



RUSLAND & SATTERTHWAITE NEWSLETTER

AUGUST 2025

323rd EDITION

This issue is sponsored by the Rusland Valley Horticultural Society

IT'S SHOW TIME !

140th Rusland Show

Saturday 16th August 2025

Whitestock Meadow LA12 8LB

Field opens at 11.30 and events start at 12.20

Admission £5 adults, £1 under 16's - includes entry to Sports Competitions and Classes

Sports - Enter on the Day

Main Marquee Classes - Enter by Saturday 9th August

See flier in this newsletter for more details
Schedules and entry forms are available online at ruslandshow.org or pick one up from the box opposite the Manor House in Oxen Park with your green entry labels.

Entry forms to Secretary Maureen Boyren, Hill Park Farm, Colton LA12 8HP or by email - ruslandshowinfo@gmail.com Tel. 01229 885300

We would love more help on the day or putting up/taking down marquees - please contact Maureen if you can muck in.

We look forward to seeing you at Cumbria's friendliest show in our lovely valley.

There's a class for everyone so please get your entries in by 9th August!

JAR FEST

OCTOBER 19TH - OXEN PARK READING ROOM

To help with your planning, the following classes will be hotly contested:

JAMS: strawberry, raspberry, plum, damson, blackcurrant, rhubarb & ginger and 'Hedgerow'.

OTHER JARS: lemon curd/cheese, marmalade, apple sauce, sweet fruit jelly, honey, chutney and mayonnaise.

There will also be classes for various jam-themed baking, a limerick, photos and something for the youngsters too.

Schedules will be out soon. Start your rolling boils now!

THE RUSLAND HORIZONS ARCHIVE WEBSITE: A COMMUNITY RESOURCE

Many people will now be aware that Rusland Horizons has transformed into the Rusland 'Local Support Group' (LSG) of the Cumbria Wildlife Trust. We continue to run practical conservation days, educational walks and other activities on a voluntary basis under this new umbrella (see below for contact details). Come and see us at the Rusland Show on Saturday August 16th - we will be in the 'local interest tent'.

The successful community project that was Rusland Horizons produced lots of fascinating information about our cultural heritage which we felt was too important to lose. The new Rusland 'LSG' has been working to adapt the website as an archive of projects and as a resource for the information collected under the Oral Histories and Mapped Histories (fieldnames) initiatives. Listen to the tales told by our older residents about their lives growing up in a very different era, and explore the ancient origins of local fieldnames at <https://www.ruslandhorizons.org/>

To keep in touch with us, you can: · Join the Wild about Rusland Facebook group · Go to: <https://www.cumbriawildlifetrust.org.uk/events> and select 'Rusland' under 'Local Group'.

Autumn and Winter activities will be advertised soon.

· Sign up for the CWT Newsletter. · Contact us at: ruslandLSG@cumbriawildlifetrust.org.uk

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
We look forward to hearing from you.

RUSLAND WITH BOUTH W I

The "outdoor" July meeting was planned with a picnic in the garden of Owen Jones at Nibthwaite and a talk and demonstration of making Swill baskets. With the rain lashing down we picnicked in his workshop and had a most fascinating talk on the history of the baskets and learned about all the other things he makes from the locally coppiced woodlands. We do not meet in August but will be having a stall at Rusland Show to tell people about our amazing WI which goes from strength to strength. We are looking forward to our private tour of Sizergh Castle in September led by one of our members who volunteers there. We meet at Oxen Park on Tuesday, 16th September at 7.30 p.m. When we are having a talk on Windermere Lake Shore Villas. All welcome.

HELP FROM CITIZENS ADVICE

Q. I got a text asking me to click on a link to re-schedule a parcel delivery I had missed. I was waiting for a parcel at the time, so I clicked on the link and was asked to make a payment. Luckily, my daughter told me the text is a scam and to ignore it, but how can I spot the signs of a scam for myself?

