



RUSLAND & SATTERTHWAITE
NEWSLETTER

JULY 2024

312th EDITION

This issue is sponsored by Forestry England

SUMMER DAYS

RUSLAND SHOW JUST A FEW WEEKS AWAY

Please double-check that you have Saturday 17th August in your diary, the date of this year's show.

The schedules (with all the details you need) are available and being distributed within communities but, if you do not get a copy, you can contact the Secretary (Maureen Boyren 01229 885300) or look online at ruslandshow.org.

Remember that we need more people to get together and organise Group Entries – a category that has not been well supported in recent years. This time, it is to be a display of items depicting the theme 'Off to Market'; items can be bought or homemade. See the schedule for more details.

Finally, any help that you can offer during the week leading up to the event, especially on the show field, will be gratefully accepted.

RVHS SUMMER GARDEN COMPETITION 2024

This is your last chance to enter the Summer Garden competition; judging takes place on July 15th. Categories are: Large gardens; Small gardens; Hanging baskets/window boxes; Vegetable gardens; Children's container 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 or 07908 429342). Please include your name and address.

DALE PARK RAINFALL

Total rainfall in May was 6.18" with 18 dry days (2023 1.63" and 23 dry). June to the 24th is 4.56 and 7 dry days (2023 2.82" and 19 dry!) Yearly total rainfall so far is 46.21" and 61 dry days (2023 34" and 86 dry).

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 Bethacar 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.

OXEN PARK CINEMA CLUB

Our new programme will be out at the Rusland Show- look out for our stall in the Rural Activity tent. We are keeping all the seat costs and membership the same, 2 Supper Specials and a few surprises!

A RARE SIGHTING

A pine marten was spotted in a garden in Dale Park one morning in the middle of June.

Have you seen one? Let me know. Ed.

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

Thank you to everyone who came along to the Colton Parish open meeting. It was really good to hear about plans to ensure that local people have access to fast and reliable broadband, and to learn about the exciting new project to protect and improve our area's temperate rainforest.

The open meeting was the final step in a year of consultation to enable us to produce a new community plan for the parish. We had a lively debate about striking the balance between the needs of local communities, visitors, our local economy and the impact of increasing numbers of holiday let properties.

We aim to publish the plan in time for Rusland Show, due to be held on 17th August.

Thank you for all your support. Colton Parish Council is quorate again, enabling us to get back to work! We will be using our plan to inform decision in our priority areas of:

- Communities, Wellbeing and Resilience
- The climate emergency and the environment
- Highways
- Housing and planning

Our next meeting is at 7pm on Monday 22nd July at Oxen Park Reading Room. All welcome! For more information, including agenda and minutes of previous meetings see <https://coltonparishcouncil.org.uk/>

SATTERTHWAITE PARISH COUNCIL

Our next meeting is on 8th July at 7pm at Satterthwaite Parish Rooms.

RUSLAND WITH BOUTH WI

The May meeting was at Oxen Park when Valerie Welti from Sedbergh gave a fascinating talk about the Canary Girls (those employed in munitions) during the Second World War. Members were encouraged to wear yellow for the meeting.

We will be celebrating our 80th birthday at our next meeting on Tuesday, 16th July at 7.30 p.m. at Rusland Reading Room. This will be a 1940s style evening with quizzes and games and food.

Our WI now has 39 members - would you like to be the 40th? Unlike in 1944 you do not have to be proposed and seconded by a member before you can join!

CITIZENS ADVICE IN KENDAL HAS MOVED!

The Kendal office of South Lakes Citizens Advice is now in attractive, accessible and spacious new premises at 1 Wainwright's Yard, in the centre of Kendal near Booth's supermarket. You can drop in on Tuesdays and Thursdays from 10 am - 2pm. The service from the Ulverston office remains unchanged.

South Lakes Citizens Advice is an independent charity and still provides free, confidential advice and help on any aspect of debt, consumer problems, benefits, housing, employment or any other issue.

We can all face problems that seem complicated or intimidating, but at Citizens Advice we believe no one should have to face these problems without good quality, independent advice. We are here to give people the knowledge and the confidence they need to find their way forward - whoever they are, and whatever their problem.

To contact the office by phone, call 015394 46464 Monday to Friday from 9.30 am – 2 pm. The Adviceline number (0808 2787 984) is open Monday to Friday, 9 am – 5 pm.

If you prefer, you can access email advice via the submission page on our website www.southlakescab.org.uk

ROOKHOW NEWS

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 will be attending for 3 Forest Schools days in July. 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.

