

**Caroline Brock writes:** - "I would like to thank all who attended the Life Support and Defibrillation training over the last two months (an amazing 45 people attended!), which could really make a difference to someone. £240 was raised for the Parish Room. Thanks for your time and enthusiasm and hope to see you for the refresher next year!  
I have now taken over the maintenance and checking of the village Defibrillator on behalf of the charity to whom the Parish Council pay a management fee. The BT call button is not currently working so to access this, use your phone to dial the emergency services for the access code."

**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

**DALE PARK RAINFALL**  
Total rainfall for March was 7.53" with 6 dry days (2023 11.95 and 9 dry). April to 23rd is 7.79" and there was not a dry day until the 16th! (2023 3.5" and 11 dry). Yearly total so far is 34.79" and 30 dry days. (2023 31.98" and 42 dry)

**PERSONAL**  
Fran Townsend would like to thank everyone for their very kind messages of sympathy and all the wonderful support over the past few weeks which has been, and continues to be, very much appreciated.



**RUSLAND READING ROOM**  
FOR HIRE  
Contact: Kirsty Mawhinney  
Mobile: 0776609106  
Email: bookings.ruslandreadingroom@gmail.com



**Janet Smedley**  
M.C.S.P., H.C.P.C. Registered  
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**2x2**  
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Ulverston  
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[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**  
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**NEED SOMEONE TO TALK TO?**  
Life can be tough at times. As a fully qualified, BACP registered, counsellor/psychotherapist, I can offer you a caring, compassionate, and confidential space to explore your worries.  
Please contact me for a free, no obligation, 20-minute consultation. I offer face to face, 'walk and talk' and online sessions.  
Call or text Mary Fletcher on 07779 154480 or email: [lakebankcounselling@gmail.com](mailto:lakebankcounselling@gmail.com)

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**MAY 2024** **310<sup>th</sup> Edition**

*This issue is sponsored by St Paul's, Rusland, P.C.C.*

## NE'ER CAST A CLOUT TILL MAY BE OUT!

**LAST CHANCE - SPRING GARDEN COMPETITION**  
It is your last chance to enter the Spring Garden Competition before the judges call round in mid-May.  
There will be only one category: The Spring Garden. 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.  
**RVHS SUMMER GARDEN COMPETITION 2024**  
Please start getting your garden ready for the Summer competition; judging takes place at the end of July.

Categories are: Large gardens; Small gardens; Hanging baskets/window boxes; Vegetable gardens; Children's container garden.  
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). Please include your name and address.  
**PLANNING WHICH RUSLAND SHOW CLASSES TO ENTER?**

Members of the Rusland Show Committee have been finalising the schedule for this year's Show (which will be held on August 17th). There is just one significant change from last year which is the inclusion of a class for 'Courgettes' which will take the place of 'Cauliflower' in the Show District Section and replace Marrows in the Open Section. However, a number of other classes are under threat of being dropped in future shows if more entries are not submitted in 2024. These include: some Dahlia categories, Cabbage, Wines and Carnations. In addition, the Group Entry has not been well supported recently and needs more entries to ensure its inclusion in future years. This year, it is a display of items to depict the theme 'Off to Market'; items can be bought or homemade. (Exhibitors may provide own backing and accessories; to be judged on overall appearance & relevance to the theme). Please get a team together and start planning now!

**WELCOME BACK!**  
Fran Townsend reported the first House Martins - one at Colin Pit, down the valley and then at Satterthwaite Bridge, on 5<sup>th</sup> April. They must really be wondering what they are coming to this year! John Walton heard a Cuckoo, when walking back from Jimmy Johnson's funeral, near Roger Ridding on 27<sup>th</sup> April.

**LOWICK YOUNG FARMERS**  
are hosting the 2024 Southern District Field Day on May 18th at Nettleslack Farm, Broughton Beck. LA12 7PH.  
This is a day of competitions for the 10 clubs in the Southern District. There are many varied competitions, some serious & some silly, some need skill & some are just "have a go".  
Examples - floral art, cookery, craft, stock judging, sheep shearing, karaoke, one man & his dog ( 2 members one dressed as a dog ) auctioneering, tractor driving, acting a pantomime scene, wheelbarrow handling, metalwork, woodwork, filet a fish & so much more.  
This event is for everyone to go along & watch, you do not have to be connected to a Young Farmers Club. Please support these young people who put a lot of time & effort into this day - they would love to see you. This will be an enjoyable & entertaining day out for all the family.  
Entry - ADULT £5, CHILDREN free.  
Start 10am NO DOGS ALLOWED.  
For more information email - [sd-fieldday2024@outlook.com](mailto:sd-fieldday2024@outlook.com)

