



Women Go Wild Water Swimming in the Wenning

By Shirley Brown

During lockdown, with swimming pools closed to the public, many people have been turning to alternative places to plunge. And Bentham people are no exception. I had heard of some sightings of intrepid swimmers but found it hard to believe that people were taking a dip both in the River Wenning and in the ponds up by The Big Stone. But seeing is believing, and I have now met two young Bentham women who have been doing just that throughout 2020 and into 2021.

Meet Hattie Clay and Rachel (née Thornton) Harrison.



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Breaking the ice!

Swimming in Lake Windermere on the summer solstice in 2019, gave Hattie such a buzz that she decided to find places nearer to home where she could take a dip. She and her cousin Rachel, both live in Bentham, so naturally found themselves taking the plunge in our local waters. They prefer not to travel far, so usually swim in The Wenning and, as they affectionately name it, the “puddle” up by The Big Stone. Many older Benthamers will remember that public swimming was extremely popular in various places along the River Wenning. It is said that in the 1930s swimming lessons were held at Camp Hole near the Wenning Oak, at Winder Wheel and in the ‘cut’, the millrace that fed the turbines at Ford Ayrton Silk Mill. There was a swimming club near where the current Wenning Bridge spans the river. Currently the level of the river in that area is recorded as between 0.35m and 2.25m, so both paddling, dipping and swimming are a possibility.

I couldn’t help but ask: “Why do they do it?” Surely being allowed to meet one other person for outdoor exercise during the pandemic couldn’t be the only reason? Both Hattie and Rachel assured me that they always come home after swimming in the wild, which they do once or twice a week, with smiles on their faces and feeling good. Putting on and taking off wetsuits takes too long, so they take their “quick dips” in swimsuits, wearing hats, gloves and neoprene socks. At this time of year, they may only be immersed in the water for less than a minute, or for up to 10 minutes. They stay in until they “get the calm”. They escape from the stresses and strains of daily life and feel “free”.

The claims for the benefits of wild swimming for physical and mental health are numerous. Seemingly it’s good for your immune system, for pain control, circulation, the vascular system, healing, fertility and acts as an anti-depressant. You feel exhilarated, re-invigorated and it clears your head.

Our two intrepid Wenning women would be





happy to hear from you if you have any questions:

rachthorns@gmail.com or Hattie_Clay@hotmail.co.uk but here are a few tips:

- If this is your first time, wait until it's warmer
- Have a few cold showers at home to get your body used to the shock
- Don't jump in
- Don't go out on your own
- Have handy a big towel and dry clothes for when you get out
- Have a hot drink afterwards, but don't have a hot shower for at least 20 minutes.

Interest in wild swimming is growing, and there are 2 local organisations you might also like to find out about:

- 2,000+ people now belong to MALLOWS (Morecambe and Lancaster Lancashire Open Water Swimmers) and swim in the sea in Morecambe regularly.
- Dales Dippers (thedalessdipper.co.uk) guide you through wild swimming in the Yorkshire Dales

And it seems that wild swimming is not just good for your health, it can also stimulate your creativity. Rachel is an artist and has found inspiration from the experience: you can see more of her work (*see left*) on www.RachelThornton.co.uk.

Photos left and right show, Hattie, Rachel and Jake Wood.

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Person of Bentham – Darren Spratt

Darren was born in Kent in 1968. He lives in Low Bentham with his partner, Tracy, has 2 grown-up sons and counts Tracy's 4 grown-up children as his 'honorary' children. He also has 4 'honorary' grandchildren. Darren has lived and worked in a variety of locations during the course of his career, but it was his dream to one day relocate to this part of England, preferably somewhere to the west of the Pennines. Over the last 5 years, he has made his mark, both by being a successful local businessman and by being a rather snazzy dresser. Please read on to find out more about this dapper gentleman in a 3-piece suit who works from an office on Main Street.

How long have you lived in Bentham and what brought you here?

I've lived in Bentham for 5 years and, as like many of the buyers we work with at Fisher Hopper, I quickly realised what a great place it is: perfectly located for a keen hiker like myself, with easy access to 2 National Parks, the coast and the Forest of Bowland. It is such a beautiful area and the town really does have everything you need.

Tell us something about yourself that people wouldn't normally know.

I was once the walking guide on a walk in the Chilterns for Radio 4's 'Ramblings' with Clare Balding. It was a surprisingly low-tech affair: just me, Clare, the guest and the producer – who also carried and operated all the recording equipment. They were running late, and I had to change the planned route, resulting in some difficult navigation of over-grown paths. It was back in the days when I worked for Smiths News wholesaler and one of the account managers there heard it and sent the link out to the 5,000+ employees.

If you could travel anywhere, where would you like to go?

North Africa has always fascinated me, and I regret not having visited Libya, before all the problems there. The Roman and Greek ruins are incredible and show how the region was so important. I hope they survive the current conflict. For the same reason, Italy would be on the list. Whilst we have great built heritage from later periods, we haven't fared so well in terms of the Roman era: just Hadrian's Wall; a gatehouse in Lincoln and a lighthouse at Dover – not much else. During lockdown, I've been investigating the Roman Road, Salter Fell Road (aka Hornby Road), running across The Forest of Bowland through Croasdale. Where the modern-day track departs the course of the Roman Road, you can find the old road platform carrying on across the moors. It's fascinating.

What does a perfect day look like to you?

Now more than ever before, it would entail an early start and setting off for the Lakes to tackle the next Wainwright on my list. After a great day on the fells, I'd then return home for some fabulous food – courtesy of Tracy – and then it would be sore feet up in front of the fire. That's my idea of a perfect day and hopefully I'll be able to do it again soon. The winter season is my favourite for fell walking and it's been so frustrating seeing the snow up there and not being able to get to it.

If you could witness any event of the past, present or future, what would it be?

Whilst I wouldn't want to witness the gruesome stuff, the English Civil War period must have been an extraordinary time to be alive. We're used to seeing civil wars elsewhere in the world, but can you imagine it here? The restoration of the monarchy after the death of Cromwell is equally interesting and I remember being intrigued by how 'anti-Cromwell' my grandmother was: she would have learnt about him at school in the early 1900s and you could still hear the propaganda 260+ years later.



Are there any world events that you remember particularly from when you were growing up?

I can remember the grownups talking about the 1973 Fuel Crisis and have recollections of petrol rationing. From around the same time, there were frequent power-cuts as a result of strikes, and I recall the excitement of tea being cooked on camping stoves and the house being lit with candles: a massive hassle for my parents, no doubt, but as a 5-year-old it was an adventure. Later on, like many people of my generation, the Iranian Embassy siege in 1980 remains a vivid memory.

Is there anyone who has had the most influence on your life?

It would have to be my maternal grandmother, I think. My parents divorced when I was 6 and my mother had to go to work, so for many years my brother and I spent all the school holidays at my grandparents' house. My Nan would take us for long walks every day and taught me about wildflowers and life before the war. It was through her that I acquired my lifelong love of the countryside and walking.

If you had an unlimited budget, what investment would you make in Bentham?

At this point in time, it would be investment to help get all the shops and businesses open and back on their feet. More generally, I think all our towns need a funded plan to manage the transition from old retail models. We need to look after our historic town centres better. Some years ago, I travelled through Western Germany and I was impressed by how well looked after everything was in the smaller rural towns which all felt a bit more loved.

What's the worst job you've ever done?

When I was 18, I did a brief stint as a trainee in an office equipment company. This basically meant doing all the most boring, dull and backbreaking jobs, like delivering photocopiers.

What's your most treasured possession?

Over the years I've been the family magpie, so I've saved various things that might otherwise have been thrown away. Choosing a favourite is hard. Possibly a Victorian Willow Pattern cup and saucer. Newer possessions would be my Deuter rucksack – it is so comfortable when I'm slogging up fells in adverse conditions.

How do you relax?

It's always been reading for me and I've made sure I keep doing it now despite all the digital distractions.

What did you want to be when you were growing up?

I never really had a clue. There was a brief flirtation with the idea of being a lawyer, but personal circumstances at the time put a stop to that, and I drifted into a sales job. I was very fortunate; that led onto what has been a varied management career, working in a range of different industries. As well as working in large organisations, in the 1990s I ran my own Sales and Marketing consultancy. At heart I'm a businessman and have expertise in running things, and that has enabled me to make a variety of interesting career moves.

Is there a book, film or live event that you've particularly enjoyed recently?

'The White Ship' by Charles Spencer is an excellent book. I really like his style. He manages to bring historic events to life in a gripping way, without drifting into fantasy or speculation.

How has lockdown been for you?

The last year has been hectic. The first lockdown saw me having to relocate the business to my home at short notice and effectively just tick over. Then, on May 15th last year, Estate Agents were able to resume trading and it's been crazy ever since - the pace has rarely let up. The pandemic seems to have made a lot of people reconsider where they want to live; lots of local moves and lots of folk escaping city life and relocating to the country. I consider myself very lucky and the business is in robust health.



