

BENTHAM NEWS

TOWN AND DISTRICT COUNCIL ELECTIONS

By Lin Barrington

There will be Town and District Council elections in Bentham this May. All the Town Council seats will be decided as well as the District Council seat currently held by Manuel Camacho.

Town Council

Town Councillors meet on the first Monday of each month in the Town Hall, and they may also be on Town Council sub-committees such as marketing and upkeep of the Town Hall. They comment on (but don't decide) planning applications, discuss Highway Matters (gritting, potholes etc.) and report problems to the County Council, receive and discuss a wide range of correspondence, receive reports from the Police and North Yorkshire and Craven District Councillors and deal with a wide range of other topics such as grass cutting etc.

Eleven Town Councillors will be elected in May, seven representing High Bentham and four representing Low Bentham. At the last election in 2006, since there were seven candidates for the seven High Bentham seats, there was no need for an election. There were five candidates for Low Bentham so there was an election for the four seats. It would be good to have enough candidates to merit an election in both High Bentham and Low Bentham this time!

If you would like to stand for election or nominate someone else, you can get a nomination pack from the Town Clerk or from the Democratic Services department at Craven District Council (phone 01756 700600) any time after Wednesday 10 March. The nomination paper requires the signature of a proposer and seconder, who must both be local government electors for the parish or parish ward concerned, so anyone who nominates someone as a Town Councillor for High Bentham must be on the electoral register for High Bentham, and anyone who nominates someone as a Town Councillor for Low Bentham must be registered as an elector in Low Bentham. Candidates can request a copy of the Register of Electors for Bentham by completing the form in the nomination pack and sending it to the Elections' Office. Candidates must complete and submit a consent to nomination. The nomination paper and the consent to nomination must be delivered to the Returning Officer's office at Granville Street, Skipton by no later than noon on Thursday 8th April 2010.

District Council

The same dates apply, but the nomination paper requires the signature of proposer, seconder and eight assentors, who must all be local government electors for that District Ward. The polling district letters and electoral number of each signatory are required. For example, if a candidate is standing for the Bentham Ward, the signatures must come from people who are on the register of local government electors for Burton-in-Lonsdale (BEN1), High Bentham ((BEN2) or Low Bentham (BEN3).

Candidates are required to appoint an election agent and a form is included in the nomination pack for that purpose. If a candidate does not appoint an election agent, they are deemed to be acting as their own agent. Forms for the appointment of the election agent must be delivered to the Returning Officer's office at Granville Street, Skipton by no later than noon on Tuesday 13th April 2010. If anyone has concerns or problems about completing the nomination paper and associated documents, they can get information and help from the Democratic Services office at Craven District Council.

MARCH 2010

ISSUE 281

STEPHEN ELLERSHAW WINS LAPTOP

By Mandy Cockerton

The Toshiba Laptop competition at Naylor Myers proved very popular. To win the laptop the customer had to buy any item on the "Prices to thrill to reduce the chill" promotion and they were then entered into the draw. The winner was picked at random on 1st February. Stephen Ellershaw was the lucky person. He is pictured receiving the award from Jon Airey, manager of the Bentham branch of Naylor Myers.



WHAT A RECORD

By Judith Johnson (Churchwarden)

St John the Baptist Church in Low Bentham has every reason to be grateful to the Coates Family for their devoted service to the church since 1935. During this time they have shown their devotion to God and their Church in a quiet unassuming way for the last 75 years.

In the old days Rhoda and Lily helped their parents and gradually took over the duties of changing the altar cloths, arranging flowers, cleaning the church and distributing the Deanery News. There were lots of other jobs including shovelling coke into the central heating boiler, often at midnight on a Saturday so that all would be ready for Sunday worship. Rhoda and Lily's brother, Albert, also helped by looking after the churchyard. The biggest commitment has been opening and closing the church every day. How many times is that?

They will be sorely missed as they move to Morecambe to be near their daughter. In fact Low Bentham will not be the same without them!



The photo (above) shows Rhoda and Lily Coates with Rev C. Burgess.

FEBRUARY'S TOWN COUNCIL

By David Johnson

All the Cllrs were present except Cllr Taylor. There were also 11 members of the public present.

The Cllrs met with a representative from CDC and the architects to discuss the proposed pay and display car park on Station Road. Because Network Rail owns some of the land it has been found necessary to redesign the car park. The entrance will now be via a mini-roundabout opposite Kidde Products top gate and the picnic area will be adjacent to the Auction Mart field.

Police

PC Martin said there had been seven crimes during January, namely the burglary of the newsagents, four acts of criminal damage and two crimes involving violence. A number of arrests have been made. Complaints were made about illegal parking near the Victoria Institute, Low Bentham.

County County and District Councillor's Reports

County Cllr Ireton gave a brief report about the negotiations for the Police Budget. Later in the meeting the Cllrs suggested a rise of 2.5% for the coming financial year. Apparently the Authority had every intention of repairing all the potholes created during the severe winter.

Most disturbing was a report that plans to build the new school had foundered once more because the Authority's land agents had used the wrong plan during negotiations and the Authority was now demanding double the area for the same price! Are these negotiators paid from our Council Tax for making such basic errors? I hope not!

District Cllr Camacho reported on a meeting with the site manager for Wenning Avenue. He had been shocked by the damage done to part of the pavement. He will try to set up a budget to repair the potholes. Cllr Barrington said CDC would look into the possibility of providing emergency cover for drain problems over Bank Holidays.

Highways

Some residents wrote complaining about the failure to provide grit for a side road leading off Mewith Lane. They thought they should ask to see a plan detailing the gritting priorities for Bentham. It emerged later in the meeting that the shortage of grit meant the Government had banned the restocking of grit bins. Another member of the public wrote complaining about the general public using the 2 disabled parking spaces on the Town Hall car park. It was suggested they addressed their complaints to the Black Bull. One or two Cllrs suggested the clerk wrote to Lancashire complaining again about the state of repair and the poor drainage on the Wennington Road.

Other Matters

Safety Barriers on School Hill. The School Governors have restated their wish for the barriers to be installed. The library and a resident wrote asking that their access be respected.

Community Youth Project. Another letter was read objecting to the use of tax-payers money on this project. The Cllrs discussed their response and stressed that the centre would not simply be a replacement for the Youth Café but a facility for all the youngsters of all ages and a way of keeping them off the streets. They agreed that there should be a concerted effort to publicise projects for the centre once the preliminaries of ownership have been completed.

Allotments. Strangely 2 offers of land have been made within a week of each other, one at Linghaw and the other on Robin Lane. The Cllrs favoured the establishment of an Allotment Association to manage and organise the sites. Progress will depend on negotiations with the landowner; there will need to be a planning application for a change of use and it will be necessary to establish the unit cost. Parking and a water supply would also be critical.

Playing Field. The committee has now raised £116,960 of the £125,000 required to complete the third stage of the development. Cllr Heigh complimented them on their hard work and hoped that others in the community who will benefit from the improvements will come forward to support the committee.

GARDENING COLUMN

By Joyce Knapp

As soon as we turn the corner into March it's easy to think that spring is here, but it is usually best not to rush head-long into seed sowing and planting in general, as there may be more cold spells of weather lurking round the corner. We can sometimes use the signs that nature provides to help us plan our gardening and one that I was aware of showed up in mid February, when the bulbs were very slow to show their heads. This may have been due in part to the long cold spell they had just encountered but, I noticed that the daffodils were only just through the ground which led me to wonder if they were being cautious in case there may be more cold weather in store.

We can, however, by the beginning of March, start to sow some seeds in pots or seed trays of compost under glass, preferably in a greenhouse, but failing that a sunny window sill will suffice. One of the first crops we can get started is tomatoes as they need a long season to grow, develop and produce their fruits which need time to ripen. Tomato seeds can be sown in a small plant pot containing either seed, or multi-purpose compost originally, before being pricked out into individual small pots when they are of easy to handle size.

Once they outgrow this pot it is best to move them up gradually through medium sized pots before they finally go into their large ones because, for some reason, if we put relatively small tomato plants straight into the biggest pot, they do not thrive.

Having decided to leave most of our seed sowing until the ground warms up, usually by mid April, we will, hopefully, have time to spare to look at tasks in the ornamental garden.

One such task that springs to mind is to cut back any woody plants whose stems have been left in place to protect the plant from frost through the winter months. One such



plant is the Buddleia and by simply cutting all it's main stems back to approximately two feet above ground, we will ensure that it's regrowth this summer will raise the beautiful flowers to a level where they can be easily seen. Another plant that appreciates a trim is the hardy Fuchsia and all that is required is to cut back each stem to just above ground level, allowing space for the new season's growth that will readily sprout from what appears to be a dead-looking, woody stump.

NATURE NOTES

By David Fisher

Game Fishing

The start of the game fishing season is on 15th March on the Wenning River, when we fisherman can cast a fly for the brown trout.

