BURTON NEWS

THE VILLAGE NEWSLETTER
June 2022 Issue 325



PLATINUM JUBILEE EDITION
Generously Sponsored by Gill and Akis
From Your Village Shop

THE BURTON SINGERS

PROUDLY PRESENT A

PERFECTLY PITCHED

PLATINUM

PERFORMANCE

A CONCERT IN HONOUR OF THE HISTORIC 70 YEAR REIGN OF HER MAJESTY

QUEEN ELIZABETH II

Burton-in-Kendal Memorial Hall

7:30pm Saturday 11 June 2022

Doors open 7pm

Tickets from Burton Village Store: Adults - £10 including a glass of wine or soft drink

Children under 12 - £5 including a soft drink

BURTON NEWS

Please send us your letters - articles - events news - stories - recipes etc for publication

Drop them into The Village Store,
Main Street, Burton
or send by e-mail to

burtonnewseditor@gmail.com

Next Editorial Committee Meeting 21st June 2022

LAST DATE FOR COPY 22nd June 2022 for the July issue

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EDITORIAL

The Jubilee weekend is upon us and we hope for wall to wall sunshine - unlike the coronation weekend - see Roger's Historical Notes for soggy details! All are invited to take part in the village trail with the post office having kindly donated 70 specially minted commemeration 50p pieces as prizes for the first 70 children to complete the challenge. Following the positive feedback from our colour Ukraine front page, Gill and Akis have also generously sponsored this month's celebration issue.

There will be a flower festival in the church which is also displaying some Artwork from the Primary School to which all age groups have contributed. Please feel free to visit and have a look - times on the poster on page 27

The Village Hall is inviting all to a Jubilee coffee morning on Saturday 4th June with prizes for art and costumes - see page 8.

Roger Bingham has sent us an annual summary of the parish council events. Readers will be aware that Roger is retiring as a councillor when South Lakeland District Council ceases to exist in 2023; having given many years of service to the community. We shall be sad to see him go and thank him for his regular and informative contributions to the Newsletter. Congratulations to Vicky Hughes for winning the local seat on the new Unitary Authority representing the LibDem party. We look forward to your contributions in due course, Vicky!

Please would readers note that letters & articles must include a valid name & address. This can be with-held from publication on request. We will not publish any anonymous letters, or material which, in the opinion of the Editorial Committee, is of an offensive or defamatory nature. BN reserves the right to edit letters & articles in the interests of magazine space.

EDITORIAL (Continued)

The editors have been looking back at previous reader surveys prior to sending out a paper survey in the next issue. As a trial run, we have included a lovely local walk in this month's BN. Please try it out and let us know what you think. If anyone takes some bonny photos on this walk, we would be happy to include them in a future edition.

Finally, we still hope to include a pullout listing in a future edition of BN giving details of all the societies, clubs, and other organisations (whether voluntary or commercial) that are active in Burton. Please do email the Editors with details of your organisation by the end of June so we can include it.

Annual Gift Subscriptions

If you know of anyone who may like to receive BN regularly each month, why not buy them an Annual Gift Subscription? For £12 within the UK they will receive a copy of BN each month (11 copies per year).

A great way for family, friends and former residents to keep in touch with what's happening here in Burton.

Anyone interested should contact BN at the address in the box on page 2.

BURTON VILLAGE STORE - NORMAL OPENING HOURS

Monday - Friday Shop: 6am - 5:30pm Post Office : 9am - 5.30pm

Saturday

Shop: 6am to 5:30pm Post Office: 9am to 12:30pm

Sunday Shop: 7am - 12 noon Post Office: Closed

Readers'

LETTERS

From the Art and Craft Society.

Many thanks to all the people who helped to make our 16th Exhibition such a success. This includes the hard working committee, who planned and organised it all, the friends who helped to set up all the screen, and take them down afterwards, and those who put up the boards, banners and bunting. Not forgetting all the people who exhibited Art or Crafts and displays, those who arranged the flowers, provided the delicious food, and helped in the kitchen; we couldn 't have done it without you. And, we had a great weekend!

[™]Kath Hayhurst. Chairwoman.



The Art & Craft Society Committee pictured at the Exhibition opening, with guest artist Jayne Lancaster

The views expressed within Burton News are not necessarily the views of the Editors or the Editorial Committee

BURTON FELL WALKERS Programme of Walks

Fell Walkers outings in May included walks at Hutton Roof, Arnside Knott, and Ravenstonedale. Why not join the group and get email notices of upcoming walks? Contact our Secretary Sarah Walker via the website http://fellwalkers.burtonweb.org.uk



JUNE

Sunday 12th - 1pm - Troutbeck/Sour Howes - 6 miles (Moderate) Wednesday 15th - 6.30pm - Levens/Hincaster - less than 5 miles (Easy) Saturday 18th - 8.30am - Great Rigg - 8 miles (Hard)

JULY

Sunday 3rd - 1pm - Barbon Low Fell - 7.5 miles (Moderate) Saturday 16th - 10am - Jeffrey's Mount - 7 miles (Moderate) Wednesday 20th - 6.30pm - Storth Trail - 2.5 miles (Easy) Saturday 23rd - 8.30am - Kentmere - Green Quarter Fell - 5.5 miles (Moderate)

Burton-in-Kendal Art and Craft SocietyFor Demonstrations, Exhibitions, Talks and Workshops

Upcoming Events BURTON MEMORIAL HALL

The Craft Group meets Monday 13th June - 1:30 to 4pm B.M.H. Visitors welcome £3



The Art Group meets most Fridays 9:30-12:00am BMH - Visitors welcome £3

To join the Society contact the Treasurer Paula Firth.
Tel 01524 571997, email p.c.firth@ hotmail.com or mobile:07488 328464 or Chairwoman and Programme Co-ordinator Kath Hayhurst .
Tel:01524 781613 or email kathhayhurst84@gmail.com

Subscriptions are £10 per year and include free programme events, free art and craft entries to the exhibition and use of the society library.