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Remembering Mike Redfern, 1957-2021

By Jack Redfern



Photo by Iain Henshaw

Before one of the many scans Mike underwent in the weeks prior to his brain surgery last August, the doctors told him they would need to dye his blood to get a clearer look at it. Mike said that he was planning to dye it himself, “plain red, to mess with their heads”.

Born in Edinburgh in 1957 and always a proud Scotsman, Mike spent most of his childhood in Worcestershire with his parents John and Elizabeth, and his brothers Norman and Christopher. His parents moved abroad in the mid-Seventies, leaving Mike to complete his A Levels while staying at the house of his friend and later best man, Rik Mayall. Both Mike and Rik went on to study Drama at the University of Manchester, where they – with Lloyd Peters, Chris Ellis, Mark Dewison, and Ade Edmondson – became the original line-up of alternative comedy group 20th Century Coyote. At university Mike nurtured what would become his lifelong touchstones: an irreverent sense of humour; a complex understanding of absurdism and the Surrealists; his eyebrows; an eclectic taste in music; and a deeply-held anti-racist and progressive politics.

His professional life was driven by this commitment to equality. From working with disadvantaged young people in Salford theatres – where he met Rici (Pat) Bowers, his later wife and mother to Eliza, Jack and Daisy, and with whom he would extensively travel and perform – to his work with Scope and local disability charities, Mike was a powerful voice for radical change and liberation. He was a campaigner for LGBTQ+ rights, for the protection of traveller and Romani people, and for the safeguarding of people’s self-expression and pride. His long career in local government gave him the opportunity to embed these values in his work with communities in Worcestershire,

Continued over/

Continued from page 7.....

Edinburgh, Stirling, and Blackpool; and he was committed to protecting his family's own right to self-expression. He was always immensely proud of his children.

He and his family moved to High Bentham in 2006, where Mike became involved in the town's community projects; latterly, as Chair of Trustees at Pioneer Projects. For some of us, photographs of his leading the Bentham Carnival procession in full drag will be the defining fashion statement of the 21st century. His eclectic love of music led him naturally to supporting local musicians, and he was a familiar face at Bentham's band nights and the Lancaster Music Festival. His flat remains packed from floor to ceiling with vinyl and CDs, and his love for funk, soul, dub and reggae – and a good boogie – stays in our hearts.

Mike was an intelligent, funny, kind man with a sharp wit and an eye for detail. He was a cricketer with the socialist cricket collective *Red Bat*, a company of friends and comrades who never failed to support him and bring him joy. The move to North Yorkshire from Scotland reunited Mike with old friends and introduced him to many new ones, who gladly joined him in his noble effort to keep the region's bars safely propped up. He was a rambler and a fisherman, and the Wenning's trout will perhaps be the only local residents who won't miss him. He was an adventurous cook with a fireproof tongue and a love for South Asian curries: his flat being opposite the Hoggs 'n' Heifers meant that he could set something simmering on his stove, walk across and sink a pint, and come back home to a freshly-finished red lentil dhal; or, occasionally, bring the dhal to the pub to share with his friends. He had a special luck in that he was both loved, and knew that he was loved.

Mike is survived by his family, friends, and the persistent rumours surrounding his role in Margaret Thatcher's death. He will be sorely missed.

From Pat, Eliza, Jack and Daisy

Shops Preparing to Reopen Safely

By Jane Ellison-Bates

With many shops hoping to reopen on 12th April, businesses and local authorities are working hard to ensure Bentham will be safe for all to visit. Non-essential shops and personal care businesses, such as hairdressers and beauty salons, will be able to open once again if the Government's roadmap to ease Covid-19 lockdown restrictions goes to plan. From 12th April, the government's Covid roadmap, will also allow the opening of public buildings such as libraries and community centres. Pubs and restaurants will also be able to serve customers outdoors from 12th April. Unlike last year, there will be no requirement to eat a substantial meal with alcohol and no early closing restrictions. Indoor hospitality could be allowed from 17th May.

Craven District Council's Reopening High Street Safely (RHSS) campaign is also reminding shoppers to play their part to help stop the spread of the virus. Council leader Richard Foster said: *"It is vital shoppers, residents and visitors take personal responsibility too so we can avoid any potential lockdowns in future. Please wear your face masks, keep your distance where possible and use hand sanitiser regularly. Many businesses will have their own restrictions in place, and it's vital everyone follows the guidelines."*

Craven District Council website outlines the current government guidelines and interprets them specifically for the local area at www.cravencdc.gov.uk/coronavirus with up-to-date information on restrictions and what they mean for Bentham.

Bentham News has 17 or so regular contributors – without fail they send in interesting and topical articles every month. We really value what they do and how much they contribute to our community news, so from time to time we are going to let you know a bit more about each of them, and why they put themselves out on a voluntary basis to keep you informed and entertained.



Joyce Knapp

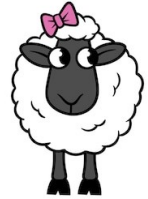
I began writing the garden page for Bentham News 21 years ago, after studying horticulture at Myerscough college. At that time I worked as a self-employed gardener and had already had an allotment for several years at my parent's farm. I simply wanted to share my knowledge, wisdom and enthusiasm for gardening in general, and growing our own food in particular, with other people. The rest as they say is history.

Kate Rowe

I took over writing Bentham Footpath Group Walks in 2015 from Maureen Ellis, who was the original publicity officer and had done it for at least 9 years, initially ringing people to ask for their walks. Being ok with a computer, I felt it was a job I could offer to do as most walks come by e-mail now. The first Footpath Group Walk I ever did was about 2007 led, I think, by Bernard Ellershaw, it was one way from Ribbleshead to Hawes, on a very hot day with welcome ice-creams in Hawes. Coming from Ingleton, I didn't know where our gathering point at Lairgill was and went first to the other carpark! I've enjoyed writing for Bentham News, but at our next AGM will be stepping down, having done more than the suggested 5 years.



Lambing: Only Those Lambs in Need of Assistance Get to Ride in the 'Lambulance'



By John Dawson (a farmer)

Over the years I have read many articles, pamphlets and even the occasional book (I don't get out much) regarding the management of sheep and how best to farm them so that they can perform to such a high level that sanity is just about maintained, and bankruptcy is just about avoided.

Most of the information is written by well-educated people with the appropriate qualifications, often they have spent many years researching their subject. Vets, for instance, when not leafing through 'Yachting Times' or planning their next skiing trip, will pen a few hundred words pointing out where the shepherd is going wrong and, crucially, how to put it right. They go on to discuss internal parasites or high energy diets explaining that if only the shepherd followed these simple instructions, he or she could retire at 35 to drink red wine and go into politics.

It must be noted that these experts have never actually kept sheep, they just know how it should be done. They haven't fought hand-to-hand combat with mother nature in a cold, wet, snowy, clarty corner of a lambing field where five sheep appear to have given birth to eight lambs. One of those sheep lays claim to all eight lambs, three are not sure what just happened and the fifth is convinced she has actually given birth to a live hand grenade with the pin out and needs to be as far away as possible, as fast as possible, and over a wall if possible.

Despite what experts write, the only thing that anyone needs to remember about sheep is that they find it enormously satisfying to drop dead at any time of year for no apparent reason. In order to cause maximum emotional damage to the shepherd, they find it best to do this at lambing time. This is why shepherds appear gaunt and unshaven, like a nervous politician they lose the ability to string together a sentence and are convinced that only Meg, the faithful collie, really understands them.

My old uncle Bill attended over seventy lambing times and summed up what many experts have failed to grasp over the years in his poem, 'Wayward Sheep':

*"O sheep will drive you to despair, they're unmitigated twits,
for some will lamb without no milk or else without both tits".*

Preparing for lambing time has been going on for several months. It started when the tups went to work and continued when the sheep were pregnancy-scanned and went on as winter feed was delivered daily to the in-lamb sheep. The plan is to have the sheep as healthy and well cared for as practical in the run up to the most stressful part of their year. As my old schoolteacher used to say: *"a job well planned is half done"*, mind you he also used to say: *"if money can't buy you happiness you are in the wrong shop"*, he was full of good advice.

Our sheep are officially due to lamb the last weekend in March when we hope mother nature has given us a hint of spring, because as usual it's more constructive to work with her. However, this year we have ten early lambs due to our neighbour's tup lamb hopping over the wall for an afternoon's entertainment while no one was looking.

