

DIARY DATES (further details elsewhere)

March	Tues	5 th	Oxen Park Cinema Club "Custody" The Cart House - 7.30pm
	Sat	9 th	Printmaking Workshop, Grizedale - 10am to 12 noon and 1pm to 3pm
	Sat	16 th	Oxen Park Cinema Club "Lady Bird" Supper Special - 7.30pm
	Tues	19 th	Spring Flower Arranging Workshop - Rusland Reading Room - 10am to 3pm Rusland and District WI - Satterthwaite Parish Room - 7.30pm

RUSLAND and DISTRICT WI

There have been two meetings since the last Rusland News. In January we had a wonderful talk with amazing slides by David Anderson on his train journey through the Rockies. We were delighted to welcome 2 new members and 4 visitors. Our annual post-Christmas meal out took place at The Manor, Oxen Park when 17 members enjoyed an excellent meal, and our Treasurer celebrated her birthday by welcoming everyone with a glass of prosecco. For our February meeting we tried something different - a Black and White evening when members wore black and white, and we played dominoes, the winner being Gay Jarvis. The winners of the Black and White Quiz were Anne Lewis, Christine Jackson, Alex Mitton and Hilary Collins, and even the refreshments were suitably themed. The next meeting will be held at Satterthwaite on Tuesday, 19th March at 7.30 p.m. when our member Maggie Biddlestone will talk about *Behind the Scenes with Foodbanks*. No competition but please bring a donation of food. All welcome.

PERSONAL Welcome to Becky Read and family who have moved into the School Houses in Satterthwaite

Copy date for April edition, 20th March. 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.

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MARCH 2019 **268TH EDITION**

This issue is sponsored by The Manor, Oxen Park

SPRING STIRS!

DON'T FORGET!
THE RUSLAND SPRING SHOW- 23rd and 24th MARCH

SHONA BRANNIGAN PRINTMAKING WORKSHOP
GRIZEDALE, SATURDAY 9TH MARCH
Session 1 -10am to 12 noon Session 2- 1pm to 3pm
Price £25 per session per person
If you love trees you will love printing them!
No experience necessary. All you need is the manual strength to hold a small tool and to press this onto the paper to create the print. Shona will provide professional ink and paper so that anything you print will last and be of the best quality
For further details and to book a place call: -
0300 067 4495

SPRING FLOWER ARRANGING WORKSHOP
Rusland Reading Room
Tuesday 19th March - 10am until 3pm
£10pp. Bring your own lunch.
If interested please contact Anne Robinson.
01229860242 or ruslandannie@hotmail.co.uk

SATTERTHWAITE DEFIBRILLATOR TRAINING
We now have a defibrillator installed in good faith (as it is not yet paid for!) in the former BT telephone box next to the Eagle's Head. Several residents have asked about having training in its use. It is hoped that a (free) training course will be organised shortly. In the first instance, please can anyone interested let Helen Bright know NOW on 01229 860936 or helenbright@hotmail.co.uk, giving your telephone and e-mail details, and availability.

WHAT'S ON AT THE MANOR

First a big welcome to our new chef, Kevin Hodge - come and sample the new Spring Menu starting in March.
16th Mar - St Patrick's Day Eve - Live music from Lee Adams and promotions on various Irish drinks!
31st March - Mothering Sunday (Mother's Day) - Roast lunch with free prosecco for Mothers that are dining, plus the full menu and specials.
Ring 01229 861345 to book.

RUSLAND HORIZONS STILL NEEDS YOU!

Initial Heritage Lottery funding finishes in June, and we need your support to make the next stage happen! Rusland Horizons is a community-led scheme. Since the very beginning, local people have been closely involved in creating and delivering a wide range of projects; everything from hedgerow conservation to oral history and protecting our native red squirrels. Now we are planning for the future, and we need your support to make it happen! There are lots of ways that you can get involved. You may have seen volunteers out and about doing practical conservation work. You may have been one. We now need other, perhaps less visible skills, too. We are currently looking for specific help with:

- Fundraising;
- Membership administration.

Experience in these areas would be an advantage but is not essential; it's enthusiasm and a willingness to 'get stuck in' that we're after! Whether it's a regular commitment, or a block of time, we would love to have you on board our small friendly team. Full training is available and we are very flexible on time and location. (rick@emsleanalytics.co.uk or 07785 248145)

ACTIVITIES IN THE FOREST

A new activity trail - Zog - for youngsters (think Gruffalo and Highwayman Rat) starts on February 16th and will run until after the summer holidays.

