

DIARY DATES (further dates and details elsewhere)			
May	Tues	7 th	Oxen Park Reading Room AGM – the Reading Room – 7pm
	Tues	21 st	Rusland and District WI – Satterthwaite Parish Room – 7.30pm
			Thanksgiving for Lambing and Farming – Bowkerstead Farm – 6pm
	Wed	22 nd	“The Bible in Art” Lecture at Brathay Church Hall – 7.30pm
	Thurs	23 rd	Benefice Walk – Meet at Rusland Church at 10.30am
	Thurs	30 th	Ascension Day Walk – Meet at Brathay Church at 6pm

DALE PARK RAINFALL

The rainfall for March was 12.27" with only 7 dry days. By contrast April, up to 25th, measures only 1.38" and there have been 18 dry days, meaning that there has only been measurable rain on 7 days. Last April, which we thought was dry, measured 4.31".

PERSONAL

- Continued Best Wishes to Jennifer Threlkeld, who has been enduring a long spell in hospital, and as this goes to press, is currently in the Langdale Unit at Westmorland Hospital.
- Welcome home and Best Wishes to Peter Moreton after his stay in Hospital

Copy date for June edition, 23rd May. Please send to: - Liz Cringle Tel: 01229 860274, liggerc@hotmail.com; Colin Barr – Tel: 01229 861408, 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.

Graythwaite Sawmill Bark Barn Graythwaite

Hard and softwood sawn to order. Oak beams, lintels & large section timber.
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
Email: janet@jesphysio.co.uk
07831 219849



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
[Facebook/southlakesfitness.co.uk](https://www.facebook.com/southlakesfitness.co.uk)
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



Bespoke Heating Ltd

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



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



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
www.forresterssolicitors.co.uk



MAY 2019

270TH EDITION

This issue is sponsored by The Forestry Commission

“ROUGH WINDS DO SHAKE THE DARLING BUDS OF MAY”

SPRING SHOW VISION.

Twenty six years ago Elsie and Gordon Wilkinson had a vision to hold a Spring Show in the valley mainly as a community event but also to raise a few extra funds for the Parish Room.

Elsie baked to compete and also to sell on the cake stall and Gordon grew flowers but both also encouraged other people to do likewise thus producing a show. With their enthusiasm, hard work and support of the community the show became an Annual event.

As the years have gone by the show has improved, generating new interests and activities but this year's show was the best ever.

There was an amazing display of spring flowers, floral art and home produce.

The three local schools produced some great crafts - castles, cave man necklaces and pictures of daffodils. Hawkshead school won the trophy for the most points. Photographs and limericks were also popular. Homemade soup and chilli were on sale in the kitchen along with freshly prepared sandwiches, homemade cakes, biscuits and pies. All thoroughly enjoyed by everyone. The kitchen was run this year by Rusland and District WI, who did an amazing job!

The show was well attended with families enjoying the activities held in the wood by Rusland Horizons. There was also *Little Beasties* with snakes, rabbits, guinea pigs and spiders for everyone to hold. On Saturday the owls were very popular. Satterthwaite Choir and Rusland Bell Ringers sang and played on Sunday. Various Crafts Stalls proved popular.

Sadly we don't have Elsie anymore but we hope she would be proud of us as we have tried to continue her legacy but Gordon has been there to support and encourage the committee along the way in the show preparations.

This year four generations of the Wilkinson family won trophies or prizes - Gordon now 89 won the trophy for best in show by an incredible 10 points which included amazing flowers and delicious homemade treacle toffee! His daughter Anne won the Home Produce Trophy and his Granddaughter Nicola won the best Floral Art trophy. Elsie Tickle his Great Granddaughter also won a few prizes.

We would just like to say Thanks for your idea and see you all again next year!

THE FIRST CUCKOO

--was reported by Jean Moreton at Ickenthaite. It was heard at 10.30am on Easter Day!

OXEN PARK READING ROOM

Hurrah! After so many years of trying we now have a flushing loo. Look out for celebratory events. The AGM will be held in the Reading Room on Tuesday 7th May at 7pm. All welcome. Tea and coffee & biscuits provided – come and see what we have done so far and use the new loo if needed!

