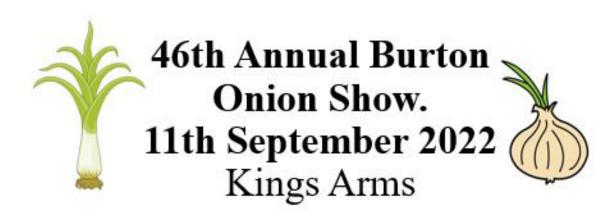
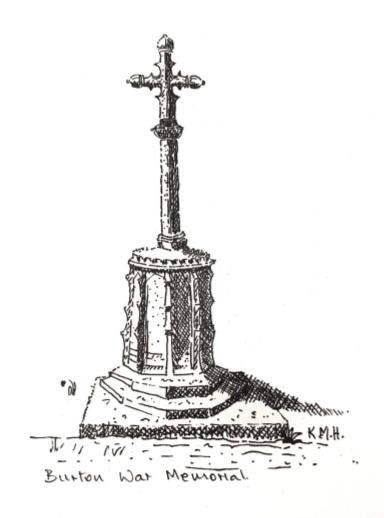
BURTON NEWS

THE VILLAGE NEWSLETTER
September 2022 Issue 328



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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 20 September 2022

LAST DATE FOR COPY

19 Sept 2022 for the October issue

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EDITORIAL

As we write this in the middle of a heatwave, it is hard to remember that Autumn is round the corner, the swallows will be on their way and the squirrels will soon be digging a multitude of holes in our gardens to hide their winter nutfeast! Thank you to Annabel for the first of her Seasonal NatureWatch articles, this one about hedgehogs on pages 10 and 11. We hope this is the start of a regular feature.

Last month's colour front cover honouring Bryan Yorke was kindly sponsored by Joan Barkley and we apologise for ommitting to specify this in the August editorial.

Apparently it has been a good year for courgettes (although not in my garden) and Mary Bullimore has sent us a very tasty looking recipe to help use these up (page 15).

If, like Mary, you are lucky enough to have a decent crop of vegetables, why not show them off, along with cakes, jams and tray bakes in the long anticipated return of the Burton Onion Show. Classes are listed on page 9 and all support will benefit village charities.

Apologies that the Newsletter is slightly out of the familiar order. We changed things around in the last two months to allow the central pages to be removed and have still not completely returned to normal. You may have to search a bit for your favourite pages.

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)

Talking of whichthank you again to those who have sent in their donation envelopes and/or completed the readers survey. A summary of the survey findings appears on page 19 and the main message appears to be that, although we will never please everyone, on the whole the newsletter appears to be read and enjoyed by the majority of respondents (we do realise that respondents are a self-selecting group!) and that the changes made by the new editors have been mostly positively viewed. We will try to continue to deliver interesting content but would love to hear from anyone who wishes to publish an article or to be the subject of one.

Another survey responder suggested a Births, Deaths and Marriages section. We would be very happy to include any of these. Please send them in.

Thank you to Stephen Thexton for another interesting Night Sky article - this one on what you can do with a "normal" camera (and a big lens).

With schools and colleges about to return can we draw the attention of prospective students to a message we've received about small grants from Burton Educational Foundation (see page 9)

Lastly, a reader's letter has made us realise that some of the information regarding local services could be out of date, for example a phone call to the child health clinic number showed it to be out of service. If anyone is aware of errors on these pages, or just updates, we would be very grateful if you could email them to us.

Fiona & Matthew

Readers'

LETTERS

Dear Editors,

I have had problems with obtaining replacement SLDC blue boxes. I remembered seeing an 'ad' with a contact name on it in Burton News. I rang the number to speak to the individual and was told he would ring me back...that was 2 weeks ago. So my gripe is with the 'ad' in Burton News, why is this individual's name on the SLDC recycling information? Yvonne Hall

Ed Reply: Sorry, Yvonne, we recieved an email asking us to omit the named individual from the recycle information just before your letter arrived. The information has been updated but there is only a generic service desk address now

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

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

Roger Reports...

From the County & District Councils

September Council News

August is traditionally the quietest time for council activities because of the summer holidays when there are fewer meetings, and most staff will have some holiday time. Hence communications between Councillors and council officers are always difficult at this time.

This year the situation is worse because of the effects of Local Government Reorganisation (LGR). Currently most attention is focused on the ways of amalgamating the District functions of South Lakeland, Barrow and Eden into the single Unitary Authority of Westmorland and Furness (W&F) while, at the same time, diverting into the unitaries the responsibilities of the County of Cumbria such as Social Services. Highways, Education, and Development control. Also, the Crime and Police Authority (of which I am vice chairman of the advisory panel) is making plans to amalgamate the 'Blue Light' services like Fire and Rescue and Ambulances with the police functions.

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

Our new Westmorland and Furness will be challenged by our current demographic problems of Sparsity and Rurality. W & F will have the lowest population density of any English Authority, at 62 people per square kilometre, even allowing for Barrow having 867 /km2. Social diversity and the scattered rural population will create problems for Social Services. A further complication is that our population is ageing. By 2043, if current trends continue, W& F will have 10,000 fewer people of working age and an additional 15,000 people over the age of 65.

