

DIARY DATES (further details elsewhere)

April	Tues	2 <sup>nd</sup>	Oxen Park Cinema Club – <i>Lean on Pete</i> – The Cart House – 7.30pm
	Sat	6 <sup>th</sup>	Satterthwaite Litter Pick – Parish Room - 10am
	Sat	13 <sup>th</sup>	Oxen Park Cinema Club – <i>The Guernsey Literary and Potato Peel Pie Society</i> - 7.30pm
	Sun	14 <sup>th</sup>	Oxen Park Cinema Club – Repeat showing of above
	Tues	16 <sup>th</sup>	Rusland and District WI – Rusland Reading Rooms – 7.30pm
	Fri	26 <sup>th</sup>	Colton Litter Pick – Bouth Village Hall – 10.30pm
			Oxen Park Cinema Club – <i>Children of the Snow Land</i> – the Outback Hall – 7pm



**DALE PARK RAINFALL**

Dale Park started the year with 4.3" of rain in January, 8.24" in February and by 20th March more than a whopping foot of rain had fallen. Let's hope April doesn't follow the trend of a 4" increase each month.

**PERSONAL** Congratulations to Hazel Knipe and Jimmy Watson on the birth of Isla Mae – everybody doing well.

Copy date for May edition, 23<sup>rd</sup> April. Please send to: - Liz Cringle Tel: 01229 860274, [liggerc@hotmail.com](mailto:liggerc@hotmail.com); Colin Barr – Tel: 01229 861408, [cibarr50@gmail.com](mailto:cibarr50@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](mailto:pandftownsend@gmail.com).

**Graythwaite Sawmill**  
**Bark Barn**  
**Graythwaite**

Hard and softwood sawn to order. Oak beams, lintels & large section timber.

[www.graythwaite.com](http://www.graythwaite.com)  
 Tel: Day 015395 30752  
 Estate Office: 015395 31248

*Janet Smedley*  
 Central Lakes Physiotherapy Clinics

➔ **HAWKSHEAD SURGERY** ◀  
 Also at  
 ➔ WINDERMERE & BOWNESS ◀  
 MEDICAL CENTRE

[www.jesphysio.co.uk](http://www.jesphysio.co.uk)  
 Email: [janet@jesphysio.co.uk](mailto:janet@jesphysio.co.uk)  
**07831 219849**

**South Lakes Fitness**

RENELL BRENNAN  
 PERSONAL TRAINER & FITNESS INSTRUCTOR

Local GB triathlete and personal trainer offering a tailor-made fitness programme. Train in the forest, at home or in a gym.

01229 860433 / 07866261344  
[ren@southlakesfitness.co.uk](mailto:ren@southlakesfitness.co.uk)  
[Facebook/southlakesfitness.co.uk](https://www.facebook.com/southlakesfitness.co.uk)  
[www.southlakesfitness.co.uk](http://www.southlakesfitness.co.uk)

**TWO by TWO**

Beautiful & Unusual Clothes for Women by

- PRIVATSACHEN
- FENN WRIGHT MANSON
- SEA SALT
- NESS
- SANDWICH
- SAHARA

52 Market Street, Ulverston  
 Tel: 01229 480338  
[Janet.twobytwo@tiscali.co.uk](mailto:Janet.twobytwo@tiscali.co.uk)

*Bespoke Heating Ltd*

**015395 30326**  
**GAS OIL LPG**  
 Based in Haverthwaite  
 Over 18 years experience

**Ex British Gas**

**S & P Southworth**  
 Plumbing & Heating Engineers  
 Bloomery Barn  
 Satterthwaite LA12 8LN  
 Tel: 01229 860469/07850983849

**Andrew Stoker**  
**Mobile Motor Mechanic**

Servicing - Repairs - Breakdowns  
 Engine Tuning - Pre-MOTs  
 Reliable 24 Hour Service  
 Covering South Lakes and Furness  
 18 years motor trade experience

Well Cottage, Satterthwaite  
 Tel: Satterthwaite 860292  
 Mobile: 07974 316986

**SIMMONS DECORATING**

Interior and Exterior Painting  
 Wallpaper Hanging  
 Quality Workmanship  
 City & Guilds Qualified  
 Call Ed for a free quote on -  
 07974 746 148

**FORRESTERS**  
**SOLICITORS**

*Friendly advice for all legal problems*

117 Duke Street,  
 Barrow-in-Furness, LA14 1XA  
 Tel: 01229 820297  
[mail@forresterssolicitors.co.uk](mailto:mail@forresterssolicitors.co.uk)  
[www.forresterssolicitors.co.uk](http://www.forresterssolicitors.co.uk)

**APRIL 2019** **269<sup>TH</sup> EDITION**

*This issue is sponsored by The Forestry Commission*

# "APRIL COME SHE WILL----"

**RVHS SPRING GARDEN COMPETITION**

It's time to start planning your garden so that it is in peak condition when the judges call round towards the end of May!

