



RUSLAND & SATTERTHWAITE
NEWSLETTER

AUGUST 2024

313th EDITION

This issue is sponsored by the Rusland Valley Horticultural Society

SHOW TIME AGAIN!

RUSLAND SHOW NEARLY HERE

It is only a couple of weeks before we hold this year's Show (Saturday 17th August) and we look forward to seeing you there from 12:20pm onwards.

The schedules (with all the details you need) have been widely distributed but if you still need a copy, you can get them from Committee Members, visit the 'Paper box' by the Notice Board in Oxen Park, or look online at ruslandshow.org.

All entries must be submitted to the Secretary by noon on Saturday 10th August but please do not leave it until the last minute!

Competition labels (green), which must be displayed with each entry, are available from Committee members or the Paper Box in Oxen Park.

Finally, any help that you can offer during the week leading up to the event, especially on the showfield (starting at 10 am on Sunday 11th), will be gratefully accepted.

BETHECAR COMMONERS' ASSOCIATION AWARDED LARGE COUNTRYSIDE STEWARDSHIP SCHEME.

Everyone is invited to a presentation at the Rusland Reading Rooms on Monday 12th August at 7pm to find out more about this exciting 10-year environmental project that will enhance the bio diversity on Bethecar Common. Parts of the Common will become Wood Pasture, cattle grazing will be increased, sheep grazing reduced and as a result, rare butterflies and moths should multiply. Please come along to hear about this exciting new scheme.

SOCIAL SUPPER

SATURDAY 21st SEPTEMBER, 6.30PM
SATTERTHWAITE PARISH ROOM

It is hard to believe it will be six months since the last jolly supper evening at the Parish Room!

Come and join us for another convivial evening with food by Rock Cottage Dining. The menu will be more European with up to three meat dishes, several salad dishes such as couscous, spicy beans, potato, green leaves, and a couple of luscious puddings to choose from. 'Tickets' for this two-course meal and your first drink will be £17.50 per person, and MUST be pre-ordered from Fran Townsend; bottles of wine can be pre-ordered @ £15 and there will be a CASH pay bar on the night with wines, beers and soft drinks.

Deadline: 14th September - so please book in with Fran on 860206 or pandftownsend@gmail.com and she will give you the BACS details.

Event to be run by the Parish Council and the Parish Room Committee.

All proceeds to the Parish Room Fund

THE RUSLAND VALLEY COMMUNITY TRUST

The trust has a small pot of money which is available to help activities within our community.

We have helped various clubs, schools, nurseries and organised some courses, all of which have been successful.

If you need any financial help please contact Angus on anguslighthall@gmail.com or Anne on ruslandannie1@icloud.com

COLTON PARISH COUNCIL NEWS

Come and have a chat with us at Rusland Show on Saturday 17th August – meet your new Councillors, find out about our new community plan and how you can get involved.

Colton Parish Council has installed a new defibrillator outside Finsthwaite and Lakeside Village Hall, thanks to funding from London Hearts. For information about where you can find defibrillators near you see <https://www.defibfinder.uk/>

We know that many of you are still very concerned about the condition of local roads and lanes. Please continue to report issues on the Westmorland & Furness website using the link from this page

<https://www.westmorlandandfurness.gov.uk/parking-streets-and-transport/streets-roads-and-pavements>

Problems on minor roads, including blocked drains, can often be dealt with by our Lengthsman, Archie. If you spot anything that Archie might be able to help with, please contact the clerk. Before committing to any work we will assess if it's safe and practical for Archie to tackle the job.

Westmorland & Furness Council has launched a consultation on the future of Ulverston Library and the Coro. You have until 23rd August to share your views.

See <https://www.surveymonkey.com/r/UlvLibraryCoroWF>

Our next Parish Council Meeting is at 7pm on Monday 2nd September at Finsthwaite and Lakeside Village Hall. For minutes of the last meeting and the agenda see

<https://coltonparishcouncil.org.uk/>

SATTERTHWAITE PARISH COUNCIL

Grant Nickson has been co-opted back on to the Parish Council and has been re-elected as Chair and Gary Thomason has been re-elected as Vice Chair.

