

RUSLAND & SATTERTHWAITE
NEWSLETTER

SEPTEMBER 2013

209th

This issue is sponsored by the Rusland Valley Horticultural Society

WHAT HAPPENED AT THE SHOW--

WEATHER FAILS TO DAMPEN RUSLAND SPIRIT

From the President of the Rusland Valley Horticultural Society, Margaret Postlethwaite *"When I was asked if I would be the President of RVHS, I had a vision of a beautiful sunny day in August. How wrong could I have been? I feel honoured to have been asked to be President. Rusland Show always seems to take over my life for the summer and has done for many years. Show day proved what a hardy lot we are; we can cope with a drop of rain and it didn't stop people taking part and enjoying themselves. Many thanks must go to those who erect the marquees and put the showground up. Thanks also to the Sports Committee for organising the sporting side of the show and everyone else who helps put the show together; it takes a lot of dedication by a few. Thanks for the opportunity of being President and I hope everyone will keep supporting us. Hopefully we will have a lovely summer day in 2014."*

THE BRITISH SPIRIT – KEEP CALM AND CARRY ON!

The Rusland Show is rarely cancelled and the 130th running of this traditional horticultural show and sports day was no exception despite the horrendous weather, which passed through the region last weekend.

Whitstock Meadow, deep in the Rusland valley, is surprisingly quick to drain which allowed the show to go ahead despite the correctly predicted gale-force winds and prolonged, driving rain.

Inevitably attendance was down on previous years but those who came enjoyed a varied programme of exhibits, displays, sports, hound trails and demonstrations. Despite a mixed season of weather, entries in the horticultural sections held up well. The handicraft sections attracted a high standard of entry and children's entries held up well with the number of first-time entrants especially pleasing.

The Sports events were surprisingly well supported with 42 contestants starting, and finishing, the 5-mile race. Other fell races were nearly as testing, especially for some of the juniors who found the whole experience almost too much with one or two slips and stumbles on the steep and tricky descent. The programme of track races had to be curtailed slightly but even the youngest competitors were keen to have a go. The unofficial award for grittiest performance would go to Tom Gibbs who runs for Ambleside. He cycled to the show, came second in the 5-mile race, 2nd in the short senior Fell Race, won the 1600m and ran in the 800m. He also cycled home again!

Mr Giles Wingate-Saul and Mr Barry Harrison abandoned their usual entertaining auction of produce but held a

a successful first come, first served sale instead.

The traditional final event of the day, the tug-of-war took place in sodden conditions and was won by a surprisingly firm-footed team of Lowick Young Farmers overcoming last year's winners Cartmel YFC. They donated their winnings, generously donated by the Farmers Arms at Lowick, to setting up a local First Responders team.

Full results are available at www.rusland.org.uk

THINGS TO DO IN THE AUTUMN!

SATTERTHWAITE RECREATION GROUND

ANNUAL BARBECUE

SUNDAY 8TH SEPTEMBER 3PM ONWARDS

Fun and Games. Good things to eat and drink or bring your own food to throw on the Barbie!

AT RUSLAND READING ROOMS: -

Introduction to Keeping Poultry commences 11th Sept.

Introduction to Keeping Sheep commences 2nd Oct.

Introduction to Keeping Alpacas commences 6th Nov.

For details and enrolment, contact: -

Cartmel Community Education Centre, 015395 36323 between 9am and 2pm, Mon to Fri.

CRAGG ATAK RETURN TO THE EAGLE'S HEAD, playing their usual mix of rock and bubblegum pop.

Saturday 5th October,

Music and dancing starts at 9pm.

Come and join in the fun!

THE REEL THING?

Dust off your sporrans and press your kilts! Scottish dancing will begin again on Monday 23rd September from 7.00 pm until 9.00 pm in Satterthwaite Parish Rooms. There will be ten weekly sessions ending on November 25th. All welcome. £2.00 per evening. Proficiency is not a requirement!

LEVEN VALLEY SUPPORT GROUP, ST MARYS HOSPICE
A DATE FOR YOUR DIARY!

By popular demand we are proud to announce we have managed to book the very entertaining Roz Dodds of Dodds' Flower Shop, Ulverston to give a Flower demonstration at the Café Ambio on 18th October. Ticket details will be in the October issue.

RUSLAND AND DISTRICT WI

After the August break Rusland & District W.I. will meet on Tuesday, 17th September at Satterthwaite Parish Room at 7.30 p.m. when Chris Poole will give a talk on "The Inca Trail." Please note the change of venue because the Rusland Reading Room is being re-roofed and is not available. The competition on that night is for a South American item and the hostesses are Mrs Wilkinson and Mrs Adams. The members are looking forward to their trip to the Theatre by the Lake at the beginning of October to see a performance of Philip King's "See How They Run." We would be glad to welcome anyone to our meeting on 17th September.

