

**BE PREPARED FOF EMERGENCIES**  
There will be “Basic Life Support and Defibrillator Training” in the Parish Room, Satterthwaite, for anyone who would like to learn or update, run by Dr Caroline Brock, A&E Consultant. Cost is £5 per person, with all money going to the Parish Room fund. Initial dates are the 19th and 27th February 7pm. Please book via [drcazz@gmail.com](mailto:drcazz@gmail.com) to secure a place.

#### NEXT RUSLAND HORIZONS' EVENTS

§ Greenwood Trail Two Guided Walk: Sunday 28th January- Join Rusland Horizons for a guided walk along the beautiful Greenwood Trail number two. Starting from Lane Ends, the route will explore Haverthwaite Heights and Abbots Reading, covering approximately three miles.

§ Woodland & Coppice Management Work Party: Sunday 11th February- Get hands on with a day of woodland conservation on the Woodland & Coppice Management work party at Holywell Wood (near Greenodd).

§ Holywell Wood Work Party: Sunday 25th February- The second Rusland Horizons work party of the year will again be at Holywell Wood (near Greenodd), this time near Hill Top Farm and Legbarrow Cottage. The day will include a range of woodland conservation activities related to the clearing of a footpath and repair of an existing dry-stone wall

§ Members Workshop: Monday 11th March- Save the date! On Monday 11th March, we will be holding a workshop for our members which will take place at Outback Hall, Backbarrow. More details to follow.



**Janet Smedley**  
M.C.S.P., H.C.P.C. Registered  
Chartered Physiotherapist

**Get the Care You Need**  
[www.jesphysio.co.uk](http://www.jesphysio.co.uk)  
Phone: 07831 219849  
[janet@jesphysio.co.uk](mailto:janet@jesphysio.co.uk)

Unit C, Dixon's Court, 101 Lake Road,  
Ambleside, Cumbria LA22 0DB

**South Lakes Fitness**

**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](mailto:ren@southlakesfitness.co.uk)  
[www.southlakesfitness.co.uk](https://www.southlakesfitness.co.uk)

"There is no doubt a new dress is a help under all circumstances"

**2x2**  
52 Market St  
Ulverston  
(01224) 480703  
[twobytwoonline.com](http://twobytwoonline.com)

**UCANDU YOGA**

Yoga is known to have many benefits to health & well-being. The sessions I offer are tailored to the various needs of groups & individuals.

If you're interested in finding out more about classes, 1-1 or bespoke sessions please contact Jenny on:- 07866545760  
All proceeds go to the 'Revival of Satterthwaite Parish Rooms' Project

**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

**SIMMONS DECORATING**

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@forresterssolicitors.co.uk](mailto:mail@forresterssolicitors.co.uk)  
[www.forresterssolicitors.co.uk](http://www.forresterssolicitors.co.uk)



**JANUARY /FEBRUARY 2024**

**307<sup>TH</sup> EDITION**

*This issue is sponsored by Rookhow*

## LOOKING BACK AND FORWARD

**RVHS LTD**  
**POTATO DAY at GREENODD VILLAGE HALL**  
Sunday 21<sup>st</sup> January 2024 -10am – 2pm  
Sale of 120+ varieties of seed potatoes, fruit bushes & trees, seeds, onions, flower bulbs and tubers, and more!  
(from Brighter Blooms Nursery, Preston)  
Admission £1 (children free)  
**HOMEMADE SOUP AND CAKES!** See website for lists of produce available:  
*Produce can be ordered online & collected on the day.*  
[www.growvegandfruit.co.uk](http://www.growvegandfruit.co.uk)

**RUSLAND SPRING SHOW 2024**  
March 16<sup>th</sup> /17<sup>th</sup>  
See inside for the Programme

**.SATTERTHWAITE CHRISTMAS EVE CAROLS**  
Once again, the weather thwarted our plans to sing around the lovely tree on the green, so we were in Church. It was a great turnout and all were in good voice. We were aided by Joan who agreed to play the organ at 30 seconds' notice and Elizabeth who kept us on track from the back. Christmas Elf Pat managed the charity bucket and we raised £190 for the Childrens' Society.  
All in all, a super evening and thanks to Mhari, Pat, Joan, Elizabeth and all for their help.  
*David Ham*

**DALE PARK RAINFALL**  
It will come as no surprise that December was the wettest month of 2023 with 13.02" of rain and only 6 dry days. The total rainfall last year was 97.6" and 132 dry days. This was the second wettest year since my records began in 2003 - the winner was 2012 with 99.05" and only 103 days without rain.