A. Parcel delivery scams are very common. They aim to trick you into giving away your financial details, so your bank account can be accessed. If you are waiting for a parcel, and get a message that asks you to pay to get it, it is usually a scam. Delivery companies will not ask you to pay them through a link in an email or text. Do not click any links or attachments, but you can check if a link is genuine, by hovering your mouse over the link without clicking on it, or pressing and holding on the link on a mobile device. You should be able to see the address the link goes to - check carefully to see if it is the same as the company's official website address. Other signs of a scam include bad spelling and grammar, and starting with a general greeting instead of your name. But scam messages can sometimes be sophisticated. If there is something you are unsure about, do not feel pressured to act. You can check if something is a scam, using an online tool on the Citizens Advice website. Remember that scammers are clever and scams can happen to anyone.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems.
· Call 015394 46464 (9.30am – 2pm, Monday – Friday)

· Drop in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am – 1pm, Tuesday and Thursday)

· Adviceline: 0808 2787 984 (9am - 5pm, Monday – Friday)

SATTERTHWAITE PARISH COUNCIL

The Satterthwaite Parish Council held their AGM and last meeting on the 30th June. This saw Grant Nickson elected as Chair, and Gary Thomason elected as Deputy Chair. The council would like to thank Dawn Yoxall for her many years of service to the Parish Council and wish her all the very best for her new venture. The last meeting was also the first for Caroline Brock who has succeeded her as Clerk. At this meeting David Robbins was co-opted to the vacant position as a new Councillor.

Key items discussed included ongoing work regarding the village car park planning process, and plans to tidy the local verges and repair damaged dry stone walls. The 20mph speed limit consultation is almost finished and we hope to hear the verdict in the near future from the Westmorland and Furness Council.

Please also hold the date for the village litter pick and BBQ hosted by the Parish Council on the 20th September - more details to follow.

Our next meeting is the 8th September at 7.30 in the Satterthwaite Parish Room.

Anything you wish to raise don't hesitate to contact clerk.satterthwaitepc@gmail.com.
Dr Caroline Brock. Parish Clerk

OXEN PARK CINEMA CLUB

Don't forget to collect our new programme of films at the Rusland Show - if you miss that then there will be some at The Manor and in the box below the posters on the cinema door.

First film on 2nd September is Conclave; book early as seats are limited.

www.oxenparkcinemaclub.co.uk

DALE PARK WEATHER TWO FOR ONE AUGUST OFFER!

(With apologies to our Weather Correspondent Hilary Collins for the July omission)

Total rainfall for May was 5.08" with 21 dry days. June's rainfall to the 22nd was 7.17" and only 6 dry days, making June the wettest month of the year. The rainfall for March, April and May totalled 8.68" and June alone topped this. In 2024 May's rainfall was similar to this year but June was much lower at 5.01". The yearly total so far is 26.91" with 98 dry days (2024 total by June was 46.5" and 60 dry days.)

The first five months rainfall in 2025 totalled 19.74". June's rainfall at 9.97" was more than half that amount making the total rainfall to date 29.71". The first 6 months of 2024 totalled 46.66". There have been 100 dry days at the half way point of the year compared with 65 dry in 2024. July's rainfall to the 23rd totals 6.17" and 7 dry days.

CHURCH NEWS

Dear Friends,

Daily Bread

The Lord's Prayer is a very familiar one whether in its traditional form or the more modern version. One line of it is very straightforward and down to earth, "Give us today our daily bread." Let us explore that for a moment.

The request for our daily bread reminds us that we are human beings, dependent on each other, be we young or old, as well as our being dependent on God as our creator and ultimate provider. In the New Testament Jesus referred to himself as the "bread of life;" he is God's provision for us spiritually speaking. Each time we pray "Give us our daily bread" we should remember our need for that bread of life as well as our need for the next meal. And it is daily bread. God does not want us to be worrying about the future but rather living and trusting him a day at a time. Another aspect of this prayer is that it is written in the plural. It speaks of Our Father, not my Father, suggesting that we should accept some responsibility for others as well as ourselves. We may be very well off in terms of receiving our daily bread, others may be far less fortunate. For example, there is the experience of George Muller the 19th century philanthropist and pastor who started 117 schools, cared for over 10,000 orphans and educated 120,000 children and all this funded with money raised through prayer rather than by public appeals. Sometimes he was forced to take the prayer for daily bread very literally indeed. On one occasion he stood before 300 hungry orphans gathered for breakfast knowing there was no food in the kitchen but he said grace as usual. There was banging on the door and the local baker appeared with ample fresh bread. Soon afterwards he was followed by the milkman whose cart had broken down outside the orphanage and he was offering fresh milk. I would be very interested to hear about your experiences of using The Lord's Prayer.

