

## Buzzin' Letters

Dear Buzz,

I am so pleased to see the fully updated website for the Solway Buzz.

I have just spent five days staying at Stanwix's with my daughter and her two children. It was my last opportunity for a while to visit my home town as I will shortly be moving to Spain.

The weather was kind to us and we had a wonderful break. The apartment at Stanwix's was very good and had everything we could possibly need. We had a day in the lake district but the best had to be when we hired bikes and went up the Grune. It is so peaceful after the bustle of living in the South East. Away from the traffic. The dog roses and wild flowers in full bloom with butterflies and birds everywhere.

We bought nets at JB's and caught baby jellyfish, shrimps crabs and even a tiny fish much to the delight of my two "townie" grandchildren. It was certainly a break we will all remember fondly.

Anita Wilkinson  
(Trespaderne-Slack)

Dear Buzz,

Please can you express our gratitude to the people of Silloth who have showed us so much support since we were attacked while walking our dog down by the lifeboat station in December 2002.

Special thanks to the police who have been very supportive and understanding throughout the whole experience. They are all to be thanked individually and I have written to the Cumbria Chief of Police thanking them all for their support.

It is now finally over with a verdict of guilty given to the persons involved who for legal reasons due to their age cannot be named but I think everyone knows who they are.

The situation has been very stressful for our families, and our friends. We would like to send them our love and thank them for their support and their encouragement to go through with the court case. One of the good things to come out of this situation is that Michael and I got engaged on Christmas Day and this was a very special time for us both and of course Megan, who has also been a very special support to us both.

Trixie, the dog that was involved in this incident, strangled and thrown over the bushes on the night, is doing very well and has since given birth to four lovely puppies that have all found new homes in the area.

Michael and I are continuing to walk down the promenade and getting on with our lives. He has recovered from his injuries and is hoping to get stuck in to his own business "Hart Home and Garden" very soon. This has brought Michael, Megan and I closer together and has made us realise that there are good people in this town who want to lead peaceful and happy lives without threats or insecurities to their daily routine. There are however people who gossip about things they know nothing about and make things up if they do not have the facts. This never ceases to amaze me. While I am on the subject of lies, I will confirm that Stacey is my adopted sister, not my daughter, just for the record!

I hope we all look at the way that young people act and behave in society and pity them for not having the upbringing and love that we have had. I hope we give our children enough respect to look at others and decide for themselves. If I hurt this person, how will it affect them? If I am not nice to this person, what will they think of me?

And for the parents of these youths who have interrupted so many people's lives in this town, you should hang your heads in shame.

Vicky Hope and Michael Hart

ps Just had news in on the sentencing...

Further to this letter I would like to add that one of the offenders has been given an 8 month prison sentence in a juvenile institution where he is currently serving another 8 months for breaking someone's skull, and is also up for rape charges. The others have been given ASBO Anti Social Behavioural Orders and are not allowed out after 1900 hours in the evening and before 0700 hours in the morning.

Dear Buzz,

Further to the comments in the tennis club bulletin I would like to add my sincerest thanks and gratitude to the Hodnett family, Stephen, Sandra, Joby, Bethany, Jimmy, Roane and Rosie for their continued and unbroken support and enthusiasm towards the tennis club and our efforts to get the club up and running.

Their passion for the game was a major source of inspiration for me during my coaching course and played a massive part in my success. I wish them the very best of luck for the future and am looking forward to hearing about their tennis exploits from their new coach at Bitts Park. Silloth's loss will be Carlisle's gain.

David Wise

Dear Buzz,

Hello just a quick e-mail to say how good the new web site is, being able to get back copies and download them is excellent, keep up the good work. many thanks.

Gavin Hogarth

Dear Buzz,

May I extend a huge thank you to all those kind people who helped with my questionnaire, for taking the time to complete the questions and returning it to my cousin Margaret Peach.

I was absolutely delighted that such a great number of people responded, and I am most grateful.

Ros White



Sting  
by  
Naomi Foster  
aged 11  
from  
Holm Cultram Abbey  
School

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## Something Fishy

By Alison Whittell of Lomas Fishmongers

How do you cook fish? Well it's so easy - if you know how people cook meat, fish is done in exactly the same ways, only there's no fat, it's never tough and it takes much less time.

All the fish can be bought in the fishmongers in Silloth and is a cheap and easy meal.

This month I'll give the basic methods of cooking fish.

1. **POACHED** in milk and seasoning alternatively, to add interest use white wine or cider and add garlic, bay leaves lemon parsley or any herb and spices. Poach for 1 minute per ounce.
2. **STEAMED** Good for dieters (Bamboo Steamers are good) done the same as poached only placed above the liquid for same length of time.
3. **SHALLOW/DEEP FRIED** Dip fish in egg wash and then into either seasoned flour or breadcrumbs. Put into about 1/4" of very hot fat in frying pan, cook both sides, drain off excess fat. Dip fish in batter and drop into the hot fat of the chip pan.
4. **OVEN BAKED** Best done with plenty butter or low fat spread to stop it drying out and seasoning with a piece of greased foil lightly placed on top. Allow 15-20 minutes per 6-7 oz fish at gas mark 6, 400f.
5. **FOIL WRAPPED** This is a great way to cook fish and so easy. Put any fish you like in foil and basically add anything you like - herbs, lemon, garlic, chilli, Chinese sauces even all your vegetables. Wrap it all up put it on a baking tray and into a pre-heated oven. Fillets and steaks take 1/2 hour at Gas 6, 400f. Whole fish, ie salmon or trout will obviously take longer.
6. **BBQ & GRILLING** Swordfish, tuna steaks, King prawns or monkfish tails make wonderful kebabs. Marinade in Hoi sin, lemon & coriander, Chilli & Garlic (anything you like). Put on a skewer with vegetables, BBQ or grill until cooked (a matter of minutes).

Nothing could be simpler. Enjoy.