

BENTHAM NEWS

BENTHAM COMMUNITY CENTRE TO CLOSE?

By Trevor Blackwell

Three days before Christmas a letter from North Yorkshire County Council arrived at the Community Centre on Main Street. It informed Bentham Community Association that it was revoking their lease, and wanted them out of the building by June 30th. It added that if no other organisation wished to use it the building would be offered for sale on the open market in the spring.

Sharon Haslam (Manager) and Brian Cowling (Chairman) are still reeling from the shock. They explained to the Bentham News that although the Community Centre is well used it is an expensive building to maintain and repair, and over the past four years they have been trying to negotiate a rent reduction with North Yorkshire. They thought they were making progress, but rather than negotiate further North Yorkshire has used the rent arrears that have developed to claw back the building.

Bentham Community Association will appeal against North Yorkshire's decision, and they are asking the people of Bentham to support them in the fight to save the Community Centre. As Brian says, *"This is an essential facility for our village"*. They hope that people will come in and sign the petition and make their feelings known.

Over the years the Community Centre has played a vital role in the life of Bentham. Is this time of deepening recession, when we will need to rely on local resources and each other more than ever, a good moment for a community to lose its Centre? If we want to save it we have to act now.



Our photo shows Sharon and Brian outside the Community Centre

DEFINITELY THE BEST FISH AND CHIP SHOP IN BENTHAM

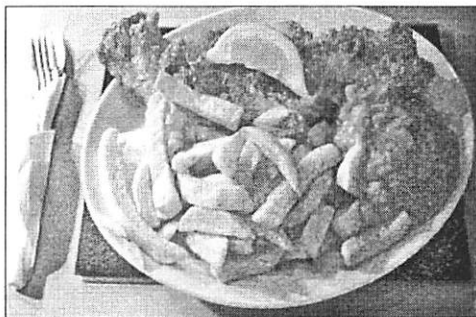
By Trevor Blackwell

Mike and Katy Seddon have been running the Bentham fish and chip shop for over two years now, and during that time they've won themselves a lot of enthusiastic customers. I went along to ask them about themselves and their family business.

They told me that they'd moved here in 2005 from the Chorley area, where Mike had managed a MacDonald's, and Katy taught. Their mum and dad had moved here already, so they knew Bentham a little, and what they knew they loved. At first they had a lot of tiring commuting back to work, so when the chip shop came up for sale in 2006 they jumped at the chance. And now?

Katy: "When you walk down the street people will always smile, or say hi. Now when I go anywhere I can't wait to get back to Bentham. There's a sense of community here, and a family atmosphere where children are valued. We could see it from the outside, and it was something we really wanted. And the landscape! Every day now we drive our older daughter Mia to school in Tatham, and it's when you're coming back, coming over the fell, and you turn, and you come out near Big Stone, and it's just BANG, it's there. Or I love it when we're coming back from visiting family, and as you come through Hornby all of a sudden it opens out, and there's Ingleborough, and immediately I get this sense of relief - I'm going home!"

The shop and the restaurant are doing well, though, like most businesses, they are suffering a bit from the very cold weather, the absence of tourists, the decline of the Wednesday market, and the current economic recession. They're trying hard to keep their prices as low as possible. They make a point of cooking all their fish freshly, because fish quickly go soggy if you keep them warm, and they've found that most people do prefer to wait for freshly-cooked fish. Mike sources



all his fish and meat and pies locally, and is planning to sell more free-range and organic products. And there are always vegetarian alternatives in the shop, and on the restaurant menu.

Mike and Katy feel they've had really good support from the people of Bentham and the other businesses here. But they would still like to say to people who haven't been for a while "Give us a try!" They told me how every month they have people coming in who say, "You know I came in last week and it was lovely, and I hadn't been in here for five years, because the previous time we came in we didn't like it!" And Mike says, "That's great! And whereabouts do you come from!" And they say, "Bentham." So what Mike and Katy would like to say is: "If you haven't come for a while, please come back, and give us a try!" And they add: "And we always want people to give us their honest opinion. Because if you don't get feedback you can't improve."

So welcome to what is definitely the best fish and chip shop in Bentham, and probably the only fish and chip shop in Britain dated 1664.

TEMPTATIONS

31 Main Street, Bentham 015242 61868

Stockists of Poppy, Paul Separates, Finn Karelia, Elle, Playtex and Vanity Fair.
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JANUARY'S TOWN COUNCIL

By David Johnson

All the Cllrs were present except Cllr Faichney.

The Police

The police reported on a variety of incidents which occurred during December ranging from criminal damage to the fire station, credit card fraud, providing alcohol to a minor, breach of the peace and vehicle problems on the ice and snow. The police are also keeping a keen look out for the graffiti artist(s) who struck in Low Bentham!

The Ice and Snow

Chris Craven (The Area Manager for Highways) and Mike Roberts (The Head of NYCC Highways) attended the meeting to explain their side of the problem at the beginning of December. They explained how highways are prioritised for salt treatment and the huge task that faces them when dealing with such a vast rural county. The system is subject to an annual review and recently there had been a drive to achieve consistency throughout the various regions of the county and that has resulted in Craven having a slightly reduced service to what was experienced in the past. Priority 1 routes receive treatment with salt about 90 nights per annum whereas category roads are treated about 50 times a year. The officers felt they had done all they could in unusual weather circumstances and that they could do little to improve their strategy. They thought their main task was to inform the public of their current capabilities and articles would be published in the North Yorkshire Times sent to every household. The Cllrs main concern focussed on the appalling condition of Ravensclose Road during the cold spell. Apparently this had been dangerously slippery for some time and it was of particular concern because it carries the bulk of the heavy goods lorries destined for Kiddes. The road straddles the county boundaries and both North Yorkshire and Lancashire steadfastly refuse to treat it. County Cllr Ireton was

clearly unhappy with the explanation from the officers and said he would raise the matter with executive members.

Housing

The plan to build 34 affordable homes off Wesley Close is making good progress.

Highways

The Cllrs have decided to call a public meeting on Tuesday 10th March to discuss the proposed changes to parking in Main Street and Station Road. The Cllrs are also concerned about the number of deep potholes that have appeared recently. Cllr Ireton was asked to investigate the cost of claims for damage to vehicles made against the County.

Bentham Common Land Charity

They met during December and Cllr Wills seems happy that there had been a constructive meeting and that the Council would receive a report on the activities of the charity in the future.

Craven Disposal Programme

The Cllrs were furious at what they considered to be the highhanded approach of Craven District Council because of a decision to put some of its 'spare' land up for auction with no warning or consultation. This includes the area around the Legion Hut, the Garage sites on Hillcroft and Banksway and the amenity land on Grasmere Drive and Lakeber Avenue. Some of the auctions will be held almost immediately and some in 2010. The Cllrs pointed out that most of these sites are used for parking and the outcome could make life very difficult for the residents.

The Tourist Information Point

The Tourist Information Point is starting to organise for next season. Accommodation lists will be updated as will the list of service businesses. There will be a rolling display on a screen to help visitors locate accommodation. The committee also wants to develop its links with other organisations in Bentham.

Sedbergh Junior School Sports Hall

The Cllrs decided to add the sports hall to their February agenda to consider whether they should arrange a public meeting to assess the need for a sports hall and funding issues.

TOWN COUNCIL NOTES

By Jo Burton (Town Clerk)

The next Town Council meeting on **Monday 2nd February at 7.30pm** has an item on the agenda to consider the need for a **sports hall in Bentham** following the loss of facilities at Sedbergh Junior School. Anyone who wants to comment is welcome to attend or to contact the Clerk beforehand on 62587.

Please note also that there will be a **public meeting** in the Town Hall on **Tuesday 10th March to discuss the draft proposals to move the parking on Main Street and Station Road.**

TOUGH YEAR AHEAD FOR CRAVEN

By Shirley Brown

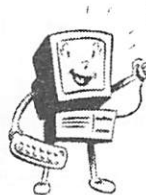
Readers will be interested to know that Craven District Council is in the process of setting their budget for 2009/10. They need to make substantial "efficiency" savings and some of these may well impact on Bentham. Some suggestions, such as charging for parking and closing public toilets, are still at a very early stage, but others are more imminent. These include auctioning off some plots of CDC land and a 6-month experiment charging for collection of bulky waste (£18 for up to 3 items).

