Page 2 **RAFA** Prizewinner



Page 7 Carrs Donate to RNLI



Page 8 Long Distance Cyclists



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Page 10 Mayors Report



Page 14 Junior Footballers



Page 15 Mark is Bowls Champ



Page 16 Hannah Smith Wins



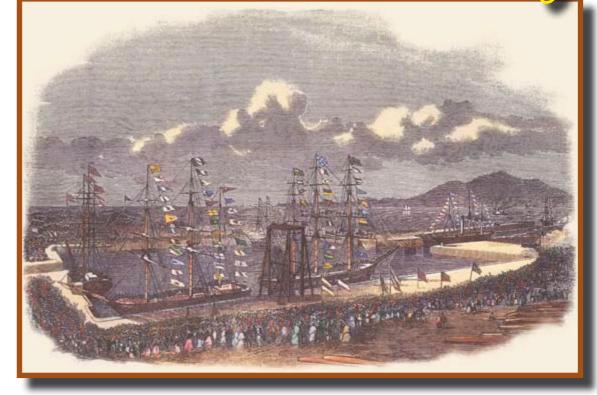
In August 2009, the Port of Silloth will be celebrating its 150th birthday.

The first dock, known as the "Marshall Dock", was officially opened on 3rd August 1859. The opening of the dock was also effectively the birth of Silloth as a town. To celebrate this momentous occasion, two separate events have been planned.

The first is an exhibition, to be held at the Solway Coast Discovery Centre / Tourist Information Centre in Silloth, which will run for two weeks from 3rd to 16th August. The exhibition will consist of archive photographs and information of the port history, historic charts, drawings, maps, as well as additional related contributions from port customers, local environmental organisations, Silloth Lifeboat Station, members of the public and Cumbria Records Office.

The second event consists of two days of attractions at Silloth Docks. On Saturday 8th and Sunday 9th August, the port will be open to the public from 10am to 5pm.

On view within the inner New Dock, will be a number of interesting vessels, including "Jacinta", a heritage deep-sea trawler and veteran of the Icelandic Cod Wars, the "Brocklebank", a heritage tug from the port of Liverpool, the fishery protection vessel "Solway Protector" and tugs from the ports of Workington and Barrow, a NW



Area Police Launch and a specially adapted sailing yacht for the disabled. It is hoped that we shall also have with us, a Border Agencies (ex HM Customs) patrol launch, an RNLI offshore lifeboat which the public may board to view and a vessel from Robin Rigg wind-farm, but the attendance of these vessels will be subject to last-minute operational requirements. Also on display and manoeuvring in the New Dock will be a number of craft from the Carlisle Model Boat Club. When the dock gates are opened at high water, (around 2pm), there will be a parade of local lifeboats and rescue boats. Various stalls, a children's funfair, a First Aid post and toilets.

Other events that weekend will include, a Royal Navy SeaKing helicopter to carry out a display including a winching drill with lifeboats in the outer Marshall Dock, whilst on Sunday we are hoping to attract an RAF SeaKing helicopter to do a similar display. **On both** days there will be a flyby by the RAF Battle of Britain Memorial Flight (Lancaster Bomber/Spitfire/Hurricane). The timing of these airborne events is still to be confirmed.

There is no charge for entry to this special event. Please note There Will Be No Public Parking On The Port Estate, except for vehicles displaying disabled or special exhibitor badges.

BeerFest

Time running out get your early bird ticket before the end of June, only £25 for 4 days.

There are a record number of bands playing and tickets are selling faster than ever. We have added Silloths' The Ventriliquists and Aspatria's Brightside to Thursday night. Friday sees Sidewinder opening the proceedings, on Saturday at 1pm we have Wigton youngsters Retrobution opening. Sunday there is talented Carlisle band The Alleys opening for special guests



Silloths very own Rigsby. Line-up: Bullfrogs, Nine Below Zero, T.Rextasy, Oasish, Brightside,

Tantrum, AWOL, Stereotonics, Rigsby, The Ventriliquists, Sidewinder, The Evidence, The Alleys.

The Festival

A display of paintings by the Solway Plain Artists



Sponsored by Solway Arts & Festivals Ltd Displayed by kind permission of the shop owners

The Ventriloquists



Battle of the Bands winners The Ventriloquists to play fundraising event at Silloth Social Club

Winners of the second heat of this year's Silloth Music and Beer Festival "Battle of the Bands", The Ventriloquists, are to play a fundraising event at Silloth Social Club on Friday 3rd July. They are helping to raise money for Silloth Primary School learning mentor Jackie McCormick's trip to Africa to undertake voluntary work this

summer.

The band, Adam Draude & Sam Morley on guitar, Jonah Reid on bass, Liam Devereux on drums and new singer Pippa Dodd, are a group of talented youngsters aged 14 to 16 and have played at the prestigious Maryport Blues Festival, The Sands Centre and Carlisle's Brickyard, as well as an earlier sell out

event at The Social Club to raise money for Silloth Lifeboat Station.

Tickets for the 3rd July event are £5 (£3 for under 12's) and the price includes a buffet by Philo. Doors open 7:30pm.

Under 18's must be accompanied by an adult. For tickets contact Sue Draude 016973 32313 or Silloth Social Club 016973 31582.

RAFA Prize



Handing over the hamper is Jenny Beattie, manager of the Silloth branch of Cumberland Building Society.

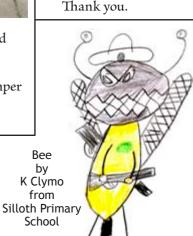
The branch staff

donated a hamper and raised £50 for Silloth RAFA

Receiving the hamper is the daughter of the winner, Alex Forster.

Mrs Kissy

from



Can

You

Help

Solway Community Technology College are starting a gardening club at school to encourage students to develop an understanding of where our food comes from and experience the joys of cooking and eating home

Have you an hour to spare one evening a week? Have you any gardening equipment no longer needed? Have you spare

If you think you can help this project please

contact Miss Sewell via

grown produce.

vegetable plants?

the school office.

Chloe Whithead Silloth Primary School

Arthritis Support Group

Report by: Gladys Temple

Mary Peile introduced Mhairie Smith, an NHS Podiatrist who explained the difference between a Podiatrist and a Chiropodist. She herself had taken a 4-year degree and was covering the area from Thursby to Aspatria working for the Primary Care Trust. She told us the first basic thing is to wash your feet and change your socks and shoes everyday. As you get older your skin

washing then rubbing with moisturising cream helps to prevent many problems. Cut your nails regularly using suitable nail clippers and smooth the edges with a nail file. She then asked who had corns what happened to them. Many and varied answers came and Mhairie explained how to deal with them correctly. This lead to other foot problems and a busy time was had answering and explaining the different things that

can go wrong and how easy it is to do the wrong treatment and make things worse. Footwear is most important to the health of our feet and it is usually poor fitting shoes that cause many of the problems in the first place. If you can reach your own feet she showed a number of clippers and files to help make things easier but if you are unable to reach your feet there is a cutting service

available through Age Concern.

All patients are entitled to an assessment with a podiatrist. If there is any problem with their feet from circulation, rashes, nail or bone problems just ask for a referral form from your GP or write to Hill Top Heights for a form. There is a long waiting list so if

you have a problem don't put it off, as it may just get worse. After many questions we were advised to wash our feet in soap and water and rinse them in slightly salty water. Dry them gently and be careful not to pull the skin between the toes. Do not soak your feet for more than 10 minutes, as the skin then gets too

soft and can be easily damaged.

Anne Graham thanked Mhairie for a fascinating talk we had all enjoyed listening and learned something.



Each voucher is valid for 10 visits. Only £3.50 per visit. Vouchers are not transferable and allow access to the named holder only.

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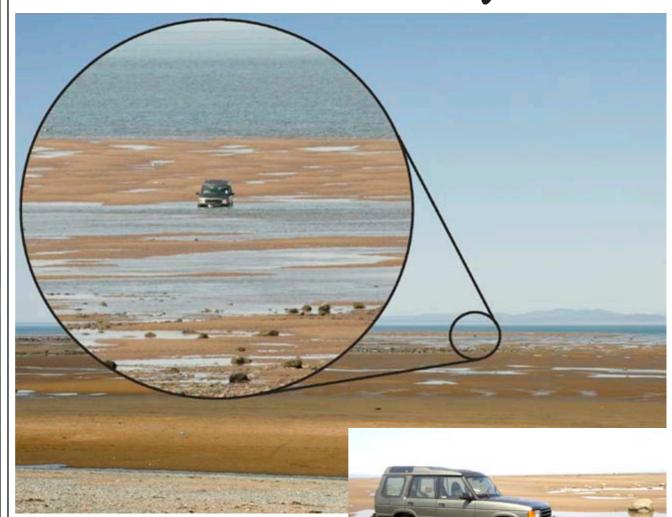
us, not only do you get a delicious cake for yourself, you are also helping other's, for each cake sold we make a donation to charity. Cakes can be ordered at any time.

