frank Reynolds,
Bill Ridgway, Marjorie
Littleton, Susan Lowes
and Elsie Doughty along
with photography by
Peter Cusack.

Also exhibiting is
Judy Currie from the
Isle of Skye who has her
own gallery at the Kyle
of Lochalsh. Andrew
Johnson from Maryport
will be showing an
interesting collection of
Oil Paintings mainly of
the local area.

An admission fee
of £1.00 is payable at
the door, which will
be donated to the
Alzheimer's Society.

On Friday 13th May
a "Preview and Cheese
and Wine Evening" will
be held within the Art
Exhibition from 7:30pm
to 9:30pm, ticket are
£3.75 from the Golf
Hotel and again the
proceeds will go to the
Alzheimer's Society.

Please come along and
enjoy the event in aid
of a very worthy cause,
everyone will be made
welcome.

Silloth Tide Tables

May 2004

TIMES OF HIGH WATER AT SILLOTH

(Courtesy of A.B.P. Silloth)
Times in GMT
(ADD 1hr. FOR SUMMER TIME)

Heights in metres					
	Time	Ht	Time	Ht	
1ST. SUN.	0442	5.8	1730	5.2	
2ND. MON.	0607	5.4	1859	5.2	
3RD. TUE.	0727	5.6	2013	5.6	
4TH. WED.	0834	6.2	2111	6.2	
5TH. THU.	0928	6.8	2159	6.6	
6TH. FRI.	1016	7.1	2241	7.0	
7TH. SAT.	1059	7.3	2320	7.1	
8TH. SUN.	1139	7.3	2356	7.1	
9TH. MON.	****	***	1215	7.2	
10TH. TUE.	0030	7.0	1253	7.0	
11TH. WED.	0105	6.9	1329	6.6	
12TH. THU.	0140	6.6	1405	6.3	
13TH. FRI.	0216	6.3	1443	5.9	
14TH. SAT.	0256	5.9	1528	5.4	
15TH. SUN.	0342	5.4	1620	4.9	
16TH. MON.	0440	5.1	1729	4.7	
17TH. TUE.	0557	4.9	1854	4.7	
18TH. WED.	0717	5.0	2000	5.0	
19TH. THU.	0817	5.4	2051	5.5	
20TH. FRI.	0905	5.9	2133	6.1	
21ST. SAT.	0948	6.3	2213	6.5	
22ND. SUN.	1028	6.6	2251	6.9	
23RD. MON.	1109	7.0	2330	7.1	
24TH. TUE.	1151	7.1	****	***	
25TH. WED.	0011	7.3	1235	7.2	
26TH. THU.	0056	7.3	1325	7.1	
27TH. FRI.	0145	7.1	1417	6.8	
28TH. SAT.	0237	6.9	1511	6.4	
29TH. SUN.	0335	6.5	1612	6.0	
30TH. MON.	0439	6.2	1721	5.6	
31ST. TUE.	0548	6.1	1834	5.5	

NEW MOON - SUNDAY 8TH
FULL MOON - MONDAY 23RD

On the Waterfront

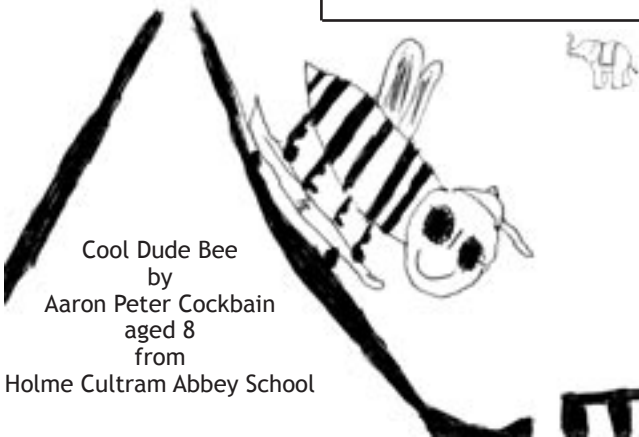
Report by: Tommy Legs

March was a
busy month with 10
commercial ships and
one naval ship visiting
the port.

The first ship was the
ONEGO with paper pulp
from Requegada in Spain
followed by the tanker
ELLEN THERESA
with molasses from
Dublin. Three cargoes
of fertilizer were next
on the CONFORMITY
from Holland, the
EILSUM from Germany
and the TRINITY from
Holland.

The VASILIIY
MALOV brought a
cargo of wheat from
Germany and the
NORDSTRAND a
cargo of fertilizer from
Holland.

At the end of the
month the tanker WEST
STREAM brought
molasses from Holland,
the BEN MAYE wheat
from Liverpool and the
WIEBKE-K fertilizer
from Holland.



Arthritis Support Group

Arthritis Support
Group Wigton

Owing to the absence
of the Chairman and
Secretary, Treasurer
Peggy Bray introduced
Lizzie Smith, Falls
Prevention Co-ordinator
for North Cumbria.

Lizzie used to be a
nurse spending some
time at Highfield, our
local Hospital. She gave
out various leaflets and
then gave everyone a
quiz to do about falls and
there causes. We were
kept guessing, sometimes
right and sometimes
surprised at the answers.
If you are aged over 65
you run a 1 in 3 chance
of falling during the
next year and women are
twice as likely to suffer a
fracture as men. Not all
falls occur as a result of
tripping over objects or
rugs but most do occur in
the home and not always
on the stairs or at night.
Jack Bray thanked Lizzie

for a really interesting
talk.

Joan Thompson and
Mary Piele served the
refreshments while
everyone participated in
a general knowledge quiz
which was won by Anne
Graham. The raffle was
won by Peggy Bray who
had provided the prize so
she drew again and the
lucky winner was Francis
Green.

A short business
meeting followed
informing us that the
speaker for next month
will be unable to attend
and new arrangements
will be made.

A trip has been
arranged for Friday
3rd June leaving the
Stocksman at 1:30pm
to the Keswick area and
back to Waverton where
the W.I. will provide tea.

The next meeting will
be at Loveday House at
1:30pm on Friday 6th
May.