

ROOKHOW - OPEN DAYS

From 6th May the historic 1725 Rookhow Quaker Meeting House will be open on the 1st and 3rd Friday of every month, all year round, 10am-4pm, so please pop in for a cup of tea if you'd like to say hello, have a look around and find out about the history of Rookhow. A few local people have signed up as Volunteer Guides, as well as Quakers from Ulverston, Kendal and Lancaster. Please encourage them by coming along to be our first new visitors and take the chance to have a wander in the woods which by then should be full of bluebells! Tea, coffee and homemade cakes for everyone. There will also be a silent Quaker Meeting on these Fridays 12.30-1pm so you're welcome to join us, even if you haven't been to a Quaker Meeting before. There's always work to be done at Rookhow, so if anyone fancies an hour or two of walling, gardening or log splitting, we'll also have volunteer work parties on those days. For more information, please contact Sue Nicholls, Rookhow Development Manager.

Email: contactrookhow@gmail.com Tel 07557 919879. Website: rookhow.org.uk Postcode

HELP FROM CITIZENS - Many people are already struggling to stay on top of household bills. First of all, you are not alone in this and there's support to help you. It's always worth checking if there are benefits you don't know about that you're eligible for, including support with your energy costs and living costs. On the Citizens Advice website there is a benefits calculator, advice on how to reduce living costs and information on ways to increase your income. Contact South Lakes Citizens Advice on 015394 46464 to help you find a way forward.

Copy date for June edition, 25th May 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



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MAY 2022

288TH EDITION

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SPRING HAS SPRUNG!

Anne Robinson heard the Cuckoo on 20th April at Crosslands Farm.

JUBILEE PICNIC
FRIDAY 3rd JUNE, 12.30 FOR 1.00PM
Come along and join in the fun at the grand Satterthwaite Jubilee Picnic, to be held by generous permission of Rachel and David Holt in their field at Nursery Lane, date and time as above. It will take the form of a Jacob's Join, i.e. bring your own food and drink, ditto picnic rugs, tables, chairs..... We hope to have a marquee in place in case shelter is needed, and several gazebos. There will be a barrel of local ale on tap (with a bucket for contributions), so chaps may not need to bring so many bottles, just their beer glasses. Anne Robinson is kindly making a big Jubilee Cake for the occasion. All from the valley are welcome, so if you have family and friends staying, do bring them along too. Let's get into the spirit by dressing in suitably patriotic clothes, or 50's styles - and do wear a decorated hat. There will be traditional games for children and adults such as Knurr and Spell, wellie wanging and horseshoe pitching, and probably a few more besides; Rachel is also promising a dog race, so be sure to bring your canine companions. Parents are responsible for keeping an eye on their children (and making sure they don't fall in the beck!). If you are coming by car and need to park, speak to Fran and Paul Townsend (860206) about using their field further down Nursery Lane. Hope to see you all there!

DALE PARK RAINFALL
The total for March was 2.89" (2021 7.86") with 17 dry days (2021 15 dry) - less than half the rainfall last year. In contrast April to 25th has been wetter than last year - 2.56" (2021 0.3") and 12 dry days (2021 25dry).

ORIENTEERING - A SOUTH LAKELAND SPORT. If you enjoy the fells, looking at maps and even some running such as Park Runs then why not have a go at Orienteering. With the lighter evenings there are events nearly every Wednesday and some weekends. All events in South Lakes have courses for newcomers and families ('Yellow' and 'Orange' good to start on) with people around to help you get started. To find out more check out Lakeland Orienteering Club's website - www.Lakeland-orienteeing.org.uk. Also 'Warrior Orienteers' are based round Ambleside and have monthly events www.waroc.org.uk In the north Lakes 'WCOC' have an event every Thursday evening throughout the year - including in the dark. It is a great sport suitable for all family members because you can go whatever speed you want and choose a course which is very easy navigation or one more challenging. Email Carol if you want to know more.

RUSLAND VALLEY COMMUNITY TRUST
We are looking for small projects to fund. If you have any ideas, please ring Anne- 860242 or Angus- 860316 and give them the information. In the past we have funded orienteering, computer classes, set up a book club and also a writing club who went on to be interviewed on Radio 4. Flower arranging classes have been a great success along with walling and hedging courses. We look forward to hearing your ideas. Thank you. The Trustees

OXEN PARK CINEMA CLUB
The season has closed. Look out for us again in September when we hope to return to 'normal'

RUSLAND HORIZONS

Dry-stone walling work parties

Our latest walling work party took place on 8th April at Abbot Park Farm. Due to the nature of the work required, numbers were limited to volunteers who had previous walling experience. The heck feature in the wall was successfully repaired by the volunteer team, led by Jim Doherty, and a great day of walling in the sunshine with wonderful views was had by all! The next walling work party will be towards the end of May. Once details are confirmed they will be available on our website and social media.

Colton Parish Greening Project (Funded via Cumbria County Council)

Our Wildflower Workshops, took place on Friday 15th April. There were two wildflower propagating workshops held in the morning at our newly spruced up polytunnel at Abbots Reading Farm, kindly offered to us by Tony Wood. Countryside Ranger, Sue Thurley, led the activities of planting wildflower seedlings whilst sharing her knowledge and experience of wildflowers. Both were fully subscribed by a bunch of enthusiastic volunteers.

In the afternoon, there was a longer wildflower plug planting event at Oxen Park Reading Room. Countryside Ranger, Sue Thurley, again led the activities, along with specialist ecology expert and Rusland Horizon Trustee, Jenny Holden-Wilde.