This fish, which stays in the river and does not migrate to the sea, is a challenge yet again to anglers, requiring skill using rod and line, and plenty of patience. Where might you find these elusive creatures? Well, they could be under bridges, under overhanging trees, in holding pools, close to the side of the bank and behind stones, sometimes waiting for food to come down to them on the current.

For many, fishing isn't just a sport, it is an opportunity to enjoy the other aspects of the riverside, the plants and other wildlife, as well as being a great challenge.



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CRAVEN CONCERNS

By Cllr Manuel Camacho 015242 62074

manuel.camacho@btinternet.com

Roads and pavements

A recent article in Bentham News suggested that CDC had done a pretty poor job on these during the recent snowfalls. While I could not dispute that a better job could be done, for the sake of clarity (and even fairness !), I must point out that this task belongs to NYCC rather than CDC. While your district councillors are happy to pass on your concerns it is also possible to contact NYCC Highways direct through their website <http://www.northyorks.gov.uk>

Recent Grant awards

The following press release caught my eye, because in these difficult times it has still proved possible to provide grant funding to qualifying organisations. It is good to see that Bentham got its fair share.

Craven District Council has welcomed in 2010 by awarding £40,800 in community and capital grants to voluntary organisations across Craven. The Community Grants Sub-Committee met on 15th December and awarded the following in community and capital grants:

Community Grants:

Bentham District 'Contact the Elderly' awarded £430 towards holding Contact the Elderly Monthly Tea Parties.

Skipton Music Festival awarded £250.

Thornton in Craven Social Committee awarded £400 for a projector and sound system.

Alzheimer's Society Craven Branch awarded £1,000 towards its Café Active.

Burnsall Village Hall Management Committee awarded £1,000 towards a Sustainable Heating project.

Gargrave Bowling Club awarded £750 to help repair the Pavilion.

Green Close Studio awarded £1,000 towards the Bowland Art Festival 2010.

Springfield Bowling Club awarded £1,000 for improvements to the Club entrance.

● Skipton Swimming Club awarded £670 to provide training.

● Yorkshire Friends of the Northern Chamber Music Orchestra awarded £1,000 towards the Skipton Group Music Creation and Performance and Digital Art project.

Capital Grants

● Goodenber Play Area Association awarded £5,000 to refurbish the Goodenber play area.

● Bentham Playing Fields Association awarded £5,000 towards Bentham Playing Fields Phase 3 refurbishments.

● Grassington Hub awarded £4,976 towards the Grassington Hub.

● Cononley Playing Field awarded £4,976 for play equipment for Cononley Village Playing Field.

● Glusburn institute Management Committee awarded £5,000 for the Glusburn Institute development project.

● Skipton Rugby Football Club awarded £3,329 towards a new boiler.

● Bentham Town Hall awarded £5,000 to support its Community Youth project.

Craven District Council had a total funding pot of £56K available to support community projects during 2009/10. The Council awards grants of up to £5000 throughout the year to local community groups for projects which benefit the local community. The deadline for the next round of applications is 28 February 2010.

Funding is currently provided at three levels: Small Community Grants from £100 to £500 for either capital or revenue purposes. These can be for up to 100% of the total project costs. Medium Community Grants from £501 to £1,000 for either capital or revenue purposes. These can be for up to 50% of the total project costs with the remaining 50% provided from other sources.

Capital Grants from £1,000 to £5,000 for capital projects. These grants can be for up to 25% of the total project costs with the remaining 75% provided from other sources.

To apply for a small or medium community grant or a capital grant, please visit the Council's website at www.cravencdc.gov.uk <<http://www.cravencdc.gov.uk>> or contact Rachel Wallbank on 01756 706439.

STREAKBER LANE

By M. Fell

Once so dark and overgrown you couldn't
see the view,

But now that it's been tidied up the sun
comes shining through.

Bird song all the year round, will be the
same of course,

Because of all the wildlife habitat, that has
been created on the course.

Curlew, Lapwing, Moorhen, are among the
many birds that now abound,

All due to what has been achieved,
planting trees/and nesting cover on the
ground.

And nature soon will heal again and a
saying we know is true,

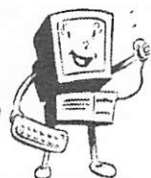
The old wood must be taken out, to let the
new grow through.

When the hedge is finally laid you moaners
perhaps will see,

The lane has only been restored to how it
used to be.

The trouble is some people are,
Just too blind to see.

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PETER CALEB RETIREES FROM LITTLE RED BUS BENTHAM



By Anne Yaman

Some of you may already know but we are
very sorry that at the end of February we
had to say goodbye to Peter Caleb who has
been the voice at the end of the phone for
many people during his four years of
working for us.

Peter has made a valuable contribution to
all the changes that have happened in that
time and whilst we all wish him all the best
in his new life of early retirement living close
to his daughter, son-in-law and
granddaughters near Leeds we are really
going to miss him. He tells me that he is
going to come back and visit regularly so we
will hold him to that!! He is going to be a
hard act to follow but we will all try and fill
his shoes.



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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.

March 1990

A brief note in Tom Cahill's report from the Town Council meeting recorded the fact that the Council gratefully accepted the offer of Sheila Boothman to donate the land for Low Bentham playing field to the town.

With land having seemed to almost reach the collectability status of precious metal these days it's unlikely Bentham will ever have so generous a benefactor again. Isn't it?

Bentham Health Centre announced the appointment of three new staff members. Dr Peter Nightingale joined the GP practice from a mission hospital in Zambia and worked in Bentham for several years before moving to pastures new. Sisters Sue Lumb and Meg Disberry were the other two, who continue to have a pivotal role in the medical care of people in the Bentham area and who to date have received no better offers (!)

Let's hope they never get any!

Assessments made for implementation of the Poll Tax apparently revealed that there were 152 taxable businesses in Bentham.

I've done a very rough reckon-up in my head and I'd struggle to find over 50, so can only think that either I'm missing something or they decided that the town's chickens were each a taxable business!

Bentham Scouts had a convincing victory in the annual Ingleborough District Quiz

held in Bentham town hall. The team that was successful against teams from Ingleton, Settle, Long Preston and Hellifield was comprised of William Warbrick (Capt.) Paul Watkinson, Nicky Langdale, William Hambling, Paul Towler and James Atkinson.

An unnamed contributor submitted an interesting report from Bentham's Jogging Group in which he/she offered a grunt by grunt account of the group's recent outings. Their 'jogs' could never be said to lack variety, covering areas as different as Tunstall and Burrow, and Regents Park (London) where the grass of the Lune Valley was replaced by thousands of pigeons. They were offering a welcome to new members, but even 20 years ago I would probably have resisted the temptation to join them, although I did feel I'd lost almost half a stone from just reading the report!

Finally, a small ad in this month's edition offered employment to a 'suitable retired person' at Bentham's Auction Mart each Wednesday. It didn't say what the duties would be, but I hope it wasn't counting sheep!

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RURAL VOICE PROJECT

By Susan Gibson (Rural Network Officer, Craven)

The Big Lottery has funded a new Rural Voice project across North Yorkshire. Susan Gibson is the Rural Network Officer for Craven. She will be offering a free advisory service to help voluntary and community groups access support for their service and training needs. Sue will also be listening to your views and passing them onto policy makers to ensure that groups in Craven are represented both locally and regionally.

Need help finding out what services are available to your group? Want to influence district policy? If so then get in touch with Sue as follows: Email: susan@sccaco.com Mobile: 07522 241 213. Phone: 01524 262753 (Bentham office) or 01535 634588 (SCCA office).

For more information about the project see www.sccaco.com

LITTER PICKING IN MARCH

By Shirley Brown

This is a very good time of year to pick up the litter that's accumulated in the hedgerows during the winter. A number of people have mentioned places that need some spring-cleaning, like the various roads, north, south, east and west that come in and out of Bentham. A small group of us would be happy to join with others to do some litter picking, and we even have some long-handled metal litter-pickers that make the job easier. So if you'd like to help, just ring us on either 61608, 64886 or 63175 and we'll find days when it's not too windy or raining to do the work together.

And we'd like to thank the Craven District Council's refuse collection men who have cleared the fly tipping from Nutgill Lane. Various other bulky items like televisions and computer screens were slowly joining the bath in one of the lay-bys, so it's great that the area is now cleared and beautiful again.

Peter Allen

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RECYCLING AT BENTHAM STATION!

By Lin Barrington

Did you know that we at Little Red Bus take the following things to recycle at Bentham Station?

- ✓ Batteries (we take them to Settle)
- ✓ Printer ink cartridges
- ✓ Spectacles (taken to Specsavers)
- ✓ Stamps (we give them to Pet Rescue)

You can bring any of the above to the information room at the Station, where you can also buy dog waste bags at 50p a pack, and pick up train and bus timetables (for our own and other services) and application forms for bus passes and Dales Railcards.