It would help Sally Fisher greatly to know that there are lots of entries pouring in, so, if you would like to enter this year's Rusland Valley Horticultural Society Spring Garden Competition, please contact Sally by phone (01229 861876 mobile 07908 429342) or email ([sally.fellows12@icloud.com](mailto:sally.fellows12@icloud.com)) as soon as possible. Please include your name and address.

**RUSLAND HORIZONS NEWS**  
**Practical Conservation Work Party**  
 Tuesday 9th April 9 - 4pm

These monthly volunteer days help with woodland restoration and other conservation work. In April we hope to be tree planting and in May starting to build a boardwalk, further details of the May work party will be up on our website soon. Booking is essential via <http://www.ruslandhorizons.org/whats-on.aspx>. We meet at National Park Southern Office, Lane Ends, Haverthwaite, LA12 8AB.

Save the Date  
 To celebrate the Rusland Horizons project we are holding a range of celebratory events between mid-May 2019 and mid-June 2019. We would love you to come and join us, so keep an eye on our website for further details!

Volunteers  
 We have a range of volunteering opportunities available either with our upcoming celebratory events or with RH II. If you are interested and want further information you can contact the office on 015395 31932 or you can email us at [rusland.horizons@lakedistrict.gov.uk](mailto:rusland.horizons@lakedistrict.gov.uk).

**OXEN PARK CINEMA CLUB**

We are nearly at the end of our season. So many of you have supported some great films with a few double shows – thank you. We have 3 films in April. *Lean on Pete* on 2<sup>nd</sup>, *The Guernsey Literary & Potato Peel Pie Society* on Saturday 13<sup>th</sup> AND Sunday 14<sup>th</sup>, both at The Carthouse. Finally, the new film *Children of The Snow Land* at the Outback Hall (behind Leven Valley Primary School) on Friday 26<sup>th</sup> April at 7pm - seats will be £4 and £2 for under 18's. Booking for this is not required.

**RUSLAND AND DISRICT WI**

At the March meeting our own member, Maggie Biddlestone, helped by two other volunteers at the Barrow Foodbank told us how this charity works. Many of our misconceptions were banished as we realised how much this help is needed by so many people. All three were excellent speakers and we were fascinated to hear about checking the best before by dates, recording the weight of all donations and moving everything around the shelves. Tinned food is very heavy but volunteering at a foodbank is clearly cheaper than a gym membership to lift weights! Instead of the usual competition members were asked to bring donations of food and it was lucky that Satterthwaite has strong tables. They were thanked by Helen Adams. Two teams had recently entered a W.I. organised quiz in Ulverston and one of our teams, Anne Robinson, Sue Brooke, Anne Lewis and Hilary Collins had beaten 20 other teams into first place. Our other team was joint second. The next meeting will be on Tuesday, 16th April at Rusland Reading Room at 7.30 p.m. when another of our members, Meg Fletcher, will tell us about the charity she supports, The Kinamba Community Project in Rwanda. All Welcome.

**SATTERTHWAITE LITTER PICK - SATURDAY 6<sup>th</sup> APRIL**

Volunteers needed to come and do your bit for an hour or so to improve the tidiness of the village and immediate environs. Meet at the Parish Room at 10.00am. Gloves, bags, etc. all provided and no previous experience necessary!!

**EAGLE'S HEAD NEWS**

There is a pub quiz on the last Sunday of EVERY month, starting at 6.00pm. Free nibbles are available. The Eagle's Head will be open every day during the EASTER holidays, serving food all day from 12 noon. And – get your dancing shoes on! Mid Life Crisis, back by popular demand, are playing on SATURDAY 4<sup>th</sup> MAY, from about 8.30pm.

