

PERSONAL

- With great sadness we have to report the sudden death, on 6th November, of Michael Benham of Thwaite Moss Farm. Mike was in his unassuming but thorough way a very important contributor to life in the valley. His practical help and support to the Reading Rooms, St Paul's Church and both the Summer and Spring Shows in particular will be greatly missed. He loved life here – especially gardening, walking, table tennis/ domino nights, and Scottish Country Dancing. We will remember his kind and caring nature. Our heart-felt condolences go out to Susan and their family.
- Gordon Wilkinson passed away peacefully on November 11th. He moved to Crosslands Farm in 1947 as a young man with his family. Gordon loved the valley and contributed a considerable amount to the community. His biggest passion was the Rusland Show and watched it grow to the show we have in recent years. The Rusland Reading Rooms were another love where he regularly played table tennis showing his competitive streak!! Here as a young man, he set up the first men's club. Gordon founded the Rusland Young Farmers' Club which was incredibly popular with young people for many years. He also co-created the Spring Show which has been a great success, where he competed with the flowers and vegetables he enjoyed growing. He has always had the community in his heart, enjoying a good crack, and was everybody's friend. Gordon also enjoyed the company of his Grandchildren and Great grandchildren. He will be sorely missed in the Rusland Valley. Anne, Jean and family would like to say Thank you for the support you have all given them during this hard time.
- We are also sad to report the death of Dick Burrow. Our sincere condolences go to daughters Judith, Gina and Sue and their families. We will miss his presence in Oxen Park.
- Our very best wishes to Bob Fletcher, hoping to return home from hospital after fracturing his hip.
- Also, our thoughts and best wishes to Jennifer Threlkeld who is being treated at Barrow Hospital.

DECEMBER 2021 / JANUARY 2022

284TH EDITION

This issue is sponsored by Colton Parish Council

**MERRY CHRISTMAS AND A HAPPY NEW YEAR
TO ALL OUR READERS AND CONTRIBUTORS**

RUSLAND HORIZONS

It's time to order your Rusland Horizons Trust calendar!
Details about how to order the calendars are included in the November newsletter. If you require any further information, please email us at hello@ruslandhorizonstrust.org
Don't delay they are selling fast!

DRY STONE WALLING WITH JIM DOHERTY
The most recent walling work party took place on Saturday 20th November at Abbot Park Farm, above Bandrake Head. Volunteers were helped by Jim to hone their dry-stone walling skills, resulting in the collapsed wall being beautifully restored.
The postponed event which was due to take place on Saturday 30th October, will likely now be rescheduled and become part of our Christmas Bash on 12 December. Further details will be available soon.
Keep checking our newsletter, website and social media for the latest updates.

THE RUSLAND HORIZONS CHRISTMAS BASH!
We are busy working on our Christmas bash, to be held on Sunday 12th December. Get the date in your diary now and keep checking our website, social media and newsletter for the latest updates. Everyone is welcome so come and join us for the perfect way to feel festive and start your Christmas celebrations
GET INVOLVED WITH RUSLAND HORIZONS
The volunteer Trustee Directors are working hard designing new projects, developing funding bids and managing the contracted staff.

There is, however, so much more we need to do to make the charity's vision a reality!
There are a number of ongoing tasks that would benefit from additional support. Could you help? The time commitment for each would not be great. We are looking for volunteers to help with updates to our website, data analysis, fundraising admin and / or writing fundraising bids, ongoing general admin and also someone to take on the role of treasurer.
If you are able, and interested, in joining the Rusland Horizons team we would love to hear from you. Please get in touch for more details about each of the task areas or to offer your help. Email us on hello@ruslandhorizonstrust.org

RUSLAND VALLEY HORTICULTURAL SOCIETY

POTATO DAY
23RD JANUARY 2022
(Seed potatoes, fruit bushes & trees, Seeds, flower bulbs, tubers & more)
Greenodd Village Hall - 23rd January 2022 - 10am to 3pm
Admission £1 (Children free)
Homemade soup & cakes.
See list of produce available on - www.brighterblooms.co.uk

OXEN PARK CINEMA CLUB

The December films are the "Sound of Metal" Tuesday 14th and Sunday 19th December. Followed in January with 'The Mauritanian' Tuesday 4th and Sunday 9th January. "The Perfect Candidate" Tuesday 18th and Sunday 23rd January.
Bookings taken now. Contact Carol - crimcneill@gmail.com.

DALE PARK RAINFALL

The October rainfall measured 18.11" - this is not a record - December 2015 (Desmond) measured 19.6", but on the morning of 27th October this year my rain gauge measured 3.15" which is a record since 2002. There were 7 dry days in October. In November to 23rd there have been 6 dry days, but only 3.15" rainfall - the same period last year was over 8".

