

PERSONAL

- Our sincere condolences go to Colin Lewis, Sue Martindale, Michael, Eve and Kate, Andrew Martindale and all the family, on the death of Anne, a valued member of the Rusland community. They thank you for your kind words of support, cards and letters.
- We thank David Archibald for his extremely generous donation to the Rusland Valley Newsletter. David moved to be near his daughters, due to his fragile health, but wished to show his appreciation of the Newsletter, saying "The Newsletter is an invaluable source of information for all those living in the Valley and I hope it will continue for many years to come." Sadly, he died on 27th July and we send our condolences to his family.

SUMMER CONCERTS in HAWKSHEAD PARISH CHURCH 2022

Tuesday 2nd August: Lake District Summer Music will be giving two concerts in our church:
3 pm: The Gildas String Quartet will give a "Surround Sound" performance of Britten's String Quartet No. 2, played from memory.
7.30 pm: The Gildas String Quartet will perform again, playing works by Purcell, Britten and Schubert.
 These two concerts are by ticket only and must be booked in advance, at www.ldsm.org.uk or by phone on 01539 266 200

Copy date for September edition, 25th August 2022. Please send to: -Liz Cringle - 01229 860274 liggerc@hotmail.com; Frances Townsend - Pepper House, Satterthwaite Tel: 01229 860206, pandftownsend@gmail.com. Carol McNeill - crlmneill@gmail.com

RUSLAND READING ROOM
 AVAILABLE FOR HIRE
 CALL DAVID HOYLE 01229 860390

Get the Care You Need
www.jesphysio.co.uk
 Phone: 07831 219849
janet@jesphysio.co.uk
 Unit C, Dixon's Court, 101 Lake Road, Ambleside, Cumbria LA22 0DB

RENELL BRENNAN
 PERSONAL TRAINER & FITNESS
 Local GB triathlete and personal trainer offering a tailor-made fitness programme. Train in the forest, at home or in a gym.
 01229 860433/ 07866261344
ren@southlakesfitness.co.uk
[Facebook/southlakesfitness.co.uk](https://www.facebook.com/southlakesfitness.co.uk)
www.southlakesfitness.co.uk

2x2
 52 Market St
 Ulverston
 (01229) 429792

Bespoke Heating Ltd
 015395 30326
GAS OIL LPG
 Based in Haverthwaite
 Over 18 years experience
 safe Ex British Gas OPTED

S & P Southworth
 Plumbing & Heating Engineers
 Bloomery Barn
 Satterthwaite LA12 8LN
 Tel: 01229 860469/07850983849

Andrew Stoker
 Mobile Motor Mechanic
 Servicing - Repairs - Breakdowns
 Engine Tuning - Pre-MOTs
 Reliable 24 Hour Service
 Covering South Lakes and Furness
 18 years motor trade experience
 Well Cottage, Satterthwaite
 Tel: Satterthwaite 860292
 Mobile: 07974 316986

Interior and Exterior Painting
 Wallpaper Hanging
 Quality Workmanship
 City & Guilds Qualified
 Call Ed for a free quote on -
 07974 746 148

FORRESTERS
SOLICITORS
 Friendly advice for all legal problems
 117 Duke Street,
 Barrow-in-Furness, LA14 1XA
 Tel: 01229 820297
mail@forresterossolicitors.co.uk
www.forresterossolicitors.co.uk



AUGUST 2022

291st EDITION

This issue is sponsored by the Rusland Valley Horticultural Society

A BUSY MONTH!

A FAVOURITE AUGUST TRADITION!
 It's back ... our much-loved RUSLAND SHOW returns to Whitestock Meadow (LA12 8LB) on SATURDAY 20 AUGUST 2022 (field opens 11:30; first event 12:20).
 All the usual attractions will be there:
 • Flowers, Vegetables, Home Produce, Handicraft and Children's Exhibit Competitions
 • Fell Races, Track Races, Hound Trails – Cash Prizes
 • Children's Competitions: Pet Show, Fancy Dress, Obstacle Course, Races
 • Craft Tent, Refreshments, Ice-Creams, Local skills and crafts demonstrations
 • Free Circus skills workshops by Jesters
 • Tug of War (£100 1st Prize donated by The Manor House)
 • Music event after the Show!
 Admission is £5 for adults and £1 for u/16s (please remember to bring cash!)
 Schedules and entry forms are available from Committee members, or the Secretary, or online
 Entry labels can be found in the old paper box next to the notice board at the Gig House opposite The Manor in Oxen Park.