**EVENTS AT THE MANOR**

Over the Easter Weekend (Friday to Monday inclusive), The Manor House in Oxen Park will be open from 12 noon onwards, each day. Open Mic Night will be on Friday 26<sup>th</sup> April

### COLTON PARISH COUNCIL NEWS

At the meeting of the 18<sup>th</sup> March 2019, the following community issues were discussed:

**Mobile Phone Reception:** two issues were discussed, firstly the Crake Valley where concerns have been raised by members of the Parish who are experiencing poor signals. This apparently is due to Vodafone's plans to de-commission the Lowick Common mast and the implementation of a temporary solution. It was agreed that the Parish Council would write to Vodafone expressing concerns about the impact of the loss of signal on vulnerable people on the Parish, on businesses and generally on people's ability to work and live in the Valley. Secondly the issue of the EE Mast at Hulleter was discussed, planning permission was approved for this in 2016 however, this does not appear to be functioning yet, although residents and the local emergency services require the service as a matter of urgency. Again it was agreed that the Parish Council would write to EE in relation to commissioning the mas

**Community Plan:** The Parish Council is in the process of updating its plan and aims to complete this within the next few months. As part of the process some community consultation is being planned to enable local voices to be heard. Please feel free to offer your ideas of how you would like to be involved by contacting the Parish Clerk.

**Playground Update:** Working with the Bouth Village Green Committee the Parish Council is looking to make some safety improvements to the playground this summer. We have asked for some quotes for the work to be undertaken and have been exploring grant funding opportunities. Again, if you are interested in being involved or finding out more please do not hesitate to get in touch.

**Great British Spring Clean:** The Parish Council will be joining this national campaign organised by the Keep Britain Tidy Campaign. We will be running a pilot litter pick on Friday 26<sup>th</sup> April starting at Bouth Village Hall at 10.30. This will only be an hour or so your time and we will be offering tea, coffee and biscuits by way or reward at the end as well as asking for your views on whether this is something we could usefully repeat in other areas of the Parish. We will provide litter pick tools, gloves and reflective vests and arrange for the disposal of the litter collected. We hope you will join us on the day and help keep our parish beautiful! Just turn up at the Bouth Village all at 10.30 to join in, all welcome, families, pushchairs, young, old (young at heart) and visitors.

**Rusland Horizons Phase 2:** A verbal report was received from Rick Emslie on the plans to carry forward work started by the Rusland Horizons project, on a smaller and hopefully sustainable level, embedded in the community. For more information contact [Rick@emslieanalytics.co.uk](mailto:Rick@emslieanalytics.co.uk).

**Highways:** Archie Workman the Parish Lengthman continues to work hard in the Parish and has recently been working at Rusland Triangle, Thwaite Head and Hulleter Sheepwash to clear blocked drains. If you require assistance from Archie on drains in the Parish, please contact the Parish Clerk on the email address at the end of this article. The Parish has also been working with our County Councillor Matt Brereton to raise concerns regarding the new signs at Fearing Brow directing visitors to Grizedale Forrest via a difficult

Continued in next column

route in terms of road safety and we are continuing to pursue this issue. The Clerk and Councillors have been busy reporting trees down and pot holes as a result of the recent storms. Don't forget anyone can do this easily and quickly on

<https://www.cumbria.gov.uk/roads-transport/highways-pavements/reporting-problem-on-highway/wdm/default.asp>

**Finance:** The Parish Council has received a small grant from Cllr Anne Hall towards the playground improvements at Bouth and from Cllr Tracey Coward towards the new litter picking equipment. The Parish Council received a letter of thanks from the Great North Air Ambulance for a donation made toward the charity from our community grants scheme this year. The Annual Parish meeting and the Annual Parish Council Meeting are to be held on Monday 13<sup>th</sup> May 2019 in Bouth Village Hall, starting at 7pm. All welcome, tea, coffee and biscuits provided.

### SATTERTHWAITE PARISH COUNCIL NEWS

There will be some Defibrillator training on 25<sup>th</sup> April in the Parish Room in Satterthwaite, please email Helen Bright if you are interested in attending. Email [helenbright@hotmail.co.uk](mailto:helenbright@hotmail.co.uk)

We are still raising funds to pay for the defibrillator which is now in the village, so if anyone has any fundraising ideas or would like to donate please email [clerk.satterthwaitepc@gmail.com](mailto:clerk.satterthwaitepc@gmail.com) We are planning some events in the summer and will provide more information nearer the time

The litter has been building up along the verges on either side of the village. The Parish Council would like to ask for volunteers to assist them with clearing the verges of the entrance into the village. Meeting on Saturday 6<sup>th</sup> April 2019, at 10.00 at the Parish Rooms. **The Rural Crime Initiative** - Just an update of the RCI. We had a meeting on 4<sup>th</sup> March to discuss sighting another camera, and are currently looking for somewhere to install it.

We hope to purchase a different camera from the last one, which will give us a longer range from the camera with the hope of covering possible junctions of access roads into the valleys.

We are currently dealing with the Highways Agency regarding the pothole at Bogle Crag. Nursery Lane is in a poor state of repair. We have spoken to United Utilities and they are going to repair the road, which they use as access to their water treatment site.