PRINTFEST 2019

Coronation Hall, Ulverston
Saturday 4th May 10am to 5pm
Sunday 5th May 10am to 4pm
Admission £5

Exhibition and sale of original contemporary prints. View and buy direct from the Artists. Become a Friend of Printfest and enjoy a Private View on Friday 3rd May from 7-9pm
Go to www.printfest.uk

CYCLE EVENT AT GRAYTHWAITE MAY 4TH / 5TH

This is Round 2 of a National series, held on the Bank Holiday weekend, as it has been since 2017, when the National Championship was held here. Expect extra traffic, and bikes on the roads round the Northern end of the Graythwaite Estate, Esthwaite and Dale Park.

EAGLE'S HEAD NEWS

Saturday 4th May – the ever-popular Mid Life Crisis are playing again for charity at the Eagle's Head, from about 8.30pm.

EVENTS AT THE MANOR

On Friday 24th May, the Manor House at Oxen Park will be holding the regular 'Open Mic' night. Come along and have a blast! And on Saturday 25th May, live band 'Route 66' will be playing from 9.30. They are a very sixties-based rock 'n' roll band with a little more ROCK than Roll and great fun yet with a professional approach to their performance. The Manor will be open from noon on both May Bank Holiday Mondays. It's always wise to book a table in advance on 01229 861345

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!

What might you gain by volunteering?

We recognise that everyone has their own unique reasons for volunteering, and that everyone gets something different from the experience too. Whether you want to make a difference, feel part of your local community, gain new skills, develop your confidence, take on a new challenge or meet new people, volunteering is one of the most rewarding things that you can do.

Can you help us?

There are lots of ways that you can get involved with Rusland Horizons. 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 and planning for the future
- Membership administration, communications and community liaison

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.

Don't just take our word for it, here's what some of our current volunteers have to say:

"Volunteering for Rusland Horizons in the office supporting the administration side of things has been fun! (I know -admin – fun?!) – But working with a great collaborative team, on such an important local, community-led project has been really rewarding. I've got to know a lot of positive and committed people from all the different projects, and at the same time I've kept my skills updated, and my mind active. To be recommended!"

"Working alongside the Rusland Horizons team and other volunteers I feel that I've learnt a lot and developed my skills. My input always feels valued and I've been involved in decision making. Now is a great time to get involved and help shape the future of Rusland Horizons."

"I balance volunteering with looking after my two boys and part-time study. I really appreciate that the team understand this and offer me total flexibility. It's a really supportive organisation to be involved with." "As some who was new to the area, volunteering on this project has been an absolute dream. I now actually know some people and can just about negotiate my way around the Rusland Valley and surrounding areas!"

If you are interested, please contact Rick Emslie to arrange a no-obligation chat

rick@emsleanalytics.co.uk or 07785 248145

RUSLAND & DISTRICT WI.

At the April Meeting, we welcomed fellow member, Meg Fletcher, who gave us a wonderful insight into the work of the Kinamba Community Project in Rwanda. She has been involved with the project since 2006 and spends a lot of her time there. She gave a very inspirational account of the work of the school and the stories of the pupils. Her photos were captivating. She was thanked by Sue Brooke

Many members had attended the Spring Show and everyone was thanked for their hard work in the tea room - there were many compliments!

The next event is the group meeting, hosted by Bouth WI on May 7th at Greenodd.

Our May meeting is at Satterthwaite on May 21st, when there will be a presentation & selection of photos for our 2020 calendar - a new project. All welcome!

RUSLAND HORIZONS NEWS

Practical Conservation Work Party 4th June 9 - 4pm

These monthly volunteer days help with woodland restoration and other conservation work, this month we hope to be working on a Boardwalk. Please see our website for more information. Booking is essential via <http://www.ruslandhorizons.org/whats-on.aspx>. We meet at National Park Southern Office, Lane Ends, Haverthwaite, LA12 8AB.

Celebration Events

To celebrate the Rusland Horizons project and mark the beginning of a new chapter we are holding a programme of events which include, guided walks, evening talks, the chance to try out some greenwood skills and an afternoon tea. For more information on all of our events please visit the What's On page of our website <http://www.ruslandhorizons.org/whats-on.aspx>.

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.

Westmorland Red Squirrels If you are visiting the Grizedale area of the Lake District, keep an eye out for the new red squirrel fact sheets and leaflets that are available. They have been produced by the Westmorland Red Squirrels group to help promote the conservation of red squirrels. There is also a "spotted form" which you can complete if you are lucky enough to see a red squirrel. Or any sightings of squirrels can be reported at www.westmorlandredsquirrels.org.uk/sightings/.

