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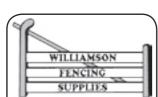
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Silloth Tide Tables

October 2005 TIMES OF HIGH WATER AT SILLOTH

(Courtesy of A.B.P. Silloth) Times in GMT

(ADD 1hr. FOR SUMMER TIME) Heights in metres Time Ht Time Ht 1ST.SAT. 1039 6.5 2252 6.9 2ND.SUN. 2324 3RD.MON. 1143 7.0 2352 4TH.TUE. **** 1212 5TH.WED. 0021 7.2 1240 6TH.THU. 0052 7.2 1312 7TH.FRI. 0127 7.1 1347 8TH.SAT. 1425 9TH.SUN. 0247 1510 10TH.MON. 0340 5.9 1610 11TH.TUE. 1730 12TH.WED. 0628 5.0 1907 13TH.THU. 0800 5.4 2025 6.1 14TH.FRI. 2123 15TH.SAT. 0956 7.0 2211 8.0 16TH.SUN. 1040 7.4 2255 17TH.MON. 2336 18TH.TUE. 1159 **** 1235 19TH.WED. 0015 8.1 20TH.THU. 1313 21ST.FRI. 0133 7.3 1349 22ND.SAT. 0211 6.7 1426 23RD.SUN. 1505 24TH.MON. 0336 5.4 1553 25TH.TUE. 0436 4.8 1700 5.0

26TH.WED.

27TH.THU.

28TH.FRI.

29TH.SAT.

30TH.SUN.

31ST.MON.

0743

0840 5.3 2057 5.7

0924

1002

NEW MOON MON. 3RD FULL MOON MON. 17TH

6.4 2215

1036 6.7 2248 7.0

1851

2005

2139 6.3

On the Waterfront

Report by: Tommy Legs

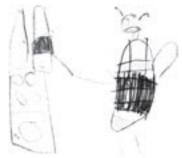
August proved to be a busy month with eight ships visiting the port.

The first vessel was the ARKLOW SKY from Rouen in France with fertilizer, closely followed by the MIKE with wheat from Sables D'Orlonnes in France. In mid August the HELSE arrived with fertilizer from Ijmuiden and the UTTUM from Rostock in Germany with wheat.

The molasses tanker **ELLEN THERESA from** the Tyne was next and the ELVITA brought bagged fertilizer from Gydinia in Poland.

The SCOT TRADER then brought a cargo of paper pulp from Antwerp and a second molasses tanker MAMRY arrived from Arhus in Denmark.

Clean Bee Joana Bennett aged 8 from **Bouncing Babies** Childminding



What is Neighbourhood Watch?

Neighbourhood Watch is one of the biggest and most successful crime prevention initiatives ever. Behind it lies the simple idea, and a central value shared by millions of people around the country:

Getting together with your neighbours to take action can cut local crime.

Everyone knows that the Police are there to fight crime, but they need your help to do an effective job. Neighbourhood Watch (or Home Watch as it is known in some areas) is all about an active partnership with the police. Neighbourhood Watch schemes can:

Cut crime and the opportunities for crime

Help and reassure those who live in fear of crime

neighbourliness and closer communities A better place to live,

Encourage

work and play Neighbourhood Watch is not just about reducing burglary figures

- it's about creating communities who care. It brings local people together and can make a real contribution to improving their lives. The activity of Watch members can foster a new community spirit and a belief in the community's ability to tackle problems. At the same time, you feel secure, knowing your neighbours are keeping an eye on your property.

There are other benefits to Neighbourhood Watch scheme too. You will become familiar with crime prevention ideas which will help keep your home and belongings safe. And the extra security which belonging to a Neighbourhood Watch scheme offers might even mean that you can get a premium discount from your insurance company.

How schemes work Neighbourhood Watch schemes can be large, covering, for example most of the households on an estate or they might involve just

half a dozen houses. It depends on the area and what people living there want.

A scheme is generally led by a volunteer coordinator whose job is to get people working together and make sure things get done. As well as the co-ordinator, there is usually a committee. Committees meet regularly to plan which problems to target and what action to take. Schemes keep in touch with local police to share information and advice.

For more information please contact: John Thornthwaite, Neighbourhood Watch Development Officer, The Minto Centre, Nilsson Drive, Westfield, WORKINGTON, CA14 5BD

Tel: 01900 64524 Or visit the Home Office Neighbourhood Watch Website: www. neighbourhoodwatch.uk.com

