

BENTHAM NEWS

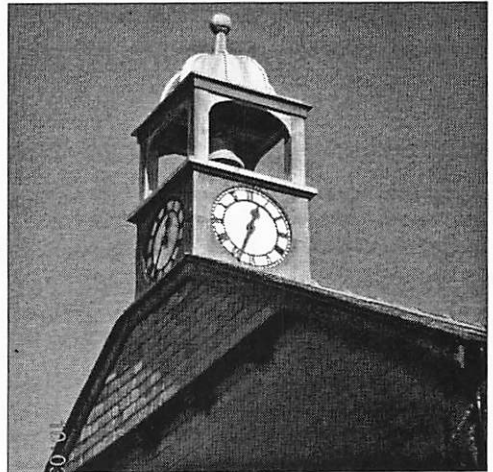
BENTHAM CALENDAR'S GIFT TO THE TOWN

Our photo shows a happy event during the Town Council meeting on 2nd March. Cllr Bernie Wills, on behalf of the Bentham Calendar Committee, was able to hand over a cheque for the magnificent sum of £2,670.10 to Trevor Wheildon, who accepted it on behalf of the Bentham Playing Field Association.



This represented the proceeds from the sales of the 2009 Bentham Calendar (less VAT). Thanks must go to Jon Brook who took the stunning photographs, and the businesses which kindly sponsored the production costs. (Bentham Imaging, Grove Hill Garage, M.J. & Y. Faichney, Carrs Billington, Bentham's Little Red Bus, Robert Taylor & Sons, A.I.Harrison & Co., Craven Concrete Products, the Auction Mart, HB Plumbing & Heating, Kidde Products and Oakroyd Bakery.) In thanking the Town Council, Mr Wheildon said that the funds would be put toward the costs of 'stage 3', the refurbishment of the tennis courts and building of the skate park.

CHANGES AFOOT FOR OUR TOWN HALL CLOCK? (See page 17)



APRIL 2009

ISSUE 270

ACCIDENT ON MAIN STREET

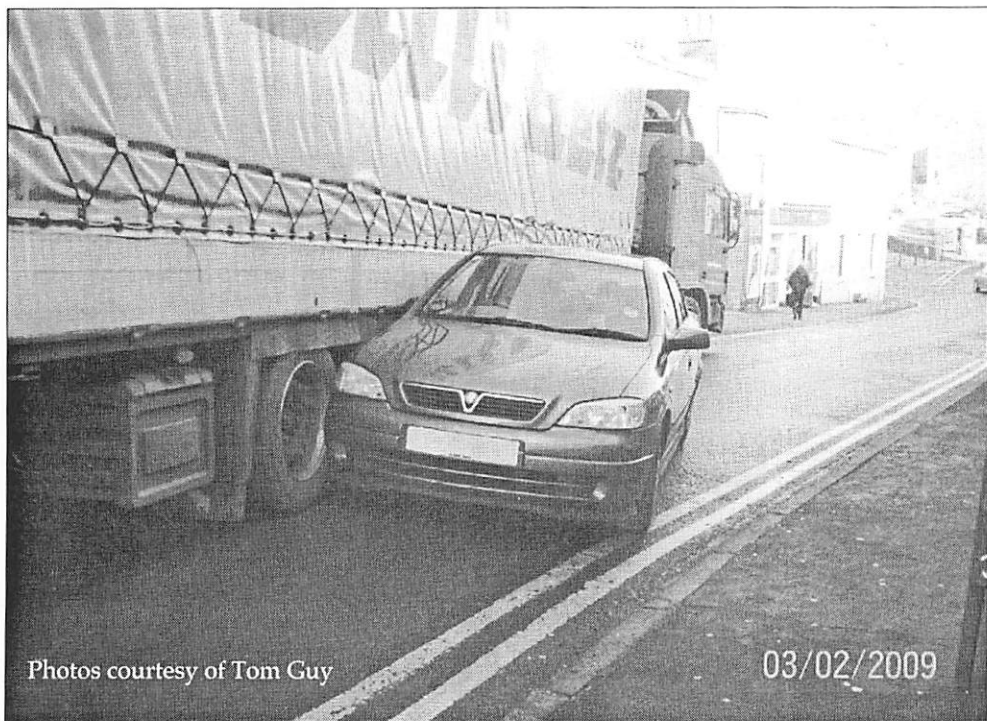
By Pam Woof

Yet another lorry-related incident occurred on Friday 6th February when a Dutch lorry turned the Black Bull corner.

