

PRIMROSE PLANTING ON BETHECAR COMMON
Saturday 19th September- 10am – High Ickenthwaite

In order to support the rare Duke of Burgundy butterfly, a group of volunteers started to plant out primroses on Bethacar last year, with a focus on the area along Caws Beck near Nibthwaite. These plants seem to have established themselves well and should expand over time. This year we have arranged a planting session to focus on the area of the Common near Ickenthwaite (known as the Yew Beck compartment). This, combined with planting in Spring and Autumn next year, should really benefit the Duke of Burgundy butterfly, connecting up known populations in the area and, with any luck, establishing a colony on site.

If you are interested in coming along and helping out, please let Ryan Clark know (EuceraEcology@outlook.com) and he will keep you in the loop. Please bring along a packed lunch and suitable clothing for whatever the weather throws at us. A trowel would also be very handy, although we do have some spares.

PERSONAL

- Welcome to Adam, Sam and their children, Zach, Amalie and Liam, the new owners of Low Dale Park Farm. We hope you will be very happy living in this lovely place.
- **EMERGENCY LIFTING CUSHION FOR LOAN** Contact Fran Townsend (01229 860206/pandftownsend@gmail.com) if you would like to borrow it. You can look up "Mangar Elk Lifting Cushion" online to get an idea of how it works.

DEADLINE FOR OCTOBER EDITION – 23RD SEPTEMBER. Please note the earlier date than



RUSLAND
READING ROOM

ROOM FOR HIRE

CONTACT: KIRSTY
07766090106

bookings.ruslandreadingroom@gmail.com



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

[Facebook/southlakesfitness.co.uk](https://www.facebook.com/southlakesfitness.co.uk)

www.southlakesfitness.co.uk



Get the Care You Need

www.jesphysio.co.uk

Phone: 07831 219849

janet@jesphysio.co.uk

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

SATTERTHWAITE PARISH ROOM



Book this welcoming space for gatherings, parties, meetings, activities, work-outs, table tennis, children's play days, or as a work space (wi-fi provided)
www.satterthwaiteparishroom.org.uk

To advertise in this space

Please contact Clare Farnworth

clare.farnworth@gmail.com

RIDE
BIKES

Your local independent bike shop.
 Bikes, parts and accessories.
 Professionally trained Mechanics.
 Fully Equipped Workshop.
 Bosch Electric Bike specialists.
 5 Star Customer Service rating.



www.ridebikes.co.uk - 01229 493946

customerservices@ridebikes.co.uk - 5 Union Place, Ulverston

Yoga for All Beings

Monday Satterthwaite Parish
Evenings: Room 5:30 pm - 6:45 pm
Thursday Rusland Reading Room
Evenings: 6:00pm - 7:15pm
Individual Request more info
Yoga:

oneexhale.co.uk
 07766090106

OneExhale

f **FORRESTERS**
SOLICITORS

Trusted Legal Advice, Tailored to You

Unit 2, The Old Fire Station
 Abbey Road
 Barrow-in-Furness LA14 1XH

Tel: 01229 820297
mail@forresterssolicitors.co.uk



SEPTEMBER 2026

335TH EDITION

This issue is sponsored by the Rusland Valley Horticultural Society

SPECIAL SHOW REPORT SUPPLEMENT ENCLOSED

THE JAR FEST – OCTOBER 18th

With this edition of your favourite newsletter, you will find a schedule for our second running of Jar Fest. This year, we are going to have much better weather and a slightly different list of categories – take a look and see what you would like to enter!

You will see that there are several classes for youngsters, fun things to do with jam jars involving different levels of ability and interest - please encourage the junior members of your family to give it a go.

As well as the various jar-related classes to enter, there will be other exciting things to do, suitable for all ages, including a Treasure Hunt (featuring a special Jar Fest map), a Table-quiz, 'Name the Honey Bear' and 'Guess the number of sweets in a jar'.

Admission includes tea and biscuits and there will be cake to buy.

Any profits will go towards running the Oxen Park (and Bandrake) Reading Room. Please give us your support!

THE MAD RUGGERS' PEG LOOM WORKSHOP
 1st October 10.00 am - 3.00pm
 in Rusland Reading Rooms

This course is kindly subsidised by R.V.C.T. With this support we can offer the special rate of £45pp (usual price £95pp)

For a place or further information, please ring Gill, 07970219464 or Anne, 07891899092

Refreshments are included but please bring a packed lunch

DALE PARK RAINFALL

The July total rainfall was 1.88" with 24 dry days (2025 6.37" and 14 dry days.) August to the 24th 2.88" rain and 14 dry days. (2025 to the 24th 1.75" and 17 dry days. It rained every day for the last week of August.)

OXEN PARK NEWS

Cinema Club - our season has started and we look forward to seeing you again at The Carthouse Community Cinema.

All the films are on the website (www.oxenparkcinemaclub.org.uk) where you can book a seat and become a member (only £10.00).

