

**CITIZENS ADVICE**

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems.

How to access:

- Call 015394 46464 (9.30am – 2pm, Monday – Friday)
- Drop-in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am – 2pm, Tuesday & Thursday)
- Adviceline: 0808 2787 984 (9am - 5pm, Monday – Friday) · email advice via the submission page on our website [www.southlakescab.org.uk](http://www.southlakescab.org.uk)

**PERSONAL**

Farewell to Colin Lewis, who is leaving the Valley after 29 years at Low Dale Park Farm, to live near his daughter in St Austell, Cornwall. We wish him happiness as he embarks on the next phase of his life.

**NOVEMBER DATE FOR YOUR DIARY**

Mid-Life Crisis are playing at the Eagle's Head on Saturday 23<sup>rd</sup> November, which is later than their normal weekend. Do make a note to come along and support, from 9.00pm; dinners will be available in the pub as normal beforehand

Copy date for November edition: 26<sup>th</sup> October 2024. Please send to: - Liz Cringle - 01229 860274 [liggerc@hotmail.com](mailto:liggerc@hotmail.com); Frances Townsend - Pepper House, Satterthwaite Tel: 01229 860206, [pandftownsend@gmail.com](mailto:pandftownsend@gmail.com); Carol McNeill – [clmceill@gmail.com](mailto:clmceill@gmail.com)

**OCTOBER 2024**

**315<sup>th</sup> EDITION**

*This issue is sponsored by Oxen Park Cinema Club*

# CHANGING LEAVES

**A COMMENT**

I was delighted when Liz, our esteemed Editor invited me to 'guest' edit this issue. I think it was the best part of 20 years ago that I handed on the baton and, if my maths are correct, Liz has edited getting on for 200 issues since – that's a huge commitment and she certainly deserves a holiday! In fact, on behalf of us all, I'd like to take this opportunity to thank her, and all the contributors and distributors for their voluntary efforts without which our lives would be just that little bit poorer and, certainly, we would be considerably less well-informed. Thanks, Liz! (Colin Barr).

**PIE AND PEAS AND QUIZ**

Come along to Oxen Park Reading Room for a sociable Pie & Peas and Quiz evening on Friday 18<sup>th</sup> October, 6 pm. Raffle (cash only). BYO drinks.

Tickets (in advance please) £12.50 (includes cake and tea/coffee) from Mandy Lane ([mandybarrlane@gmail.com](mailto:mandybarrlane@gmail.com) or 07789 224151). Funds in support of the OP Reading Room.

**RUSLAND SPRING SHOW**

Now is the time to be planting pots of bulbs for the Rusland Spring Show which will be held on Saturday/Sunday 15/16 March next year. Help bring colour and gorgeous scents to Rusland Reading Room. There are 5 classes open to everyone of any age:

Pot/bowl of daffodils or narcissi, any colour or height.

Pot/bowl of hyacinths

Pot/bowl of tulips

Pot/bowl of mixed spring bulbs

Pot/bowl of miniature bulbs

There will be new classes, entertainment and delicious homemade bakes and refreshments.

**CLOCKS CHANGE**

Don't forget that Daylight Saving Time ends on Sunday, 27 October 2024 at 02:00:00 when your clocks should be turned back 1 hour

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

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**Janet Smedley**  
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**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

**TO ADVERTISE IN THIS SPACE**  
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[clare.farnworth@gmail.com](mailto:clare.farnworth@gmail.com)

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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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### THURSDAY MORNING PILATES

Our triathlete star Renell Brennan is running a Pilates class in Satterthwaite Parish Rooms, Thursday mornings at 9.30. All abilities catered for. Equipment provided but BYO mat if you prefer. Preferably book in advance, to help Renell gauge numbers. A pre-booked block of six sessions is £48 or you can drop in @ £9 a time. For bookings and further information, please contact Renell on 07886 261344 or ren@southlakesfitness.co.uk

### CINEMA CLUB NEWS

#### Back to the Land

Oxen Park Cinema Club and Reading Rooms invite you to a fundraiser on Friday November 8<sup>th</sup> at 7:30 pm in the Carhouse cinema (opposite Manor pub). Tickets are £5 - pay on the door. A raffle will also help with raising funds for the Reading Rooms. This is a Q&A session with four local farmers about the future of farming, the use of our land and the impact of changing government policies and funding streams. It should be a lively debate and if you would like to ask a question, please submit it when you book with Carol on 01229 861507 or crlmcneill@gmail.com

This presentation takes place the night before a weekend of two related films - *Wilding* on 16<sup>th</sup> Nov and *Six Inches of Soil* on 17<sup>th</sup>. See the Cinema Club website for details

The October films are *OPPENHEIMER* (1<sup>st</sup> Oct) and *IO CAPITANO* (19<sup>th</sup> Oct). Book through the website [www.oxenparkcinemaclub.org.uk](http://www.oxenparkcinemaclub.org.uk)

### RUSLAND WITH BOUTH WI

Rusland with Bouth WI met in September at Satterthwaite when our President, Sally Lister showed us many examples of beautiful cards she had made. We were given the materials to make a much simpler Christmas card and, for those wanting to be more ambitious, there is the weekly craft-making afternoon at Finsthwaite. Outings are being planned to Pure Lakes and the Barrow Food Bank. The walking group's September walk was to High Cross, followed by tea and scones at one of our member's houses. We next meet at Finsthwaite on Tuesday, 15<sup>th</sup> October at 7.30 pm when Joan Bentley will be demonstrating wreath-making. All welcome.

