

**NEXT RUSLAND HORIZONS' EVENTS**

**Invasive Species Removal Work Party: Saturday 13th April**

We are again going to Black Beck wood, near Bouth, to cut back and remove more invasive rhododendron to help with the restoration of this native woodland and its flora. Come and join us with this vital conservation work that will enhance and protect the woods, the wildlife and their habitats. Details and booking for all events can be found on the website, with regular updates and all the latest news also shared on our social media (Facebook and Instagram). Booking is now open for the above event. <https://www.ruslandhorizons.org/whats-on.aspx>

**PERSONAL**

We are so sad to report the death of Paul Townsend, a much loved and valued member of the Satterthwaite community to which, over the years, he made a hugely valuable contribution, notably as Chairman of the Parish Council during a difficult period, when he handled matters with tact, patience and wisdom. Our sincere condolences to Fran.

**LIFTING DEVICE**

We have available to borrow a Mangar ELK Lifting Cushion, which is a portable compact inflatable lifting cushion which helps to raise safely an otherwise uninjured patient to a seated position. Comes with its own small compressor and complete instructions. This device is available to borrow on a short or long-term basis. Contact Fran Townsend (860206, [pandfowntownsend@gmail.com](mailto:pandfowntownsend@gmail.com)) for further details.

**RUSLAND READING ROOM**  
FOR HIRE  
Contact: Kirsty Mawhinney  
Mobile: 07766090106  
Email: [bookings.ruslandreadingroom@gmail.com](mailto:bookings.ruslandreadingroom@gmail.com)

**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  
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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

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**APRIL 2024**

**309<sup>th</sup> Edition**

*This issue is sponsored by the Brooks Family, Sawrey Dykes*

**"BLOSSOM BY BLOSSOM THE SPRING BEGINS" A. C. Swinburn**

**THE RUSLAND SPRING SHOW**  
Held over two afternoons in the Reading Room, this was, again, a great community occasion. The tent and room were filled with colour and the scent of flowers and culinary delights. Over 200 exhibits demonstrated the depth of talent in the local community, young and old. The photograph section and limericks proved very popular with Sue Brooke winning the highly competitive limerick section. More than 100 visitors came to enjoy the display and meet friends for homemade soup, cake or a cuppa. The committee would like to thank all those who helped to supply the refreshments, notably the WI, without whom the show could not succeed. We are grateful to all those who supported the Show by working in the kitchen, on the door and the raffle. The raffle prizes - food, beauty products and garden boxes were generously donated. Thank you to all those who helped sort the tent and put up signs in ghastly weather. Thanks also go to Jan Benefield for donating the vouchers for the 5 best in section Chris Benefield Memorial Prizes. Each child who entered from nurseries and individuals received a well-deserved small Easter Egg. Rory Tickle won the Thelma Kellgren cup for the most points in the children's section. Anne Robinson took home the Spring Show Cup for the overall points in Show with the Elsie Wilkinson bowl for overall points in the culinary section and the Nicky Fletcher Trophy for most points in Flower Power section. Her entries included a spectacular Simnel cake. Gay Jarvis won the Gordon Wilkinson Bowl for the most points in the Spring Plants section. The care of the judges in their decision-making was much appreciated. Thank you to all who helped and supported a much-enjoyed community effort raising over £1000.

**PRINTFEST 2024**  
The Coro, Ulverston  
Sat 4<sup>th</sup> May 10-5pm and Sun 5<sup>th</sup> 10-4pm  
**EXHIBITION AND SALE OF ORIGINAL PRINTS**  
Come and talk to the artists and find out more about printmaking  
Entry £5

**RVHS SPRING GARDEN COMPETITION 2024**  
If you would like to enter this year's competition, please contact Sally Fisher by email ([sally.fisher072@gmail.com](mailto:sally.fisher072@gmail.com)) or phone (01229 861876) as soon as possible. Please include your name and address. Judging is in mid May

**SUCCESS OF SUPPER SOCIAL**  
About 50 guests enjoyed another super evening in Satterthwaite Parish Room on 16 March, where we were treated to another delicious Indian/Nealese meal courtesy of Rock Cottage Dining (Simon Brock) and Katvandu (Mohit Syangbo). A busy bar organised by Mike and Jenny Armstead served a variety of drinks and some excellent wines, so thanks to them too. Friends old and new mingled together and it was a very convivial evening, so thank you all who supported the event. Early indications are that there will be a profit of over £550 for the Parish Room restoration project.

