



MARCH 2015

225TH EDITION

This edition is sponsored by the Forestry Commission

IN LIKE A LION, OUT LIKE A LAMB?

Leven Valley Support Group for St Mary's Hospice
proudly present at Greenodd Village Hall

RUSTY BULLETS

(Music to suit all ages)

Saturday 14th March - 7.30pm to Midnight

Tickets £7.50 to include a pie & pea supper!!

Licensed bar. Raffle.

Come along for a fun night out and support your local hospice!

Tickets available from:

Dot Crabtree	015395 30132
Sylvia Chadwick	015395 31685
Marion Wilson	015395 31779

THE RUSLAND SPRING SHOW 2015

Saturday March 28th 12 noon – 4.00 pm

Sunday March 29th 10.30 am to 4.00 pm

Rusland Reading Rooms

All Classes Are Open

BOOK STALL – CAKE STALL - PLANT STALL

RAFFLE AND CHILDREN'S TREASURE HUNT

Exhibitions by local artists and wood-turners

(Donations to the above stalls would be appreciated)

Admission £2.50 (to include tea or coffee & biscuits)

Children under 16 free

For a copy of the schedule and further details,
contact: Gordon Wilkinson, Tel 01229 860253 or e-mail

gordon.wilk876@btinternet.com

or see www.rusland.org.uk

EVENTS IN GRIZEDALE FOREST

Saturday 7th March

Malcolm Wilson Rally – further details at

www.malcolmwilson.co.uk

All trails on the west side of the Forest will be closed for the day

Sunday 15th March

Grizedale Duathlon – 6.5k trail run and 24k Mountain bike ride

Further details at www.highterrainevents.co.uk

Sunday 22nd March

Forest Discovery Day - Free

Join us for a day of forest fun and woodland celebrations! See www.forestry.gov.uk/grizedale

Saturday 28th March

Cumbria Commotion Adventure Challenge

10k run, 25k bike ride, and kayaking on Coniston – further details at www.trailplus.com

GREEN DOOR STUDIO'S ART TRAIL

Tina Balmer, Sally Bamber and Angie Flynn

will be showing their recent work at

JANE MEADOW, HIGH DALE PARK

Saturday 28th and Sunday 29th March 10am to 5pm

Soup, cake, coffee and tea will be served at a modest price by Jan Benefield and her helpers.

A FLOWER ARRANGING WORK SHOP

with Joan Bentley.

Rusland Reading Rooms- Monday 24th March -10amto3pm

Anyone interested contact Elsie Wilkinson

01229860253.

HELPING TO KEEP YOUR RIVERS FLOWING

If you are interested in what members of the community can do to help maintain their rivers, then you are welcome to attend a session with the Environment Agency's Andy Knipe. Andy will walk a stretch of the river in the Rusland Valley with local people, pointing out what types of work local people can carry out themselves, and what work needs permission.

It will take place on Wednesday 11th March 2015 starting at 10am. Meet at Rusland Reading Rooms. Please wear suitable boots and waterproof clothing. For details, call Debbie Binch, 017917 263789.

TABLE TENNIS IN SATTERTHWAITE PARISH ROOM

2.30pm on a Monday or Tuesday afternoon – Please contact Paul Townsend on 860206 if you are interested.

LOCAL FOOTBALL TALENT!

Morecambe F.C. have taken on Matt Thornley, aged 12, and James Thornley, aged 10, after completing trials. Given there are only 15 per age group, well done boys!

The Collins' bird table Christmas visitor was a **YELLOW HAMMER**.

RUSLAND READING ROOM AGM
21st May 2015 - 7.30 pm - Rusland Reading Room

COLTON PARISH COUNCIL

Hay Bridge Moss: Plans for the restoration of Hay Bridge Moss have been supported and approved, following a long period of consultation, discussion and agreement about the planned works and their possible impact on the surrounding land. The Moss is part of a Site of Special Scientific Interest and, as a 'lowland raised bog', represents a rare habitat in the UK - Cumbria is one of the few places where these bogs remain. However, the Moss has dried out over the years and the plants and animals it once supported have declined. Restoration to 'favourable condition' means installing a peat and clay 'bund' around the bog to retain the rainwater, creating the right conditions for the sphagnum moss to grow back.

