

PERSONAL

Congratulations to Mike and Nicky Howgate on their wedding on 18th June at St Paul's Church, Rusland, followed by an evening reception at Crosslands Farm. Good luck for a long and happy life together.

HELP FROM CITIZENS ADVICE

Q. I've got lots of problems with my house - a faulty boiler, a window that won't shut properly, broken light fittings, etc. I want to sort it out but I've had bad experiences with dodgy builders in the past. A. First, find a Trading Standards 'approved trader'. You can look for one in your area online or use the Government's approved trader scheme TrustMark. It's also worth checking if they're a current member of a trade body. Trade bodies have codes of practice and can help resolve problems if things go wrong. Ask who they're registered with and then check the trade body's website. For any gas and electric fixes, only use certified traders. You can check the Gas Safe Register for a list of traders and use a registered electrician who can certify their own work. It's always helpful to get references or recommendations where possible. You can also ask the person you hire for examples of work they've carried out in the past. Try to avoid contractors who won't give references - it's a sign they could be dishonest. When you find someone, ask for a written quote - this is different to an estimate. A quote is legally binding and the tradesperson can't change it without a good reason - for example, if you ask for extra work to be done. Compare quotes from several contractors to make sure you're getting a fair price. Next, get a written contract. This should cover exactly what you're paying for and everything you've agreed on, including timings, payments, who will pay for materials and any subcontractors if needed. When it comes to payment, it's best to opt to pay in stages rather than upfront. Try to pay by card if you can - this can give you extra safeguards if something goes wrong. Finally, make sure your trader is fully insured. Keep copies of receipts and your written contract. It's also helpful to take photos of any problems if they arise. Contact Citizens Advice Consumer helpline on 0808 223 1133



JULY 2022

290TH EDITION

This issue is sponsored by Satterthwaite P.C.C.

MORE ACTIVITIES RETURNING

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
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!)

TRIUMPH FOR RENELL Our resident triathlete, Renell Brennan, has just WON her age group event at the World Triathlon Cross Championships at Targu Mures, Romania on 8th June.

DOGGIES' HEAVEN! Due to the number of new dogs and pups in the area "OXEN PARK DOG CLUB" will start again in August. There will be 2 options - Tuesdays 6pm and/or Saturdays 12noon, 5-6 sessions. 45 - 60 minutes. FUN - socialisation games, obedience and agility skills. £3 a session. Contact Carol with day preferences and to be put on a contact list to be sent final details. crlmcneill@gmail.com

Carol also has 6 pedigree Border Collie pups, born 2nd June, ready end of July. Contact Carol for interest and viewing. - perfect timing for the Dog Club sessions!

SWALLOWS AND AMAZONS? The Rawson Trust are offering free sailing lessons to children in Satterthwaite at Waterpark, as our boundary is bordering Coniston Lake. Please contact Dawn Yoxall, Gary Thomason or Grant Nickson if you have any children wanting to have a go.

SATTERTHWAITE JUBILEE PICNIC A big thank you to all who came and supported this jolly event, and even bigger thanks to all the very many people who were involved in making it happen (you know who you are), but particular thanks should go to David and Rachel Holt for the use of their lovely field. It was a real example of the community all using their various talents, doing their bit and coming together to make it a very happy afternoon.

PRESENTATIONS AT THE CART HOUSE We are reviving the monthly presentations, starting on October 7th with Ron Mein. Booking will be essential, so look out for news flashes.

DALE PARK RAINFALL The total for May was 3.5" (5.83" 2021) and the total for June to 24th is 2.17" (0.32" 2021). May had 11 dry days (about the same last year) and so far in June there have been 15 dry days.

Rusland Reading Room Available for Hire. Call David Hoyle 01229 860390. Includes an illustration of a stone building.

Janet Smedley Chartered Physiotherapist. Get the Care You Need. www.jesphysio.co.uk. Phone: 07831 219849. Includes a logo for Ambleside Physiotherapy Clinic.

South Lakes Fitness. RENELL BRENNAN PERSONAL TRAINER & FITNESS. Local GB triathlete and personal trainer offering a tailor-made fitness programme. Includes a logo of a person running.