Only the sheep that are in need of assistance get to ride in the 'lambulance' and have a few hours or days inside, for instance a first-time mother may need just half a day without interference from other sheep so she can bond properly with baby. Some expectant mothers can steal a lamb off a new mum, particularly if she has two and counting is not her thing, then the expectant mum has one of her own and abandons the stolen one. The real mum, having just got rid of half her work is none too keen on having it back (still

with me?). A few hours in the barn often does the trick and establishes a family bond that is unbreakable. Very regular visits to the maternity fields by the shepherd often sorts out minor issues and stops them developing into an international conflict, a sort of pre-emptive strike.

Lambing sheep is perfectly satisfying work. The weather may not be so bad, the quad bike might start whenever the button is pushed and, of course, new life is spilling out all over the farm creating absolute chaos. All this piled on top of the cow milking thing and all the other cattle still being inside, makes for a busy time, but it is better than working for a living. That same schoolteacher also used to say that *"some people are so poor all they have is money"*, who wants to be one of them?

So, as we descend into the dark abyss of lambing time, wish us a little bit of luck and a little bit of sunshine.....




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Bryan's Food Blog – Regional Savoury Foods of Britain

A lot of Britain's regional dishes were borne out of frugality in times of need and, shockingly, this is particularly relevant for many today. Cooks of old would have looked in the pantry and devised a meal from its meagre contents. Necessity is the mother of invention. Other factors also prevailed. Locally abundant produce had to be presented in ways which offered variety and the least visually stimulating ingredients were dressed up into something more palatable. More modern variants found their roots in foreign parts and came to Britain as a result of immigration, wars and worldwide travel. These were adopted and adapted to utilise locally available ingredients. Apparently, Britain's favourite food is Chicken Tikka Masala which was devised in an Indian restaurant in Glasgow. This is a surprise to me, I would have guessed Fish and Chips, the origin of which has strong links to Whitby.

Many thanks to Mandy for last month's soft boiled Scotch Egg recipe. However, there is no mention of Scotland in their history, and the most likely origin is the similar Indian dish, Nargisi Kofta, other theories mention Fortnum and Mason's and, again, Whitby.

Yorkshire Pudding was originally a way to fill up when meat was scarce. 'Bubble and Squeak' was Sunday's leftover vegetables and potatoes, fried up on Monday with beef dripping (Mmmmm). It was named 'Bubble and Squeak' because of the sound it makes when cooking; possibly the only onomatopoeic food. Leave it long enough to get a good crust on the bottom and then toss it like a pancake to do the other side. 'Rumbledethumps' is the Scottish version and also similar are the Irish 'Colcannon' (potatoes and kale) and 'Champ', nowadays made with spring onion instead of stinging nettles, and both need copious amounts of Irish butter.

Lancashire Hotpot (*right*) was a way of utilising cheap cuts of lamb (no such thing these days) such a scrag or neck. The potatoes on the top would absorb the fat from the meat which was cooked 'on the bone' for flavour and bulk. A similar story with Scouse or Lobsouse, using shin or flank, a traditional fisherman's one pot beef stew from Liverpool's port. Maybe they didn't catch enough fish?



The North East gives us Battered Mars Bars, Chicken Parmo and, more traditionally, Pease Pudding and Pan Haggerty, a delicious concoction of potatoes, onions and cheese sauce, layered and baked in the oven until golden. Add some leeks, put it in a pie crust and you will have Devonshire Homity Pie, maybe follow it with a Devon Cream Tea; scones, clotted cream and strawberry jam.

From Cornwall we get 'Stargazy Pie' (*below*), where the pilchard heads are sticking



out of the pastry to prove that there is fish in the pie (give that one a miss). Cornish Pasties were designed as a packed lunch for tin miners as the thick part of the crust could be held with dirty hands and then discarded. The contents have been reported to contain both meat and sweet, dinner and pudding in one package. Similar is the Bedfordshire Clanger which also boasted savoury and sweet ends but made with a suet crust akin to Beef and Jam Roly Poly.

Wales' contributions include 'Bara Brith', a loaf enriched with tea infused dried fruit and spices, and Welsh Rarebit (Welsh Rabbit being a misnomer which was perpetuated by the English to suggest that the Welsh couldn't even afford to eat rabbit). Anyway, it's basically Caerphilly cheese on toast with numerous variations. Glamorgan Sausages which, in the 18th Century, contained pork but these days you would expect leeks, cheese and breadcrumbs.



London offers Jellied Eels (*above*) from the Thames sewer, as it was, and Pie, Mash and Liquor. The liquor was originally made from the residue of stewing eels. Thanks, London. Chelsea Buns are a redeeming factor.

Recent statistics tell us that more and more of us will be holidaying in Britain rather than abroad. Be sure to check out some of the local delicacies such as Black Puddings (formerly Blood Pudding) from Bury or Stornoway, Arbroath Smokies, Craster Kippers, Cromer Crab, Cumberland, Lincolnshire or Lorne Sausages, Melton Mowbray Pork Pie, Whitstable Oysters, Black Country Faggots, the Birmingham Balti Houses, Morecambe Bay Potted Shrimps and, of course, Scottish Haggis. Last and probably least, Laverbread, a highly nutritious, edible seaweed, boiled for ages to a greenish black pulp, minced to a sludge and rolled in oatmeal. Don't let me stop you, but I've never tried it and I don't feel like I'm missing out.

There are many more examples and I apologise if I have offended anyone by not mentioning their personal favourite. Cakes, buns and sweet puddings are a subject in their own right to be addressed on another occasion.

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Letters and Thanks

MARGARET (PEGGY) DAWBER

Raymond, Lynette & families would like to thank family, friends and everyone for their cards, flowers and kindness shown following the sad loss of Peggy. Thank you to Jimmy Macdonald for all his support with the funeral arrangements and to Father Frank for his lovely service. Thanks also to Benthams Surgery for their care over the years and last but not least to all the staff at Ribbles Valley Care Home, Sawley.

Plant Sale at Tunstall Church

The Tunstall Church Trust are planning to have a plant sale in aid of the church on Saturday May 8th from 10.30am to 1.00pm in the churchyard. Our previous plant sales have been well stocked and the prices are competitive, so please put this date in your diary for a really nice morning at our beautiful church, with lots of plants on sale as well as home produce refreshments and a raffle (Covid rules permitting).

Fire fighters charity car wash

Fire station. 9am - 12.30pm on 1st May.

Thanks

Thanks for IT Donations

Benthams News would like to thank all those in the community who responded to our appeal in January and donated their defunct IT equipment to be recycled for use by primary school children. These were needed for internet access for home education during lockdown. Nearly twenty machines were received by MultiMedia and refurbished and distributed to families identified by the local primary schools in Benthams, Ingleton and Settle, at no charge and with free back up advice and support from Simon. The children now have permanent access to this IT resource and the educational benefits that come with it, so the benefits will be ongoing. Simon would like to thank all those who gave the machines that made this project possible.

Benthams Playing Fields Committee would like to thank the continuing generosity of our local businesses. **Craven Concrete**



recently provided a skip at the field to dispose of concrete and rubble, which they then removed. We and the whole community really appreciate your support.

Local Pet Charity Lets Cat Out of the Bag About Upcoming Plans



By Kath: Email: kath@hw-services.co.uk

Working across 3 counties (North Lancashire, South Cumbria and North Yorkshire), local animal welfare charity Benthams & District Pet Rescue (BPR) have continued to work through all 3 lockdowns, taking in and finding new homes for abandoned, stray and bereaved pets. The charity is about to undergo some exciting changes and are looking for new trustees who can spare a few hours each month to help shape the future of the charity via a monthly (remote) meeting. In particular they are looking for a chair and a secretary, but all new trustees will be made very welcome.

If you would like to know more about becoming a trustee, please email Phillip Ware at chairman@benthampetrescue.org.

First started in 1997, the charity has successfully homed (or rehomed) thousands of pets over the years. The charity never puts a healthy animal down, no matter how long rehoming takes. Up to this point the charity has been using a model where core volunteers house and look after pets on their own land and this has worked really well. However, due to two upcoming retirements as well as an increasing number of residents, we are now working towards securing our own land or buildings where we can create a purpose-built pet sanctuary. To use pet rescue lingo, this would be 'BPR forever home.'

BPR relies on the generosity of people to help our animals. Anyone wishing to donate or know more about the work of BPR can visit:

<https://www.benthampetrescue.org.uk>
or search @Benthampetrescue on Facebook

The Cruel Life of a Crash Test Dummy

By Richard Blackwell, Watch Manager, Bentham Station

Telephone: 015242-61228 / 01609-780150. Daytime direct number: 015242-64207

Mobile: 07769-952828 Richard.Blackwell@northyorksfire.gov.uk

Happy April everyone. We had a quiet February only attending 3 incidents. You must all be doing something right if you're not requiring our assistance. We attended a report of 2 fires in the open and an incident involving a man trapped by a tractor. When we arrived, we found the man was trapped between a tractor and a wall. Our crew worked alongside the Yorkshire Ambulance Service, Yorkshire Air Ambulance, Cumbria Fire and Rescue and North Yorkshire Police to free him. The casualty was air lifted to hospital for treatment.