To advertise in this space, please contact Edward Collins on 01229 860 312 or email: - mdp.ehc@hotmail.com

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SATTERTHWAITE PARISH COUNCIL NEWS

Over the last few months we have had Archie Workman doing some work in the play area in Satterthwaite. He has sanded down and painted the swings, adding some padding for safety on the metal supports, he has also repaired one of the benches and he will be repairing the veranda on the shed soon. He is doing a really good job and it is very much appreciated. There are also some parts of the fence to repair which he will also take care of. We are hoping to add a couple of picnic benches to the play area. We have been given a half share of a £500 grant with Colton Parish Council which was donated by Councillor Ian Wharton which we will use to buy one bench, and we are going to apply to the Rusland Valley Heritage Trust for some money to buy another bench.

We are speaking to Sarah Spicer from LDNP and also United Utilities about the road down Nursery Lane. LDNP have offered to carry out the work on the repairs but are unable to fund the materials so we are hoping to get some funding from United Utilities. We are hoping to organise an event closer to Christmas to bring the Parish together, we are just finalising details at the moment, but will let you know more information once we have sorted things. Our next meeting will be on 11th January 2022 at 7pm, in the Forestry Offices in Grizedale. On a final note, we would like to wish you all a Merry Christmas and a Happy New Year.

COLTON PARISH COUNCIL NEWS

Date of Next Meeting: The next Parish Council meeting will take place on Monday 10th January 2022 at 7pm in Bouth Village Hall (Chair's Surgery at 6.30), feel free to come along and learn more about your local community!

RUSLAND and DISTRICT WI

We held our November AGM in the beautifully redecorated Rusland Reading Rooms. We began by holding a minute's silence in memory of Mike Benham and Gordon Wilkinson who have done so much for us and the valley. Once business was over, we had a very enjoyable evening with 3 challenging quizzes, accompanied by wine/ordial and excellent individual boxes of nibbles. A raffle was held in aid of our funds; with 2 superb hampers of preserves made and donated by our president, Sally Lister, and 2 bottles of wine. Sadly, we have decided to cancel this year's Carol Evening which was to feature Barrow Male Voice Choir. However, we are hoping that they will perform next year. Church decorating is still taking place in Satterthwaite, on Monday 13 December, followed by a lunch at Haverthwaite Railway Tea Room. Our January Meeting will take place at 2.30pm on the afternoon of the 18th. Gordon Fletcher will give a Zoom presentation on 'Greenland: its ice caps and glaciers'.

Copy date for December edition, 7th January 2022. Please send to: -Liz Cringle - 01229 860274 liggerc@hotmail.com; Frances Townsend - *Pepper House, Satterthwaite* Tel: 01229 860206, pandftownsend@gmail.com. Carol McNeill - crlmcneill@gmail.com

OXEN PARK

The Manor pub will be open in December and should until 7th January, but after that will be closed for kitchen refurbishment.

HELP FROM CITIZENS ADVICE

Q. My energy supplier recently went under and the new tariff I've been put on is far more than I used to pay. I've heard energy prices are set to rise further and I'm just not sure I can afford it. What help can I get or small changes can I make around my house to help save some money this winter?

A. The cost of energy is very high at the moment and it's causing many people to worry. Normally we would suggest switching to a better deal, but the situation is very difficult at the moment and there aren't a lot of good deals out there. However, there are still other small ways you can keep your bills down.

Little everyday things can help, such as making sure televisions and other electronic devices are switched off and not left on standby; washing clothes on a lower temperature; and only filling the kettle with the water you need.

Turning down your main thermostat by 1 degree can save you around £60 on your energy bill. And by spending one minute less in the shower each day, a family of four could save £75 a year on energy and water bills. The Government's Simple Energy Advice website has more tips like this.

Another way of cutting costs in the long-run is to invest in good insulation if you can afford to. If you're renting, ask your landlord to do this.

You may be able to get financial support to help insulate your home under the Energy Company Obligation scheme. Contact your energy supplier for more information. If you're in a household that's not connected to the gas grid you may also be able to receive help under the Home Upgrade Grant scheme through your local authority. There's some financial support available for paying your energy bills, depending on your situation. For example, if you're a pensioner with a low income or receive Universal Credit or other means-tested benefits, you may be entitled to the Warm Home Discount. This gives you £140 a year to go towards your bills. Check the Government website to find out if you can claim it.

The Government recently announced a £500m fund to support households this winter so keep a look out for announcements about how this could help you.