Advertisement for a dress with the text 'There is no doubt a new dress is a help under all circumstances'. Includes an illustration of a woman in a dress.

Bespoke Heating Ltd. 015395 30326. GAS OIL LPG. Based in Haverthwaite. Over 18 years experience. Includes logos for safe, Ex British Gas, and OPTED.

S & P Southworth Plumbing & Heating Engineers. Bloomery Barn Satterthwaite LA12 8LN. Tel: 01229 860469/07850983849. Includes a logo of a water tap.

Andrew Stoker Mobile Motor Mechanic. Servicing - Repairs - Breakdowns. Engine Tuning - Pre-MOTs. Reliable 24 Hour Service. Includes an illustration of a car.

SIMMONS DECORATING. Interior and Exterior Painting. Wallpaper Hanging. Quality Workmanship. Includes the Simmons Decorating logo.

FORRESTERS SOLICITORS. Friendly advice for all legal problems. 117 Duke Street, Barrow-in-Furness, LA14 1XA. Includes the Forresters Solicitors logo.

SATTERTHWAITE PARISH COUNCIL NEWS

Satterthwaite often has problems with speeding through the village and a 20mph speed limit has been discussed a number of times. We are currently awaiting a speed monitoring camera to help assess current speeds through the village, to help us with a possible future application to lower the speed limit, as we need to prove that it is necessary.

The cherry tree that has been causing health and safety concerns on the village green has now been removed. A few people have asked if the Parish Council are going to plant something in its place. Unfortunately, the land does not belong to the Parish Council so we will not be replacing the tree.

The Parish Council and Matt Brereton have made a number of attempts to contact the Highways Agency regarding the poor quality of the road repairs through the valley and the road closures at random times, not taking into account other closures on the other side of the valley, but have had no replies. Tim Farron has said that if he can be of any help, to contact him. Gary would like to arrange a meeting on site with the Highways Agency to discuss this. He will contact Matt Brereton to find out the contact for Cumbria County Council.

We do have a vacancy for a Parish Councillor if anyone is interested in joining us, please contact clerk.satterthwaitepc@gmail.com If you have any queries or want items brought up at the next Parish Council meeting, please email Dawn Yoxall clerk.satterthwaitepc@gmail.com The next meeting is at the Forestry England Office at Grizedale on 11th July 2022 at 7.00pm.

RUSLAND HORIZONS

We welcomed the second cohort of Furness College students to the valley in June. They were able to take part in activities such as fire lighting, whittling, bread making, hunting for animal tracks and a charcoal burn with the Natural Charcoal Company, followed by a three-day residential at Rookhow.

Look out for information soon about the art exhibition in Barrow later this year where you can see work by the artist Sue Flowers inspired by spending time with the students in the valley Mind in Furness

Our third Full Cycle session, in partnership with Mind in Furness, was held at the beginning of June and was again at the beautiful Hay Bridge Nature Reserve. A wonderful day was had by everyone with the group really starting to come together as they share new experiences in nature. Activities included using nettles to make cord friendship bracelets with the option of trying, for the first time in many cases, nettle tea!

Continued in next column.

They were also treated to an unexpected visit from a hawkmoth, which made the day extra special!

For July, there will be a change in venue as the group head out to the lake to learn more new nature-based skills and experience another stunning environment. As well as a picnic, there may well be some paddling or even swimming if the water is warm enough. You may have heard that the Chelsea award winning Mind Garden by Andy Sturgeon is currently being transferred to a site in Barrow. This is a tremendous coup and we are all very excited about going to visit when it is completed.

There is lots of information about the garden at <https://www.andysturgeon.com/chelsea-flower-show-2022/>

More events open for booking!

The 'What's On' page has lots of events now listed and open for booking, with more being uploaded over the coming weeks as details are confirmed.

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

OXEN PARK CINEMA CLUB

In its 20th year, with lots of new initiatives and a superb programme of great films, keep an eye on the new website to see What's On. The first film will be on Tuesday 6th September. www.oxenparkcinemaclub.org.uk. New programmes available at the Rusland Show.