Burton, Holme, and District Local History Society

Saturday 11th June

Cumbria Family History Society Annual Conference and AGM

In Burton Memorial Hall 09:30 to 17:00

Programme including: "The Strange Case of John Satherthwaite's Will", "Life below Stairs" and "The Ladies of Holker Hall" £12 all day

£8 for pm programme only

Contact, Chairwoman and Programme Co-ordinator Kath Hayhurst.

Tel. 01524 781613 email kathhayhurst84@gmail.com

Monday 20th June - Outdoor Meeting 'Walkabout in Levens' with Gill Wood Meet near bus stop in village centre Visitors welcome £2.50

A full programme is available on the website www.localhistory.burtonweb.org.uk

New members welcome, Subscriptions are £12/year

Treasurer: Dorothy Spencer. Tel. 01524 781540 email dorothyspencer263@gmail.com



Programme 2022

Trip to Maryport 25th June 2022

Burton, Holme & District Local History Society are organising a coach trip to Maryport on the above date. On arrival there will be a brief tour pointing out the attractions, then participants are free to choose their own itinerary. Attractions include the Aquarium, Senhouse Roman Museum, Maritime Museum, and harbour with fabulous views.

We will be leaving Burton at 8.30am, and Holme at 8.45am. There will be a short stop en route at Rheged near Penrith. The cost will be £15 per person. If you would like to go please contact Pauline Ingham on **01524 781136**





BURTON W.I. - Meeting Report

BURTON WI MAY MEETING AND 90TH ANNIVERSARY

Andrea Bell, our Vice President, welcomed Members - Karen Hanks, our Federation Chairman - guests from Holme and Yealand WIs and Eileen Kirby to our 90th Anniversary Celebration.

Burton WI began in 1932 and Karen told us about some important events that took place in that year. She also presented us with a Certificate signed by the Trustees celebrating our 90 Years and a 'Happy Birthday' Card.

Our entertainer, Rachel Mercer, then gave a superb performance singing a variety of songs from 1932 to the present day. We had wine, nibbles and enjoyed a Birthday cake baked by Hazel. It was a very successful and enjoyable evening with Members taking to the dance floor.



The Competition for 'Fancy Dress from any year' was won by Molly Long as Abba's dancing queen with Fiona Halliwell dressed as a Landgirl second. The raffle was won by Liz Ray with Margaret Carr second.

Matthew Scott and his great-niece Jessica kindly took photographs to record our Celebration for us.



Our next meeting is on the 9th June – Our Speaker: John Parker 'Travels in our Camper Van'. The Competition: An Amusing holiday photo.

If you wish to join the WI, please contact our Honorary Secretary: Helena Nixon on 01524 781048



Platinum Jubilee Trail

All Burton Families are invited to take part in the Platinum Jubilee Trail that is running in the village between 29th May and the Jubilee Bank Holiday weekend. Properties will be decorated to celebrate the Queen's Platinum Jubilee and displaying a trail number. Check sheets are available from the shop and on Facebook.

Natalie Martin will be in the school playground on Saturday 4th June between 2pm and 4pm to give out token prizes. In addition, Gill and Akis at the village Post Office have kindly donated 70 of the special 50 pence piece coins minted to mark the Jubilee. These will be presented to the first 70 children to bring their results to Natalie on the 4th June. A very kind gesture from our wonderful village shop proprietors who have also sponsored this month's colour front page!



Burton Singers

Burton Singers will be staging a special summer concert to celebrate The Queen's Platinum Jubilee on **June 11th**. We'll be singing songs from every one of the seven decades, including a collection of favourites from the 70's and finishing off with a mini proms.

Come and join the celebrations at Burton Memorial Hall at 7.30pm.





The Word From

BURTON MEMORIAL HALL

May I welcome you to a Coffee Morning at the Hall on Saturday 4th June 10 am - 11.30 am as part of the celebrations of the Queen's Platinum Jubilee? We also invite all village children to enter our Jubilee Picture Competition: draw, paint, collage, or whatever, just create a picture about the Jubilee and enter it into the competition. Entries can be brought on the day and will be displayed in the hall afterwards, and there will be a small prize for the one the judges like best. Do come along and enjoy a cuppa and some cake: dress up as a character from the Queen's reign; wear red, white and blue, or jubilee purple if you prefer. If you would like to make and wear a crown of your own design that would be even better! There will also be a small prize for the best adult crown judged on the day. Let's have some fun on the Queen's Jubilee Bank Holiday Weekend!

The Hall is also taking part in the Jubilee Trail around the village - we are no.39 and our entry will be up for the 29th May and will remain up until after the Burton Singers concert on Saturday 11th June. As I write this column I am told that more than 80 properties are taking part in the trail, so the village should look very festive!

