

Sept	Tues	3 rd	Oxen Park Cinema Club – “the Wife” – the Cart House – 7.30pm
	Thurs	5 th	“Come for a Walk” – meet at Red Bank Road Car Park, Grasmere at 10.30pm
	Sun	8 th	Oxen Park Cinema Club – “the Wife” – the Cart House – 7.30pm
	Mon	9 th	Satterthwaite Parish Council Meeting – Forestry Commission Offices – 7.30pm
	Tues	17 th	Oxen Park Cinema Club AGM – the Cart House – 7.30pm
		Colton Parish Council Meeting – Finsthwaite Village Hall – 7pm	
	Thurs	19 th	Rusland and District WI – Allan Bank, Grasmere, - 5.30pm
	Sat	21 st	Rusland and Satterthwaite Churches Coffee Morning – Coronation Hall – 9.30 to 11.30am
			Oxen Park Cinema Club – Shoplifters – the Cart House – 7.30pm

PERSONAL

- Our sincere condolences and best wishes go to Jean Moreton and family on the death of Peter.
- Simon and Caroline Brock would like to thank everyone who came to Harry's Christening on 4th August. Your generosity raised £600 for Growing Well at Low Sizergh Farm. (www.growingwell.co.uk)

Copy date for October edition, 25th September. Please send to: - Liz Cringle Tel: 01229 860274, liggerc@hotmail.com; Colin Barr – Tel: 01229 861408, cibarr50@gmail.com (please note change of email address); Gordon Wilkinson – Crosslands Tel: 01229 860253; or Frances Townsend - Pepper House, Satterthwaite Tel: 01229 860206, pandtownsend@gmail.com.

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SEPTEMBER 2019

274th EDITION

This issue is sponsored by the Rusland Valley Horticultural Society

A BUSY AUTUMN AHEAD!

FUN IN THE SUN AT RUSLAND SHOW
The wind blew, the sun shone and most importantly, it looked like everyone had a great time. Following a flurry of activity and preparations in the preceding weeks the 136th Rusland Show was definitely one to remember.

In the Horticultural Tent there was a delightful array of entries across all classes and all ages and particularly good support for the Show District Classes. There were notable successes for Margaret Postlethwaite in the Home Produce section, Maureen Boyren in the Cut Flowers section and Colin Barr and Gordon Wilkinson in the Vegetable Classes. Anne Robinson proved to be a great all-rounder as the most successful WI and Floral Art exhibitor. The Floral Art made a wonderful, colourful display as always and there were many other talents in evidence from handicrafts to hand prints; photography to pot plants and knitting to krispie cakes. At the younger end of the competition, the Fitter-Fletcher family submitted over 50 entries between them and Dad Rob was particularly pleased to win the hotly contested Jelly class!

There was a good turnout for the fell races with the coveted Rusland Trophy going to Carl Bell, winner of the five mile fell race and Ruben Copley and Blake Fleming winning Senior and Junior Athlete of the day respectively. Congratulations also go to Noah Kidd as Best Local Junior Fell Runner. There was also a full programme of track races for all ages and plenty of competition for “the dog with the waggiest tail”! Also, towards the end of the afternoon, those with any energy left over took part in egg throwing and tug of war.

Thanks go to Eileen and helpers for a very successful raffle and Giles and team did a great job auctioning donated exhibits. Also, thanks to Tom Watson and his ‘Heavy Gang’ (of volunteers) who swung into action at around 5pm and had all the tents apart from the big one down and put away by 7pm!

...and finally, a big thank you from Maureen to everyone who helped in any way supporting the show, making it a truly enjoyable and successful day.

AUTUMN ACTIVITIES IN SATTERTHWAITE AND GRIZEDALE

Now that the summer break is over, many of our regular activities are resuming during September. New joiners will be most welcome. Briefly, these are:
SCOTTISH COUNTRY DANCING – Monday evenings, 7 – 9pm in Satterthwaite Parish Rooms - Very social and not desperately serious, although organiser Elizabeth Pollock does try to keep us in order (and often fails!). Starting Monday 23rd September.

SATTERTHWAITE SINGERS meet on Tuesdays, 10 – 11am in the Parish Rooms. Our repertoire has

encompassed learning various Requiems, via carols

and folk songs, to modern classics. Basically, we have

fun singing, so if you enjoy that, do come along. We'd

love to have another soprano voice or two but Altos

very welcome too. Starting Tuesday 17th September.

RENELL'S CIRCUITS – Tuesdays 5 – 6pm at the Yan at Grizedale, starting Tuesday 24th September - A variety of exercises to improve core strength and cardiac performance, tailored to all abilities. Renell also runs

Pilates classes in Hawkshead on Tuesdays and Wednesdays.

KATE JORDAN'S YOGA CLASSES – Thursday evenings 7 – 8.30pm at the Yan, Grizedale.

Friendly and informal, will start again later in September, date to be advised.

