



MARCH 2014

214TH EDITION

This edition is sponsored by the Forestry Commission

SPRING INTO MARCH!

RUSLAND HORIZONS UPDATE

It seems to be taking a while to battle through the bureaucracy but it is expected that advertisements will go out shortly for the post of Development Officer. When appointed, this person will spend much of the next year and a half working with the Rusland Valley & Fells Heritage Partnership to sort out the details of all our proposed projects (traditional skills, woodland management, wildlife, archaeology, local history and access). The main work will take place in a four-year period starting in 2016. If you want to know more, visit www.ruslandhorizons.org or speak to Giles Wingate-Saul or Colin Barr.

A DATE FOR YOUR DIARY

LEVENS VALLEY SUPPORT GROUP FOR ST MARYS HOSPICE

To celebrate 25 years of the Hospice the group are pleased to announce the date of this year's Fashion Show will be 25th April at Café Ambio. In keeping with the 25th anniversary of the hospice the theme of the fashion show, by *Two by Two* of Ulverston, will be "THE SILVER SCREEN" Full details in the next edition.

EVENTS IN GRIZEDALE FOREST

Saturday 8th March

Malcolm Wilson Rally – further details at www.malcolmwilson.co.uk

All trails on the west side of the Forest will be closed for the day

Sunday 16th March

Grizedale Duathlon – 6.5k trail run and 24k Mountain bike ride

Further details at www.highterrainevents.co.uk

Saturday 29th March

Cumbria Commotion Adventure Challenge

10k run, 25k bike ride, and kayaking on Coniston – further details at www.trailplus.com

Sunday 30th March

Forest Discovery Day - Free

Join us for a day of forest fun and woodland celebrations! Keep an eye out for more information on our website www.forestry.gov.uk/grizedale

THE RUSLAND VALLEY SPRING SHOW.

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

Schedules are available from G. Wilkinson

Tel 01229860253 or e-Mail

Gordon.wilk876@btinternet.com

There will be the usual Stalls - Books, Plants, etc.

Contributions to the Stalls will be welcomed.

Come along and enjoy a touch of Spring.

A FLOWER ARRANGING CLASS with JOAN BENTLEY

Rusland Reading Rooms on Monday 31st March

From 10am to 12noon and 1pm to 3pm

For more Details Tel 01229860253.

EAGLE'S HEAD NEWS

The pub will be closed for lunch on Tuesday 11th

March but re opening at 5pm for dinner

It will then be closed for major building works

from Monday 17th March to Monday 24th March,

re- opening on Tuesday 25th March.

We have a band called *The Room Full of Mirrors*

playing on 4th April. Please see website for further

details www.eagleshead.co.uk

YOGA AT WATER YEAT VILLAGE HALL

with Margaret Armstrong

Wednesday Mornings 10.30 to 12.00

And Evenings 7.30 to 9.00

All year round. No set terms.

Also, once or twice monthly Saturday or Sunday Morning sessions followed by breakfast.

Yoga- a system that is so much more than exercise – goes back over 5,000 years. It works wonders on stretching, strengthening, toning and relaxing body, breath and mind. Margaret has held classes at Water Yeat for over 12 years. She has a teaching diploma with the British Wheel of Yoga, but draws on the many styles/schools of yoga teaching to provide diverse and varied sessions.

Water Yeat Village Hall is a peaceful and warm location situated on the A5084, post code LA12 8DJ

For further information contact Margaret on 01229 885643

OXEN PARK CINEMA CLUB

Our March films are the delightful *Kauwboy* at the Carthouse on 4th March and *Attack the Block* at Rusland on 22nd March (it could be just up your street – light entertainment, just what is needed for a Saturday night!). Please book in for both of these.

We now have our new screen fitted, thanks to a grant from the Sir John Fisher Foundation – this will really help whenever we visit village halls, which we will continue to do each season.

You might think we are nearly at the end of our season but we are planning a few extra films at The Carthouse in Oxen Park. The first will be the re-mastered original film of *Epic of Everest* with Sandy Irvine and George Mallory - on Saturday 12th April. The others will be on Saturdays 10th May and 7th June – all starting at 8:00pm – a chance to see some more recent films. Check the website for details.

If you are wondering what to do for a special occasion then the Carthouse is available for hire to show your favourite film.

SATTERTHWAITE PARISH COUNCIL

The next meeting will be on Tuesday 4th March 2014, 7.30pm in the Parish Room. Public and press are always welcome.

The Council has submitted a request for a Precept for 2014-2015 of £4,756.08 to cover inflation, the lengthsman and the completion of the community plan. The Community Plan working group has agreed a re-draft of the Plan, and that there has been extra interest expressed in being involved with the working group. The Lengthsman, in conjunction with Highways, has completed work at Dale Park and the surrounding area. The council is hoping that the Forestry Commission will do more work at Bowkerstead.

As well as seeking better broadband reception, the council is urging Connecting Cumbria to provide better mobile phone reception, i.e., 3G strength on local arterial roads.

The Malcolm Wilson Rally will be in Grizedale Forest from 11am on 8th March.