If you would like to find out more, please contact your District Councillors, Manuel Camacho 62074 and Lin Barrington 61034.

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CRAVEN CONCERNS

By Cllr Manuel Camacho (015242 62074)

Gritting

Unsurprisingly, I received some comments about the state of the roads in early December. This concern was reflected throughout Craven and was thoroughly aired at the earliest Council meeting. Although not responsible for roads and pavements CDC councillors felt that we should at least pass on your views and ask some pertinent questions. At the Council Meeting on 9th December, the Leader (Chris Knowles-Fitton) mentioned that he had asked a number of questions of County Highways about the problems with the gritting of roads during the early part of December. The following are the questions asked and the answers given:

Chris Craven's (NYCC) responses (*italic*) to questions (**bold**):

1. Can we please have an up-to-date copy of the County road gritting programme, so that we can supply it to all our members?

I'll get a copy of our gritting routes sent to you as soon as possible. (Not received on 19th December).

2. Why did so many of the roadside boxes not have any grit in them?

All grit bins were full by 7th November. They were very heavily used and we could not keep up with replenishing them, which we're now well on our way to doing.

3. Why was there a lack of gritting on the main roads, never mind many of the side roads and streets that were not passable for up to four / five days?

There was plenty of salt down, but it does not melt snow on contact; it needs the action of traffic to do that, which can take some time. Salt only works at temperatures just below freezing. Temperatures in Skipton even by mid-morning were as low as -5C during the period 2nd to 5th December. It takes a lot of salt to have any effect at that temperature - some roads were treated six times before they were clear of ice. We spread 1,500 tonnes of salt in 5 days.

4. Does County still use contractor gritters and local farmers to supplement the service offered by the County Council, particularly

when things deteriorate to the extent that they did last week?

We have eight farmers who plough and grit for us.

5. Where you use locals, such as farmers, to supplement the gritting, is there a problem with those farmers using agricultural (red) diesel when they are on the County's highways? Do they have to revert to using blue diesel while on those highways?

They are supposed to use DERV when towing a gritting trailer.

6. Are there any plans by County to improve arrangements in the event of a similar event in the next few months?

We had discussions with the contractor at the beginning of last week. We will consider putting even more salt down when snow is forecast to be followed by very low temperatures. One or two of the drivers also need to use the snow ploughs more effectively. However, I've experienced many snow falls in 25 years of doing this job, following different patterns, and the fact that snow doesn't melt when it lands on salt (unless temperatures are around zero Celsius) means that a pack of snow will usually occur, which takes time to clear. Unfortunately, this is not widely understood so people assume that 'the road hasn't been gritted' when they see it covered in snow. Therefore a repetition of the weather will mean practically a repetition of the road conditions, with just a few marginal improvements as we tighten up on work practices.

That is the position at the moment. Should it change significantly I will report back. My own view is that the use of contractors rather than council staff rarely gives good results, particularly when it is the lowest tender that wins the contract.

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LETTERS

Dear Bentham News

AGE CONCERN IN BENTHAM – LOOKING AFTER OUR CITIZENS



I would like to inform the residents of Bentham of the role of the Bentham Age Concern Group who meet almost every Friday at Wenning Lodge, Station Road throughout the year. Our aim is to provide the elderly, and not so elderly, residents with a meeting place for a chat, cup of tea or substantial meal for a small charge. After lunch the day centre organiser, Hazel, has set out a varied programme including slide/video shows, talks, keep fit etc. Also we meet for a pub lunch at the Horse and Farrier on Mondays. Transport is provided from home and back for all events. During the summer months for a nominal charge there are day trips to shopping markets, the countryside and around the district, and in the winter to pantomimes, Blackpool lights etc.

So you see, Age Concern is a community event happening every week. I suspect that some people have relatives or friends who would benefit from the companionship at Age Concern and only need a little encouragement to attend. If any client has problems we are only too willing to assist them, or we will know someone who can.

We have many willing, reliable helpers – all are volunteers including escorts, drivers and servers, and I must emphasise that without them we could not function. More are always needed. Every trip requires a driver and two escorts to conform to Health and Safety. We would welcome new members and volunteers who are willing to give time and commitment to our necessary and available service.

Elizabeth Wilson (newly elected Chairman)

Dear Bentham News

As many of you will be aware the three year Active Bentham Project run by Bentham Development Trust is nearing completion. Having worked in Bentham and been employed by the Trust for the last three years on this project

I wanted to take the opportunity through the Bentham News to say thank you to all the great people I have worked with and met during my time here. There are so many of you that I want to say bye to, and may not get a chance to speak to before I finish, that I thought this would be the best way of thanking you for being so welcoming to an 'offcomden from over Settle way'! I have thoroughly enjoyed my time in your community and have enjoyed watching the projects develop and 'grow'. I will definitely be interested to see how the Community Garden at Low Bentham develops, and the BEST group who have made such a great contribution to environmental awareness locally and not forgetting The Bentham Can-Do Investment Fund! (They still have some money left for this year if you have a project you would like to do!). There have been so many good people and good projects and I wish you all the very best for the future. I hope I will see some of you from time to time. Thank you.

Ann Ambrose

tim wheildon

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LETTERS

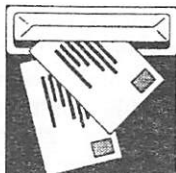
Dear Bentham News,

I was very saddened to see the anonymous letter in the last edition attacking Evaglates, the children's home in Low Bentham. You only have to watch the news these days to know how fantastically lucky we all are to live in Bentham. It's essentially a secure and friendly place where we can walk the streets at night safely and let our children and teenagers go out on their own with little or no risk. There is next to no violence or crime (if you don't count dog dirt offenders! – see last BN).

So, shouldn't we be prepared to share our pleasant community with a few youngsters who have not been so lucky? Young people who find themselves in a children's home these days have normally been the victims of very unsatisfactory family backgrounds, often sadly lacking in the care and attention that our kids take for granted. The last thing they need is to be rejected again by a community, which isn't prepared to show some compassion for others. They may be a nuisance sometimes, but then plenty of our born and bred youngsters have had their moments. Virtually all of them, given time, grow out of adolescence into ordinary members of the community. Graffiti is a nuisance but, in my view, it is no worse than people who let their dogs foul our footpaths. Nobody is suggesting that they be expelled from Bentham!

In the Panto group, we are taking a positive approach and have encouraged the Evaglates girls to join us. As a result some of them are making a great contribution to the show, working with the rest of the cast and, I hope, feeling valued. As with the other young cast members, it has given them something positive to do with their time and has certainly revealed what they can bring to the community if they are given the chance.

Kind regards,
Sue Bloxham,
Low Bentham



Dear Bentham News

This is a PS to my letter last month about the changes to the Co-op.

People have pointed out to me that you can buy basic spices and wholemeal flour at Barwise's and Flowerfields, black treacle and suet at Duxburys, and you can get local honey, local cheese...and an amazing range of other food staples if you look beyond the obvious when you walk into one of our locally owned shops.

This is all true but I still want to be able to buy the basics from a trip to the Co-op and the people who have contacted me since I wrote agree. I'm in touch with the Co-op who say a meeting with local members would be out of the ordinary – more news soon, I hope.

Annie Neligan

**The copy deadline for
the March edition of
the Bentham News is
Thursday 12th February!**

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BENTHAM CHRISTMAS LIGHTS

By Iain Henshaw

Thanks to Diane Andrews, Sharon Haslam at the Community Centre, Christine Grieve from Temptations and Karen Standing at Toobys for the teas, coffees and cakes. You do meet some supportive people putting up Christmas trees in Bentham. Then again.... We have extended our committee with Jane Mann (as treasurer), and Dave Wildman and Clifford Bentham - who also volunteered their time putting up and taking down the trees - thank you. And before anybody has a go please be aware that the trees that were left on the street were not our responsibility.

We have applied to the council for a precept to assist in the next phase - a feature at the top of Station Road. We'd like to do more. We'd like to apply for funding and really light up Bentham! To do that you need to have a full committee and a constitution, so we need more committee members to make up a quorum at

meetings. Twelve people who could spare two nights a year would mean two extra members at monthly meetings. Who knows, you might feel like committing to three or four nights a year! We'd also hope you'd assist in setting up and dismantling twice a year.