OXEN PARK CINEMA CLUB

Our new season opens with an award winning film, which will have you gripping the edge of your seat. **ARGO**, directed by Ben Affleck who won an Oscar, will be shown at Greenodd Village Hall at 7.30pm on Tuesday 3rd September. This is a lovely warm venue so do come and enjoy a social evening out. We also have a supper special on 21st September at Finsthwaite Village Hall when we will be showing **UNTOUCHABLE**. (in my opinion, one of the best films of 2013) – book in with Carol, the secretary. The supper starts at 7.30 followed by the film. Next month there will be a full update on The Carhouse Community Cinema in Oxen Park which could be ready for **LIFE OF PI** on 1st October. It's a bit touch and go but watch this space as they say.

SATTERTHWAITE PARISH COUNCIL

The next Meeting of Satterthwaite Parish Council will be on Tuesday 10th September at 7.30pm in the Parish Room. Public and press always welcome.

Reminders:

- 1) Councillors are planning to have a Satterthwaite Recreation and Play Area annual barbecue on Sunday 8th September from 3pm onwards.
 - 2) Suggestions are requested to councillors from locals for where the lengthsmen is most needed, please.
- The council thanks Giles Wingate-Saul for the internal audit of its accounts for the year ending 31st March 2013.
- The clerk has received responses from both Tim Farron, MP, and the Rt Hon Jeremy Hunt about the threat to rural surgeries. The council will consider further action at its next meeting.

ELECTRIC BLANKET SAFETY TESTING EVENT 2013

This year we shall be carrying out testing, on Tuesday 1st October at the Victoria Hall, Grange and on Wednesday 2nd October at the Methodist Church Hall, Ulverston, between 9:00am and 5:00pm each day, on the same basis as we have used in previous years, a combination of pre-arranged appointments and bulk submissions from our partner agencies.

Please note: a limited number of appointments will be available on each day and will be strictly by appointment. We will provide one free replacement single or double under-blanket per household should a blanket fail. If you would like any further information, please contact Trading Standards on 01539 713594.

Dear Ed,

We don't think that it is customary to publish letters to the editor in the Newsletter, but we hope that you might make an exception on this occasion.

We wanted to offer our thanks to the stewards, and all the other volunteers, for their valiant efforts in making the Rusland Show a success, in what must have been the worst conditions for many a year. In extending these thanks, we feel confident that we speak on behalf of everyone who visited the show.

The numbers may have been down, but the spirits certainly weren't! Those who took the trouble to attend, despite the inclement weather, will have seen, through the sheets of sideways driving rain and the almost-impenetrable curtains of drips at every entrance to the marquees, that there was a smile on pretty much everyone's face. Well done everyone and thanks again for a show to remember!
Rick and Sarah Emslie.

A JOB WELL DONE!

Residents of Satterthwaite would like to thank lengthsmen David Walker for the wonderful job he has made of cutting back trees and tidying up the verges on the approaches to the village. It is much appreciated. Also a special thank-you to him for getting out in the foul weather on Rusland Show day, 17th August, to unblock culverts and drains near Bowkerstead. to somewhat alleviate the flood.

TIPS ON MANAGING DEBT

If you're in debt, don't panic. It can be easy to overspend, get into debt and feel overwhelmed. It's important to do something sooner rather than later, because the problem won't just go away. Here are some tips on how to tackle money problems.

Think carefully before borrowing any more money to pay off your debts – perhaps it is time to get advice

- If you have lost your job or are off work because of illness check to see if your payments are covered by payment protection insurance
- Check if you are eligible for any benefits and tax credits
- Make a list of all the money you owe (these are your 'Creditors'). Don't ignore calls or letters from Creditors but contact them to explain why you're having problems
- List all the income and expenses for your household over the year. Be honest and make sure that the amounts are realistic
- Contact your Creditors, tell them how much you have available and see if you can agree a repayment plan. Make sure to tackle 'Priority Debts' first, these are the debts with the most serious consequences, like losing your home, having gas or electricity cut off, or owing Council Tax. Then deal with the non-priority debts.

Remember it is never too late to get help and advice from Citizens Advice. Our advice is free, confidential and impartial. Contact the Windermere office by phone 015394 46464 for an appointment, we have various outlets across South Lakeland and can also give advice over the phone. Or if you prefer to look online, more advice is available here:

http://www.adviceguide.org.uk/england/debt_e/faq_index_debt/faq_debt_debts_getting_out_of_control.htm

If you don't need us for advice, how about helping us by becoming a volunteer or making a donation? Not many people realise that we are a charity - see our website for details www.cumbriaruralcab.org.uk

CHURCH NEWS

Dear Friends

Sanctuary is possibly not a word in our everyday vocabulary. It sounds archaic, old-fashioned, and conjures up images of medieval abbey ruins, of abbots and monks opening vast wooden doors and offering shelter to those in dire need. So what has this to do with a more modern concept of sanctuary?