If you live in Low Bentham, keep an eye on activities at Victoria Institute, where there are plans to start recycling too!

OOPS!

Snow Excuse for Carelessness

By Keith Hartley

In my February article relating to the clearing of snow from Bentham's roads, I took my eye off the local government ball and wrongly attributed responsibility to Craven District Council, when in fact it should have been our County Council.

I apologise for any confusion this may have caused, but hope my gaff doesn't detract from the sentiment of the article, with which a considerable number of people have voiced their agreement.

TEMPTATIONS

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CAR AND MINIBUS DRIVER VOLUNTEERS NEEDED



little red bus

By Lin Barrington

Are you a car driver with a bit of spare time? If so, you may like to drive for us and help people get to medical or other appointments. Some people are unable to use public transport because it doesn't go at the right time or they don't live on a transport route, or they need a bit of extra help. Car Scheme drivers volunteer their time and receive a contribution to their car's running costs.

We would also like to recruit volunteer minibus drivers to drive the buses we have in Craven, particularly during evenings and weekends, giving more opportunities for local voluntary groups to use our buses in a cost-efficient way and providing more dial-a-ride journeys.

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CHURCHES TOGETHER FOR CHRISTIAN UNITY



By Rev Roger Fox

As most of you know by now, we are undertaking a major refurbishment programme of the chapel here at Bentham. The church on this site was not the first Methodist presence in Bentham, but it was a great step of faith to those who built it and opened it in 1905.

Now we at the Methodist Church are taking another step in faith, to have a church worthy of God and the community for the next 105 years.

The church has retained its pipe organ, for the singing of traditional hymns is an important part of our heritage. However we shall also reflect that there is now a breadth to worship and a permanent place will be there for the music group who lead the singing of more modern hymns and choruses. It will be warm, comfortable, welcoming and flexible for the intention is to use it for far more activities than Sunday Worship, though that will be central to our life.

In spite of the severe weather conditions, the contractor has done well and we expect the church to be ready for Easter. On completion, we shall have an Open Day, free of charge, for members of the Community to come and have a look at the new church. In addition, however, we shall advertise the new activities that are being planned for its use.

The chapel has been refurbished for the Glory of God, for He gave us the vision to do it, but it is also there for the Community. We hope therefore, that you will come and worship with us if you do not attend any other church. Watch this space - for God is on the move in Bentham and is calling us to follow Him in faith!

CHRISTMAS LIGHTS

By Jayne Mann

We were disappointed that no-one attended our open meeting on 8th February, we were hoping to attract new interest in our work. We are pleased, however, to have gained one new committee member!

Plans are in hand for 2010 lights; the short presentation video shown by Iain at the meeting is available to view on You Tube, go on line and search for Bentham Christmas lights.

We are beginning a fund raising campaign and would welcome any new ideas along with your kind donations. Every little helps! Call me on 64948 or Iain Henshaw on 61010.

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ENTERTAINMENT FOR FEBRUARY

6th Red Aura
13th Martin & The Knowles
20th Tony Avalon
27th Adrian Forest

DON'T JUST DO SOMETHING - SIT THERE!

By Trevor Blackwell

Every fortnight on a Monday night at 7.15 a bell rings out, its sound stretching into silence, and a group of people gathered in a high room begin sitting in mindfulness meditation. A monastery near to Mandalay? A hermitage in the foothills of the high Himalayas? No. Main Street, Bentham. Upstairs at the Looking Well.

Bentham Mindfulness Meditation Group meets every second and fourth Monday in the month, and we invite you to come and meditate with us one week. This is what you can expect. We spend the first twenty minutes in quiet sitting meditation. Most people sit on chairs, a few sit on benches or cushions. Then we have ten minutes of walking meditation. Here we try to be aware of what is happening in our bodies and our minds as we walk, and to let ourselves feel our feet touching the floor. In the second part of the evening we listen to a talk or study a book about mindfulness and meditation, and finish off with a cup of tea.

If you are interested in learning more about meditation you would be very welcome. Our style of meditation is from a Zen Buddhist tradition, but it is easy for anyone to practise. Of course you may come and find it does nothing for you. Then you may have wasted an evening. Or you may find something of great value to you, a pearl of great price. Perhaps you will find that the sound of the bell calls you home.

You can just turn up between 7.00 and 7.15. Or if you'd like some more information you can phone Pete Armstrong on Bentham 62049. We look forward to seeing you.



BOOK GROUP - BENTHAM LIBRARY

By Charlotte Munday

Enjoy a good read? Did you know that the Bentham library book group is open to all; it is free, the books discussed are available from the library and it is a friendly, informal group where everyone's opinions are valued? You even get refreshments!

John Frankland, who quietly keeps us in order and provides additional information, articles and reviews about the books, runs the group.

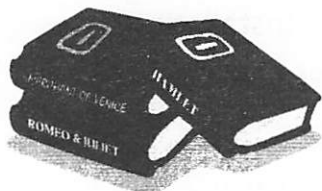
It meets on the second Tuesday of every month from 7.30pm - 8.30ish in the High Bentham library (corner of Robin Lane and Main St, next to the school). All are welcome, just turn up. For any queries, pop in to the library or ring 0845 034 9532

Library Opening Times

Mon 2 - 6, Wed 10 - 1, Fri 2 - 6, Sat 10 - 1.
Tue closed (except for evening Book Group); Thur and Sun closed

Book Group Programme 2010

9 th Mar	The Age of Wonder by Richard Holmes
13 th Apr	The Great Gatsby by F. Scott Fitzgerald
11 th May	An Education by Lynn Barber
8 th June	How I Live Now by Meg Rosoff
13 th July	(to be decided...)
Aug	no book group meeting
14 th Sept	Billy Liar by Keith Waterhouse
12 th Oct	Tinker, Taylor, Soldier, Spy by John Le Carre
9 th Nov	Reluctant Fundamentalist by Moshin Hamid
7 th Dec	The Code of the Woosters by P.G. Wodehouse



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BURTON IN LONSDALE EARLY YEARS PARTNERSHIP

By Viki Hindle

Richard Thornton's Primary School and Burton Under Fives are proud to announce their Early Years Partnership, the aim of which is to ensure that every child gets the best possible start in life by the provision of high quality, integrated, pre-school and primary education. Our caring community will support families in enhancing the physical, social, emotional and intellectual development of young children.

Richard Thornton's Primary School

This is a Church of England Voluntary Aided Primary School. Our school occupies a spacious, attractive site in Burton in Lonsdale. Our two classes - the Infants (reception to year 2) and juniors (year 3 to year 5) - occupy two classrooms that are both fully resourced and equipped, including several computers, for teaching these two age groups. Children in the Early Years Foundation stage and Key Stage 1 continue to follow an activity based curriculum. The classroom is well resourced and they have access to an outdoor learning area. The provision has been judged, by Local Authority advisors, as "very strong". Another classroom is used as additional teaching space, for example for instrumental or foreign language lessons and for After School Club. The school also has a library and a separate multi-use hall. There is also a playground to the rear of the school

building and a large playing field on site.

Burton Under Fives

Based in the North Classroom at Richard Thornton's Primary school, Burton Under Fives provides quality pre-school care. We have toddler sessions twice a week, children can start to use the activities and resources we have available. A member of staff is on hand at each toddler session, to help you navigate the room, access resources or simply make you a brew!! From the age of two years, children can be left in the care of our OFSTED registered staff, where they can learn intellectually and socially as well as having a great deal of fun. There is a fine array of games and activities in our purpose built classroom, with a secure, free flow outdoor area with Absorb A Fall play surface. We regularly go on trips and have people to come in to talk to the children. We also have access to the school's facilities, joining in with many of their activities, making it ideal to help children integrate into school life easily.

Free Fun Day

To celebrate the start of our Early Years Partnership, we would like to invite you to our launch, which will take place on Wednesday 31st March. There will be an Easter Egg hunt, an Easter bonnet parade, refreshments and much much more. Everyone is welcome to join us from 9.30am. There will also be the opportunity to look around the school and pre-school to see what we can offer you and your child. For further information please do not hesitate to contact us on (015242) 61414 or (015242) 62126.

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BEST NEWS

(Bentham Environmentally Sustainable Town)

By Anne Wilson

The Towns they are a-changing

Low energy, low impact, green Bentham! It's coming, one day, and between our unsustainable Now and the sustainable Then, we're in transition. Some towns have decided to ease the transition by starting to make changes in the right direction, trying to identify what their community needs to sustain itself and thrive, and how they can get those things at the same time as decreasing dependence on oil, and reducing carbon emissions. They call themselves Transition Towns.

On Wednesday 10th March at 7pm, BEST is staging a showing of a new 50-minute film about the Transition Movement. Called "*In Transition*", it has been shown in communities around the world to enthusiastic audiences. The venue is the Looking Well, in King Street, and there will be tea and cakes afterwards.