For more details of the dancing, singing and yoga, contact Fran Townsend. For circuits and Pilates, contact Renell Brennan. All contact details on back page of newsletter

EVENTS AT THE MANOR

31st August – 9.30 pm – Live Music with The Strangers (a versatile band with a range of popular rock and pop).

14th Sept – 9.30 pm – Live Music with Big Trouble (covering artists from Jimmy Hendrix to Billy Idol and many more).

28th – 9.30 pm – The Dangleberries.

Watch out for the Christmas menu – coming soon.

OXEN PARK CINEMA CLUB

The new season has started, the programmes are out and people are booking their seats. Do join us. *The Wife* is our first film on Tuesday 3rd September, already sold out, but there will be a second showing on Sunday 8th September at 8pm. *Shoplifters* is on Saturday 21st, then *First Man* on Tuesday 1st October. New for this year, is a change of day for our supper specials - Tuesdays instead of Saturdays - making it easier for The Manor; and we will start at 7 pm not 7.30. Our annual supper show at Finsthwaite will be on a Saturday. The supper costs have gone up a little, allowing for some options and more of it - still great value. Please remember to book ahead. Finally, our AGM is on Monday 9th September at The Carthouse, 7.30pm. Do come and give us your ideas for moving forward and to show your support.

SATTERTHWAITE PARISH COUNCIL NEWS

We are still waiting to find out the exact cost of the defibrillator from Neil Morris, but on top of the £1725 we have raised already raised we have had another donation of £175 from Graeme Pegman, which is very much appreciated. The lovely ladies from the WI are currently selling a calendar of which the proceeds are toward the Satterthwaite defibrillator, so please do buy one for yourself, family and friends – a great gift! We still have a donation jar in the Eagles Head so if you have any spare pennies please donate. The next meeting will be held at the Forestry Commission Offices on 9th September 2019 at 7.30pm.

APPLE JUICING

Ever thought of making juice from your own apples or having a community apple pressing day to get together and make fabulous free apple juice? South Lakeland Orchard Group has all the equipment you will need for hire. There are large and smaller presses available as shown in the photograph. You will get about 2/3 - 3/4 of a litre of juice per kg of apples you press. For more details have a look at the South Lakeland Orchard Group website, and if you are interested please contact Andy at andygilchrist@hotmail.co.uk

LONG SERVICE!

Colin Barr writes: - While checking my Newsletter delivery rota, I see that: (a) it's coming up to 14 years since we three musketeers, Carol McNeill, Dave Higgs and me, started our deliveries, and (b) we have each done 50! Well done us!!

I'm trying to work out how long Liz has been in the editor's chair. Looking at my old copies (yes, sadly, I keep them even though they are online on the Satterthwaite website), I took over from Graham Hopkins producing the 101st edition in Nov 2003. Liz then took over from me with the 115th edition in March 2005, so she has already exceeded 14 years. Editor's Note – but Colin and I blotted are copy books with wrong dates in the last edition. Humble apologies!!

DALE PARK RAINFALL

The July total in Dale Park was 7.75" (2.84" 2018) and the total to 20th August is 8.21 (6.5" 2018) The total to date this year is 52.12" (34" 2018).

RUSLAND HORIZONS TRUST

After a very successful outing at the Rusland Show (great to see so many friends, old and new), we are now getting some more events organised for the autumn. To start with: On the 10th September, there will be some Work Parties involving dry stone walling with Mike Thwaites (an opportunity for those with previous experience to practice their skills, as well as giving a chance to beginners to have a go) and some other more general footpath improvement work. Look out for details of both events on the What's On page at www.ruslandhorizons.org On the 27th September, there will be an event for members and previous volunteers (by invitation) at the Grizedale Centre. This will include a walk to mark the completion of all 8 Greenwood Trails, as well as a 'bit of a do' at The Grizedale café.

Meanwhile, project coordinators are jointly putting together a programme of activities to take place over the autumn and winter periods.

If you would like to volunteer, we are still looking for lots of help from local people. There are opportunities for all ages and abilities, depending on interests and experience. However, enthusiasm is the main thing! Please contact us through the website if you can help.

HELP FROM CITIZENS ADVICE

Q. I am renting and have an assured shorthold tenancy. I have been falling behind with the rent for a few months. I am working full time but my wages aren't enough. I am worried about losing my home. What can I do?

A. Take action quickly – your landlord can evict you for no payment of rent, but they have to serve you with an eviction notice and go to court first. Contact them and explain why you're struggling. Check that you both agree exactly how much you owe. Try to get them to agree to a payment plan for the arrears, so you can pay them off gradually. The plan should be written down and signed by the landlord.

To make a realistic plan, and to continue paying your rent so you don't lose your home, create a budget by adding up your essential living costs and take these away from your income. Use the Citizens Advice budgeting tool and benefits calculator to see if you can increase your income. Try to find cheaper deals on your energy, phone and broadband.

If the landlord won't agree a plan, or serves you with an eviction notice, get advice urgently. If you do get evicted, ask the council for help.