We're still advertising for people interested in joining the fire service. There are some hours each week when unfortunately people in the Bentham and Ingleton area will have to wait longer for a fire engine as it has to come from further afield. We're looking for people who either live or work in the Bentham area, so if you'd like to find out more, please feel free to contact me.

You can see what's happening at our training centre on their twitter page:

<https://twitter.com/NyfrsTC>

and you can catch up with what we're up to on our Facebook page:

www.facebook.com/benthamfirestation

This month, rather than tell you about a piece of our equipment, I'm going to interview a member of our staff.

What's your name and how long have you been in the fire service?

Hi, I'm Norman I've worked at Bentham for 7 years, but I originally started at Settle, although I try not to talk about that.

Do you have any hobbies?

Not really, I spend my days just hanging around the Fire Station. It can be quite boring at times, but most Monday nights between 7pm and 9pm I spring into action.

What is your greatest fear?

I haven't told the fire fighters about this as I'm sure they'd take advantage of it, but I'm afraid of heights.

I bet you don't like going up the tower then?

Honestly? No, I can't stand it! I just put on a brave face when they're hoisting me up.

What is the worst situation you've been in?

Recently I was involved in a 2 vehicle road traffic collision and had a wooden stake stuck into my chest. It was very traumatic, but the crew were amazing. They soon had me released and in the safe hands of some imaginary paramedics.

Those look like some nasty injuries to your lower abdomen; how did you get them?

That I'm afraid is the result of years of abuse being dragged, carried and thrown around by fire fighters. I've been dropped from towers, thrown into ditches and forced into car accidents. Honestly, if there was a union for dummies, I would be the union rep.

Finally, is there anyone you look up to?

My biggest hero is Sierra Sam, the first ever crash test dummy.

Fire station charity car wash for the fire fighters charity 9am - 12.30 on 1st May.



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Planting Vegetables in April

By Joyce Knapp

April always has a rather special feel to it as we move completely away from the previous winter and can now launch ourselves headlong into the next growing season. This may begin with sowing seeds directly into the ground and it is perhaps worth noting that in our area, the ground seems to stay reliably warm after the middle of this month. The first seed we may wish to sow is the good old reliable carrot and by sowing them as sparsely as possible, we will reduce the need to thin them out at a later date. Another root crop that does well locally is beetroot and these are somewhat easier to sow as they are larger seeds and can be spaced at regular intervals of 2-3" apart. Both crops will benefit from a covering of fine mesh, especially the carrots that are prone to attack by carrot root fly which will lay their eggs at ground level, around the neck of each plant. The eggs then hatch to produce grubs that burrow into the roots causing devastating levels of damage, before developing into the fly stage to start the whole process over again.

I have found, over the years, that it is perfectly possible to sow seeds directly into the vegetable bed for many types of vegetables, including lettuce, calabrese/ broccoli, leeks and cabbage thereby greatly reducing the workload involved in rearing these crops. Previously, I would start them all off in a cold greenhouse in trays or pots of bought-in compost, but by doing this there was much work involved in sowing, watering, maintaining the right temperature and levels of ventilation and then planting out. Once I became confident enough to sow direct, I took time to space the seeds carefully and check they had sufficient water, then left the rest to mother nature.

A few days ago, I took a walk along the



path above the new Bentham Allotment site and it was very heartening to see all the various start-up procedures being undertaken. The residents of Bentham have waited a very long time for this development and we now wish you all well with this project, both individually and as a group, and look forward to seeing the whole area flourish in the future. Perhaps in time, someone could find the time and inclination to contribute a monthly article to

Bentham News on behalf of the group?

Nature Notes

By David Fisher

The art of setting moths and butterflies used to be the thing but now we use photography instead.



In order to go about setting a moth, a groove for the body of the moth was made in a setting board, which was made of polystyrene or cork. The moth's wings were set in position and held in place by strips of cardboard with a pin at each end. After a few days the wings would go stiff and the strips were taken off. The moth was then moved to the collector's box and held in place with a pin through the thorax, before being labelled with its name and the date.



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Fabrics, Haberdashery and lots of lovely wools for knitting and crochet.

Many thanks for your loyalty over the past few months.

www.temptationsbentham.co.uk

Wrestling in Bentham

By Heather Knowles

After my 'People of Bentham' interview in the January BN, when I mentioned wrestlers coming to the Sunset Transport Café in Ingleton, this has jogged the memories of local people and lots of stories have emerged. This is one that I think is funny.

Apparently, a likeable local boy who was always in trouble with the police and spent some time in Borstal, was in the Sunset Transport Café one evening mouthing off. One of the wrestlers, well-known celebrity Les Kellet, took offence at what he was saying and threw the boy out, apparently, he stuck him in a dustbin!! Can you imagine that happening now? The press would have a field day.

Because Les had ripped the lad's shirt, the next week he landed at the café with a new shirt for him!

The wrestling photos (*courtesy of Alan Leak*) are probably from the 1980s in Bentham Town Hall. Obviously one of the wrestlers is Giant Haystacks, but I'm not sure who the others were.

Bring it back I say!







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New Faces Among Both Staff and Children

By Claire Pearson - headteacher

This term has seen a few new faces in school...both children and adults. We have some new families who have joined our school, moving to Bentham or nearby towns and villages. You may have noticed that we have a few more taxis and minibuses bringing children to and from school each day. A number of new nursery children have finally started their educational journey with us, delayed from January due to the school closure. Our numbers continue to grow, and this is great news.

We also have some staff changes, albeit temporary as these new members of staff are all covering teachers who are on maternity leave. **Miss Richardson** has begun her maternity leave and **Mr Hogg** is now teaching Class 2. Mr Hogg met his class for the first time on 8th March, the same day that the children returned from the most recent partial school closure. Mr Hogg will have found his feet by the time you read this, and we look forward to getting to know him better over the coming months.

Mr Hiley will be the interim headteacher from April whilst I go on maternity leave for a year. He has started to get to know the school through virtual meetings and physical visits into school to meet the children and staff and get to know his way round. Mr Hiley is a very experienced headteacher and I have enjoyed working with him over the past few weeks in preparation for him taking over the helm of our school. Another exciting chapter in the history of our school.

As a school we continue to support students who are training to be a teacher. **Mr Edmondson** has joined us this term from the University of Cumbria as he begins his teacher training. He has settled into Class 5 (Year 5/6) quickly and we look forward to welcoming him back in the summer term to complete a longer placement with us. Teaching students and newly qualified teachers have, like many of us, had a tough time during Covid-19 as they try to complete their placements and degrees through school closures. We are proud to be able to continue supporting students, who are taking the first steps into their teaching career.

We also have two new faces in our school kitchen. We are very fortunate to have our own school kitchen and be able to cook meals on our school site. **Miss Kaomungkhun** is our new school cook and **Mr Watkinson** is our new assistant cook. Both have received full training and come with catering experience so we know that our children will be well fed and cared for at lunchtime.

February marked 6 years since we moved into the 'new' school building. Time flies! Each year we have tried to add another resource to our outdoor areas. Past developments have included the wildlife garden, the climbing wall, the gazebo and the wooden trim trail. Last year the children planted a willow dome and tunnel which is thriving on our school field. This year a path will be created around the school field, weaving its way between the growing trees and other structures. This path will enable children to complete a daily mile during playtime or lunchtime, keeping them physically fit and active whilst also challenging themselves. We hope to have this installed very soon so that the children can get maximum use out of it this summer.

By the time you read this the children will have been back at school for around 3 weeks. The first day back on 8th March was a buzz of excitement and anticipation. The children skipped through the gates and reunited with friends. It is lovely to have the corridors full again, the playground noisy and the sound of learning up and down the corridors.....

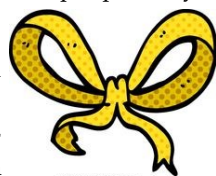
Exciting, Innovative and Hopeful news from St John's Church

The Community Covid Tapestry

Would you like to be part of a unique tapestry to help us bring together our memories as a community of the past year? What got you through? Who do you remember? We have over 100 specially made tapestry kits to give away. Collect from the Pop-Up-Pantry or from Rev Anne direct (07528-572072).

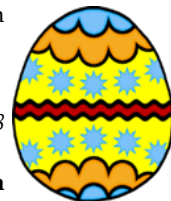
Tie a Yellow Ribbon around Bentham...