**COFFEE AND CHAT MORNINGS** will continue on Tuesdays throughout April in Satterthwaite Parish Room, from 11.00am. Come along and meet friends for a natter - and it is very good Nespresso coffee! There are plenty of books to swap and borrow, jigsaws to start, ideas to swap. There may be special themes some days - check with Jenny Armstead - [jennywren213@hotmail.co.uk](mailto:jennywren213@hotmail.co.uk)

**EVIE PLUMB**  
A local solo musician with a fabulous voice!  
Hear her at the Eagles Head  
Saturday 18<sup>th</sup> May 9pm until late  
£5 entrance fee will go to charity  
Food will be served, as normal, until 8pm

**DEADLINE FOR MAY EDITION - 26<sup>TH</sup> APRIL**

**COLTON PARISH COUNCIL NEWS**

**Resilience** - further our summary of the meeting with Electricity Northwest in the last newsletter please note that grant funds from Electricity Northwest are still available for projects that improve resilience (e.g. a generator for a village hall) or protect the welfare of vulnerable community members. This grant fund is being managed by Cumbria Community Foundation. You can find the information on eligibility and how to apply at

<https://www.cumbriafoundation.org/fund/enwl-storm-arwen-community-resilience-fund/> There have been several successful applications in the area.

**Nature** - Westmorland and Furness Council is consulting on its strategy for nature recovery. Having declared a climate emergency, Colton Parish Council will be responding with views, but we also urge individuals to complete the survey by 31st May so your personal views can be taken into account. The link to the survey is

<https://consult.westmorlandandfurness.gov.uk/climate-and-environment/nature-in-cumbria-your-chance-to-help-write-a-strategy/>

**Highways** - Colton Parish was happy to support ENMO parish council in its application for a mandatory 20mph limit on the road through Spark Bridge.

**Community Plan Update** - please save the date for a meeting about taking the plan forward on the morning of the 18th May at Rusland Reading Rooms. More information to follow.

**Local Elections** - it is election year for parish councils this year. Elections will take place on the 2nd May. Your parish councillors are your key representatives for local issues in the area. To be effective and responsive, we need enough councillors to cover our three wards. Please consider if you can put yourself forward to be a councillor. Our clerk can provide you with all the information you need to apply, and it is not a difficult process. Current councillors will also be happy to chat, and their contact details can be found on the website. Being a councillor is an important service to the community and an opportunity to meet people you might not otherwise come across as well as learning about the parish and the broader community.

The next meeting will be in on May 20th at Bouth Village Hall at 7pm. All welcome as always.

**THE RUSLAND VALLEY COMMUNITY TRUST**

The trust has a small pot of money which is available to help activities within our community. We have helped various clubs, schools, nurseries and organised some courses. All of which have been successful. If you need any financial help, please contact Angus on [anguslighthall@gmail.com](mailto:anguslighthall@gmail.com) We look forward to hearing from you.

**DALE PARK RAINFALL**

February rainfall was 9.54" and only 3 dry days contrasting with last year at 3.13" and 13 dry days. March to the 24th is 6.28" and 5 dry days (2023 10.5" and 11 dry days.)

**SATTERTHWAITE PARISH COUNCIL NEWS**

Firstly we would like to express our sincere condolences to Fran on the death of Paul. We are all thinking of you

We will be carrying out our annual litter pick on 20<sup>th</sup> April 2024 at 10am. Please meet at the Parish Rooms. After we have done the litter pick we will have coffee/tea and biscuits in the Parish Rooms.. Next meeting date 13<sup>th</sup> May at 7pm in Satterthwaite Parish Room.

**OXEN PARK CINEMA CLUB**

Still time (just!) to visit the beautifully comfortable Oxen Park Cinema Club before the programme closes for the summer.

Tuesday 2nd April - *Return to Dust* - love blossoms amid the grinding poverty of rural China.

Saturday 20th April - *CODA* - winner of three Academy awards - a hearing girl is torn between her ambition and her duty towards her non hearing family.

We have been very busy lately. All our films have been shown twice to satisfy demand - so book early to avoid disappointment and look out for second showings....

Celebrating? Do not forget you can hire the cinema for private showings (including during the summer recess) for a mere £20 cinema hire fee plus the cost of a commercial screening licence, which is usually around £105. Or if you want to show your own (personally created film) it is just the £20 cinema hire charge. Perhaps combine your screening with a meal across the road at the excellent Manor House.

Oxen Park Cinema Club is a small charity serving as wide a community as we can reach and run entirely by a team of volunteers. If you would like to join us, please do get in touch for a chat via our website using the email address provided. Or have a chat with one of our Trustees before or after a screening.