Everybody can also help by dropping loose change into our collection boxes. It does not take a major commitment to help build a bit of civic pride. Drop into the Byres and see Dave Bedford (62846), or call Iain Henshaw on 61010. Thank you.

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YESTERDAY IN BENTHAM

Keith Hartley takes a light-hearted look at Bentham and its people, as first seen through the pages of the Bentham News edition of twenty years ago.

February 1989

The adage that no news is good news may well be true in many circumstances, but certainly not for a monthly news magazine aspiring to be at the cutting edge of provincial journalism! For February 1989 was a month in which it seemed Bentham, and therefore the Bentham News, went into belated hibernation, with little of interest on which to report. There *was* a bit of a to-do going on about someone wanting to build a housing estate on land off Butts Lane, but with a great deal of public support, the Planning Committee had decided this was a daft idea that was never likely to happen (!)

Rather, therefore, than copy the diary page, or one of Doreen Park's recipes (tasty though her apple balls sounded!) I propose to use this month's column to keep a promise I made a couple of months ago when mentioning the 1988 Ingleborough Poetry Festival. I said I would look out for any poems that may be of interest to BN readers, and I have found a couple that are well worth recalling.

The first is a poem by *Olive Calverley* that will give gentle tugs at the reader's civic heartstrings. It is simply entitled "*Bentham*."

Here is a poem about our town -
In simple words, just written down.
It isn't London, Paris, Rome
And yet, to me, it spells out *home*.

Beneath a sky so often grey
My wandering feet have come to stay.
In winter snow and summer sun,
Here I will stay, 'til life is done.

Surrounded by moors and hills -
A village built around two mills.
No day is ever quite the same
Higher Bentham is its name.

Long and winding Main Street stands
Crossed, at intervals, by bands
Of houses - large, small, or old -
Sunny squares and corners cold.

Children run in merry crowds,
Angus hides us in black clouds!
Chapel, Church and Youth Club give
Interest in the way we live.

Panto group and WI.
Bentham News and Big Stone high -
Old and young seem to agree
Bentham is the town for me.

Bowling, farming, cars and trains,
Holes in roads, repairing mains,
Shops and cafes, inns and schools,
Bingo, raffles, football pools.

Everybody must agree,
"Country life is right for me."
Bentham is the town I love;
Yes, it fits me like a glove!

In poignant contrast, the second poem, entitled "*Imphal Plains 1944*," was written "on a fag packet" (his words) by *Gunner Tommy Whitfield* of Grasmere Close, Bentham. He wrote it as his unit waited to face a possible Japanese attack in India.

Looking at the sunset,
In all its wondrous hues,
I pictured all the beauty
That's never in the news.
Of Love, and Life, and Laughter,
And children's voices gay,
As they stroll around the countryside
In a happy, light-hearted way.
"News" to them means nothing,
As plainly we can see,
And I would give most anything
To feel as they - carefree.

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RENNA KELLAWAY MBE

By Shirley Brown

Bentham pianist Renna Kellaway has just been awarded an MBE for services to music. She founded the Lake District Summer Music Festival 25 years ago and is its artistic director. She has previously worked as Head of Keyboard Studies at the Royal Northern College of Music in Manchester. She is a renowned concert pianist, and throughout her professional life has taught and performed internationally. She has served on international piano competition juries and conducted master classes. When I spoke to her to congratulate her on her achievement, she was quick to stress that such an award is also a recognition of the dedication and hard work of many other people, and she felt they also should be given credit.

She came to Bentham in the early 1970s, lured up to this area by Lancaster University from London where her husband was working

for the BBC. She has grown to love living here, could not imagine living anywhere else and greatly admires and appreciates the down to earth qualities of our market town, which she hopes will find a way to remain true to itself.

It's an honour and a delight to have such a distinguished musician living in Bentham.

*Don't be late,
For our new copy date.
Remember we said,
The 12th of Feb!*

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LIVE MUSIC IN AND AROUND BENTHAM

HIGH BENTHAM & INGLETON

By Tim Culshaw

After a lot of hard work, live music is back in our area! So far I've booked 80 gigs in 5 local venues, Black Bull, Byres, Masons Arms, Three Horse Shoes and Ingleborough Working Men's Club.

Events in February include:

Friday 6th: Black Bull, High Bentham: Simon Lee – fantastic one man band

Saturday 7th: Top Club, Ingleton: Wayne Farrow – swing and rock from the showman

Friday 13th: Masons Arms, Ingleton: Andie Dee – the fabulous guitar girl

Saturday 21st: Three Horse Shoes, Ingleton: Back From Beyond – local pop heroes

Friday 27th: Masons Arms, Ingleton: James Luke – good time guitar man

Saturday 28th: Byres, High Bentham: Paul Connor – guitar legend

LOW BENTHAM

By Barbara Vigour

On Sunday 22nd February, 2-5pm, at Low Bentham Victoria Institute there will be live string band music and dance for an all-community event from The Blue Ridge Mountains of Virginia. Treat yourself and your family to a lively afternoon of old time songs, tunes and dances brought to you by a gathering of musicians from North America and Yorkshire. From the Appalachian mountains the fiddles, banjos and close harmony vocals will warm your heart and get your feet itching to join the dance.

Pete and Ellen Vigour hail from the rolling hills of Albemarle County, Virginia. Debby McClatchy now resides in California where she specialises in old-time mountain banjo and song. After the concert, which will last an hour, Ellen will call the figures for big circle and square dances, country waltzes and clogging tunes as well.

No experience needed! Refreshments available.

For tickets phone Barbara or Michael on 62796.

(Children 12 and under £3, adults £4 or just £10 per family.)

WRAY

By Kate Howden

Saturday 28th: 7.30-10.30pm: £6 (children free): Wray Institute: howdenjones concert

This is an evening of songs and stories with a talented duo based in Glasson Dock, and is part of their Lancashire Village Hall tour. Between them they play guitar, mandolin, bodhran and cajon. For more information about the concert, which will start with a 20 minute set by special guest, local 13 year old Lucas Button, ring 07900 258488.

STOP PRESS

AND NOT FORGETTING, JAZZ AT ST JOHN'S, on Saturday 28th, see page 12.

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Have you ever despaired of the Church and felt like leaving? Sadly many have, and they have also discovered that Church can sometimes be bad for your spiritual health. Within a Church community, indeed within any community, we can hurt and be hurt. If we abandon the Church we abandon what Jesus created as part of his plan of salvation for mankind. The local Church should be an expression of Jesus' care for the world.

Although Jesus only mentions the word Church twice, the very shape of his ministry reveals how important relationships and community are. He built up a community of disciples who in turn established communities of believers to model Jesus' teaching and today this community is worldwide.

The Church is the Body of Christ, with him at its head and we as the different functioning parts, working in harmony. It may be Christ's body but it is far from perfect. Ian Coffey, a Church leader writes: 'Authentic Church is like running a playgroup. It's messy. Get used to it'. Mind you a playgroup can be fun! Messy it may be, and far from perfect, but being active members of such a community is essential if we are to function as God wants us to function (Note: we may not manage to get to Church these days because of failing health but we can still be part of the community, through prayer, through giving, and hopefully through visits from Church members or the clergy).

The Church as community can become

increasingly important in a world where community is breaking down. Let's strive, with God's help, to make our churches the welcoming, caring and healing community that God intends it to be so reflecting the values of his Kingdom and impacting upon the world beyond the walls of the Church.

Rev Clive Burgess

Lent Lunches: Ash Wednesday, February 25th at the Methodist Hall 11.30 until 1.30 with donations for Christian Aid.

Banish the Winter Blues at St John the Baptist Church

The Church is raising money for a disabled toilet and meeting room and will be holding a series of fund raising events throughout the year. This month there will be a concert on Saturday 28th February at 7.30pm 'Banish the Winter Blues', an entertaining evening with singers Valerie Baulard and Brian Lancaster accompanied by Gill Allen. Val, awarded the Sir Charles Groves Society Prize in 2002, is well known locally as an entertaining performer and she and Brian will sing songs and duets from the musicals.

Tickets cost £6, they include refreshments and are available from Church members and High Bentham Post Office.

For a bird's eye view of where you live, why not buy a £15 photo from the Gallery and support your local Bowling Club pavilion.