Exhibitions
2nd March - 2nd June - Gilbert Baynes Bursary Award Show in the Café Exhibition Room.
22nd March - 12th May - Ruben Salgado Escudero Solar Portraits in the main Exhibition Room.
Look out for an exhibition by SALLY MATTHEWS (famous for some of the best animal sculptures in the Forest), coming later in the year.

VOLUNTEER NEEDED
We are looking for an additional part-time volunteer to join the Visitor Welcome Team at Grizedale. If you love our Forest, can spare a few hours and would like to get involved, call Rachael, Helen or Becky on 0300 066 4495

OXEN PARK CINEMA CLUB
 We continue to have full houses so please book ahead early if you would like to see a particular film. March films are *Custody* on 5th and *Lady Bird* on 16th. This is a supper special and almost fully booked. There might be a second show on Sunday 17th so check with Carol if you'd like a seat. The April films -Lean On Pete (2nd) and GLAPPS (13th) –are both filling up fast. crlmcneill@gmail.com

OXEN PARK READING ROOM
 The last of the fund-raising presentation series on 8th March is now full. These winter events at The Carhouse have been really popular and will be followed with more in the autumn – usually first Friday of the month October to March. Mark up your diaries now!
 The table tennis group organised and supported a tournament at The Leven Valley Outback Hall on Saturday 9th February. 20 people came including some juniors and locals so if you missed it this time dust off that bat in the loft and look out for a repeat. It is a great social game.

CHARITY YOGA WEEKEND
 Jenny Armstead (The Old Vicarage, Satterthwaite) is organising another Yoga Weekend 14th – 16th June. There will be some non-residential places available (with or without the delicious meals) to locals with previous Yoga experience. All costs are covered by Jenny's generous sponsor, so all donations will be going to the Get A-Head charity, which provides research into Adenoidal Cystic Carcinoma, and to the Satterthwaite defibrillator. For further details contact: jennywren213@hotmail.co.uk

COLTON PARISH COUNCIL NEWS
 Suzanne Pender writes: -
 I am the new Parish Clerk, I live in Kendal at the moment with my two children Lauren and Arran, both teenagers, and a Springer Spaniel.
 I am a project manager by profession, something I have done in quite challenging industries for about 20 years. I have a very good understanding of Cumbria and the issues facing local communities.
 I am also Clerk to Skelwith Parish Council, which I have done for many years and also covered vacancies at Witherslack and more recently Torver when the Parishes have been struggling for a replacement clerk.
 I am also Run Director for Ulverston Parkrun which I really enjoy.
 I enjoy the Parish Clerk work, firstly as I can do much of the work at home with my family but mainly as I like making a difference to local communities. I am quite experienced with grant applications, so if I can help your group let me know.
 Please feel able to contact me on the number and email address below
 Suzanne Pender
 Colton Parish Council Clerk
clerk@coltonparishcouncil.org.uk
www.coltonparishcouncil.org.uk
 07501 806298

RUSLAND HORIZONS' PROGRAMME
Practical Conservation Volunteer Days,
 Tuesday 5th March and Tuesday 2nd April, 9 - 4pm
 Join our monthly volunteer days to help with woodland restoration and other conservation work. Booking essential via the website www.ruslandhorizons.org/whats-on. Meet at National Park Southern Office, Lane Ends, Haverthwaite, LA12 8AB. Our March work party will involve working alongside Cumbria Wildlife Trust Hedge planting.
Bethecar Moor Archaeological Survey
 4th March – 15th March, Monday - Friday 09.30 am - 4 pm
 Come and join us for phase 2 of this archaeological Survey. Help to uncover new information about the fascinating history and landscape development of the area through a programme of archaeological survey on Bethacar Moor. Working with the commoners and volunteers, we will identify and record the location and condition of archaeological features. Please register via the website www.ruslandhorizons.org/whats-on.
Rusland Spring Show,
 Great day for all the family, Rusland Horizons will be there to entertain the kids by running some creative outdoor 'Land to Hand' activities. Keep an eye on our website for further information as booking is essential. There will also be exhibitions, craft stalls, entertainment and home cooked food. Entry is £4 per adult, children go free.
 Rusland Horizons Website:
www.ruslandhorizons.org/whats-on

RUSLAND POOL REJUVENATION
 South Cumbria Rivers' Trust have just completed a fifty-five metre de-culvert at a small stream in Rusland Pool, Cumbria.
 A culvert is buried structure that allows water to flow under a road, railway, trail, or similar obstruction from one side to the other side without impediment. The site in question forms part of a wetland area and by de-culverting the site, the natural stream habitat may now be restored; quickly benefiting fish, invertebrates and other wildlife. It will allow for the creation of a riparian buffer strip and riparian woodland too. By reconnecting the underground water course with the natural floodplain, it will increase flood water storage through the restoration of natural river processes. The culvert has been there for many years and the work was funded by the Environment Agency to make improvements in the Rusland area.
 In addition, we will be planting around 100 native wetland flowers, such as; devils bit scabious, marsh marigold and birds foot trefoil to the area of the de-culvert, further improving the habitat for wildlife.
 Our project officer Matthew Carroll, who co-ordinated the project, as said, 'What's great about this project, is that you get to see a brand-new river channel and associated riparian habitat, in not a lot of time. It will soon be colonised by plant and fish species which previously were not there.'