Meanwhile we have recent difficulties to deal with. So far the heat wave has not led to hose–pipe restrictions and might boost tourism. However, judging by the parking penalties lists, South Lakeland suffered a decline in visitors in July with 988 infringements compared to 1133 in June.

On highways I am delighted to see that the southern part of the A6070 has been resurfaced. I will let you know in due course about further work. I have not yet heard if the request for larger 30 MPH signs is in hand. Finally, the 693-metre diversion of the public footpath around Moss Farm has been approved, which I think is sensible.

All the best -and keep cool- Roger.

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

Burton, Holme, and District Local History Society

Monday 19th September - 7.30pm - Indoor Meeting BMH

"Haweswater - The Drowning of a Valley: Wetsleddale & Swindale" talk by Ian Tyler

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



Contact, Chairwoman and Programme Co-ordinator Kath Hayhurst . Tel. 01524 781613 email kathhayhurst84@gmail.com New members welcome, Subscriptions are £12/year Treasurer: Dorothy Spencer. Tel. 01524 781540

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

The Craft Group meets Monday 12th Sept - 1:30 to 4pm B.M.H. The Art Group meets most Fridays 9:30-12:00am B.M.H.



Monday 26th September - 7.30pm to 9.30pm - Talk & Display BMH

"From Fleece to Finish" by Chrissie Day

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 Fellwalkers

Burton Fell Walkers aim to do three walks each month. New walkers are always welcome, come and join us! Contact our Secretary Sarah Walker via the website http://fellwalkers.burtonweb.org.uk or on 01524 923528.



SEPTEMBER

Sunday 11th - 1pm - Nether Kellet & Beaumont Cote - 7 miles (Moderate) Saturday 17th - 8.30am - Low Pike/High Pike/Scandale Pass - 10 miles (Hard) Wednesday 21st - 10am - Preston Patrick - 5 miles - (Easy)

OCTOBER

Sunday 2nd - 1pm - Halton & Aughton - 6 miles (Easy)
Saturday 15th - 8.30am - Witton Weavers Way - 8 miles (Moderate)
Wednesday 19th - 10am - To Be Confirmed - 5 miles (Easy)

Burton Amateur Dramatic Society

Having held our Annual General Meeting in July 2022 we are moving ahead with plans for our next production, which we are planning to hold in the Spring of 2023. Rehearsals will begin in the late Autumn of this year. As a Society we continue to extend our invitation to those of you who may be interested in joining our existing members; as members, actors, or as a key member of the off-stage support team. Do please make us aware of your interest, and of course the skills which you feel that you can offer.



To find out a little more please contact Bob Parker – Chair of BADS on 01524 781772 or our Secretary, Jill Evans, on 01524 782549

BURTON BOWLING CLUB

John Looker Memorial Event

After the biblical deluge of the previous evening, the controller of the weather granted us an almost perfect English summer day for our event on the 21st August. Thank you to all from the village and beyond who came along and made it such a happy and successful afternoon.



Those of us who were the "professionals" were on many occasions impressed by the skills of the amateurs on display. We at the club hope that the taste for the game may have been instilled in at least a few of the amateurs and that we may see them on the green, maybe initially as social members, next season.

Thank you to all who assisted in the organisation and running of the day, including not only the committee and members of the club, but also volunteers from friends and family. At the end of the somewhat complex game format, the eventual winners after a close fought final were Carl Jackson with his talented amateur accomplice Kev Barnes. As a happy consequence of the support received, club funds benefited by a sum in excess of £400 from sales of drink and other refreshments and the raffle. We are faced with a considerable amount of expenditure on the playing surface this close season to maintain and improve the green and this sum is a helpful contribution to that expense.

Regular information and contact details will appear in Burton News.

The Word From BURTON MEMORIAL HALL

September sees the start of the year for many of the groups using the Hall, so if you're looking for a new activity or have just moved to the village, why not check out what happens here, there are activities for all interests and abilities, and you are sure to make new friends too.

August was a busy month at the Hall, as we had the old and tired-looking Reception Room kitchen replaced with a modern one complete with ovens and induction hob. This will mean we are better able to cater for events and party bookings. The work was mainly funded from grants from the Frieda Scott Trust, the Harold and Alice Bridges Foundation, Cumbria CVS, and the Cummings bequest which, along with numerous personal donations and the proceeds from some of our recent events, have allowed us to upgrade this important part of the Hall.

Sadly, the expected the car park remedial work for this month has been put back to a date to be agreed, due to circumstances beyond our control, but we have had improvements done to the gutters and downspouts, to prevent some of the overflow problems we've seen during recent heavy rainfalls.

Tables for the Christmas Market on Saturday 12th November are now fully booked, but do put the date in your diary and come along for a great day of Christmas shopping, book browsing or to enjoy Jan's fab pop-up cafe.