Remember you can always call South Lakes Citizens Advice on 015394 46464 for free advice about your energy costs and staying warm this winter.

Free, confidential advice and help is available from advice via our submission page on our South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems.

South Lakes Citizens Advice, your local charity, is here for you.

How to access:

Call 015394 46464 - this is being staffed from 9:30 - 2pm

Adviceline: 0808 2787 984

email website www.southlakescab.org.uk

Help to Claim (Universal Support): 0800 144 8 444

CHURCH NEWS

Dear Friends,

'In the beginning was the Word...' It is the opening of John's Gospel and his way of introducing the Christmas story. The story John tells is very different from the one we are most familiar with, which mainly comes from Luke's Gospel. In John's Gospel there are no Angels, no shepherds, no Mary and Joseph, there is no Bethlehem, no baby Jesus in a manger, nor any wise men from Matthew's Gospel. Instead of facts we get poetry, instead of being told what happened, we are invited to explore what it means. *'In the beginning was the Word...'* This is the context of the Christmas story, a deliberate echo of the Creation story in the book of Genesis. Nowadays, some of us might want to tell this story alongside a different creation story. One that begins like this. Once all of space and time were contained in a tiny point. One moment it exploded, and it's been continuing to expand ever since. Now, about 13.8 billion years later, we live on a beautiful and fertile and fragile world in our unimaginably vast expanding universe. This is the context of the start of John's Gospel: epic scale, billions of years and indescribable distances. It leaves you thinking, in the context of these huge cosmic events, what am I? I'm scarcely a tiny speck in time and space. But most of us most of the time are concerned with much smaller things. We are concerned with the details of our own lives and the lives of the people we love. In the context of the vastness of the universe these things are tiny, trivia even, but they matter to us. Our personal stories are what our reality is made of. Two very different images, then. The Word- the incomprehensible vastness of the universe, and the flesh, the immediacy of our own lives. These seem like polar opposites. Word and flesh don't belong in the same sentence. Yet, Christmas is about them coming together. John's Gospel tells us: *'The Word became flesh and dwelt among us'*. He puts them in the same sentence. The cosmic story and our story became one. The God of heaven and eternity, the God of logic and divine plans, the God beyond and above and forever - took up residence in the world of passion and immediacy and suffering and anger and hatred and love. The word became flesh. This is the Christmas story. A messy, bloody, tiny new-born baby is born. The cosmic and the earthly intersected. The logic of the stars and the life of the flesh kissed one another. And the result we call Jesus, the Christ.

John

CHURCH SERVICES FOR DECEMBER AND JANUARY

Sunday	Colton	Rusland	Satterthwaite
12 th			11.15 Holy Communion
19 th	3pm Carol Service		4pm Carol Service
25 th	9.30 Holy Communion	9.30 Holy Communion	11.00 Holy Communion
Jan. 2 nd		5pm Celtic Evening Prayer	
9 th			11.15 Holy Communion
Sunday	Hawkshead Church	Sawrey	
12 th	9.30 Holy Communion	11.15 Matins	
19 th	9.30 Holy Communion	11.15 Holy Communion	
24 th	11pm Midnight Mass	6pm Carol Service	
25 th	9.30 Holy Communion	11.15 Holy Communion	
26 th	9.30 Holy Communion		
Jan. 2 nd	9.30 Morning Worship	11.15 Holy Communion	
9 th	9.30 Holy Communion	11.15 Matins	

THE BIBLE IN ART FOR ADVENT AND CHRISTMAS

Two sessions on Zoom remain, led by John Dixon, at 7.30pm on Tuesdays 7th and 14th December. Each session will look closely at a particular work of art. Anybody is welcome and no knowledge of art or the Bible is required. For the Zoom link please contact John on jjcedixon@btinternet.com.

ROOK HOW NEWS

We were really glad to welcome local people to our open coffee mornings last month. Several local volunteers have come forward to help us with the sorting of the Meeting House ready for the renovation work. The builders have now started the Accessibility and Sustainability projects- installing an accessible toilet and shower, improving the loft insulation, renovating the Meeting House stone floor and putting underfloor heating pipes in with an air source heat pump to heat the building.

Another 9 mental health groups have been awarded grants from our Retreat Away Fund, supported by the Quaker Mental Health Fund UK. Bookings are filling up for 2022, but we are quieter over the Winter, so if you have a large family or friends staying and need extra space, please get in touch. Also, if any local groups would like to book the Meeting House space and woods mid-week from mid-March onwards, please let us know.

Sue Nicholls, Rookhow Development Manager, Tel 07557 919879. Email: contactrookhow@gmail.com. Website: rookhow.org.uk