Full copies of the minutes for Parish Council meetings are available on the Parish website.

The next meeting will be held at the Forestry Commission Offices on 29<sup>th</sup> April 2018 at 7.30pm

### SATTERTHWAITE DEFIBRILLATOR

We have enough people interested in instruction, to fill the first planned training session. But if you meant to express an interest and didn't quite get round to letting Helen know, please do, so that another session could be planned. Contact Helen Bright on 01229 860936 or [helenbright@hotmail.co.uk](mailto:helenbright@hotmail.co.uk), giving your telephone and e-mail details, and availability

### CHURCH NEWS

Dear Friends

During this month we have the most important date in the Christian calendar: Easter. We will tell once again the stories of Jesus rising from the dead. Resurrection is a breath-taking mystery. It's also the epicentre of the Christian faith. It's something to be discovered, believed, and lived. It's not something to agree with in your head. It's not even something to believe in your heart. It's something to know in your gut, something you know so deeply that it goes well beyond historical exploration. You can't rationally explain faith, except to say, it's the astonishing change, the wondrous hope, the indescribable peace that begins in your gut, and spreads, perhaps slowly, to your head and your heart and your hands. That is our Easter story, and I invite you to share it with us in and through our church services.

John

### CHURCH SERVICES FOR APRIL

Sunday	Colton	Rusland	Satterthwaite
April 7 <sup>th</sup>	9.30 Morning Worship	6pm Celtic Evening Prayer	9.45 Holy Communion
14 <sup>th</sup>	10.30 Combined H.C.	11.15 Holy Communion	6pm Evensong
19 <sup>th</sup>			10.30 Good Friday Service
20 <sup>th</sup>		8pm Service of Light	
21 <sup>st</sup>	9.30 Holy Communion	11.15 Holy Communion	9.45 Holy Communion
28 <sup>th</sup>	9.30 Holy Communion		11.15 Holy Communion

Sunday	Hawkshead Church	Methodist Chapel	Sawrey
April 7 <sup>th</sup>	9.30 Morning Worship	6pm Churches Together H.C.	11.15 Holy Communion
14 <sup>th</sup>	9.30 H.C. with Sunday School	6pm Celtic Evening Prayer	11.15 Matins
18 <sup>th</sup>			7pm Liturgy for Maundy
Thursday			
19 <sup>th</sup>	10.30 Children's Service		
	2pm Good Friday service		
21 <sup>st</sup>	9.30 Holy Communion		11.15 Holy Communion
28 <sup>th</sup>	9.30 Holy Communion	6pm Celtic Evening Prayer	11.15 Morning Worship

### ST PAUL'S CHURCH RUSLAND

The Annual Parochial Church Meeting of St Paul's Rusland is to be held at Rusland Reading Rooms at 7.30pm on Thursday, April 25<sup>th</sup>. All are welcome to come and share views on the past year's events and the future of St Paul's.

### ALL SAINTS' CHURCH, SATTERTHWAITE

The Annual Vestry Meeting and the Annual Parochial Church meeting will be held on Monday, 15<sup>th</sup> April 2019 at 7.30 p.m. in the Parish Room, Satterthwaite. All residents of the Parish are entitled to attend.

### COME FOR A WALK

The April Benefice Walk will take place on Tuesday, 30<sup>th</sup> April meeting at 10.30 a.m. at Winster Church for a 4 - 6 mile walk. Please bring a picnic. Everyone very welcome. Further details from Roger Bonham 015394 36390.

### MAKE A DATE IN YOUR DIARIES!

In aid of Rusland, Satterthwaite and Brathay Churches  
A Recital by Martin Roscoe, Acclaimed International Concert Pianist  
Brathay Church, Friday 21<sup>st</sup> June at 7.30pm

Tickets £17.50 to include wine and canapes, from Susan King 01229 861173

### HELP FROM CITIZENS' ADVICE

Q.I recently became a carer for my partner, with whom I live, and can no longer work. We've started falling behind on our bills and I'm worried our debts are only going to get worse. I'm on Carer's Allowance but what else can I do?

A. Take action quickly so you don't slide into further debt. Try to make savings on your household bills by switching suppliers or contracts. Contact your local authority to see if you can get a council tax reduction. Try to boost your income too. You may be able to apply for benefits jointly with your partner to be paid alongside Carers Allowance. Contact your creditors and ask if you can reduce your repayments. They can also freeze any interest and charges. Check if you have payment protection insurance that covers becoming a carer. It's important to prioritise paying your council tax and rent or mortgage.

For further help working out your budget, negotiating with creditors or checking which benefits you're entitled to, contact your nearest Citizens Advice on 015394446464