

PERSONAL

- A big thank you to everyone who sent me Good Wishes, by cards, email or telephone on the occasion of my 90th birthday. They were all very much appreciated. Gordon.
- Congratulations to Hazel Knipe and John Watson on the arrival of their second child, a baby boy.
We were sad to hear that Andrew Thomson of Thwaite Moss has died. Our sincere condolences to his family.
- Julia Buckley passed away peacefully in the afternoon of 14th April at Heron Hill Nursing Care Home. Anthony and Richard would like to thank the local community for all their support over many years.
- We remember Doreen Harrison, of Ambleside, Vicar of Satterthwaite and Rusland Churches when they were part of the Joint Benefice of Colton. Rest in peace, Doreen.
We also have to report the death of David Hawkes, the father of Mike Hawkes of Mulanje Cottage, Satterthwaite. David and his wife Mary lived in the village for many years. Our thoughts are with Mike, Sachie and the whole family.
- Bill Mortimer, our kindly postman for many years, arriving in the Post Bus with smiles for the children and snippets of gossip, has died. He had been ill for some time with Dementia. He loved the Valley and was RVHS president at one time. Our condolences to his widow.
- Our best wishes to Edward Collins, who is convalescing after surgery but who cannot be restrained from doing a bit of gardening!

Copy date for June edition, 24th May. Please send to: -Liz Cringle -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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MAY 2020

280TH EDITION

There will be no sponsor until we return to the printed edition.

THE DARLING BUDS OF MAY

HARD TIMES

We are all putting on a brave face in this period of national crisis and the Community support schemes are amazing. Thank you to all who are involved with the organisation and smooth running of these, which proves what a strong Community we have here in the Rusland Valley.
The wonderful thing is, the amazing Spring that we have witnessed so far. The beauty of the wild flowers, as they reliably appear in succession, never fails to take our breath away. Next up is the May blossom. David Hockney calls it "Action Week" when the Hawthorns burst into bloom and he painted a series of these white fountains, near his Yorkshire home in the Wolds, using his ipad (and of course, we can cast a clout when May is out!) I suspect we already have. Then the birds start arriving. Welcome back to the House Martins seen by Fran Townsend on 4th April (Paul had been worried that migrating birds might observe the travel ban this year!) the Swallows, first sighted by Dave Robinson on 6th April) and the Cuckoo, reported by Christine Dickinson on 17th April. Your editor actually saw a Cuckoo for the first time ever on 26th April but is very sad that the House Martins are no longer nesting above her window.

IT MUST BE A RECORD

In May Gordon Wilkinson will have been on the Rusland Reading Rooms Committee for 70 years. He remembers joining as the Young Farmers' rep just after his 20th birthday and has happy memories of his and twinbrother Donald's 21st birthday party there. In those times the rooms were booked almost every night by groups including a Sewing Club, WI, a Young Men's Club with 26 members, Billiard Club where players huddled by the coal fire in what is now the kitchen before taking their turn on the table. Gordon has always been there to support every change and improvement over the years including replacing the earth closet with a new toilet. You can still find him there on a Wednesday evening at the table tennis table if you dare take him on.
Thank you, Gordon, for 70 years dedicated service. Many Congratulations!

RUSLAND HORIZONS TRUST - LATEST UPDATES

Living History Project
We are currently living through a historic period of time. One which will be remembered and spoken about for years to come. For many, this can be a time of reflection and contemplation, providing an opportunity to respond creatively to these new circumstances. Rusland Horizons would like to invite you to be part of our Living History Project; sharing your experiences and capturing life in the valley and surrounding areas during the 'lockdown'. Record your thoughts, reflections, day-to-day life in your community in any way you like: through painting, drawing, writing, photography or even video. Everyone is welcome to take part and share their experiences, get the whole family involved. Full details, ideas and information about how to send and share your experiences will soon be available on our website and Facebook page.
Wildflower and Birdsong of the Day
Follow our Facebook page where we are continuing to post a 'wildflower of the day'. A beautiful picture every day of a different wildflower plus interesting facts. We are also now posting a 'birdsong of the day'. Giving you various birdsongs to listen out for and learn about.
Rusland Horizons 2021 Calendar Competition
We are still looking for fantastic photographs for our first Rusland Horizons calendar. We have broadened the theme, which is now, 'A Rusland Landscape'. We hope to present the final twelve selected images at the Rusland Show in mid August. Full details for entry and submission are on the Rusland Horizons website. For all the latest news, updates and information please visit the Rusland Horizons Trust website <http://www.ruslandhorizons.org/> or email hello@ruslandhorizonstrust.org Visit our Facebook page - <https://www.facebook.com/RuslandHorizons>

