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**A Welcome
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Don't be Shy, just come
and play the games

Silloth Tide Tables

May 2007
TIMES OF HIGH WATER
AT SILLOTH
(Courtesy of A.B.P. Silloth)
Times in GMT

	Heights in metres			
	Time	Ht	Time	Ht
1ST. TUES.	1113	6.6	2329	6.8
2ND. WED.	1145	6.6	2358	6.8
3RD. THUR.	****	***	1215	6.6
4TH. FRI.	0028	6.8	1246	6.5
5TH. SAT.	0100	6.6	1321	6.4
6TH. SUN.	0135	6.5	1357	6.3
7TH. MON.	0213	6.3	1438	6.0
8TH. TUES.	0256	6.1	1527	5.6
9TH. WED.	0349	5.8	1626	5.3
10TH. THUR.	0455	5.4	1738	5.1
11TH. FRI.	0611	5.5	1858	5.3
12TH. SAT.	0724	5.9	2007	5.8
13TH. SUN.	0828	6.4	2104	6.4
14TH. MON.	0923	7.0	2154	7.0
15TH. TUES.	1014	7.4	2240	7.4
16TH. WED.	1102	7.7	2325	7.6
17TH. THUR.	1148	7.7	****	***
18TH. FRI.	0009	7.6	1235	7.6
19TH. SAT.	0054	7.4	1325	7.3
20TH. SUN.	0142	7.2	1414	6.9
21ST. MON.	0230	6.8	1504	6.3
22ND. TUES.	0321	6.3	1559	5.8
23RD. WED.	0418	5.9	1700	5.2
24TH. THUR.	0524	5.4	1808	5.0
25TH. FRI.	0634	5.3	1914	5.0
26TH. SAT.	0736	5.3	2010	5.2
27TH. SUN.	0832	5.5	2100	5.5
28TH. MON.	0920	5.8	2144	6.0
29TH. TUES.	1002	6.0	2221	6.2
30TH. WED.	1041	6.2	2258	6.4
31ST. THUR.	1116	6.3	2332	6.6

FULL MOON-WED. 2ND.
NEW MOON-WED. 16TH.

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On the Waterfront

Report by: Tommy Legs

March was a busy month with nine commercial vessels and the small naval training ship BITER visiting the port.

First were the EXPLORER and the NORDSTRAND both with fertilizer from IJMUIDEN followed by the MARE with fertilizer from Ghent.

The Ukraine molasses tanker ZAPADNY then brought the first of two cargoes of molasses from Bremen and the SILVER RIVER loaded bags of fertilizer for Ramsey.

The ANTARI then brought a large cargo of fertilizer from Ghent and the SANDAL a cargo of wheat from Wolgast in Germany.

Finally, the BEN ELLAN brought a cargo of wheat from Liverpool and the ZAPADNY its second cargo from Bremen.

Hair 4 U

The Blonde Issue

This month I will focus on Beautiful Blondes. Ice Cool Blondes. Rose Blondes. Chalk Blondes. Platinum Blondes. Champagne Blondes. Cool tones intermixed muted and neutral.

With summer just around the corner and as the days get brighter so comes the desire to go lighter.

As usual Victoria Beckham is grabbing such a huge amount of attention with her new sun-kissed L.A. Highlights and a fantastic ultra short hair cut. Check your back issues of the 'Buzz' to see we predicted this look months ago, you don't have to be in the city to

be ahead of the game.

It is the perfect time to give the old brown the boot for summer and add some sun-kissed blonde, with a blonde tone for almost every skin tone you can't go wrong.

Make sure you really look after your hair to stop it turning to straw! Use Clynol Rescue Intensive Conditioner at least once a week. If conditioning is a big issue for you then American Dream Human hair 'clip in' extensions are the perfect solution at under £20, a bargain! Come and see me and try some in. They are fabulous I know you will love them, it costs nothing to look and they worked for Posh

See you soon,
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