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 Carcena, and to the Satterthwaite defibrillator. For further details contact: jennywren213@hotmail.co.uk

CHURCH NEWS

Dear Friends,

So Easter has gone, and with it, for many, a chocolate bonanza. As a boy I used to try to preserve the experience so much so that the chocolate often went off! Easter is gone but actually is followed by two important festivals this month which are inextricably linked to the Easter experience - Pentecost and Ascension. Often ignored in our society, Pentecost shows that faith is a spiritual experience, and Ascension reminds us that we cannot hold onto the past no matter how good it was. Jesus' 'ascension', portrayed by a sadly comedic depiction of his feet sticking out from a cloud, reduces the reality of the demand on his disciples to turn to their world and do his work 'on earth' until he 'comes again'. However one interprets these events, they point to the spiritual power within the Christian message - that the life of Jesus goes on, in and through his disciples, that the past is gone, and there is hope that the way of Jesus will be seen on the earth into the future. Now for me these things are worth preserving as, unlike chocolate, they will never go off!

Andrew Dodd Joint Minister of Hawkshead Hill Baptist Chapel;

CHURCH SERVICES FOR MAY

Sunday	Colton	Rusland	Satterthwaite
May 5 th	9.30 Morning Worship	6pm Celtic Evening Prayer	9.45 Holy Communion
12 th	No Service	11.15 Holy Communion	6pm Evensong
19 th	9.30 Holy Communion	6pm Evensong	6pm Celtic Evening Prayer
26 th	9.30 Holy Communion	11.15 Holy Communion	

Sunday	Hawkshead Church	Methodist Chapel	Sawrey
May 5 th	9.30 Morning Worship	6pm Churches Together H.C.	11.15 Holy Communion
12 th	9.30 H.C. with Sunday School	6pm Celtic Evening Prayer	11.15 Matins
19 th	9.30 Holy Communion	6pm Celtic Evening Prayer	11.15 Holy Communion
26 th	9.30 Holy Communion		6pm Songs of Praise Braithwaite Hall

COME FOR A WALK

The May Benefice walk will take place on Thursday 23rd May, meeting at Rusland Church at 10.30am. The walk will be a loop taking in Satterthwaite and is 4 ½ miles long.

A THANKSGIVING FOR LAMBING AND FARMING AT BOWKERSTEAD FARM

Tuesday 21st May at 6pm

A Service to thank, bless and pray for our local farming community will be held at Bowkerstead Farm (Grizedale Campsite), to the south of Satterthwaite. All are welcome to come to this special occasion. Refreshments will follow.

THE BIBLE IN ART

Five Wednesday evenings, 22nd May- 19th June, 7.30pm at Brathay Church Hall
Each of the 5 sessions 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.

ASCENSION DAY WALK - THURSDAY, 30TH MAY.

Meet and park at Brathay Church at 6pm for a walk to Todd Crag. There are superb views of Ambleside and Windermere from the Crag, where we will share an Ascension Day Meditation.
More information from Andrew Dodd on 015394 36451.

In Aid of Rusland Satterthwaite and Brathay Churches

A Recital by Martin Roscoe, Acclaimed International Concert Pianist

Brathay Church, Friday 21st June at 7.30pm

Tickets £17.50 to include wine and canapes, from Susan King 01229 861173
AT THE TIME OF GOING TO PRESS THERE ARE ONLY 5 TICKETS REMAINING!

HELP FROM CITIZENS' ADVICE

Q. My first council tax bill of the year has come through and I know I'm not going to be able to afford it with so many other important bills to pay, let alone food. What should I do?

A. Council tax arrears are a "priority debt", which means you need to pay them before other non-priority loans like credit cards. 14 days after you've missed a council tax payment your council can take you to court and request you pay your entire year's bill at once. If you don't pay, you'll owe court costs and possibly bailiff fees as well as your debt, which can add hundreds of pounds to your bill.

It's important to speak to someone in the council tax office about your situation immediately. You'll probably be asked to commit to paying a regular amount each month. If you're on a low income, you might be able to get a reduction on your council tax bill. You may also qualify for your council's Hardship Scheme. For more help, use the Citizens Advice budgeting tool or contact your local Citizens Advice on 015394 46464

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt,