

RUSLAND WITH BOUTH WI

There is plenty to look forward to this Autumn at the WI.

The Glitter and Glue craft group has restarted 1.30-3.30 on Tuesdays at Finsthwaite Village Hall - members and non-members welcome. There is a trip to Fairfield Mill and Sedbergh on October 8th and a Federation Quiz at Greenodd on November 2nd. Fundraising continues with a Halloween Coffee Morning at Meg Fletcher's in aid of blood bikes. Glitter and Glue are holding a craft fair with WI catering on November 28 at Finsthwaite in aid of the Foodbank.

During the Summer some members enjoyed a trip to the theatre at Keswick to see a "fantastic" Calendar Girls.

At Rusland Show Member Hilary Collins won four trophies including both spring and summer gardens. Meg Fletcher's Kinamba Stall raised over £1,000.

In the Book Review Judy Dent strongly recommended The Correspondent by Virginia Evans. winner of this year's Women's Prize for Fiction.

The Speaker: Maria Benjamin with her partner John Atkinson of Nibthwaite Grange Farm spoke entertainingly about how she came here as an artist, originally from Scotland, knowing nothing about farming and started diversifying to bring much needed money to the small hill farm. She began by making soap from the milk of one Jersey cow. Since then she is also making 'Lakeland Tweeds' into bags, fabric and throws etc. from local wool, bringing samples to pass round. They have a shop on site. She is keen to help raise the profile and pay of local farmers. The talk was much enjoyed and provoked many questions.

The next meeting is at Oxen Park on 20th October "War-time Secrets of Muncaster Castle"



OCTOBER 2026

336TH EDITION

This issue is sponsored by Rusland with Bouth WI

AUTUMN LEAVES

CWT RUSLAND LOCAL SUPPORT GROUP

SATURDAY OCTOBER 10th:

APPLE PRESSING DAY,

Overloaded with apples? We are holding an Apple Pressing Day at Oxen Park Reading Room on Saturday October 10th between 10.30 am - 3.30pm. Please bring your own apples and bottles to put the juice into. 1kg of apples yields about 2/3 litre of juice. Plastic milk bottles or screw top wine bottles are suitable - save them up ahead of time, wash and dry well. The juice can be frozen and we may be able to pasteurise some for longer life too.

Interested?

email ruslandlsg@cumbriawildlifetrust.org.uk

with your preferred time of arrival and best guess as to how many kilos of apples you'll bring!

Date for your diary: our next Winter Talk is 'Conserving Curlews' - 24th November.

JAR FEST – LAST CHANCE

A quick reminder that your entries for Jar Fest need to be sent to cjbarr50@gmail.com by noon on October 11th, just a few days away now. The schedule was included in last month's newsletter but can also be found at <https://oprr.org.uk> (see Events). In a change to last year, we can only accept one entry per person, per class.

Don't forget that young people are especially welcome to enter and, on the day (18th), there will be Treasure Hunts, a Table-quiz, 'Name the Honey Bear' and 'guess the number of sweets in a jar'. It all happens between 1 pm and 4.30 (but entries must be staged by 11 am).

Admission at £3 (free for u/16s) 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 support us!

LOOKING AHEAD!

Plans are already being made for the Rusland Spring Show on the 20th and 21st March 2027 - a welcome community event after the Winter and a chance to catch up with neighbours, friends and meet visitors from further afield.

This is the perfect month to start planting those bulbs for a spectacular display in March. There are so many interesting daffodils, narcissi and tulips and more to choose from in shops and catalogues just now. It's always a joy to see them appear after winter, filling the Reading Room with welcome colour and scent.

The Spring Plants (grown by the exhibitors)

Classes are as follows: -

- 1) Pot/bowl of Daffodils or Narcissi, any colour or height.
 - 2) Pot/bowl of Hyacinths
 - 3) Pot /bowl of Tulips
 - 4) Pot/bowl of mixed Spring Bulbs
 - 5) Pot/bowl of Miniature Bulbs
 - 6) Foliage Pot Plant
 - 7) Flowering Pot Plant
 - 8) Succulents display in a pot or bowl
- Get planting and do have a go if you have not entered before!

AUTUMN SUPPER with MUSIC

SATTERTHWAITE PARISH ROOMS

SATURDAY 28th NOVEMBER

Drinks from 6.00pm, Supper at 7.00pm

Two-course supper and the chance to catch up with friends and meet new ones.