...and decorate the town with signs of new life and hope as we pray that we really will be emerging from lockdown and starting to recover from the impact of the Covid pandemic. Wear it, tie it in your garden, give it to friends, keep it on your door. We've been through such a lot, so let's show that we are here to support each other. Ribbon is available in the Pop-Up-Pantry and churches or simply make your own! Love from St John's and the Pop-Up-Pantry supporting the community out of Covid. Xx



A new beginning - News from Bentham Parish Church, St John the Baptist

After much hard work over recent years, permission has been given to update your parish church, making it fit for purpose for all the community. The plans include a kitchen (in the tower room), two toilets in an extension (including one which is properly accessible), improved heating, a multi-purpose space for use throughout the week for children and local history as well as Sundays. The improvements will increase accessibility and welcome as well as taking care of the historic building. Over £100,000 has been raised and the first stage will start after Easter. If you are able to help in any way, small or large, please get in touch with Rev Anne Russell (07528-572072), Judith Johnson (61905) or see Facebook: the Ingleborough Team Ministry.



COME AND JOIN THE EASTER CELEBRATIONS

BENTHAM PARISH CHURCH – St John's (*contact Rev Anne Russell 07528-572072*)

There's lots going on for all ages through Holy Week and Easter – in church, at the Pop Up Pantry and online for all ages. Visit Fb Ingleborough Team ministry, our website www.ingleboroughchurches.

BENTHAM QUAKERS meet every week on zoom. If anyone would like to join us, please telephone Charlotte Munday (015242-63152) or Jo Dales (015242-61136) and we will see that you get the link.

ST BONIFACE'S ROMAN CATHOLIC CHURCH – see Facebook Father Frank Smith for daily services.

BENTHAM METHODIST CHAPEL

Easter Day at 10.30am and a service of evening prayer will take place online. Details of these and other services and events can be found on the Facebook page for Bentham Methodist Church.

CORNERSTONE IN BENTHAM All our services can be accessed on our YouTube channel: Cornerstone Church Bentham. Easter Day at 11am meet for worship at Bentham Victoria Institute. Booking essential 07942-672105.



Police News

Your Safer Neighbourhood Team covering the Bentham, Ingleton and Settle area are, PS1006 Paul Evans, PC188 Jane Carpenter, PC830 Barbara Parsons, PC547 Sharon Leverton, PCSO5561 Jayne Grace, PCSO3572 Helen Stringer and PCSO3737 Gary Grieves. We will be keeping you updated on recent crimes and incidents in Bentham and the surrounding area.



29 incidents were reported between 11th February and 11th March 2021, and officers are conducting regular **Covid-19 patrols** in the area and dealing with breaches.

11th February – fraud - post

16th February – concern for welfare

17th February – police alerted to a suspect black Audi and 3 men at Paxton's, Green Smithy

18th February – police alerted to men in a suspect black VW Golf looking through windows and trying doors in Springfield

18th February and 9th March – check on holiday let re: Covid-19 regulations

20th February – fraud - DVLA

21st February – check on an abandoned call

25th February – fraud - HMRC

25th February – vehicle seized as it had no insurance

25th February and 1st March – concern for welfare

26th February – traffic offence in Robin Lane

26th February – anti-social behaviour by youths throwing eggs in Duke Street

27th February – criminal damage to football posts near Wenning Avenue

3rd March – anti-social behaviour by youths in woods near Fowgill

5th March – anti-social behaviour between neighbours

10th March – missing person found safe and well

11th March – concern for safety and welfare

On 19th February - North Craven Settle, Ingleton, Bentham rural watch member came across 2 Quad bikes heading from Low Bentham towards Lancashire. They had been stolen from an outbuilding on Mill Lane. Lancashire police arrested 3 men and seized a black VW Golf, and a joint police investigation is ongoing.

On 23rd February – police received a report of 2 Quad bikes found near Holme Farm, Low Bentham. They were the ones reported stolen on 19th February from Mill Lane, so both Quads were returned to their owner. This is a great result for cooperation between North Craven Settle, Ingleton, Bentham rural watch members, police and the community.

Contact Information:

1 Ring 999 in an emergency or to report a crime in progress

2 Ring 101 to report incidents or provide information

3 Ring Crime Stoppers on 0800 555 111 to remain anonymous

4Email

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Extra Town Council Meeting on 15th February

By Shirley Brown

This was a short online meeting with just a few items on the agenda. Town Councillors present were: Gareth Adams, Julie Bridgeman, Diane Faraday, Brian Handford, Howard Hill, Thomas Marshall, Tim Stannard and Robert Taylor (chair). Marion Swales apologised for not being able to be there, and the Town Clerk attending was Christine Downey. No members of the public, except the Benthams News reporter, were there.

Planning:

Cllr Marshall left the meeting for this item. Councillors were supportive of the application for the Riverside Caravan Park to be used on a year-round basis and were reminded that this is not a permanent residential site and that those using the site must have a different permanent address.

There were no objections to the retrospective application for permission to retain an existing general purpose agricultural building and to construct an agricultural building for sheep housing and fodder storage at Burton Meadow Barn, Burton Road, Low Benthams.

Gritting of pavements: It seems that North Yorkshire County Council should be responsible for this and also for making sure the grit bins are kept topped up. However, this system does not work well in Benthams so the Councillors decided that on the few occasions that pavements need gritting each winter, they would buy a bag of gritting salt from a local supplier and authorise local contractor, Thomas Brown, to spread it on strategically important areas around town. The decision on whether to activate this would be taken in the early morning by Cllrs Adams, Marshall and Taylor.

March Town Council Meeting

By Bob Clark

The Town Council met online on Monday 1st March. In attendance were Councillors Adams, Bridgeman, Burton, Hill, Marshall, Stannard, Taylor (chair) and Wills. Councillors Faraday, Handford and Swales sent their apologies. Also present were North Yorkshire County Councillor Ireton, Craven District Councillor Brockbank, Town Clerk Christine Downey, and Public Safety Officer Craig Lyons. There were no members of the public attending the meeting apart from the Benthams News reporter.

Public Safety Officer Craig Lyons reported that he had been contacted by people from a number of neighbouring villages, and by Burton Parish Council, about where to go with their local safety concerns now that that Ingleton Police Station has closed. He said that he would be doing more evening patrols as Safety Officer, and that a desk for the police will be set up in Benthams Fire Station so that the public will have more contact with the police and be able to air their concerns.

County Councillor David Ireton said that this had been a very busy week for North Yorkshire with two very important issues. The first was the roadmap out of lockdown which Boris Johnson has outlined, and the second, a more local issue, was the Secretary of State looking at different communities at the start of the government's consultation on the future of local government in the county. He went on to say that great caution would be required when the lockdown rules were relaxed, as this would be quite unlike the

ending of the first lockdown. The major difference is that the Kent variant of the virus, which now accounts for ninety percent of infections across North Yorkshire, is far more dangerous than the original virus. And it's important to remember that the infection rate is still quite high in many areas.

District Councillor Linda Brockbank added that Craven residents are being encouraged to get the vaccine when they are offered it, and to carry on following the lockdown rules. Over 11,000 people of 70+ years have now had the vaccination, and anyone in that age group who has not yet received an invitation should go online to book an appointment.

Highway Matters. Councillors will have an on-site meeting with the Environment Agency and the Highways Agency to see what can be done about the Wenning Bridge erosion. They will also write to Network Rail about the condition of the footpath along the north side of the railway and ask if Network Rail could put some gravel or hardcore along the path, as it's popular with walkers, and all the heavy rain has made it a bit of a quagmire.

Polling Station at Town Hall. Now that all the risk assessments have taken place the Town Hall will be opened as a polling station on 6th May 2021.

Defibrillator. It was agreed to purchase a defibrillator.

Town Cemetery. It was agreed to have a tidying up of the cemetery and the removal of self-sown trees.

Gritting. It was agreed that both sides of the pavements should be gritted when gritting is warranted.

Molehills. At the request of the contractor used by the Town Council for various maintenance tasks, the Town Clerk included on the agenda an item to consider action about the molehills on the green verge along Low Bentham Road opposite Huws Gray. The councillors had a light-hearted discussion on this matter. One councillor suggested employing a mole catcher, who charges £5 a mole caught, but two other councillors thought this might upset passing walkers, and result in the mole catcher receiving a lot of flak. Another councillor suggested sticking children's plastic windmills in the offending molehills, thus creating a vibration which would send the moles back to the field behind the wall. It was agreed in the end to just flatten the molehills and let the vibration from passing traffic and grass cutting machines send the moles back to the field. It was thought that this would show that Bentham has a mole-friendly council!



Reports from Councillors. Councillor Marshall confirmed that upgrades have been agreed for some of the almshouses and this work is in progress.

A more detailed account of this meeting can be found on the Town Council website. The next full Town Council meeting will be held online on Monday 5th April 2021. If you wish to attend, please contact the Town Clerk (townclerk@benthamtowncouncil.co.uk).

A is for April! - Happy Easter



K	R	Q	Y	W	J	A	A	E	X	E	A	G	X	U	X	T	Z	V	U
R	R	D	Y	K	S	M	S	T	U	M	D	L	Q	W	D	U	Y	H	E
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ASTRAZENECA
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2		3				8		1
		8		2			9	
				7			8	2
8	1				2			9
			3		8	7		

Try to fill in the missing numbers.

