



RUSLAND & SATTERTHWAITE
NEWSLETTER

SEPTEMBER 2024

314th EDITION

This issue is sponsored by the Rusland Valley Horticultural Society

A FLEETING SUMMER

RUSLAND SHOW A RESOUNDING SUCCESS!
Saturday 17th August dawned calm, dry and bright - a very welcome contrast to last year. On the show field, the running track was freshly mown and all the tents were neatly pegged and glistening in the sunlight. A sense of anticipation filled the air and in the Secretary's Tent the newly polished cups were awaiting the day's winners.

From 8am a slow trickle of early rising exhibitors started to drop off their carefully tended flowers, produce, art and craft work. This soon became a flood as the tent filled with the excited chatter of children and adults, all eager to display their talents and handiwork. The smart new windows in the main marquee helped display everything to maximum advantage. Alongside the huge hydrangea heads and monstrous marrows there were exquisite floating flowers and floral arrangements.

Beautifully crafted items in wool, textiles, glass, and wood had taken their creators hours of careful work. We had a great display of artistic talent with paintings and sketches in different media and well over a hundred photos submitted for judging in 5 separate classes. The bakers and preserve makers excelled themselves with the tables groaning under the weight of their cakes, bread, jams and chutneys.

The children's side was a colourful riot of decorated plastic ducks, miniature farms, edible jewellery, marshmallow trains and creatures made from socks and vegetables. The walls were hung with their wonderful artwork and examples of their finest handwriting. The quality of the entries this year really was first class. Henry Vegate, a vegetable depiction of our oversized Tudor monarch, surveyed all the proceedings with his regal gaze.

As the main tent opened after the hard work of judging, the field events also got underway. Our new commentator, Adam Atkinson, did a superb job of keeping us all informed and entertained with his witty banter. The Craft Tent was packed full of lovely wares from local businesses and the Local Interest Tent gave us the chance to catch up with neighbourhood organisations and what is going on

in our valley, all brought together by Anne Robinson. The sports races were very well supported and the fell runners were extremely complimentary about our beautiful Rusland Valley course. New for this year was a fabulous Olympic style podium made by Tony Atkinson. Jack Wright from Ambleside Athletic won the Men's Senior 5 Mile Fell Race and Lizzie Browne of Black Combe Runners won the Women's... and then they both made it a glorious double immediately after by winning the short senior fell races as well! The newly awarded 'Spirit of Rusland Trophy' went to Rebecca Cook as the best female track athlete. It was great to see so many runners who came to compete stayed for the whole day and enjoyed everything the show had to offer.

In the ring, the children eagerly showed off their outfits in the fancy dress competition - the theme was 'Anything Beginning with 'A', which yielded Ariels, Astronauts, an Artist and even an Albert Einstein! The Dog with the Waggiest Tail is always the hardest call of the day, but very capably negotiated by our president, Lorraine Stobbart, who was acting in memory of her father Bill. A highlight of the day was well over a hundred people taking part in a massive egg throwing and catching competition, with honours going to father and son team, Douglas and Dan, who were the only ones to end up without egg on their faces. To top all this excitement, at the day's climax we even had a proposal of marriage which Adam shared with us all over the loud speaker to a great cheer from the crowd. Good luck to Harry and Kat! As the day's main business wound down, we relaxed and raised our glasses in the bar whilst listening to wonderful live music.

134 adults and children submitted 727 horticulture, home produce and handicraft entries in total. The committee members worked incredibly hard but there are also many people not on the committee whose help is greatly appreciated. As our wonderful Secretary Maureen Boyren said, "A big thank you to everyone, we all played our part and made the day a success. Working together is the key to a great day." Hear, hear. See you next year!

