

Poems

Am I A Victim?

by Chris Partington

A victim says
I'm trapped you know
In this place I don't want to go
What the victim needs to see
Is in that place he chooses to be.

A different path
A change in route
There will be something to suit
To start a journey perhaps
fraught and hard
But one that will not be so
tarred.

People pleasers
Find it worst
Making themselves fit to burst
As they strive to pacify
When they shouldn't have to try.

Are you controlled
By someone else?
You can only blame yourself.
Why not take a step today
And you will find another way.

Just give yourself
Time to reflect
Then you can find a way to
direct.
A way to drive yourself around
Then you'll get home safe and
sound.

You'll find the place
Where you are free
Victim gone and 'I am me'
Is what you'll say as you soar
Victim now gone out the door.

Little by little
Is all it needs
As you start your road to read.
Mistakes will come but that's OK
Just say I'm in the driving seat
today.

May's Charity Evening

With Shirley and Charlie Morris

May is the month
And let me tell you
The entertainment tops
Some time's a little blue

A Charity Evening
Never to forget
Tony Delray the singer
Also Chic and Mike Dunnet

Mike the comedian
Oh so very funny
And a brilliant back up
Was Chic his dummy

The jokes came quick
And the audience clapped thanks
While some of the ladies
Wet their pants

But Doreen was there
Their panties to swop
She must have made cash
For the charity shop

The stories from Chic
One after another
Then sitting in the corner
He spotted his brother

John gave a laugh
Thought the dummy funny
Said he'd no clothes
But was loaded with money

Ursula a Silloth lady
Who likes a drink dance and sing
For a draw donated
A lovely diamond ring

Up to now Monies made
Come to 426 Pounds
To help Silloth lifeboats
And Carnival Funds

Thanks again to Allan the printer
For his posters and tickets
And Gary our Bingo caller
No numbers he misses

To Bar staff our thanks
They all enjoy a show
But Andrea for Pat ?
Order a bottle Pernod

Police Report

Report by:
Inspector Dave Barr

The end of the
summer is around the
corner and that means
that two of the biggest
events in Silloth's
calendar are a few weeks
away.

Planning for the
Carnival has been going
on in the town for several
months. The excellent
response from the RAF
to the event: with the
Red Arrows Display
Team, Parachute Display
Team and Spitfire fly-
past, will see thousands
in the town on the day.
We, the police will be
there throughout. We
will be well represented
by the special
constabulary, who will
supplement local officers.
We anticipate that
traffic will create issues
on the day. To reduce
the impact on parking

in the town, a park and
ride scheme will set
up on the outskirts of
Silloth. To filter vehicles
into the car parks, road
closure orders have been
obtained. This will allow
stewards and the police
to set up temporary road
blocks. It would assist
those working on the
temporary road blocks,
if residents from Silloth,
who are going into the
town on the day, carry
with them some form
of identification. This
should demonstrate
their address, so they
can proceed into the
town. A utility bill
(phone/water/electricity)
would suit the purpose.
This should reduce the
amount of time spent
filtering people through
the blocks.

Cumbria Fire Service
have kindly agreed to
give the police access to
their station, we can then
set up an operating base.
This will serve as a useful
exercise in identifying
any issues which may be
raised, when we agree the
details of the "licence"
for regular use of the Fire
Station.

Officers policing the
Carnival will be actively
dealing with under age
drinking. Anyone under
the age of 18 years, will
have alcohol seized and
poured away.

The second big event
will be the Beer Festival.
To help reduce the
potential for problems,
the event will be adopted

by the Silloth Pub Watch
Scheme. Anyone banned
from the town's pubs will
not be allowed into the
festival.

At a meeting in
Abbeytown on the
10th August between
residents and the police
there was a presentation
by workers from
"Mobex". This is an
organization, sponsored
by Allerdale Borough
Council who will be
visiting rural areas, and
offering young people
between the ages of
13 and 20 years the
opportunity to take
part in adventure and
craft activities. They
handed out a number
of application forms,
which local residents
were going to distribute
to those they thought
would be interested in
such activities. This is
a great opportunity for
local youngsters to do
something exciting and
worthwhile with their
spare time, and it costs
them nothing!