**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 JUNE EDITION - 26<sup>TH</sup> MAY**

## COLTON PARISH COUNCIL NEWS

### Keeping Your Parish Council

A number of long-serving councillors did not put themselves forward to stand for the May elections. The majority have given 7 years of service and Ken Dean has been your parish councillor for an amazing 16 years. This means that, as only one individual stood for election, Colton Parish Council will not have enough councillors to operate effectively after May 7th.

### What Does this Mean?

The council needs a minimum of 3 councillors to be 'quorate' (able to legally make decisions) and at least six councillors to work effectively on your behalf. A new election will have to be run to see if sufficient councillors can be found. This requires at least 21 days advance notice. Therefore, at our meeting on the 22nd of April, the current councillors approved a scheme of delegation that enables the clerk to run essential financial activities. Until the council is quorate, meetings cannot be held with the exception of the Open Meeting on the 18th May detailed below which is not a formal parish council meeting.

If you want a functioning Parish Council, now really is the time to come forward. It isn't an arduous process to become a councillor under the election process and it is a fantastic and rewarding way to supporting your community. You can contact the clerk for more information at [clerk@coltonparishcouncil.org.uk](mailto:clerk@coltonparishcouncil.org.uk) or chat to one of the current or outgoing councillors about the work and commitment required. All councillors will attend the Open Meeting and be available to answer questions about the role. The task of completing the updated community plan is almost complete and this significantly reduces the councillor workload going forwards.

Town and Parish councils are a vital part of the structure of local democracy. They are the most effective way to ensure that your voice is heard by other tiers of local government and act as your representatives.

Our work over the past year includes:

- consulting widely with residents, visitors and businesses in order to update the Colton Parish Community Plan. The contents of this plan are critical with regard to our responses to issues such as planning applications.

- responding to planning applications and other infrastructure proposals and making complaints on breaches of planning permission.

- supporting community resilience needs, e.g. our recent work with Electricity Northwest following a significant number of power outages and getting support for improving the local broadband infrastructure with support from our local expert, Mike Postle.

- supporting local venues and activities via our community grant scheme. We have distributed £1,600 in the last financial year.

- providing a defibrillator for Finsthwaite Village Hall and support or funding for two others in Nibthwaite

and Rookhow, spending £2400 during 2023/24

- dealing with problems that arise or highways work that needs to be undertaken,
- environmental issues including climate change and nature recovery initiatives
- local crime issues via our work with Cumbria Constabulary

### Open meeting – 18th May

The annual parish open meeting will be held on May 18th at Rusland Reading Room between 10.00 and 12.00.

As noted above, it will not be possible to hold a formal meeting as planned on the 20th of May.

## SATTERTHWAITE PARISH NEWS

"Thank You" from the Parish Council to all who turned out to help with the Village Litter pick. Special thanks to Alison at F.E. for supplying the equipment and to Simon for baking us a cake, which we all enjoyed afterwards with a coffee in the Parish Room. Our village is now spotless!

## OXEN PARK CINEMA CLUB

Our very successful 2023 - 24 season ended on 21st March and we are now planning films to show for 2024 - 25, which will start showing this Autumn

Look out for us at the Rusland Show (third weekend in August usually) where we will have a stand and be distributing leaflets describing our exciting new programme

Members do get discounted seats so do enquire if you wish to join. Existing members, do not worry we will remind you and thank you for your loyalty and support.

The cinema will be available for private showings during the summer. We are still looking for one or two new Trustees to support our small charity, so if you enjoy films and can give a couple of hours a month, do enquire.

Also, if you have seen a great film that you think we should show or there is a vintage film that you would love to see again on a big screen, do get in touch - we are always open to ideas!  
[www.oxenparkcinemaclub.org.uk](http://www.oxenparkcinemaclub.org.uk)

## RUSLAND AND DISTRICT WI

At the April meeting, a most interesting talk was given by two ladies from St. Mary's Hospice, Ulverston, which has been in existence for 35 years, telling us of all the services the Hospice offers. They only receive 22% of their funding from the Government, so must raise the remaining 78% themselves. An outing to Hawkshead Relish was much enjoyed by 17 members. The next Walking Group outing is from Far Sawrey to Moss Eccles Tarn and the Craft Group meets weekly at Finsthwaite. Several members greatly enjoyed the Group Meeting hosted by Hawkshead and learning about needle felting. The next meeting will be held on Tuesday, 21st May at 7.30 p.m. at Satterthwaite Parish Room when the talk is entitled "Guard Against Fraud" All Welcome.