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GARDENING IN FEBRUARY

By Joyce Knapp

It will be quite interesting to see what the weather will be like in February, as we have already experienced, throughout December and early January, the cold, dry, frosty conditions we usually associate with this month. If you have been held back from carrying out some of the regular winter tasks, perhaps due to the long frosty spells we have had, then now will be the time to root out your secateurs and saws and get started on the pruning of shrubs, climbers and small trees.

The first ones to tackle could be apple trees/bushes as these are best cut back whilst still dormant. Initially, the work to be undertaken on these plants will be directed by 'common sense' i.e. removal of any dead, dying, diseased or broken branches or side shoots. The next step is to take out any stems that are growing in towards the centre of the tree, thus producing a more open centred plant. It may be necessary to remove shoots that appear over-crowded and, where two branches are currently rubbing together, the weaker one can be removed. Lastly, we need to step back and take a good look at the plant, noting any growth that appears too high, too low, or too spreading. Once this has all been removed we should be left with an open-centred, well-balanced and productive tree that has been kept within its bounds. Also, by creating an open structure, we are reducing the likelihood of the incidence of disease and allowing more sunlight to filter through to ripen the following season's apples.

As we have experienced an unusually cold winter this year, the birds will, no doubt, have been very pleased if we chose to leave the pruning of certain plants until late winter, or early spring. Examples of such plants are cotoneaster, a climbing plant that provides red or orange berries and buddleia (Butterfly bush) that provides an abundance of seeds.

We can, however, start to look at cutting these plants back towards the end of February, if the weather is not too cold as, by March, we

may be too busy with seed sowing etc. to find the time to tend to their needs.

A GARDENING REQUEST – Do you have any weathered limestone shapes in your garden?

Craven College Garden Design students are doing an interpretation of a Chinese garden of refuge for the Harrogate Flower Show in April. Has anyone got some weathered limestone shapes in their gardens which they are prepared to lend for about a fortnight? If you think you might be able to help this exciting venture, please ring Jamie Campbell on 61273.

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Jennifer Knowles (L.L.B Hons) See also my website www.jklaw.co.uk

BLOOMIN' BENTHAM

By Shirley Brown

Four volunteers gathered on 13th January to pick up litter around the phone box and millennium site at the bottom of Robin Lane. We also had a horrified look at the patch of land between the chippie and Bairstow Eves, which is full of dog dirt and litter. We talked to some of the nearby traders who expressed support for the idea of trying to make it less of an eyesore and dumping ground. Has anyone got ideas about how to improve this central area on our Main Street? We wondered about a trellis, some shrubs and even a bench, as it'd be a good place to sit and watch the world go by.

We next meet at the painted bus shelter at 1pm on Friday 13th February, but any suggestions or thoughts about making Bentham brighter would be welcome at any time – just ring me on 61608, or drop a note into the Gallery on Station Road.

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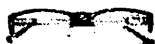
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BEST NEWS

By Richard Wilson

If you've never been to a BEST meeting or met a BEST member, you may wonder what sort of organisation BEST is, and what exactly happens at a BEST meeting. Words like "environmentally" and "sustainable" are, after all, a bit of a turn-off for anyone who isn't a committed greenie.

BEST started in spring 2006, after a large public meeting about climate change was held in the Town Hall, and some of the people there decided they wanted to do something together locally. It attracted – and still does – a diverse range of ordinary people who are concerned that the Bentham we value today, with its shops, services, employment, public transport links, and many community organisations, could very easily slip into history, in steps so tiny that each goes unnoticed.

BEST believes that if Bentham were to become "greener" – less dependent on fossil fuels – it would be more resilient, and better able to survive and prosper when times get hard, whilst at the same time minimising the town's impact on the local and global environment. These aims it shares with the Transition Towns movement, of which more in a future BN.

A typical BEST meeting is a group of 10 "members" (you join by turning up!) discussing how best they can apply their collected skills, knowledge and time to achieve any small step towards that goal. There is no formality, no pressure, very little funding, and a once-a-year (delicious!) shared supper.

In December we decided to set up three special-interest sub-groups, on Energy (investigating such possibilities as local advice service/leaflet, community renewable energy schemes); Food (promoting local produce, food growing, garden sharing, reducing packaging); and Transport (lift-share scheme, rail service improvements).

If you've an interest in or knowledge of these areas, you'd be very welcome at meetings of the sub-groups; use the contact details below to find out more.



In case you've ever wondered what BEST stands for, BEST stands for Bentham Environmentally Sustainable Town.

The next BEST meeting is on Monday 2nd February at 7.30pm in Looking Well, King Street. All our meetings are open to everyone; do come along and help make Bentham a greener town.

If you'd like to know more about BEST, phone 63399 or email BEST@tathamfells.me.uk

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BENTHAM LIBRARY READING GROUP

By John Frankland, Liz Farmer and Karen Allsopp

Did you know that Bentham Library has a thriving reading group? The Reading Group is run by John Frankland and it usually meets on the second Tuesday of each month at 7:30pm at the library. We cover a wide range of authors and talk about new and old books. The next meeting is on 10th February 2009 when the group will be discussing *Notes From An Exhibition* by Patrick Gale. If you would like to read the book in advance just come along to the library with your card and ask a member of staff for the latest reading group book. If the above title isn't to your taste then see below for the other books we'll be discussing in 2009 (provisionally – the list is subject to consultation!):

10 Feb	<i>Notes From An Exhibition</i> by Patrick Gale
10 March	<i>The Mayor of Casterbridge</i> by Thomas Hardy
14 April	<i>Dreams From My Father</i> by Barack Obama
12 May	<i>The Believers</i> by Zoe Heller
9 June	<i>The Glassblower of Murano</i> by Marina Fiorato
14 July	TBA
8 Sept	<i>The King of Sunlight</i> by Adam Macqueen
13 Oct	<i>The Golden Notebook</i> by Doris Lessing
10 Nov	<i>The Turn of the Screw</i> by Henry James
8 Dec	<i>The Uncommon Reader</i> by Alan Bennett

For more information on the Book Group then contact the library on 0845 034 9532 – or even pop in yourself and pick up a list. If you want to attend a meeting then simply come along – you're under no obligation, and don't have to pay – just join in the debate!

Library Opening Hours:

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Wednesday	10.00am – 1.00pm
Friday	2.00pm – 6.00pm
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IT'S PANTO TIME!

By Iain Henshaw

February is panto time, and as the director of our new pantomime - **The Frog Princess** - I think we can promise to take you on a roller-coaster ride of emotion. You'll be laughing, you'll be sad, you might even shed a tear or two of love!

First the details. The panto will be staged at the Town Hall from Wednesday February 18th to Saturday February 21st. Curtains open at 7.30 every night, except Saturday, when we start an hour earlier at 6.30. Tickets cost £5.50, with concessionary tickets at £3.50, except for Wednesday evening when all tickets are priced at £3.50. You can buy your tickets at Temptations on Main Street from the beginning of February.

One of the main aims of the Theatre Group when it comes to panto is inclusion. We try to encourage everybody to get involved. I was sad to read in last month's Benthams News that the kids down at Evagrades came in for such a pasting. We have two girls from the home in the panto and they are a pleasure to work with. They have talent, and they've set about learning their lines with gusto. Maybe some of the girls there don't always quite match up, but, as a community, it is important that we are inclusive. And we'd very much like to include you! Please come along to the show. Don't be shy - panto is for everyone, including the audience. (Oh yes it is!) We'd love to have your participation. In fact the panto just wouldn't be the same without you!

And, on a personal note, I'd like to say that the panto won't be the same this year without the Spillane family. Dominic, along with a small band of writers, was instrumental in bringing us our script. We sympathise with the loss you have experienced this year, and we miss your smiling faces. Go away slowly but come back soon.

So - even if you aren't going to shout out loud, or dance in your seat (ah, you didn't know about that, did you?), or join in the community song - please come and enjoy a rare night of good, old-fashioned entertainment. Come, lend us your hands, and let the magic begin!

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LOCAL EVENTS IN FEBRUARY

Mon 2nd (& every Monday) 9.30am Meet at Lairgill for gentle walks for women.
(& every Monday) 10am-12.30pm. Craven Customer Services in Town Hall.
(& 9th & 23rd) 1.30-3.30pm Indoor Bowls in Town Hall.

(& every Monday) 10am-11.30am. Toddle-In for parents/carers, babies & toddlers at Methodist Church Hall.
(& every term-time Monday) 4.30pm-5.30pm. Adventurers group for 4-6 year olds in Methodist Church Hall.