Use the numbers 1 to 9 to complete the equations.

Each number is only used once.

Each column and row is a maths equation.

Remember that multiplication and division are performed before addition and subtraction.

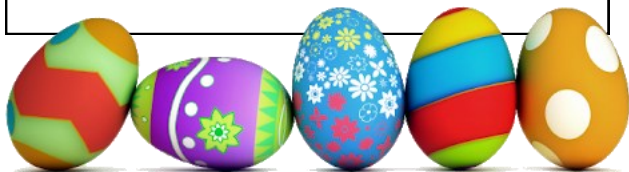
3				6				
	9			5	8	3		7
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	2						8	
1	5	3	4	7				9
2								
	6			7	5	1		2
				4				8

Sudoku

The objective is to fill a 9×9 grid with digits so that each column, each row and each of the nine 3×3 subgrids that compose the grid contain all of the digits from 1 to 9.

9	×		÷		36
+		-		+	
	-		+		-1
-		×		-	
4	+		-		5
6		-27		-1	

	÷	2	-		3
-		+		-	
	-		+		3
÷		+		+	
	×		+	5	32
6		18		2	



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Four Walking Groups in April

By Kate Rowe

The easing of lockdown rules means that, as long as nothing changes, walking in groups of up to 6 people is allowed from March 29th. Social distancing within groups, and no mixing of groups at any point on the walk, must be adhered to. So, the walks cancelled in January have now been planned for April. Booking will be required with Alison at col4dt@btinternet.com. Please note that all walks start at 9.30am from the start of the route. New members will be very welcome. It should be an uplifting time with wildflowers and birdsong in abundance, just what we all need. I heard the first curlew at the end of February, always the first really hopeful sign of spring for me.

On Thursday 8th: We start from Bentham Bridge, with roadside parking, for a 9-mile walk with David and Sheila, 61838. From the bridge we go via Moulterbeck Farm and High Bottom onto Birkwith Lane. We follow the lane towards Oakhead, then on to Maiden Bridge, then to Foss Bank and pass Lanshaw to get onto the moor. Once on the moor we make our way up Petersbottom Lane to the Shooting Box and on to The Standard on Burn Moor. Our return from the moor follows a fence, then lines of grouse butts to get to Holly Tree, and on our way back to the bridge the section over the moor will probably be boggy.

On Sunday 18th: Colin and Alison's 5-mile walk starts from the car park on the main street in the centre of Sedbergh, although street parking can be found on the lower parallel road to Garsdale, (before and around Westwood Books.) We head up to the motte and bailey castle, walk over the fells/fields and return along the river. Tel: 07854-789311.

On Friday 23rd: The Pen-y-Ghent Gill 7-mile circular walk with leaders Sandra and Bryn, Tel: 07779-001046. Details for parking are as follows but do ring if you need more clarification: leave Stainforth on the Halton Gill road (Silverdale Road, single track with passing places), keeping towards Halton Gill. Pass several cattle grids and parking places for access to the Pennine Way. After Blishmire House (and before Pen-y-Ghent House) when Pen-y-Ghent hill is obviously above on your left, there is a clear wide track off at the right. Park here on the extensive grass verge SD 855728 – avoid the track itself.

We walk for a short time along this road before picking up the Silverdale Road footpath and crossing Lockley Beck. The path continues above the line of the Gill, below Pen-y-Ghent House Farm, with views across the fell. We emerge briefly onto the road again before picking up the path below a limestone scar and following down to Nether Hesleden, crossing the bridge, and continuing to the new bridge on the River Skirfair. We will not go down into Litton itself. From the bridge, we turn to pick up the wide and walled track back more steeply onto the lower slopes of Cow Close Fell before the track flattens out to give (hopefully) good views of Halton Gill village, the limestone scar of the morning and, finally, Pen-y-Ghent itself as we cross Dawson Close and return to the cars.

On Friday 30th: Robert (Tel: 41452) will lead a 6.5 mile walk from Settle. Parking will be on the road by the Sidings Industrial Estate at the back of the station. We walk through Settle, up Castleberg Hill and on to Attemire Scar, past Sugar Loaf, down Lambert Lane track and back to Settle via Cleatop Park and Lodge Lane.





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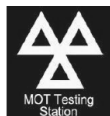
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The View From Within

By Keith Hartley

By now most of us are familiar with the view of the *Bowland View* building site from Robin Lane (although it does look rather different now without the crane!) But this picture, taken from the top floor balcony of one of the apartments, shows that the *Engie* site is almost a town within a town as construction work continues apace. Despite the effects of Covid and a very wet winter, *Housing 21* still anticipate taking possession of the building in August this year, with the first residents moving in during October. They hope to open the first show home, a bungalow, in April, when H21 Sales Consultant Naomi Thornton will be on hand to welcome anyone who wishes to call in and learn what Bentham's Extra Care Housing is all about. Watch this space!

The photograph was taken by Martin Taylor, Engie's Project Manager, who has kindly given his permission for its reproduction.



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Charity 'Vegetarian for Life' Invites You to Join Their Monthly Virtual Vegan Lunch Club

By Karin Ridgers, info@mad-promotions.com or 07970-732668

This virtual lunch club is open to vegans, vegetarians and meat reducers aged 65 and over. 'V for Life' is the world's only charity working on behalf of older vegans and vegetarians. The club offers attendees the chance to learn new dishes, get tips from an experienced vegan chef, and meet like-minded people from across the UK. It takes place by Zoom on the fourth Tuesday of every month. Recipes are provided in advance, so you have plenty of time to get the ingredients, which you cook in the morning and then join 'Vegetarian for Life' chef Justina, along with attendees from across the UK, at 1pm.

The virtual lunch club is not only a place for food lovers, but also for like-minded people to share their stories and enjoy a laugh. This is a great way to meet friendly faces in the comfort of your own home with a plate of warm food in front of you. It might sound strange at first, but I promise it is really fun when we all get to enjoy the same food as if we were sitting at the same table.

Recipes take a different theme each month - 27th April enjoy an afternoon tea, 25th May we will be making delicious veggie curries with accompaniments and on 22nd June it is picnic time! Participants can, of course, not cook at all and just join for a chat with whatever they're eating for their lunch that day.

Please call the 'VFL' office on 0161-257-0887, or email ellie@vegetarianforlife.org.uk to find out more, or to book your place and get the Zoom link and password.



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News from the Fells

By Helen Wilkinson

After the cold winter the fields are wind burnt and yellow but by April, they will be turning green again. The first lambs were out and about in early March when some warm sunshine gave a hint of spring around the corner. This year I was lucky enough to spot two white stoats on the fell (or one stoat in two places); probably an indicator of the low temperatures.

Our school staff were pleased to have the children back in the classroom after 8th March. They quickly settled back into school life and have been getting out into the poly tunnel preparing for some spring planting. As the children were unable to attend the Mothering Sunday service the church provided them all with a primula to take home. They were also given cards to colour in by the Loaves and Fishes club. Our Mothering Sunday service was led by the congregation and we will have another service on Palm Sunday. The AGM of the Old School Committee was held on 24th February. A day of cleaning and maintenance is planned for late May before the building is hopefully reopened for use.

Bronwen Osborne and Richard Wilson have been out and about walking the local footpaths and mapping any repairs that need doing. As part of the Local Delivery Scheme the Parish Council has received £500 for materials. The first planned project is the repair of the Fairy Steps near Lowgill (*see my photo right*) and LCC has also supplied recycled plastic lumber for the steps. It is expected that this work will take place later this year by a team of volunteers. If you wish to volunteer or report a problem with a footpath in the Low Tatham or Tatham Fells area, please contact Richard at Richard@tathamparishcouncil.org.uk





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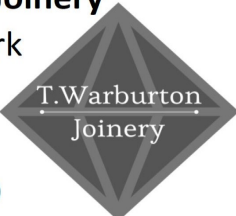
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Making the Most of our Fresh Air

By Jo Burnley

Air quality has become a hot topic in recent years, and the coronavirus pandemic has further emphasised the importance for health and wellbeing of filling our lungs with good quality fresh air whenever possible. There is strong

research evidence that Covid symptoms are worse for people who breathe polluted air. This has highlighted the fact that England is extremely unequal in terms of air quality, cities doing badly and country and seaside areas doing substantially better.

This has sparked interest in what at first seems to be a joke, but is, in fact, no joking matter. Entrepreneurs have been travelling the length and breadth of the country seeking unspoiled places of natural beauty to monitor, and potentially to capture, fresh air.

'YorkshireAirApparent' is one of the companies undertaking feasibility studies of the business potential of making money from bottling air. They have recently been in the Bentham area, well-known for its location amidst a wide expanse of windy moorland hills. Their representatives, having consulted with the Environment Agency, have identified Bentham as a potential hub for bottling air and are increasingly convinced that it has great marketing potential.