**A WINTER'S TALE**  
A huge thank you to everyone in Satterthwaite and Grizedale who came to the aid of stranded motorists during the snow on 2<sup>nd</sup> and 3<sup>rd</sup> of December. So many people opened their homes to strangers, providing food, shelter, beds and candles for the night. Special thanks particularly to Simon Brock who co-ordinated efforts and to Gary Thomason who rescued many, and managed to collect emergency oxygen cylinders for Paul Townsend on the Monday, when the delivery van got stuck down the valley. Just another example of what a terrific community we have here. Simon received the following from a grateful waif:  
*"I am Justin, I just wanted to say thank you! Everyone in Satterthwaite was very kind and helpful to the waifs and strays stranded in the snow. I was at the rally, parked up the track at what I know as Low Bowkerstead. By the time I got back down there was a foot of snow on the road and so I had to leave it by the side of the road and walk a mile or so to Satterthwaite, where help for the stranded was being organised in the pub by Simon. That's how I came to be put up in a house, along with a family and a father/son who had also been at the rally. I considered trying to leave on the Sunday, but was firmly talked out of it by Ren, whose no-nonsense views I greatly enjoyed. So I shovelled snow and then settled in for another night. The power was off from Sat night and all Sun so I kept the fire going and used all the candles (sorry!) to make the living room cosy. On Monday I had a delightfully uneventful drive home to Amersham. My family all thought this was a terrific adventure, but in truth I was always safe, always warm and always fed. My equipment and preparation drew Ren's approval, but it was the generosity of Satterthwaite villagers (present and absent!) which ensured this was a fun tale to tell rather than anything more worrying."*

**COLTON PARISH COUNCIL NEWS**

Our parish has experienced some very challenging weather this winter already, with heavy snowfall followed by more storms bringing downpours and flooding. During the snowfall many residents were without power for, in some cases, days. In adversity our communities always pull together to help each other, and any visitors caught up the chaos. A huge thanks is due to residents who checked on neighbours, helped clear roads of trees and snow and made sure the most vulnerable were looked after. Massive thanks are also due to our local pubs which acted as support hubs and offered warm meals and company for many. Paul Harris, our superb PCSO was out and about as soon as possible to check on our parish. Finally, our thanks as ever to Archie, our lengthsman, who was out as soon as the roads were passable to clear blocked drains and culverts, particularly at very short notice in Nibthwaite recently where a house suffered flooding. We were highly concerned at the lack of information and on the ground support from Electricity North West (ENW) during the major power outage. No lessons seem to have been learned from Storm Arwen. In some cases, it was more than 36 hours before any real contact was made on the ground. Information provided on the website or via calling the phoneline was useless for many as there was no mobile signal due to the masts rapidly going off-line due to lack of power. Many residents have also been moved to VOIP and so have lost their copper connection to a landline. The local power network clearly lacks any resilience proven by the multiple outages experienced over the past few months even in good weather. We have written to the Chief executive of ENW documenting all outages we are aware of in 2023, expressing our grave concerns and asking for a response on how they intend to improve the network resilience. We copied in Jonathan Brooks (Head of Westmorland and Furness Council) who has responded and intends to write a letter of support on our behalf. We also copied in our MP Tim Farron and Suzanne Pender our district councillor who is actively working on this issue with us. If you want to share any information about your local power or flooding situation during any the recent severe weather, please email the clerk (clerk@coltonparishcouncil.org.uk) or talk to your local councillor. The more we know the more evidence we have available.