Local and European Parliamentary General Elections will be held on 22nd May.

The archive of Minutes and the next Agenda can be seen on the community website at: -

www.satterthwaitepc.org.uk

Items for the next Agenda should be sent to the clerk: - clerk.satterthwaitepc@gmail.com

COLTON PARISH COUNCIL NEWS

Broadband: Is your Business Registered? We may get more properties in Colton Parish connected earlier to superfast broadband if we can show we have a lot of registered businesses in the Parish. If you run a business from the Parish, and want to get faster broadband as early as possible, then please register it with Mike Postle (our 'Broadband Champion' for the Parish) via his website and registration form on postleorg.coffeecup.com/stream/. This register will be used by the Connecting Cumbria project to demonstrate need and draw on more funds to provide earlier access to faster broadband services. There is also a business register on the Parish Council's website (www.coltonparishcouncil.org.uk), constructed from information publicly available on the internet. This has been set up to help promote local businesses and also to link with Mike's register to ensure we have as complete a picture as possible. Please check whether your business is there and let the Clerk know if you want to add or change anything.

Windermere Lake Users' Forum: At our Parish Council meeting in January, Carole Shaw, Chair of the Windermere Lake Users' Forum came to explain the role of the Forum. Formed six years ago following the decision to apply a speed limit bye-law on the Lake, the Forum acts as a consultative body for lake activities and also provides advice and guidance on both the lake and its catchment. Representatives include users of power-boats, sail-boats, paddle-boats as well as swimmers, anglers, Windermere Lake Cruises, commercial mariners, and outdoor sports providers.

Asked about pollution (you may be aware of the growing problem of toxic algal blooms on the lake) Carole Shaw said that this was a significant concern; she explained: "The south basin is more polluted than the north basin of the lake, due to a number of factors: the cleaner water enters Windermere from the north and travels through the length of the lake collecting contamination along the way. The pollution has been reduced since United Utilities installed a new flood tank last year but there is still much more to be done to reduce the level of phosphates in the south basin. There is a five-year scoping and evaluation exercise currently under way."

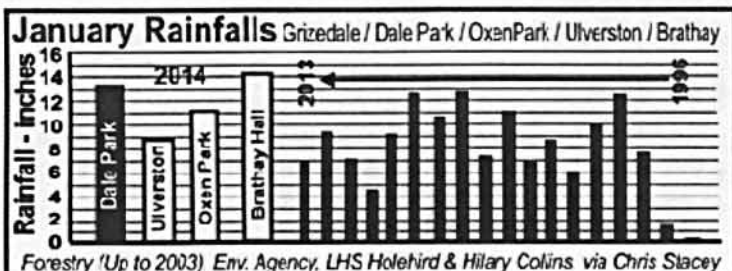
A word about pollution: Toxic blue-green algal blooms are caused by high pollution levels, particularly in summer. These blooms have caused lake-based events to be cancelled; dog-owners should also be aware that these blooms can be deadly to dogs. Everyone - residents and businesses – should do their bit to reduce pollution on the lake – please see the article by the Windermere Reflections project in our recent Parish Council newsletter (or go to www.windermere-reflections.org.uk) which provides important guidance on the use of phosphate-free detergents and how to dispose of waste safely.

Our next meeting is on Monday 24 March, 7:30pm, Rusland Reading Rooms.

Mandy Lane (Clerk), T: 01229 861408,

E: coltonpc@btinternet.com W:

www.coltonparishcouncil.org.uk



CHURCH NEWS

Dear Friends,

I rather like a slightly cryptic tale from monastic literature, which goes something like this.

A monk comes to his Abbot, seeking enlightenment, seeking greater spiritual fulfilment. He addresses the abbot eagerly and impatiently, firing questions at him. But the abbot says: 'Just Look.'

The monk is very disappointed. What on earth is the Abbot talking about? 'I'm always looking', he says, sulkily.

'No you're not', says the abbot. 'In order to look at what is here, you have to be here, and you are mostly somewhere else'.

I think this story is more relevant than ever. The monk in question would never have come across our 21st century habit of living a kind of dual existence, juggling what is in front of us with our phones and ipads and laptops with a constant feed of Twitter, emails, texts, Facebook and so on.

But this isn't really about technology. I wonder what we miss by not always being present. Most of us will have had the experience of turning up at some meeting or other, being physically there, but not really being present. And if we have never experienced that, we will have been frustrated to observe someone else experiencing that.

It's about our busyness, our fears, our thoughts, our work, our worries, our addictions, our distractions, our possessions and stuff. It's about all the different ways in which we close ourselves off to life, God, and each other.

I suspect the present is rather underrated; I should visit it more often.

