

## Local Tradesmen

### Building Services

#### Elite Joiners & Builders

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Renovations  
Full Barn and Loft Conversions  
all Roof Work and Double Glazing

"No job too small or too big"  
Free estimates and advice  
References available

For fast friendly service call  
Mark Cleland on 016973  
61256 or 07875 385781  
Email: markacleland@aol.com

#### NEWTON ABBEY CONSTRUCTION

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### Cleaning Service

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### Decorators

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#### Frank Daly

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Greg Wilson  
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### Joiners

#### OUTDOOR JOINERY

Gates  
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016973 61256 or  
07762 289357

#### John Watson Joinery

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### Joiners

#### DAVID READ Carpentry & Joinery

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FREE ESTIMATES

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Or Too Small

City & Guilds  
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### Plumbers

#### Alan Irwin CORGI Gas

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#### Need a Plumber at Short Notice?

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of Skinburness

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Call Stewart or Anne on  
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## Silloth Tide Tables

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

		Heights in metres		
	Time	Ht	Time	Ht
1ST. SAT.	0435	5.7	1656	6.0
2ND. SUN.	0539	5.4	1803	5.7
3RD. MON.	0648	5.3	1909	5.6
4TH. TUES.	0749	5.4	2009	5.7
5TH. WED.	0843	5.7	2102	6.0
6TH. THUR.	0928	6.1	2147	6.2
7TH. FRI.	1009	6.4	2227	6.4
8TH. SAT.	1046	6.6	2303	6.5
9TH. SUN.	1120	6.8	2338	6.6
10TH. MON.	1153	7.0	****	**
11TH. TUES.	0011	6.6	1227	7.0
12TH. WED.	0047	6.6	1305	6.8
13TH. THUR.	0127	6.5	1345	6.8
14TH. FRI.	0208	6.4	1427	6.7
15TH. SAT.	0252	6.3	1512	6.6
16TH. SUN.	0340	6.1	1604	6.5
17TH. MON.	0435	5.8	1701	6.3
18TH. TUES.	0537	5.7	1805	6.3
19TH. WED.	0646	5.7	1911	6.3
20TH. THUR.	0752	6.0	2016	6.5
21ST. FRI.	0855	6.4	2120	6.8
22ND. SAT.	0951	6.8	2217	7.2
23RD. SUN.	1044	7.3	2310	7.4
24TH. MON.	1133	7.5	****	**
25TH. TUES.	0000	7.5	1219	7.7
26TH. WED.	0049	7.5	1308	7.6
27TH. THUR.	0138	7.3	1355	7.5
28TH. FRI.	0224	7.0	1441	7.3
29TH. SAT.	0309	6.6	1526	7.0
30TH. SUN.	0355	6.2	1612	6.5
31ST. MON.	0442	5.7	1701	6.0

NEW MOON: SUN. 9TH  
FULL MOON: MON. 24TH

## On the Waterfront

Report by: Tommy Legs

October proved to  
be a busier month with  
seven vessels visiting the  
port.

The Ukrainian  
molasses tanker  
ZAPADNYY paid two  
visits with cargoes from  
Dublin and Gdansk.

The NORDSTRAND  
brought fertilizer from  
Ijmuiden, the SELENE  
PRAHM brought  
wheat from Rostock in  
Germany and the BEN  
ELLAN arrived with  
a cargo of wheat from  
Liverpool.

Finally the  
EMSLAND came  
with paper pulp from  
Antwerp and the  
AJOS-G brought a cargo  
of fertilizer from Sfax in  
North Africa.

## Arthritis Group

Edna Marper  
welcomed everyone to  
the November Meeting  
and sent best wishes to  
Edna Hind in hospital  
and Dorethy Watson just  
home from hospital.

Lists were sent round  
with menus for the  
New Year Party and  
Edna then introduced  
Jackie Cooper, Medical  
Herbalist from  
Brampton.

Jackie belongs to the  
National Institute of  
Medical Herbalists and  
took a four year degree  
in Herbal Medicine. She  
uses mostly tinctures  
from British Plants but  
also makes drinks from  
herbal teas, creams and  
some tablets. Different  
parts of the plants are  
used for various ailments  
for example roots,  
seeds, flowers or leaves.  
Dandelion leaves are  
used for kidney ailments  
while the root is used  
on the liver. Hawthorn

berries for blood pressure  
but the leaves on the  
nervous system.

Hippocrates used  
herbs and wrote  
that everyone reacts  
differently so the  
whole person should be  
treated and not just the  
ailment. The colour of  
the flowers on the plants  
gives an indication of  
the properties. Blue  
for emotional, Red for  
blood, white for spiritual  
and yellow for liver and  
intestine.

Jackie explained  
the difference between  
Homeopathy and  
Herbalism. Everyone  
received a small glass of  
Lime flavoured herbal  
tea and were asked what  
effect it seemed to have.

Jack Bray thanked  
Jackie for a very  
interesting talk.

Several people bought  
herbal teas.

Ann Mossop won the  
raffle.

### Tilers

#### Alaric Weightman

Over 20 yrs experience  
Free advice & estimates  
Discounts for locals  
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### Window Cleaners

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### Valeting Service

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reliable window cleaners

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in the  
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