The left hand drive lorry came up Station Road and turned right on to Main Street and caught the side of a car. Before the lorry driver realised what was happening, it dragged the car along, much to the horror of the car driver.

Needless to say the traffic came to a complete halt for about 15 minutes until the police arrived. Thankfully no serious injury had occurred and the two vehicles were quite swiftly disentangled and the shocked driver comforted.

How many more incidents will there have to be before something is done? Should we have traffic lights? Can we have an access road for lorries avoiding the town centre?



Photos courtesy of Tom Guy

03/02/2009

MARCH TOWN COUNCIL

By Shirley Brown

Eleven members of the public and all the councillors except Cllrs Marshall and Barnes were present for the meeting on 2nd March. The following is my account of proceedings and anyone wanting to see the full minutes can view them at the library or on www.benthamtowncouncil.co.uk.

Mr Jonathan Kerr, CDC's Strategic Director of Community Services, spoke prior to the Council meeting. He was efficient and jaunty as he told us about the issues relating to leasing the 'Legion Hut' land, which had gone on for 30 months, and negotiations for a new lease on Cleveland Square, which were now in their 4th year. He followed this up with the announcement that public toilets in the district are to be closed, except for one in Skipton and one in Settle. He finished by explaining that Disposal Auctions of plots of land are to take place in Leeds, although Cllrs pointed out rather eloquently that we have a perfectly good auction room right here in Bentham which would perhaps have been more appropriate. DCllr Lin Barrington reported that it had been agreed that the disposal of assets be notified to residents using a specific wording and procedure – this as a result of a long, persistent campaign by Bentham resident, David Clough.

PUBLIC TOILET TO CLOSE: Local businesses might like to know that there's a Publicly Accessible Loos (PALs) scheme where shops or Town Halls are paid to allow the public to use their toilets in the absence of public toilets.

POLICE: PC Adrian Hayes reported that although February had been a quiet month in Bentham, 29 Quad bikes had been stolen the previous week in the Wharfedale and Richmond area, so he asked people to be vigilant. Apart from that, some pheasants had been released, there had been a burglary at Bank Cottages in Low Bentham after which 3 juveniles had been arrested and charged, and a car windscreen had been smashed in Robin Lane. Asked about how worrying the issue of

drugs is in Bentham, he said that outwardly there was not much of a problem as there were no thefts relating to drug addiction, but that there are many users of drugs in the area, of all ages.

NEW SCHOOL?: The feasibility study on the entrance to the new school site should report by the end of March. The possibility of using the school field behind the closed Low Bentham Primary School as a football pitch and play area was raised. CCllr Ireton said that there had been a request for a roundabout at the Country Harvest junction, and that potholes are an even bigger problem than usual since the recent frosty weather.

PLANNING: The TC recommended refusal of permission for four dwellings and a separate new build at Bentham Lodge, Station Road, and for a 2-bed dwelling to be built at 1 Borrans Cottage in Low Bentham.

COMMUNITY CENTRE: Mrs Sharon Haslam reported that as the Active Bentham Project had finished, there was no longer a manager for the Community Centre. Most user groups had moved to other buildings although the Youth Club, Karate, Toy Library, Samba Band and Keep Fit are still there. The Community Association would be handing the building back to NYCC on 31st March. The TC is considering taking a lease on the Community Centre building. They could 'sub-let' the building to a management committee as long as there are TC representatives on it, and this would allow for future applications for grants.