With the help of local people and volunteers, wildflower plug plants, native to Cumbria, were planted to help improve biodiversity, support insects and butterflies in addition to brightening up the Reading Room area. Our experts were also on hand to answer any questions and pass on their top tips for everything wildflower related!

Future events

We have many other events planned over the next few months. Information will be shared through our usual channels once details are finalised.

Keep up to date with all our latest events and news through our newsletter, website and on social media - Facebook and Instagram. For any enquiries, including suggestions for events and volunteering opportunities to help support the Trust's activities, please contact hello@ruslandhorizontrust.org Website - www.ruslandhorizons.org

RUSLAND and DISTRICT WI

Our WI was delighted to meet again in Satterthwaite for their April meeting with a bumper attendance which included two new members and several visitors to hear a lovely lady called Claire give a most interesting talk on calligraphy. We admired several samples of her work which included some family trees and poems. She gives workshops and if enough interest is shown will hold one for our WI. We held a sales table in aid of the Ukraine Disaster fund with members bringing plants and things they had made and were delighted that we were able to forward the amount of £265 to the Disaster Fund. Our "spin off" groups of craft and book club are going well and proposals were made for walking or eating out groups. Our next meeting is to be held at Rook How on Tuesday, 17th May at 7.30 p.m. when we will have a guided tour of the refurbished house, a walk in the woodland and use their meeting room for the rest of the evening.

COLTON PARISH COUNCIL NEWS

Although the Parish Council didn't have a formal meeting scheduled in April, a group of councillors met at Oxen Park Village Hall to plan an update of the existing Community Plan. This was produced in 2015 after extensive consultation, meetings, questionnaires and input from working groups, and not surprisingly, many of the conclusions, policies, and actions from that plan are still relevant in 2022. Some aspects of life have though changed significantly including the increasing importance of the online shopping, and the need for good broadband. Climate change and sustainability are also now hugely important factors and the Parish Council's policies need to reflect that.

The Parish Council will be asking local residents what is important to them and updating the 'Community Led Plan' accordingly. In matters such as planning applications, highways maintenance, broadband and communications, the Parish Council is consulted by the National Park and other local authorities, and the Community Plan is considered to be the 'local view'. The existing plan can be viewed on the Parish Council website under Colton Parish Plan at www.coltonparishcouncil.org.uk

CHURCH NEWS

Hello...

I'm looking out of the window on a sunny but cold afternoon in early April, witnessing all the signs that spring is securely on its journey – the many Daffodils, their journey almost complete, the Wild Garlic is in full flow and ready for us to enjoy in many a dish, the Bluebell carpet in the early stages of its journey and the birds busy in their many forays preparing their new homes for their new broods... We too experience our own life journeys, the down-hills & up-hills and the welcome level ground! Journeys come in many forms, some essential like the journey to work, some optional like going on holiday, some short, some long, some alone and some in the company of others. May is UK National Walking Month, the days are longer and perfect to get outside walking, some journeys are simply made on foot. It's a great opportunity to get active and learn about where the local walks are in your area and what joys and benefits there are from walking. That brings me to the subject of Pilgrimage – a journey which takes you through new landscapes, which may help you explore your inner landscape, being open to learn new things about yourself, the world around you and your place within it...a journey of discovery bringing its own surprises and revelations. Our Central Lakes Mission Community 'Pilgrimage Project' has a number of walks for you to enjoy, whether simply for exercise and interest or for a more meditative and spiritual experience.

Information of all walks are available online: stmarysambleside.org.uk

You might like to join the following walks during the month of May:

- 7th May 10.00am – Walk 3: A walk around Ambleside Town
- 14th May 10.00am – Walk 4: A circular walk between Brathay & Langdale
- 21st May 9:30am – Walk 5: A circular walk between Wray, Brathay & Ambleside

Jesus too experienced many journeys during his earthly life, his final journey here on earth being his walk up the Mount of Olives in preparation for his ascension into heaven. We celebrate Ascension Day this year on Thursday 26th May when there will be a walk from Brathay Church, 6pm up to Todd Crag...you are all warmly invited...

Helen Hoyle

CHURCH SERVICES FOR MAY

Sunday	Colton	Rusland	Satterthwaite
May 1 st		6pm Celtic Evening Prayer	
8 th			11.15 Holy Communion
15 th		6pm Evensong	
22 nd		11.15 Holy Communion	
29 th		10.00 Benefice Service	
Sunday	Hawkshead Church		Sawrey
May 1 st	9.30 Holy Communion		11.15 Holy Communion (CW)
8 th	9.30 Holy Communion		11.15 Matins
15 th	9.30 Holy Communion		11.15 Holy Communion (BCP)
22 nd	9.30 Holy Communion		11.15 Morning Worship

ASCENSION DAY WALK

On Thursday 26th May there will be a walk from Brathay Church to Todd Crag, where there will be a short act of worship for Ascension Day. We will meet at Brathay Church car park at 6.00 p.m.. The walk goes over some rough ground, so sturdy footwear is required. For more information contact Rod Hutchinson on 07970 744694, rodhutch1@sky.com

A THANKSGIVING FOR LAMBING AND FARMING AT HIGH WRAY FARM

Thursday 12th May 6pm

A Service to thank and bless and pray for our local farming community will be held at High Wray Farm. All are welcome to come to this special occasion. Refreshments will follow.