

DIARY DATES (further details elsewhere)			
Jan	Tues	15 th	Rusland and District WI- Satterthwaite Parish Room – 7.30pm
	Sun	20 th	R.V.H.S. "Potato Day" – Greenodd Village Hall – 10am to 2pm
Feb	Fri	1 st	Travellers' Tales – The Cart House – 7.30pm
	Tues	5 th	Oxen Park Cinema Club – "the Happy Prince" – the Cart House – 7.30pm
	Sat	16 th	Oxen Park Cinema Club - "the Phantom Thread" – The Cart House – 7.30pm
	Sun	17 th	Repeat showing of the above film
	Tues	19 th	Rusland and District WI – Rusland Reading Room – 7.30pm
	Wed	20 th	"Come for a Walk"- Meet at the Gummers How car park – 10.30am



HELP FROM CITIZENS ADVICE
Q. I've had my Universal Credit payments reduced for missing an appointment. I don't think this is fair as I had a good reason for not being able to attend. Now I am struggling to make ends meet. What should I do?
A. If you think the Department for Work and Pensions (DWP) has made a mistake, you can ask for the decision to be reconsidered. Contact them as soon as possible setting out why you disagree, including the date of the decision and your personal information and National Insurance number. You can do this in your Universal Credit online account, or a form on the government website, in writing or over the phone. If the DWP does not change its decision you can appeal. This could involve going to a tribunal and may take some time. Meanwhile, ask the DWP for a hardship payment through the Universal Credit helpline, or at your local Jobcentre Plus office. This is usually a loan and will be deducted from future Universal Credit payments. You may also be able to apply for financial help from your local council. Your local Citizens Advice can help you with all this.
 Contact South Lakes Citizens Advice - 015394 46464 for telephone advice or to make an appointment.

Copy date for March edition, 20th February. Please send to: - Liz Cringle Tel: 01229 860274, liggerc@hotmail.com; Colin Barr –Tel: 01229 861408, cjbarr50@gmail.com (please note change of email address); Gordon Wilkinson – Crosslands Tel: 01229 860253; or Frances Townsend - Pepper House, Satterthwaite Tel: 01229 860206, pandftownsend@gmail.com.

JANUARY/FEBRUARY 2019 **267TH EDITION**
There is no sponsor this month

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Rusland Valley Horticultural Society
POTATO DAY
 Sunday 20th January - 10am - 2pm
 Greenodd Village Hall
 Sale of 120+ varieties of seed potatoes, onion sets, fruit bushes and trees and lots more
 Admission £1, children free.
 Homemade soup, cake and drinks available.

EXCITING NEWS FROM THE RVHS
 Many readers will remember that when the late Mr Joe Jackson's estate was sold in 2010, a concerted local effort resulted in the Rusland Valley Horticultural Society (RVHS) and the Rusland Valley Community Trust (RVCT) purchasing the show field and adjacent land. Legal arrangements were made such the RVHS would be able to become the sole owner once it was in a financial position to do so.

GET OUT MORE - MAKE NEW FRIENDS - EXERCISE AND HAVE FUN IN 2019!
Monday evenings, starting Monday 28th January until Easter - Scottish Country Dancing in Satterthwaite Parish Rooms 7.00 - 9.00 pm. Cost £2.00. Contact Elizabeth Pollock for more information - 860041
Tuesday evenings, ongoing - Circuits in the Yan at Grizedale with fitness trainer Renell Brennan 6.15 - 7.15pm - £5.00. More info from Renell - 860433
Thursday evenings, ongoing - Yoga in the Yan with Kate Jordan 7.00 - 8.30pm, £5.00. More info from Kate at the Forestry Offices or at kathrynajordan1@gmail.com

We are pleased to report that at its AGM in November, and with sufficient money becoming available (including a donation from the late Mr Bobbie Dobson), the RVHS committee voted unanimously to proceed with the purchase of the RVCT's share. The Society is now in the enviable position of owning its own show field, and its own marquees. This helps to ensure the long-term survival of the Rusland Show. However, as always, there is a catch. Both the show itself, and the hiring out of the marquees, also require a good deal of voluntary effort. Following years of hard work, for which we are all very grateful, our Secretary, Antony Meanwell, and our Treasurer, Duncan Clegg, have retired from the committee. The current Acting Secretary, Maureen Boyren, is seeking someone to work with her, with a view to taking over in due course.

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SPRING FLOWER ARRANGING WORKSHOP
 Rusland Reading Room
 Monday 18th March - 10am until 3pm
 £10pp. Bring your own lunch.
 If interested please contact Anne Robinson.
 01229860242 or ruslandannie@hotmail.co.uk

THE RUSLAND SPRING SHOW- 23rd and 24th MARCH
 This is fast approaching, so we hope your bulbs are planted and you are thinking about other classes to enter. There will be lots going on for children and adults alike.
 Look out for the schedule in next month's newsletter.