Anne Nicols - Chair of BMH

BURTON MEMORIAL HALL 200 CLUB

DRAW FOR THE MONTH OF MAY

First Prize £24 J. Orr
Second Prize £14 G.A. Gott
Third Prize £10 J.D.Long
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?

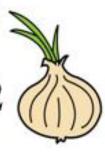
Burton Book Drop & Coffee Mornings

The Coffee Morning & Book Drop will be held on Monday 5th September 2022

The second Book Drop will be on Monday 19th September 2022



46th Annual Burton Onion Show. 11th September 2022 Kings Arms



Class No. List of Classes.

- 1. 3 Dressed Onions
- 2. 3 Leeks
- 3. 3 Onion Sets
- 4. 7 Shallots
- 2 Cabbages
- 6. 3 Gourds
- 3 Beetroot
- 8. 3 Carrots
- 9. 3 Salad produce
- 10. 3 ind' vegetables
- 11. 5 ind' vegetables
- 12. Heaviest Onion
- Heaviest Veg
- 14. Novice Class-any veg
- 5 Dessert Apples
- 16. 5 Cooking Apples
- 17 Pot Plant
- Vase of Mixed Flowers
- Vase of Dahlias
- 3 Chrysanthemums
- 3 Poultry Eggs
- Chocolate Cake
- 23 Fruit Pie
- 24. Loaf of Bread
- Tray Bake
- Homemade jam
- Best worst effort.

(Anything is considered in this class)

Children's Classes. Up to Yr 2 and Yrs 3-6.

Fruit and Veg Animal 4 Decorated cup cakes A model made from your recycling.

Entries in - 10am - midday.

Auction starts 2pm

Raffle Tickets will be available to purchase on the day

Any queries please contact Neil Shaw - 07805 497885 / 01524 781770



Proceeds will go to support the Kids Christmas Parties in the Village, local Cancer charities, St Johns Hospice and Burton First Responders

Many thanks in anticipation of your support.

Calling all Students!

Burton in Kendal Educational Foundation

Charity Reg. No. 526953

The Burton in Kendal Educational Foundation provides small grants to Sixth Form, College, University Students and Apprentices

To qualify you need to have lived in one of the following Civil Parishes for at least 2 years and be under 25 years of age:

Burton in Kendal, Holme, Preston Patrick, Dalton, the Hamlet of Holmescales, Beetham, Meathop, Ulpha, Witherslack or Arnside.

For an application form or further information please contact Mrs Marion Robinson:

mvrob23@gmail.com 01524 784918 or 07531 575663

The deadline for the return of grant application forms for the 2022/2023 academic year is 31st October 2022



Burton Women's Institute Report

Burton WI do not usually hold an official meeting in August but have a social outing. This year on the 11th August twenty-two members wearing bright summer outfits and sun hats, on a beautiful sunny afternoon, attended a wonderful Garden Party at Low Gables, Vicarage Lane; kindly hosted by Andrea and Dougie Bell in their beautiful garden.

A selection of tasty sandwiches and the choicest of WI Cakes – lots of laughter and friendliness – resulted in a most enjoyable afternoon, particularly when we remember that it is the 90th Anniversary of Burton WI.

Our September meeting is on the 15th September because of our involvement with the Westmorland Show. The programme will include our report on the Show, and a 'Share and Tell'. The competition is 'An Agricultural Item'. The hostesses are Carolyn Lamper and Sue Humphreys.

If you wish to join the W.I. please contact our Honorary Secretary, Helena Nixon on 01524 7871048

Wild About Autumn

Welcome to my first seasonal top tips on connecting with nature this autumn. My name is Annabel - you may have spotted my letter in the August Burton News, in memory of Bryan Yorke. I would never hope to emulate Bryan, he was a true one-off (and I certainly don't possess his artistic talent), but hopefully I can continue his legacy by sharing my love of nature with you. I will be bringing you a quarterly nature update in Burton News, with a top species to spot and a top naturebased activity to take part in each season.



(Hedgehog by Chris Sheilds rspbimages.com)

Top spot in Autumn

We're lucky to have regular sightings of hedgehogs in our village. Unfortunately, sometimes this is evident from the numbers squished on the main road, but at least it is a sign that they are here and their numbers are doing well locally. Until I moved to Burton 6 years ago, I hadn't seen a live hedgehog in over a decade.

Although they were once common throughout the UK, their numbers have declined by around three quarters in the last 30 years and they are now sadly on the red list as vulnerable to extinction. This means we should cherish our Burton hedgehogs all the more, so keep an eye out for these prickly little characters this autumn.