IN NEED OF HELP?
SATTERTHWAITE MUTUAL SUPPORT GROUP
 If you are self-isolating due to Covid-19 this group is available to assist with shopping, collecting prescriptions, safe social contact, dog walking etc. If and when you require any such help then please call or email Simon Brock – 01229 860148 simonbrock@btinternet.com
 If you can offer assistance in any of the ways listed above, or can think of other ways in which you can help, then please get in touch

I have a very personal plea, many of you know that I am the Vice Chair of Growing Well, a mental health charity near Kendal. As with many charities we have lost a lot of our funding in this situation and there has been an initiative called the 2.6 challenge to help charities all around the country to recover some of these funds. If you are interested please take a look at this link. <https://www.growingwell.co.uk/news/join-the-2-6-challenge-for-growing-well/>

A big thank you to Carolyn and Mohit who responded to my appeal very quickly by putting on a Dal Bhaht evening which initiated a great response from our locals whom I would also like to thank for their generous support.

RUSLAND and DISTRICT WI.
 Though we are not able to meet we are keeping in touch with phone calls and emails. The latest email contained a jigsaw of 90 pieces to do on-line and was a picture taken in Rusland Reading Room of a wonderful array of cakes being arranged by Rachel Lumsden and our much-missed member Jean Crabtree. It brought back happy memories of normal times.

And with Hilary Collins' permission, something to make you smile

NEW USE FOR REDUNDANT BEEKEEPING SUIT
 Faced with the prospect of a visit to the Surgery in Hawkshead with Edward - - both are self-isolating at present – Hilary wore her old Bee Keeping Suit, much to the amusement of the receptionist. The Practice Nurse didn't bat an eyelid apparently – very well trained ! She also visited the Pharmacy and Coop. She said that no one else seemed to be bothered by her outfit . We English are so accepting aren't we? A new source of PPE for the NHS maybe?

DALE PARK RAINFALL
 By 27th April the rainfall for the previous 42 days was only .29" and we were heading for an April record since 2002 when I began keeping rainfall figures (well you might find that interesting.) However, with some welcome rain at the end of the month, the figure for April is now 0.9". The lowest April figure is for 2017 which was 0.81. The yearly total for this year is 28.88" (27.7" 2019.) There have been 54 dry days so far this year.

CITIZENS ADVICE
 Q. I bought tickets for an event which has now been cancelled because of coronavirus. Can I get my money back?
 A. If an event is cancelled, your refund rights will depend on how you bought the ticket.
 If you bought your ticket from an official seller and the event is cancelled due to a government ban, you should get a refund. This is the case even if the organiser reschedules, or holds an event behind closed doors. The official seller is the best person to ask about how to get a refund.
 If you bought your ticket from a ticket-reselling website, refunds will depend on the site's terms and conditions.
 If you bought from a private seller and the event is cancelled or rescheduled then it is unlikely you will be able to recover your money. We recommend you contact the seller.
 Unfortunately we've found that in these situations scammers prey on those who are affected.
 If people or companies offer their services to recover money on your behalf for a cancelled event make sure that you're looking out for the signs of a potential scam.
 In happier times, if ticket holders simply change their mind about going to see an event which is still going ahead, they have no legal right to a refund.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems.
 South Lakes Citizens Advice is still delivering a service - Telephone and Digital Advice

How to access:

- Call 015394 46464 - this is being staffed from 9:30 - 12 noon (this line will open more in due course)
- Adviceline: 03444 111 444
- email advice via our submission page on our website www.southlakescab.org.uk
- Help to Claim (Universal Support): 0800 144 8 444