Programmes can be picked up from the programme box on the Cinema door or inside The Manor. Some films are full already so don't delay booking in. Members now get first choice of seats. **First Aid Course** - There will be an "Emergency First Aid at Work" course on Monday November 9th at the Oxen Park Reading Room. A one day course (9-5). It costs £55.00 and more information will be sent nearer the time to those who sign up for it.

Interested? - then send name and email details to Carol in Oxen Park - crimcneill@gmail.com
Autumn & Winter presentations: a bumper number of presentations are planned for the Autumn, Winter and Spring - these will be advertised in this newsletter as soon as dates and presenters are

CWT RUSLAND LOCAL SUPPORT GROUP- WINTER TALKS 2026/27

We are delighted to offer a program of winter talks from experts on a variety of topics of local interest from ancient routeways to curlew conservation. The first two talks are listed below. All talks will be at Oxen Park Reading Room, 6.30 pm for refreshment before 7pm start. Entry £5 (cash please) on the door but please book through our email address:

RuslandLSG@cumbriawildlifetrust.org.uk
 The entry fee includes tea/coffee/biscuit served at 6.30 before the talk at 7pm. Contributions will be made to the relevant charities. Please join us!

• **Thursday 1st October** "The High Road to Dalton: Tracing the ancient route across the Furness peninsula". Local historians Suzanne Tiplady & Kevin Baverstock

• **Tuesday 24th November** "Conserving Curlews – a tale of dedication and hope". Susannah Bleakley from Curlew Recovery in South Lakes

SAVE THE DATES
Saturday 21ST November - MidLife Crisis performing at the Eagle's Head, ca. 9pm
Saturday 28TH November - Satterthwaite Parish Room Autumn Social Supper ca. 6.30pm - further details in the October newsletter

COLTON PARISH COUNCIL NEWS
It was great to meet so many people at Rusland Show. We really appreciate all your comments and feedback.
A few common issues continue to come up; concerns about the state of local roads, potholes, verges, litter and inconsiderate parking in popular tourist places.
As always, Colton Parish Council is working with partners, including the Westmorland & Furness Council's Highways Department and our local community policy officer to ensure that local problems are brought to the attention of the appropriate authorities. We also work closely with Councillor Suzanne Pender to help her put our concerns on Westmorland & Furness Council's agenda.
Emergency Planning - Colton Parish Council is working across the patch to help build community resilience in case of emergency. Whether we're faced with weather events, power cuts, fire, health or environmental crises, the same principles apply:
When there is an immediate risk to life, or a crime is taking place, call the emergency services on 999 first.
For all other scenarios, do your best to be prepared in advance. Over the coming months we will be delivering an emergency planning leaflet to help you do this.
We'd also love to hear from anyone interested in being a Community Champion. Email us clerk@coltonparishcouncil.gov.uk
Next meetings
To find out more about the work we do or raise an issue in person come along to one of our meetings
· 7pm Monday 7th September at Finsthwaite & Lakeside Village Hall
· 7pm Monday 5th October at Rusland Reading Room For meeting papers see <https://www.coltonparishcouncil.gov.uk/the-council/minutes-agendas/> See <https://www.coltonparishcouncil.gov.uk/> for other information, including how to follow us on Facebook or Instagram

EVENTS IN THE FOREST
12th September - **Glorious Gravel** – Gravel bike event through Grizedale & surrounding area -gloriousgravel.com
13th September – **Lakes Gravel Gang**
Guided gravel bike ride for woman and non-binary cyclists -lakesgravelgang.co.uk
26th & 27th Sept - **Totally Wild Foraging**
totallywilduk.co.uk/event-organizer/forager-kristopher/

SATTERTHWAITE PARISH COUNCIL NEWS
We are delighted that the community governance review regarding parish boundaries has concluded and Westmorland and Furness Council have agreed with our recommendations and strong local opinion to keep Satterthwaite's parish boundaries as they are. We will continue to work with our neighbouring parish councils on important matters as we currently do.
The LDNPA are suggesting upgrading the route between Force Mills through Sawrey Stricely, High Crag Wood, Stricely Wood and Hazel Knott into a bridleway and are seeking opinion on this.
The ICB are asking for information regarding the public's use of Kendal Urgent Treatment centre to update the service to meet the needs of the local population. Please fill in the survey by going to the Lancashire and Cumbria Integrated Care Board website, and you will find the survey on their front page.
Date for your diary: 5th Sept 4pm for the village BBQ in the playground - please do RSVP so we know how many people to cater for, to the clerk's email address; clerk@satterthwaiteparishcouncil.gov.uk. Alcohol will be available to buy at the event but will be a *cash* bar. Thank you very much to the Parish Room Committee for providing this, and any profits will go towards the regeneration work. We look forward to seeing lots of you there.
The next Parish Council meetings are the 7th September and the 19th Oct at 7:30pm.