In addition, Tom Watson who has for so long managed the marquees and their hire, is looking for someone to work with him to learn the ropes(!) because he will be retiring in the next 12 months. This is an important role as it is the marquee hire that underpins the financial sustainability of the show. If you, or someone you know, could fill either of these important roles, please contact Maureen Boyren on 01229 885300 or email m.boyren@btinternet.com. Meanwhile, Mary Dewhurst is our President for the coming year, with Angus Adams as Vice-President. John Watson and Tony Atkinson will continue as Chairman and Vice-Chairman and Richard Dobson has been elected Treasurer. The date of the next RVHS Committee meetings is 8th February 2019

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CHRISTMAS EVE IN SATTERTHWAITE
 The collection at the "Carols Round the Tree" evening raised £138 for the Church of England Children's Society. Thank you to all who came and donated so generously. Thanks also to "the Angel Jack" for his fabulous organ accompaniment! Also thank you to Gary at the Eagle's Head for the mince pies and mulled wine which followed.

OXEN PARK CINEMA CLUB
 Tuesday 5th February – *The Happy Prince* (Oscar Wilde) with Rupert Everett & Colin Firth.
 Saturday 16th & Sunday 17th February – *Phantom Thread* (16th almost FULL)
 Tuesday 5th March - *Custody*
 All at The Carthouse Cinema, Booking recommended with Carol, new preferred email: crimcneill@gmail.com
 Children's films this term at the Outback Hall, 6 weeks from January 24th. Thursdays 3.30: *Toy Story 2*, *Rugrats Movie*, *The Rescuers*, *The Incredible Journey and Horse Feathers* (1932).
 Check with the school for more details.

OXEN PARK READING ROOM
 Oxen Park Presentations in aid of the Reading Room – At the Carthouse ,7.30pm, booking ahead essential (£4 on the door). Only 2 left this winter.
 1st February – Ross Baxter and Carol McNeill talk about their expedition to Greenland.
 8th March – David Kidwell. "To the Roof of The World" – motor bikes and India.

NEWS FROM THE MANOR
 It's a great time to visit The Manor House in Oxen Park where you're sure to dine in style. In early February, a Valentine's Day Menu will be introduced giving you the perfect opportunity to enjoy a romantic meal for two (or more!). Although this is generally a quiet time of year, it is worth checking and booking ahead as there are a number of parties and group bookings already in the diary (01229 861345 or email info@themanorhouseoxenpark.co.uk).
 Curry Nights are held on Wednesdays and there will be Open Mic nights on certain Fridays. Check Facebook or the website (www.manorhouseoxenpark.co.uk) for details.

COLTON PARISH COUNCIL NEWS
 New Clerk - the Parish Council is delighted to welcome our new Clerk, Suzanne Pender, who as well as being an experienced parish clerk, has worked at a high level in business, the public sector and in voluntary work. She is currently in the middle of moving house, but nevertheless, she can be contacted on clerk@coltonparishcouncil.org.uk . We are sure she will make a big contribution to the work of the Parish Council.
 Parish Link - As well as communicating through our noticeboards and the Parish website (coltonparishcouncil.org.uk) , the Parish Council runs the Parish Link, where news of events and generally what's happening in and around the area, are emailed out to subscribers. There is no cost but for data protection reasons, you have to ask to join by emailing Councillor David Hoyle on davidhoyle1@gmail.com . Your details are held securely and you can unsubscribe at any time. If you have any news or information you want putting out, please send to the same email address.
 Assets of Community Value - The Parish Council has continued to register local assets of value to the community under the Localism Act, which means an element of protection is in place in the event of their being put up for sale and lost to community use. So far the Manor at Oxen Park, the Reading Rooms at Rusland and woodlands at Yewbarrow, Glass Knott, and Stony Hazel, have been registered with SLDC. If you want more information or feel that an asset in your local community should be protected, contact the Clerk.

RUSLAND HORIZONS' PROGRAMME
Practical Conservation Volunteer Days
 Tuesday 9th February, 5th March, 4th April 9 - 4pm
 Join our monthly volunteer day to help with woodland restoration and other conservation work Meet at National Park Southern Office, Lane Ends, Haverthwaite, LA12 8AB. Booking essential via the website. <http://www.ruslandhorizons.org/whats-on.aspx>
Bethecar Moor Woodland Surveys
 Monday 4th March to Friday 15th March (not including weekends)
 Help to uncover new information about the fascinating history and landscape development of the area through a programme of archaeological survey. We are surveying Bethecar Moor and working with the commoners and volunteers to identify and record the location and condition of archaeological features.
 By volunteering with us you will work in the Rusland Horizons scheme area; develop an understanding of archaeology and historic environment; develop survey and archaeological practice skills; gain knowledge of conservation practices and gain knowledge and experience to help with achieving accredited qualifications if you so desire. This is a free event but booking is essential: Bethecar Moor Survey details at www.ruslandhorizons.gov.uk
Launch of Greenwood Trail 4: Oxen Park to Bethecar Moor
 Thursday 17th January 2019, 10.00am - 2.00pm
 We are launching our fourth Greenwood Trail leaflet, Oxen Park to Bethecar Moor. Please come along and join us for a short walk, looking at the points of interest, returning to Abbot Park Farm for tea and coffee. This is an opportunity to hear how we've developed the fourth route, to walk a section of the route and collect one of the new leaflets promoting the trail. This is a free event but booking is essential to help us manage numbers and the catering.
<http://www.ruslandhorizons.org/whats-on.aspx>
Friends of the Lake District Annual Hedge Laying Competition
 Saturday 19th January 2019, 9.00am - 3.00pm
 Professional and amateur hedge layers from across the north of England will once again be testing their skills as they come together at Friends of the Lake District's Annual Hedge-laying Competition on Saturday 19th January at Sod House Farm, Penny Bridge.
 The competition is in the Westmorland and Lancashire style, and is part of the Westmorland and Lancashire Grand Prix series of events this year to find the best hedge-layers. For more information and details on how to enter please go to <https://www.friendsofthelakedistrict.org.uk/Event/friends-of-the-lake-districts-annual-hedge-laying-competition-comes-to-ulverston>.
 Competitors and spectators are both free.