Go wild at home

The transition from summer to autumn means that hedgehogs will be stocking up ready for hibernation. You can give them a helping hand in three main ways - like us, they have some basic needs:

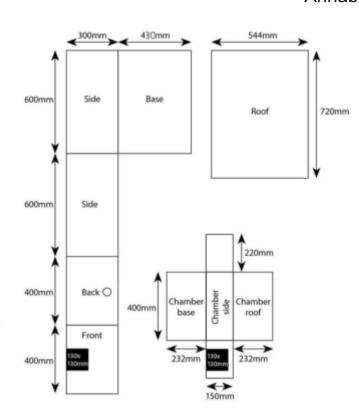
- **Pour them a pint** they won't be drinking a fine ale down the King's Arms, but providing a shallow dish of water for them to drink is really important to keep them hydrated before they go to sleep for the winter.
- Good grub it might not sound very appetising to us, but the dish of the day if you're a hedgehog is delicious invertebrates - creepy crawlies like worms, beetles, millipedes, snails and caterpillars. You can ensure that your garden or yarden has a plentiful supply of lovely bugs for hedgehogs to chomp on by not being too tidy. Leaving a patch un-mown for the grass and wildflowers to grow long is the best way. Hedgehogs will also enjoy any fallen fruit from fruit bushes. You can also buy special hedgehog food or pop out meat-based cat and dog biscuits. Never give them milk (they're lactose intolerant) or bread (it has low nutritional value), and, although they're popular for your garden birds, dried mealworms are not ideal for hedgehogs, especially if they feed on them regularly.

Although mealworms contain excellent proteins, their phosphorous levels are high, which takes calcium away from bones, causing a bone disease in hedgehogs. Pop mealworms on a bird table or out of reach so your feathered friends can enjoy them without causing harm to your prickly pals. Another key factor is making sure hedgehogs can access a varied diet by moving around between gardens. All too often modern fences completely enclose gardens making it impossible for hedgehogs to get through, so cut a hedgehog highway into your fence or leave a gap under your gate of 13cmx13cm.

• A home to call their own hedgehogs need somewhere warm
and dry to hibernate for the winter.
They may choose a spot under your
shed or decking. We're lucky to have
RSPB Leighton Moss shop in
Silverdale to purchase a hedgehog
home, or have a go at making one
(see below).

Fill it with dry autumn leaves and pop it in a quiet, shady spot out of the wind. Under thick vegetation or behind a shed is ideal, covering it with garden cuttings and leaves to make it extra cosy.

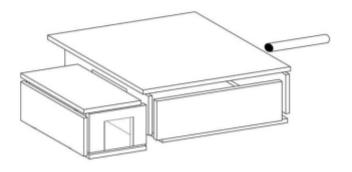
Happy hedgehog spotting! - Annabel



DIY Hedgehog Home

Please use wood from sustainable sources and ensure nails don't stick into the chamber!

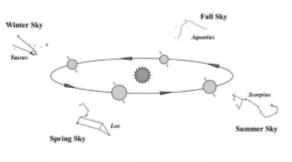
If you would like a larger version of the diagram please email the editors and we can send it to you.



Autumn skies over Burton

Summer draws inexorably to a close and, as summers go, a pretty good one locally with some very pleasant weather avoiding the extremes of heat and lack of rain experienced further South and East. Looking to the night skies is very difficult this far North as we don't actually reach astronomical darkness for much of June and July, but I did manage to use an occasional hour between 1 and 2am to collect some data. A couple of these projects are seen at the end and colour, better resolution ones can be viewed on the BN website.

As the autumn nights approach, it becomes easier to get out there and gaze up at the wonders of night time sky as our ancestors have done over the millennia. We can try and recognise the asterisms (constellations) as we pass into Winter which carry with them the myths and legends of old. So, why do the constellations change throughout the year?** Well that's all to do with 'our' position in space with respect to the sun. Yes, the Earth does spin in its axis once every 24 hours but this axis is tilted. Hence, we have different length days and nights throughout the year and is what causes us to have our 4 seasons. As our calendar vear progresses, planet Earth makes its way through space on a near circular path around the Sun meaning that for



The Night Sky Changes with the Seasons

one half of the year we are on one side of the Sun and six months later we are the opposite side. Now, remember we only have night on the side of the planet facing away from the Sun so, every six months we are looking out into space at midnight in exactly the opposite direction and therefore see a completely different set of stars. Indeed, if you were to be lucky enough to witness a total solar eclipse around lunch time in say June, then at total eclipse you would start to see the stars appear that will be visible 6 months later in December at midnight.

Ideas to photograph

As the nights draw in, I thought it might be an idea to give you a few suggestions that you could have a go at imaging with a basic DSLR camera and telephoto/zoom lens – but be warned, once hooked with a modicum of success, a whole array of telescopes await and it's a slippery slope to penury!

By far the most obvious and easiest is the Moon. The trick with this is to remember, it is bright; very bright. Your camera, if you leave it to its own devices and programmes, will expose for the dark night sky and the Moon will be completely over exposed. If you have a manual setting, try 1/125th or 1/200th of a second on the shutter setting and f5.6 – f8 and ISO 200 and don't be afraid to play about around these settings until you get your best results.

For a slightly greater challenge, and especially these next few weeks it is a good opportunity to try this, see if you can capture Jupiter and its moons, 3 or 4 are easily visible with either a camera and about 200mm or more lens or even visually with a pair of binoculars. Jupiter is the very bright star rising out of the South-East and rising to a good position in the Southern sky as the evening progresses. Focusing will

probably be your greatest difficulty. Use a tripod or a convenient wall to support your camera on and again try a range of exposure settings. You will find it very hard to see any detail on Jupiter itself unless you have an incredibly powerful telephoto, but you should eventually be able to see the planet with a line of two to four tiny specks of light which are the moons of Jupiter – these change position night on night.