(& every term-time Monday) 6.15pm-7.30pm. Springboard for 7-10 year olds in Methodist Church Hall.

6.30pm-8.30pm (& for 8 weeks) Singing in Melling - new fun session for people who want to sing. To book tel: 01524-831997.

7.30pm BEST meeting at 7.30pm in Looking Well (see page 15).

7.30pm Town Council Meeting in Town Hall.

Tue 3rd 9.30am Footpath Group meet at Lairgill for the 6.5 mile 'Lune Circular' walk. Leader: N. Dove (Tel: 21557).

(& every Tuesday) 2pm, return 3pm, Tuesday strolls from the Looking Well.

(& 10th & 24th) 7.30pm-9pm Dance Class with Ludus Dance at Melling Institute. Tel: 21233 for more details.

(& every Tuesday) 11am-12noon & 6pm-7pm Yoga class at Town Hall with Sandra Tallon (Tel: 62248).

Wed 4th (& every Wed) 11am-1.30pm. Café IN at the Looking Well.

Wed 4th (& every Wed) 10am-11.30am. Coffee morning in Methodist Church Hall. Donations to local charities.



(& every Wed) 2pm-3pm. Moving Well gentle exercise to music at the Community Centre.

(& every Wed) 2pm-4pm. Art for beginners at Looking Well.

(& 18th) 1.30pm-3.30pm. Citizens Advice Bureau at the Health Centre. No appointment necessary.

7.30pm Bentham Community First Responders at Community Centre. Come & talk to them about joining (Tel: 63346).

Thu 5th (& every Thurs) Leaving at 8.45am swimming at Hornby for the over 50s (men & women) £1.60. Tel: Barbara Shuttleworth 62873 or Carol Elsworth 61233 to arrange transport.

(& every Thurs) 11am-1.30pm Cancer Support Group Drop-In, art session, lunch & therapies at Looking Well.

(& 12th & 26th) 1.30-3.30pm Indoor Bowls in Town Hall.

(& Thurs 19th) 2pm-4pm. Welcome-In dominoes for all ages in Methodist Church Hall. For transport contact Nigel or Kath 62272.

(& 12th & 26th) 6.30pm-8pm. Tai Chi at Looking Well.

7pm High Bentham WI in Town Hall.

Fri 6th 10am-2.30pm Age Concern at the Masonic Hall. Quiz.

(& 13th & 27th) 1.30pm-3pm. Tai Chi at Looking Well.

(& 13th & 27th) 6.30pm Yoga in Town Hall.

7.30pm: Bentham Agricultural Society's 10th Annual Quiz in Town Hall. Teams of 4. £24 a team incl. Hot Pot Supper (Tel: 61606).

(& every term-time Friday) 7pm-8pm. GFI for school years 6, 7 & 8, and 8.15pm-9.15pm for school years 9+. Methodist Church Hall.

Sat 7th 9.30am-2pm Farmers' Market in Town Hall.

10am-12noon. Cricket Club coffee morning in Town Hall.



(& 14th) 11am-1pm. Children's Panto Workshop at Looking Well.

LISTING FOR LOCAL EVENTS

Date Time

Event

Venue

Contact Tel:

Name

Please return this entry to the Bentham Gallery,
Station Road, High Bentham, by the 12th
February for the March edition.

Sat 7th 7.30pm Benthams Film Group 'Mamma Mia' at Victoria Institute, Low Benthams. Contact Stella Hall (Tel: 61183). See page 25.

Sun 8th 9.30am Footpath Group meet at Lairgill for 6 mile Yewbarrow & Latterbarrow walk. Leader: S. Cross (Tel: 62103).

Tue 10th (& 24th) 2pm-4pm Child Health Clinic at the Health Centre.

2.15pm Bright Hour at Methodist Church High Benthams. Speaker: Christine Barrett.

Thu 12th **COPY DEADLINE FOR MARCH BENTHAM NEWS**

2.30pm. Friendly Hour at Low Benthams Methodist Church. Everyone welcome.

Fri 13th 10am-2.30pm Age Concern at the Masonic Hall. Extend Exercise with Colin Etherington.

1pm Bloomin' Benthams volunteers gather in painted bus shelter. Tel: 61608 for more information.

Footpath Group Annual Dinner at New Butts Farm - to book ring Keith on 62373 or Sue on 62502.

Sat 14th 10am-11.30am Coffee Morning at Town Hall for NISCU (Craven Area Christian Schools Worker).

10am-12noon Book Swap.

Victoria Institute, Low Benthams.

10am-12noon Car wash to raise funds for GFI weekend away. Methodist church car park High Benthams. Coffee, tea & biscuits. 1 hour crèche facility.

Mon 16th 6.30pm AGM at Looking Well.

Wed 18th 7.30pm at Looking Well, LAJP are showing a film 'East of Jerusalem' about the effect of the Israeli Wall on the lives of Palestinians.

Pantomime 'The Frog Princess' at Town Hall. Curtains open 7.30pm. All tickets £3.50 from Temptations.

Thu 19th 2pm Thornton & Burton-in-Lonsdale Mothers' Union in Burton Church room. Lunch Party & Wave of Prayer (Tel: Mary Taylor 61672).

(& Fri 20th) Pantomime 'The Frog Princess' at Town Hall. Curtains open 7.30pm. Tickets £5.50 (£3.50 conc) from Temptations.

Fri 20th Waste Paper Collection at Lairgill, 8.30am-11am. Proceeds to NSPCC.

10am-2.30pm Age Concern at the Masonic Hall. Giggleswick Scar (talk & Slides) with Phil Hudson.

Sat 21st 9.30am Lairgill / 10am Eldroth Village Hall, Footpath Group meet for 5.5 mile walk to Israel. Leader: M. Ellis (Tel: 51802)

10am-12noon. Pet Rescue coffee morning in Town Hall.

Pantomime 'The Frog Princess' at Town Hall. Curtains open 6.30pm. Tickets £5.50 (£3.50 conc) from Temptations.

Sun 22nd 2.30pm-4pm Ballroom Dance Class at Melling Institute. Tel: 21233 for more details.

2pm-5pm Appalachian string band concert & dance, Victoria Institute Low Benthams (see page 11).

Mon 23rd 7.30pm Ewecross Historical Society meeting in Town Hall. Talk by Dr Rob David 'The Oriental Influence in Cumbria'. Visitors welcome.

Tue 24th 2pm-4.30pm. Singing - open to all, at Looking Well.

2.15pm Bright Hour at Methodist Church High Benthams. Speaker: June Allen.

Wed 25th 11.30am-1.15pm. Lent Lunch at Methodist Church Hall organised by Churches Together. Donations to Christian Aid.

7.30pm Meeting 'Three Peaks Focus for Peace & Healing' - finding inner peace: promoting world peace. Looking Well Tel: Gavin Wilshaw 62760.

THUR 26
Sun 26th 9.30am Footpath Group meet at Lairgill for 5 mile walk at Clougha. Leader: D&S Longton (Tel: 61838).

7.30pm-9pm. 'From Looking Well to the Gold Fields of Western Australia'. Free - but donations welcome (page 24).

22
Fri 27th **MARCH BENTHAM NEWS PUBLISHED**

10am-2.30pm Age Concern at the Masonic Hall. Dominoes.

7 for 7.30pm Bingo night Victoria Institute, Low Benthams. £3 for 3 books, £5 for 6 books. 50p entrance includes tea & home made cake.

Sat 28th 10am-12noon. Alzheimers Support coffee morning in Town Hall.

2pm-4pm. Children's Fun Afternoon at Methodist Church Hall for primary school children.

7.30pm Wesley Guild - Benthams Praise meet at Methodist Schoolroom.

7.30pm 'Barish the Winter Blues' concert at St. John's (see page 12).



BENTHAM NETWORKING TOGETHER

By Ann Ambrose

Representatives from several Bentham organisations met on 12th January to look at the possible benefits of working together and sharing information, resources and skills for the benefit of all. Organisations represented included Looking Well, Bentham Can-Do Investment Fund, Bentham Development Trust, the Playing Fields Association, BEST and the Community Association. The Victoria Institute, the Traders and the Bentham News have shown interest, but were unable to attend on the night.