To order please contact: Sarah 016973 32089 or Joyce 016973 32569





How Could They!



Thanks to: John Molyneux & Eddie Studholme

On Sunday 31st May a Land Rover Discovery was seen splashing and charging through the puddles on the beach between Beckfoot and Mawbray. It eventually parked near the waters edge off Cowgate on the furthest sandbank at low tide, before putting a windbreak up and having a picnic!

Local resident John Molyneux watched in amazement as the tide was now coming in and was surrounding them, he realised they had left it too late and called the Coastguard at 3:30pm.

The group from Lockerbie comprised three males, a female and a 4 year old girl, plus a dog. They soon realised they were in trouble and the lady waded chest deep through the channels with the girl on her shoulders. The three males attempted to drive

back but the car quickly became swamped. Two of them started swimming to shore but the third man realised they had left their dog in the car and as the doors could not now be opened he smashed the sunroof, letting the dog out and retrieving a case of lager.

By this time Police from Wigton and Maryport were on the beach and Silloth Lifeboat had arrived, two members of Silloth Lifeboat crew had to enter the water to assist the last man to safety. The tide completely covered the vehicle that night and the group, who had stayed in Mawbray overnight, returned the next day with an accommodating local farmer who used his large four-wheel drive tractor to pull the sodden car to shore.

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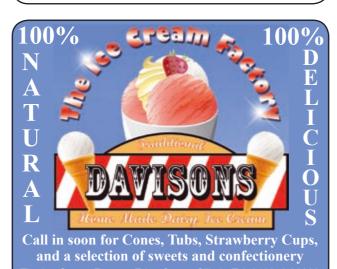
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Silloth Library

Opening Hours:

 Monday
 2 p m - 6 p m

 Tuesday
 closed

 Wednesday
 11am-1:30pm

 2:30pm-5pm
 11am-1:30pm

 2:30pm-5pm
 2:30pm-5pm

 Friday
 11am-1:30pm

 2:30pm-5pm
 10am-12noon

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Silloth.RNIII.Shop

Shop Opening Hours

Saturday 11am to 4pm Sunday 11am to 4pm Monday 1pm to 4pm Tuesday 1pm to 4pm Wednesday 2pm to 4pm Thursday 1pm to 4pm Friday 1pm to 4pm

Our shop is staffed entirely by volunteers and may not always be open at the advertised time. We apologies for any inconvenience this may cause.

Silloth Tots & Totallers

Silloth Tots & Toddlers meet in the Childrens Centre, Silloth from 14th January and is open to all children aged from 0 to 4.

Sessions are on: Wed: 10pm to 11:30am and

Fridays: 1:30am to 3pm term time only Entry is £1 per family and this includes refreshments All Welcome Call in for a friendly chat

Abbeytown Library

Abbeytown mobile library will stop outside the Wheatsheaf Inn at 1pm for an hour every Monday

Do you have an event in the area bounded by Abbeytown, Mawbray, Silloth, Skinburness, if so please let us know.

Production Team_

Proprietor:
Peter McRobert
Barn Cottage
Skinburness, CA7 4RA
Tel: 016973 32180
Fax: 016973 32133
Email:
office@solwaybuzz.co.uk

Editorial Content This is down to you, we can

This is down to you, we can only publish items if you send them to us. When sending articles in, please supply a contact name and number in case something

requires clarification.
We will accept letters, faxes or emails, but we do prefer emails as we do not have a typist to type your articles out. Published by:

Published by:
Peter McRobert with the support of the whole community and an army of volunteers.

Dates for the Diary

June

30th Tea Dance at Silloth Technology College, from 1:45 to 3:45pm Tel: Mary Pigg: 016973 31553

July

2nd Summer Sandwich Pop-in at Trinity Methodist Church, Silloth 11:45am to 1pm

3rd The Ventriloquists play at Silloth Social Club @ 7:30pm, tickets £5

4th Strawberry Afternoon Tea in St. Andrews Hall, Solway Street

6th Police Surgery at Silloth Fire Station 2pm to 4pm

6th Silloth Town Council meeting

8th Causewayhead WI meeting at Trinity Methodist Church, Silloth, at 7pm. Topic: 'Ecuador & Galapagos'

9th Summer Sandwich Pop-in at Trinity Methodist Church, Silloth 11:45am to 1pm

11th Crunch Service Skinburness Road Car Park 9am to 11am

12th Sea Sunday Service, Silloth Lifeboat Station @ 3pm

Useful Tel Numbers

First Responders can only be called by

Holm Cultram Abbey CofE School

Neighbourhood Forum: 01900 325013

Register Office, Wigton: 01228 223447

the Ambulance service. call:

Holme St. Cuthbert School

MP, Tony Cunningham:

016973 31394

016973 31785

016973 31257

01900 325013

0800 555 111

01228 603620

016973 31270

016973 32042

016973 31309

0800 111 999

01228 523444

01900 881242

016973 61261

01900 65815

016973 32195

01900702898

08453300247

01228 523174

01228 544444

016973 31234

016973 31243

016973 31128

01900 702702

016973 31944

016973 32180

016973 32310

07999 934555 016973 31508

016973 20242

01900 702800

0800 33 00 33

999

Chemist, Silloth:

Community Bus Dave

Com'ty Bus Lawrence

Community Grants:

Dental Emergency:

Dentist, Buchanan:

Crime Stoppers:

Dentist, Steel:

Gas

Hospital:

Mawbray:

Abbeytown:

Silloth Library:

Quakers, Wigton:

Silloth Town Clerk:

Solway Buzz:

Hayley's Taxi:

Able Taxi:

Taxi (Private Hire):

Waste Disposal Dept:

Water LeakLine:

Allerdale B. Council

Silloth Community School:

Silloth Nursery & Junior School:

Silloth Tourist Information Centre:

Samaritans:

Police:

Julycontd

14th Tea Dance in Solway Community School from 1:45 to 3:45pm, tel: 016973 31553

16th Summer Sandwich Pop-in at Trinity Methodist Church, Silloth 11:45am to 1pm

23rd Summer Sandwich Pop-in at Trinity Methodist Church, Silloth 11:45am to 1pm

23rd Skinburness Residents Association meeting in Golf Hotel @ 8pm

24th Hearing Drop-In at Wigton Local Links Office from 10am to Noon for replacements, advice & cleaning, 01228 562691

24th Summer Concert by Christ Church & St. Pauls Men's Choir

25th Silloth Kite Festival on Silloth Green

25th Abbeytown Carnival

26th Silloth Kite Festival on Silloth Green

28th Tea Dance in Westnewton Village Hall from 1:45 to 3:45pm, tel: Mary Pigg 016973 31553

30th Summer Sandwich Pop-in at Trinity Methodist Church. Silloth 11:45am to 1pm

Please note that articles, letters and virtually all content of the Solway Buzz are contributed by YOU, the local community. The Editor reserves the right to control what is included, however, no responsibility whatsoever for the content of the Solway Buzz can be accepted by the Editor, or the

__Eoofball Training_

Publishers.

Silloth Football Club

Times 2009/10

Under 8's Monday 5pm to 6pm Contact Emma Oliver 32112

Under 10's Monday 5pm to 6:15pm Contact Melanie Irving 32850

Under 12's Monday 4:30pm to 5:45pm Contact Kevin Dixon 31954

Under 14's Thursday 4:30pm to 6pm Contact Derek Wallace 32050

Men's Tuesday 6:30pm to 8pm Contact Colin Baty 31297

Over 35's Matches on Mondays at 6:30pm Contact Stephen Hart 31517

Open to boys and girls.

Membership forms available from all coaches.