Food by Simon of Rock Cottage Dining and Mohit of Katvandu. CASH bar serving alcoholic and non-alcoholic beverages. The evening will be accompanied by Peter Brown on the piano. Places must be booked in advance @£18.00 per head, and you can pre-order a bottle of wine @ £15.00. To book, contact Fran Townsend (860206 or pandftownsend@gmail.com). All profits will go towards the Parish Rooms' regeneration project.



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

www.southlakesfitness.co.uk

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

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



2x2
52 Market St
Ulverston
(01229) 480703
twobytwoonline.com



**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

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

NOVEMBER DEADLINE
26TH OCTOBER

HELP FROM CITIZENS ADVICE
Q. I've heard about plug-in solar panels that can sit on my balcony or in my garden – are they really worth it?
A. Plug-in solar panels can help lower your energy bills by generating your own electricity. While they produce less power than traditional panels, plug-in kits are a much cheaper upfront alternative. You can only have one per household but they can work well for renters and those living in flats with outdoor spaces. The government estimates you could save up to £110 a year on your energy bills. But your actual savings will depend on how you position your panel, any shading that might block the sun, and if you have the flexibility to use appliances during the day. And you have to use it or lose it. The current rules mean you can't store electricity in a battery and you can't get paid for power generated by your kit. Check with your landlord or local council to see if you need their permission (read the manufacturer guidance). Make sure you have an all-in-one kit with a 3-pin UK plug and a UKCA (UK Conformity Assessed) mark. Never plug into an extension lead. It's very important that you register your kit with your electricity network company. They provide the wires to your home and are different from the company you pay your bills to. Instructions on how to register are included in the Energy Saving Trust's guidance for essential safety and installation advice (available online). Free, confidential advice and help is available from South Lakes Citizens Advice. Tuesday - Drop in at Wainwright's Yard, Kendal 10am - 1pm, last client at 12.45

OXEN PARK CINEMA CLUB
Four of our next five films — *Hamnet*, *Radical*, *H is for Hawk* and *Lee* — have already sold out. We never like to see members missing out. When demand is high, and so we are very happy to put on a second screening, but we do need to be confident that we have enough people to cover the additional costs and enough volunteers available to run it. Any second screening will always take place on the Sunday immediately after the first screening. If there's a sold-out film you'd still love to see, please add your name to the wait list. Just visit the film's booking page and click the Join Wait List button. Once a wait list reaches 15 people, we will schedule a second screening provided we have the volunteers to staff it. And some good news for those hoping to see *H is for Hawk*: we've already added a second screening on Sunday 8th November, and tickets are now available on our website.

EVENTS IN THE FOREST.
3rd & 4th Oct – Just Gravel (based at the centre gravel bike ride)
17th October - parkrun launch. This is a soft launch so please do not advertise this yet on social media. You are all welcome to join (dogs must be on short leads, children under 11 accompanied by an adult) Non-runners welcome. Parkrun is not just for runners. it is a very inclusive event that welcomes ALL abilities. If anyone is interested in taking part please register at www.parkrun.org.uk/register/ where you will get your own barcode to gain credits at each event you participate or volunteer at. parkrun is free and you only register once. If you would like to get involved email rachael.morgan@forestryengland.uk A huge thank you to everyone who has been involved so far.

SATTERTHWAITE PARISH COUNCIL
Many thanks to the community for their support at the village BBQ and all the people that helped with the organisation to make it a success, in particular Fran Townsend from the Parish room committee for providing the bar, Steph, Gary and Graeme for cheffing for the night and Phil Southworth for the supply of the gazebos. A genuinely lovely community event and lovely to see our neighbours from further afield. We are pleased to announce that Simon Brock has now started grant funding for the new playground, pavilion and gym equipment and that the community resilience plan is being updated with inputs from the Parish Council and the Parish Room committee. If you have anything that you would like to raise regarding this or anything else please do contact clerk@satterthwaiteparishcouncil.gov.uk. The next Parish Council meetings are the 19th October and the 30th November at 7:30pm in the Parish Room.