After the film, you'll also be able to join in the annual BEST Seed Swap, a must for keen gardeners. If you've any spare seeds, bring them along to donate; and pick up some new varieties in exchange. If you've got left-over seeds from last year, and are unsure whether they can still be used, there's a poem to put you right, written in 1963 by the pioneering organic grower Lawrence D. Hills. It's too long for BEST News, so we'll just give you the first verse as an appetiser; if you'd like the other nine, copies will be available at the Seed Swap.

You have in your drawer since Candlemas
Day

All the seed packets you don't throw away,
Seed catalogue cometh as year it doth end
But look in ye drawer before money you
spend....

The next BEST meeting is on Monday 12th April at 7.00pm in the Horse and Farrier, Main Street. All meetings and events 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 check out the Bentham website at <http://www.bentham.net/Community/BEST.asp>



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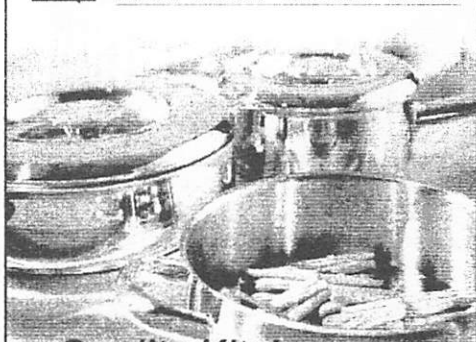
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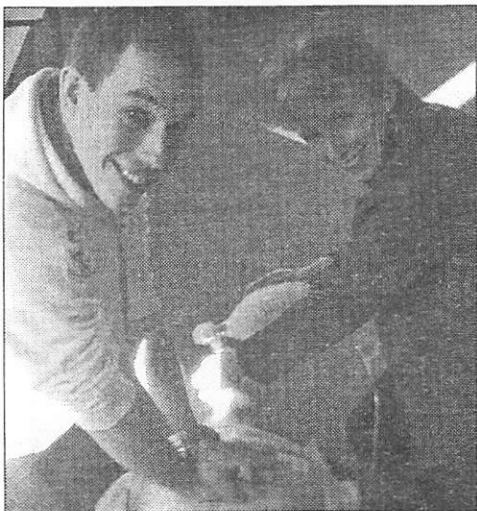
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HOW THE BENTHAM NEWS HAS HELPED THE BENTHAM FIRST RESPONDERS

By Robert Holland

It was really quite a thrill at the January monthly meeting to have two new volunteers turn up and, having heard what we do, agree to join the group. Sue Neal and Mark Craven had both come to the meeting as a result of the articles and notices in the Bentham News.

They have now completed their initial training and will be joining the rota just as soon as their CRB checks have come back.



Here they are learning how to deliver oxygen and administer chest compressions to

a patient – actually the dummy used for training purposes by the Yorkshire Ambulance Service.

They are a very welcome addition to our group but we are always on the look out for new volunteers so we can provide 24/7 cover for Bentham. It could be you or someone you know who needs our help in an emergency!! Contact Wanda Lewcun on 62450, Gordon Kennell on 61597 or Robert Holland on 63346.

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LOOKING WELL NEWS - BENTHAM

By Julie Vass

Gardening

Join us in the garden on Wednesdays 10.00 – 12.00am. Enjoy the outdoors whilst sharing and learning gardening with others. Last year we successfully grew lots of vegetables and flowers and will be doing the same and more this year. Everyone is welcome and afterwards the Café IN is open where you can enjoy delicious homemade soup and cakes.

Harmony Singing

Tuesday night 7.30-9.30pm - All ages and abilities are welcome. The Bentham Harmony singers are growing and our sound is becoming richer and more diverse. We cover most ages and we welcome anyone interested in singing with others in harmony. Singing songs from around the world, African American spirituals which can be very uplifting, easy chants and longer arrangements too. We are about to tackle some more modern pieces as well. No need to read music as all taught by ear.

Tai Chi

Starting 29th April on Thursdays 6.30 – 8.00pm and Friday 1.30 – 3.00pm. Enrolment is any Wednesday in March between 11.00 – 1.00pm.

Tai Chi teaches relaxation (helping your immune system) along with balance and coordination. It is very effective in improving breathing, physical strength (particularly in the back and legs) and flexibility in the joints. Many people report that it gives them more energy and helps them feel more peaceful.

Pilates

Starting Wednesday 10th March - 9.30 – 10.30am & 10.30 – 11.30am. Learn the basic techniques of modern Pilates; slow controlled exercises which work the stabilising muscles and control posture. Places are limited - please phone to book.

Baby Sign and Play

New six week course on Wednesdays from 1.30 – 2.30pm Baby signing taps in to a

baby's natural hand eye co-ordination.. Places are limited.

Positive Parenting

Starting on Wednesday 18th March 6.00 – 8.00pm. Tea and chat – Informal discussion group for parents.

Please contact Julie if you are interested in any of the above activities/courses on 015242 62672 or email julie@pioneerprojects.org.uk

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ISA TIME

By Ken Durkin

New ISA rules

The rules for investing in tax efficient individual savings accounts have changed for some in this tax year and for everyone in the next tax year. If you are 18 or over and under 50 you can invest £7,200 in shares, government and company bonds, commercial property and, from age 16, cash. The maximum cash investment is £3,600. Shares, bonds and property are usually in the form of pooled investments known as unit trusts. If you are 50 or above, since October last year, the investment limit has been increased to £10,200 with a maximum of £5,100 in cash. In the next tax year starting on 6 April these rules apply to all the age ranges.

Transfer ISAs

If money is already held in ISAs, it is possible to transfer to another ISA provider. This does not affect the annual ISA investment allowance.

Pension tax-free cash to ISAs

For those aged 50 (55 from April 6) or above, it is now possible to withdraw tax-free cash from personal pension plans without necessarily taking income from the pension. Much depends on the size of the pension and independent financial advice is essential before switching tax-free cash, but many people prefer to have more control over their pension investment, and switching money into the tax efficient environment of an ISA has its appeal. Up to £20,400 could be switched from a personal pension to two ISAs, £10,200 up to April 5 and then a further £10,200 from April 6.

Advice essential

If you are planning to invest in an ISA other than a cash ISA, financial advice is important because the values of these types of ISAs can fall and you could lose some or all of your money. There are some ISAs that invest for a term and have certain guarantees regarding return of capital, but again, financial advice, preferably independent, is recommended.

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LOCAL EVENTS IN MARCH

Mon 1st Craven Customer Services at the Town Hall, 10am-12.30pm, and every Monday.

Indoor Bowls at the Town Hall, 1-4pm and every Monday to 22nd.

Council meeting at the Town Hall, 7.30pm.

Looking Well - Gentle walks for women, leave Lairgill 9.30am, and every Monday.

Tue 2nd Craft Club at the Wenningdale Room, 10am-12noon, and every Tuesday.

Yoga 6-7pm and Aerobics 7.30-8.30pm at the Town Hall and both every Tuesday.

Looking Well - Men's walking group leave at 9.30am return 11.30am, and every Tuesday

Looking Well - Tuesday Strolls leave at 2pm, return 3pm, and every Tuesday.

Looking Well - Rag Rug course led by Joyce Knapp, 7-9pm, and every Tuesday except 30th.

Harmony singing led by Noelle Thompson, 7.30-9.30pm and every Tuesday.

Wed 3rd Bentham Footpath Group walk, Bainbridge, 5-6 miles, leaders John & Sue Pilkington 61757. Leave Lairgill 9.30am.

Looking Well - Café-IN & Positive Futures Project, 11am-1.30pm both every Wednesday.

Looking Well - Art for All, beginners welcome, 2-4pm and every Wednesday.

Pilates, gentle exercise to help with posture, Town Hall, 9.30-10.30am and 10.30-11.30am, both every Wednesday.

Moving Well, gentle exercise to music, Town Hall, 11.30am-12.30pm and every Wednesday.

Looking Well - Baby Sign & Play, 1.30-2.30pm and every Wednesday.

Youth Theatre, Town Hall, 5.45-8.30pm and every Wednesday.

Thu 4th

High Bentham W.I. at the Town Hall, 7.30pm. See page 33.

Art Class at the Wenningdale Room, 1-3pm every Thursday.

Looking Well - In the Same Boat, Cancer Support Group Drop in, Art Session, Lunch & Therapies, 11am-1.30pm, and every Thursday.

Swimming at Hornby for over 50s (men and women), leave 8.45am. Tel Barbara 62873 or Carol 61233 to arrange transport, and every Thursday.

Looking Well - Positive Parenting, 6-8pm, and every Thursday.

Fri 5th

Age Concern at the Masonic Hall, 10am-2.30am. John Henderson entertains.

Springfield Bowling Club - Country and Western evening at the Town Hall, 7.30pm.

