



NEXT RUSLAND HORIZONS' EVENTS

§ Members Workshop: Monday 11th March at Outback Hall, Backbarrow 6-9PM. Members and non-members are invited to attend this important workshop to discuss the future of Rusland Horizons. Several of the current Trustees will be standing down from the Board this summer and without new Trustees and volunteers to help support, manage and implement projects and work party events, the future of the Trust and the great work it does in the Rusland Valley is once again in doubt. For more information email us - hello@ruslandhorizonstrust.org

§ Hedge Maintenance Work Party: Saturday 23rd March

Join us for a morning of hedge maintenance near Rusland Church - Thwaite Moss track to Force Mill. The event will include a number of hedge conservation activities relating to the repair of an existing Rusland Horizons created hedge.

Booking is open for March and April events. <https://www.ruslandhorizons.org/whats-on.aspx>

PERSONAL

We wish Susan King and Carol McNeill, both in Furness General Hospital, speedy recoveries and a return home. Also, improved health for Edward Collins, recently hospitalised but now home again.



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UCANDU YOGA

Yoga is known to have many benefits to health & well-being. The sessions I offer are tailored to the various needs of groups & individuals.

If you're interested in finding out more about classes, 1-1 or bespoke sessions please contact Jenny on:- 07866545760

All proceeds go to the
'Revival of Satterthwaite Parish Rooms' Project

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MARCH 2024

308TH EDITION

This issue is sponsored by the Rusland Valley Community Trust

SPRING INTO MARCH!

RUSLAND SPRING SHOW 2024
RUSLAND READING ROOM
March 16th /17th - 12noon until 4.30pm
Less than a month to go until Rusland Spring Show. Entries are open to everyone. All are welcome to come and see the wide range of exhibits and enjoy a chat over homemade soup and cakes.
Entries will include spring plants, flower arrangements, photos, culinary delights and a chance to invent a limerick.
Plenty for children of all ages to enter too.
Adult entry £3 to include tea /coffee and a biscuit. Free for children.
For schedule see
<http://www.rusland.org.uk/rusland-spring->

RVHS SPRING GARDEN COMPETITION 2024
It is time to start planning your garden so that it is at its best when the judges call round in mid-May.
There will be only one category: The Spring Garden.
If you would like to enter this year's competition, please contact Sally Fisher by email (sally.fisher072@gmail.com) or phone (01229 861876) as soon as possible. Please include your name and address.

DALE PARK RAINFALL
The January total was 9.93" with 15 dry days (2023 12.42" and 9 dry.) February to 21st is 6.18" and only 1 dry (2023 only 2.7" and 7 dry)
The yearly total so far is 16.11" Last year was a wetter January and a much drier February.

DEADLINE FOR APRIL EDITION - 26TH MARCH

"SUPPER SOCIAL" SATURDAY 16th MARCH
6.00PM SATTERTHWAITE PARISH ROOM.
Join us for another convivial evening with food by Rock Cottage Dining and Katvandu, and a pay bar with wine, beer and soft drinks. Tickets - which must be pre-ordered - are once again £16 per head for the 2-3 course supper and first drink; bottles of wine can be pre-ordered @ £15.
Contact Fran Townsend asap for tickets
pandftownsend@gmail.com or 860206

CATCH-UP TUESDAYS
Satterthwaite Parish Room will be open and warm, and everyone will be welcome for a get-together every Tuesday from 11.00am (after choir) until about 1.00pm. It is a chance to catch up, get to know people better and add a bit of warmth to cold winter days.
Everyone, no matter whether you are local, second-homer, young, less young, mature, immature, alone or with someone, will be welcomed.
Any queries? Just ask Jenny (jennywren213@hotmail.co.uk) or Fran (pandftownsend@gmail.com)

BASIC LIFE SUPPORT AND DEFIBRILLATOR TRAINING
It was lovely to have had such a great response to BLS and defibrillator training. Both February dates were fully booked!
The final date this year for training will be 26th March, 7pm in Satterthwaite Parish Room run by Dr Caroline Brock. Cost is £5 per person, proceeds to the Parish Room fund. Please book via drcazz@gmail.com to secure a place.

