

Dialect Competition

Silloth Rotary Club's Cumbrian Dialect Competition takes place this year on Saturday October 8th in the Golf Hotel at 2pm.

Anyone can enter, from any age and it's good fun, relaxed and not very hard. All you have to do is turn up and speak for two to four minutes in local dialect. It can be a poem, a funny story, a memory of old times, your holiday in Tenerife - whatever you like as long as you made it up yourself. With a variety of distinctive local nuances, humorous poems and tales almost beyond belief are related to the listening audience, in the Cumberland version of what we

generally call the English language.

There are prizes for the best piece, the funniest, the best by a newcomer and the best by anyone under 16. Once again the wonderful Mrs Ethel Fisher MBE will be among the judges. Entry is free for competitors and audience and tea and biscuits are provided. Why not come along and enjoy an entertaining and educational (!) afternoon with a real old Cumberland flavour.

Since the competition was revived in 2003 there have been plenty of entries and a good attendance. Let's make this year better than ever.

Tip for the Top

Get the facts on thinning hair.

A recent study shows that 44% of men and 48% of women describe their hair as fine. That's almost half the population! Among these groups, many are struggling with thinning hair. While hair type is determined solely by your genetic make-up, there are several contributing factors to the thinning of hair; scalp stress is one of the major causes. It is a challenge for those with fine hair to find products that provide volume and fullness without weighing hair down... and an even bigger challenge to find products that do not damage the scalp environment.

Researchers have identified these six major causes of thinning hair

1. Genetic Predisposition: A primary contributing factor to thinning hair is the genetic predisposition of hormonal balances or imbalances which can be inherited from your mother's or father's side of the family. And yes, women can inherit the problem just as men!

2. Stress and Trauma: Stress causes poor vitamin and nutrient assimilation to the hair follicle and can produce increased levels of testosterone, which converts to DHT.

3. Nutrition and Diet: Rapid weight loss, liquid protein diets, and high consumptions of foods that are over-processed, low in nutrition and high in animal fats can negatively affect the body's level of amino acids and vitamin assimilation.

4. Health: Malfunctions of the thyroid gland, which cause hyperthyroid and hypothyroid disease, is the only known health-related cause of thinning hair.

5. Medications: Thinning can be a side effect to taking certain medications, specifically hormone replacement therapy drugs, birth control and oestrogen pills, chemotherapy and thyroid disease treatments, blood pressure, diabetic, heart disease and even acne medications.

6. Environmental Toxins: Many experts contribute the mounting problem of environmental pollutants and oestrogen mimics to be a cause of the increase in men and women challenged with thinning hair.

Wigton Arthritis Group

Wigton Arthritis Group met at Loveday House on the first Friday of the month as usual.

Chairman Edna Marper welcomed 20 members and a new member June Watson, she also thanked the members of Loveday House for allowing us to use their sitting room. Happy Birthday was sang to Christine Smithson and Peggy Bray both of whom were celebrating that day.

Lesley Relp was introduced and gave an interesting talk on Tai Chi exercises suitable for people with Arthritis. Most members were able to join in and leaflets were distributed to remind them how to do the exercises at home. She was thanked by Edna Marper for a very interesting talk and Lesley then gave a demonstration of the first part of the form which is rather like a dance form but is really part of a martial arts form.

Tea was served by Joan Gilbertson and Linda Grey. The raffle was won by new member June Watson and the Quiz was won by Dorothy Watson.

The next meeting will be held on 7th October at 1:30pm at Loveday House when Earl Street Mobility will have lots of helpful gadgets on show.



Sporty Bee
by
Aimee Fish
aged 9
from
Holme Cultram Abbey School

Upkeep of Trees in Silloth

Report by
Mayor G. Wilkinson

Further to my August report in the Buzz, councillor Johnston and myself met Mr Marr and Mr Cook of Capita Symonds, agents for Cumbria County Council Highways, to again discuss in more depth what work is required to maintain the trees within the highways around Silloth.

We were informed that due to budget restraints no work would be carried out this winter as was first thought.

However a funding bid will be prepared for the financial year 2006 -07 meaning it may be next winter before we see some work carried out.

The proposal put forward but not yet finalised would be to replace between 20 and 30 of the existing

trees which are mainly 'Sycamore' and are becoming dangerous.

The preferred trees to be used as replacements according to Capita will be 'White Beam' several of which have been planted around the town in recent years.

The remaining trees, it is hoped, are to be pruned. We pressed the point that we did not

wish to see them pulled to stumps which has happened in previous years.

We await further information from Capita as to whether or not the funding bid is against other works throughout the County of Cumbria, not just Allerdale Borough. Watch this space for further information.

THANK YOU

Karen Bell – TOPO Nursery

Jan and David would like to thank Karen Bell, Manager and newly appointed Provider of TOPO Nursery & Children's Centre for her commitment and hard work during the past two years.

"Good luck for the future and enjoy your new role – You have a great team and you can count on our continued support"

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