TRAINING IN CPR AND DEFIB.USAGE

Thanks to generous funding from the Rusland Valley Community Trust, Caroline Brock has been able to purchase a training mannequin for CPR and a training defibrillator. This has been done with two aims, firstly so she can continue the work started with Satterthwaite and Rookhow in training in CPR and Defib usage and also so others can borrow the equipment for similar purposes. She plans to do refresher training in the village next year for those already trained but if any parish council or community group would like training then please get in touch. Also, if anyone would like to borrow the equipment for the same purpose please contact drcazz@gmail.com

CINEMA CLUB NEWS

Lovely to see and meet so many of you at the Rusland Show. We hope you collected a programme and could see what a great new season of films we have, starting with 'Wicked Little Letters' on Tuesday 3rd September. Check our website for details of our full film programme and booking in to the films you want to watch. -

www.oxenparkcinemaclub.org.uk.

MEMBERSHIP RENEWAL

It is now time to join or renew your membership for the 24/25 season (£10.00) – just click on the Join/Renew button at <https://oxenparkcinemaclub.org.uk/membership/> and follow the prompts. Remember that as a member you receive a £2 discount on the ticket price for each film, can borrow DVDs from the film library and are able to book a private screening for just £23 plus the cost of the film licence (usually around £105).

RUSLAND WITH BOUTH WI

There was no meeting in August though we ran a very successful stall at Rusland Show in the Local Interests Tent.

The next meeting will be held on Tuesday, 17th September at 7.30 p.m. in Satterthwaite Parish Room when we are going to be making cards.

We now have 39 members. If you would like to come to a meeting to "try us out" you can be assured of a very warm welcome.

CAN YOU HELP?

2 sister tabby cats, 3yrs old and very friendly are looking for a cosy country home. Spayed. O1229 860388

SATTERTHWAITE PARISH COUNCIL

On 21st September the Parish Council is organising a litter pick along the lanes and environs of the village. If you can help, please meet at the Parish Room at 3.30pm. Sacks and litter-pickers will be provided.

This will be followed by a Barbecue at the Parish Room, from 5.30pm.

Tickets will be £5 per head (going to the Parish Room fund) for local venison/beef or veggie burger and salad, including your first drink. If you prefer to bring a different meat to barbecue, there is no charge; similarly, no food charge for children under 16. There will be a pay bar run by the Parish Room Committee, so please bring cash for this and the barbecue.

The organisers do need to have an idea of numbers in advance, so please let Gary Thomason know if you plan to attend, by 14 September. garfield.t@me.com or text 07702 166373.

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

DALE PARK RAINFALL

It is official! August is so far the wettest month of the year (to the 25th) - 10" of rain, beating January's 9.93" and there are still another 6 days to go. There were only 5 days without measurable rain. (2023 5.7" and 8 dry). The July total is 4.52" with 7 dry (2023 12.01", 7 dry).

The total rainfall for the year so far is 61.7" which is more than a foot of rain compared with last year, though the number of dry days is exactly the same.

CHURCH NEWS

Dear Friends,
SPEAKING OUT

Speaking truth to power often requires courage but there are certainly some inspiring examples. In the Old Testament (2 Kings, chapter 5) we find the story of Naaman, an enemy commander of the king of Aram, who has leprosy and is sent word from the prophet Elisha to go and wash in the river Jordan seven times and he will be healed. Naaman's angry, expecting a personal visit from the prophet accompanied by some impressive words and actions, and why choose the Jordan? There were other rivers he could wash in. But Naaman's servants know better and bravely speak truth to power telling their master to do exactly as he's been told, which he does and is healed. The upshot was that Naaman came to respect the God of Israel making it less likely that Israel would be then be attacked. Overall, a very good outcome.

More recently there was Catherine Booth who with her husband William founded the Salvation Army and who once said "If we are to better the future we must disturb the present." She was a remarkable woman. She had eight children of her own but also found time for administration and for preaching. One of her sons said of her speaking style "She reminded me again and again of counsel pleading with judge and jury for the life of the prisoner. The fixed attention of the court, the mastery of facts, the absolute self-forgetfulness of the advocate, the ebb and flow of feeling, the hush during the vital passages—all were there." Or as another man put it, "If ever I am charged with a crime, don't bother to get any of the great lawyers to defend me; get that woman." As we all know, our country and our world are facing considerable challenges now. Might it be the case that there are situations which would benefit from you or I speaking 'a word in season' firmly but graciously?