Copy date for the August issue

If your organisation has an event to promote or you have something to say, please note that the next copy date is:

1st July 2009

August

1st Australian Singer/ Songwriter Chris Aronsten in Culterham Hall, Mawbray at 7:30pm

3rd Police Surgery at Abbeytown Assembly Rooms 12:30pm to 1:30pm

3rd Police Surgery at Silloth Fire Station 2pm to 4pm

3rd to 16th
Port History Exhibition
@ Silloth Discovery Centre

Skinburness Road Car Park 9am to 11am 8th Battle of Britain Flight

Crunch Service

Flypast @ 3pm also
Rescue Helicopter training with
Silloth RNLI

9th Craft & Produce Sale at Culterham Hall, Mawbray 10am to 4pm

9th Battle of Britain Flight Flypast @ 3pm

11th Tea Dance in Westnewton Village Hall from 1:45 to 3:45pm, tel: Mary Pigg 016973 31553

15th Greenfest on Silloth Green

16th Greenfest on Silloth Green

18th Holme Low Parish Council meeting at 7:30pm at Silloth Community Hall

25th Tea Dance in Westnewton Village Hall from 1:45 to 3:45pm, tel: Mary Pigg 016973 31553

28th Solfest 2009 www.SolwayFestival.co.uk

28th Hearing Drop-In at Wigton Local Links Office from 10am to Noon for replacements, advice & cleaning, 01228 562691

29th Solfest 2009 www.SolwayFestival.co.uk

30th Solfest 2009 www.SolwayFestival.co.uk

31st Silloth Carnival

September

5th Silloth & District Pensioners Golden Anniversary

7th Police Surgery at Silloth Fire Station 2pm to 4pm

7th Silloth Town Council meeting

8th Tea Dance in Solway Community School from 1:45 to 3:45pm, tel: 016973 31553

September cont'd

9th Causewayhead WI To be arranged

10th Silloth Beer & Music Festival 2009 featuring Bullfrogs

11th Silloth Beer & Music Festival 2009 featuring Nine Below Zero Tantrum

12th Silloth Beer & Music Festival 2009 featuring T.Rextasy Stereotonics The Evidence

13th Local Food, Craft & Produce Sale at Culterham Hall, Mawbray 10am to 4pm

13th Silloth Beer & Music Festival 2009 featuring 'Oasish' tribute

19th Crunch Service Skinburness Road Car Park 9am to 11am

22nd Tea Dance in Solway Community School from 1:45 to 3:45pm, tel: 016973 31553

25th Hearing Drop-In at Wigton Local Links Office from 10am to Noon for replacements, advice & cleaning, 01228 562691

_October___

2nd Old Time Music Hall in Trinity Methodist Church at 7pm, Dig out those old clothes and enjoy yourselves

3rd Coffee Morning in the Recreation Hall, Eden Street

4th Police Surgery at Abbeytown Assembly Rooms 12:30pm to 1:30pm

4th Police Surgery at Silloth Fire Station 2pm to 4pm

5th Silloth Town Council meeting

14th Causewayhead WI meeting at Trinity Methodist Church, Silloth, at 7pm. Topic: 'Knoxwood Animal Refuge Centre'

17th Crunch Service Skinburness Road Car Park 9am to 11am

23rd Hearing Drop-In at Wigton Local Links Office from 10am to Noon for replacements, advice & cleaning, 01228 562691

> Errors do occur in Dates for the Diary Please check before attending an event

November

2nd Silloth Town Council meeting

5th Police Surgery at Silloth Fire Station 2pm to 4pm

7th Pre Christmas Afternoon Tea in St. Andrews Hall, Solway Street

11th Causewayhead WI meeting at Trinity Methodist Church, Silloth, at 7pm

13th Country Music Festival at Stanwix Park tel: 016973 32666

14th Crunch Service Skinburness Road Car Park 9am to 11am

14th Country Music Festival at Stanwix Park

tel: 016973 32666 15th Country Music

Festival at Stanwix Park tel: 016973 32666 17th Holme Low Parish

Council meeting at 7:30pm at Silloth Community Hall

22nd Christmas Market

22nd Christmas Market at Culterham Hall, Mawbray 10am to 4pm

27th Hearing Drop-In at Wigton Local Links Office from 10am to Noon for replacements, advice & cleaning, 01228 562691

December

5th Crunch Service Skinburness Road Car Park 9am to 11am

5th Christmas Party for Silloth & District Pensioners Association in Stanwix Holiday Park

6th Silloth Town Council meeting

9th Causewayhead WI AGM at Trinity Methodist Church, Silloth, at 7pm

11th Police Surgery at Abbeytown Assembly Rooms 12:30pm to 1:30pm

11th Police Surgery at Silloth Fire Station 2pm to 4pm

12th Silloth Businesses Christmas Party at Stanwix Park

January

22nd Hearing Drop-In at Wigton Local Links Office from 10am to Noon for replacements, advice & cleaning, 01228 562691

Masthead Winner

Carlisle Embroidery are generously donating a Solway Buzz embroidered sports shirt to the winner. This is in addition to the usual Winners Certificate and £5 Gift Voucher. So, come on kids, get drawing, the Buzz is always looking for more imaginative bees and yours might be the next winner. Send them in to the address on this page and a quality Solway Buzz embroidered sports shirt from Carlisle Embroidery could be yours.

This month the winner is Liam Michael Cockbain from Holm Cultram Abbey School with a bee called "Slash Bee".
Well done!



You don't have to be at school here to send a bee to us. If you are here on holiday we would love to receive your bee drawing, just tell us your name, where you are from and where you are staying. You will find our address on page 4.

Copy Date

This section is for your convenience,

so please, let us know what you want

included, also any changes to numbers



Abbeytown WI

Report by: Gladys Temple

The May meeting was chaired by President Audrey Harrison.

Freda reported on the Group Meeting on September 23rd at Aspatria Rugby Club. Dulcie Lewis will give a talk called 'Down the Pan'. She is an Authoress from Wensleydale and enjoys humorous talks so we are looking forward to a happy night. Abbeytown are to serve the refreshments and the competitions are 'a cheese board/cheese dish and three cheese scones'.

There is a special competition this year at The Cumberland Show for WI members to bake a coffee cake. The new 300 club was discussed and members agreed to enter this annual lottery. The Road Run Committee were sent a letter offering members to bake cakes and scones for the road run but so far no reply was forthcoming. A letter of thanks was read from Margaret Moore for the flowers she received after her stay in hospital. The resolution for the AGM at the Albert Hall is an SOS for Bees. They are central to human existence. In addition, many plants and flowers can only be pollinated by Bees and the British Beekeepers Association believes Defra's commitment to bee health does not go far enough so it was decided

Abbeytown would vote in favour of the motion unless there were strong reasons against at the AGM.

Peter Holland from Crossroads was introduced to speak about 'Caring for Carers'. The name Crossroads came from the soap opera on Central TV where Sandy was in a wheelchair and was looked after by his Mother 'Meg Richardson'. A £10,000 donation from a group in Rugby started 'Caring for Carers'. There are about 6 million carers in UK but many do not consider themselves as carers as they are looking after a family member and feel it is just their job. Many are not even related but look after friends or neighbours. There is lots of help available as the carers save the Government £60 billion per year but most do not claim. Crossroad in Carlisle and Eden was set up in 1984 and is a registered charity. Eleven trustees meet once a month to oversee things and the Care Commission regulate and rate the care standards. The Carlisle and Eden branch received a 3 star rating. Care and support workers are sent into private homes to allow carers to go out and do something different with a minimum stay being three hours. They try and make sure it is the same support worker

that a trust is built up and many of the supporters are treated as one of the family. Other children then get quality time with their parents or the carer can go out and spend time with others. They care for all ages and conditions and are referred by many channels from Social Services, Primary Care Trust, District Nurse or neighbours. A secure care plan is set up and agreed with the family so the support worker knows exactly what is required. Crossroads has 38 support workers and has done 30,000 hours in peoples homes. They are also setting up a service where they will come in for a one-off service if you wish to go to a wedding or special party, but it takes a lot of paper work to set

who comes every time so

require a lot of notice. Leaflets were left for anyone interested in publicising this work. Gladys Temple thanked Peter for a very interesting and informative talk. Margaret Brown, Margery Dargie and Elinor Roper served refreshments while Peter judged the competitions. The Sandwich tray was won by Margaret Todd 2nd Elsie Donald and Margaret Moore won the flower with Audrey Harrison 2nd. Raffle winners were Margaret Mynes and Elinor Roper. Freda Garner's group organised the card bingo.

these things up so they

School 4 All in Africa

Report by: Geoff Betsworth

Silloth Rotary to donate £1,000

Can you imagine your childhood without an education? A childhood without learning, without playing amongst friends... You see, an education is about so much more than learning to read and write it's about socialisation; it's about getting a start in life.

