RUSLAND WITH BOUTH WI

A fascinating trip, seeing the old workings and history of Farfield Mill and its many craft, art exhibitions and shops followed by a welcome lunch at Sedbergh golf club was enjoyed by WI members recently. Members were entertained by a fascinating account of how 800 works of art survived World War 2 by being transferred from The Tate Gallery to Muncaster Castle. Dr Rob David told how treasures including Van Gogh's Sunflowers, works by Turner, Constable, Manet, Millais and Whistler were secretly stored, hidden unframed at the castle. Masterpieces were guarded and restored by 10 Tate members of staff for 6 years. Meanwhile the Tate suffered severe bomb damage. Annie Shaw gave a book review recommending Head North by Andy Burnham and Steve Rotherham, two northern mayors discussing the challenges and lessons of their posts. It gives an insight into what Andy Burnham might have in mind for Britain's future.
Meg is hosting a Halloween Fundraiser (Baycliffe 31st October 10-1) in aid of Blood Bikes.
Glitter and Glue craft group continues on Tuesday afternoons at Finsthwaite. All welcome. They are holding a Christmas Fair in aid of Barrow Foodbank with craft, cards, Christmas stalls etc as well as delicious WI refreshments at Finsthwaite (11.30-3)
The walking/dining group are off to Walney Island Bird Reserve on November 11.
The next meeting is the AGM 17th November at Rusland.

DALE PARK RAINFALL

The September total was 7.42" and only 3 dry days (2025 11.48" and 8 dry days.)
October to the 22nd was 6" and 5 dry days (2025 5.5" and 4 dry days. The yearly total so far is 59.2" and 114 dry days (2025 52" and 136 dry days) so no drought records this year for us.

RUSLAND

READING ROOM

ROOM FOR HIRE

CONTACT: KIRSTY
07766090106

bookings.ruslandreadingroom@gmail.com

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
Facebook/southlakesfitness.co.uk
www.southlakesfitness.co.uk

Janet Smedley M.C.S.P, H.C.P.C. Registered Chartered Physiotherapist
Ambleside Physiotherapy Clinic
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



RUSLAND CHURCH RESCUE RCR
SUPPORT FORM
TO DONATE
THANK YOU YOUR SUPPORT WILL MAKE A DIFFERENCE

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

RIDE BIKES
54°11'45.4"N 3°05'34.7"W
Your local indpendent bike shop.
Bikes, parts and accessories.
Professionally trained Mechanics.
Fully Equipped Workshop.
Bosch Electric Bike specialists.
5 Star Customer Service rating.
SCOTT CUBE BERGAMONT
www.ridebikes.co.uk - 01229 493946
customerservices@ridebikes.co.uk - 5 Union Place, Ulverston

Yoga for All Beings

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

oneexhale.co.uk
07766090106
OneExhale

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

RUSLAND & SATTERTHWAITE NEWSLETTER

NOVEMBER 2026 **337TH EDITION**

This issue is sponsored by Tracy & Tony Brooks of Sawrey Dykes, Ickenthwaite

FALL INTO WINTER

JARS GALORE!

By way of a total contrast to the weather last time round, this year's Oxen Park and Bandrake Head 'Jar Fest' was held in glorious sunshine. More than 130 entries were submitted by 40 entrants and were displayed in the artistically decorated local Reading Room, resplendent in red and white gingham and suitable autumn decorations. There were jams, other things in jars, things to go with jams, and photos and limericks. We were particularly pleased to see a smattering of entries in the children's classes this time. Among the 'side-shows' were Guess the name of the Honey Bear; Guess the number of Skittles in the jar, a table quiz and a Treasure hunt for the youngsters brilliantly planned and laid out by Carol McNeill. The other essential ingredient was plenty of interested visitors but numbers were down this year as, unbelievably, people found better things to do on a sunny Sunday. Nevertheless, formal judging yielded over 25 prize-winners; Colin Barr scored the most points in the jar-based classes, but Christine Jackson, David Corp and Sophie Keen were close behind. Tea and cake (generously donated by local people and WI members) was available from the kitchen, efficiently run by Christine and her helpers. The raffle again saw a host of prizes donated by The Manor House, The Hawkshead Relish Company, the Lakeside & Haverthwaite Railway and many other generous contributors. The day had been organised as a fund-raiser for the Reading Room and, despite the modest turnout, about £400 was raised. Thanks are due to many people who made this event a success and it is difficult to single anyone out but, special thanks must go to our expert judges, without whom the show would not go on. As well as the money raised for the room, bringing people together in the community is always priceless.

Back by popular demand....
MID-LIFE CRISIS PERFORM LIVE ROCK MUSIC
Saturday 21st November 9.00pm until late.
THE EAGLE'S HEAD, SATTERTHWAITE
Admission Free.
This year we are supporting the NorthWest Air Ambulance - a charity that we hope we never need ourselves but we do need to keep the helicopter flying. So please bring plenty of cash for the bucket collection.