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. We have various outlets across South Lakeland and can also give advice over the phone – telephone 03444 111 444 for an appointment and help, 015394 46464 for debt and on-going enquiries. Please note the opening hours at Windermere have been reduced, but contact details remain the same.

RUSLAND & DISTRICT WI.

The next meeting of Rusland & District W.I. is on Tuesday, 17th September when we will be visiting the National Trust property of Allen Bank at Grasmere, meeting there at 5.30 p.m. All welcome.

CHURCH NEWS

Dear Friends,

Like most people who try to live a life of faith, I find that that life goes hand in hand with a life of doubt. I find myself thinking about Christianity and asking myself, 'Is that it?' What does it all amount to? There was a mysterious man long ago, who did and said interesting things and got killed for it. Since then a lot of people have tried to follow him, or somehow use him as a route to immortality, and, rather too frequently, they have all fallen out with each other, or turned it all into a power grab or a form of imperialism or patriarchy or division. It is a story of aspiration, illusion, fragility and failure. Is that Christianity? Is that it? That's no big deal. Why do I spend so much time on that? But then I rediscover it again...the beauty and the joy. Jesus wasn't interested in an escapist, cotton-wool gospel. This sense of peace and beauty and joy isn't about material comfort or tangible success. It's about being in the groove of the Spirit. It's about being with the grain of the saints. It's about consistently finding yourself where Jesus shows up. It's about knowing that you don't have to be classy or prestigious. It doesn't matter if you aren't noticed by the great and the good. It doesn't matter if you don't have a fabulous sparkling career, and a Facebook profile to inspire worldwide envy. It's something much deeper, much more important, much more permanent. It is dancing in the rhythm of the kingdom, singing the song in God's heart, glimpsing the dawn of salvation, breathing in the glory of God's art. And then I can ask myself, 'Is that it?' And the answer is 'Yes, that's it'.

John
The Vicarage, Hawkshead – 015394 36301 – jjcedixon@btinternet.com

CHURCH SERVICES FOR SEPTEMBER

	Sunday	Colton	Rusland	Satterthwaite
Sept. 1 st	9.30 Morning Worship	6pm Celtic Evening Prayer	9.45 Holy Communion	
8 th	9.30 Holy Communion	11.15 Holy Communion	6pm Evensong	
15 th	9.30 Holy Communion	6pm Evensong	6pm Celtic Evening Prayer	
22 nd	9.30 Holy Communion	11.15 Harvest Festival Service		10.00 Joint Benefice Service
29 th				

	Sunday	Hawkshead Church	Sawrey
Sept 1 st	9.30 Morning Worship	6pm Churches Together H.C. Methodist Chapel	11.15 Holy Communion
8 th	9.30 H.C. with Sunday School	6pm Celtic Evening Prayer	11.15 Matins
15 th	9.30 Holy Communion	6pm Celtic Evening Prayer	11.15 Holy Communion
22 nd	9.30 Harvest Festival Service	6pm Taize Style Service	11.15 Morning Worship
29 th	10.00	Joint Benefice Service - Satterthwaite	

COME FOR A WALK

The next Benefice walk will be on Thursday 5th September. Meet at Red Bank Road Car Park in Grasmere (the pay and display car park near the Garden Centre) at 10.30am. We will walk round Rydal Water and Grasmere which is about 5 miles. Bring a picnic.

For more information, contact John Dixon on 015304 36301, jjcedixon@btinternet.com

RUSLAND AND SATTERTHWAITE CHURCHES COFFEE MORNING

Thursday September 19th at the Coronation Hall, Ulverston, 9.30 - 11.30pm. John King is looking for Collectibles for his stall, so why not have a clear out of your cupboards and attic! You never know what you might find! We would also welcome donations of Raffle Prizes, Garden Produce, Preserves and Home Baking. Please support us at this important fundraising event

In aid of Rusland and Satterthwaite Churches

A HARVEST SUPPER,
Saturday 5th October at Satterthwaite Parish Room, 7.30pm
Tickets from Sue Brooke, Hilary Collins and Susan King

ROOKHOW OPEN AFTERNOON

for tea, cake and a look round the site

Saturday 19th October 3-5pm (during the work party weekend: see below). All welcome. We have much work to do and need lots of help! One of the priorities will be making the facilities in the Meeting House more user-friendly for day bookings.

Work parties to help with clearing, painting & gardening (all welcome) will take place on :- Friday 13th September 9am-3pm and Saturday 19th October 10am-Sunday 20th October 1pm (free overnight stay for those who want to). It would be helpful to know if you're coming but it's fine just to turn up too (bring snacks/lunch). Please let me know if you want to stay overnight on 19th October so that we can sort out food and where people are sleeping.
Sue Nicholls, Rookhow Development Manager
Tel 07557 919879 <http://www.rookhowcentre.co.uk/> <https://m.facebook.com/RookhowBunkbarn/>