

### Buddy Holly Lives



Celebrating 50 years since the release of the classic rock 'n' roll single "That'll Be The Day", there will be a tribute show held at the White Heather Hotel, Kirkbride, on Friday 4th May (bank holiday weekend). Beginning at 8pm, the show, featuring well known local singer "Johnny Scott", and his four piece band "The Shakers". Also featuring

a special tribute "Buddy Holly & The Krickets". With around two and a half hours of live music to take you back through the decades, this promises to be a show not to be missed. Bar meals also available. Tickets only £4 available from the white heather tel: 016973 51373, or V.S. Homecare, King St, Wigton, or direct from Johnny Scott: 07876 105666.

### Digital SLR Cameras

People who use DSLR cameras know they have the best equipment to take great photos.



However, DSLR's have one failing, every time you change a lens, dirt can get on to the sensor and spoil your photos. Many cameras use vibrators to move the dirt but these are not always effective.

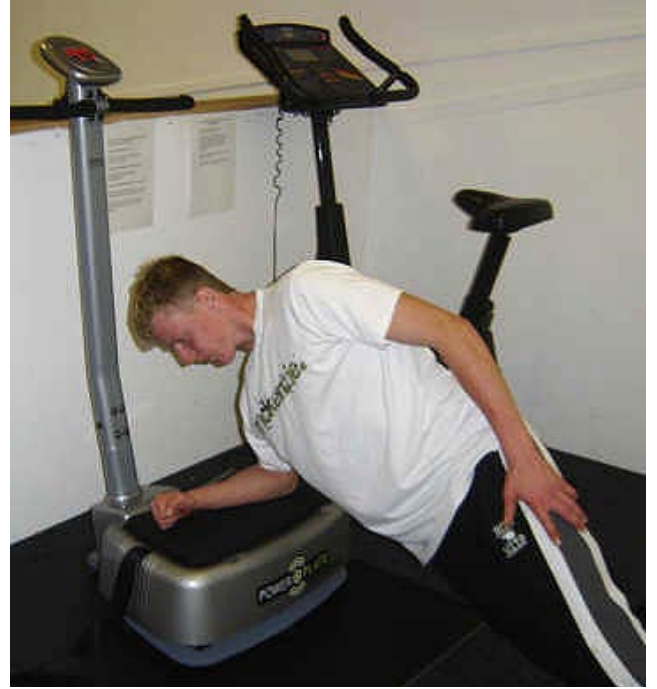
There is now an answer locally! Don't send you camera away, bring it to Peter at the Solway Buzz, we now have the best equipment to inspect and if necessary clean camera sensors safely, and at very reasonable cost.

Call 016973 32180 for more information.

### New Equipment at Solway Fitness Centre

Solway Fitness Centre has been going for nearly four years and Colin Baty has decided to add the most up to date latest technology in strength building, weight loss and feeling of well-being to what is already on offer.

In addition to having a full range of free weights and resistance machines downstairs. With Cardiovascular Rowers, Stairmaster, Treadmill, static Bicycle's and Punchbags upstairs, Colin has installed the latest state of the art vibration Powerplate machine. This is the one that celebrities



results are quick and it doesn't mean you have to spend hours in the gym to get in shape.

Colin also does Boxercise classes on Tuesday's and Thursday's starting just after 6pm but timings can be flexible. This is also regarded as the best aerobic class exercise available in the fitness industry.



The tanning booth is still proving popular so if you want to give yourself a bit of a base before you go on your holiday please feel free to call in. For any other information give Colin a ring on 016973 33000.

such as Kylie Minogue currently rave about. It is a low impact vibrating platform which

accelerates weight loss, penetrates muscle fibre tissue to 97%, reduces cellulite, eases arthritic pain and increases bone density to give you an all round body work-out for just ten minutes a day three times a week. The

### Silloth Nursing Home League of Friends



which has been used to refurbish the Dining Room. This is used by the Friends for their weekly coffee mornings. A further donation enabled the purchase of new Dining Room furniture.

Grateful thanks go to all those who attend our coffee mornings.

L-R: P. Richardson, D. Wallace, A. Baxter, Matron A. Blair, J. Day and M. Graham.

Mrs May Tait, past Chair of the League of

Friends left a legacy to Silloth Nursing Home

### HOLME ABBEY PARISH COUNCIL

#### Part-time Handyman Required

6-10 hrs per week from May to September, less during the winter months

Light cleaning and grounds maintenance duties. You will need to be flexible and reliable in your approach to work. Experience preferred but not essential

For an application form please contact: Wendy Jameson, 5 Burnswark Terrace, Solway Street, Silloth, CA7 4EF, or Tel: 016973 31128

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