John The Vicarage, Hawkshead.01539436301. jjcedixon@btinternet.com

CHURCH SERVICES FOR MARCH

Sunday	Colton	Rusland	Satterthwaite
March 2 nd	9.30 Morning Worship	5pm Evensong	9.45 Holy Communion
9 th	9.30 Holy Communion	11.15 Holy Communion	6pm Evensong
16 th	9.30 Morning Worship	5pm Evensong	9.45 Service for All Ages
23 rd	9.30 Holy Communion	11.15 Holy Communion	No service
30 th	9.30 Morning Worship	No Service	No service
Sunday	Hawkshead	Sawrey	
March 2 nd	8am Holy Communion 9.30 Morning Worship	6pm Healing and Wholeness Service Hawkshead Methodist Chapel	11.15 Holy Communion
9 th	9.30 H.C. with Sunday School	6pm Evensong	11.15 Matins
16 th	9.30 H.C. with Sunday School	6pm Evensong	11.15 Holy Communion
23 rd	9.30 H.C. with Sunday School	6pm Evensong	11.15 Morning Worship
30 th			10.00 Joint Benefice Service

ST PAUL'S CHURCH, RUSLAND
Annual Parochial Church Council Meeting
Thursday 3rd April at 7.30pm

In Aid of Colton, Rusland and Satterthwaite Churches
A PIANO RECITAL BY THE INTERNATIONALLY RENOWNED CONCERT PIANIST MARTIN ROSCO
at Brathay Church, Nr Ambleside, LA22 0HS, on Friday 4th July 2014.
A programme of Fantasies by

Haydn Beethoven (Moonlight Sonata)
Mozart Brahms
Stenhammar Chopin
Schubert

Tickets, £15 to include post concert wine and canapés, will soon be on sale widely to the public.

To ensure priority to local people they can now be reserved by contacting Susan King on 01229 861 173

RUSLAND & DISTRICT W.I.

Rusland & District W.I. has held two meetings since the last Newsletter. At the January meeting we held a post Christmas sales table, when some Christmas presents were re-cycled and £51.80 was raised for our funds. Martin Cooper came to give us a stimulating talk on walking the West Highland Way in dry weather! Since that meeting three of our members, Julia Crowe, Christine Jackson and Jean Crabtree have visited the Hospice following the successful Carol Evening in aid of the Hospice when we raised £533.

The February meeting at Rusland spent much time on planning our 70th Birthday Celebrations which will be held on Saturday, 19th July at Rusland with a 1940s theme. Anne Robinson came to give a fascinating talk on the visit which she and her husband had made to Sri Lanka for their son's wedding several years ago. They had also toured much of the southern part, including an elephant sanctuary and a turtle farm, the latter being one of Anne's favourite visits. She was thanked by Judy Shaw. The next meeting will be on Tuesday, 18th March, 7.30 p.m. at Satterthwaite Parish Room when the speaker will be Shirley Crisp on Lingerie! The competition is for an item of lace. Mrs Fletcher and Mrs Jackson will be the hostesses. All welcome.

DIARY DATES

March	Sat	1 st	Rusty Bullets - Greenodd Village Hall – 7.30pm
	Tues	4 th	Satterthwaite Parish Council – Satterthwaite Parish Room – 7.30pm
			Oxen Park Cinema Club – <i>Kauwboy</i> -The Carhouse, Oxen Park – 7.30pm
	Tues	18 th	Rusland and District WI – Satterthwaite Parish Room – 7.30pm
	Sat	22 nd	Oxen Park Cinema Club – <i>Attack the Block</i> – Rusland Reading Rooms – 7.30pm
	Mon	24 th	Colton Parish Council – Rusland Reading Rooms – 7.30pm
	Mon	31 st	Flower Arranging with Joan Bentley – Rusland Reading Rooms – 10am to 12 noon and 1pm to 3pm

HELP CONTROL UNWANTED MARKETING CALLS AND TEXTS

In November 2012, the Information Commissioners' Office (ICO) fined the company Tetras Telecoms £300,000 for sending huge numbers of unsolicited text messages (mainly about PPI mis-selling and compensation for accidents). This was overturned on appeal, the Judge decided that the company's actions did not cause, and were not likely to cause, substantial damage or distress to those affected. The ICO disagrees and wants Government to change the law so that companies can be fined where the texts and phone calls cause nuisance, annoyance, inconvenience or anxiety. *If you have been affected let us know at Cumbria Rural CAB - 015394 46464* We can pass your story onto the ICO and together we can try to get the law changed. We call this action 'Social Policy'. Every CAB around the country uses local experience of your problems to build a national picture. We have people employed in London who then take this information and lobby Government to try and get changes for the better. So as you can see, each person's story can build to something powerful, helping prevent similar problems in future.

PERSONAL

THE SAMARITANS

Whatever you're going through, we'll go through it with you. Phone 01229 825656 or 08457 909090

- Happy Birthday to Carol McNeill who has recently celebrated her 70th Birthday.
- Simon, Emma and Malcolm would like to thank the community for all their support and help over the past few difficult weeks.

Copy date for April edition, 25th March. Send to: - Liz Cringle Tel – 01229 860274, email: liggerc@hotmail.com; Colin Barr – Oxen Park Tel: 01229 861408, email: cjb@barrecol.co.uk; Elsie Wilkinson – Crosslands Tel: 01229 860253; Frances Townsend – Pepper House Tel: 01229 860206, email: frances.townsend@virgin.net; Sylvia Chadwick – Monks Cottage Tel: 015395 31685

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