Concerns about the effect this bund could have on flooding of surrounding farmland led to the Parish Council initially objecting to the plans. However, discussions between the National Park Authority, the Parish Council, the Rusland Mosses Liaison Group, Natural England, and the John Strutt Foundation (Hay Bridge) about the nature of the bund and its height have led to agreement on modifications to the plans to allow the works to go ahead. The bund itself will now not extend above the level of the surrounding land surface, thus allowing rainwater to be retained, whilst still providing a 'sink' for floodwaters. The bund will have a turf capping of no more than 150mm which will gradually flatten out. The National Park Authority have approved the plans, and engineering works will start soon.

Footpaths across the Mosses: The various footpaths that run across the mosses (Hulleter, Hay Bridge, and Rusland Moss) are in need of attention - they are impassable in some places and the boardwalks need mending. The Clerk and our local field ranger, 'Wilky', are meeting on the mosses early March to discuss what needs to be done.

Vacancy for a Councillor: We still have a vacancy for a councillor. Please get in touch with the Clerk (contact details below) if you would like to have a say in the future of your parish.

The next Parish Council meeting will be on Monday 23rd March, 7:30pm, Rusland Reading Rooms.

SATTERTHWAITE PARISH COUNCIL

Satterthwaite Parish Council will meet next on Tuesday 24th March 2015 at 7.30pm in the Parish Room, and then again on Tuesday 28th April 2015 at 7.30pm in the Parish Room. Members of the public are welcome.

At the Meeting of 24th February, Councillor Gary Thomason took the Chair in the absence of Councillor David Fletcher who fulfilled a SLDC commitment. Members of the public expressed their concerns about the misuse of the road below Hawkrigg House and Damson Cottages as a car park. Councillors resolved to write to the parties involved and to work to create an off-road parking area. For the meeting scheduled for 24th March, councillors will prepare a draft proposal to put before residents, church and planners.

The Community Plan Questionnaire will be put on the website (www.satterthwaitepc.org.uk) to extend the opportunity for responses from those who have not yet completed it.

The box installed near the Eagle's Head should be functioning within two months to improve broadband reception in the village.

There is evidence of poaching in the parish and people are urged to contact the police on 101 to report suspicious activity and the registrations of unfamiliar vehicles.

COMMUNITY PLAN QUESTIONNAIRE.

Thank you to all those people who have responded. If you have not already done so it is not too late to return completed forms. A version of the form is available online on the Satterthwaite village website

RUSLAND AND DISTRICT WI

Since the last meeting 15 members had enjoyed a meal at the Ford Park Café. It has been decided that this year our branch will raise money for an overseas charity supporting women and children.

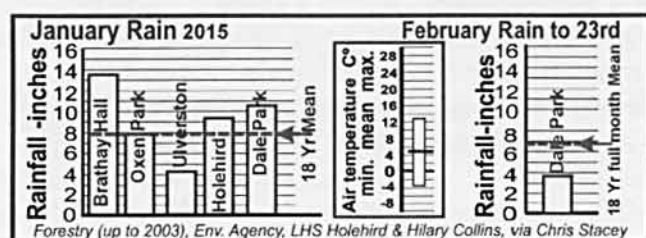
Our February speaker was an old friend, Ron Mein, who talked about the work of the Royal British Legion and his role in it. During the course of his talk he presented an award to Julia Crowe in recognition of her long, faithful service collecting for the Poppy Day Appeal.

The next meeting is in Satterthwaite on Tuesday, 17th March at 7.30 p.m. when we will welcome Walter Johnson to give a talk entitled "Some Enchanted Evening." Even if you are not a member you would be very welcome to come and "try us out."

