

Village Hall News March 2011

- **The Village Hall Annual General Meeting** was held on Tuesday 15th February at 7.30pm and the same Committee was re-elected.
- **Friday Night Karate:** Elsewhere you can see more information from 5th Dan senior instructor Mark Harland and Conor Willan about our very successful karate classes every Friday evening. New members are welcome to join: young people 6.15-7.30pm and adults 7.30-9pm.
- **Exhibition of Local Art and Craft Work:** This will take place over the weekend 9/10 April and is an opportunity for people of the village to display examples of their handicraft, including drawing, painting, sculpture, embroidery, photography etc. For queries on display needs or to offer help in the organization contact Deborah Maw 61124 (deborahmaw@hotmail.co.uk).
- **Polling Day 5 May:** Voting takes place 7am-9.30pm. That evening the WI will meet in the Methodist School Room at 7.30pm.
- **Village Hall Committee Meeting:** Monday 9 May 7.30pm.
- **Keep Fit Sessions:** The new classes, every Thursday 12.30-2.30pm, will be run by Annette Ward (ak.ward@live.co.uk) commencing 12 May.
- **Forthcoming Musical Event:** David Myles and his band will play here on 19th May, organized by John Keen; the poster and links to David Myles' videos and songs is on our website.
- **Booking the Village Hall:** You can do this by telephone to Alice Dale 61107 or Jean Thornber 63033 or email via our webpage (Google usually finds us): <http://northcravenhistoricalresearch.co.uk/BVH/BurtonVH.htm>
Online there is the **Calendar of current bookings** for the next few months.
A recent user returned a very nice comment:

“Just to let you know I had a great party and the facilities at the village hall were great. We had everything we needed and it was nice and warm, unlike some village halls”.

Frances Dodson

Friday Karate Training at Burton in Lonsdale Village Hall

Hello, my name is Mark Harland, I am a 5th Dan and the senior instructor in North Yorkshire Wado-kai. I have trained in Karate for more than 35 years including with most of the top Japanese instructors in the world and have won the Aiwakai National championships 5 times.

We are affiliated directly to the Japanese Karate Federation, the name Wado-kai means association of the way of harmony. There are 5 major styles of Karate in Japan, though they are very much diluted today, especially in Europe. Wado (ryu) is a much misunderstood style, thought of by others as being soft, it actually hides the power used and makes all movement appear very soft and natural.

One of our members gives his view:

My name is Conor Willan; I am fourteen years old and have been attending the North Yorkshire Wado-Kai karate club in the Burton in Lonsdale village hall for about three years.

We train every Friday night, everyone is welcome from beginners to experts. The club has a really nice atmosphere and karate is a great way to keep fit; you train both your body and your mind. Your enhanced ability to defend yourself leads to improved self confidence and peace of mind. Come down and give it a try it's an excellent experience. You'll never know if you don't. So why not join us?

It is however also something to do that can be a lifetime's journey. I continue to train with many of the world's top Japanese instructors and am still learning about our basic movements, after 35 years.

Karate has had the stigma of being very hard, macho and mystical, turning us all into some form of super humans, ignore all your preconceptions and come down on a Friday evening (Juniors 6.15-7.15, Adults 7.30-9), you will be surprised.

Contact Mark: mark-harland@hotmail.co.uk