DALE PARK RAINFALL
 December proved to be the wettest month of the year in Dale Park with 8.62". January 2018 was the second wettest month.
 The yearly total was 65.08" which is lower than the average for the last 16 years which is 76.80".
 Over 90" - 2012 and 2015
 80 - 90" - 2004, 2008, 2009, 2011, and 2017
 70-79" - 2006, 2007, 2013, 2014, and 2016
 60 - 69" - 2003, 2005 and 2018
 Below 60" - 2010 at 52.85"
 A friend in East Midlands reports that they only had 22" last year!

CHURCH NEWS

Dear Friends,
At the time of writing this reflection, the debate and vote in Parliament on 'Brexit' is to come. As you read 'The Link' what will be the future state of the European Union, the United Kingdom? Can politicians be united in a vision for our nation affecting generations to come? What does the future hold? 'Unity' is deeply sought, seen as bringing peace and security. It is often, however, a manipulated word used to hide behind national, political, local and personal interests and agendas. What type of unity do we want... yours or mine?
And what of unity in the world Church, when it is so often accused of dividing peoples and nations? In January the Church locally and across the world celebrated Unity week, but what does this really mean in a clearly divided Church? Writing from a historic free church perspective of the Baptist Chapel we claim our forebears as the original separatists from state control of conscience and religious belief. Far from unifying, we were classed as dividers, and paid the price, as did many others, in their search for freedom. Thankfully the Church today can aim for deeper unity. We seek in all our ways to work with and for others, whilst maintaining our unique character.
What might unity look like?
I recall as a child playing with a kaleidoscope, a long cardboard tube with multi coloured pieces of glass in the end which, when held up to the light and turned, created patterns which reshaped with each turn. Maybe a form of kaleidoscopic freedom is what all seek. It only works, however, as it is held to the light and turned slowly and carefully.
For the Christian, Jesus, and not a divided Church, is the light who enlightens everyone. He can shine through all our mixed motives, agendas and 'unions', if we allow him to turn us around in his hands and produce patterns which can delight all.
 Andrew Dodd

CHURCH SERVICES FOR JANUARY/FEBRUARY

Sunday	Colton	Rusland	Satterthwaite
Jan 20 th		5pm Evensong	5pm Celtic Evening Prayer
27 th		11.15 Holy Communion	
Feb 3 rd		5pm Celtic Evening Prayer	9.45 Holy Communion
10 th		11.15 Holy Communion	5pm Evensong
17 th		5pm Evensong	5pm Celtic Evening Prayer
24 th			11.15 Holy Communion
Sunday	Hawkshead Church	Methodist Chapel	Sawrey
Jan 20 th	9.30 Holy Communion		11.15 Holy Communion
27 th	9.30 Holy Communion		11.15 Morning Worship
Feb 3 rd	9.30 Morning Worship	6pm Churches Together H.C. Hawkshead Methodist Chapel	11.15 Holy Communion
10 th	9.30 Holy Communion		11.15 Matins
17 th	9.30 Holy Communion		11.15 Holy Communion
24 th	9.30 Holy Communion		11.15 Morning Worship

COME FOR A WALK
 The next Benefice Walk will take place on Wednesday, 20th February when we shall meet at Gummers How car park at 10.30 a.m. and walk to St. Anthony's Church on Cartmel Fell. This 4.5 mile walk is fairly easy to get us going again! Please bring a picnic. All welcome. Further details from Hilary Collins 01229 860312.

RUSLAND and DISTRICT WI
 The annual Carol Evening was held in Satterthwaite Church on 10th December when a capacity audience enjoyed singing favourite carols, the Rusland Bellringers entertained us and there were five readings by members and two pieces sung by the Satterthwaite Choir. Sue MacKinnon from HeartStart gave an informative talk on the need for defibrillators and for everyone to be trained in CPR. Wine, mince pies and shortbread were served in the interval and the retiring collection raised £622.89 to help to pay for the defibrillator already installed in the phone box in Satterthwaite. The next meeting will be held on Tuesday, 15th January at 7.30 p.m. in Satterthwaite Parish Room when our speaker will be Mr. David Anderson on Travels through the Rockies. All