Contact: Maureen Boyren, Hill Park Farm, Colton, Ulverston. LA12 8HP Telephone: 01229 885300 Email: ruslandshowinfo@gmail.com
 Website: www.ruslandshow.org
 Find us on Facebook: Rusland Valley Horticultural Society Ltd
 (There is always lots of help needed – please contact Maureen if you can muck in!)

DALE PARK RAINFALL
 June rainfall total was 4.51" with 15 dry days (2021 .99" and 22 dry. July to 25th is 2.17" with 11 dry days.

CHILDREN'S EVENTS IN THE FOREST
 Every Tuesday until September - 11am to 12.30pm & 1.30pm to 3pm
 The Yan, Grizedale Forest
MEET THE MINIBEASTS
2 August Stream dipping
 11.00am - 12.30pm and 1.30pm - 3.00pm
 Look for and find out about the amazing minibeasts that live in the stream! Come prepared to get your feet wet or wear wellies.
August 9 Butterfly Count
 11.00am - 12.30pm and 1.30pm - 3.00pm
 Find out about our butterflies and help Butterfly Conservation by counting how many you see!
 Indoor butterfly craft activity if the weather's wet.
16 August Stream dipping
 11.00am - 12.30pm and 1.30pm - 3.00pm
 Look for and find out about the amazing minibeasts that live in the stream! Come prepared to get your feet wet or wear wellies.
23 August Woodland mini-beasting
 11.00-12.30 and 1.30-3.00
 Look for and find out about Superworm's real life friends!
30 August Stream dipping
 11.00am - 12.30pm and 1.30pm - 3.00pm
 Look for and find out about the amazing minibeasts that live in the stream! Come prepared to get your feet wet or wear wellies.
Essential Information
 Grizedale, Forestry Commission Visitor Centre, Grizedale Forest, Hawkshead, LA22 0QJ
 Cost: £3.50 per child, accompanying adults free.
 Recommended minimum age: 5 years.
 No prior booking required (however please note that place are limited).
 Children must be accompanied by a responsible adult.
 For further information please contact the visitor centre on 0300 067 4495.

RUSLAND HORIZONS TRUST

New Trustees Join Rusland Horizons

We are delighted to announce that six new trustees have now been appointed to the board of Rusland Horizons Trust. The Trustees will replace the four due to stand down towards the end of the year and will join the two existing Trustees who remain on the board. With a total of eight Trustees from the start of 2023, the outlook for the Trust and its continuation of conservation and community activities, is now looking significantly more positive and exciting! More events now open for booking

We've added more events! Family discovery day, veteran tree walk, rhody bashing, woodland archaeology discovery walk, to name a few.

There are also a couple more events currently being planned which should be open for booking very soon; alder tree planting at Thwaite Moss which is due to run in October and forest bathing at Black Beck Woods likely to be in September.

All information and links to booking are on our website here

<https://www.ruslandhorizons.org/whats-on.aspx>

Take your camera with you on your walk

With the longer and lighter evenings and the arrival of warmer, sunnier weather, the conditions are perfect for enjoying the stunning Rusland Valley and its wildlife and possibly taking a great photo. The theme for this years' Rusland Horizons Photo Competition is 'All Creatures Great and Small'.

All photos must be taken within the Rusland Valley area and closing date for submissions is 13th October 2022. Wining photographs will feature in our 2023 calendar

Full details available here

<https://www.ruslandhorizons.org/latest-news.aspx>

Colton Parish Greening project

The hedge that was planted at Thwaite Moss back in February is doing wonderfully well, as are the wildflower plugs planted in April at Oxen Park Reading Rooms and the seeds thriving in the polytunnel at Abbots Reading Farm. Many thanks to all the volunteers that continue to look after and regularly water the wildflowers. We are hopeful that by September and October, we will have more plants ready to use at a further two sites. We will be looking for volunteers to help us with this next lot of planting so keep an eye on the website, and social media, for more details.

Haybridge Nature Reserve Moth Spotting

For anyone that attended our recent butterfly and moth walk event at Haybridge Nature Reserve in June, a complete list of all moths that were spotted are now on our website here <https://www.ruslandhorizons.org/articles/moths-at-hay-bridge-june-2022.aspx>

A link is also included to an image of each moth on the list.

HEAVY TRAFFIC ALERT!

There will be orienteering taking place at Dale Park on 9th and 11th August which will bring a lot of traffic into the valley. Event traffic will arrive mostly early to mid-morning and depart early to mid-afternoon, so expect the roads to be busy during these periods.

RUSLAND and DISTRICT WI

Our members had a lovely evening playing croquet at Crake Valley Club followed by a picnic with suitable sparkling drinks. We remembered with much sadness our long standing member, Anne Lewis, who had enjoyed the evening, playing croquet, the previous year.