Our lives have changed rapidly and completely out of recognition with those of our ancestors, but there is still a huge need and yearning for peace, tranquillity and shelter -space to breathe and reflect away from the very modern stresses and strains of life.

Many visitors, indeed, many people who move to live in the Lake District, would look to the beauty of the fells and the lakes to find peace and comfort. I would like to mention another place - Hawkshead's beautiful and ancient Parish Church.

This little church has stood for hundreds of years overlooking the village, primarily offering a place of coming together to worship to the glory of God. But in addition it has also stood out as a beacon to the thousands and thousands of visitors and people passing through over the years - as a place of welcome and refuge, offering space, peace and solitude for rest and being in the presence of something greater than ourselves.

The many messages left by our visitors - whether prayers for family and loved ones, help for the lost and lonely, for troubled times, thankfulness for blessings, or even just appreciation for an ancient monument - all stand testament to the peace and sanctuary that can be found in the silence, mystery and awe of God.

Maybe the words of a family from York sums it up better than I can:

'We return again and again to this peaceful church, where our grandson was baptized and our eldest daughter loved the peace of this place. May we find the peace at home that we find here.'

Frances Stride, Reader (Licensed Lay Minister)

CHURCH SERVICES FOR SEPTEMBER

Sunday	Colton	Rusland	Satterthwaite
Sept 1 st	9.30 Morning Worship	6pm Evensong	9.45 Holy Communion
8 th	9.30 Communion	11.15 Holy Communion	6pm Evensong
15 th	9.30 Communion	6pm Evensong	9.45 Service for All Ages
22 nd	9.30 Communion	11.15 Holy Communion	No service
29 th		10.00 JOINT BENEFICE HARVEST FESTIVAL	SERVICE AT HAWKSHEAD

Sunday	Hawkshead	Sawrey
Sept 1 st	9.30 Service for All Ages	6pm Healing & Wholeness Service Hawkshead Methodist Chapel
8 th	9.30 H.C. with Sunday School	6pm Evensong
15 th	9.30 H.C. with Sunday School	6pm Evensong
22 nd	9.30 H.C. with Sunday School	6pm Evensong
29 th	10.00 Harvest Festival (Benefice Service)	11.15 Holy Communion
		11.15 Matins
		11.15 Holy Communion
		11.15 Morning Worship

A BEAUTIFUL CHURCH YARD

A very big thank you to Dorothy Brooks and Jamie Wilson, who have spent many hours in July and August, restoring our churchyard at Rusland, which had become very overgrown, to its former glory. It looks beautiful and will be very much appreciated by parishioners and visitors.

Rusland and Satterthwaite Churches

HARVEST SUPPER

Saturday 5th October – 7.30pm – Satterthwaite Parish Room

Raffle and Quiz

Tickets from members of the PCCs

PUBLIC NOTICE

The governors of Hawkshead Grammar School invite applications for Archbishop Sandys Exhibitions, being grants to young people to further education at a university or college.

Further information is available from www.hawksheadgrammar.org.uk

Applications should be made in writing to the Clerk to the Governors, David Shaw, Esthwaite Cottage, Hawkshead

“INDEPENDENT LIVING” EVENTS

These are being hosted by Cumbria County Council's Adult Social Care team around the County during September. Locally there is an event in Kendal on Wednesday 11th September in the Bindloss Room and Foyer at Kendal Town Hall and there will also be one at the Forum in Barrow on Friday 6th September. The events run from 10.00 am – 2.00 pm.

DIARY DATES

Sept.	Tues	3 rd	Oxen Park Cinema Club – <i>Argo</i> – Greenodd Village Hall – 7.30pm
	Sun	8 th	Satterthwaite Recreation Ground Annual Barbecue – 3pm onwards
	Mon	9 th	Colton Parish Council - Finsthwaite Village Hall – 7.30pm
	Tues	10 th	Satterthwaite Parish Council – Satterthwaite Parish Room – 7.30pm
	Tues	17 th	Rusland and District WI – Satterthwaite Parish Room – 7.30pm
	Sat	21 st	Oxen Park Cinema Club – <i>Untouchable</i> – Finsthwaite Village Hall - 7.30pm
	Mon	23 rd	Scottish Dancing – Satterthwaite Parish Room – 7pm to 9pm
Oct.	Tues	1 st	Oxen Park Cinema Club – LIFE OF PI – 7.30pm– Venue to be announced.

PERSONAL

THE SAMARITANS

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

DR DONNA CRISP IS TREKKING THE ANNAPURNA CIRCUIT from 10th November 2013, to raise money for St Mary's Hospice, which provides specialist and supportive palliative care for people with life limiting conditions. If you would like to donate, please visit www.justgiving.com/donna-crisp1 or send a cheque (payable to St Mary's Hospice) to 1 Railway Cottages, Newby Bridge, Ulverston, LA12 8AW

Copy date for October edition 25th September. 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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