Every child should have the right to go to school. The chance to learn and play with other children, to learn basic skills and to fulfil their potential. Together we need to bring about the changes to make this happen but how do we fight the stigma surrounding disability? How do we put an end to this denial of basic rights?

Rotary International in Great Britain and Ireland and Leonard Cheshire Disability are working together to overcome such barriers so that every child can go to school. With support from Rotary our 'School 4 All in Africa' programme will initially:

- Target 1,000 disabled children to attend school across Mukono and Pallisa in Uganda
- Train 80 teachers on inclusive education and how to teach disabled children
- Adapt 20 schools to make them more accessible for disabled children
- Involve 2,000 children in inclusive education



clubs to spread the work about education for disabled children

- Establish a Disability Resource Centre to provide specialist support to schools and families
- Community based rehabilitation to train 500 parents/carers of disabled children in basic physical therapy
- Launch a community awareness raising and sensitising programme
- · Provide safe and clean drinking water and sanitary provision for disabled girls

Stanley's Story

Stanley is 13 years old and is the eldest of five children. He lives with his mum (his father died in an accident a few years ago) and has cerebral palsy. Stanley used to go to school, however, within a few months of starting

school, he was asked to

Because of Stanley's disability, many other children in the school would make fun of him and, this together with a lack of training of the teaching staff has meant that the school was unable to cope. They suggested to Stanley's mother that he should attend a school for children with disabilities, but this school is so far away making it inaccessible for Stanley.

His disability and lack of money have meant that Stanley has not attended school. He feels isolated and other than spending time with his siblings, he does not socialise. Unless Stanley can get back into school, his future seems very uncertain.

The North West district of Rotary International in Great Britain and Ireland has pledged to raise £8,000 for "School 4 All in Africa" and the Rotary Club of Silloth-on-Solway is donating a very significant £1,000 to this campaign.

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bγ

Richard Dent

Holme St. Cuthbert School

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11am-1pm

Tel Colin: 016973 33000

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> Winter Gritting Services

Suppliers of DeWalt Workwear Unit 1, Isola Building, The Airfield, Silloth

Tel: 016973 32145 Mobile: 079 2126 6480

Peer Mentors

Report by: Karen Evans

Solway Community Technology College have been successful in gaining funding to provide training for twelve peer mentors. Students from year 9 and year 10 are invited to apply for one of the places.

We will endeavour to make sure that there is at least one peer mentor in each house. Peer mentors offer support to other students when they are experiencing difficulties. Peer mentors in year 11 have proved very skilled and younger students have commented on how helpful it is to have someone to talk to and share worries and concerns with. Some students say they find it easier to talk with another student rather than an adult. Students who become peer mentor are able to use their qualification as part of their portfolio for the Certificate of Personal Effectiveness or COPE.

Coastal and Beach Sea Fishing Tackle

Article by: Caravan Care www.caravan-care.info

Basic Requirements

Sea fishing along the coastline between Skinburness and Maryport can often result in fabulous catches. This coupled with a wide range of accessible fishing spots can offer excellent opportunities for experts and novices alike.

For the beginner, a simple kit will suffice and there is certainly no need to lay out large amounts of money to get started, on the contrary, tackle shops such as Caravan Care can offer a complete beginners kit for a little

over £45. 1. Rod – To begin with a surf/beach rod of 11 or 12 feet will be perfect, the rod must be strong and able to handle a sinker/ bait weight of around 6 ounces (100 - 120g). Leading suppliers offer a range of suitable rods from well under £25. 2. Reel - For the

beginner the simplest reel to use would definitely be a fixed spool or coffee grinder there is no

need to go for one of the very big ones as these tend to be for those anglers that can cast "miles". A medium sized reel capable of holding 300 metres of 15lb line will be more than sufficient, around the £15 mark.

3. Line – Line or monofilament comes in a huge range of specifications, strengths, colours and prices. Expert fishermen would think nothing of spending £10 or even £15 on a 500 mtr. reel of line with specified impact strength, half the thickness for twice the strength and all that technical stuff. However for under £4 you can buy a perfectly functional line of around 12–15lb that will be perfect for you. Don't be confused

into thinking that you need a strength equal to the size of fish you are expecting to catch (5lb is a cracker), it's to do with the strength of line required to handle a full blown cast of a 6oz lump of lead with a chunk of bait attached, and the occasional snagging on

the rocks. 4. Rigs (hook arrangements) - If you think that the choice of lines is complicated then you've seen nothing until you seen the range of rigs, conservatively there are hundreds of different combinations, lengths, hook sizes and bite attractors. Once again Fladen have greatly simplified this by offering a range of rigs designed for specific requirements. To begin with a simple two hook Paternoster, or two hook Flattie rig will be more than enough always take several of these with you as you will most definitely lose some on the rocks. These are approx £1 each. Use hooks size 1 or 1/0 to begin with and take a pack of spare hooks with you as well.

5. Sinkers – The Solway Firth is the second strongest tidal estuary in the UK and as such has some very strong currents. Fishing the incoming and outgoing tides can often be very rewarding and a minimum 5oz sinker fitted with breakaway wires will be needed to combat the tidal currents but 60z will be better if you can manage the extra weight when casting (again take several with you as you're sure to loose some). Silloth has some really nice wide open spaces, so practice casting on "dry land" until you have mastered it. Remember that you could be fishing alongside several other anglers and you will make few friends by casting across their lines, although, in the main, you will find them



more than willing to offer advice.

6. Bait - Bait varies dependant upon species being caught and time of the year and nothing will beat experience in this area. However Silloth area is renowned for its great number of "Flatties" which thankfully take

almost any bait offered to them. The best however have got to be the hardy annuals which are, black lug, squid, mackerel or blueys (similar to mackerel but with higher oil content). The simplest to fix onto the hook will definitely be squid or mackerel which is best when it is secured to the hook using bait elastic. A drizzle of concentrated fish oil will increase your chances, especially in cloudy water. Try different bait on each of the two hooks and monitor which gets the best results.

7. Other bits and pieces Armed with the list of items listed above you are now ready to catch some fish – however there are a few other things that, although not essential, you might find helpful. a. A comfy seat or camping chair

b. A cutting board and knife to prepare bait and to clean your catch c. A priest (a little mallet)

to humanly despatch your catch d. A pair of long forceps

to remove deep set hooks e. An "old" towel

f. Plastic bucket. g. A rod stand (if your beach fishing).

We sincerely hope that this information will help you get started, don't be afraid to ask other anglers or your local stockist for advice, most of them will be only to glad to help, good luck.

Hair Zone 4 U

full colour.

As you age your hairs radiance starts to fade because it loses its pigments and keratins, which changes its structure. It gets weak, dry and more fragile and it turns grey. Its harder to colour, its an age old problem now tackled with new technology for a fresh solution! Clynol Viton Age Expertise and Collagen Boost are designed to provide colour, care and styling for mature hair.

Fashion week saw nineties super models such as Stephanie

Forget Age - live life in Seymour, Claudia Schiffer more vibrant there are and Linda Evangelista return to the cat walk. They prove experience is sexy, they are illustrations of women who have lived life and they want to look as fabulous as they can while they continue to enjoy themselves. If however your hair day is dry, brittle and grey it can tell a different story, Age Experience has been created to provide total white coverage for mature and course hair. There are natural shades discreet and uplifting golds to feminine chocolate rich browns. For those who crave something a little

seven fashion shades that offer deep colour and luminous shine. Drenched with vitamin H which strengthens the hair from within, these shades nourish the inner and outer structure, leaving hair smoother and healthier.

For Megans' hair we have continued with the Beach Babe look for summer scrunched waves and a deep plum and burgundy multi tone on tone technique, very now and a very hot summer look.