OXEN PARK CINEMA CLUB

We have two great but vastly different films for March. First 'The Great Beauty' on Tuesday 3 March; a Sorrentino film, longish but we will have an interval and an extra chance to fill your glass at The Manor. This is definitely a film to be seen from a comfy chair in the cosy Carthouse at Oxen Park. Booking for the Carthouse recommended.

The second is a Saturday Special (no supper) at Greenodd on 21 March 7.30pm. We are showing the silent Asquith film 'Underground' and it will be accompanied by Paul Gregson, the Hawkshead Church organist; this promises to be a very special occasion and an evening to remember.



CHURCH NEWS

Dear Friends

By the time you read this, we will already be in the season of Lent. As you know, there is a tradition of giving things up for Lent- chocolate, booze, and so on. The origin of this self-denial was to allow people to identify with Christ in the wilderness, and by taking away things that distract us, we focus on who we really are.

It is an interesting question: who am I? Often we identify ourselves with our accomplishments or our failures, or with the things we own or don't own, or with our dreams or worries, or with what other people say about us, or what they don't say about us.

We compare ourselves with other people, and maybe we feel a bit inadequate for not having quite got our act together, or maybe we look down on others for not having quite got their act together.

But these thoughts don't go deep enough to really tackle the question, 'who am I?' For the Christian (and maybe for those of other traditions as well, I don't know), the main thing about us, the thing that really matters, the thing without which we wouldn't exist, nothing would exist, is this: we are loved. It is as simple as that. We are loved by that which, for lack of a better word, we call God. We are loved before we exist and are loved into eternity.

John

The Vicarage, Hawkshead. 01539436301. jjcedixon@btinternet.com

CHURCH SERVICES FOR MARCH

Sunday	Colton			Rusland		Satterthwaite	
March	1 st	No information		5pm	Evensong	9.45	Holy Communion
	8 th	No Information		11.15	Holy Communion	6pm	Evensong
	15 th	No Information		5pm	Evensong	9.45	Service for all Ages
	22 nd	No information		11.15	Holy Communion		No service
	29 th	No information		10.00	Joint Benefice Service		No Service
Sunday	Hawkshead				Sawrey		
	1 st	8am	Holy Communion	6pm	Healing and Wholeness Service	11.15	Holy Communion
		9.30	Morning Worship		Hawkshead Methodist Chapel		
	8 th	9.30	H.C. with Sunday School			11.15	Matins
	15 th	9.30	Mothering Sunday Service	6pm	Evensong	11.15	Mothering Sunday Service
	22 nd	9.30	Holy Communion	6pm	Evensong	11.15	Morning Worship

COME FOR A WALK

On Wednesday, 25th February 11 people and 8 dogs met at Tilberthwaite for a walk led by John Dixon. We walked over to Little Langdale and saw the impressive Cathedral Cave (where a wedding was held not too long ago) and then on to the Upper Room Chapel in Little Langdale where we were warmly welcomed by the Vicar of Langdale, the Reverend George Wrigley, with cups of tea and coffee. As the chairs were so comfortable (and there was a loo!) we ate our lunch there. After lunch George joined us for the walk back to Tilberthwaite. Added bonuses were meeting the hunt at Tilberthwaite Farm, and the promised rain not descending until we got into our cars for the journey home!

The next Benefice walk will be on Wednesday, 18th March when we will do the Rusland Ramble, a W.I. award winning walk of 5 miles from Rusland Church (meet at 10.30 a.m.) to High Dam, where we shall have our picnic. Leaflets to follow the walk will be available (or they can be purchased in advanced from Hawkshead P.O. - £1). There is a steepish climb up through the woods from Skowbarrow Lane, but then the reward of wonderful views over the Rusland Valley and the mountains to the north. Further details from Hilary Collins 01229 860312. The next walk will be on Thursday 23rd April.

SHROVE TUESDAY SUPPER

We made £203.51 for each church which is a very good result and caps an evening which gained much praise.