An added advantage of our rural location is its agricultural heritage. Not only can we bottle pure air, but there may be a niche market for particular rural aromas, which local farmers could supply, and a number of local farmers, seeking to diversify, have already shown interest. Naturally Health and Safety standards have to be maintained, but distinctive air-borne farmyard odours have a particularly attractive pungent smell which many city dwellers would pay handsomely for.

There has even been interest from Brits living abroad. Unable to travel during the pandemic they have found themselves longing for a whiff of home, and are another potential market for freshly bottled authentic British air. Other niche products, such as air from Fish and Chip Shops or even The London Underground, are already selling at \$25 for a one-litre bottle in Australia.

Clearly more research is needed as, to remain environmentally friendly, bottles must be manufactured from recycled glass rather than plastic, and labelling has to be accurate as air from Yorkshire (Grade I) can clearly demand a higher price than air from over the border in Lancashire (Grade II), so quality control will be of the essence.

'YorkshireAirApparent' are keen to hear from Benthamers who want to be involved in this exciting business initiative. They can be contacted at www.YorkshireAirApparent.co.uk but you will have to be quick as expressions of interest have to be received by Thursday 1st April.




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By Liz Ryan (development worker for Bentham Older People Together)



Dear fellow residents of Bentham,

Happy Easter! It always seems a brighter and more positive time of year in April, with longer days, clocks going forward, and we seem to be moving in the right direction virus wise. As I write this we are still in the clutches of winter and still isolating, but what follows is about what went on in February and early March.

BIG news on re-opening!

Having looked at government guidance and other advice, if all goes to plan with the government's road map out of the lockdown, we are looking at recommencing the Community Link Café on Wednesday 19th May and Age Concern Friday Lunch Club on Friday 21st May. There'll be more news next month and we will contact club members nearer the time.

Digital and Tablet Scheme



Our new digital project has been running well and here are comments from a couple of our members.

Mrs Heather Carter says:

"I'm really enjoying my tablet. It is something so different and I am learning a lot. I am gradually getting used to it - but once I got the idea, I was fine and I'm feeling more confident. I've even contacted a long-lost friend!"

Cynthia O'Brien, photographed talking to her niece Phillipa in Canada says:

"It was difficult to begin with, but I just kept trying. I felt a bit timid at the beginning, but I listened to all the advice and quite soon I got a bit of confidence. I spoke with my niece for over 40 minutes, we normally phone each week, but this was a lot better. I had not seen Phillipa for over a year!"



Both Heather and Cynthia agree that they are really pleased they have got involved with the tablet scheme and would like to suggest that others also give it a go!

Contact details as above.

See you all soon 😊😊

Bentham Moving Forward 'Bentham at its Best'!

By Sue Bloxham

You may have heard of 'Bentham Moving Forward' in these pages or on Facebook but not really know what it is. The idea emerged nearly two years ago when a number of Bentham's voluntary organisations came together to tackle some of their problems such as finding sufficient funds or volunteers to keep them afloat. This group grew and adopted the name *Bentham Moving Forward* (BMF).

BMF really took off at the start of the pandemic when it worked with Bentham groups such as Bentham Mutual Aid, Pop-Up-Pantry, Bentham Older People, Community Link Café and Friday Lunch Club to co-ordinate efforts to support people during the lockdowns.

BMF plans to carry on supporting Bentham's huge variety of voluntary organisations. A good example of this has been the volunteering campaign that we have been running for the last 6 months. We're very grateful to the campaign co-ordinator, Carolyne Lobb, who succeeded in recruiting 40 new volunteers for Bentham's organisations. You will probably have seen the advertisements for volunteer roles in the Bentham News, Facebook, and on posters. Thanks to Carolyne for continuing BMF's work.

In order to carry on and enable BMF to provide further support to voluntary organisations, we need to establish ourselves more formally for things like funding bids. So, if you are interested or involved in one of Bentham's voluntary organisations and want to make a difference, we'd love you to join our group. It would involve just two or three meetings a year, but it would really help Bentham as we move out of these difficult times.

Also, if your organisation needs volunteers or you would like to be a volunteer, do contact us. Please get in touch at:-

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The Cumbria Way Homeless Scarf Challenge Update

By Marie Rooke

First of all – a huge thank you to the folk who have already brought scarves and hats to 'Sole to Soul'. These will be photographed and added to the group album. I will be sending parcels off regularly, so please ring (015242-63067 or 07973-481461) to arrange a time to drop items off because of the current Covid-19 regime.

Anne, who started the group, lived on the streets for a while after escaping from a relationship with an abusive, alcoholic partner. Her experiences and her compassion have inspired hundreds of people to come together to find ways of helping those who are still on the margins of our society.

The group is expanding its links and is now accepting lots of other items including:-

- Neck warmers, leg warmers, wrist warmers, fingerless gloves and mittens.
- Hats
- Children's scarves, 40 – 50 inches long and 6 inches wide.
- Blankets made up of 6-inch squares fastened together – 84 squares are needed for a blanket (7 x 12) – or 10 can be used to make a scarf – so one blanket equates to 8 scarves! I can accept squares and send them off to a stitcher-upper.....
- Trauma toys such as teddies and dolls.

The group is also supporting mental health charities and the theme colour for this is shades of green. Thank you to everyone who is contributing.



Until we open up again for more events and gatherings, we are still serving Afternoon teas, cakes & bakes and more.

New to our products are 'Easy tea Tuesdays' Fully prepped family meals ready to just pop into the oven

Some exciting news is coming too so please keep checking for news

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Keeping Bentham News Going During the Pandemic

By Christine Conroy (written on 10th March 2021)

Last night we sat in our living rooms and attended the Bentham News monthly committee meeting. As it progressed, I realised it was the twelfth one we had had on zoom. A full year since the pandemic started.

I thought back to the first zoom meeting we had, all anxious about the IT working and being able to see and hear each other. All worried whether we would be able to fill a magazine, when everything seemed to have stopped! All concerned about the delivery, how all our dedicated deliverers would feel about posting through letter boxes! After all we have over 2,000 copies to deliver every month!

We shouldn't have worried. During the pandemic year, we have had many wonderful articles submitted by regular and new authors, all of them informative, interesting and many humorous, and certainly enough to fill the last twelve issues. During the first lockdown many local shops very kindly allowed us to leave the magazines available for people to pick up. Then slowly, as we were allowed, and as people started to feel safer, deliveries have returned to doors.

We would like to say a mammoth thank you to everyone in Bentham who has helped Bentham News during this time. It is a real testament to the community spirit in the area.

Oh, and the IT worked fine, everyone could see and hear!

Annual Accounts

Bentham News has annual accounts available for the year 2020, and anyone who would be interested in viewing them can do so by contacting info@thebenthamnews.co.uk



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Low Bentham and District WI

By Kathryn Brownsord

We held our AGM meeting in January but with a difference this year. It was held as a Zoom meeting with 12 of our members taking part together with our W I Federation Advisor, Sue Earl-Armstrong. After reading the minutes and dealing with matters arising, all the current officials and committee were voted in for another year. Our last meeting was held in February 2020 and we are all hopeful that we will be able to meet soon in 2021.

Barnoldswick Buttercups W I invited us to join their Zoom meeting which was a talk and video show by Jo Mosely on paddle-boarding, and three of our members took advantage of this invitation. To raise money for numerous charities, Jo undertook a journey travelling 162 miles across country by canal which included 91 locks and 200 swing bridges, she also picked litter up along the way.

Let us all hope that life continues to improve now we have the vaccinations and that we can all hope for a better year ahead.

Tatham Fells

By Mary Taylor

Tatham Fells Women's Institute members, including one from Leeds, met for a Zoom meeting on Tuesday evening 9th March. President Linda Kirkby welcomed everyone including the speaker, Mike Winstanley from Millhouses, near Wray. Mike gave an illustrated talk on Rural Crafts and Industry in the Lune Valley during the 19th Century. He showed the locations of innumerable mills, many now forgotten, on the fast-flowing tributaries of the Lune, south from Sedbergh to the only ones on the main river at Halton. The use of the mills, many owned by Quakers and manned by labourers from the Lake District, changed over the years from flax, cotton and silk, with wool at Sedbergh, ending with becoming wood turning mills making bobbins for the textile trade. Mike illustrated how other natural resources, beside water power, were used, including many small coal mines, quarries for stone and clay for the potteries at Burton and Kirkby Lonsdale and the Brick Works at Claughton which is still making bricks. He also had photos of hat making, basket making and nail making at Wray.

The President thanked Mike and Carl Hunter who helped with the Zoom. Carl is to devise a quiz for the April meeting.