COLTON PARISH COUNCIL NEWS
Thank you to everyone who contacted us with their recent experiences of coping during the snowstorm before Christmas and the recent high winds. We used your contributions to help us highlight our concerns about the number of power outages affecting our local communities, in particular, Bouth and Colton, when we, along with other local Parish Councils, met with Electricity North West (ENWL) on 12th February.

The meeting was convened by ENWL following a letter we wrote to their Chief Executive asking for explanations for the lack of resilience in the network and voicing our concerns about the impact on residents, particularly older people, young families, and people with long term health conditions.

Lots of issues were raised including: improving the resilience of the local network and communications infrastructure; the importance of local resilience hubs; how vulnerable members of the community can be more effectively supported in extreme weather events; and, the mechanisms for claiming and paying compensation. The plan is for a follow up meeting in the autumn to share progress and to look forward to the forthcoming winter. We will keep you updated.

The system used for identifying people who might need extra support during power cuts is the Priority Services Register. If you or someone you know has a long-term health condition, a disability, mobility issues, a baby or toddler to look after, or is elderly, then you or they may wish to sign up. It is free to register. You can either contact your own supplier or go to the ENWL website.

<https://www.enwl.co.uk/power-cuts/extra-care/our-extra-care-register/>

Lambing season is fast approaching, and local farmers have asked us to help them to keep their animals safe by ensuring all dog walkers keep their pets on a lead when walking where there are sheep or lambs. Or better still, find alternative routes and avoid fields where there is livestock. Other residents have voiced concerns about increasing litter and dog poo. To help communities tackle these issues, The National Farmers Union has published free-to-download posters suitable for village notice boards that community groups can use. See <https://www.nfuonline.com/updates-and-information/free-countryside-code-resources/>

You are welcome to join us for our next meeting: 7pm Monday 25th March 2024 at Finsthwaite and Lakeside Village Hall. See our website for details

SATTERTHWAITE PARISH COUNCIL NEWS
We would like to thank everyone who attended Games Night at the Eagles Head. It was a lovely evening. We would like to also thank Gary and all his staff for hosting us and providing the very tasty hotpot.

Fran and Helen attended a meeting with Electricity North West recently, where they were told there was money available and they had plans over the next 4 years to join up dead end supplies so that when one line goes down the supply can be diverted to another line and help reduce power outages. It was also raised that all mobile phone masts should have back up batteries for loss of power. Tim Farron is going to take this forward to the government as in remote areas it is essential to have means of communication.

Gary attended a Highways meeting where road gritting was mentioned. All gritting is now carried out by trained contractors. Priority roads are gritted first and often minor lanes get missed. Grit bins can be applied for. Can people let us know if they need a grit bin, e.g. Dale Park, Church Lane, Kennels Road. We will then apply for the number of grit bins needed.

The 20mph application has been submitted for Satterthwaite.

Under 18s are eligible for sailing lessons from the Rawson Trust. We will let you know more information when we have it.

We will be carrying out our annual litter pick after Easter. We will let you know when a date has been set.

Next meeting date 25th March in Satterthwaite Parish Rooms at 7pm.

OXEN PARK CINEMA CLUB
Only a few opportunities left this season to see a great film in the comfort of our beautiful Carthouse Cinema

Tuesday 5th March - *Lunana* - a yak in the classroom - already full so there will be a second showing

Saturday 9th March SOLD OUT!

10th March still booking - *Outdoor and Adventure Film night!* NB starts earlier at 7pm to allow for an interval (time to collect another drink from The Manor) a handpicked selection of short films from this year's London Mountain Film Festival - details are up on the website - don't miss out!

Saturday 16th March - *The Banshees of Inisherin* - award winning comedy drama. Look out for possible second showings on the Sunday following the showing.

Do not forget that you can hire the cinema for private showings at £125 which includes the necessary licence - or only £20 if it is your own film.