The last month has seen progress inside the hall, with the remedial work in the north end store room being completed, which means the Club Room is now available for bookings again. Thank you to all users for your patience. To allow for more essential remedial work in the south end locked store room we have had to empty it and put all the contents into the Meeting Room (former surgery) so that room will be out of action for a couple of weeks.

We have also made a start on the main hall floor which had become a bit too bouncy of late. The work will continue in mid-June and hopefully be completed by the time the next BN comes out. The main hall is still safe to use and will remain open, so that events planned such as the Concert will go ahead. Whilst working under the floor the team has been finding and removing a host of "things" stored under it, including the hall's original projection screens (should we start a film club?), some very old but damaged drama scenery flats, and four benches which appear to have come from the railways. If anyone has any idea what they were used for in the hall before being stored under the floor, please do let me know!



You may have spotted B4RN working through the hall car park, and I am delighted to say that the connection to the hall just needs the final techie bits, then we will be able to offer muchimproved broadband access in the hall. Whilst infilling their trench B4RN also kindly filled in the potholes in the car park and the hall committee would like to thank them for their kindness and generosity in doing this.

Finally, may I remind everyone that the Hall's AGM will take place on Tuesday 7th June at 7.30 pm in the hall, and all residents over the age of 18 are welcome to attend and volunteer for election to the management committee.

Anne Nichols, Chair of the Management Committee, BMH

BURTON MEMORIAL HALL 200 CLUB

DRAW FOR THE MONTH OF APRIL

First Prize £23 G. Pilling Second Prize £14 K. Hayhurst

Third Prize £ 9 Burton Art & Craft Society

Anyone wishing to join the 200 Club, please contact J Orr on bmh200club@outlook.com
Or call 01524 784 939

Cost £12 per number for a year (12 draws)
Why not buy a year's subscription to the 200 Club for £12 as a birthday gift for a family member or friend? If you already have a number, why not buy another and increase your chances of a win?



Roger Reports...

From the County & District Councils

COUNCIL REPORT FOR 2021-2022 FROM ROGER BINGHAM, Cumbria County Councillor for Lower Kentdale and South Lakeland District Councillor for Burton and Crooklands.

This last year has been dominated by two themes: -The covid pandemic and Local Government reform (LGR). In recent months the war in the Ukraine, although dominating the national news, has made little impact on day to day council work. Having said that, the Ukrainian yellow and blue national flag, hoisted on Kendal Town Hall as a gesture of support, was one of the first to be flown in the district. Sadly, unlike 20 years ago when Cumbria hosted several hundred refugees from Yugoslavia, only a few cases of Cumbrian people receiving refugees from this war zone have been reported.

Covid, which arrived in February 2020, has repeatedly waxed and waned. At first councils and volunteers concentrated on securing care for old and vulnerable people. As I was still having treatment for cancer I was presented with a box of groceries, that I had not requested, which I declined with thanks. Meanwhile out local volunteers behaved admirably in caring for those most in need at home and also ensured that, as far as I know, everybody was able to reach the vaccination centre at Carnforth.

The first lock down for three months eased the situation sufficiently to enable pubs and restaurants to reopen in the 'eat out to help out' campaign.

Even so we are situated on the edge of Lancashire which for a time was the most contaminated county. Just when matters were easing there came another peak with over 300 Cumbrian cases last August which despite warnings and restrictions, closed eating places and public toilets, did not seem to deter visitors reaching the Lake District.

Another frightening peak occurred for the older age groups in November and after schools reopened for younger pupils. Most council services continued on a lesser scale, including waste collection although it was restricted for a time to household refuse only. Green waste and re-cycling resumed in the autumn.

For over a year there were no open council meetings but SLDC and the County Council met on ZOOM. Some meetings with reduced attendance began last August; but only this April, after 26 months, we held a full meeting (for the AGM) at County Hall in Kendal. LGR occupied all agenda and may have contributed to reduced efficiency in some departments, with many officers leaving for other posts. These included two County CEOs (who resigned abruptly) and officials in leading departments like SLDC Planning; where the lack of informed staff may have impeded Tom Harvey in his trying to sort out the complex issues on Church Bank.

LGR negotiations were held up for many months by an attempt to organise a Morecambe Bay Authority. But this arrangement was rejected, partly for geographical reasons because such an arrangement would cross Lancashire and Cumbria County boundaries and would also involve there being two Police Authorities. A

later delay was caused by an attempt by the leader of the County Council to refute the Two Unitary Councils solution. This resulted in two judicial reviews which nearly prevented the elections for the two new Unitary authorities going ahead.

On the Police, I serve as the Vice-Chairman of the Crime and Police Panel and I am pleased to report that with over 100 extra police officers that our local establishment is the highest ever. The main crime problem remains drugs related. After a major campaign, drug crimes have reduced in Barrow but spread elsewhere, including in Kendal. No information has been reported about how the CCTV cameras installed on the County Boundaries (partly at my own instigation) have reduced county-lines drug peddling.

On immediate local matters the main concern during the elections was pot holes. Along with others, I believe Cumbria's allocation of £11m, from a government grant to Local Authorities for pot holes, was far too stingy in view of Cumbria having more road miles per head of population than other counties.

Finally, this will be my last annual report. Having served as your representative for nearly 40 years I believe I have contributed not just to local government here but also to community life generally: including taking part in 20 Burton Amateur Dramatic Society productions (help!).