Very best wishes, Rev Nick Hallam
(Nick.Hallam@uwclub.net)

CHURCH SERVICES FOR AUGUST 2025

Sunday	Colton	Rusland	Satterthwaite
August 3 rd	No Service	6pm Celtic Evening Prayer	
10 th	Green H.C. CW1		11.15 Holy Communion
17 th	No Service	6pm Evensong	
24 th	Green MW		11.15 Holy Communion
31 st	No Service		

Sunday	Hawkshead Church	Hawkshead Hill Baptists	Sawrey
August 3 rd	9.30 Morning Worship	10.30 Morning Service	11.15 Holy Communion CW
10 th	9.30 Holy Communion	10.30 Morning Service	11.15 Matins
17 th	9.30 Holy Communion	10.30 Morning Service	11.15 Holy Communion BCP
24 th	9.30 Holy Communion	10.30 Morning Service	11.15 Morning Worship
31 st	10.30 Benefice Holy Communion	10.30 Morning Service	

Thursdays at 10am Hawkshead Methodist Church "Time At 10"

ROOKHOW NEWS

Concerts at Rookhow - We had a hugely enjoyable 'Summer Notes' concert in July with Jack McNeill (clarinet) and friends Ursula Leveau (bassoon) and Eleanor McIntosh (soprano). Jack will be back on Thursday 4th December for a Winter Notes concert 7.30 for 8pm with compositions inspired by the season. To reserve a seat, please email contactrookhow@gmail.com

Quiet days at Rookhow - Thursday 11th September 10am-4pm 'A sense of place'

Monday 17th November 10am-4pm 'Craft and woodland meditation'

Enjoy a day's peace in the tranquility of Rookhow Quaker Meeting House and woodland.

To book a space, email Sue Nicholls contactrookhow@gmail.com. No charge. Donations welcome.

Quaker Meetings in the Rusland Valley - Every 1st Wednesday 7.30-8pm and every 1st and 3rd Friday 12.30-1pm. Non Quakers and local people are welcome, even if you have not been to a Quaker Meeting before. Join with others in a gathered silence. Rookhow, LA12 8LA

Open Days & Quiet Garden Movement - Rookhow continues to be open to the public on the 1st and 3rd Friday of every month 10am-4pm. Come and be shown round the 300 year old Meeting House, take time to wander in the woodland (Rookhow is a member of the Quiet Garden movement) and chat with our friendly volunteers over tea and homemade cakes. All are welcome. No charge.

A reminder that on Open Days, Quakers' Wood is available as a 'Quiet space'. Rookhow is now a

EVENTS IN AND AROUND GRIZEDALE.

Please call the Visitor Centre on 0300 067 4495 for details

- Totally Wild Foraging – 3rd August (booking through them)
- Biketeks Funduro – 3rd August
- Lakes Music Festival Family Event: Found in the Forest – 5th August
- Gruffalo Day – 6th August
- Stick Man Day – 15th August
- Conscious Self Sauna at Machells – 24th August
- Orienteering event - 6th September
- Grizedale Observatory – various events throughout summer
- Earth Photo Exhibition – outside all summer
- Forestry work along the roadsides at High Cross and Goosey Foot area throughout summer

PERSONAL

Congratulations from afar to Jo (nee Armstead) and Pete Short on the safe arrival of Alfie Joe, a new grandson for Mike and Jenny at the Old Vicarage, Satterthwaite."

Copy date for September edition, 26th August 2025. 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



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SATTERTHWAITE

Slow Vinyasa Flow to:

- Build strength & resilience
 - Iron out aches
 - Expand joint mobility
 - Develop posture & balance
 - Adopt a calm and focused frame of mind
- Contact Jenny
 07866545760

SATTERTHWAITE PARISH ROOM



Book this welcoming space for gatherings, parties, meetings, activities, work-outs, table tennis, children's play days, or as a work space (wi-fi provided)
www.satterthwaiteparishroom.org.uk

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