Gary Thomason Has contacted Highways regarding the 20mph limit through the village and Councillor Suzanne Pender will support our application for the speed limit as a priority.

We are going to have an end of season litter pick followed by a Supper Social on Saturday 21st September. Meet at the Parish Rooms for 3.30pm for the litter pick. See front page for details of the Supper Social

The next meeting is on Monday 9th September at 7pm. In Satterthwaite Parish Rooms.

RUSLAND WITH BOUTH WI

The July meeting was PARTY TIME when we celebrated our 80th Birthday with a bang (balloons kept bursting!) at the Rusland Reading Rooms. The rooms were bedecked with bunting and flowers, Pims and elderflower cordial flowed and a 1940s supper was served in first aid boxes. The evening started with Jerusalem followed by a 1944 Quiz, and the magnificent strawberry cake made by our President Sally Lister was soon eaten. Another quiz compared the cost of everything from the price of a house or car and a further 1940s musical quiz included items from Gracie Fields, Vera Lynn and George Formby. Old fashioned party games and a rendering of Albert and the Lion by our President and Treasurer Judy Shaw followed and the successful evening concluded with the singing of We'll Meet Again.,

CITIZENS ADVICE

Q. My elderly father has received huge bills from his energy supplier which are completely wrong. We have tried to phone the company, but they never take any notice and they have now sent a letter saying they are sending his details to a debt collection agency. He is worried sick. What can we do?

A. Contact your local Citizens Advice immediately to get help with this. Your father is not alone – Citizens Advice nationally has seen a rise in poor practice from energy companies over the past year. In your father's case, this is clearly a mistake, but Citizens Advice is helping increasing numbers of people who are in energy debt. We have seen a surge in harmful debt collection practices, with some suppliers not offering affordable debt repayment plans, using Debt Collection Agencies while consumers are still trying to agree a repayment plan, and taking people to court to recover the money, which causes distress and significantly increases the debt. Court enforcement may increase now that Ofgem has introduced tougher rules on force fitting of prepayment meters. Some providers do support their customers well, but Citizens Advice is asking Ofgem to protect the most vulnerable consumers, by enforcing the provision of affordable repayment plans, issuing guidance on the use of Debt Collection Agencies, and limiting court action and enforcement where this puts people at risk of harm.

If you are having problems with your energy supplier, contact South Lakes Citizens Advice for free confidential help. Call 015394 46464 (9.30am – 2pm, Monday – Friday)

CHURCH NEWS

Dear Friends,

August is a bit of a strange month really. The children are off school, and many of our routine activities either slow down or stop. But at the same time, holiday season brings an influx of visitors, and a different kind of busyness. I find myself needing to allow so much longer to get to services in the Rusland Valley from my home in Langdale than I do at other times in the year! Patience is not one of my virtues, and I find it really frustrating to be forced to slow down.

Four years ago, the pandemic caused us all to slow down and reassess our priorities as life as we knew it ground to a halt. I wonder how many of us have found that the busyness has crept back into our lives since then?

Ancient Hebraic wisdom in the biblical book of Ecclesiastes reminds us that there is a time for everything, a season for every activity. Time to build things up, and time to tear things down. Time to weep and a time to laugh. Time to keep and time to throw away.