But, I have to confess to ONE FAILURE. In my first address I stated that I would try and get plain English to be used in official communications but Local Government speak continues. Joining 'stake-holder', 'fiduciary', 'silo' and 'synergy' we now

have 'scaling'. The name to me used to mean 'muck-spreading'. Now the term applies to the scale of charges for meters for electric powered vehicles — one of many innovations — like personal computers - which were not even thought of way back in the early 1980's when you first took me on.

As always and forever ALL THE BEST- Roger.

The Editors would like to thank Roger for his final annual report. We understand from him that he will continue to provide us with some news about the remaining activities of the 'old' Cumbria County Council and South Lakeland District Council; between now and his well deserved retirement in 2023.

His articles may be shorter, as ongoing business of the 'old' councils will gradually be taken over by the new Westmorland & Furness Unitary Authority. We hope that Vicky Hughes will carry on Roger's fine reporting tradition for the new authority's activities - more on that in a future edition!

You can contact Roger as follows:
South Lakeland District & Cumbria County
Councillor R.K. Bingham
The Smithy, Ackenthwaite,
Milnthorpe, Cumbria, LA7 7DH
Tel: 015395 63694
e-mail: roger.bingham@cumbria.gov.uk

You can contact Vicky Hughes as follows, Shadow Authority for Westmorland & Furness Council:

Burtlands

Station Lane

Burton-in-Kendal, Cumbria, LA6 1HR

Tel: 07785 923940

e-mail

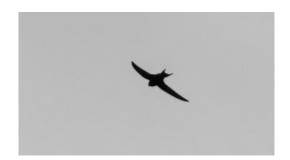
Vicky.Hughes@westmorlandand furness.gov.uk

NATURE NOTES by Bryan Yorke

Editors Note: We are sorry to say that Bryan Yorke is taking a break from writing his regular 'Nature Notes' articles for Burton News, due to ill health. We wish Bryan all the very best for a speedy recovery. We know how popular Bryan's writing is, so with his agreement, we plan to include extracts from his columns from previous editions of Burton News.

We hope the return of the swifts and the house martins to the skies above Burton will bring Bryan some cheer. Up to 12 swifts had been spotted by the 16th of May, and it is pleasing to report that some of the new nesting sites built into the recent housing development at Oak Court are currently occupied.





June 2021

"Just as you may expect, the lovely Early Purple Orchids have been outstanding, with several hundred on the top of Burton Fell and again a couple of hundred at the top of Holme Stinted Pastures. I managed to check most of the variables which are of particular interest to me, and did find a couple of nice mixed tone colours amongst the many magenta offerings."

"Four of our village Swifts arrived back by 7.30pm on the evening of May 3rd and by May 11th the numbers had swelled up to fifteen birds. We held our first Swift watch on 17th May, when members of the group met at the Memorial Hall at 8pm and did a count of all the regular nest sites. If you fancy reading about our Swifts then why not go online to our dedicated Swift site which can be reached at https://burtonswiftbirdstudygroup.blogspot.com/ *

June 2020

"The Cow Parsley flower and Sweet Cicely are looking lovely at the moment especially on Vicarage Lane and Slape Lane. To me they really make a country lane something special. Also, the Bush Vetch is out and doing well. Probably one of the very best sights at the moment is the carpeting of our Sweet Woodruff, just off Slape Lane and again in Pickles Wood, Lancelot (CWT)."

June 2017

"This last month (May) has seen arrivals by all the regular summer visitors which have travelled great distances (thousands of miles) to be with us at this

time of year for the purpose of their breeding. They include Chiffchaffs, Willow Warblers, Garden Warblers, Blackcaps, Redstarts and Spotted Flycatchers. Additionally, I have also had two separate sightings along the canal of the beautiful little Sedge Warblers, which have been a pleasure to watch and listen to"

"These sunny days have produced some nice butterflies over the past month, with record numbers of the lovely yellow Brimstones being seen in Dalton hamlet, Plain Quarry, and several places on Hutton Roof. We have also seen good numbers of Peacocks, Small Tortoiseshells, Orange Tips and more recently Speckled Woods."

"It's just the right time now to go out and look at the splendid Lily of the Valley flowers which we are so fortunate to have within our nearby limestone pavements and, for me, the best population has to be hidden way in Dalton Crags."

June 2015

"Swallows have been slow again with growing numbers throughout late APril and into early May. It is regular for them to have two broods as the norm, but I wonder if any of our local populations will have three broods this year! Occasionally it does happen, especially if the weather is kind and the feed is on tap! I like watching the first brood help to feed the second, and then the second helps the third......"

If you want to read more about local nature, and see all Bryan's colour photographs then do please check on his Nature Blogs: https://arnsidesilverdale.blogspot.com/

* Editors Note – The Swift Group met on 20th May 2022 and hope to continue observations each Friday evening at 8pm during the Summer. It may not be possible to fully update the website at the moment, but it is still a useful resource to find information about Burton's Swift visitors.

Burton Book Drop & Coffee Mornings

The Coffee Morning & Book Drop will be held on **Monday 6th June 2022**

The second Book Drop will be on Monday 20th June 2022





BURTON MOREWOOD SCHOOL NEWS

We've had such a busy couple of months here at Burton Morewood! In sporting news, Year 3 and Year 4 competed at Dallam High school in a rounders competition where they did brilliantly! We have also had success at Kendal Snow Sports Centre where two teams competed in the Kendal Primary Schools race evening, our Year 4 team winning the gold!