At our December meeting PCSO Paul Harris updated us about the rural crime team’s work including a recent poacher watch initiative. The local community is often best placed to spot and report wildlife crime such poaching activity. You can report online at [www.cumbria.police.uk/report-it](http://www.cumbria.police.uk/report-it) or phone 101. We are extremely pleased with the input on our community plan priorities from both individuals and businesses and are starting to build an updated plan from this and other information.

Our February parish council meeting is on Monday 26th February at Oxen Park Reading Room.

**SATTERTHWAITE PARISH COUNCIL NEWS**

Happy New Year everyone, we hope you have had a lovely Christmas and New Year and are ready for 2024.

To kick start 2024 the Parish Council will be holding a Games Night for the Community in the Eagles Head in Satterthwaite on Friday 2nd February 5pm to 8pm. Children are welcome to come along and a hotpot will be available for everyone to enjoy.

We were joined at the meeting by Fran, Simon and Jenny from Parish Room Committee and they filled us in on the progress they are making with regards to improvement work to the Parish Rooms. They are currently sorting out a long-term lease for the building, and exploring funding options for the work. The Parish Council is going to apply for a grant for the committee from the Awards for All funding stream. It was discussed that if planning permission came through for the proposed car park in Satterthwaite that we join forces and apply for funding together. They will be having fundraising events throughout the years so please support the development programme.

Councillor Suzanne Pender also attended the meeting and she is going to help us with our Highways issues, and challenge the blanket closures that Highways have in place. She is also hoping to request for the bus that travels within a 6 mile radius of Ulverston could extend to cover Satterthwaite and Grizedale

We would like to thank everyone who was kind enough to help stranded rally goers in December after they became stuck in the surprise snowfall. A caring community pulled together again and it is a pleasure to be part of a special parish.

Next meeting date 19th February in Satterthwaite Parish Rooms at 7pm

**OXEN PARK CINEMA CLUB**

We have been pleased to fit in several hire parties recently. It costs £125 which includes the necessary licence. Only £20 if it is your own film. Only 7 great films remain to the end of our season in April. Check them out on our website and book in before we are sold out.

Sunday Jan 28th 4.30 (note date & time) Fadia's Tree

6th Feb - The Quiet Girl - one of the first films made in the Gaelic language

17th February - Pretty Red Dress - one of my favourites this year.

Look out for 2nd showings on following Sundays.

**RUSLAND AND DISTRICT WI**

We held a well-attended Carol Evening in Satterthwaite Church in aid of Growing Well, the mental health charity in Kendal, raising more than £300. Wine, mince pies and shortbread were served afterwards. The January meeting will be held at Oxen Park Reading Room on Tuesday, 16th January at 7.30 p.m. when our member, Kirsty Mawhinney, will demonstrate "Chair Yoga." On Tuesday, 20th February our meeting is at Rusland Reading Room at 7.30p.m., when Jennifer Snell will speak on *Victorian Ulverston*. Also in February a Valentines Day afternoon tea will take place. The walking group meets every month and the craft group usually weekly.

CHURCH NEWS

*Dear Friends,*

*For Christians, Lent - the period between Ash Wednesday and Easter Sunday - is traditionally a time of fasting and repentance. Churches will often be bare of flowers and other adornments as a symbol of the simplicity and solemnity of the season. This ancient tradition has been part of the Western Church’s year from its earliest days, in which Christians would abstain from eating meat and drinking wine in the 40 days leading up to Easter. Indeed, it was so well established by the 5th century that St Augustine of Hippo wrote that fasting at other times was voluntary, but not fasting at Lent would be a sin. Whilst there are very few Christians who would still follow the practice of fasting so strictly, it is from here that the tradition of ‘giving up’ something has grown. In foregoing something we enjoy, we may focus ourselves more on God, reflecting on what it meant for Christ to give up his very life. In the face of such reflection, giving up chocolate or wine or trashy telly becomes rather more trivial.*