Yoga at the Lower own Hall, 6.30-7.30pm, and every Friday.

"Appalachian Magic" concert at the Victoria Institute. See page 28.

Sat 6th

Tatham Fells School coffee morning at the Town Hall, in aid of school outdoor development fund, cakes, books and much more, please come along and support us, 10am-12noon.

Farmers' Market at the Town Hall, 9.30am-1.30pm.

Bentham Film Group film "Chéri" at the Victoria Institute, 7.30pm. See page 37.

Bentham Footpath Group walk, Lune/Wenning, 10 miles, leader Sandra Robinson 64906. Meet at Lairgill 9.30am.

Mon 8th

Mindfulness Meditation Group at Looking Well, 7-9.30pm. All welcome.

Tue 9th

Bright Hour at the Methodist Schoolroom, 2.15pm. Speaker Janet Widdes.

Bentham Child Health Clinic at the Surgery, 2-4pm.

Fri 12th

Age Concern at the Masonic Hall, 10am-2.30pm. Extend exercise with Colin Etherington.

Sat 13th St. Boniface Church coffee morning at the Town Hall, 10am-12noon. 

St John's 60/70s disco with live music and supper at the Town Hall, 7.30pm.

Mon 15th **Copy deadline for the April edition of the Bentham News.**

Tue 16th Thornton and Burton-in-Lonsdale Mothers' Union meeting at 2pm in Burton Church Room. Speaker Glyn Price - "Sir, I want to be a teacher".

Thu 18th Bentham Footpath Group walk, Burton/Tunstall, 8 miles, leader Bernard Ellershaw 62078. Meet at Lairgill 9.30am.

Low Bentham W.I. meeting at the Victoria Institute, 7.30pm. "Challenge" by Pat Ashcroft. See page 33.

Fri 19th Waste paper collection at Lairgill Car Park, 8.30-11.00am. Proceeds to NSPCC.

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

Sat 20th Samaritan's coffee morning at the Lower Town Hall, 10am-12noon. 

Mon 22nd Mindfulness Meditation Group at Looking Well, 7-9.30pm. All welcome.

Tue 23rd Bentham Child Health Clinic at the Surgery, 2-4pm.

Bright Hour at the Methodist Schoolroom, 2.15pm, speaker Revd Eric Hymer.

Wed 24th Bentham First Responders meet at Looking Well, 7.30pm. We urgently need more volunteers so come along and talk to us about joining.

Hornby Occasionals production of "The Yeoman of the Guard", 7.30pm at Hornby Institute. Tickets; adults £5 and children £3, available from Hornby Institute (015242 22227). also on Thursday 25th, Friday 26th and Saturday 27th.

Fri 26th Age Concern at the Masonic Hall, 10am-2.30pm. Dominoes.

April edition of Bentham News published.

Sat 27th Community Transport coffee morning at the Town Hall, 10am-12noon. 

Burton-in-Lonsdale Village Hall Committee coffee morning 10am-12noon, with table top sale for Registered Charities. Details from 62014/63097.

Sun 28th Bentham Footpath Group walk, daffodils and Staveley, 8 miles, leader Dennis Chamberlain 015242 21436. Meet at Lairgill 9.30am.

Mon 29th Ewecross Historical Society meeting at the Town Hall, 7.30pm. Andrew Birley - "Vindolanda". Visitors welcome at £2 each evening. Membership for one year £5.

Events in Early April

Sat 3rd Tourist Information Centre coffee morning at the Town Hall, 10am-12noon. 

Farmers' Market in the Lower Town Hall, 9.30am-1.30pm.

Tourist Information office opens for the season.

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Date.....Time.....

Event.....

Venue.....

Contact Tel:.....

Name.....

Please return this entry to the Bentham Gallery, Station Road, High Bentham, by the 15th of the month for the following month's edition.

BENTHAM DIARY

A Farmer's world in the early 20th Century

By Peter Phillips

The late Fred Archer, farmer and author, wrote in his book "The Cuckoo Pen" that 'villages have become dormitories for the workers in the towns and the agricultural way of life has been affected in many ways'. It may be not as much in Bentham and surrounding districts where sheep are so important to the economy but change has come and we forget what it was like in the first half of the 20th century to live and work in a rural community.

I have been privileged to read and copy pages from a collection of local diaries which trace the history of farm life in Bentham during the first half of the 20th century. They were written from 1890 to 1897 by Francis Hesleton. Then comes a gap until they restart in 1923. From 1927 to 1946 they were written by his son William. They farmed at Beck Grange, Mewith. There were only a few lines written each day but they provide an insight into farming in Bentham in those early years when mechanisation was in its infancy. From the records it seems that Francis started the diaries aged about 47 and William carried them on when he was aged 51. They must have been too busy working earlier to write!

They were copied by a lady who was the maid at Mewith Head. She was friends with William Hesleton's maid and regularly visited at his farm. She still lives locally. The complete diaries passed down via William's brother, Matthew, to his daughter Mabel and are now with her daughter, Mrs Val Cowgill, of Oak Head Farm, Mewith.

William recorded every farm sale, giving the name, acreage, price paid and names of buyer and seller. The prices of produce sent



to market; of coal, fuel oil, livestock and machinery, and a note of births, marriages and deaths. There was certainly no global warming in his day judging from his account of the harsh winters. Life was hard but no-one knew anything different and there were occasional social events to look forward to.

William Hesleton was remembered by the person who copied the diary "sat in his old rocking chair at Beck Grange, his stomach resting on his knees, dressed in fustian breeches, cloth leggings and clogs in a dimly lit kitchen with a roaring log fire burning in a big old black range." He must have been quite a character.

Here are a few of the entries and there will be more next month. The spelling is theirs.

August 1893 Great coal strike of Lancashire and Yorkshire. Coal got to 1/6d (7.5p) cwt. Serious riots in Yorkshire with serious damage done.

November: Colliers gone back in. Been out 16 weeks. Coals in Town 2/6d (15p) cwt. Ingleton coals for new customers 6d a bag. Best coal 9d cwt.

February 24, 1895 . Breaking ice on Wenning. Swept wooden bridge away.

September 22, 1891 Bishop Hawkins preaching at Bentham Church. "The black negro minister"

Continued on page 23.

BENTHAM DIARY

(continued from page 22)

February 11, 1896. Steamroller came to Benthams for first time From Settle highway board.

March 23rd 1897. The Duke and Duchess of York opening the new Royal Infirmary.

October 20th, 1923 Finished haytime at Beck Grange. Never haytimed so late in my life. There are many scores of acres to get yet.

March 25th 1924. First wood sawn at Beck Grange with a circular saw.

October 28th 1925 Water wheel first went round at Beck Grange.

March 14th 1927 Went Lowgill Fair. Rode from Fairfield Road in stile in Jack Mouncey's motor car.

April 21st Went with Freddie Reid on fell getting sods to do graves up. Horse and cart job. Worried with flies.

June 13th Me went Benthams. Bought my first tin of petrol.

June 22nd Hiring Fair. Irish getting £14 for month.

July 9th Started haytime. Sharpened sythes.

August 24 Markit day. Took fat lambs. 44/- each.

September 21st. Markit day. Calverley's Yard and 3 houses sold by auction to Foster Wrathall. £890 the lot.

October 14th Took damsons to Gauber up Horton.

16th Went church. Harvest Festival.

17th Went black berrings. Got 3 quarts.

19th Markit day. Butter 1/6d lb. (7 1/2p) Eggs 2/8 dozen (13p).

December 16th Me went Sutton on motor bike. Dora died at 9 o'clock tonight - faithful housekeeper was she, lived for others AMEN.

25th Xmas Day. Went church and then dined at High Bottom.

26th Snowing, me went tracking rabbits on fell. Shot 7 missed 3, in bad form.

We will have further extracts from this diary in our next edition. If you have any information about the diary, please contact us on 61536.

40s DANCE AT LOW BENTHAM IN AID OF "HELP FOR HEROES"



By Sue Greenfield

A group of us from Low Benthams Victoria Institute have organised a dance in aid of the Help for Heroes fund.

This will be a 40's dance with "Gracie Lands", and will be held at the Institute on Saturday 24th April, from 7.00pm to midnight. Tickets are £5.00 including supper and are available from Pigtales, The Sundial or telephone 61048. There will be a bar.

Free transport is available from High Benthams courtesy of Little Red Bus. All the proceeds will be donated to Help for Heroes, a very worthy cause, so please do make an effort to come and support the event. It should be a very enjoyable evening. Watch out for posters in local shops.

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IS IT NOW TIME FOR LOW BENTHAM TO HAVE ITS OWN PARISH COUNCIL?

By Mike Yeates

There are plans being drafted which could well reduce the number of Councillors on Bentham Parish Council. This may well have a knock on effect on the number representing Low Bentham. This in turn will reduce the influence Low Bentham residents have on matters of concern. In addition it will restrict our already reduced influence on how our Council Tax Precept is spent.