Warmest wishes, Rev Nick Hallam

CHURCH SERVICES FOR SEPTEMBER

Sunday	Colton	Rusland	Satterthwaite
Sept 1 st		6pm Celtic Evening Prayer	
8 th			11.15 Holy Communion
15 th		6pm Evensong	
22 nd		11.15 Harvest Festival Holy Communion	
29 th		10.30 Benefice Holy Communion	

Sunday	Hawkshead Church	Hawkshead Hill Baptists	Sawrey
Sept 1 st	9.30 Morning Worship	10.30 Morning Service	11.15 Holy Communion C.W.
8 th	9.30 Holy Communion	10.30 Morning Service	11.15 Matins
	4 pm Lego Church		
	6pm Celtic Evening Prayer		
15 th	9.30 Holy Communion	10.30 Morning Service	11.15 Holy Communion B.C.P.
22 nd	9.30 Harvest Festival	10.30 Morning Service	11.15 Morning Worship

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

ROOKHOW NEWS

Rapid Rainforest Assessment Days - 13th September and 29th November. - As part of the Species Survival Project, Rookhow will be hosting 2 Rapid Rainforest Assessment Days with Rainforest Adviser Georgie Stephens on Friday 13th September 10am-3pm and a repeat on Friday 29th November 10am-3pm. The day will include an introduction to temperate rainforests as well as the chance to assess some of the habitat in Quakers' Wood. Please email Sue if you would like to book, giving your mobile number and an emergency contact mobile number. Bring a packed lunch. Email: contactrookhow@gmail.com

Volunteers needed- Fridays at Rookhow-Volunteers meet at Rookhow every Friday to help maintain the grounds and buildings. There are always lots of jobs to be done! From weeding the car park, dry stone walling, to fixing things, digging out invasive species to help protect the woodland, sorting books and games and splitting kindling. Volunteers say it feels purposeful and they feel part of a community. If you can spare an hour or two, please come along. Non-Quakers welcome too! Bring a packed lunch. Homemade cake, teas and coffees and good chat included.

October retreat at Rookhow - We're running a creative and restorative weekend at Rookhow 11th-13th October on 'Restore-Nurture-Create'. Woodland games, eco-printing, crafts and music. Join with Quakers and non-Quakers to enjoy the woodland and some good company. Suggested donation £75 per person. People will be asked to contribute to meals. If you are local, it is possible to stay at home and join us for all the day activities and meals. Contact Sue if you are interested.

Quaker Meetings in the Rusland Valley-There will be a Quaker Meeting for Worship on the 1st Wednesday of every month 7.30-8pm and on the 1st and 3rd Fridays 12.30-1pm. Come and enjoy the peace and silence. All welcome, even if it is your first time in a Quaker Meeting.

NEW DATE FOR SOCIAL SUPPER

The Social Supper will now take place at Satterthwaite Parish Room on Saturday 12th October, from 6.00pm. Food (as previously described) by Rock Cottage Dining. Tickets for the two-course meal and 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: Monday 7th October - so please book in with Fran on 860206 or pandftownsend@gmail.com and she will give you the BACS details.

GRAVEL BIKE EVENT IN GRIZEDALE FOREST

Saturday 7th September - Further details at www.justgravel.co.uk

NOVEMBER DATE FOR YOUR DIARY

Mid-Life Crisis are playing at the Eagle's Head on Saturday 23rd November, which is later than their normal weekend. Do make a note to come along and support, from 9.00pm; dinners will be available in the pub as normal beforehand

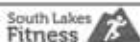
Copy date for October edition, 26th September 2024. Please send to: - Liz Cringle - 01229 860274
liggerc@hotmail.com; Frances Townsend - Pepper House, Satterthwaite Tel: 01229 860206,
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Yoga is known to have many benefits to health & well-being. The 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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