OXEN PARK CINEMA CLUB

We are becoming so popular even our second shows are filling up. Check out the whole programme up to April and book in early to be sure of a seat.
Our Christmas show on Saturday 2nd January - *The Magic Faraway Tree* should be a great Christmas holiday treat for the family and relaxing recovery from the New Year.
We are already earmarking films for next season so do put forward suggestions if you watch a good one.
Carol www.oxenparkcinemaclub.org.uk

RUSLAND COMMUNITY TRUST

We are the trustees of a small pot of money which is available to help the local Community.We have recently subsidised a Peg Loom course which was held in Rusland Reading Rooms and greatly enjoyed by 8 local ladies. We have helped towards Penny Bridge School playground and to buy some classroom equipment for them. Lowick Young Farmers Club, Hawkshead School and a soon to be run First Aid Course at Oxen Park, have also received funding.
If you need some financial help please write to either of the email addresses below and it will be given due consideration by the trustees.
anguslighthall@gmail.com
ruslandannie1@icloud.com

AUTUMN SUPPER with MUSIC - SATTERTHWAITE PARISH ROOMS SATURDAY 28th NOVEMBER
For full details see the October Newsletter or
contact Fran Townsend (860206 or pandftownsend@gmail.com).

CUMBRIA WILDLIFE TRUST –
RUSLAND LOCAL SUPPORT GROUP
NOVEMBER EVENTS

1. Winter Talks 2026/27: Our next talk in the series is on Tuesday 24th November. Susannah Bleakley from Curlew Recovery in South Lakes will talk about "Conserving Curlews – a tale of dedication and hope".
All talks this winter will be held at Oxen Park Reading Room, 6.30 pm for refreshment (tea/coffee/biscuit) before 7pm start. Entry £5 (cash please) on the door (contributions will be made to relevant charities). Please book through our email address:
RuslandLSG@cumbriawildlifetrust.org.uk
2. Black Beck Woods, Bouth. Rhody-bashing: Saturday 14th November. This is the last push to clear the invasive rhododendron from these lovely woods. 10am start. Please bring your own tools if you can, gloves and wellies (this is a wettish patch). There will be celebratory cake provided! Book at the usual email address.

SATTERTHWAITE PARISH COUNCIL NEWS

We have recently been informed by Westmorland and Furness Council of a change in policy regarding the recharging of parish election costs. Historically, the Parish Council has not been charged for elections, as our election cycle was not aligned with town councils. However, now that these election cycles have aligned, the charges will apply.
Although contested parish elections are uncommon, we must ensure that funds are available should an election be required. The Council did not provide estimated costs alongside the policy announcement. Following further enquiries, we have been advised that the cost could be in the region of £1,800.
We intend to factor potential election costs into our future precept calculations to help ensure that we are prepared for any unexpected election costs while spreading the financial impact over time.
On a much brighter note, the Tour de France is coming to our region on 3rd July 2027!
This presents a wonderful opportunity to bring our community together and celebrate a very memorable occasion.
We would love to hear ideas for a community event, whether it's a village gathering, a cycling-themed celebration, or something completely different, we really want to hear from you.
Please send your thoughts and suggestions to our usual email address:
clerk@satterthwaiteparishcouncil.gov.uk
Our next meetings are the 30th November and the 11th January at 7:30pm in the Satterthwaite parish room - all welcome.

AND ANOTHER ... Well done to Peter Brown for guessing last month's riddle - 'Ton'.
And this month's riddle: How can you get to 1000, using only the number 8 and addition? Good luck!

NEWS FROM THE FOREST

A huge thank you to our wonderful community who have shown such support in the start-up of our Grizedale parkrun event. You have been so generous with your time and help and I think the feedback from Saturday's launch really has shown what a super welcome you offered to everyone taking part. The work gone into getting it up and running has been full on and you delivered.
Thank you, Rachael.
November Events

- **parkrun each Saturday 9am start – volunteer or participate. All welcome.**
- **Marble Run – on the Millwood Trail (wooden marbles £8 from VC)**
- **Sunday Nov 1st – Lakeland Paws**
- **Saturday & Sunday 28th & 29th Nov – Winter Market**
- **Saturday Dec 5th – Grizedale Stages Rally**