SETTLED AND SAFE, A RENTER'S RIGHT

Citizens Advice has launched a new campaign calling for improvements in the private rental sector. Last year, more than 80,000 people came to us experiencing a problem with a privately rented home. That's 230 people every day, hit by issues including illegal eviction, harassment, lost deposits and struggles to secure the most basic repairs. Our experience tells us the problems are getting worse. We are campaigning for better protections for private renters including:

- an end to extortionate fees levied on renters by letting agents.
- all local authorities in England to set up a register of landlords that tackles the specific problems in their area.
- tenants to be entitled to rent refunds where the property they're living in is dangerous or not fit to live in.

Do you rent your home? Please tell us about your experience in our online short survey

<https://www.surveymonkey.com/s/LQM7TDL>

DEMENTIA - HOW A LITTLE UNDERSTANDING ON OUR PART CAN HELP

Tuesday, 21 April 2015 at 7pm. Braithwaite Hall, Far Sawrey. (Free of charge)

Dementia is an illness which may afflict anyone of us, and it may happen at any age. We have an opportunity to hear from Simon Butterworth what simple things we can do in the ordinary course of our lives to make the lives of those with dementia a little better. This will help them to remain part of the community, be more active and live better, more fulfilled lives.

The Alzheimer's Society has led the initiative, 'Dementia Friends'. Simon (pharmacist at the Hawkshead Pharmacy), is a 'Dementia Friends Champion', and has trained to give these talks.

DIARY DATES

March	Tues	3 rd	Oxen Park Cinema Club – <i>The Great Beauty</i> – The Cart House – 7.30pm
	Wed	11 th	Environment Agency Walk – Meet at Rusland Reading Rooms 10am
	Sat	14 th	<i>Rusty Bullets</i> at Greenodd Village Hall – 7.30pm to 12pm <i>Room Full of Mirrors</i> play at the Eagle's Head – 9.30pm
	Tues	17 th	Rusland and District WI – Satterthwaite Parish Room – 7.30pm
	Wed	18 th	Benefice Walk – Meet at Rusland Church 10.30am
	Sat	21 st	Oxen Park Cinema Club – <i>Underground</i> – Greenodd Village Hall – 7.30pm <i>TAXI</i> play at the Eagle's Head – 9.30pm
	Mon	23 rd	<i>A Flower Arranging Workshop</i> – Rusland Reading Rooms – 10am to 3pm Colton Parish Council Meeting – Rusland Reading Rooms – 7.30pm
	Tues	24 th	Satterthwaite Parish Council Meeting – Satterthwaite Parish Room – 7.30pm
	Sat	28 th	Rusland Spring Show – for times see front page
and	Sun	29 th	Green Door Studio Art Trail – exhibition at Jane Meadow High Dale Park – 10am to 5pm

HAWKSHEAD MEDICAL PRACTICE

You can now use our PATIENT ONLINE SERVICES - PATIENT ACCESS, to: - Order repeat medications; Book and cancel appointments; View a summary of your records.

For further information, please speak to our receptionists and pick up a leaflet at the surgery, or visit our website: -

www.hawksheadmedicalpractice.co.uk

PERSONAL

THE SAMARITANS - Whatever you're going through, we'll go through it with you. T: 01229 825656 or 08457 909090

Book keeping and admin support for individuals and small businesses – help with Self Assessment, VAT, invoicing, letters, filing, banking, organising of appointments and meetings.

Contact Patricia Kirkland - Tel: 0779 415 5279 Email: patricia.kirkland@virgin.net

Copy date for April edition, 24th March. Send to: - Liz Cringle Tel – 01229 860274, email: liggerc@hotmail.com; Colin Barr – Oxen Park Tel: 01229 861408, email: cjb@barrecol.co.uk; Elsie Wilkinson – Crosslands Tel: 01229 860253; Frances Townsend – Pepper House Tel: 01229 860206, email: frances.townsend@virgin.net; Sylvia Chadwick – Monks Cottage Tel: 015395 31685

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