## CHURCH NEWS

Dear Friends,

*During the Easter period I was struck by emotion. St Ignatius of Loyola encouraged Christians to appreciate the significance of emotion. He believed that through our emotions, God was trying to communicate with us. As spiritual companions would declare in these moments "pay attention!"*

*The first of my emotional moments was during the week before Easter when several of us got together in Bowness to watch accounts of the passion. Half of us watched Mel Gibson's "The Passion of the Christ." At the end of the film, which seemed to race by, we were left in stunned silence. The brutality depicted in the film is shocking. The one line in the bible accounts of the passion e.g. John 19:1, detailing that Jesus was flogged, takes on a whole new meaning. No longer is it a quick line to be rushed over after watching what this would have looked like in the film. I think we were all staggered at how Jesus, Our Saviour, was violently assaulted by the people he came to save. It gave us more of an appreciation of the suffering Jesus endured for us.*

*The second occasion when I sensed emotion was during the passion play production on Good Friday. At Hawkshead, our final performance, acting out Jesus, I was beaten up by a couple of soldiers, who went all out in using the remainder of our fake blood! Thankfully the level of violence was nowhere near the brutality of Mel Gibson's film. But hunched on my knees, with everyone else watching, I did get a sense of the humiliation that Jesus must have felt. Everyone was against him and not even his disciples had at this moment remained faithful.*

*The emotions of shock and humiliation that I experienced have allowed me to gain more of a profound appreciation at what Jesus endured for me. I encourage you all to take note of what God may be trying to tell you through your emotions. "Pay attention!"*

Chris

Sunday	Colton	Rusland	Satterthwaite
May 5 <sup>th</sup>		6pm Celtic Evening Prayer	
12 <sup>th</sup>			11.15 Holy Communion
19 <sup>th</sup>		6pm Evensong	
26 <sup>th</sup>		11.15 Holy Communion	
Sunday	Hawkshead Church	Hawkshead Hill Baptists	Sawrey
May 5 <sup>th</sup>	9.30 Morning Worship	10.30 Morning Service	11.15 Holy Communion CW
12 <sup>th</sup>	9.30 Holy Communion	10.30 Morning Service	11.15 Matins
19 <sup>th</sup>	9.30 Holy Communion		11.15 Holy Communion
26 <sup>th</sup>	9.30 Holy Communion	10.30 Morning Service	11.15 Songs of Praise
Thursdays at 10am Hawkshead Methodist Church 'Time at 10'			

## RUSLAND READING ROOMS AGM –

13TH JUNE AT 7PM IN THE ROOMS

## ROOKHOW NEWS

JOURNEY OF HOPE Sue Nicholls, the Rookhow Development Manager is taking part in a year long peace and reconciliation course called Journey of Hope. As one of 20 participants from across the UK, Sue is visiting peace centres including Corrymeela in Northern Ireland, Rose Castle in North Cumbria, Coventry Cathedral and St Ethelburga's in London.

As part of this, Rookhow is exploring some of the learning by looking at the power dynamics of hospitality and giving with some of the Retreat Away groups. A pilot, 'Together to Gather', has been tried out with 3 groups with Rookhow volunteers co-hosting an activity with them. This started with cooking around the campfire with a women's group, then a performance in the yurt by a creative youth group from Morecambe and a walk to High Dam with a group of refugees from the Midlands. The events have been hugely enriching. One participant wrote: "We were made to feel welcome and involved. I felt that my heart had been expanded by this warm-hearted group who were fun, funny and unselfconsciously committed to one another - and I felt privileged to be a part of that for a brief time."

To find out more, email Sue: [contactrookhow@gmail.com](mailto:contactrookhow@gmail.com)

THE BUNKBARN -This is looking fantastic with a new kitchen, toilets and showers and underfloor heating powered by the air source heat pump. Volunteers come to Rookhow every Friday to help in the woods and grounds. Increasingly local people are hiring Rookhow for gatherings such as weddings, big birthday celebrations and family reunions.

Get in touch if you are interested in helping out or if you would like to come to look around.

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)