The evening was interesting with varying views (of course!) but with several suggestions put forward including a skills sharing event, Barter Market and an acknowledgement that it was good to know what different groups were planning as sometimes duplication could be prevented or support offered.

It was agreed to get together again on Monday 9th March at Looking Well at 7pm and any representatives of Bentham groups who would like to come along with ideas, energy, enthusiasm or just to find out more would be very welcome! Contact Anne Yaman on 015242 62753 if you require more information.

HORNBY DRAMA GROUP AUDITIONS

By Hilary Strickett (015242-61558)

Hornby Drama Group will be holding auditions for One-Act Plays taking place in May. These will be at Hornby Institute on Wednesday 18th February at 8pm. Anyone interested in acting or helping in any capacity will be most welcome. If you are unable to attend but would like to be involved, please ring me.

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TALKING TO THE FOLK AT EVAGLADES

By Kay Piper and Annie Neligan

'The girls were shocked by the accusations and went straight along and cleaned the graffiti off the public phone box. It reappeared in a couple of days - nothing to do with them.' Rachel Cundy, the manager at Evaglares, was telling us about their reaction to the anonymous letter in last month's Benthams News. We had been unhappy about the unwelcoming tone of the letter and went along to speak to Rachel. Kay worked with girls from the home a few years ago and welcomed this chance to find out how things are there now.

Rachel told us that Evaglares is a home for up to 6 teenage girls aged 11-17 who come from troubled homes where they cannot be safely cared for. Most of the girls are there long term and as well as a home they have a purpose built schoolroom out the back. The day we visited was the day before an OFSTED inspection. Rachel proudly told us that the staff wasn't worried because they have always had good results: all the girls in the last 4 years have achieved GCSEs. They are still in touch with many of those who have left, young women able to make their way independently after the opportunities given them at Evaglares.

The staff and girls had all been upset by the suggestions of trouble making. Apparently the only complaint they have received in the last 4 years is that they haven't brought their bin in! There has been one community related incident in all those years and that was dealt with quickly as soon as it was reported to the staff. As for the police cars parked outside - that is usually community officers dropping by for a cup of tea in a warm spot, somewhere they know they are welcome. Rachel stressed that there are always staff on duty that the public can go and talk to if they have any concerns. Evaglares belongs to a larger organisation, providing care services to local authorities all over the country. If you want to find out more you can look them up on their web site: northern-care.co.uk

By now the girls were out of their lessons and were at first apprehensive that we had come in with some sort of complaint. Maybe upset by that dreadful teenage crime of hanging around phone boxes? Then they relaxed and excitedly showed us their lovingly decorated bedrooms and their comfortable common room. The walls were covered with photos from the outings they have been on, everywhere from Ingleton caves to Butlins. This is clearly a 'corporate family' for girls who have had a very rough start in life.

We left wanting to say to the girls, "You are welcome in Benthams. We hope you are able to make the most of your time here and that you find the community as supportive as most of us do, Benthams-born and newcomers alike."

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COOKERY PAGE

Edited by Patsy Henderson

SOLE GOUJONS WITH GREEN MAYONNAISE

Recipe Serves 4

450 g thick sole fillets, skinned
4 tbsps plain flour, seasoned
2 eggs, beaten
140 g dried breadcrumbs
Sunflower oil for frying

Method

Cut sole fillets diagonally into thick fingers. Make up three dishes with seasoned flour, beaten egg and breadcrumbs. Dip the sole fingers into the flour, then the beaten egg, then into the breadcrumbs, shaking off the excess at each stage.

They can be laid out, not touching, on a tray until ready to cook.

Green Mayonnaise

140 g mixed fresh herbs, including watercress and spinach
300 ml mayonnaise
Freshly ground sea salt and pepper
Lemon wedges to serve

Make the Green Mayonnaise

Strip the herbs, watercress and spinach leaves from their stalks. Wash and dry on kitchen paper. Put the mayonnaise, herbs, watercress and spinach into a food processor and blitz until smooth and creamy. Season to taste and place in a serving dish.

Before cooking the goujons

Preheat the oil in a deep fat fryer to 190C/gas 5. Heat the oven to a low setting to keep the plates warmed. Have a large plate, warmed and covered with layers of kitchen paper. Have a serving dish warmed. Fry the goujons in batches until crisp and golden and drain on the kitchen paper then onto the serving dish. Serve with green mayonnaise for dipping and with the lemon wedges for sprinkling.

CHOCOLATE TART

Recipe Serves 4

250 g dark chocolate, minimum 64% cocoa solids
2 small eggs
75 ml single cream
170 g can evaporated milk
Short crust pastry, baked blind in a 15-cm/6 inch tart case
Icing sugar to decorate
Crème fraîche to serve

Method

Preheat oven to 180C/gas 4
Break chocolate into small pieces, put in a bowl and set over a pan of just boiling water. Leave to melt for about 10 minutes and stir gently. Whisk the eggs in a large bowl. Pour the cream and evaporated milk into a saucepan, bring to the boil and pour this onto the eggs and whisk together. Strain the egg mixture over the chocolate and mix well, then pour the mixture into the blind baked tart case. Put the tart on a baking sheet and place in the oven. **Shut the oven door and turn off the oven.** Leave the tart in the oven for about 40 minutes. Remove from oven and allow to cool before serving, sprinkled with icing sugar.

PS After a WI meeting last year, I left a 14-inch diameter glass plate with leaf markings in the glass, in the Upper Town Hall kitchen. If anyone knows of its whereabouts please leave it at The Gallery. Thanks. Patsy.



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KIRKBY LONSDALE EMBROIDERERS

By Pat Mann (015242-21017) and
Ann Hunter (015242-41120)

Our meeting in December was thoroughly enjoyed by the members, as we were able to play with an embellishing machine and experiment with dry felting. Unfortunately our speaker was unable to attend but a good time, including eating the wonderful Jacobs Join, was had by all!

January saw us welcome Marjorie Hanson with her glorious collection of lace. It was fascinating to see and learn about the many different styles of lace from this country and around the world. Some of it is cobweb thin and it all takes a lot of patience and concentration to achieve. Marjorie is so very talented and knowledgeable. Everybody was enthralled. Our February meeting on the 12th is due to be a full day, from 10am to 4pm, and will incorporate a workshop of stitching (and chat plus of course tea etc.). Visitors and guests are most welcome but if you do intend to come for the full day please bring a packed lunch. We meet at the **Barbon Village Hall** where there is good parking. Our usual meetings start at 2pm and of course you will be most welcome to come along at this time in February if you wish.

For forward planning make a note in your diary that the **Reverend Canon J Arthur Dobb** will be our speaker on 9th April. His ecclesiastical embroideries are wonderful and very well known.

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LOOKING WELL NEWS

By Sue Manson

New at *Café IN* on Wednesdays from 11am-1.30pm, there will be a range of board games available including scrabble, chess, draughts and Mah-jong. So if you feel like having a gentle game or two or would like to learn to play please do drop in. The *Café IN* also has computers with Internet access, which you can use for free, with help available to guide you through: using the Internet; sending emails; designing and formatting documents.

We are proposing to run some taster sessions in March to introduce the benefits of Alexander Technique, Mindfulness, Tai chi, Yoga and Neuro Linguistic Programming (NLP). We'd like to hear from anyone who is interested in finding out more about any of these so that we can try and set dates and times to suit. Please phone us on 015242 62672 or email julie@pioneerprojects.co.uk if you are interested.

We're extremely pleased to welcome Ali and David Clough back from their sabbatical work in Australia and have persuaded them to give an illustrated talk about their trip and work on Thursday 26th February from 7.30 to 9pm at Looking Well. It's open to all so please do join us for 'From Looking Well to the Gold Fields of Western Australia'.

Found - a pair of reading glasses left at Looking Well Studios sometime in November. Please call to collect if they're yours.

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FILM GROUP

By Stella Hall

Bentham Film Group has chosen the popular 'Mamma Mia' for its February film. It is the story of a bride-to-be trying to find her real father, told using hit songs by the '70s group ABBA. If you haven't seen it yet or wish to enjoy it again, the film will be shown on Saturday 7th February at the Victoria Institute, Low Bentham, commencing at 7.30pm. During the interval there will be refreshments to purchase and a raffle. Tickets are £5 on the door but may be bought in advance at the **reduced rate** of £4.50 from Low Bentham Victoria Institute on Mondays and Wednesdays between 10am and 12 noon, and from High Bentham Community Centre from Monday to Friday between 10am and 12 noon. The **Little Red Bus** is available for transport from High Bentham to the film show - please phone 62083 to reserve your seat, as places are limited.