Jupiter and its moons

At the opposite end of the spectrum lens wise, keep an eye open, so to speak, for instances of the Northern Lights. A wide-angle lens and again the use of a tripod can give some stunning results if you are lucky enough to be in the right place at the right time. Phone apps such as 'AuroraWatch 'and 'Aurora Fcast' are excellent and can be set to automatic alerts direct from Lancaster University for potential displays for our area. However, be warned, they go off at any time of day.... and night! Aurora even though very faint most of the time to our eyes start to really show up with exposures of 30sec or more, hence the need for a tripod or good rest spot for the camera. The Aurora will always be



Andromeda Galaxy

towards our Northern horizon and light pollution is your greatest problem. A walk onto Burton Fell or perhaps the canal tow path could give an excellent viewpoint.

To look out for this Autumn:

September, 'Harvest' Full Moon: 8th -12th September

October, 'Blood' Full Moon: 7th -11th October

November 'Frost' Full Moon 6th – 10th November (eclipse on 8th but not from here)

On 26th September Jupiter will be at its brightest rising in the east just after sunset to be high in the southern sky around midnight. This should be very good to view for a couple of weeks either side of this so don't panic if we get a few cloudy nights. Venus will be appearing in the afterglow of the setting Sun from around 10th October at which point you should also be able to see the waxing crescent Moon. Another opportunity to see this will around 7th or 8th November around 5:15pm on the southwest horizon. Finally, on the 5th & 8th October and again 10th & 11th November the Moon be close to Saturn and Jupiter respectfully.

Photo of the Andromeda Galaxy IC1396 the full Elephant trunk nebula region. As ever, anyone wanting any help and advice drop me a line on butrtonastro@gmail.com



IC1396 the full Elephant trunk nebula region Stephen Thexton

**Please, I have no intention of trying to sound condescending here to the many of you who will already know all this. If you have a child in Burton School in year 4 then throw your BN at them, Mrs H. does a cracking unit for science on space and the solar system – and it will be reading practice as well as a science lesson. Alternatively skip on to 'Ideas to photograph'.

Up for a Challenge?

Solution to August's Crossword Puzzle

	S				S	K	Υ	L	Α	R	K	
S	W	1	F	Т				Α				A
	Α		R					Р		E		Р
E	L	D	Е	R	П	С	0	W	S	L	T	Р
	L		Е					1		М		L
	0		S					N				Ε
	W	Α	1	N	W	R	1	G	Н	Т	S	ì
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September Sudoku
As suggested by one of our survey responders - We hope you enjoy this Sudoku puzzle - apparently not too fiendish!

3	6			81	1	9	7	
9				6		1	5 tt	8
			1	3	8	4		
8				9				
<i>2.</i>		8	5	- 16	2			
6		8 5		7				3
						.v	2.5	
	4	2	3				8	9

Courgette Cheesecake

- your courgette glut solved from Mary Bullimore.

Base

- 2.5 oz butter
- 5 oz savoury biscuits

Topping

- 1 clove crushed garlic (optional)
- 8 oz soft cheese
- 3 medium eggs separated
- 1 oz plain flour
- 2 oz grated cheese I use cheddar but whatever you have got,
- 8 oz courgette, thinly sliced

Method

- Crush biscuits and mix with the melted butter
- Press into the bottom of an 8 inch loose bottomed baking tin
- Beat the soft cheese and egg yolks together until smooth
- Add grated cheese, courgette and garlic
- Fold in stiffly beaten egg whites.
- Cook Gas 4, electric 180 fan a bit less for both for about one hour.

Serve hot or cold.

Ed Note: this sounds delicious - just waiting for my courgette glut!

Community Volunteer Group

Any resident needing any shopping, prescriptions, meals or any errands please contact via call, text, whatsapp

Lesley Bailey on 01524 782984 – 07564 525226 Or

Christine Davidson on 01524 782694 – 07760 756887

Please let them have your request and they can organise a volunteer to help



Fitness Is Fun!

Previous articles have touched on setting goals, being accountable, and motivation so it seems fitting now to talk about the devices designed to do all that and so much more...the fitness trackers, used alongside smartphones. Technology has certainly advanced at a rapid rate! They can provide information such as calories burned, distance travelled, cardio level, blood pressure. In short, they keep track of your overall fitness and health and usually come in the form of wristband or watch. Fitbit, Garmin, Vivofit and Apple Watch to name a few.

Depending on how you set them up, they gather data so you can see your accomplishments and achievements as you reach your set goals. They'll give you a little nudge too if you need it. Some of us are motivated to push ourselves when we can visually see the activity levels and get a real buzz when we progress to the next level. Plus, you can join an online community if that helps you keep on track. Being able to interact with others on social, competitive, and supportive levels are added bonuses to the tracking devices.