This August, as life changes rhythm a little, I pray that you'll have time to rest and to reflect on things that are important. May you recognize which things are to be kept, and which things you can let go of.
Emily

CHURCH SERVICES FOR AUGUST

Sunday	Colton	Rusland	Satterthwaite
August 4 th		6pm Celtic Evening Prayer	
11 th			11.15 Holy Communion
18 th		6pm Evensong	
25 th			11.15 Holy Communion
Sunday	Hawkshead Church	Hawkshead Hill Baptists	Sawrey
August 4 th	9.30 Morning Worship	10.30 Morning Service	11.15 Holy Communion C.W.
11 th	9.30 Holy Communion	10.30 Morning Service	11.15 Matins
18 th	9.30 Holy Communion	10.30 Morning Service	11.15 Holy Communion B.C.P.
25 th	9.30 Holy Communion	10.30 Morning Service	11.15 Morning Worship
	6pm Celtic Evening Prayer		

Thursdays at 10am Hawkshead Methodist Church 'Time at 10'

ROOKHOW NEWS

Volunteering at Rookhow We are always on the lookout for more volunteers at Rookhow. We meet every Friday 10am-4pm to look after the grounds and buildings. Outdoor jobs may include splitting logs for kindling, tip runs, weeding the car park, removing invasive species from the woodland and indoor jobs such as DIY, polishing furniture and sorting games and books. Volunteers are currently cobbling the old gig barn. A friendly group of Quakers and non-Quakers who enjoy the chat during the tea breaks with homemade cakes. Bring a packed lunch. If you would like to help, please get in touch with Sue. Local volunteers are especially welcome.

Rookhow available for local groups Local schools, youth organisations and community groups hire Rookhow for residential as well as families, holiday groups and celebrations. Penny Bridge School has recently held a residential at Rookhow and Croftlands Junior School in Ulverston has used Rookhow for 3 Forest Schools days for their Year 6s this Summer. If you would be interested in hiring the Bunkbarn, please get in touch and we would be happy to show you around on a 1st or 3rd Friday 10am-4pm. Website: rookhow.org.uk

We continue to support community groups who cannot cover the cost themselves through our Retreat Away Fund. A local refugee support group is staying in August as well as an organisation from West Cumbria supporting people who are long term unemployed.

Restore-Nurture-Create weekend at Rookhow All age community weekend at Rookhow, with stories and songs around the campfire, crafts, all age woodland games and Epilogues (evening reflections). Come and enjoy the peace of Rookhow and the beauty of the woodland. Contact Sue for more details. Non-Quakers welcome. Suggested donation £75 per adult. <https://rookhow.org.uk/meet-with-us> Sue Nicholls, Rookhow Development Manager

DIARY DATES

AUGUST

- Mon 12th Bethcar Commoners' Association Meeting – Rusland Reading Rooms - 7pm
 Sat 17th Rusland Valley Horticultural Society Annual Show – Whitestock Meadow, Rusland

SEPTEMBER

- Mon 2nd Colton Parish Council Meeting – Finsthwaite and Lakeside Village Hall – 7pm
 Mon 9th Satterthwaite Parish Council Meeting – Satterthwaite Parish Room – 7pm
 Sat 21st Satterthwaite Village litter pick – 3.30pm - Meet at Parish Room.
 Social Supper – Satterthwaite Parish Room – 6.30pm

DALE PARK RAINFALL

Total rainfall in June was 4.86" with 11 dry days (2023 4.1", 19 dry). July to 22nd, 4.12" and 5 dry days (2023 10" and 4 dry). The year so far totals 50.63", the same as last year, but last year to the same date there were 88 dry days and this year only 70.

Copy date for September edition, 26th August 2024. Please send to: - Liz Cringle - 01229 860274 liggerc@hotmail.com; Frances Townsend - Pepper House, Satterthwaite Tel: 01229 860206, pandftownsend@gmail.com. Carol McNeill – crimcneill@gmail.com



RUSLAND READING ROOM

FOR HIRE

Contact: Katy Howdley
 Mobile: 07764090100
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(nearby) services



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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NEED SOMEONE TO TALK TO?

Life can be tough at times. As a fully qualified BACP registered counsellor / psychotherapist, I can offer you a caring, compassionate and confidential space to explore your worries.

Please contact me for a free, no obligation, 20 minute consultation. I offer face to face, 'walk and talk' and online sessions.

Call or text Mary Fletcher on
 07779 154480 or email:
lakebankcounselling@gmail.com

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