Our Fundraising Fridays in the run up to Easter were a huge success! Not only did we raise more than the target for Macedonia School in Uganda, our partner school, but we also contributed to the DEC Ukraine appeal and the PTA at our Bingo Night.

We were very pleased to receive fruit trees for the children to mark the Jubilee from the Parish Council. We hope that they make a lovely addition to outdoor spaces and thank the Parish Council for their thought, effort and funding to help mark this special occasion.

Within the school orchard we are busy developing an Outdoor Reflection Space that can be used by the school community as a place for peace and thought. Our thanks go to the Yeadon family for carrying out the groundworks and to the charity 'New Beginnings' for the financial donation for the build. We will be looking to complete the project and open the reflection space for use later this half term.

Reception

Reception's topic this half term is called 'Animal Safari'. Our role play area is set up as a vets and the children have loved dressing up and tending to the toy animals! The children have been inspired to write their own versions of the book 'Dear Zoo'. They have also been making detailed drawings of animals, a collage of which were displayed in the Art Show. In May, we had a wonderful school trip to South Lakes Safari Zoo where the children enjoyed a workshop based around different animal habitats and even fed the giraffes!!

Year 1

It is metamorphosis madness here in Year 1...we are awaiting the hatching of 10 Painted Lady butterflies from their chrysalises! The children have observed them daily, eagerly watching this amazing transformation. We also have a very busy tank of tadpoles, who are now growing their legs...it's all happening! Alongside this in geography/history we have been learning about our locality and our 'School Days' ready to make a comparison between now and Victorian school days.

Year 2

Year 2 have started their Magnificent Monarchs project; so, in History, we have been learning about the royal residences Buckingham Palace and Balmoral Castle and the different types of power held by British monarchs. We had a fun time dressing up for our 'King and Queen Day' and have created lots of Royal Portraits. We have also read 'Queen Victoria's Bathing Machine'. Our Science

focus is all about animal survival so we're enjoying learning about food chains and different microhabitats within our school grounds.

Year 3

This term, Year 3 have been working on their History project; Emperors and Empires. They have enjoyed learning what daily life was like for a Roman. They written a biography of a Roman Emperor. They have thoroughly enjoyed learning about plants and understanding the roles of each part. They had a great time at Dallam's rounders competition, winning lots of their matches.

Year 4

Year 4 are enjoying learning about the Ancient Sumer civilisation (Mesopotamia). We have written free verse poems and diary recounts based on the Sumer civilisation. We attended a rounders competition and loved it. In science we are learning about electricity and we have been making and learning about circuits.

Year 5

Year 5 have been studying the Greeks, analysing and writing Greek Myths - most recently they have been comparing the ancient civilisations of the Minoans and the Mycenaeans. In P.E they have enjoyed both tennis with Miss Penny and rounders with Mrs Hermida.

Year 6

During the last part of our project learning about Frozen Kingdoms, we were so excited to hear about the amazing find of Endurance, Shackleton's lost ship. We wrote to the team involved and are eagerly awaiting replies! We have had a very busy time revising and preparing for our SATs recently. All of the Year 6 children rose to the challenge absolutely brilliantly and were rewarded with a PJ and movie day! And, of course, we have been so so lucky this year that we have been able to return to Hawes End, the traditional Year 6 residential location...more on this to come in a future edition!





THINGS TO DO – a lovely local walk

Hutton Roof Crag circular via Slape Lane and Uberash Breast

This was one of my favourite lockdown walks. It takes about 2 hours; you can go clockwise or anticlockwise and start anywhere along the route. Height gained around 240m, distance 8.3km. The directions below start from the top of Morewood Drive. You can now find the route on the ap Outdoor Active. It is mostly on footpaths with two small road sections. Dogs would need to be lifted over several stiles. Route finding can be tricky going up onto the Breast, please take care if in bad weather and preferably take your phone or some other route assisting equiment!

From the top of Morewood Drive climb the stile into Humpty Dumpty field. Take the footpath to the left to cross Vicarage drive and enter Slape lane. Follow this (enjoying the wildflowers) for 1.5km before coming to a bench and the entry to the nature reserve on your right. Enter the reserve following a wall on your right at first until, at a Y junction, branch left up the hill. You can download an audio file from the Cumbria wildlife website to entertain you here. Follow the path uphill to a gate and another stile.

Go straight on up - ignoring some red markers which try to take you to the right – past a fallen tree, through some woodland and look for an open gateway in the wall to your left. Now follow a less well marked trail over the field (cattle grazing) and on up to a ladder stile over a wall. You will see a limestone outcrop ahead of you and need to follow the path going to its left-hand end ignoring a couple of tempting tracks to the right until you reach a more obvious crossroads where you can go right up a narrow gap in the cliff to gain the top of the breast – marked by two large cairns close together (lovely views over the Bay and the Lakeland fells). This is Uberash Breast.

From these cairns follow the limestone causeway going south coming onto another well marked but meandering track over open land, then through a small, wooded area eventually ending at the trigpoint on Hutton Roof Crags. From here, aim out to sea (SW) through a small gate down through Dalton Woods to the road – there are a few choices but if you keep going downhill it doesn't matter which.