### RUSLAND HORIZONS TRUST

#### EGM and AGM - Monday 14th October.

The Extraordinary General Meeting is to seek approval from Members for a way forward for the Trust; it will be followed by the AGM. The meeting is at 7.00 pm (doors open from 6.30) at Outback Hall, Backbarrow.

A pie & pea supper and refreshments will be available. If you would like to join us, please confirm by email, latest Friday 4th October, to secretary@ruslandhorizonstrust.org and advise if you'd prefer the vegetarian option.

### PARISH COUNCILS

We have received no information from the parish councils this month but it seems changes might be afoot.

Colton PC is in the process of recruiting a new clerk following Julie Hendry's recent departure.

Satterthwaite PC has no recent information on their website so we'll have to wait til next month for an update.

### SATTERTHWAITE PLAYGROUND BBQ

Organised by the Parish Council, Parish Room committee and friends, this was a very successful event in the late afternoon of 21<sup>st</sup> September, helped by the gorgeous late summer weather, with over 55 attending. The barbecue-istas did an amazing job producing delicious venison burgers, sausages, ribs, chili and wafer-thin smoked venison, with many sauces and salad accompaniments. Big thanks to everyone who helped at the event, and to all who came and supported it, making some generous donations. A profit of around £250 was generated towards the Parish Room regeneration project.

Next social events in Satterthwaite: the Social Supper on Saturday 12 October (see elsewhere in this newsletter) and MidLife Crisis at the Eagle's Head on Saturday 23 November.

### DALE PARK RAINFALL

August, at 11.69", was the wettest month with only 7 dry days. September to the 22<sup>nd</sup> is 3.44" and 11 dry days (so far the driest month of the year, but will it continue?). The yearly rainfall so far is 66.31", the same as last year though there were 14 more dry days than there have been this year.

## CHURCH NEWS

Dear Friends,

For my time away this year I went on a walking holiday in the Alps – the Tour du Mont Blanc. The majority of each day was spent walking, often in intense heat, and by and large involving steep inclines! Sometimes I found myself questioning whether I was actually on a holiday! Over time you adapted and the walking journey from day to day was what you focused on. It was all too easy in fact to forget God.

Towards the end of the trip, actually on the last day of the walk, God showed up in a more obvious way as I was contemplating the scenery. I was reflecting on the holiday as a whole and how I had really enjoyed myself on this new type of trip. Previously I had always been on a different type of holiday and so I had never had the opportunity to try something novel. If I hadn't seized the opportunity to try something different this year, I would never have known how much I would enjoy a walking holiday. Something old had to be put down in order to take something new up.

God seemed to say that this may be true for my life in general. Wouldn't it be a shame if I missed out on opportunities to follow his calling in life because I didn't have the courage to step out and try something new – a new way of life, a new hobby, a new venture to get involved with. Sometimes putting something down to follow God can seem like a loss before you've realised that taking something new up is in many ways an overall gain. Trust in God is needed for this (Proverbs 3:5-6) as well as a faith which believes that God will honour all the things which we put down and provide new things for us as we serve him (Mark 10:28-30). So as life gets back to full swing, what might God be calling you to consider letting go of so that you may take something up?

All best wishes,  
Chris

### CHURCH SERVICES FOR OCTOBER

Sunday	Colton	Rusland	Satterthwaite
Oct 6 <sup>th</sup>		6pm Celtic Evening Prayer	
13 <sup>th</sup>			11.15 Holy Communion
20 <sup>th</sup>		6pm Evensong	
27 <sup>th</sup>			11.15 Holy Communion
Sunday	Hawkshead Church	Hawkshead Hill Baptists	Sawrey
Oct 6 <sup>th</sup>	9.30 Morning Worship	10.30 Morning Service	11.15 Harvest Festival Holy Communion
13 <sup>th</sup>	9.30 Holy Communion	10.30 Morning Service	11.15 Matins
	4 pm Lego Church		
20 <sup>th</sup>	9.30 Holy Communion	10.30 Morning Service	11.15 Holy Communion BCP
27 <sup>th</sup>	9.30 Holy Communion	10.30 Morning Service	11.15 Morning Worship
Thursdays at 10am Hawkshead Methodist Church 'Time at 10'			

### ROOKHOW NEWS

Rookhow has had lots of interesting groups staying over the Summer including Sanctuary Cookalongs, a worldwide group who cook together and exchange stories. They were supported by the Rookhow Retreat Away Fund which also subsidises stays for youth groups, drug and alcohol recovery groups, groups who help people to deal with trauma and support for refugees. Rookhow puts 5% of its bookings income into this fund and local Quaker Meetings and others support it too.

Rookhow has just become an Associate member of THE QUIET GARDEN MOVEMENT. This means that on Open Days on the 1st and 3rd Friday of every month, 10am-4pm, anyone is welcome to spend time in Quakers' Wood for silent reflection or use the space to wander and reconnect with nature. We'll make sure the yurt is open and the wood burner is lit too. Just turn up and say to the guides that you're here as a Quiet Garden visitor. Free admission.

Our volunteers give a huge amount of time and energy every Friday to maintain Rookhow's buildings and grounds for the benefit of so many people. If you could spare an hour or two, please get in touch. Tasks include wood processing, taking invasive species out of the woodland, dry stone walling, DIY and general gardening. Travelling expenses will be paid and homemade cake and good conversation are included.

Rookhow is open on the 1st and 3rd Friday of every month 10am-4pm. Enjoy homemade cake, be shown round by our friendly guides, hear about Rookhow's history and wander in the woods. Quaker Meeting at 12.30-1pm on these days and also on the 1st Wednesday of every month 7.30-8pm. For more info contact: Sue Nicholls, Rookhow Development Manager Email-contactrookhow@gmail.com Tel 07377 971783