I found this last item very confusing. Why was there a long discussion about how to get hold of a key from Northallerton to look over the building when key holders, six members of the Community Association, were sitting right there in the Town Hall? The procedural rules at TC meetings can be very frustrating. "The public and press are invited to attend" but "may not speak when the Council is in session", although "they may make points during the 'comments and concerns' item on the agenda." This makes for a stilted, awkward atmosphere inside the Town Hall and for a lively discussion outside. It feels as if the public is tolerated but not made welcome. Maybe this is unavoidable, but I think it's a missed opportunity for making the best use of everybody's knowledge and experience.

WOMEN'S INSTITUTES

Low Bentham

By Jennifer Watkinson

Hornby Castle's nurseryman, Ken Green, was once again our guest speaker. His interesting and informative talk 'Walls and Wildlife' was about the building of stone walls in different parts of the country using local stone, and how they differed both in their construction and the flora and fauna that grew on, in and around them. He showed slides of an Iron Age wall built with upended slabs of rocks, and a Cornish one built in a herringbone pattern, and the abstract patterns of the moorland ones. Whatever the shape or size nature thinks a wall is like a rock face and uses every nook or cranny to grow lichens, ferns, flowers or trees or accommodate insects, small mammals, birds or amphibians. When the trees grow too large the walls collapse and nature takes over. Even a brick wall houses small creatures or powder lichens. Many breeds of birds utilise the holes in the walls of buildings to build their nests. His slides gave a wonderful depiction of walls in the different seasons, in damp or dry, in sunny or shady conditions, and the wonderful array of wildlife that can be found amongst them.

President Ruth Sephton gave the vote of thanks and then announced that Mrs Sue Cooper was the winner of the competition for her magnificent fossil. Mrs June Harrison reported on the group meeting that she had attended in Austwick. The next meeting is on Thursday 16th April, when Hilary Maudsley will be talking about buttons. The competition is for a card of five different buttons.

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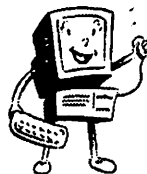
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High Bentham

By Anne Yaman

The March meeting was very well attended by 29 members. Miss Wendy Dowbiggin, President, led the business meeting. Members had enjoyed a lovely meal the previous week at Coulsons in Lancaster and Morecambe College and also the outing to the musical, 42nd Street, in Lancaster. The speaker for the night was one of the members, Mrs Anne Yaman, who gave an interesting talk on Turkish Cuisine. Some of the ladies had expressed the hope that they would have some samples to taste so Mr Mehmet Yaman, who is a Turkish chef, had prepared a wonderful spread of mezes or starters, which everyone enjoyed. Miss Dowbiggin expressed thanks to Mr Yaman for all his hard work and presented Mrs Yaman with a little present for him. Mrs Marjorie Kidd won the competition for an eggcup. Mrs Isabel Joel won the raffle. The next meeting will be on Thursday 2nd April in the Lower Town Hall at 7.30pm when guests are most welcome.

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CRAVEN CONCERNS

By Cllr Manuel Camacho (015242) 62074

Good news – The CDC Benefits Visiting Officer has been retained (this service had been under threat). As you may or may not know, advice on benefit entitlement is available on Mondays at Bentham Town Hall 10am – 12noon and at Ingleton Community Centre 2pm – 4pm. This is a valuable local service and is obviously preferable to travelling to Settle or Skipton. An experienced CDC specialist gives advice and help in applying, which in today's nightmare of rules and regulations is something of a necessity. The service is free, confidential and you do not need an appointment. The more people who use this service the better. It is a fact that many people do not claim the entitlements they have earned.

Protection from Purse Theft – Free lanyards to connect purses/wallets to handbags or individuals are now available from the Safer Craven Community Partnership. Shoppers are particularly vulnerable to purse thefts and are often targeted by thieves. Over the last few months there have been a number of reported incidents in Skipton High Street, charity shops and supermarkets. Ladies over the age of 50 appear to be the most common target. It's hoped the lanyards will help reduce purse thefts at busy shopping times. If you would like a lanyard contact the Safer Craven Community Partnership on 01756 706291.