*In more recent years, it has become popular for Christians to ‘take up’ a spiritual discipline instead of ‘give up’ a luxury. At a time when all our New Year resolutions have probably fallen by the wayside, taking up an activity for the 40 days of Lent seems an achievable goal. Although maybe a short-term discipline will even become a long-term practice? It is my intention, this Lent, to take up rather than give up. I really enjoy exploring who God is through creativity, so for each of the 40 days, I am going to create something that illustrates where I have met God that day, or seen Him at work. Maybe it will be a painting, or a small piece of knitting, or maybe just an illustrated verse in my journalling Bible. It is so easy to crowd out even the things we enjoy by our own ‘busyness,’ so that even doing something joyous requires a little discipline.*

*This Lent, if you choose to give something up or take something up, I pray that it brings you a sense of closeness with God.*

*Emily*

Sunday	Colton	Rusland	Satterthwaite
Jan 21 <sup>st</sup>		5pm Evensong	
28 <sup>th</sup>		11.15 Holy Communion	
Feb 4 <sup>th</sup>		5pm Celtic Evening Prayer	
11 <sup>th</sup>			11.15 Holy Communion
18 <sup>th</sup>		5pm Evensong	
25 <sup>th</sup>			11.15 Holy Communion

Sunday	Hawkshead Church	Hawkshead Hill Baptists	Sawrey
Jan 21 <sup>st</sup>	9.30 Holy Communion	10.30 Morning Service	11.15 Holy Communion
28 <sup>th</sup>	9.30 Holy Communion	10.30 Morning Service	11.15 Morning Worship
Feb 4 <sup>th</sup>	9.30 Morning Worship	10.30 Morning Service	11.15 Holy Communion CW
11 <sup>th</sup>	9.30 Holy Communion	10.30 Morning Service	11.15 Matins
14 <sup>th</sup>	9.30 Communion with imposition of Ashes		
18 <sup>th</sup>	9.30 Holy Communion	10.30 Morning Service	11.15 Holy Communion
25 <sup>th</sup>	9.30 Holy Communion		11.15 Morning Worship

ROOKHOW

**BUNKBARN IMPROVEMENTS-** The renovation work at Rookhow is all going to plan thanks to Stephen Grindrod's conservation team. Floors have been dug out to put down insulation and underfloor heating which, like the Quaker Meeting House, will be powered by an air source heat pump. We are also going to improve energy efficiency by upgrading the windows and doors to heritage double glazing. The Bunkbarn will be open at the end of March. We already have many diverse groups booked in for 2024 including schools, community groups, refugees, Forest Schools training, families on holiday and 3 weddings!

**JOURNEY OF HOPE-** Sue is taking part in a year-long course in peace and reconciliation, taking her to centres across the UK such as Corrymeela in Northern Ireland, Rose Castle, Coventry Cathedral and St Ethelburga's in London. Rookhow will be exploring what this might mean for Rookhow's future work.

**SPRING 'QUAMPING'-** While the Bunkbarn is closed for renovation work, we'll be offering 'Quamping' (a Quaker version of glamping or champing) in the 300 year old Grade II\* listed Quaker Meeting House and heated yurt in the woods. 2 nights minimum. See the website for more details: [rookhow.org.uk/quamping](http://rookhow.org.uk/quamping)

**OPEN DAYS -** Rookhow continues to be open to the public on the 1st and 3rd Fridays 10am-4pm. Come over for a look around, have a cuppa and homemade cake and hear about Rookhow's history and current work. Short Quaker Meeting 12.30-1pm. Also, on the 1st Wednesday of every month 7.30-8pm. All welcome.

RUSLAND VALLEY COMMUNITY TRUST

This a local trust founded to help local projects. Over the years we have started several successful groups in the area such as a book group, writing group, computer classes and the bell ringing group. We also sponsored the Oxen Park Cinema and this Newsletter. We particularly like to finance children’s activities e.g. play areas, crafts and sports.The trust has sponsored classes at Rusland Show in memory of our Founder Giles Wingate-Soul

If you wish to apply for funding please contact us. [anguslighthall@gmail.com](mailto:anguslighthall@gmail.com)