**RUSLAND AND DISTRICT WI**

An excellent meeting took place in March at Finsthwaite when we had a fascinating talk by Jennifer Snell on Ulverston characters, children and concerts between the years of 1848 and 1914, gleaned from the records of the Evening Mail during the forty years she had worked there. The following day the walking group enjoyed a walk from Cartmel Racecourse on one of the rare fine days in March. The craft making group goes from strength to strength and by the time you read this a large number of members will have visited the Hawkshead Relish Company's premises by Esthwaite Water. Two theatre trips to the Old Laundry and the Theatre by the Lake will take place this summer. Our next meeting will be held at the Oxen Park Reading Room on Tuesday, 16th April at 7.30 p.m. when we are having a speaker from St. Mary's Hospice. Ladies, why not come along to a meeting and join in the fun and friendship, the hallmark of the WI. You would be most welcome.

**CHURCH NEWS**

Dear Friends,

I am hoping as you read this it will seem as if spring has arrived! As I write, it definitely has not, but here's hoping for the fabulous days of sunshine that April and May bring to Cumbria. At the same time as this hope of warmer, brighter weather, it might be worth a ponder about Easter – what has actually happened?!

I write after returning from a silent retreat during which I was intrigued by looking at Rembrandt's "The Return of The Prodigal Son". In reading this parable in Luke 15:11-32 I was "cut to the heart" by two moments. The first was at the beginning where the younger son asks his father for his inheritance. I feel sorry for the father here. Not only is the younger son saying to his father, in a sense, I wish you were dead, but there is something deeper here. The younger son is saying that all the father has provided him with, is not good enough. What a depressing activity for the father to go through his estate in order to split it in half. Especially sad because the father will have put his heart and soul into his estate in order to provide for his children. Clearly the younger son thinks the grass is greener and he can do better in providing for himself. This is not the case.

Despite the father being hurt by his younger son, a special moment happens when the younger son returns defeated. "While he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him" (v20). Even before realising that the younger son has squandered his money, the father runs to meet him, no questions asked. What kind of love is this expressed in such a forgiveness? I suggest it is a divine love.

At Easter, through the death and resurrection of Jesus, God reveals his divine love. He draws us into a deeper relationship with him, forgiving us all for our tendency to go off and do our own thing. I wish you well in continuing to ponder the cross.

Chris

Sundav	Colton	Rusland	Satterthwaite
April 7 <sup>th</sup>		6pm Celtic Evening Prayer	
14 <sup>th</sup>			11.15 Holy Communion
28 <sup>th</sup>			11.15 Holy Communion
Sunday	Hawkshead Church	Hawkshead Hill Baptists	Sawrey
April 7 <sup>th</sup>	9.30 Morning Worship	10.30 Morning Service	11.15 Holy Communion CW
14 <sup>th</sup>	9.30 Holy Communion	10.30 Morning Service	11.15 Matins
21 <sup>st</sup>	10.30 Holy Communion (with consecration of the Graveyard)		
28 <sup>th</sup>	9.30 Holy Communion	10.30 Morning Service	11.15 Morning Worship

The Annual Parochial Church Meeting of St Paul's, Rusland is to be held at Rusland Reading Room on Monday, April 29th at 7 pm.

The Annual Parochial Church Meeting of All Saints, Satterthwaite is to be held on Thursday 25th April at 7.30 pm in The Parish Room

**ROOKHOW NEWS**

**CURIOUS ABOUT QUAKERS RETREAT** -26th-28th April A weekend for anyone interested in Quakerism, whether they are just curious or they have been to a few Quaker Meetings and want to find out more. Also, for lifelong Quakers who want to look back at their spiritual journey so there will be a real mix of people there! You can stay at Rookhow or join each day. Bring food to share. Suggested donation £75 or pay what you can. See the website for more details: [rookhow.org.uk/meet-with-us](http://rookhow.org.uk/meet-with-us)

**BUNKBARN IMPROVEMENTS**- Rookhow Bunkbarn is now open, with improved energy efficiency and refurbished toilets, showers and kitchen. Following the success of the air source heat pump and underfloor heating in the Quaker Meeting House, we have installed the same in the Bunkbarn and put in new heritage double glazed windows and doors. Bookings are now being taken for 2024. Increasingly local people are hiring Rookhow for gatherings such as weddings, big birthday celebrations and family reunions. Get in touch if you are interested or if you would like to come and have a look around.

**QUAKER HISTORY**- Rookhow will be coming up to its 300-year anniversary in June 2025. Built as a business Meeting House for Quakers from the surrounding Meetings, Rookhow has been a gathering place for Quakers for the last 3 centuries and is one of the oldest buildings in the Rusland Valley. We aim to share this wonderful resource with its beautiful 12 acre Quakers' Wood with community groups and families.

**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. Just turn up or let us know in advance if you are coming with a larger group. All welcome.

Website: [rookhow.org.uk](http://rookhow.org.uk) LA12 8LA Contact Sue Nicholls, Development Manager Tel 07377 971783  
Email: [contactrookhow@gmail.com](mailto:contactrookhow@gmail.com)