

## Stroke Awareness Day

On the weekend of 3<sup>rd</sup> April, Rotary Clubs throughout the UK (with the Stroke Association) held their annual Stroke Awareness Day. This involves volunteers with a medical background testing the blood pressure of members of the public and (handing out literature supplied by the Stroke Association) increasing awareness of Strokes and their possible causes. The Rotary Club of Silloth-on-Solway held their "awareness" sessions at the Golf Hotel and these were carried out by Silloth 1<sup>st</sup> responders Bob Beresford & Elaine Bell among others.

Report by: Anne Proudlock

The 2004 Junior Golfing season began when New Captain Chris Neale drove into office watched by his Vice Captain Steven Wilson and some of the junior members. The weather could not have been worse. It was blowing a gale and the rain was coming down horizontally. The actual competition was cancelled. They were so disappointed but they braved the weather conditions and played 9 holes of golf - their enthusiasm is marvellous.

The Junior section has grown over the past four years and at present there are around 100 juniors aged 5 to 18 years. The Professional

Jonathan Graham and Assistant Professional Alan Oliver and some of the Junior Committee (some have Golf Foundation Leadership Awards) all help with coaching lessons on Saturday mornings. These lessons have proved successful. We are confidently looking forward to some great golfers in the future.

The Junior section has supplied four schools within our area with Tri Golf Equipment. This is a way of introducing fun Golf to infants from 6 years to approximately 9 years. The schools are Silloth Primary School, Allonby Primary School, Abbeytown Holme Cultram School and Holme St. Cuthberts School in Mawbray, this

## Silloth Golf Club Junior Section



Junior Captain: Chris Neale & Vice Captain: Steven Wilson

coaching is starting now.

Silloth-on-Solway Golf Club Junior Section is both proud and delighted that the Club has met the requirements of, and was accredited with the GolfMark Award from the English Golf Union only last month. We are the third Club in the County after Eden Golf Club and Workington Golf Club to achieve this award.

At Carlisle Golf Club we have entered two teams to play in the British Heart Foundation competition, this is the preliminary round.

Our competitions run between the months of March to October almost every week and the Junior Open this year is being held on Wednesday 21st July.

## Causewayhead W.I.

President Pat Bell welcomed three visitors. We are looking forward to our Birthday Visit in May to Heskett Newmarket Brewery followed by a meal at Denton House.

Alan Smith introduced the Message in your Wallet scheme, a follow up to the Message in the Bottle which many of us keep in our fridge. The message in the Wallet is a means of providing paramedics with health details if one is involved in an accident outside the home.

Pat then introduced Olwen Hill whose talk and demonstration was entitled 'A bit of fun with a bit of chocolate.' Olwen certainly ensured that we had fun with a stream of hilarious stories which had us all laughing while she stirred and whipped her delicious chocolate creations. We watched as she tinted a chicken and assembled a white chocolate rabbit. She showed us how to make ganache, a gorgeous concoction of double cream, couverture chocolate, butter and

brandy.. She iced a three tiered chocolate cake with the ganache and decorated it with piped chocolate and tiny chocolate eggs. We all sampled Olwen's delicious rum truffles and the cake which she generously gave us.

The competition for a chocolate biscuit won by Ann Harrison with Rosemary Brooks coming second. The flower competition was won by Pat Bell and Frances Jackson while Ann Harrison and Margaret Durham won raffle prizes.



Back row L-R: Lee Prescott, Vice Captain: Steven Wilson, Chris Whittle, Bobby Benson, Club Captain: Mr J Furness  
Front row L-R: Daniel Lettice, Andrew Maddison, Junior Captain: Chris Neale, Kirt Ruckersberg, Blane Chorley, Jack Proudlock

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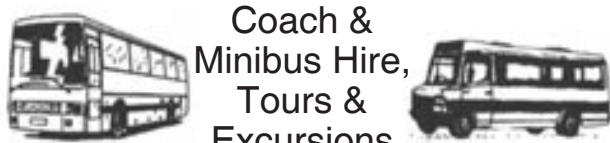
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