CHURCH NEWS

*Dear Friends,
 What strange and difficult and frightening times we are living in! Speaking personally Easter was a bit strange to say the least.
 I would just like to say two things:
 Firstly, although we have now had to close all the church buildings, that doesn't mean that church has stopped. If you would like to be part of the continuing worship of the churches of the Hawkshead Benefice and have access to the internet, I can you add you an email distribution list, to which I am sending thoughts and resources. If you would like this tell me in an email-jjcedixon@btinternet.com. Or you can follow Hawkshead Benefice on Facebook.
 Secondly, for the areas of Hawkshead, Sawrey, Rusland and Satterthwaite, we have set up a Coronavirus community support system. So, if you need help with shopping, dog walking, posting letters, and other practical assistance, just call 0772 9628 306, and we'll try our best to help. Also call that number if you would like someone regularly to phone you.
 If you can volunteer to help with scheme please let me know by calling the same number or by emailing me at jjcedixon@btinternet.com.*

HOT LUNCHES
 We are now able to provide hot lunches for anybody living in this benefice, courtesy of Ambleside Parish Centre working with Windermere School Dinners. Please telephone or email me for an Order Form. Please pass this on to anybody who might find it useful. People can order meals for any (or all) days Monday to Friday. You will see that the order form needs to be emailed to me by the Wednesday evening of the previous week. Anybody who does not have access to email will need some help with this. Also, if the recipient wants to pay, then we will need an email address to send the bill to, so again someone will have to work with anybody who doesn't do email.
 The first time somebody orders, as well as the form, I will also need their address and telephone number, as well as an email address for the bill (if required). If there are further orders, then I will just need the form. Please do pass this to people who might benefit from it. The price is £3 per meal, but meals are free for anyone in any kind of financial difficulty.

THE BIBLE IN ART
 There will be a Bible in Art session on Zoom at 7pm on Monday 4th May. The login will be the same it is for a Sunday service: <https://us02web.zoom.us/j/7184812263> or use Meeting ID: 718 481 2263.
 Please feel free to join us and/or invite others. No prior knowledge of art or the Bible is required

John, *The Vicarage, Hawkshead - 015394 36301 - jjcedixon@btinternet.com*

ROOK HOW
 While Rook How is closed we are giving opportunities for people to meet online, through a weekly [ZOOM CAFE](#) on Wednesdays at 3.30-4.30pm and on Friday evening 1st May we held our first All Age social event for people from the 3 local Area Quaker Meetings. Ask for more details if you'd like to join us next time. Starting next week we'll be holding a short reflective [EPILOGUE](#) on Monday evenings at 9pm (for 15 minutes) , where someone will share a reading or a poem and we'll have a period of silence together. You don't have to be a Quaker to join! Everyone is welcome. Links on the website.
 More to come on our new YouTube channel soon.
 Sue Nicholls, Development Manager . Tel. 07557 919879 Website: rookhow.org.uk

LOOKING AFTER YOUR MENTAL HEALTH
 There may be times when we need some extra support to get through – It is okay to ask for help, and there is lots of support out there.
 For more details about help and support available during Covid-19 go to: - www.every-life-matters.org.uk and also:-
TELEPHONE/TEXT HELPLINES
Samaritans 116 123 Whatever problems you are facing Samaritans are there to listen 24/7
SHOUT Text Shout to 85258 Crisis text service for support with any mental health concern 24/7
MindLine Cumbria 0300 561 0000 Information, guidance and support. Midday-11pm Mon-Fri. 5-11pm Weekends.
CALM Campaign Against Living Miserably 0800 58 58 58 Helpline for men of all ages 5pm – Midnight.
Silverline 0800 470 80 90 Information, friendship and advice for older people 24/7
Young Minds Parent Line 0808 802 5544 Advice for parents and carers worried about a young person 9.30-4pm Mon-Fri.
Young Minds Crisis Messenger Text YM to 85258 Crisis text support for under 25s 24/7
Papyrus Hopeline 0800 068 4141 Support and advice for Young People. 9am-10pm Mon-Fri. 2-10pm Weekends.
The Mix 0808 808 4994 Advice and support for under 25s 4-11pm
Childline 0800 11 11 Support currently available 9am-Midnight and online 1-2-1 chat www.childline.org.