Finally, a word
on crime prevention.
Satellite navigation
devices or satnavs are
becoming the item of
choice for those who steal
from cars. These devices
can cost several hundreds
of pounds and are
displayed prominently on
dashboards. The advice
is, if you can detach the
screen or device, then
please do so when leaving
your vehicle unattended.

Tip for the Top

Clip Fix Hair Extensions

Facts and Advice

- 1) They can dramatically change the way you look.
- 2) Great for 'hair-ups' for parties, weddings, or nights out in Workington.
- 3) Adds bulk and volume to fine hair.
- 4) From short to long instantly.
- 5) Change or add colour from day to day.
- 6) They don't damage your own hair.

Looking after extensions

- 1) Always use heat protection spray, such as Nioxin Bliss or Clynol Flatter when using straightening irons or curling tongs.
- 2) When you shampoo your extensions, use colour care shampoo and re-constructive conditioner, always use the best you can afford. Nioxin Structure & Strength is the best.
- 3) Always ask your stylist to colour your extensions, don't be tempted to do DIY.

Special Offer at Peter Josef, come in and see how you can transform the way you look, you can try for free, ask for Carly at Peter Josef.

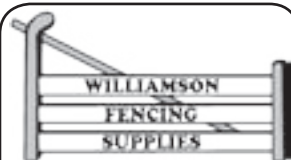
'The Pan'

by Whiskers

Whiskers you will never believe
me, what a tale I have to tell,
Lots of shouting and swearing,
throwing things about as well.

Mum and dad had a terrific fight,
it seemed to last all night,
I thought the best thing I could
do was to keep well out of sight.

Mum went to sleep at my auntie's
I think it was Aunt Pam,
My poor dad had a very bad leg,
where mum hit it, with a pan.



Posts, Strainers,
Square Timber Rails,
Galvanised & Wooden Gates,
Purlins, Wire Staples
Sawdust & Shavings
all always in stock

GARDEN GATES & FENCES
Professional Installation

Steven Williamson
Stank End Farm, Abbeytown
Tel: 016973 61044
Mobile: 077 1114 4050

RNLI SUPPER DANCE

in the
Golf Hotel on Saturday 21st October @ 7:30pm
with 50's & 60's music by the OLD FOGEY'S
Tickets £7.50 inc pie & pea supper
tickets from the Golf Hotel

Craft, Produce & Food Fayre



Mawbray Village Hall

Sunday
10 September
10.00 - 4.00

Delicious
Home-made **Teds**

Contact Karen: 01900 881353

MOBEX



WEST CUMBRIA SOLWAY PROJECT

13yrs to 20yrs OLD

THE JOURNEY OF DISCOVERY STARTS HERE.

MOBEX OFFERS FUN, CHALLENGE, EXPERIENCE, EXPLORATION & EXPEDITIONS

A QUALITY SERVICE THAT WORKS WITH YOUNG PEOPLE TO ENGAGE IN A PROGRAMME OF PERSONAL AND SOCIAL DEVELOPMENT THROUGH ACTIVITY BASED TRAINING

A COMPLETE SERVICE THAT THROUGH:

OUTDOOR PURSUITS
ENVIROMENTAL ARTS
COMMUNITY INVOLVEMENT

THAT PROVIDES A FLEXIBLE AND MOBILE RESOURCE THAT GETS RIGHT TO THE HEART OF WHERE IT'S NEEDED.

ACCREDITED TRAINING
ISSUE BASED TRAINING
ISSUE BASED PROJECTS

WORKING FROM SILLOTH, ABBEYTOWN AND BLENCOGO

MOBEX

PHONE 01900 734770 FOR ANY ENQUIRES

Visit a Real
Old Fashioned
English Pub

The Albion

For Traditional Ales
in a Traditional Pub

Eden Street, Silloth
Tel: 016973 31321