On the road go right towards Dalton and, just before the village, take a footpath on your left marked Dalton Lane – follow this through a delightful, wooded area coming out on the driveway of Roses Cottage. Cross the track over another stile into a field (Sheep grazing) and cross this field to Dalton Lane.

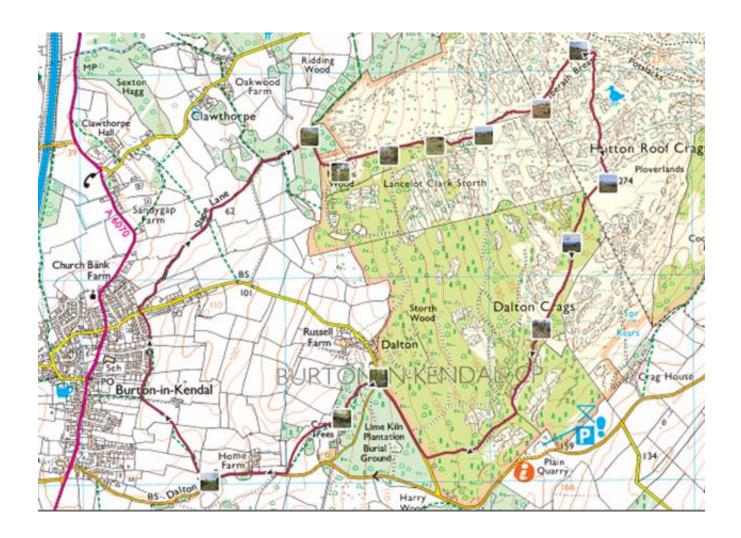
Again, on the road go right past the conference centre and the next field to another footpath on your right leading diagonally through three fields via a narrow gap in a wall and a kissing gate.

Another small gate at the top of the MUGA footpath takes you back onto the track behind Morewood Drive – or you can drop back into the village by the MUGA track.

Enjoy your walk!

Below is a picture of the OS map with route taken from the OutdoorActive app – if you download this app you will be able to see the pictures which illustrate parts of the route.

Fiona Thexton



Fitness Is Fun! Let's Talk Tabata

Tabata, a high intensity workout completed in 4 minutes, was developed by a Japanese scientist in the early 1990's to benefit the Japanese Olympic speed skating team. It's all about getting the heart rate up. *The major benefits are:*

- Helps burn fat
- Increases endurance
- Improves efficiency
- Takes little time

OK, so how does one do a Tabata workout? 8 rounds of high intensity exercises in timed intervals, 20 seconds of work, 10 seconds of rest....a total of 4 minutes!

Eg: 20 seconds of squat jumps, 10 second rest 20 seconds mountain climbers, 20 seconds high knees 10 second rest 20 seconds burpees, 10 second rest

Repeat

Google 'Tabata Songs.com' and you'll have a selection of songs and workouts, all timed exactly for you, to get you started. Initially, the programme was designed repeating just one exercise for all rounds, but by doing different exercises you get a good whole body workout.

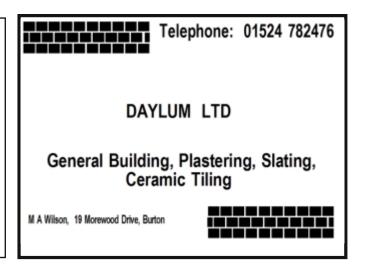
Don't be put off if these exercises are too hard; choose those that are appropriate for you. Marching on the spot with arm swings may be enough to get you started. As ever, you must keep within your own capabilities and do each exercise correctly. If in any doubt, consult a professional.

Done twice a week Tabata is perfect to fit into your fitness regime. Remember to warm up before launching into any exercise and cool down afterwards to get your heart rate back to normal. Add some stretches to complete your work out and you're done in 10 minutes! Have fun experimenting with exercise...you never know you might enjoy it!

Jan Abbott - It's never too late to be fit for life. It's your life----live it, love it.

MORECAMBE BAY FOODBANK

We are still collecting for the Morecambe Bay Foodbank, if you have anything you would like to donate please would you pop them into one of the collection boxes at 4 Drovers Way or 31 St James' Drive. Thank you on behalf of those who are in need of your help



HISTORICAL FOOTNOTE by Roger Bingham

CORONATION DAY 69 YEARS AGO.

Meteorologists deemed the week of 2nd June to be the time least likely to be wet; despite the fact the D-Day on the 6th of June nine years earlier had been delayed by stormy weather. But when Coronation Day dawned on 2nd June 1953 it was cold and raining.

Up in the Lakes, village sports were abandoned and there were floods at Sedbergh where the deluge never let up for a moment. Locally, by the time the public emerged from cramped viewing round flickering televisions it was only drizzling - so outdoor events went ahead except at Old Hutton where children's events were cancelled on account of measles. Holme's indoor programme included a pigeon, rabbit, and goat show.

Burton's celebrations were well supported and reported so that a snapshot is provided of village folk of two generations ago. "The bells of Burton Parish Church rang out on the morning of Coronation Day. In the afternoon there was a fancy-dress parade. After the singing of 'All People that on earth do dwell' and the National Anthem the procession proceeded to the field for judging of the costumes and the sports for children and adults. Tea was enjoyed by 400 people.

