



APRIL 2014

215TH EDITION

This edition is sponsored by the Forestry Commission

“APRIL COME SHE WILL”

THE GREEN DOOR STUDIO'S ART TRAIL

Tina Balmer, Sally Bamber and Angie Flynn will be showing their recent work at JANE MEADOW, HIGH DALE PARK Saturday 5th and Sunday 6th April, 10am to 5pm
Soup, cake, coffee and tea on offer at a modest charge from Jan Benefield and her helpers.

RUSLAND HORIZONS UPDATE

We are now advertising for a 'Development Officer'. The post will last for 16 months and involves preparing the ground for the 'real' work starting in 2016. Interest has been plentiful and applications close on April 3rd. We hope to have someone in post by the beginning of June. Watch this space: www.ruslandhorizons.org for more information.

LEVENS VALLEY SUPPORT GROUP FOR ST MARYS HOSPICE

The theme of this year's fashion show is "The Silver Screen" reflecting the Silver Anniversary of the Hospice. Staged by *Two by Two* of Ulverston it will be held in the Café Ambio, Lakeland Motor Museum, Backbarrow on Friday 25th April. Tickets priced at £7.50 include entry into The Motor Museum between 6pm and 7pm and then into Café Ambio for the 7.30pm start of the Fashion Show. Tickets also include refreshments. Come along and support your local hospice in its 25th year whilst enjoying a fun evening!
Tickets available from: - *Two by Two* or *Dot* - 015395 30132
Sylvia - 015395 31685 and Marian - 015395 31779.

The support group for the hospice recently held a Pie and Pea Supper at Greenodd Village Hall which included music and dancing to Rusty Bullets who are a well known local band. Due to the wonderful generosity of Rusty Bullets waiving their fee for the evening and all who attended, the group managed to raise the magnificent amount of £780 for the hospice!!! Thanks to all who supported us.

APRIL EVENTS IN GRIZEDALE FOREST

Lost & Found? 12 April – 29 June, open 10.00am – 4.00pm
"Lost & Found?" presents the practice-based PhD of artist Edwina FitzPatrick, exploring how Grizedale Forest's past and ongoing artwork might be revealed and archived. Free
Feathers and Fur, April 15th 11.00am – 4.00pm
Meet a live Barn Owl. Have a go at dissecting an owl pellet to find out what our local owls have been eating. Free family craft activities in partnership with RSPB and the World Owl Trust.
For information, contact the Visitor Centre on 860010.

SPRING HAS SPRUNG, THE GRASS IS RISE

and there was a Swallow sighted at the Syke, Rusland on the 2nd March. Is this a record?

It is time to get your gardens in order ready for the SPRING GARDENS COMPETITION run by The Rusland Horticultural Society. Please note: Your garden does not have to be RHS standard! The judges will be looking for a plot, large or small, that is cherished with some spring colour in it. We are sure there are plenty of gardens out there needing to be entered. Don't be shy!

Entry is free and Judging will take place the week beginning 28th April 2014.

Entrants must reside in the 'Show District' which comprises of Colton, Rusland, Satterthwaite, Finsthwaite, Lakeside and parts of Newby-Bridge, Backbarrow and Haverthwaite, situated to the west of Windermere and the River Leven. Please enter by contacting Gordon Wilkinson on 01229 806253 or email gordon.wilk876@btinternet.com

And Don't Forget

THE RUSLAND VALLEY SPRING SHOW.

Sat 5th and Sun 6th April at Rusland Reading Rooms.

Entries by the 2nd April please.

<http://www.rusland.org.uk/RuslandSpringShow.htm>

EAGLE'S HEAD BACK IN ACTION

We have *Room Full of Mirrors* playing on Friday 4th April from 9pm. *Room Full of Mirrors* draw upon every genre from Celtic tunes to reggae grooves, Eastern European vibes to Americana, Middle Eastern sounds to English folk music, drawing it all together with a pop sensibility and an infectious groove... Formed in 2010, these guys never fail to get the audience going.

We are looking for kitchen and front of house staff so please contact Simon and Emma if you are interested.

NEW SPINNING CLASSES AT BECKSIDE FITNESS

What is Spinning? Spinning is on an exercise bike in a group setting with an instructor putting you through your paces. Spinning simulates hill climbing, sprint intervals, fast downhill descents and road riding. You will burn up to 700 calories a class and will increase your cardiovascular fitness within weeks.

We have a Sunday 10.30 am class and a Thursday 7pm class due to start on the 6th April.

Our classes are £8.00 a session and booking is essential.

To reserve your bike or for any other enquiries please call Carl or Wendy on 01229 60244 who will be happy to answer any questions on fitness or their new spinning classes.