> Sammy & Carly at Peter Josef

Caravan Care

A full range of **Sea Fishing Bait** is now available

Stockists of all your Caravan and Camping Spares and Accessories

Now also catering for all local anglers Hook, Line and Sinker

13 Station Road, Silloth 016973 33090 www.caravan-care.info

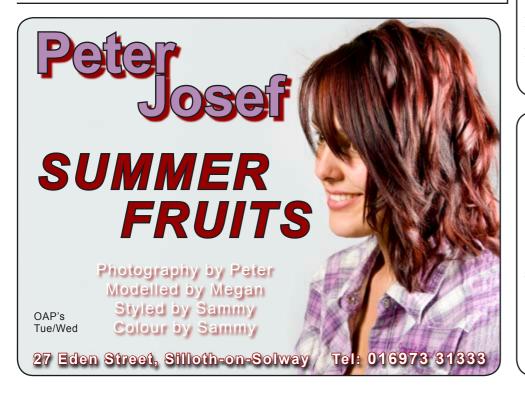


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Examination. Diagnosis. Treatment for back, neck pain, headache, sciatica, sports injuries

Tel: 0845 643 9224 Reception Mon - Fri 8.30am - 6pm

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Neighbours Day Bingo



Report & Photo by: Judy Williamson

On Friday 22nd May, Holm Cultram Abbey School held Bingo to Celebrate Neighbours

Jennifer Barwise was the Bingo Caller and was assisted by Liz Gilroy, Angela Middleton and

Everyone enjoying the stand up Bingo

Julie Wills. There was a good turnout of Pupils, Parents, Grandparents and Neighbours and lots of fantastic prizes were

Refreshments were served to everyone after the Bingo had finished, these were provided

with a grant from Home Housing Association Ltd, who were the main sponsors of Neighbours Day.

The children finished the evening with a game of Football on the School Field. A good night was had by all.

Photographic Competition

Prize Total now £100 and growing

Silloth Tourism Action Group (STAG) Photographic Prize Competition 2009.

The theme is "Wildlife around the Solway".

The list of prizes have not yet been finalised but hopefully will top the total of £160 awarded last time.

Conditions of entry are detailed on the Solway Buzz website, one major change from last time is there will be a limit of six entries maximum from each person and a minimum print size of 7" x 5" and a maximum size of A4, although the preferred option for entries is by email to photocomp@ solwaybuzz.co.uk. The minimum file size is 500k and maximum file size is 10mb. Please do not

reduce the image size for emailing as these cannot be used.

There are two categories, 16 and under, also adult. If entering the junior category please provide your age. All entries must include a full postal address and be submitted by 31st December 2009.

No professional photographers allowed.

Carrs Donate £500



L-R crewman Chris Clark, Alan Howe, Julius Deane, Harbourmaster Captain Chris Puxley and crewman Mick Satterthwaite

An advert featuring horses riding ten-storey high surf waves was voted the most iconic TV commercial of all time. Now, galloping horses have helped raise £500 towards the Silloth lifeboat which knows a thing or two about dramatic adventures in rough seas.

Julius Deane, recently appointed Wheat Director of Carr's Flour Mills, explained how the money was raised. "At a leaving party for my last job at Westmill Foods' Rice mill at Selby we held a race night, we bet on videos of old race meetings and my generous colleagues raised £320 towards charity." On joining Carr's he became conscious of the importance of water to

both mills. "Barges bring rice up the River Ouse to the Selby mill and ships bring wheat into the docks for the flour mill at Silloth. This lessens the need for road transport and helps to keep down carbon emissions." Coupled with his personal passion for water - he owns a narrow boat - and his huge admiration for the work of the RNLI, Julius decided to donate the money to the Silloth lifeboat. The HQ and slipway is just a stone's throw from the Silloth mill. Local haulier Lakeland Transport and wheat supplier GrainCo topped the money up to £500.

Eddie Studholme, Silloth lifeboat operations manager, said the money would go directly towards the running costs and general maintenance of the lifeboat stationed at Silloth. "Every donation is very welcome and there is a long association between Carr's and the Silloth lifeboat, down the years a lot of crew members have worked at the flour mill." The Silloth lifeboat is involved in up to a dozen emergencies every year and covers a huge stretch of water from Maryport in West Cumbria across to Balcary Bay in Scotland and all of the upper reaches of the Solway Firth. RNLI Silloth treasurer Alan Howe thanked Carr's for the money. "We rely on donations and legacies to maintain the RNLI which saves countless lives at sea each year," he



Allonby Primary School Open Day

Saturday 4th July 10am-2pm

The Staff and pupils would like to invite you to join them at their Open Day

Come and see how the school has developed over the last four years. Hear about our plans for the future and the opportunities that we can offer your child:

Small class sizes Excellent and experienced teaching staff A small staff to child ratio An exciting and broad curriculum Personalised learning opportunities A stimulating and well resourced learning environment An ethos of inclusivity A friendly and supportive atmosphere

The Friends group are also holding an American Independence Day fete on this day

For further information, please contact the school on: 01900 881324

admin@allonby.cumbria.sch.uk

So come along and join in the fun meet the children and the staff and have a closer look at our school

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2009 Deal Baby, Child, Pet or your own Portraits

£25 OFFER

What's the deal?

Peter will come, set a portable studio up and take the photographs. You will view the pictures then choose a mounted 8" x 6" print (further prints are an extra cost).

To find out more, contact: Peter McRobert, Barn Cottage, Skinburness, Wigton, CA7 4RA, tel: 016973 32180

Big Hearted Cyclists



Mark Smith, Brian Story, Lee Moore, Peter Brough and Ian Ramsay

Mark, Brian, Lee, Peter & Ian would like to send a big thank you to everyone who sponsored them on their recent coast to coast bike ride from Ravenglass to South Shields.

To date they have raised £1,142.50. This will be split between Silloth First Responders and Silloth Nursing Home. Further thanks must

go to Gary Winter for allowing them the use of his van, and to Jackie Henderson and Alan Messenger for their help and support over the weekend.

The ride itself went pretty much trouble free the only hitch coming on Saturday night when they got stuck in Haltwhistle Working Men's club!

Canadian Wheat Imported



Canadian wheat has been shipped directly to the Port of Silloth for the first time in 47 years.

The Cumbrian Port of Silloth handled its first direct cargo of Canadian wheat since 1962, on behalf of customer Carr's Flour Mills, which operates a flour-milling complex alongside the port's New Dock. mv Stella Maris arrived in the early hours of 9th June from Port Cartier, Quebec, Canada and discharged some 2,526 tonnes of wheat that will be used in high-quality bread flour.

Captain Chris Puxley,

ABP's Harbour Master and Port Superintendent for the Port of Silloth said: "It's great to see the return of direct Canadian grain shipments after almost 50 years. As we prepare to celebrate the 150th anniversary of operations at Silloth, it is reassuring to know that the port is still busy supporting local industry and agriculture, just as envisaged back in the 1850s.

Julius Deane, Wheat Director for Carr's Flour Mills, added: "This consignment of wheat is now being transferred locally through the port from the vessel to the mill. This has avoided the need for costly and wasteful intermediate transport and unnecessary additional carbon emissions. The Stella Maris has saved the equivalent of almost 200 lorry journeys that otherwise would have been transported on the region's roads. We also use the Port to bring in vessels of UK-grown milling wheat from the south and south west. This is a useful market for farmers in those regions, and again saves many hundreds of long distance lorry journeys".

Skinburness Residents Association

The Skinburness Residents Association AGM was held on 11th June in the Golf Hotel, Silloth.

Chairman Simon Boniface opened the meeting with a review of the issues completed to date. Followed by Roger Blake with the Treasurers Report. Grahame Littleton was elected as the new Chairman for 2009/10.

Simon went on to request more householders to join the Association and stated that some form of social gathering was needed for everyone to get to know each other, not just their immediate neighbours. With the loss of our one and only gathering place (Skinburness Hotel) this has become harder to achieve. The committee will be looking into this at their next meeting on 23rd July at 8pm in the Golf Hotel, which is open to members and prospective new members.

Membership fees are being taken now for 2009/10 and will remain at £10 per household as agreed by a majority vote at the AGM. Please complete the attached form and post or bring it along to the July meeting, we look forward to you joining.

SRA Application Form

Name:

Address

Post Code:

Tel.

Email:

Comment:

Annual membership payment of £10 per household. Cheques are to be made payable to: *Skinburness Residents Association*

Send to the Treasurer: Roger Blake, Greyholme, Skinburness, Wigton, CA7 4RA

Silloth Tots n Toddlers Big Toddle



Report by: Jenny Lunney

On Wednesday 10th June Silloth Tots N Toddlers group took part in the Barnardo's Big Toddle 2009, with a percentage of the sponsor money staying with the toddler group.

Twenty families walked the course, with some of the children in pushchairs but others managed to walk all the way. We walked from Silloth Children's Centre - over the green to the lifeboat station - then a

lovely walk along the sea front to the lighthouse - then back to the Children's Centre for a well earned rest, a snack and juice.

At the Centre the children were presented with their certificates and medals. We raised about £400, a big thank you to all the people who sponsored the children. Also, the toddler group would like to thank Lynne, Jenny and Sharron from Barnardo's Children's Centre for

their help. They said they were well impressed with the turnout, the lovely weather and the massive amount raised. Well done to ALL.