The sports were judged by Messrs Pemberton, Thompson, J Crayston and Seward and the fancy dress by Mrs M Ball, Mrs Caunt, Mrs Hargreaves, Mrs Winstanley, Mrs Hewitt, Mr and Mrs Coward, Mr and Mrs Walton and Mr and Mrs Robinson. Winners of the Fancy Dress were Mesdames Illingworth, ? Clarkson – original; Mesdames B Dobson

Casson and Willan (pretty) P. Wilding, Elizabeth Barber, P. Saul, Anne Hodkinson, A. Fawcett, Catherine Barber, T Wright, Bayfield, A. Park, Ann Abridge, Anthony Abridge, L. Conway, Judith Casson, Charles Wildman, J. Thompson, Dockwray, Newsham, Philipson, J Crayston and Wilton took part in the tableau 'Coronation Rag Time Band' and a Minstrels' Show with the wagon driven by Mr J Philipson.

The prize winners for the best decorated prams were Mrs P. Cummings, Mrs F. Casson and Mrs B Dobson. The prizes for the best decorated house went to Mrs Hayton, Mrs E Crayston and Mrs H Casson and for the best decorated business premises to The Mossdale Cafe and Mr P Cummings.

The judges were Messrs Robinson, Foster, and Harrison. In the evening, a dance was held in the National School with more than 200 people having supper. The Masters of Ceremonies were Messrs Tomlinson, Graves, and Wright with music by Mrs R.J. Walton.

The Coronation Committee were in charge of the day and the whole village was exceptionally well decorated despite the unsettled weather conditions".

N.B. Some names were indecipherable in the damaged Westmorland Gazette report so I would be grateful if spellings and omissions could be corrected.

Above all it would be nice to know how many of us - like me - are still around who helped celebrate Coronation Day sixty years ago this month.

GOD SAVE THE QUEEN. RKB.

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Anita's Recipes

With the Jubilee celebrations – and hopefully warmer weather – approaching, why not plan a 'posh' picnic? Forget sandwiches and crisps – instead, enjoy fresh fruit ... strawberries, blueberries, plums for example ... served alongside mini pork pies, crab sticks or smoked salmon, mini kebabs, chicken nuggets, cheese straws, and anything that would be a treat for you and your family. Recently we have enjoyed cheese straws made using the following recipe.

Cheese Straws

Ingredients:

100g Self Raising Flour, plus flour to dust the work surface

½ tsp Salt

1/4 tsp Cayenne Pepper

50g Butter

70g Mature Cheddar Cheese, grated

1 Large Egg, beaten

plus

1 tbsp Milk

15g Mature Cheddar Cheese, grated for the tops

Method:

- 1. Preheat the oven to 200C, 180C Fan, Gas Mark 6, and grease or line two baking trays.
- 2. In a large bowl, mix the flour salt and cayenne pepper then rub in the butter until the mixture resembles breadcrumbs.
- 3. Add the 70g of cheese and the egg, and mix until the dough has just started to form a ball.
- 4. Dust the work surface with flour, and roll out the dough until it is about 5mm thick.
- 5. Cut the dough into strips. These can be as narrow or wide and as short or long as you like you can even form some long narrow strips into rings to hold the cooked straws!
- 6. Brush with the milk, and sprinkle with the remaining cheese.
- 7. Bake in the pre-heated oven for 10-12 minutes, until golden.
- 8. Leave to cool on a wire rack before eating or storing.

Cheese straws should keep in an airtight container for 2 days, although I always find any I make have been eaten within hours! They can also be frozen, before or after baking. Unbaked straws can be cooked from frozen when required – just allow an additional 5 minutes baking time. If frozen after baking, they just need to be fully defrosted.

Up for a Challenge?

May Challenge - Answers

Congratulations to Tony Toubkin for the first correct answer - not only completing the maths but also pointing out to me that, destpite being the heir to the throne, William is NOT the Queen's eldest grandson!

$$\frac{[8848 - (13x144)]}{4x4x4} = 109$$

$$\frac{109 + 14 - 39}{6 \times 2} = 7$$

Well done, Tony! Your token is in the Post Office for collection.

June Challenge

This edition already contains two challenges: the village trail, see page 7 and the art competition run by the hall, page 8. The editors thought that might be sufficient for this month! Please enter and good luck to all.

BURTON AMATEUR DRAMATIC SOCIETY.

The next BADS production - scheduled to run in June 2022 has had to be postponed due to unforseen technical difficulties.

The BADS team now look forward to seeing you all in the Memorial Hall in October this year and for your continuing support for them.



Robert J. Parker (Bob) - Chair.



SOCIETY CONTACTS/ PROGRAMMES



If you would like further information about any of the services which Age UK South Lakeland can offer older people, or if you would like to volunteer for us, please contact us on 030 300 30003



Local History Society

Burton, Holme, Chair & Programme Secretary: kathhayhurst84 @gmail.com or 01524 781613

> Treasurer: dorothyspencer263@gmail.com or 0154 781540 http://localhistory.burtonweb.org.uk



Burton in Kendal Chair: kathhayhurst84@gmail.com or Tel 01524 781613 Treasurer: p.c.firth@hotmail.com or Tel 01524 571997 Art & Craft Society

www.burton-in-kendalartandcraft.weebly.com

Burton Singers



If you would like to join us then please contact Val Still on 07799 245415 or drop us a direct message on our Facebook Page.



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Secretary Sarah Walker 01524 923528 website: http://fellwalkers.burtonweb.org.uk



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Vicar's Letter...