ROOKHOW NEWS

A huge thank you to everyone who took part in Lanequest which was held at Rookhow at the end of June- cyclists, volunteers and neighbours, John Watson and Nigel Woodhouse, who let us use their fields for car parking. 96 riders took to the lanes of the Rusland Valley to find 30 control points, covering about 30 miles in under 2 hours. Simon Brock, from Rock Cottage Dining in Satterthwaite, served a delicious curry and people wandered around Rookhow's buildings and grounds.

There are a few dates available in the Bunkbarn in the Summer holidays, so if anyone has family or friends who would like to stay locally, please have a look at our website for details or contact us if you want to check anything. The site is sole use only so you get the place to yourselves- including 12 acres woodland. Website: rookhow.org.uk 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. Tel 07557 919879

CHURCH NEWS

Dear Friends,

Yesterday I was looking at the visitor book in Hawkshead Church. I was struck, as I have been before, by the number of people who write in the book, and their geographical diversity. People from all over the world come into the church and spend a little bit of time there. We are lucky to be able to keep our churches open during the day, and all the churches I'm involved with receive a significant number of visitors, often people who are on holiday. People visit churches on holiday for all sorts of different reasons. It may be something you have done yourself in other places. You go into a church building, perhaps because it is an attractive building, perhaps because it is something to do, perhaps because it is cool inside on a hot day, or dry when it is raining. You look around, and then, because your feet are tired, you have a little sit down and a quiet moment. And then maybe what you find is that the experience is somehow more than the sum of its parts. You are doing more than just sitting quietly in an old building. This is perhaps partly because we so rarely sit quietly and do nothing, or because, no matter what we believe, it is moving to be in a building that has been set aside for prayer and worship, a building that exists because of a belief that there is more to life than our day-to-day concerns. And it is a place where many people before us have found something similar, and have done so for generations. As a Christian I believe that this is one of the ways in which God speaks to us. It is our hope and prayer that people find something significant in our churches, whatever they choose to call it.

John

CHURCH SERVICES FOR JULY

Sunday	Colton	Rusland	Satterthwaite
July 3 rd		6pm Celtic Evening Prayer	
10 th			11.15 Holy Communion
17 th		6pm Evensong	
24 th			11.15 Holy Communion
Sunday	Hawkshead Church		Sawrey
July 3 rd	9.30 Morning Worship	11.15 Holy Communion (C W)	
10 th	9.30 Holy Communion	11.15 Matins	
17 th	9.30 Holy Communion	11.15 Holy Communion (BCP)	
24 th	9.30 Holy Communion	11.15 Morning Worship	
31 st	10.00 Benefice Communion		

SUMMER CONCERTS in HAWKSHEAD PARISH CHURCH 2022

Tuesday 19th July 7.30 pm: Lorna Kelly, soprano; Ken Forster, piano.

Ken has been involved in music making in this area for over 30 years. He has performed here several times and makes a welcome return, accompanying local soprano Lorna Kelly from Windermere. They will present a delightful programme of well-known songs, mostly from the classical repertoire.

Tuesday 26th July 7.30 pm: Duncan Glenday, piano.

Duncan has often played in the Lake District Summer Music Festival and he has also been a popular performer in Hawkshead for a number of years. He will play works by Beethoven, Debussy and Liszt. For both these concerts there will be a retiring collection for Church Funds.

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

RUSLAND and DISTRICT WI

The WI met at Rusland in June to hear a most interesting illustrated talk by Gail Armstrong on bats from the smallest in the world to the largest, the latter fortunately not found in the UK. Hilary Collins had been our delegate at the National Federation of Women's Institutes 2022 Annual Meeting in Liverpool and gave an account of her time there. A very successful lunch and walk took place at Sizergh on 1st June and a similar event is being planned for July. We hosted a wonderful evening of music given by the Barrow Male Voice Choir at Aldingham Church on Midsummer Day in aid of the Ukraine and were amazed to raise over £1,000!

Our next meeting will be at the Crake Valley Croquet Club on 12th July, where we will be picnicking, after our games of croquet. We will be entering the Group Entry class at the Rusland Show.