CHURCH NEWS

Dear Friends,

At the end of March, we will celebrate Easter. It is so early this year, that as I write this, it seems like we have barely got Christmas out of the way. But that reminds me just how connected these two Christian festivals are.

‘What has Easter got to do with Christmas?’ is a question that nobody is asking me, but I want to try to answer anyway.

Christmas is when we discover that God affirms creation so deeply that, despite everything, God thought it was worth entering our life, taking on our mantle, and inhabiting our existence. He cannot bear to be separated from us, so becomes one of us. This is what everything is for. God made the world in order to be with us. Christmas affirms the fleshly, tangible, earthiness of human existence. Matter matters. Stuff is so good that God wants to be stuff.

Easter affirms the same things, but goes a step further. A massive step further. The death of Jesus by crucifixion was humanity having one almighty allergic reaction to the goodness of God, to God being with us. We have always rebelled against God’s love, but maybe never quite as much as this.

But the joy of Easter, of Christ’s resurrection, is that we see that God will be with us in Christ, even when we have tried our hardest to prevent that from happening.

Easter shows us that nothing whatsoever can stop God being with us, not just at a particular moment in history – but forever. Love will have the last word.

Please do come and celebrate Easter with us.

John

Sunday	Colton	Rusland	Satterthwaite
March 3 rd	5pm	Celtic Evening Prayer	11.15 Holy Communion
10 th			
17 th	5pm	Evensong	
24 th	11.15	Holy Communion	
30 th	8pm	Service of Light	
31 st			11.15 Holy Communion

Sunday	Hawkshead Church	Hawkshead Hill Baptists	Sawrey
March 3 rd	9.30 Morning Worship	10.30 Morning Service	11.15 Holy Communion CW
10 th	9.30 Holy Communion	10.30 Morning Service	11.15 Matins
17 th	9.30 Holy Communion	10.30 Morning Service	11.15 Holy Communion BCP
24 th	9.30 Holy Communion	10.30 Morning Service	11.15 Morning Worship
28 th			
29 th	3pm	Passion Play	
31 st	9.30 Holy Communion	10.30 Morning Service	11.15 Holy Communion
	Thursdays at 10am Hawkshead Methodist Church ‘Time at 10’		

ROOKHOW

SUBSIDISED STAYS FOR COMMUNITY GROUPS. The next round of the Retreat Away Fund has been launched with a deadline of 1st April. Rookhow has supported over 500 people from 40 groups to stay at Rookhow over the last few years. Contact Sue to find out more or have a look at the website for an application form: rookhow.org.uk/charitable-work

GOOD FRIDAY QUAKER MEETING 11am. Historically, Quakers and others have gathered from across the area for a big Quaker Meeting for Worship at Rookhow every Good Friday at 11am. Last year there were nearly 100 people! All are welcome. It will be followed by homemade hot cross buns, an Annual Review of Rookhow and presentation about the Journey of Hope programme.

OPEN DAYS throughout the Spring. Rookhow continues to be open to the public on the 1st and 3rd Fridays 10am-4pm. Short Quaker Meeting 12.30-1pm. Also, on the 1st Wednesday of every month 7.30-8pm. Just turn up or let us know in advance if you are coming in a larger group. All welcome

Website: rookhow.org.uk LA12 8LA Contact Sue Nicholls, Development Manager Tel 07377 971783

RUSLAND AND DISTRICT

Because of the adverse weather conditions the January meeting moved to Zoom and the planned Chair Yoga with Kirsty Mawwhinney took place at the very well attended February meeting. The postponed Christmas party (weather issues again) became a Valentine’s Day afternoon tea which included much fun and laughter making cards. On a rare glorious day at the end of January the walking group met for cake and coffee at Oxen Park Reading Room, had a good walk and returned to the Reading Room for lunch.

The next meeting will be at Finsthwaite on Tuesday 19th March at 7.30 p.m. when the speaker will be Jennifer Snell on Victorian Ulverston.