Our Servant Queen

Dear Friends,
On 6th February this year Queen
Elizabeth II became the first-ever British
monarch to have reigned for 70 years.
The Jubilee weekend will be a focus of
our thanksgiving for her Majesty's long
reign marked by humble and dedicated
service.

At her coronation in Westminster Abbey in 1953 the Queen was presented with several items that are so valuable that they are normally kept behind two-inchthick bullet-proof glass in the Tower of London.

She received a beautiful gold six-inch sphere with a jewelled cross on the top. The Archbishop presented it with these words, "Receive this Orb set under the Cross, and remember that the whole world is subject to the Power and Empire of Christ our Redeemer."

She was handed a sceptre with a diamond-encrusted cross, as a symbol of the authority to rule that God was entrusting to her (Romans 13:1). She was given a sword, because rulers are charged by God with the punishment of wrong-doers (Romans 13:4).

And our Queen was given a crown topped by a cross because (as the Queen said herself in her 2011 Christmas Day broadcast), "Although we are capable of great acts of kindness, history teaches us that we sometimes need saving from ourselves – from our recklessness and greed. God sent into the world a unique person – neither a philosopher nor a general (important though they are) – but a Saviour, with the power to forgive."

Alongside these costly objects the Queen was also given a book with these words, "We present you with this Book, the most valuable thing that this world affords."

What book could be more valuable than the Crown Jewels? Only one. A Bible.

In a foreword to a book to mark her 90th birthday her Majesty wrote, "In 1952 I asked the people ... to pray for me as I prepared to dedicate myself to their service at my Coronation. I have been – and remain – very grateful to you for your prayers and to God for His steadfast love. I have indeed seen His faithfulness."

And here is the request that Princess Elizabeth made before her Coronation: "Pray that God may give me wisdom and strength to carry out the solemn promises I shall be making and that I may faithfully serve Him and you, all the days of my life."

Sincerely Graham Burrows 781210 vicarburtonholme@gmail.com

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Burton St James details

Wardens: Michael Carr

781503

Brian Whalley

782296

Administrator/Treasurer:

Pat Whalley

782296

St James Church Burton June 2022 Services

Sunday 5 June
11am - JUBILEE THANKSGIVING SERVICE

Sunday 12 June 11am - Morning Worship

Sunday 19 June 11am - Morning Worship with Communion

> Sunday 26 June 10am - Joint Morning Worship

You are very welcome to join us on Sunday mornings in St James Church. Our church website is www.burtonandholmechurches.org
Recent sermons can be watched or listened to on the 'Sundays' page.
Service times can be checked under 'Coming Up' on the 'Welcome' page.

Open Church: The church is open to visitors every Friday, 10am – 4pm. You are welcome to look around or to use the quiet to think or pray. Services at our sister church, Holy Trinity Holme, are usually at 9am each Sunday.



OTHER PLACES OF WORSHIP

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Burton in Kendal Parish Council

Meetings
3rd Thursday of every month at 7.30pm

Meetings:

Members of the public are always welcome to observe. Each meetings includes an OPEN FORUM where parishioners may raise matters of concern to them.[TBC]

Planning applications:

Parishioners are asked to ensure they notify the PC as well as the planning authority of any comments or objections they have about any planning application within the parish.

Website:

Documents relating to the PC may be downloaded or read online here: www.burton-in-kendal-pc.gov.uk

For further information, contact:

The Clerk - Christine Davidson on 01524 782694

Next Meeting:

The next Parish Council Meeting will be on June 16th, 7.30pm BMH

Burton-in-Kendal Voluntary Car Scheme

If you need transport to hospital, doctor, dentist, optician etc please contact Lynne Herd on 01524 781905. The scheme is still operating but has a reduced number of drivers so if you can spare some time as a driver you would be most welcome. Please contact Lynne for details.

Child Health Clinic

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england.shelter.org.uk/ (homelessness)

STONEWALL: 0800 050 2020 www.stonewall.org.uk (LGBT+)

BURTON CALENDAR

Every Monday: Boot Camp 6-7pm & 7-8pm with Georgia Wilson MUGA Every Thursday: - Fusion Fitness 9:30am to 10:30am BMH

JUNE

Every Friday - Art Group 9.30am to 12:00 Noon BMH (not 3rd June)

Friday 3rd to Sunday 5th - Flower Festival at St James Church

Monday 6th - Coffee Morning and Book Drop 10-11am BMH

Monday 13th - 1.30pm to 4pm - Craft Group BMH

Saturday 11th - 7.30pm - Burton Singers Summer Concert BMH

Monday 20th - Book Drop 11-11am BMH

 7pm - Local History Society Outdoor Meeting 'Walkabout in Levens' with Gill Wood

Saturday 25th - Local History Society Outing to Maryport (see page 6 for details)

JULY

Every Friday - Art Group 9.30am to 12:00 Noon BMH

Monday 4th - Coffee Morning and Book Drop 10-11am BMH

Monday 11th - 1.30pm to 4pm - Craft Group BMH

Monday 18th - Book Drop 11-11am BMH

- 6pm Local History Society Outdoor Meeting
 "Walk to Jenny Brown's Point"
 (NB - limit of 20 attendees, book via Kath Hayhurst)

Monday 25th - Art & Craft Society AGM & Talk 7.30pm to 9.30pm BMH "The Nation's Favourite Paintings" talk by Dr. Ron Ward

BMH = Burton Memorial Hall MUGA = Multi-use Games Area [Behind the Royal]