COLTON PARISH COUNCIL NEWS

Public participation. Colton Parish Council has been delighted to see so many members of the public coming along to our meetings in recent months; community input isn't just helpful, it's essential to ensure we are working effectively. Every meeting we set aside time for you to come and raise issues that the Parish Council might be able to help with. Sometimes, it turns out that we can't help as there are limits on our powers and duties, but very often we can represent local views to bodies such as the Lake District National Park Authority or Westmorland & Furness Council.
All members of the public are welcome at our meetings. The next one is at 7pm on Monday 7th Dec at Oxen Park Reading Room.
Small grants. Calling all community groups! Colton Parish Council has small grants available to support local projects. We can support one-off activities, on-going projects, or the cost of repairing or replacing equipment. If you're not sure your project meets the criteria and/or for an application form, see https://www.coltonparishcouncil.gov.uk/the-council/grants/ email clerk@coltonparishcouncil.gov.uk or talk to a Councillor.
Grit bins. Help us get prepared. With winter fast approaching, we are working to make sure our communities are ready in case the weather turns icy. We know that many of the roads and lanes you need to access on not on the Westmorland & Furness gritting routes, so well stocked grit bins are essential,
You can help by checking grit bins and the sites of grit piles close to your home and reporting them if they need replenishing. To do this see the Westmorland & Furness Council website https://www.westmorlandandfurness.gov.uk/ and put 'grit bins' into the search. Alternatively you can contact the Parish Council.
Please note grit/salt provided in grit bins and roadside piles is intended for use on public roads and lanes only.

CHURCH NEWS

Dear Friends,
We live in an age when there is a lot of interest in something called spirituality. Many bookshops have quite large sections entitled spirituality, or something like that. People are searching for something, for some kind of meaning, and looking in all kinds of different places for something to make sense of life. Most of us suspect that there is more to life than the material world around us, but we struggle to describe it in words. There is something beyond the everyday, strange and beautiful, tantalizingly out of reach, that if we can bring ourselves to use a religious word, we might call holy.
As I write this the leaves on the trees are beginning to change colour. The world around us is preparing for its yearly transformation, and we will see the bone-structure of the landscape once again. Once again, the landscape becomes both familiar and strange. Perhaps we can find something holy in that.
Like the natural world, our church services have always been full of the familiar and the strange. The bread and wine of communion are ordinary things, and would have been particularly so in Jesus' day- just everyday food and drink, and yet something extraordinary happens with them in church- they become charged with meaning for us, as we share an extraordinary meal together. And when we talk about God, what we talk about is familiar and strange at the same time. He is familiar because he is close to us, he created us, without him we would not exist, and he loves us and invites us to have a personal relationship with him. But he is also is strange. That is partly because so much of ourselves and our world conspires to shut him out. But my hope and prayer is that in our lives and in our church we will find God waiting for us at the heart of what is familiar, in the strangeness of holiness. John

OUR LOVED AND TALENTED ORGANIST

Dear All,
It is with great sadness that I write with the news that our beloved Paul Gregson has died. In the end it was both sudden and peaceful. He will be missed hugely by literally hundreds of people, but perhaps our prayers can be particularly with his mother, Judith.
May Paul rest in peace and rise in glory. With love, John

CHURCH SERVICES FOR NOVEMBER

Sunday		Colton	Rusland	Satterthwaite
November	1st	No Service	6pm Celtic Evening Prayer	
	8th	10.30 Remembrance Service		6pm Remembrance Service
	15th	No Service	6pm Evensong	
	22nd	Green H.C. CW1	11.15 Holy Communion	
29th	29th	No Service		10.00 Benefice Service

Sunday		Hawkshead Church	Hawkshead Hill Baptists	Sawrey
November	1st	9.30 Morning Worship	10.30 Morning Service	11.15 All Souls Service
	8th	10.55 Remembrance Service	10.30 Morning Service	9.30 RemembranceService
		4pm Lego Church		
	15th	9.30 Holy Communion	10.30 Morning Service	11.15 Holy Communion (BCP)
	22nd	9.30 Holy Communion	10.30 Morning Service	11.15 Morning Worship
	29th		10.30 Morning Service	

Thursdays at 10am Hawkshead Methodist Church 'Time at 10'

SATTERTHWAITE CHURCH

The Church of England periodically requires each of its churches to be inspected by an architect. Satterthwaite Church was inspected earlier this year. The report states that though the church is well maintained and in good order various work needs to be done. Whist some of the work is routine (such as removing moss from the roof, cleaning and painting gutters etc.) it also recommends that work is undertaken to repair some of the stained glass windows (in particular the organ chamber window which needs to be removed and the existing glass put into new lead cames). The architect's estimate for the cost of work to be carried out is in excess of £23,000. Grants will be sought as the costs exceeds what money the church has, but if anyone would like to make a donation, the Parochial Church Council would be most grateful.Please email Caroline Peet (CPPEET@aol.com) for details of how to make a bank transfer.Thank you.
In addition to the above work, for insurance purposes the flagpole is required to have a lightning conductor. The estimated cost for this, including installation is £3,000-5,000. Therefore the PCC has sadly made the decision to have the flagpole moved to ground level.

ROOK HOW NEWS

'SINK DOWN TO THE SEED'- ROOKHOW SENSORY QUIET DAY- Monday 7th December 9.30-4.30pm with artist in residence Caroline Stow and aromatherapist Alison Smedley. Suggested donation £30. https://rookhow.org.uk/events
QUAKER MEETINGS IN THE RUSLAND VALLEY
Every 1st Wednesday 7.30-8pm and every 1st and 3rd Friday 12.30-1pm