Market for Recyclables drops – There have been a number of press reports recently about backlogs of recyclables (paper, card, cans and plastic) building up due to the collapse of the market for these materials. Demand for most of these materials has been strong over the past few years, but with the credit crunch, and the onset of the recession, global demand has dropped dramatically. As a result, some councils are having difficulty finding reprocessors to take the material they have collected. So far here in Craven we do not have a problem and our recycled materials are being reprocessed as usual. We are however monitoring the situation closely so we can respond quickly if necessary.

Community Transport in Skipton and South Craven to continue – North Yorkshire County

Council has reached agreement with Craven Voluntary Action for the transfer of some community transport services in Skipton to other providers. From Monday 3rd November, services previously delivered by Craven Voluntary Transport under its 'Little Red Bus' branding will be delivered through other providers as part of the Craven Hubs initiative. Customers of Little Red Bus will be able to book transport as before on the same number, 01756 795666. Office hours will be from 9am-4pm Monday to Friday. The South Craven Village Bus is still operating in the Kildwick, Farnhill and Cross Hills area, people can book transport on this in the usual way by phone on the above number, and the shopper services will also continue as now. These new arrangements have come about following discussions between the County Council, District Council and the chief officers of Craven Voluntary Action and Bentham Community Transport.

The preceding paragraph was taken from a press release. What it really means is that Lin Barrington and the Bentham Little Red Bus team have saved the rest of Craven's bacon in terms of community transport. Well done!!!!

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CHURCHES TOGETHER



Alastair Cook writes: In accepting this column, as part of the contribution from Bentham Churches Together, the editorial team has asked that it be more of a 'God slot' than a catalogue of our activities. Well, for a Quaker, that is a bit difficult. For one thing the professionals of the other Churches in Bentham have what might be deemed an unfair advantage and a great deal more experience. They also have a worship structure on which to hang their homilies and teaching.

No such thing supports Quakers. There is even a sort of in-joke amongst us, prompted by the question "What do Quakers believe?" The reply most often given is "Which Quaker?" Our Meetings for Worship are especially devoid of details. We meet in silence. Occasionally one of us will feel impelled to speak, to read something out loud to pray or even to sing. When this compulsion comes it is not very pleasant, quite frightening in fact, sufficient to make you shiver (or quake) in your shoes. This is why we are called Quakers!

The apparent lack of formality and structure can be disconcerting and it does not suit everybody. Nothing happens - well nothing obvious so I can find no rational explanation why sitting quietly for an hour (45 minutes at Bentham) should leave me feeling refreshed and if not rejuvenated at least reinvigorated and ready to face a new week.

We meet at 10.30am on the 2nd and 4th Sundays every month in the Meeting House at Calf Cop in Low Bentham.

Lent Lunches: The last Lent Lunch for this year will be held on Wednesday 1st April from 12.30-1.30pm at High Bentham Methodist Church Hall. The congregation from St. Margaret's will be responsible for leading the prayers, supplying the soup and roll and giving 'food for thought'. The five-part course we have followed 'These three... faith, hope and love' concludes with 'all shall be well'. Pope Benedict XVI said 'The one who has hope lives differently; the one who hopes has been granted the gift of a new life', and Rev Dr John Stott writes 'The church is a community of hope, which looks with humble confidence to the future.'

Holy Week and Easter services: please see the enclosed flyer.

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THE PLIGHT OF JADE GOODY – THE IMPORTANCE OF CERVICAL SCREENING

By Christine Hodson (retired nurse) and Rachel Clay (practice nurse)

With the current interest in the news surrounding Jade Goody, the 27 year old reality TV star who was diagnosed with cervical cancer last year, the progress of her terminal cancer and the sadness for her young family, the issue of young women seeking medical advice has taken on a new urgency. Cancer Research UK estimates that 4,500 lives will be saved each year in England by screening. Screening the cervix, (a smear test), really does work. All women should be regularly screened every few years as this improves early diagnosis and saves lives.

The NHS Cervical Screening Programme automatically invites every woman aged 25 to 64 for cervical screening. An appointment can then be made with your Health Centre. Women over 64 and under 25 can request a test if they are concerned.

Any woman under 25 who has symptoms, like bleeding between periods, should consult a doctor.