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Students Art Exhibition

Report by: Kate Williams Subject Leader of Art Solway Community Technology College

It's that time of year again, the sun is shining and it's exhibition time for GCSE Art students at Solway Community Technology College in Silloth.

This year the students have excelled themselves with an array of highly skilled pieces of art work from textiles to sculpture, graphics to observational drawing; the exhibition caters for everyone's taste.

Over the past two years the students have been beavering away on their course-work in preparation for this year's show. Students have dedicated hours of their time to demonstrate their talents to both the exam board and to the public, exhibiting two years worth of work.

The students can only wait now in anticipation to find out their grades in August, but what each and every student should know is that they have all done exceptionally well and I am proud of each and every one of them!



Mawbray Family Fun Day 2

Report & Photos by: John Molyneux

The last bank holiday of May saw the second Family Fun Day at Mawbray to raise money for Holme St. Cuthberts School and Munchkins Toddler Group topping the £1,000 goal, this winter money was raised from the Lowther Arms Pub Quiz

Again locals and holidaymakers enjoyed the adult assault course, tractor pulling, bouncy castle for the kids and a duck race behind the pub "using plastic ducks of course".

Another £152 was raised allowing Reverend David Tembey to present £576 to Allison Wise and Brian Macavoy on behalf of the School and a cheque for the same to Beckie Molyneux for the Toddler Group.

Everyone had a great day and I would like to thank Dawn and Mary at the Lowther Arms and Steve from Bubbles **Bouncy Castles for** supplying outdoor toys and equipment along with popcorn 'n' candy floss.



Silloth First Responders get Donations







Left: Golf Club ladies with Responders Above Left: Peter Jackson presenting cheque Above Right: David English presenting cheque to Peter Gilmour & Angus Emmerson

MIXED OPEN 4BBB STABLEFORD

SILLOTH on SOLWAY GOLF CLUB

to celebrate

PORT of SILLOTH 150 YEARS OLD

Monday 3rd August 2009

Maximum handicap men 24

Maximum handicap ladies 30

34 stroke allowance

Entry must be accompanied by entry fees of £25 per pair and cannot be refunded after starting times have been allocated



Competitors who wish to use their own single seater buggy in the competiti must have a doctor's certificate, adequate insurance and MUST APPLY TO THE COMPETITION SECRETARY BEFORE 27th JULY 2009

The Silloth branch of the British Heart Foundation presented a new AED defibrillator to Silloth First Responders.

The money for the defibrillator had been raised from a golf competition and other

کو

fund raising events. The defibrillator was handed over to the Silloth Responders Chairman and coordinator Peter Gilmour by Steven Laiden area manager for the

Heart Foundation. Steven

Culterham Hall is pleased to present a return visit by Australian Singer/Songwriter Chris Aronsten in his only Cumbrian concert on his 2009 UK tour

Culterham Hall, Mawbray Saturday 1st August 2009 at 7:30pm

Chris sings a mix of folk, country, blues and swing and plays fiddle, guitar, mandolin, harmonica - and spoons!

Chris's previous concerts were a huge success, and early booking is recommended as places are limited

Tickets £7 from Rick Felix: 01900 881215 It's our usual 'café style' evening - bring your own "refreshments"

thanked the team for all the hard work that they put in and congratulated them on the success that the team had since they had set up. Peter thanked Steven and Davina Sim and the rest of the ladies for all their hard work in raising the money for the new defibrillator. He said that the defib will be based in the Crofts, so that the response time could be cut down and so that the defib could be on scene faster and help to promote the chance of survival for a patient in cardiac arrest.

Peter also thanked Silloth Town Council for sponsoring the pagers for the team, giving an average response time in the town of 3 minutes. Silloth First Responders

are all volunteers. They get called to category A calls by the ambulance service.

A cheque was presented by Peter Jackson for the money raised from his excellent DVD of Silloth Sunsets and from David English, past Captain of Silloth Golf Club, a big thank-you went to them both.

Silloth First Responders run HeartStart courses in which you can learn how to give basic life support and cardiopulmonary resuscitation (CPR), the course is provided for free, the course is open to groups and members of the public. Eight members of the team have been trained up as instructors by the British

Mayors Report



Report by:

The Chairman gave notice that he had attended the Workington Mayor Meeting Ceremony, Silloth Young Firefighters Award Day, Allerdale Mayor Meeting Ceremony along with several other meetings in the past month.

Planning applications approved by Allerdale Borough Council were noted.

An application for street trading on Carnival Day was objected to in line with the councils policy to preserve existing traders within the town.

Ken Wannop gave notice that the goal mouth on the football field required attention, following a discussion it was agreed to reseed the areas as they are to be used within the next six weeks, re-turfing would not have time to settle in.

Graham Wilkinson

assistance were received from Silloth Community Transport who were awarded £1,000 and the Great North Air Ambulance who were awarded £500.

Discussions were held with a view to the erection of a sign adjacent to the 'Hollow' outlining the various education facilities along with the Community Hall, etc., planning requirements are to be checked.

An update of the planned celebrations at the Docks in August was discussed for which the council have given financial support.

Repairs to the floodlights on the path across the Rugby Field were agreed.

Provision to formally lease the land on which the Youth Club stands to the club so as to enable them to access further

Inspector Buzz

Jaana Bennett

from

Holme St.

funds are to be entered

Following submission of several quotes for the replacement of the main tractor on the Green, a successful bid was accepted therefore a new machine should be on the Green within the month. This will replace the existing one that is nearing ten years old.

Finally the council are looking into the possible use of the land to the rear of Holliday Crescent for allotments, which was purchased by the Council as a play area. This would accommodate the long list of people on the waiting list. The council would welcome written comments on this proposal, for or against, to the Town Clerk at 5 Burnswark Terrace, Solway Street, Silloth, as we are under pressure to find land for the residents.

Special Golf Competition

In August this year, there is to be a special golf competition as part of the Silloth Docks 150th Anniversary Celebrations.

Way back on 3rd August 1859, the first Silloth Dock was officially opened and named the "Marshall Dock". It had been built at the end of a newly constructed railway branch line, to serve the various industries of the city of Carlisle. Where previously there had been nothing on the coast

here but sand dunes and a small farming hamlet, this new dock and a 1,000 ft long pier was constructed. Around this new maritime facility there gradually grew the small township of Silloth.

To celebrate the birth of this dock and town, the Silloth on Solway Golf Club is holding a special celebratory golf competition. The port's current owner, ABP, has donated two unique prizes for the joint winners of the competition, namely, two

large, elegantly framed copies, of an original engraving from 1859, depicting "The Opening of the Marshall Dock at the Port of Silloth". Runners Up and other prizes are donated by the Golf Club.

To date there are still a few vacancies for this competition. Any golfer wishing to take part in this celebratory competition is advised to contact the Silloth on Solway Golf Club (016973-31304) and book as soon as possible to avoid disappointment.





Bear Bee Silloth

FREE TAG AND TOUCH RUGBY SESSIONS FOR ALL AGES in Solway Community School Sports Hall Year 5 and 6 boys and girls Tuesdays' June 23rd + 30th, July 7th + 14th 5:30pm - 6:30pm Year 7 and 8 boys and girls Thursdays' 25th June, 2nd, 9th + 14th July 5:30pm - 6:30pm ll session free of charg

Silloth Rugby Club

Would like to invite you 2

RUGBY4FUN



Fantastic One Officers At

Shop Smart, Shop Local, Shop SPAR at Solway Street, Silloth

Princess Bee

by Ella Baker

from

Silloth Primary

School

AVAILABLE IN-STORE 18th June until 24th June

Offer subject to availability. Maximum of 2 deals per customer.





AVAILABLE IN-STORE 25th June until 1st July

Offer subject to availability. Maximum of 2 deals per customer.





AVAILABLE IN-STORE 2nd July until 8th July

Offer subject to availability. Maximum of 2 deals per customer.





Offers subject to availability only at participating SPAR stores. N. B. Some variants may not be available in some stores. Prices correct at the time of going to press. E & O. E.