We do not meet in August but will resume in September.

OXEN PARK CINEMA CLUB

Oxen Park Cinema Club 20th Anniversary year Lots of new things are happening in Oxen Park. The Cinema Club has

- A New Website: same address - www.oxenparkcinemaclub.org.uk but **NEW LOOK** - take a peek and see what you think.
- A New Film Booking Procedure - this is a great advancement for us. All film bookings will now be done online
- New Membership procedure - Join online. To join or renew your membership press the button and you are in.

Saturday August 27th - **BUTCH CASSIDY AND THE SUNDANCE KID.**

To celebrate our 20th anniversary, we are putting on a special showing of the first film shown in Oxen Park in 2002 - **BUTCH CASSIDY AND THE SUNDANCE KID.**

2 shows - 4pm and 8pm. So, bring the family and reminisce. Book in online!

The New Programme for 2022 - 2023 has been finalised with the usual broad selection of films. See the new website and also in the traditional programme which will be ready at the Rusland Show on 20th August.

Tuesday 6th September - The film BELFAST will be shown at 7.30 - check it out & book your seat online.

Questions and queries will be to Carol as usual but now

info@oxenparkcinemaclub.org.uk

ROOKHOW NEWS

Open Days on the 1st and 3rd Friday of every month 10am-4pm.

Quaker Meetings for Worship: 1st Wednesday 7.30-8pm and 1st & 3rd Fridays 12.30-1pm. All welcome, even if you haven't been to a Quaker Meeting before.

Sue Nicholls, Rookhow Development Manager. Email: contactrookhow@gmail.com.

CHURCH NEWS

Dear Friends,

Speaking truth to power has a good pedigree. In the Old Testament (2 Kings chapter 5) there's 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 then be attacked. Overall, a very good outcome.

In a different context Catherine Booth who, with her husband William founded the Salvation Army, once said "If we are to better the future we must disturb the present." Also "You are not here in the world for yourself. You have been sent here for others. The world is waiting for you." She was a remarkable woman. She had 8 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."

It might just be the case, in the here and now, that there are many situations (political, environmental and otherwise) which would benefit from 'a word in season' spoken firmly but graciously.

Nick Hallam

CHURCH SERVICES FOR AUGUST

Sunday	Colton	Rusland	Satterthwaite
August 7 th		6pm Celtic Evening Prayer	
14 th			11.15 Holy Communion
21 st		6pm Evensong	
28 th			11.15 Holy Communion
Sunday	Hawkshead Church		Sawrey
August 7 th	9.30 Morning Worship	11.15	Holy Communion (C W)
14 th	9.30 Holy Communion	11.15	Matins
21 st	9.30 Holy Communion	11.15	Holy Communion (BCP)
28 th	9.30 Holy Communion	11.15	Morning Worship

HELP FROM CITIZENS ADVICE

Q. We booked a holiday abroad some time ago, but after hearing about all the problems at airports, I'm really worried. What do we do if our flight is cancelled or delayed?

A. The Citizens Advice website has lots of information about what to do when your flight is delayed or cancelled. If you're already at the airport when they announce the delay, the airline should give you food and drink, and access to phone calls and emails. You should also get accommodation if you're delayed overnight (including journeys to and from the airport). Your airline might offer you vouchers to pay for these or advise you to keep receipts to claim back expenses later. They will only refund 'reasonable' expenses, not expensive meals or luxury hotels.

What counts as a long enough delay to get this help depends on how long your flight is. A short flight only needs to be delayed two hours, whereas a flight of more than 3,500km needs to be more than four hours.

It's worth knowing that if your flight is delayed for more than five hours, you don't have to take it. The airline legally has to give you a full refund for that flight (and any onward flights and return flights if you're part-way through a connecting journey). Talk to someone from the airline as soon as you decide you don't want to fly.

If your flight is cancelled altogether, you have a legal right to either a full refund or a replacement flight to get you to your destination. The refund includes any onward flights and money for a return flight if you're part-way through a connecting journey. Ask about this at the airport if you can. Don't just rebook another flight yourself - check with the airline first because it's their responsibility to sort out your replacement. If you do have to rebook it yourself, keep any receipts and evidence of why the airline couldn't do this for you, for example screenshots of live chats. If the cancellation ends up delaying you getting to your holiday by two or more hours, you're entitled to help with costs. Check if you're entitled to compensation for a delayed or cancelled flight. Again, this will depend on how long the delay was, the distance, and whether it's the airline's fault.