LOCAL ARTIST'S EXHIBITION

By Carol Sinclair

Bentham Gallery is to exhibit work by local artist Carol Sinclair from 3rd-28th February. Carol paints and draws local scenes, mainly featuring cows and sheep. As well as the artworks, she will also be showing a selection of prints and photographs, which are also available as greetings cards. So come along and take a look. You might even find that special Valentine's gift!

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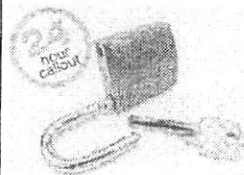
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PEOPLE PAGE

PERSONAL THANKS

Bill Park – Doreen and her family would like to thank Bentham people for the wonderful tributes paid "to just my Bill". Very special thanks to Dr. Howlett, all the nurses and staff at Bentham Health Centre, Revs R. Fox and N. Patterson, the ladies of the chapel, Phillipa of The Nosebag, Joe Morphet of Brown and Whittaker and to a very special lady, Margaret, for her friendship over the past 55 years.

Frankland – John, Steph, John Mark, Susie and Bryony would like to thank you for all the support, the flowers, cards and kind messages received during Margaret's illness and on her death. Special thanks to all at Bentham Health Centre, Joe and Stephen from Brown and Whittakers and Canon Rev. Hamblin. Thank you to everyone who attended Margaret's funeral and for all the kind donations in her memory received for World Vision.

THANKS

Mrs Ruth Parkinson wishes to thank all the kind relatives and friends for the 125 congratulatory cards and good wishes on celebrating her 100th birthday. Also thanks for the many greetings cards for Christmas and the New Year.

Dean and Emma would like to say a big thank you to all family and friends for the cards and gifts received on the birth of their daughter Caitlin Annie.

Lyndsay Wright – I would like to say a huge thank you to everyone who gave donations at my 30th birthday party in December! £700 was raised for the Stroke Association in memory of my dad. You were all very kind people, thanks again.

Wendy Dowbiggin would like to thank her family, friends and the people of Bentham for their wonderful gifts and cards on the occasion of her 70th birthday. Also thanks to Philippa of the Nosebag for her excellent food, Sheila for the lovely cake and the pudding ladies.



The Lower Town Hall is a great venue. I had a fantastic day!

CONGRATULATIONS

Congratulations to Tina, Steven and Georgia on the arrival of Macy on Christmas Day. Lots of love from Mum, Martin, Mark and Lisa xx

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CHARITIES THANK YOU

Thank you from the High Bentham CP Schools PTFA to everyone who supported our Christmas Hamper Raffle – the parents and staff who donated items and bought tickets, Tom Guy, Alison and Rachel for their wonderful support and a HUGE thank you to Louise Bruns without whom it would not have been at all possible! We had 36 lucky winners!!

From Annie Carrington

ADVERTISING RATES

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Bentham People Page Thanks, Birthdays etc 10p per word. Items for sale wanted, sits vacant etc 20p per word.

Advertising must be prepaid, when booking, and must be booked by copy deadline - 12th of month prior to publication.

To place an advertisement in the BN contact 62492 or call in at The Gallery.

FOOTPATH MATTERS

By Maureen Ellis



Why do we go walking? There are various types of walk – with a group and leader, strolling in a village looking at gardens, going alone either to do a specific route or to get out of oneself. The very words of the last category say it all. Out in the open air whatever the weather one is confronted with a different set of sights, sounds and sensations to staying indoors. Just being outside gives rise to thoughts of things bigger than oneself. Membership of BFG offers all this on a plate and the good number of people on the walks indicates its popularity.

In February the first walk is the 6.5 miles Lune Circular on Tuesday 3rd, meeting at Lairgill at 9.30am. The actual walk starts at Wennington Station and will go down the Lune and take in Wrayton, and then it's along the riverbank in the direction of Wray before swinging back to return to the start. The next walk on Sunday 8th is to Yewbarrow and Latterbarrow which is a nature reserve off the Barrow in Furness road. Then it's down to St Paul's church at Witherslack for lunch and then back to Yewbarrow. It is not an exposed route and there are no significant climbs. On Saturday 21st there is a 5.5 mile walk to the Kettlesbeck area of Eldroth. Initial meeting is at Lairgill at 9.30am and then the walk starts from Eldroth Village Hall car park. First of all we go under the railway and then go steadily uphill to reach Black Bank and

the farther dwellings of Howith, Butterfield Gap, Ravenshaw, Chapman Bank and finally Israel, which was almost on the skyline from below. From here the descent gives a sustained view of Ingleborough as it goes through the Kettlesbecks and down to cross the railway at Cragg Bank before we return to the start. The last of the month is a 5-mile walk to Clougha on Thursday 26th meeting at Lairgill at 9.30am. It sets off across Birk Bank up the shooters' road along Clougha Scar and then goes back down via Rooten Brook Farm and across open access land. Please note that the Duke of Westminster owns the access land and does not allow dogs. There is an amendment to the walk on Sunday March 1st, which starts at Low Bentham car park at 9.30am and not from Lairgill as stated in the programme.

Progress on revising the booklets of walks around Bentham is proceeding and there will be more about that in future Footpath Matters.

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LASRUG NEWS – 'BOAT TRAIN' RESTORED

By David Alder

LASRUG has received some comments about the shortfalls in the revised late afternoon Monday-Friday timetable and will continue to seek improvements for the future.

One improvement that did come in with the new winter timetable is a through train to Heysham connecting with Isle of Man sailings. The restoration of the 'boat train' facility comes after a gap of many years and means that passengers from Bentham can catch the 11.37 train to Heysham and walk on to the 14.15 boat to Douglas. Similarly the 12.45 boat arrival from Douglas connects with the 13.15 train to Leeds, arriving at Bentham at 14.14. A new travel opportunity to try out!

Finally the Winter Dales Railcard Offer to Carlisle, Leeds and Bradford ends on Saturday 9th February so time is running out for anyone who still wishes to take advantage of the promotion!

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Proposed changes to income tax announced in the Pre Budget Report (24 November) will introduce a method of increasing taxation that is already in use for those who have reached age 65. From April 2011 the personal tax allowance will be eroded for those earning above £100,000.

For the tax year 2008/09, the personal tax allowance, the amount a person can earn without having to pay income tax, is £9,030 for those aged 65-74, and £9,180 from age 75. Below age 65 the personal allowance is £6,035. However, for those who earn above £21,800 the personal age tax allowance is reduced by £1 for every £2 earned until it reaches the basic level of £6,035. This means that from ages 65 to 74 the next £5,990 of taxable income above £21,800 is taxed at 30% instead of 20%.

This income tax trap obviously affects people whose pensions are above the income threshold, and no financial planning can mitigate the tax. Those people who have pension income below the threshold supplemented with employed or self-employed income are able to regulate their tax liability by regulating the amount of work they do or by making further pension contributions.

Income from savings is included in the income threshold test. However, income from an investment bond of up to 5.0% of the initial investment per annum for 20 years does not count as income for the threshold test. This is because an investment bond is a single premium whole of life contract and the 5.0% per annum income for 20 years is regarded as return of initial capital.

Those who are 65 or over and who are close to or over the threshold income level could very well benefit from seeking independent financial advice to maximise their income and minimise income tax liability.

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BURTON UNDER FIVES

By Viki Hindle



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Based in the North Classroom at Richard Thornton's Primary School in Burton on Lonsdale, Burton Under Fives provides quality pre-school care from the age of 2 years, four mornings a week (five mornings, for Rising Fives). From the term after children are 3 years old, until they start full time education, all children are entitled to receive 12½ hours per week free pre-school education. We are also accepting childcare vouchers. Why not give us a ring to find out more?

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having a great deal of fun. There is a brilliant array of games and activities in our purpose built classroom, along with a secure, free flow outdoor area. We regularly go on trips and have people coming in to visit and talk to the children.

We have recently refurbished our computer area, with new computers, printers, phone line and internet connection, updated our musical instruments and audio visual equipment and had a new kitchen fitted. We have also received an 'Awards for All' grant to upgrade our free flow outdoor provision to include a safety surface.