DALE PARK RAINFALL
 The rainfall in Dale Park for "dry" January was 4.73" (2018 - 7.43") February to the 18th has already overtaken January and is 4.96".

CHURCH NEWS

Dear Friends,
A Visit from Bishop James and Revd Sarah Moore, 29th-30th March
 We are excited that Bishop James, the Bishop of Carlisle, and Sarah Moore, who is President of the United Reformed Church in Cumbria, will be visiting us on 29th March. This is as part of a Lent walk undertaken by the senior church leaders in the county, during which they will visit every Mission Community in Cumbria. We are giving them a lot to do in a short time, and most of the activities will be open for anyone to join in and we encourage you to do just that. Here is what is available:
Friday 29th March
 10.30am Walk from the Ferry to Wray Castle Bishop James and Sarah Moore will be coming from Bowness and arriving via the ferry at Far Sawrey. If you would like to join them for the walk, we will meet at 10.30am at the carpark on the road to Harrowslack. Before you get to the Ferry, turn left on the minor road that leads along the lake shore. After about ¼ mile there is a carpark on the left, where we shall meet. We will arrange for drivers to get a lift back to the starting point from Wray if they want one. This, and the walk the following day, will be the Benefice Walk for March.
 3.30pm Afternoon Tea at Brathay Church Hall After visiting Ambleside and Grasmere Schools, the Bishop's party will come to Brathay Church Hall, where afternoon tea will be served. Anyone very welcome.
 4.15pm Christ in Art at Brathay Church Hall A one-off session which will explore a Bible story by looking at a painting from the National Gallery's collection. Anyone is very welcome to come and no prior knowledge of art or the Bible is required!
 5.30pm Evensong at Brathay Church
 7.30pm-9pm Come to a Ceilidh in the Upper Market Hall, Hawkshead Fr Kevan Dorgan will be providing the music and calling. Light refreshments will be served. No charge and no need to book. Just come along.
Saturday 30th March
 9am Morning Prayer at Hawkshead Hill Baptist Chapel
 9.45am Walk from Hawkshead Hill to Yew Tree Tarn We will walk via Tarn Hows and Tom Gill to Yew Tree Tarn we say goodbye to our visitors. A lift back up to Hawkshead Hill will be available.
 For more information about any of the above contact John Dixon on 05394 36301, jjcedixon@btinternet.com

CHURCH SERVICES FOR MARCH

Sunday		Colton	Rusland	Satterthwaite	
March	3rd		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	
March	3 rd	9.30 Morning Worship	6pm Churches Together H.C. Hawkshead Methodist Chapel	11.15	Holy Communion
	6 th	6pm Ash Wednesday Eucharist			
	10 th	9.30 H.C. with Sunday School		11.15	Matins
	17 th	9.30 Holy Communion		11.15	Holy Communion
	24 th	9.30 Holy Communion	6pm Celtic Evening Prayer	11.15	Morning Worship
	31st	10.00 Benefice Mothering Sunday Service			

ALL SAINTS' CHURCH, SATTERTHWAITE and ST PAUL'S RUSLAND CHURCH ELECTORAL ROLL

This spring every Parish Church is required to prepare a new Electoral Roll, which happens every sixth year. In other years the Roll is merely revised.
 Everybody who wishes to be entered on the new Roll for All Saints' Church, Satterthwaite, including those who are on the existing Roll, should apply for enrolment by completing an application form which can be obtained from any member of the P.C.C. or picked up in the Church, near the door.
 Completed forms should be returned as soon as possible, and at the latest by Saturday, 16th March, by handing the form to any member of the P.C.C. or by post to the P.C.C. Secretary, Edward Collins, Middle Dale Park, Satterthwaite, LA12 8LH (Tel. 01229 860312)
 For the new roll for St Paul's Church, Rusland application forms can be found in the Church or requested from Angus Adams (Light Hall, Rusland, LA12 8JT - tel no 01229860316) who will also distribute forms to those on the roll where possible. The forms need to be returned to him as soon as possible and no later than 9th April.