OPENING HOURS Mon to Sat 8am - 10pm 9am - 8pm Sunday



SPAR (A) There for you CASH MACHINE (4)











Tide Table

Times of High Water at Silloth

Courtesy of A.B.P. Silloth, Times in GMT

High Water

6.0

5.6 5.6 5.7 6.0

6.3

6.9

6.9

6.7

6.5

6.3

6.0

5.9 5.7

6.1 6.5

8.0

8.1 8.2

7.6 7.0 6.3

5.6

Time

19 06

20 09 21 09

22 00 22 44

23 23

23 59

12 23

13 32

14 41

16 01

17 50

19 01 20 12

21 20 22 18

23 10

12 31

13 21 14 08

18 15

19 33

DEPTH ON NEW DOCK GAUGE

5.5 5.5 5.7

6.9

5.5 5.7

6.3 7.0

7.5

7.4 7.0 6.4 5.7

5.3

JULY 2009

Date

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00 00

00 48 01 37

03 09

03 56 04 43

05 39

Letters

Send your letters to the address on page 4.

Dear Buzz.

I would like to thank everybody for their continued support as expressed at the polls with my recent re-election to Cumbria County Council for the Solway Coast ward. I can assure you, I will continue to represent you to the best of my ability and by doing so I will keep on promoting Silloth and the Solway Ward. This is the 'Crown upon the Solway Coast'.

Once again, thank you to all.

Tony Markley



Dear Buzz,

A Big Thank You! Solway Community Sports Hall would like to thank everyone who filled in and returned the questionnaires we sent out recently. As a small community we realise the importance of providing activities of which you would like to participate in. The information provided from the questionnaires is essential in this process and helps us to provide activities for all to enjoy. We are currently evaluating this data and will be looking to offer the most popular activities as soon as possible.

We would like to congratulate Mitchell Robinson, Silloth, on winning the hours free hall

For more information regarding activities being offered please call 016973 32229.

Sian Messenger

Bee Factor bγ Ross Wilson from Silloth Primary School

On the Waterfront

Report by: Tommy Legs

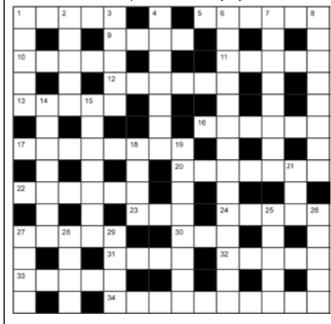
Unlike many ports Silloth continues to be quite busy with seven vessels visiting in May.

First was the VICTRESS with wheat from Sharpness in Gloucester. Next was the CELTIC CHALLENGER with fertilizer from Gabes in North Africa followed by the

SWEDICA HAV with fertilizer from Rostock. The BALTIYSKIY-201 then brought fertilizer from Klaipeda and the BEN VARREY brought wheat from Liverpool. The ARKLOW SKY was next with fertilizer from Rouen and finally the ZAPADNYY brought a cargo of molasses from Bremen.

Crossword

Crossword puzzle created by Mycroft



Across

SILLOTH

0.3

0.2

-0.1 -0.2

-0.2 -0.2

-0.2

-0.2

-0.1 0.1 0.2

0.4

0.3

0.4

0.1

-0.5

-0.1 0.4

Low Water

0.3

0.4

-0.1 -0.2

-0.3 -0.4 -0.4

-0.3 -0.2 -0.1 0.1

0.6

0.2

-0.7 -1.1 -1.4

-1.6 -1.5

-1.0

-0.5 -0.0

0.7

Time

13 18

15 28

17 55

18 33

20 14

21 22

22 41

23 32

12 04

15 44 16 49

19 31

20 18

22 21

23 04 23 53

12 32

13 34

Morning

00 34

01 38 02 48

04 00 04 56

06 25

07 03

08 13

09 18

10 28

00 38 01 57

03 13

05 28 06 26

07 20

08 10 08 57

10 19

10 58 11 40

- 1. Misgiving (5)
- Overcoat (6)
- U S State (4)
- 10. Fool (5)
- 11. Fish (5)
- 12. Frank (6)
- 13. Blood sucking creature
- 16. Concern (6)
- 17. Guard (8)
- 20. Sportsman (7)
- 22. Deprive of food (6)
- 23. Proper (3)
- 24. Wild (5)
- 27. Famous composer (5)
- 30. Nothing (3)
- 31. - - Blyton (4)
- 32. Phrase with meaning established by usage (5) 33. Greek letter (5)

20. Serious

22. Esteem

24. Wrong

27. Mardi

30. Yen

31. Styx

32. Inigo

33. Capri

23. Ash

34. Backward view (10)

- 1. Writing implement (5)
 - Endure (5)
- 3. Woman's cap (5) Slaughter (7)
- Book by William Golding (4.2.3.5.)
- 7. Fellow player (8)
- Practise (8)
- 14. Daughter of
- Agammennon (7) 15. Circle (7)
- 18. Require (4)
- 19. Fragrant shrub (8) 21. Hot drink (3)
- 25. German river (5)

Issue 74 Crossword Answers

1. Sinus

2. Liver

3. Delap

4. Shelter

6. Robert

browning

7. Mercutio

8. Sisyphus

14. Choisya

- 26. Extent (5)
- 27. Indian peasant (4) 28. Change direction (4)
- 29. Shakespearian

character (4)

15. Aniseed

18. Emma

26. Gloss

27. Muck

28. Ride

29. Isis

19. Asphyxia 25. Olive

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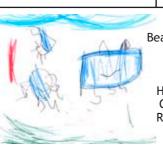
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Across

1. Salad

5. Aramis

9. Echo

10. Novel

11. Boris

12. Allure

13. Scrap

16. Stitch

17. Lonicera

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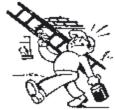
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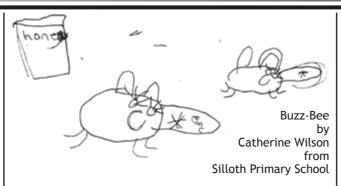


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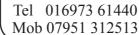
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Report by: David Wise

Ross Johnstone and Hannah Story are on the 2009 Wimbledon trail.

They were successful at Silloth Tennis Club's seventh annual Road to Wimbledon event.

This was held on Tuesday 26th May with Ross coming through 6-1, 6-1 against Adam Story in the final and Hannah overcoming Emily Wise by 6-2, 7-6

Others parading their skills were the ever improving Kevin Brown, Luke Graham, Matthew

May has been busy for Silloth Football Club, it's awards night was on Saturday May 9th.

Report by: Colin Baty

The Junior teams had their presentation night at the Rugby Club and first of all I would like to thank Jane Robinson, Lee Neilly and Chris Wilson especially for their efforts. The club raised over £300 which is not bad as money is very hard to come by at the moment.

All players who paid their memberships got a trophy and the following winners are as

their presentation night on Sunday 24th of May with Maryport Rockers AWOL playing their usual blistering set. We raised nearly £400 a big thank you for all that attended. I'm still speechless about the prize the players gave to me The winners were: Most improved Player of Year: Adam Carr Young player of the Year: Graeme Dixon Top Goal Scorer: Brian Hayhurst



The Very Young Under 8's

follows:

U9's: Most improved, Josh Wilson. Most man of matches: Spencer Irving. Manager's Player of the year: Jack Winter. Player's Player of the year: Ben Goodman.

U10's: Most improved: Josh O'Neill. Most man of matches: Jay Scott. Managers player of year: Jamie Dixon. Players player of year: Tom Beatty.. U12 Girls: Most improved: Amy Stoddart. Players player of year: Katie Hart.

U12: Most improved: Bailey McKay and Gareth Davenport

got: Most man of matches, Players player of year and Managers Player of year. U14: Most improved: Luke Ray. Most man of matches: Oliver Carr. Manager player of year: Sean Clark. Players player of year: Ben Humm.

U16: Most improved: Ben Rowell. Most man of the matches: Calvin Rowell. Top Goal Scorer: Sam Brough. Managers Player of the year: Jamie

The men's team had

Supporter of the year: Eric Telford Clubman of the Year: Paul Hayton Managers player of the year: Graeme Horsley Players player of the year:

Chris Telford

The town 5-a-sides were held on Sunday 24th May in glorious weather. Only eight teams entered (five from Silloth) which is a poor turn out really with a distinct lack of late teens and those aged 30+ people

taking part. Never the less congratulations go to Rodney and the Delboys that's: Liam Wilson, Andy Hardman, Gary Jones, Josh Finlinson, Graeme Horsley and Brian Hayhurst for winning the Colin Blair Memorial Trophy for 2009 with a resounding 6-1 victory in the final.