Lune Valley Swimming Pool Reopens

By Roger Carter

The Lune Valley Swimming Pool in Hornby re-opened on Monday 8th March to provide weekly swimming lessons for local schools. Staff training ensured that the latest lifeguarding and first aid guidance and Covid-19 procedures were in place. All pupils, staff and teachers were very happy to be back swimming again.

As always, we are focusing on making sure that swimming continues to be available for all. Our next big step is for **General Public Sessions** which, subject to government legislation, will commence on **Monday 12th April**.

Please check out our website and the revised operating guidelines and timetables. Above all, please come back and enjoy your pool again, we so look forward to seeing you.

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Planning for Slurry Investment



By Adam Day, Managing Director of The Farmer Network, Tel: 07720-800840, www.thefarmernetwork.co.uk For more information, call the Farmer Network on 01768-868615
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At long last details are emerging from DEFRA about future funding opportunities for farmers wishing to invest in slurry management. As a result, The Farmer Network was overwhelmed with interest from farmers joining an on-line workshop to find out about the investment required to reduce ammonia emissions from slurry and possible grants to help towards the cost. Veronica Waller of the Farmer Network, who organised the meeting, said "this is the most popular on-line meeting we have ever held and shows the level of concern about the cost of investing in slurry storage and handling equipment. We will look to organise more meetings on this topic as further details are published about the regulations and the grant schemes".

A recording of the meeting can be found on the Farmer Network's You Tube Channel:- <https://www.youtube.com/watch?v=HMC3Q4SKTIQ>

Ammonia mixes with particulates in the atmosphere causing health problems and damaging environmentally sensitive sites. Future regulations will include the need to use low emission spreading equipment from 2025 and proposals to cover slurry stores from 2027.

Farmers in Catchment Sensitive Farming areas can now apply for grants to reduce ammonia emissions by installing automatic slurry scrapers, specialist flooring to separate urine from faeces and planting trees close to slurry stores. She warned farmers that to apply for capital grants, they need to contact their CSF officer as soon as possible and apply by the deadline of 30th April.

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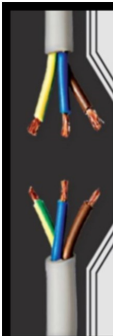
Dales Radio - Got a Story to Tell Us?

By *Carolyn Lobb*



We are looking for your stories! Every Wednesday at 11am I feature on a short community radio slot with Lee Mouldsdale on Dales Radio. Whether you are an individual or represent a community group and want to get your stories or issues on the radio, delivered to the very heart of the Dales then get in touch.

The Wednesday morning slots fill up very quickly and I plan about a month in advance so do enquire and I'll see if I can slot you in. You simply need to be at the end of the phone at 11am on that particular Wednesday morning. The chats we have are live on air but very informal and if we can inject a bit of humour in then all the better. The topics could be, for example, community or village concerns or announcements of future events. Recent slots have been with Bentham Older People Together, North Yorkshire Police, The Co-op, Craig Lyons, (Public Safety Officer), local farmer John Dawson, and Rev. Anne Russell. We want to involve all segments of society, so no matter who you are or what you do, we still want to hear from you. This is your opportunity! Please contact me on 015242-62512 or email lobbcarolyne@gmail.com



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What to look for in April

By Sue Halsall

So much happens in April as lots of plants and animals appear around now, which is why it is one of my favourite months for spotting new things. In the hedgerows, greater stitchwort (*see photo*) will be starting to flower; a white flower with 5 divided petals, and narrow leaves like small blades of grass. It looks lovely when growing in with primroses and bluebells and is much visited by pollinators. Its name comes from an old belief that it could cure the 'stitch' which people sometimes get after running, but another name for it is 'pop guns' because the seeds fire out explosively when dry.



Similarly, in hedgerows, forget-me-nots (*see photo*) are coming into flower. There are 12 species in my UK book of flowers and I'm sure everyone can identify them, though the species you are most likely to see are field forget-me-nots. They often escape from gardens and usually grow, set seed and die each year. The seeds are in protective cases with hooks on, so they catch on fur and clothing in order to spread out. The flower stalks grow from a rosette of leaves and all parts are hairy. In the language of flowers, they represent true love and memories – with its five blue petals and yellow centre you will no doubt have noticed it being used as a symbol for Dementia organisations.



This third photo (*see left*) shows a fertile stem of a horsetail.



These appear in April from underground stems that spread, making them hard to get rid of, especially as the leafy stems can even push up through tarmac. I remember this happening on the tennis courts some years ago. They are not flowering plants but reproduce with spores like ferns and mosses, and the leaf stems are much more well-known as they look like a green bottle brush, or, before they open out, a horse's tail. These appear after the fertile spore producing stems.



Great tits (*see photo right*) are around all year and, like most birds, will be nesting in April. Both sexes have a black head, white cheeks, green back and yellow belly. The black stripe on the chest is wider on males and those with the widest stripe are more likely to attract a female. They will lay 5-11 eggs in a nest box and both parents feed the young for about 20 days, after which time they will leave the nest. Even if you can't see them, you can hear the call of the males, which is likened to a squeaky bike pump, a two-note call "teacher teacher". In winter they will eat seeds at bird feeders, but in spring they eat caterpillars, spiders and other insects.

All photos, except the Great tit, are Sue's

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Rotary Has Talks on Histopathology, Murders and Legal Dress Codes



By Lilian Barton

On 25th February the club was privileged to have a speaker from the lesser-known part of the medical profession. Members welcomed Kadaba Srinath Vasuden, who likes to be called simply Vas. He is a member of the Rotary Club of Blackpool Palatine. It was a surprise to hear that as a one-year-old toddler he had been the victim of polio. It was learning about the global Rotary commitment to rid the world of polio that attracted him to become a Rotarian himself. He gave a fascinating talk about his work and that of his colleagues referring to himself and them as The Backroom Boys. His subject is 'Histopathology' which is the diagnosis and study of diseases of the body's tissues. This involves examining under a microscope tissues and cells. The results of such detailed examination help clinicians to manage a patient's care. Vas explained that the common concept of a pathologist is a person who examines dead bodies, but he emphasised that the examination under a microscope of tissues and cells is a vital process which assists in determining the cause of problems very much in the living!

On 4th March Stephen Hinde, a retired police officer, also gave an excellent talk. He spoke about his career in the force and his involvement in solving the cases of 3 murders. On 11th March Graham Jackson gave an extremely interesting talk about the history of legal dress. He spoke about the use of vibrant colours of the robes worn by the judiciary e.g., scarlet, gold and blue, the materials used including silks, taffeta and white fur plus an explanation about the different types of wigs worn. The result of being confronted by such impressive attire can be very intimidating to the criminal in the dock!



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Bentham News is published by a voluntary editorial committee consisting of Shirley Brown, Bob Clark, Christine Conroy, Kathleen Kelly, Anne Preston, Jane Proctor, Pam Woof and Denise Henshaw - co-ordinator, who can be contacted on 07770-801591 c/o Daisy Hair and Beauty, 29 Main Street, Bentham LA2 7HQ. Emma Greenep works alongside Denise administering the advertising side of the paper and can be reached on ads@thebenthamnews.co.uk Every effort is made to ensure that information contained in the paper is correct; however, Bentham News is an open access paper and views and opinions expressed and adverts included are not necessarily endorsed by the editorial committee. The committee reserves the right to edit contributions. We are willing to withhold names on request, but names, addresses and telephone numbers must accompany all items for publication. Email to:- info@thebenthamnews.co.uk or hand in to Daisy Hair and Beauty in the Main Street or use our website www.thebenthamnews.co.uk

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Spring Lambs

When we mentioned in the March Bentham News that we would love to have put some spring lambs on the front cover, but that it was too early to get any, we were immediately contacted by Vikki Chappell. She told us that although they don't own or run a farm, that they rent some land in Low Bentham which enables them to have a small flock of sheep.

Their first lambs were born in Christmas week, and they carried on lambing throughout January. They mainly have Zwartbles but also have a few random sheep. What follows is Vikki's descriptions of the photos she supplied for us:

The top photo shows Stella and the tup lamb that she adopted after she lost her own lamb during lambing.

The middle photo features a big family favourite called Elderflower. She is a pedigree Zwartble and with her are her twin lambs, a gimmer and a tup. They are the result of a cross with a Dutch Spottie tup.

The last photo shows Gypsy Dance, another pedigree pure Zwartble with her single gimmer lamb, who was born just a few weeks before this photo was taken.

All the sheep are very friendly and enjoy a good cuddle. Our 3-year-old daughter enjoys feeding them digestive biscuits as a treat.

Glossary for our non-farming readers:

Zwartbles: an elegant tall black breed of sheep originally from Holland, friendly with outstanding maternal properties

Dutch Spotted Sheep: a relatively new breed to the UK, attractive with a good temperament

Tup: a ram

Gimmer: a young female sheep