Toddler Group

Our toddler group has also received funding, courtesy of a Grassroots Grant, (these are being delivered in North Yorkshire by the Yorkshire Dales Millennium Trust, in partnership with York and North Yorkshire Community Foundation), to pay for a toddler worker, who will be attending every toddler session, Tuesday and Thursday afternoon, 1.00pm until 3.30pm. The cost of each session is just £1 per child. So, whether you want to come for a coffee and a chat, use our internet café or use our other resources, everyone is welcome to come and join in.

Our opening times are Monday, Wednesday and Friday 9am until 1pm. Tuesday 9am until 11.30am. Thursday 9am until 1pm, (Rising Fives only). If you would like any further information about Burton Under Fives pre-school group or toddler group, please don't hesitate to contact us on (015242) 62126.



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WARTIME MEMORIES (2)

By Olive Calverley

Some of the soldiers came to chapel and were invited to come to the Manse where I lived for supper. My father who was a Methodist minister married one soldier and his fiancée and the bride stayed with us the night before the wedding. The newly married couple spent their honeymoon night in our house before the soldier was posted overseas and the bride went back to her parents' house - a sad beginning to a married life.

There was a prisoner of war camp outside our village and each morning the prisoners were sent to help farmers with work on the farm. Soldiers guarded them so they couldn't escape.

The train carriages were blacked out so that no light showed. All the stations' names and also the signposts at cross roads were removed. This was so that any spies or escaped prisoners would not know where they were. White lines were painted on lamp posts and telegraph poles so that people would not bump into them in the black out. Torch batteries were not always available. Car headlights were fitted with masks, which meant that light only came through a slit and this made it very difficult to see where you were going. Petrol was rationed so many cars stayed in the garage for the duration, put up on blocks to save the tyres rotting.

I learned to knit at school so spent a lot of time knitting comforts for the Forces, scarves, gloves and balaclava helmets, the latter kept the soldiers neck and ears warm under their tin helmets. I understand these were very tickly! For entertainment we had our radios, film shows and concerts. I used to take my knitting to the cinema for if I was doing plain knitting for a scarf I didn't need to watch the needles. When we went to the cinema we saw the Pathe Gazette News Reels, which showed pictures of what was happening in the cities when bombs had fallen. Huge tanks of water were put up in city centres in case the water supply was cut off in the bombing. This helped the fire fighters fight the fires caused by bombs.

It was very sad to see the people who had been bombed out of their homes, but they always seemed so positive and full of hope that Hitler would be defeated. The King and Queen and Winston Churchill, our Prime Minister, were often shown visiting the bombed cities. The two princesses, Elizabeth and Margaret, were evacuated to Windsor Castle. There was a man called Lord Haw Haw who broadcast wrong messages on the wireless trying to tell us that Britain was finished - we just laughed at him.

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MORE THAN 350 YORKSHIRE WALKS TO DOWNLOAD AND PRINT FREE!

By John Harris

There's no doubt about it, walking is good for you. It's good for your heart, it's good for your lungs, it's good for the muscle and bone growth of your children and it's good for your feeling of wellbeing! Strong scientific evidence now supports the many benefits to health of regular walking – it is recommended that we take at least 10,000 steps a day.

Walking offers a great way to help kids get the active habit. If parents express excitement about the prospect of a walk in the countryside, they are more likely to transmit this feeling to their children. It's important to treat the walk as an exploration or adventure and to go at the child's pace, no matter how often they want to stop and look at things; take treats to eat and plenty to drink; and head for some landmark that will appeal to them such as a castle, a playground, an ice cream van or a boating pond. If children experience walking as part of a fun activity they are more likely to want to go again.

So, how do you find out what is on offer? As a keen walker I got fed up with the lack of information on walks in the County. I decided that if I couldn't find what I was looking for – I had better create it! So www.walkinginyorkshire.co.uk came into being. This website gives you all the information you need for the best walking in the County. Details of more than 350 walks to download and print free, details of all the Yorkshire walking groups, maps and walk books – plus loads more information.

Why not check out the website and get walking!

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INTRODUCTION TO GOLF

By Chris Cousins (PGA Professional – Bentham Golf Club)

Do you fancy giving golf a go? Why not try something new in 2009? Golf is a game of skill played on an outdoor course taking advantage of everything that nature has to offer. Stereotypically, golf has been viewed as being expensive, exclusive and inaccessible. This may have been true 20 years ago, but nowadays the game of golf is more friendly and welcoming than ever before.

To get started in golf you really don't need any equipment or any knowledge of the game. Most golf courses will offer beginner lessons where all equipment is provided. Once a player learns the very basics, like what the game involves, how to hit a golf ball and some basic rules, they will be able to go out on the golf course. A player's first few times on the golf course needn't be intimidating; another player could go round with them and show them the ropes, or they could pick a quiet time to go out by themselves. Once a player gets competent enough, they can obtain a handicap; which is a measure of how good a player you are. Once this is obtained players can enter club competitions with players of a similar ability or competitions at other courses.

Beginner golf lessons offer free equipment hire and do not require any special attire. Playing golf on the golf course is a little different. The only piece of special attire required is golf shoes; designed like trainers with interchangeable studs that provide grip. Dress codes at golf clubs usually just require slacks and a collared shirt. As far as equipment is concerned, beginners don't need a full set of clubs. To start playing golf on a golf course, 4 clubs is plenty. A wood, 7-iron, pitching wedge and a putter are all you need to get started. A small, lightweight bag to carry the clubs in is also useful.

Golf is a game that relies more on skill and technique than raw power or athleticism. It is a game that can be played by all ages and doesn't require any special fitness or training.

Golf is played over an 18-hole course, but most beginners should focus on starting on 3 holes or 6 holes at a time. You really can go at your own pace. Among other things, the game of golf can:

- Increase physical fitness
- Provide easy access to the outdoors
- Help you make friends and meet new people
- Offer you a new skill to learn

Bentham Golf Club welcomes all players who are looking to get back into the game or who are totally new to it. Over the coming months a number of initiatives, including beginner-coaching sessions will be taking place. Don't hesitate to contact us for more information. Additional information is available on our website www.chriscousinsgolf.co.uk and www.benthamgolfclub.co.uk, or e-mail info@chriscousinsgolf.co.uk, tel: 015242-62455.

Happy Golfing

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MANCHESTER UNITED SOCCER SCHOOL COMES TO BENTHAM

By Bentham Juniors Football Club team management

Bentham has been chosen as one of 20 Junior Football Clubs in the UK and Ireland to host a Manchester United Club Development Course. It is available for all children aged 6-18 years.



SOCCER SCHOOLS

What the players will get is:

- A comprehensively tailored 3-day coaching programme based on the Manchester United Soccer Schools (MUSS) Development Model.
- Each player will get a MUSS Player Passport, a written analysis of their strengths and areas they need to work on.
- An exclusive MUSS giveaway for each player.
- 2 tickets to see a match at Old Trafford to be won in a raffle.
- 2 children from each club will be invited to play on the Old Trafford pitch.
- Use of MUSS coaching equipment, which is state-of-the-art to make coaching sessions fun as well as educational.

What the coaches get is:

- An invitation for 2 club representatives to attend a MUSS Workshop at a Manchester United facility.
- Chance to attend a coach/parent evening session to get an insight into how top youth teams prepare, play and recover from training and matches.

The soccer school will take place in Bentham from 9.30am to 3.30pm on Monday 25th, Tuesday 26th and Wednesday 27th May 2009. It is hoped that 80 players will attend the course at £84.95 per player. There may be some financial help available for local children so don't be discouraged by the cost, and Bentham Juniors will be given priority.

Keen?! Well you can't book yet! If you want further information please come down to the playing field on a training night (Wednesdays 6.30-7.30pm) and talk to one of the coaches, and keep an eye on the website benthamjuniorsfc.co.uk

Booking will be done using a unique booking code on www.manutdsoccerschools.com

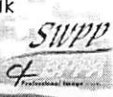
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WORLD PREMIERE OF NEW PANTO IN BENTHAM!

This year's pantomime – **The Frog Princess** – will be performed in the Town Hall on February 18th-21st, and tickets are now available from Temptations (see page 17).

Our picture (courtesy of Gaye Woollard of gayesart.com) shows Prince Ivan (Adam Hughes) passing the Big Stone in his search for the frog princess.



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