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References available

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Hair Zone 4 U

Dry hair is probably the easiest hair condition to treat.

It is due to loss of moisture in the hair cells - not lack of oil.

Therefore it is important to re-moisturise the hair with products containing the necessary ingredients.

Conditioner which contains a mixture of water and oils massaged in and heat applied.

Contrary to what may be thought, the more frequently the hair is shampooed the more healthier it will be finally.

Avoid hard brushing (Dry Hair) is weaker and breaks more easily.

Do not over dry when blow drying.

Clynol's Replenish Moisturising Infusion at £8.95 does the job.

Sammy at Peter Josef

Silloth Tide Tables

June 2008
TIMES OF HIGH WATER
AT SILLOTH
(Courtesy of A.B.P. Silloth)
Times in GMT

Heights in metres					
	Time	Ht	Time	Ht	
1ST.SUN.	0911	6.9	2143	6.9	
2ND.MON.	1005	7.2	2231	7.3	
3RD.TUES.	1058	7.5	2320	7.5	
4TH.WED.	1148	7.6	****	**	
5TH.THUR.	0008	7.6	1239	7.5	
6TH.FRI.	0058	7.6	1333	7.4	
7TH.SAT.	0150	7.4	1425	7.1	
8TH.SUN.	0242	7.2	1517	6.7	
9TH.MON.	0336	6.9	1612	6.3	
10TH.TUES.	0433	6.4	1709	5.9	
11TH.WED.	0531	6.1	1810	5.5	
12TH.THUR.	0635	5.7	1912	5.4	
13TH.FRI.	0735	5.6	2009	5.5	
14TH.SAT.	0833	5.6	2103	5.7	
15TH.SUN.	0925	5.9	2149	6.1	
16TH.MON.	1012	6.0	2230	6.3	
17TH.TUES.	1054	6.2	2307	6.5	
18TH.WED.	1131	6.3	2344	6.6	
19TH.THUR.	****	**	1206	6.3	
20TH.FRI.	0017	6.7	1241	6.3	
21ST.SAT.	0054	6.7	1319	6.4	
22ND.SUN.	0133	6.7	1356	6.3	
23RD.MON.	0212	6.6	1436	6.3	
24TH.TUES.	0254	6.6	1518	6.2	
25TH.WED.	0339	6.5	1606	6.1	
26TH.THUR.	0430	6.4	1659	5.9	
27TH.FRI.	0527	6.2	1801	5.7	
28TH.SAT.	0631	6.2	1908	5.7	
29TH.SUN.	0735	6.2	2014	6.1	
30TH.MON.	0843	6.4	2118	6.4	

NEW MOON-TUES. 3RD.
FULL MOON-WED. 18TH.
BEWARE! FRIDAY 13TH.

On the Waterfront

Report by: Tommy Legs

April was a busy month with eight ships visiting the port.

Four of these were by ships belonging to a small British company - Faversham Ships managed from Ryde on the Isle of Wight. They all brought fertilizer from Ijmuiden in Holland, the Victress brought two cargoes and the ISLAY TRADER and the VALIENT one cargo each.

The Ukrainian tanker ZAPADNY brought molasses from Bremen and the POTOSI brought fertilizer from Sfax in North Africa. The BEN ELLAN brought a small cargo of wheat from Liverpool and the ERIC HAMMANN a cargo of fertilizer from Rouen in Northern France.

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