Lots of pros, but the cons are worth a quick mention. There are chances of errors in the device and the information may be inaccurate. They may encourage users to ignore the cues given by their body and to push through to hit the set goal when actually the body needs to rest. They can be expensive. There is no 'one size fits all' solution and simply wearing a fitness tracker won't guarantee a fit and healthy life. And then, some people are just plain obsessed!

Have fun! Jan Abbott

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



St James Church Burton

September 2022 Services

Sunday 4 September

11am Morning Worship with Communion

Sunday 11 September

11am Morning Worship

Sunday 18 September

11am Morning Worship with Communion

Sunday 25 September

10am Joint Morning Worship at Holy Trinity Holme

Sunday 2 October

11am Harvest Thanksgiving

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 and Saturday from 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

Silverdale Methodist Church LA5 0RR Rev. Emma Holroyd 01524 941266

St Mary's RC Church Yealand Conyers Cannon J Gibson 01524 732 940

Warton Methodist Church www.wartonmethodist.co.uk 01524 732626

Yealand Quakers 01524 781501 / 782052 / 732336



Vicar's Letter...

Setting Their Path

Dear Friends

"I don't want to tell my children what to believe; I want them to make up their own minds when they are older!" Many parents give this as the reason why they don't teach their children to pray, talk to them about Jesus, take them to church or have them baptised (aka christened). You are not sure if it is right to put words into their mouths or ideas into their heads.

But the truth is that parents cannot avoid influencing and teaching their children and setting the direction for their life. That is how God has created families. The only question is, which path will you set them on? You will either teach them to follow Jesus or you will teach them (by your example if not by words) to follow someone or something else. You will either teach them to pray to their heavenly Father for all they need, or they will learn from you that they should seek help elsewhere. You will either mark them as belonging to Jesus, or some other god will claim them as his own.

Of course, I understand that you may not believe that the Christian faith is true, although I would love to persuade you otherwise. But if you do believe that Jesus is God's Son and that he spoke the truth then I encourage you to think how you will nurture those same certainties in your children. You could read a children's Bible with them or pray with them. If they are a little older you could read the Narnia Chronicles to them too. Could you find another family who are thinking the same way and agree together to be bold pioneers in bringing children back into our churches?

We would love to welcome you. And if you are Year 6 or above, you might want to check out the truth of Christian faith for yourself. Our CY group (see below) will run on Thursdays at 4.15pm starting on 22nd Sep. It will be a chance to hear the historic Christian message clearly explained, to ask questions and to think for yourself.

And for those who are interested there will be the opportunity to go on to prepare for Confirmation – a public declaration of faith in Jesus. Please let me know (text, email or phone) if you are interested.

Sincerely Graham Burrows 01524 781210 07740 622962 vicarburtonholme@gmail.com



CY is our new group for those in Year 6 and above.

Come and see why Christians say that Jesus is God's Son and knowing him is the start of really living. We will explain things clearly and there will be plenty of time to ask questions (if you wish) and to think for yourself.

For those who are interested there will be an opportunity to go on to prepare for Confirmation – a public declaration of faith in Jesus.

CY will meet after school on Thursdays at 4.15pm, for 75 minutes, for 7 weeks. Venue to be confirmed, but it will be in Holme or Burton. There is no charge but we would like to know if you are coming. Please ask your parents to text, email or phone me.

Graham Burrows 01524 781210 07740 622962 vicarburtonholme@gmail.com

Feedback on Readers Survey Responses

Thank you to everyone who returned a completed survey form from the August edition. At the time of writing we have received 49 completed forms, around 7% of those circulated.

We asked respondents to tell us what they do when Burton News comes through the letterbox. Just over half of those who answered this question said they read it from cover to cover, with the remainder saying they read the articles that were of interest to them. Only 25% of respondents accessed the online version of Burton News.

Of all the regular article types we asked about most were read by over 80% of respondents. Only the vicar's letter, school reports, challenge pages, and 'fitness is fun' were read by a lower proportion – with most of these still being read by at least 50%. As was perhaps to be expected, there was a range of views about ' 'top 3' lists. However, every type of article featured in at least one respondent's 'top 3'. Council News, Nature Notes, Historical Notes, along with Readers Letters and the Editorial feature most often in 'top 3' listings.

Pleasingly, there are lot of very positive comments about Burton News, with compliments about recent new features and the overall production. All those who sent in surveys clearly value Burton News, even if there are elements in it they less happy about. 13 responses stated that they 'didn't like' something about Burton News. Five of these were general critiques of its format, layout, or structure rather than about specific

articles. The remainder were statements of dislike for the religious content, school reports, recipes, or the recent 'Day in the Life' article.

Turning to ideas we received for how to improve Burton News, more respondents wanted to read further articles like the recent 'Day In the Life' item than told us it was a 'dislike'. The most common requests are for more features about activities in the village (particularly from younger residents), as well as for items on gardening, contributions from villagers about their interests/hobbies, and more things of interest to younger residents. We received a suggestion that a wider range of religious beliefs should be represented, as well as views that they should not feature at all. If anyone would like to contribute an article on any of these topics, or would like to volunteer to tell the story of a day in their life, the editors would love to hear from vou

We really appreciate the time taken by everyone who sent back a survey form. The editorial committee will carefully consider all the views expressed' recognising that the response percentage is pretty low.