AND ANOTHER
Congratulations to Robert Bernstein who was first to get the riddle correct, with the answer - XIX - well done. This month's riddle: forward I am heavy, backwards I am not; what am I? Good luck! Answers to : - clerk@satterthwaiteparishcouncil.gov.uk

DALE PARK RAINFALL
The August total rainfall was 3.55" and 18 dry days (2025 6.96", 17 dry.) September to the 22nd is 7.86" and only 1 day without measurable rain (2025 10.5" and 15 dry days.) The yearly total so far is 53.26", the same as last year at this point and we have had 108 dry days (2025 136 dry days.)

CHURCH NEWS

Dear Friends,

HARVEST
The word ‘harvest’ comes from the Old English word hærfeſt meaning ‘autumn’, which was the season for gathering the food of the land. This was a vital time of year, when success could be a matter of life or death. A good harvest ensured that a community would be fed throughout the potentially barren winter months. A harvest festival, which is an important time for thanksgiving, is usually celebrated towards the end of September, or early October. All this retains a special meaning for those of us who live in the country. You can see when the fields are ready and then the farmers are out working very long hours and hoping the weather behaves. There's much at stake. The word harvest can of course be used in a range of contexts, including reflecting the outcome or impact of a person's life. I think that many people, religious or otherwise, believe that we should all have a sense of responsibility for how we live, for how we look after the planet (that's a very topical concern) and for how we look after each other. As a church minister I seek to share these ideas with those to whom I preach at this time of year and also with the children I meet when I go into local schools for assemblies or when they come up to church for a special school harvest service. Some of the children will be from local farming families and so the topic has a special resonance for them. What, effectively, I'm trying to do in my ministry is to sow Christian seeds. There is, of course, a very well-known Biblical precedent for doing just that, thinking of Jesus' parable about a mustard seed which grew and grew. Such parables were designed to draw people in and encourage interest. May we all resolve to be sowing such seeds ourselves in our own particular situations. May God bless the harvest of your life as you seek to help others.
Nick

CHURCH SERVICES FOR OCTOBER							
Sunday		Colton		Rusland		Satterthwaite	
October	4 th	No Service		6pm	Celtic Evening Prayer		
	11 th	Green H.C. CW1			11.15	Holy Communion	
	18 th	No Service		6pm	Evensong		
	25 th	Green H.C. CW1					
Sunday		Hawkshead Church		Hawkshead Hill Baptists		Sawrey	
Oct	4 th	9.30	Morning Worship	10.30	Morning Service	11.15	Harvest Festival H.C.
	11 th	9.30	H.C.	10.30	Morning Service	11.15	Matins
	4pm	Lego Church					
	18 th	9.30	Holy Communion	10.30	Morning Service	11.15	Holy Communion (BCP)
	25 th	9.30	Harvest Festival	10.30	Morning Service	11.15	Morning Worship
Thursdays at 10am Hawkshead Methodist Church ‘Time at 10’							

ROOKHOW NEWS
ROOKHOW QUAKER MEETINGS - Quaker Meetings take place at Rookhow, in the Rusland Valley on the 1st and 3rd Friday of every month 12.30-1pm when the site is open to the public (Open Days 10am-4pm). There is also a Quaker Meeting for Worship on the 1st Wednesday of every month 7.30-8pm. Postcode: LA12 8LA. Any queries, please contact Sue Nicholls, Rookhow Development Manager. Email: info@rookhow.org.uk Tel 07377 971783
HEART OF THE QUAKER WAY - An online course in partnership with Woodbrooke Learning exploring Quaker belief and spirituality. Open to Quakers and people who would like to find out more about Quakerism. Thursdays 5th, 12th, 19th and 26th November 7-8.30pm on Zoom. Suggested donation £30 for the whole course. More details on the Rookhow website: <https://rookhow.org.uk/events>
'SINK DOWN TO THE SEED'- ROOKHOW SENSORY QUIET DAY Monday 7th December 9.30-4.30pm - Come for a day of deep disengagement from the rush of modern life to support finding some balance for our inner and outer lives; experience quiet in an embodied way and allow some breathing room. Using our sense of smell as a key to deepen our spiritual and cognitive connection to the natural world, discover how the scents of woodland, earth, trees, rain, woodsmoke and specific places can influence memory, mood and well-being, in the tranquil and restorative environment of the Meeting House and woodland. With artist in residence Caroline Stow and aromatherapist Alison Smedley. Suggested donation £30. <https://rookhow.org.uk/events>