Low Bentham has over 350 houses registered for Council Tax and its residents contribute a sizeable amount of the precept tax collected by Bentham Council. Where does the money go you may well ask? The Town Hall, which continues to lose money, takes up a sizeable proportion, as does the loan repayment on the refurbishment of the same building. We are now to be saddled with the purchase of the old Community Centre in High Bentham, to what benefit of Low Bentham Residents, we have our own Victoria Institute. If Low Bentham Parish Council were set up there would be two immediate benefits:

- 1 Reduced precept tax
- 2 What tax was collected would be spent on clearly identified items to the benefit of Low Bentham residents.

Identified items could include, park for our children to play in, cleaner paths, which would be gritted in winter, improved facilities in our own community centre (Victoria Institute), which is already paid for! There would be less reliance on grants and pitiful handouts from local councils.

To achieve a Low Bentham Parish Council will require a number of people to stand as Councillors. If the right people come forward this will not be an arduous task and could make a major impact on Low Bentham today and in the future. If you would like to discuss this proposal and live in Low Bentham I will be in the Meeting Room at Low Bentham on Thursday 11 March between 7pm and 9pm.

If you cannot make this date and time but would like to assist please leave a message on 63162 (Victoria Institute).



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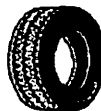
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Dear Bentham News,
I wonder if anyone could spare a little time to help a disabled person trying to cope with the complications of Family Historian? Having spent several years research and recording, up till now I've managed to avoid any commercially produced genealogy program. I now have so much family history data on file that I've finally had to bite the bullet and plunge into learning a program specifically designed for the subject. And I'm all at sea!



Inputting the data to the Property Dialogue is easy. What I find so hard is creating the proper links between Repositories, Sources and Source Citations. I've spent weeks trying to crack this and am going potty. Can anyone help, please? My phone number is Ingleton 41328.

And as I missed the last issue by a whisker, and have had to wait a month for this letter to be printed, I'd appreciate a rapid response!

Thanks, Joan Foley.

Dear Readers,

Many people are interested in their family history and some people may find the record of memorials at St. John the Baptist Church, Low Bentham a useful source of information. Judith and myself have just finished cataloguing and mapping all 451 memorials in the churchyard and the church. They cover families from 1720s-2009. The graves are numbered on maps and there is a numerical and alphabetical index.

The work took 3 years to complete and we have carried it out with as much care as possible but it would be a miracle if there were no errors! If you find a mistake please tell us so that it can be rectified. The book is on the table near the door of the church and anyone is welcome to consult it. The church is usually open between 10.00 a.m. and 3.00 p.m. on a Wednesday Saturday and Sunday.

A copy of this book will also be available at the local history exhibition which we are staging in the Town Hall over the Spring Bank Holiday. There will be hundreds of photographs of Bentham over the last 130 years together with lots of material to read

with many new additions since the last exhibition. One major feature will be 91 photographs covering Low Bentham Primary School between 1908 and 2008. Many of these pictures need you to fill in the names of the pupils and so if you attended the school or were associated with it your help will be appreciated. The images of these children will help future generations when they research their family history!

More information will reach you through a flyer in the May issue of BN. If you would like to help in any way please contact me on 61905. Meanwhile make a note of the dates in your diaries! See you there!!

David Johnson

Dear Bentham News

As an avid reader of the Bentham News I was intrigued by the article on marmalade and wondered if any of your readers realised Seville oranges could be frozen with great success. I usually purchase mine in February/March, making sure I have sufficient to see me through the forthcoming year. When stocks of marmalade are low I take the correct weight of oranges from the freezer, adding a pint of water and simmering until softened. There is no loss of flavour and of course marmalade can be made at any time during the year.

Jean Fletcher, St. Clears, Carmar.

Dear Bentham News,

Regarding the editorial comment on page 33 of the February Bentham News, I have always understood that Occupation Lane is not private land, it does not belong to anyone; the name was supposed to mean this.

When I lived at Glenburn on Gill Head Brow, it was known as Streakber Farm, Occupation Lane, never Streakber Lane.

Another thing while I am putting pen to paper. When does a cul-de-sac evolve into a street? I also lived at 2, The Tweed, never Tweed Street.

Surely I am not the only "born and bred" Benthamer to know of these things.

Winifred Thwaite (nee Richardson)

(Letters continued on page 27)

YOUR LETTERS

(continued from page 26)

Dear Bentham News,

We would like to echo the feelings of anger and despair expressed by others about the wanton destruction of the trees and bushes on the track running through the golf course. Some of the birds that have struggled to find food through the harsh winter will now be wondering where to build their nests. While some pruning might have been needed, it is hard to understand why it was deemed necessary completely to destroy so many trees.

Presumably this is all part of the new golf club owners' programme of "maintenance.....to spruce the club and course up" - perhaps with the aim of improving the view from the clubhouse? Whatever the reason, something of inestimable beauty and value has been lost. Those benefitting from these "improvements" should be aware that they have been gained at enormous expense to wildlife and the local eco-system.

Private ownership of this land is no defence - ownership does not bestow an absolute right to do whatever one wishes with one's acquisitions, particularly when these form part of the natural environment. Ownership involves stewardship and brings with it responsibilities. This act of environmental vandalism may not be "illegal" but we think that those responsible at the very least owe the people of Bentham an explanation.

John and Sue Neal.

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DALESBRED SOCIETY PRIME HOGG SHOW

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By Yvonne Capstick

This year's society show and sale saw 120 Dalesbred Hogs being placed by pre-sale judge Mr Nathan Brown of Dalesbred Butchers. Following a thorough assessment of each pen, Mr Brown placed Messrs Coates' pen of 10 clipped Dalesbred Hogs 1st prize. The Hogs later went onto to achieve the tremendous price of £96.00 or 228p/kg, the evening's top price for horned hogs, purchased by the judge for Dalesbred Butchers, Station Road, Bentham. The 120 Hogs forward for the show achieved an average price of 191.8p/kg.



"APPALACHIAN MAGIC" RETURNS, SPRING SOON TO FOLLOW

By Barbara Vigour

Last year people crowded in for a barn dance given by a Virginia string band along with Debby McClatchy's banjo tunes, songs and clogging.

If you missed them, now's your chance. On Friday 5th March, come give a listen to the old time fiddling of Pete Vigour with two friends on banjo and guitar. The Albemarle Ramblers hail from the Blue Ridge Mountains of Virginia and, yes, Toronto. They're a versatile bunch so you'll see instruments changing hands, perhaps even in mid tune! This year marks Debby's 30th British tour, the second with Pete and Arnie. They are joined by Dick Harrington's assured baritone and guitar work. The concert will feature a lively programme of hoedowns, soulful tunes, close harmony singing and a train song or two.

Tickets are available on the night at Low Bentham Victoria Institute. Adults £7, and £4 for those under 16 years of age. Doors will be open at 8.00pm for an 8.15pm start.

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Charities

* Bentham Line Dancers and Jean Newhouse (Butt's Farm) have kindly donated £200 to MS, following their delayed Christmas party on 17th January.

* Bentham News has donated the proceeds from its coffee morning, £400, to the Haiti Disaster Appeal through The Evangelical Relief Fund.

* Thank you very much to everyone who bought a cake or donated to the cake sale in Bentham outside Asian Spice on Saturday 6 February for Haiti. We managed to raise a whopping £72.67. The winner of the guess the weight Victoria Sponge cake was Marie from Slipped Disc. Thank you again for your amazing support (especially Sue from Duxbury's.) You bought a treat and saved someone's life. Thank you from Evie and Imogene Henshaw and Katie Mackenzie, Ingleton Middle School.

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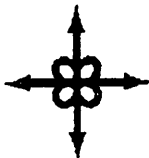
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BENTHAM FOOTPATH GROUP



By Maureen Ellis

There have been some problems about walkers joining a walk at the starting point instead of Lairgill and the following recommendations were made at the last open meeting of the group. 'Walkers who find it more convenient to meet the group at the start of a walk, rather than at Lairgill, should phone the leader before hand to find out exactly where they should meet up and at what time. If the leader can provide a six figure grid reference for the meeting place that is even better'

The initial meeting place for all of the following walks is Lairgill car park, at 9.30a.m. On Wednesday 3rd there is the Bainbridge walk of 5.5 miles (unless it is shortened due to bad weather) with the start of walking at the parking place where the road from Burtersett to Countersett crosses the High Cam Road (Roman) map ref, 905883. From a short distance west along the High Cam Road the footpath goes to Countersett, then along the road to Semmerwater Bridge.

The route then follows the River Bain to Bainbridge and then footpaths and a bit of the A684 are walked down to the River Ure. The path then goes via Butter Hill to the Cam High Road and back to the carpark.