We aim to ensure Burton News is relevant, interesting, and valued by the whole village – whilst of course recognising that we can't please everybody all of the time! Please keep your feedback coming, via our email address burtonnewseditor@gmail.com

HISTORICAL FOOTNOTE by Roger Bingham

Historical Accounting

The Georgian era from 1714-to 1830 was one of the most momentous in our history seeing the advent of the Industrial Revolution, political developments and almost incessant wars. Yet, most of these themes are hardly touched on in the most compendious Burton records of the period which are the 'Churchwardens Accounts'. These accounts, nevertheless, shed light on day-to-day life. Fortunately, the handwriting is legible and the spelling almost modern with a few exceptions like 'owl' (for oil), 'plaisterer', ffish' and 'Kendall'.

The Churchwardens had mixed social and ecclesiastical responsibilities. Hence, we see 1717: 'Given to a poor suffering traveller 2s6d'; 1717: 'given a poor man 1s6d'; 1721: 'spent upon a stranger minister during the vicar's absence 11 shillings' and 1723 'expenses at Heversham in meeting Bishop 6s4d'.

Rare references to national events include 'expenses at ye day of rejoicing-6s' which followed the defeat of Bonny Prince Charlie after his rebel forces had twice come through Burton in December 1745. In 1759 'the year of Victories' saw the conquest of Canada with a payment 'to Ringers in ale' and in 1760 the accession of George III 'drawing Proclamation' cost 5s. In 1817 14s was spent on candles 'for Princess Charlotte's funeral'. As she was then second in line to the throne, her death in childbirth was received with shock similar to the death of Princess Diana. Other contemporary Royal events are ignored although every November 5th, 12s was 'spent upon ringers on ye Gunpowder treason'.

Appended to the 1798 is a printed list of local 'Voluntary subscribers to the exigencies of Government' required to fund the war against Revolutionary France. Heading the list was the vicar John Hutton who subscribed £21 followed by Thomas Sill with 12 guineas, Mr Waller Surgeon £1 1s, Mr Robinson Schoolmaster 5s down to Widow Pearson 1s and Robert Bleasdale 6d.

Improved postal services are indicated in 1816 by 'Postage of letter from London' which had to be paid on receipt, the pay-in-advance Penny Black only began in 1840. Evidence that the Lancaster to Kendal Canal (which was not completed until 1819) had already reached the area is suggested in 1803 by '£1 1s carriage 6 Bells and furniture from Lancaster by canal' but it was underlined 'No water there'.

Mostly the accounts are regular expenses such as those for Communion wine which was also provided for Preston Chapel –Preston Patrick Church- 1729 '33 bottles of wine, 34 loafs £3. 18 for chapel 12/4. Maintenance costs included: 1719 'to Roger Hind for a spade' 1s 6d; 1721 John Bracken for iron work 13s, window glazing £3, sending 21 cartloads of stones 6s 2d; 1733 Thomas Ffisher for loading 12 cases of slates 18s; 1734 'for smiths for shaping skylight 2s and expenses 3s, churchyard gates £1, 1735 pews £15, 1739 'for loading and gathering sand for the steeple, workman's wages £4 5s. In 1781 '£15 to Thomas Taylor for new seats 10/- deducted for Bad Work. Allow to Thomas Sill for damage to his seating in erection of new ones 10/-' I wonder if the latter caused a row between the Thomases? Sadly, human emotions are not recorded.



Burton. Holme, & District **Local History**

A year round programme of intesting indoor talks & visits Chair & Programme Secretary: kathhayhurst84 @gmail.com or 01524 781613 http://localhistory.burtonweb.org.uk



Burton in Kendal Art & Craft Society

Craft Group 2nd Monday of the month. Art Group most Fridays

Workshop or Demonstration most months

Chair: kathhayhurst84@gmail.com or Tel 01524 781613 www.burton-in-kendalartandcraft.weebly.com



Burton Womens Institute

Meetings held at Burton Memorial Hall on 2nd Thursday each month (except August & September). To join contact Helena Nixon on 01524 781048



Burton Singers

A community choir based in Burton. If you would like to join us then please contact Val Still on 07799 245415



Club

Burton Club night each Monday at 6.30pm at green during season. **Bowling** Enquiries to Treasurer Eunice Jamieson on 07307200648



Ladies **Badminton** Every Tuesday in Burton Memorial Hall 1.30pm to 2.30pm If you would like to join please contact Sue Humphreys 01524 781596, or just turn up! £2 per session



Burton Tennis Club

Social & competitive tennis for all ages & abilities. email:graham@burtontennisclub.co.uk m: 07887397153



Table Tennis Club

Adults & Juniors meetings at Burton Memorial Hall Thursday evenings - Autumn to Spring each year Enquiries to Martin on 07740 933463.