Cake King

Report & Photo by: Jimmy Lettice

The 2009 Silloth RUFC Food Fair produced some spectacular and scrumptious food yet again, the standards seem to get higher and higher every year.

Special award for the organic cake of the show went to Bill Lewis. Since retiring Bill spends more time in the kitchen experimenting with varied ingredients from his own allotments beside the Albion Inn. Since



switching to organic produce his results have exceeded all expectation and he surprises himself more than anyone else.

I won't mention who the losers were to save embarrassment. We will give an honourable mention to the Albion Inn team for entering into the spirit and giving it a go. They were thoroughly outclassed but turned up, had a laugh and a drink, well done to you.

Men's proper training started on Tuesday 9th June at 6:30pm and will be held on Thursday's at the same time as well. The team has as expected been relegated but with more commitment, dedication, pride and hard work can challenge for promotion next season. So no time wasters please. I used far too many players last year due to people messing me about. I won't tolerate it next season!

We are trying to get an U8 team for next season. This will be for boys and girls in school years two

and three in September. We had a friendly against Abbeytown U8's with a team mainly aged 6. They are pictured here (though you may recognise a few older ones). So if you are interested, especially from the outlying villages, give Emma a ring on 32112 for more details as we could do with a few more players to make it work.

Can I also thank Margaret Snaith of Solway Kitchen Supplies for her donation, helping us pay for all the Trophies. It was greatly appreciated and thanks to David Bibby of TSL Sports for supplying them all.

The only thing that the mens team collected was the exhaust off the Community Bus which fell off just outside Workington on our last game of the season. So here is the evidence! Keep kicking them balls!



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Bowls Competition

Report & Photos by: Jimmy Lettice

As a scratch competition was being played at Silloth Golf Club, the golfing regulars decided it was a great day to hold Silloth Rugby Club Bowls Open.

The bowling club greens in Silloth are in excellent and speedy condition, so most competitors found it hard going. Past winners taking part included Blackdyke champion Rob Shaw, West Silloth champion David Beedy and Bexley Heath open winner 2004 Mark Sullivan.

It was the Mark who come out on top with a stunning display of bowls, showing how it should



Winner: Mark Sullivan

be done. Biggest loser on the day was 'lucky frazz' Stephen Frazer who was one shot adrift with one bowl left. In his excitement he lost concentration and put the wrong bias on his shot which resulted in his bowl being deemed out of bounds. This was a first for last years champion.

w it should his excitement he lost for last years cha

SCTC Girls 7-a-side

Report by: Karen Evans

On Thursday 14th May Solway Community Technology College competed in the Girls 7-aside Football Tournament at Beaconhill School, Aspatria.

They took three teams, U12, U13 & U15. It was well organized and everyone enjoyed the event. The U15, captained by Cally Martin, played Southfield in a longer match, 25 minutes each way. At half-time we were winning 1-0, a fantastic goal scored by Bethany Wise. The second half

saw Southfield fight back and although Solway persevered, at the final whistle, Southfield had scored 3.

The U13's played three matches, Southfield, Netherhall and Beaconhill. Solway fought hard and there was some excellent play. Kayleigh Wilson saved stinging shots at goal and Megan Wise scored in the top of the nets. Once again the team persevered.

The final scores were:-Solway 2 - Netherhall 6 Solway 3 - Beaconhill 5 Solway 0 - Southfield 5 Finally the U12's played two matches and were dominant from the very start. Shots were on target and flying in the goal. Georgia Wilson captained the team and let the team do the talking!

The scores finished at: Solway 9–Cockermouth 5 Solway 12 – Netherhall 3.

This performance ensured first place and the U12 team now goes forward to the County Finals to be held at Frenchfields, Penrith.

Congratulations to all our players, it was a brilliant turn out and a successful event.

County Golf Juniors



Report & Photo by: Mark Smith

County Junior League: The county league season kicked off with a double header against Brampton, in the away leg Silloth came away with a credible 3-3 draw, with wins for Luke Graham, Andrew Longcake and Cathy Longcake. The home leg saw the Silloth Team turn on the style with a emphatic 6-0 victory. Club Champion Blane Clorley said afterwards "this tops an excellent day for me, I started my new job as head waiter at the Golf Club today and even managed to put out some knives and forks, then for the team to win, so well it's a day I won't forget"

Coaching: The Saturdays sessions continue to be well supported, Assistant Coach Alan Oliver says "You can see the improvement in everyone's game due to the hard work they are

The team that beat Brampton 6-0 L-R: Hannah Smith, Daniel Lettice, Luke Graham, Oliver Tallontire, Andrew Longcake and Blane Clorley

putting in, its a pleasure to see so many young people enjoying the game". Don't forget the sessions are also open to non-members and are completely free of charge! Please contact the Pro Shop for more details.

Apology: In last month's Buzz I stated that Head Pro Jonathon Graham once won a social committee competition before turning Pro, it was in fact a Turkey Trot which is part of the prestigious winter tour, wife Karen said that Jonathon still has the turkey in the freezer and often takes it out for motivation when he is struggling with his game.

Competitions: Daniel Lettice's winning streak finally came to an end in the Glencross Trophy, Blane Clorley taking the honours with Luke Graham coming runner up. Ryan Murphy once again took the High

Handicap section and the Black Tee winner was Owen Dowie.

The Rotary Shield saw a first victory of the season for the ever consistent Andrew Longcake, Oliver Neilly taking the runners up prize. The Black Tee winner was Jared Cole; an excellent achievement in Jared's first ever competition. The Club Championship qualifier took place in difficult conditions but despite this the scoring was excellent, this years titles look sure to be keenly contested with the standard of golf sure to be high. Qualifiers were, Blane Clorley, Andrew Longcake, Daniel Lettice, Luke Graham, Hannah Smith and Oliver Neilly. The Black Tee championship is a three way battle between Carmen Neilly, Jared Cole and Phillip Clark with the winner anyone's

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SPG Golf Tour

Report & Photos by: Jimmy Lettice

It was back to the Isle of Bute for the 2009 SPG Golf Society Tour.

Sixteen members enjoyed the Scottish links course at Largs, although day one was a wet and windy day no-one could stop these golfers from enjoying 18 holes on the world famous course. There were joint winners on day one so first prize was shared between Mark Sullivan and Charlie Harrison with 42 points each, third place went to Derek Hunter from Hawick.

Next day was a pairs competition with the spills going to Bill Lewis and Dougie Oliver who

were way out in front again from an in-form Derek Hunter and his partner Aleric Weightman. They left talented golfers like Geordie Storey, Stephen Frazer and others gobsmacked.

It was a tighter affair on the third day which was played in sunny but breezy conditions. The scores were somewhat poor with the best score on the day posted by Derek Hunter from Hawick. Derek was brought up on links golf and this proved to be his saviour with an excellent score

of 80 less 14, making 66, close on his heels were the Hodgin Brothers David and Lennie with 70's apiece. Special prizes went to Peter Ritchie for his longest drives on all 3 days, Aleric Weightman for the least puts taken on all 3 days and the nearest the pin went to Phillip Allison.

Overall champion was the self confessed golf nut Derek Hunter from Hawick, a worthy and popular champion.

Tennis

Mary & Ben Are Club Mini Red Champs



Ben Stoddart & Mary Hollick

Report & Photo by: David Wise

Mary Hollick and Ben Stoddart powered their way to the singles titles in Silloth Tennis Club's 7th annual under 8 club championships in another exciting and eventful competition.

With good performances from new players such as Kiara Orchard, Sally Weightman, Molly Nattrass, Eve Fisher, Alan Halpin, Chloe Aird, Erin Tilley and Josh Stoddart showing that fresh new talent is still coming through we ended up with exciting finals where Mary defeated Leah Richardson 10-4 and Ben edged out Kieron Oliver 10-9 in an incredibly tight match. Leah made up for her disappointment by taking the doubles title with Eve Fisher along with Roy Bervoets and Saul Henderson who were triumphant in the boys event.

Golf County Girls



Hannah Smith with the Jean Stafford Trophy

Report & Photo by: Mark Smith

This year's County Girls Championships took place at Seascale Golf Club, in extremely windy conditions.

Hannah Smith representing Silloth on Solway Golf Club came in with a score of nett 70 to pick up the Jean Stafford Trophy. Hannah's victory was even more notable as not only was this the first time she had played Seascale but the field consisted of most of the County Girls Team.

Holly Weatherburn from Furness took the main prize with a Gross score of 76, an excellent round on such a difficult day.



Top: Winner Derek Hunter, Bottom: David Tallontire



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