On Saturday 6th there will be the Lune/Wenning 10 mile walk when the walking starts from Hornby and follows the Lune up to Melling and over to Wrayton and then over the tops to Wennington and onwards to Wray and returning to Hornby.

The Thursday 18th walk is the circular of 8 miles going out to Tunstall by the historic church associated with the Brontes and coming back by Cowdber Farm and Laithbutts.

Finally, Sunday 28th brings the 8 mile daffodil walk which is a pleasant stroll commencing from Mill Yard, Stavely and taking in Beckmickle Ing on the banks of the River Kent.

INTERESTED IN PHOTOGRAPHY?

By Pádraig Spillane

I'm 15 years old and live just outside Bentham. I've been interested in photography for about 3 years and have now chosen to further my knowledge by doing a course in the arts, choosing photography as my subject.

The Arts Award is the course that I decided upon because to me it gave me a different and open platform to work with. The Arts Award is divided into three levels, bronze, silver and gold. I picked gold for which I do a series of three workshops teaching photography to any interested people.

So that's where you come in! I need a few people who already have a digital camera of any sort to come along and take part. There would be no cost apart from your time. It would help me out and hopefully we would all be learning, and it should be good fun.

I have booked the upstairs room at Bentham Gallery for the following days: Saturday 20th and Sunday 21st March and Saturday 27th April, from 10am to 12.30pm. If you are interested contact me on 51146.

WATCH OR CLOCK REPAIR NEEDED?

By Shirley Brown

For anyone who has been looking in vain for someone in Bentham to repair his or her watch or clock, there's good news. Tom Nuttall who used to have a stall in Bentham's Wednesday market will still do the repairs. Items can be left with Clive and Pat at the fruit and vegetable stall in front of the Coach House, and they will take them to Tom who stands next to them at Kirkham Market on a Thursday! So for a simple repair it's possible that items left in Bentham on a Wednesday could be returned by Saturday when Clive and Pat's stall returns to Bentham. More complicated repairs will clearly have to take a bit longer, but isn't that an amazing service? Many thanks to our wonderful cooperative stallholders for continuing to look after us.

NATIONAL AWARD FOR PHOEBE CALDWELL

By Shirley Brown

Sometimes there are some very pleasant surprises to be found behind Bentham's front doors. To be honest though I wasn't all that surprised to find behind one Bentham front door the winner of this year's prestigious national Times/Sternberg Award. I've known Phoebe Caldwell for some years and have experienced her work at close hand as she gently and kindly found ways of communicating with my grandson who has rubinstein-taybi syndrome, a rare syndrome, one feature of which for him is a lack of speech.

What is the Times/Sternberg award?

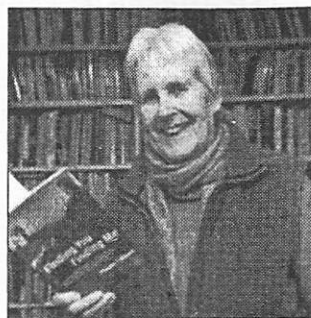
Its full title is the Times/Sternberg Active Life Award, which celebrates the achievements of people aged 70 years and over who have done most for society and good causes in their older age. Phoebe has been working with people with learning disabilities, in particular those on the autistic spectrum, for over 35 years, and has published four training films and six books since she turned 70. She will receive the award in Downing Street on March 11th.

A worthy winner

Phoebe, now 76 years old, travels the UK working to improve the lives of people with severe autism. She uses a technique called 'intensive interaction' to show families and professionals how to connect with such individuals, how to calm them and enjoy their company. This involves tuning in to the mood of the individual by using their behaviour, responding to their body language to communicate with them. This technique can change lives, calm people with severe autism immediately and bring pleasure and contentment to those who have an autistic family member and who are feeling desperate. (You can see a video clip of her work by googling Phoebe Caldwell "Reaching Ricky").

Phoebe was nominated for the Award by

Suzanne Zeedyk of Dundee University whose students analysed every frame of one of her films to produce empirical evidence on



her technique and how it works. Although Phoebe's work has already helped thousands of families she wants to use the publicity surrounding the Award to raise awareness of what she does so that even more people can be helped.

Her career started when she was a support worker in a hospital for those with learning disabilities. She was introduced to Intensive Interaction techniques by a psychologist, Geraint Ephraim, and has spent her working life developing and teaching skills in using them. She really wants to show that anyone can do this work, it's a technique that can be learned – there is no mystery.

Why Bentham?

Phoebe came to Bentham about 14 years ago. As she travels widely the fact that Bentham is halfway between Lands End and John O'Groats is quite handy (although she could do with there being more trains!). Her husband, Peter, whose ancestors farmed near Clitheroe, died aged 51 before Phoebe moved here. She has five children, nine grandchildren and one great grandchild. She loves her house near the Auction Mart, "absolutely adores" the Dales and likes Bentham because it's an "active, working Market Town with some industry as well". She still has no intention of retiring, is passionate about her work and as long as her health allows she will carry on.

One of Phoebe's grandchildren posted the following comment on Times Online: "She dedicates her whole life to help other people... I am so proud of you granny. Lots of love Clare xxxx". And I'd like to add that we're proud of her too.

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WOMEN'S INSTITUTES

High Bentham

By Anne Yaman

With the January meeting cancelled due to the bad weather there was a good attendance on 4th February with one new member, 2 visitors and 23 regular members. It seemed a long time since we had met and President, Miss Wendy Dowbiggin told members the new date for the meal at the Horse and Farrier, a visit to Oliver in Lancaster in March and various other upcoming dates.

The speaker for the evening was Hilary Maudsley from Settle who gave an interesting talk on buttons and their history. She was very passionate about her subject and showed some lovely artistic examples of some very old and rare treasures. The competition for a trio of buttons was won by Ruth Bridgewood with some lovely old buttons in a beautiful case.

The next meeting will be on Thursday 4th March in the Lower Town Hall at 7.30pm. The speaker will be Rev Ian Greenhalgh from Clapham. All visitors are most welcome.

Low Bentham

By Pam Warbrick and Jennifer Watkinson

Sixteen members were present at the Victoria Institute for their AGM. After a review of our finances and the social events of 2009 by treasurer, Christine Jennings, secretary Sue Cooper and president Ruth Sephton, respectively, nominations for committee and officers took place. Barbara Vigour, who replaced June Harrison, is now vice-president. Ruth Sephton thanked Mrs Harrison for her useful contribution as vice-president over the last two years.

We then enjoyed a sumptuous buffet supper provided by the committee and afterwards rounded up the evening exercising our grey matter with questions, conundrums and pictures in a quiz cleverly concocted by Kitty Ellershaw.

The next meeting will be on 18th March at the Vistoria Institute when Pat Ashcroft's talk is entitled "Meeting a Challenge". The competition is for a walking stick. New members are very welcome to join us.

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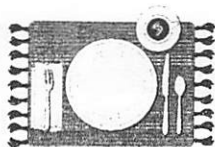
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COOKERY PAGE

By Patsy Henderson



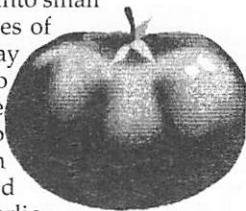
Tomatoes stuffed with pork and cheese

Recipe - serves 4

4 beef tomatoes
2 tbsp olive oil
2 garlic cloves, finely chopped
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225g pork mince
50g Gruyere, Emmental or Jarlsberg cheese, grated
5 fresh basil leaves, roughly chopped
salt and black pepper

Method

Heat the oven to 180C/gas 4. Slice off the tomato tops and put aside. Scoop out most of the flesh and chop into small pieces. Salt the insides of the tomatoes and lay them upside down to drain. In a large frying pan, heat 1 tbsp of olive oil and then add the chopped tomato. Add the garlic and rosemary to the pan. Bubble over high heat for about 4 minutes, stirring all the time, until the sauce is reduced. Stir in the sugar and heat for another minute. Remove from the heat and season. Spoon the sauce into a bowl and put to one side.



Heat the other tbsp of oil in the pan. season the pork with salt and pepper and fry over a high heat, stirring and breaking up

with a wooden spoon, for about 5 minutes until well browned and separated. Stir the meat into the tomato sauce, then add the grated cheese and chopped basil. Rinse the salt from the tomato shells and dry with kitchen roll. Place the shells in an open ovenproof dish. Spoon the meat mixture into the tomatoes and then add the tomato tops. Brush the tomatoes with oil and cook for 20-30 minutes until the tomatoes are soft.

Chocolate ginger roulade

Recipe - serves 6-8

60ml cocoa
150ml fresh milk
5 eggs, separated
300ml fresh double cream, whipped
30ml ginger preserve or stem ginger in syrup
icing sugar, preserved stem ginger and chocolate shapes to decorate

Method

Heat the oven to 180C/gas 4. Mix the cocoa powder and milk and heat gently until dissolved. Leave to cool. Whisk egg yolks and sugar together until pale and fluffy, then mix in the cooled milk mixture. Whisk egg whites until stiff, then fold into the cocoa mixture. Grease and line a Swiss Roll tin and then spoon in the mixture and bake for about 20 to 25 minutes until risen and firm. Turn out onto greaseproof paper and cover with a warm, damp cloth. Leave to cool for about 20 minutes then cut off and discard the outside edges. Dust with icing sugar and decorate with cream, pieces of ginger and chocolate shapes.