Burton **Fellwalkers** At least 3 walks per month - of different grades. New members always welcome. To join please contact our Secretary: Sarah Walker 01524 923528 website: http://fellwalkers.burtonweb.org.uk



Scottish Country **Dance** Group

Meets at Storth Village Hall on Tuesdays 7.30pm to 9.30pm. Classes start 13th September. Beginners welcome. Contact Ainslie Dunnett on 07708 654390 ainslie.dunnett@btinternet.com or Pauline Hampson on 07706 697306 paulinehampson2016@gmail.com



Monthly Lunch

Age UK monthly lunch at the King's Arms on the 2nd Wednesday of each month. To register interest please telephone their office on 01539 728118.

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

Milnthorpe Library

19 The Square, Milnthorpe LA7 7QJ

Monday: 2pm to 6pm Wednesday: 2pm to 6pm

Friday: 10am to 1pm & 2pm to 5pm

Saturday: 10am to 12.30pm

Telephone 015395 63040.



We are still expanding this community led project, if you would like to know more about this project please email b4rn4burton@gmail.com.

Mike Iddon & Martin Sansby. Burtonin-Kendal B4RN Champions

St James, Burton & Holy Trinity, Holme

The Vicarage, Glebe Close, Burton

T: 01524 781210 M: 07740 622962

E: vicarburtonholme@gmail.com

W: www.burtonandholmechurches.org

Burton St James details

Wardens: Michael Carr 781503

Brian Whalley 782296

Administrator/Treasurer:

Pat Whalley 782296

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 in Kendal Parish Council

Meetings

3rd Thursday of every month at 7.30pm Members of the public are always welcome to observe. Each meetings includes an OPEN FORUM.

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 September 15th, 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

Under review.
Information needs updating
In the meanwhile please
contact your GP surgery

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Useful Phone Numbers

Burton News Editors 01524 936501
Burton Post Office 01524 781828
Morewood School 01524 781627
Burton Nursery 01524 781627
Dallam School 015395 65165
QES, Kirkby Lonsdale 015242 71275
CrimeStoppers 0800 555 111

Police non-emergency 101

 Kendal Library
 01539 713520

 Kendal Hospital
 01539 732288

 Lancaster Hospital
 01524 65944

Council Switchboards

Cumbria CC 01228 606060 South Lakeland DC 01539 733333

SLDC Recycling Information

SLDC Customer Services Desk on 01539 733333

or by email to:

Customer.services@southlakeland.gov.uk

Waste Collection Dates

www.southlakeland.gov.uk/bins-and-recycling/collection-calendar/

Cumbria County Council Highways Hotline

0300 303 2992

Civil Registration Services Births, Marriages, Deaths

Registration of Births and Deaths is overseen by the Kendal Registrar's Office, based in County Hall, Kendal. Telephone 0300 303 2472 or email registrationservice@cumbria.gov.uk

Registrations may also be undertaken at Milnthorpe and Kirkby Lonsdale Libraries by appointment only, contact the Kendal Office to arrange an appointment. To arrange a marriage contact the Kendal Registrar. Opening

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www.nspcc.org.uk (children at risk)

SAMARITANS: 116 123 www.samaritans.org

SHELTER: 0808 800 4444

england.shelter.org.uk/ (homelessness)

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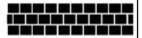
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BURTON CALENDAR

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

SEPTEMBER

Every Friday - Art Group 9.30am to 12.00 Noon BMH

Monday 5th - Coffee Morning and Book Drop 10-11am BMH - Burton Singers Rehearsals begin - 7pm BMS

Sunday 11th - The Onion Show - Kings Arms Pub

Monday 12th - 1.30pm to 4pm Craft Group BMH

Thursday 15th – WI Meeting 7.30pm BMH

Report from Westmorland Show + 'Show & Tell'

Monday 19th - Book Drop 10-11am BMH

- 7.30pm - Local History Society Indoor Meeting
"Haweswater - The Drowning of a Valley.
Wetsleddale & Swindale" by Ian Tyler

Sunday 25th - THE 10km and 5km RUN IS NOT TAKING PLACE

Monday 26th - Art & Craft Society Talk & Display
'From Fleece to Finish' by Chrissie Day - Visitors welcome £3

OCTOBER

Every Friday – Art Group 9.30am to 12.00 Noon BMH

Monday 3rd – Coffee Morning and Book Drop 10-11am BMH

Monday 10th – Craft Group 1.30pm to 4pm BMH

Thursday 13th – WI Meeting 7.30pm BMH 'Safari Under Morecambe Bay' Gordon Fletcher

Monday 17th – Book Drop 10-11am BMH

Monday 17th - Local History Society Meeting – 7.30pm BMH "All Mod Cons?" A look at Country House Technology in Cumbria - Robin Yates

Saturday 22nd - 10am to 12 Noon - St James Church Autumn Fair BMH

Saturday 29th – Art & Craft Society Workshop 10am to 4pm BMH "Autumn Scene in Watercolour" with Karen Lester

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