Quiet Day at Rookhow- Monday 8th July 10am-4pm

There will be a Quiet Day at Rookhow on Monday 8th July 10am-4pm on 'Experiment with Light' a Quaker way of meditation. You don't have to be a Quaker to join! All are welcome. The event is free but people are invited to make a donation to Rookhow. For more details, or to book a place, email: Sue Nicholls, contactrookhow@gmail.com

CHURCH NEWS

Dear Friends,

The 14th of July this year will see a historic occasion happening in Hawkshead Church. Emily and Chris have come to the end of their first year as curates serving in the benefice, and they will be ordained as priests in a service at 5pm. This will be a very big day for them. Historically this has happened in the cathedral, but in recent years it has tended to happen in the parish in which the curates are serving. So, although I can't say for certain, I think it is quite likely that this is the first time an ordination service has happened in Hawkshead. Years ago, when I was ordained priest in Carlisle Cathedral, as it happens, I was the only person being ordained. When asked about this on Radio Cumbria, the Dean of the Cathedral, much to the delight of people I knew, said 'I'm afraid you've caught us on a very bad year'. Well, this year, we've been caught on a very good year, as the Church will be gaining too very able and gifted priests to serve for years to come. As priests they are enabled to do most things the church might ask of them: preside at a communion service, bless people, conduct weddings and baptisms and so on. It is a privilege for us to be part of that in this place. And there is more good news as well, Chris and Emily will continue to be with us for a couple more years as they complete their curacies and bring us many blessings. Anybody would be very welcome to come to the ordination service at 5pm on 14th July.

John

CHURCH SERVICES FOR JULY

Sunday	Colton	Rusland	Satterthwaite
July 7 th		6pm	Celtic Evening Prayer
14 th			
21 st		6pm	Evensong
28 th		11.15	Holy Communion
Sunday	Hawkshead Church	Hawkshead Hill Baptists	Sawrey
July 7 th	9.30 Morning Worship	10.30 Morning Service	11.15 Holy Communion C.W.
14 th	5pm Ordination Service	10.30 Morning Service	
21 st	9.30 Holy Communion	10.30 Morning Service	11.15 Holy Communion B.C.P.
	6pm Evensong with Blessing of Relationship		
28 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'

REMEMBERING

- Margaret Gill and family would like to express their gratitude for all the support and kind wishes received following the loss of Michael
- Our deepest sympathies go to Zella Slater and her family following the death of Frank. Ever-present at local events, and a great friend to many, he will be much missed by the local community of Oxen Park and Bandrake Head.
- We are also sad to report the death of William Watson, formerly of Low Longmire Farm. We send sympathies to his family.

Copy date for August edition, 26th July 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

MUSIC FOR A SUMMER EVENING

A Programme of Concerts to be held in the Parish Church Hawkshead 2024

Tuesday 2nd July 7:30 pm: Clerical Errors Musical Ministers and Vocal Vicars join with friends present an eclectic repertoire of classical, folk and contemporary music performed on piano, flute and guitar.

Saturday 6th July 7:30 pm: Manchester Chorale. The Choir was founded and funded by the BBC in 1979, but since the late 1980s has been totally independent. The Manchester Chorale has become one of the best-known names in the Sainsbury's Choir of the Year Competition

Tuesday 9th July 7:30 pm: Flute Fiesta - David Edmonds, flute Charles Edmondson, piano. Two well-known local musicians, David and Charles made a welcome return here in 2023.

Tuesday 16th July 7:30 pm: Herdwyck Consort 8 singers from all around Cumbria perform music inspired by Summer: light classics and favourite partsongs, interspersed with a little sacred music for the Church's seasonal festivals.

Tuesday 23rd July 7:30 pm: Rombolds Recorders This wonderful Recorder orchestra of 26 musicians will delight you with their music played on a wide range of recorders, some 5 feet or more tall. period to the present day.

Tuesday 30th July: Lake District Summer Music – 2 concerts 2.00pm: Resident Student String Quartets performing extracts from Beethoven's Op.18 7:30pm: Alkyona String Quartet & Jess Dandy (contralto)

Please note that these two concerts are ticketed. For tickets and more information visit <http://www.ldsm.org.uk/> or phone 015392 66200 Our bookings income into subsidising stays for community groups. Rookhow is a Quaker Recognised Body.



RUSLAND READING ROOM

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Contact: Kimmy Newbould
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a new dress
is a help under all
circumstances!

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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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Engineers

Bloomery Barn
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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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