HERE'S ANOTHER RIDDLE!
Firstly, well done to Fran Townsend who was the first to solve the riddle from the last edition, the answer was *silence*. It was a close contest!
This month's riddle; What comes next in the following sequence; ii, iii, V, VII, Xi, Xiii, Xvii? Answers to clerk@satterthwaiteparishcouncil.gov.uk and the first to reply with the right answer will be announced in the next edition.
Good luck!

CHURCH NEWS

Dear Friends,
Like most people who try to live a life of faith, I find that that life goes hand in hand with a life of doubt. I find myself thinking about Christianity and asking myself, 'Is that it?' What does it all amount to? There was a mysterious man long ago, who did and said interesting things and got killed for it. Since then a lot of people have tried to follow him, or somehow use him as a route to immortality, and, rather too frequently, they have all fallen out with each other, or turned it all into a power grab or a form of imperialism or patriarchy or division. It is a story of aspiration, illusion, fragility and failure. Is that Christianity? Is that it? That's no big deal. Why do I spend so much time on that? But then I rediscover it again...the beauty and the joy. Jesus wasn't interested in an escapist, cotton-wool gospel. This sense of peace and beauty and joy isn't about material comfort or tangible success. It's about being in the groove of the Spirit. It's about being with the grain of the saints. It's about consistently finding yourself where Jesus shows up. It's about knowing that you don't have to be classy or prestigious. It doesn't matter if you aren't noticed by the great and the good. It doesn't matter if you don't have a fabulous sparkling career, and a Facebook profile to inspire worldwide envy. It's something much deeper, much more important, much more permanent. It is dancing in the rhythm of the kingdom, singing the song in God's heart, glimpsing the dawn of salvation, breathing in the glory of God's art. And then I can ask myself, 'Is that it?' And the answer is 'Yes, that's it'.
John

CHURCH SERVICES FOR SEPTEMBER							
Sunday		Colton		Rusland		Satterthwaite	
Sept	6 th	No Service		6pm	Celtic Evening Prayer		
	13 th	Green H.C. CW1				11.15	Holy Communion
	20 th	No Service		6pm	Evensong		
	27 th	Green H.C. CW1					
Sunday		Hawkshead Church		Hawkshead Hill Baptists		Sawrey	
Sept	6 th	9.30	Morning Worship	10.30	Morning Service	11.15	Holy Communion CW
	13 th	9.30	H.C. with Baptism	10.30	Morning Worship	11.15	Matins
	20 th	9.30	Holy Communion	10.30	Morning Service	11.15	Holy Communion (BCP)
	27 th	9.30	Harvest Festival	10.30	Morning Service	11.15	Morning Worship
Thursdays at 10am Hawkshead Methodist Church 'Time at 10'							

BIBLE IN ART, 14TH, 21ST AND 28TH SEPTEMBER AT 2PM IN HAWKSHEAD CHURCH
John Dixon will hosting 3 Bible and Art sessions on Mondays in September. These are chances to explore faith and life using some of the world's great art. No knowledge of art or the Bible is necessary.

ROOK HOW NEWS
HERITAGE OPEN DAY at Rookhow Quaker Meeting House, Rusland Valley, LA12 8LA on Friday 18th September 10am-4pm. Come and find out more about the history of early Quakers in the area, wander in the beautiful temperate forest of Quakers' Wood and find out about Rookhow's work today. There will be a Quaker Meeting 12.30-1pm. Please book so we know how many cakes to make! Email: Sue Nicholls, Rookhow Development Manager info@rookhow.org.uk Tel. 07377 971783
MEET A TREE DAY Thursday 24th September 10am-4pm - Booking is now open for an immersive day in Quakers' Wood in September with Gareth Thomas from Woodmatters. The day will leave you with a deepened understanding and sense of wonder at the trees we all pass every day and don't often acknowledge for how special they are. Please come dressed for the weather and bring a packed lunch. Suggested donation £40. Quakers and non Quakers welcome. Please book. <https://rookhow.org.uk/events>
VOLUNTEERING AT ROOKHOW - Every Friday we hold volunteer work parties at Rookhow 9.30am-3.30pm. Friday is turnaround day so it's a chance to maintain the buildings and site in between groups staying. Tasks include DIY, painting, mowing the lawns, taking our invasive species in the woodland, chopping kindling, looking after the yurt, keeping the garage in order and sorting books and games. Some people who come are Quakers but some people are not. Local people have joined to lend a hand and love the team spirit, purposefulness, interesting conversations and of course the homemade cakes! We can provide travel expenses and all material and tools. Please contact Sue Nicholls, Development Manager Email- info@rookhow.org.uk Tel 07377 971783.

RUSLAND CHURCH RESCUE COMMUNITY INTEREST COMPANY
Following the public meeting on 3rd June a small group of volunteers formed Rusland Church Rescue Community Interest Company. We had a presence at both the Rusland and Hawkshead shows, where we received incredibly positive support from people wishing to be involved in writing the next chapter of Rusland Church. If you missed us at the shows but would like to offer your support please email us at ruslandchurchrescue@gmail.com