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BENTHAM FILM GROUP

By Stella Hall

Bentham Film Group will be showing 'Cheri' (Cert 15) on Saturday 6th March. Starring Michelle Pfeiffer, Kathy Bates and Rupert Friend, this is a romantic drama set in 1920s Paris, where the son of a courtesan retreats into a fantasy world after being forced to end his relationship with an older woman.

The show will start at 7.30pm in the Victoria Institute, Low Bentham. There will be an interval for refreshments and a raffle will be drawn. Tickets cost £5 on the door. Remember those cushions!

WOULD YOU LIKE TO HAVE A BLUE BIN?

By Lin Barrington, Craven District Councillor

If you have still not got a blue bin but would like to have one, please phone the Alternate Weekly Collection helpline on 01756 706330, or leave me a message on 015242 61034 or e-mail me at linbarrington@live.co.uk

ALLOTMENTS IN BENTHAM

By Tanya Liddle

Things are moving along!

The Town Council has had a couple of offers of land that could be rented for allotments. Over the years, a number of us have been interested in working an allotment to grow our own vegetables. Maybe now is the time for us all to get together in an allotment group to work out what we need and, along with the Council, how to go forward.

If you are interested in joining the group and working on Bentham's own land-share scheme, ring me on Bentham 61727 and leave a message.



BENTHAM INDOOR BOWLING

By Peter Shallcross

Indoor bowling sessions are held in Bentham Town Hall each Monday during winter, from 1-4pm.

There are three short mats which allow up to eighteen players to play at any one time. Games are played in a very friendly atmosphere and all players, from beginners to "experts" are made very welcome. Bowls can be made available to potential members who would like to try the game.

Sadly the number of players has declined and more players are needed if this local amenity is to remain viable. On a winter afternoon, what could be better than three hours of pleasant company, friendly competition and a cup of tea, all for £1.

Why not come along and give indoor short mat bowling a try? We hope to continue playing until Monday 22nd March 2010.



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H B COMMUNITY PRIMARY SCHOOL

By Catherine Boocock, Headteacher

Haiti Earthquake – Benthams Responds

On Tuesday 12th January 2010 Haiti experienced a catastrophic earthquake. It is difficult at such time to think of how you can help – but our school community rallied brilliantly.

The following Monday Class 3 was proud to host a cake and goodies sale on behalf of the whole school, and the staff were completely overwhelmed by the sheer quantity and generosity on display. Not only did people bake, but they bought and donated so generously that we were able to send a staggering £232.92 to the appeal. It was one of those occasions on which the staff at school feel incredibly proud to work with children and families who can show their support and care for people separated from us by geography but our neighbours in humanity.

A huge heartfelt thank you on behalf of those people whose terrible suffering we have gone some small way to easing.

New Cook

We are delighted to have on our staff a new cook, Sue Leak, who not only makes great tasty food for our growing subscribers to school dinners, but she also survived making a mammoth Christmas Dinner during which key ingredients weren't delivered in time. Take up of school dinners has increased, and she is always a welcome sight to hungry children in the school hall. So thank you Sue, for helping to make our lunchtimes tasty and

enjoyable.

"...from simply reading with children in class to supporting curriculum delivery"

By Ray Cooke

Following on from an appeal for support in school in the January newsletter, perhaps a brief view from a 'parent helper' may help anyone who is considering whether or not to offer their support. About 3 years ago Miss Stocks made a similar appeal and, being retired, I was able to offer help. After a CRB check, which wasn't as scary as I imagined, I began to come into school listening to children read. Very quickly a close partnership developed between the staff, children and me and I was asked to assist in other aspects of the classroom work, including helping with projects and I have now been on several school trips and outings and feel that I have become a valued addition to school life.

Having had 2 children in the school I am always proud of their achievements, but was pleasantly surprised to find that I became proud, very proud, of every child with whom I had the pleasure to work with at school. I have never been 'pressured' into committing to time or effort, giving what time I could, and have always been treated with consideration and respect. And I've learned some things too!

If anyone is considering becoming a 'helper', I would whole heartedly urge them to speak to a member of school staff now, and don't miss out on a chance to participate in a very enjoyable part of school life.

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CAVE RESCUE ORGANISATION

By Jack Pickup CRO Chairman

During 2010 the team celebrates its 75th Anniversary of becoming the first active Cave Rescue Organisation (CRO) in the world. We are one of only three teams in the UK who perform Cave Rescues as well as Mountain Rescues. Our volunteers come from many walks of life in the Dales. We are a team in more ways than one and indeed we have fathers, daughters, sons, husbands, wives and mothers and even the granddaughter of one of rescuers who was actually on the rescue in 1934 which caused the CRO to be formed.

Many members have given over 25 years of service with some over 40 years and one member over 50 years continuous service. Very few teams if any can match these statistics of long term dedication in helping those in difficulties above and below ground. The camaraderie of such long serving members has played a major part in the team dealing with the tragedies and the highs and lows of our work. On several occasions we have had to deal with 6 incidents in one day and some occasions 4 incidents simultaneously. Indeed a large number of the team spent two weeks at Lockerbie when that tragedy occurred.

Since 1935, the CRO has attended more than 2,266 incidents. This has involved 3,320 people (aged from 5 months to 87 years). During 2009 we attended a record 88 incidents, of these rescues 15 involved caves, 59 fell, 5 climbing, 6 animal, and 3 others. It is anticipated that we will rescue our 3400th individual in the coming months.

The team is a major part of Dales Life and indeed our own survival over all these years has been thanks to the generosity of many people, organizations, businesses and the statutory authorities. Last summer we added a £130,000 extension to our Headquarters at Clapham updating our training, control and storage facilities which now benefits one of the premier rescue organizations of its kind in the world.

The origins of the CRO

Evidence from various records shows that the CRO was formed as a result of a meeting on the 24th November 1934 at Rock House, Settle. North Yorkshire. The report of the meeting is three pages long. Representatives attended from all the major clubs at the time. The Yorkshire Ramblers Club, The Northern Cavern & Fell Club, The Moor and Fell Club, The Craven Pothole Club and Giggleswick School and Settle Ambulance Corps. The Central Rescue Committee was transformed into the Central Rescue Organisation just before it became operational on February 12th 1935. Three years later, in 1938, it changed its name to the Cave Rescue Organisation.

To celebrate the occasion of our 75th Anniversary on 5th June 2010, CRO are having an open day at the HQ Clapham when we expect to have various events such as a rescue race in the river, an all day BBQ, media show, equipment demonstrations and much more. At 1.00pm we are to have the official opening of the extension. Come along and tell us your rescue stories, please bring any press cuttings and photos or photographs you might have. Everybody is welcome to just turn up – and especially any prospective new surface and/or underground members or anybody who would like to become just a Friend to the CRO. Later in the year, on Friday 19th November we are having a more official dinner in the Community Centre at Ingleton, along with invited guests. Any past members out there who would like to come – don't waste time please get in touch with Sean Whittle at personnel@cro.org.uk





FORD HOUSE COMPLETE SPONSORED WALK FOR THE PEOPLE OF HAITI

By Lee Hayward

The young people of Ford House residential children's home on Low Benthams Road recently completed a gruelling 12 mile sponsored walk to raise money for the relief effort in Haiti.

The walk involved walking from Benthams to Ingleton, then tackling the waterfalls walk before returning to Benthams. The four young people came up with the idea after hearing about the Haiti tragedy on the news and decided they wanted to do something to help. On the day the young people were accompanied by residential care workers from Ford House, Dee Flynn, Lee Hayward and Dan Kennedy.

A grand total of around £300 was raised from sponsorships from Ridgway Childrens Services Managers and Directors and from local Lowgill Primary School. All the young people involved did themselves and Ford House proud after completing the walk in around 4 hours. The picture shows the young people and staff from Ford House having a well earned rest at the end of the waterfalls walk. All staff and young people would like to thank everyone who sponsored them to raise the money.

BENTHAM NEWS is published at "Latharna", High Benthams, by an editorial committee consisting of Trevor Blackwell, Shirley Brown, Christine Hodson, Peter Phillips, Ken Robertson, Pam Woof, and coordinator, Bill Kennedy, who can be contacted on telephone 015242 62492, or Shirley Brown on 015242 61608. 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 are not necessarily those of 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**, which should be handed in to the Gallery, Station Road, by the copy deadline, the 15th of March for the April edition. The Bentham News email address is: benthamnews@lycos.com.