Cervical screening is not a test for cancer but it checks the cervix for cell changes that may, if left untreated, go on to develop into cancer. In many cases, cell changes will go back to normal on their own, but in some cases the abnormal cells will need to be treated. 75% of cervical cancers can be prevented from developing by early detection and treatment.

Human papilloma virus, HPV, causes some cervical cancers. All girls aged 12-13 years are now being offered the HPV vaccination in school. This jab only protects against certain forms of the HPV virus so having the jab does not mean the smear test should be missed. For further advice please contact your GP or practice nurse.

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POST OFFICE NEWS

By David Alder

1 - TARIFF CHANGE - MONDAY 6th APRIL:

On Monday 6th April, Royal Mail Letter Service prices will change as follows:

First Class Letter	[up to 100gm] - 39p [from 36p]
Second Class Letter	[up to 100gm] - 30p [from 27p]
First Class Large Letter	[up to 100gm] - 61p [from 52p]
Second Class Large Letter	[up to 100gm] - 47p [from 42p]
European Letter Rate	[up to 20gm] - 56p [from 50p]
Rest of World Letter Rate	[up to 10gm] - 62p [from 56p]
Rest of World Letter Rate	[up to 20gm] - 90p [from 81p]

Charges for other weights, packets, standard parcels and related Royal Mail services will change broadly proportionately. Royal Mail's prices will still compare generally favourably with those in other European countries. Leaflets containing the new charges and help and advice are available from post offices. As with all tariff changes in recent times previously purchased stamps bearing 'First' and 'Second' non-value indicators will automatically be valid at the new rates.

2 - EASTER ARRANGEMENTS:

There will generally be no letter and parcel deliveries, collection, and post office counter services either on Good Friday 10th April or on Monday 13th April. There will however be normal Saturday services on Easter Saturday 11th April. Pensions and Allowances due for payment on days that post offices are closed will be available on the previous full working day.

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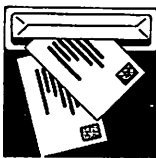
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LETTERS



Dear Bentham News

I think we all need to be concerned about Craven District Council's proposal to introduce 'pay and display' in our car parks.

For those of us whose homes were built without off-road parking, there will be a fee for a residents' parking permit on the car parks of £210 per vehicle per year from April 2009 rising to £300 in April 2010 (that's next year, sooner than you think!) and here I am quoting from Mr. Reffin, CDC's Car Parks Manager. We shall be obliged to buy these permits if we need to use the car parks when there is extra pressure on street parking, for example on market days.

The teachers at our Primary School may not be eligible for a resident's permit and may be expected to pay £5 per day to park – rather a lot of money!

The introduction of car parking charges will have an adverse effect on our traders. Who is going to come to our fantastic independent shops in Bentham when they have to pay to park? Parking at Booths in Settle is free and parking charges at Booths in Kirkby Lonsdale are refunded. I understand fully that there are 'pay and display' car parks at Settle, Skipton, Ingleton and Kirkby Lonsdale – but these are more obviously touristy venues than Bentham. I fear that parking charges may damage our high street shopping irreparably and I, for one, don't want to lose the shops I value so much.

Craven District Council seems to have mis-managed its finances severely, but I

cannot see why we all have to pay what is, in effect, an extra tax. I understand that levying car parking charges at Bentham, Gargrave, Hellifield and Crosshills will only raise a small amount a year. This is insignificant when compared with the £2.5million shortfall that the Council has created. Perhaps a 10% reduction in the salaries of the more highly paid 'executives' would raise more!

I hope our District Councillors will speak up for Bentham and act as our representatives in Skipton.

Yours sincerely,

Margaret Ellis

Main Street, High Bentham

Dear Bentham News

We'd like to comment on Richard Wilson's article 'The Best Bit About Buses' in the March edition of Bentham News. What Richard says is true; big buses coming through Bentham are scarce beasts and we could do with a lot more of them during the day, and also at evenings and weekends.

But it isn't all doom and gloom – as quite a few people already know, we run the North Craven Taxibus to fill in some of gaps. We regularly take passengers to Ingleton to hook up with the buses going to Settle and Kirkby Lonsdale, as well as taking people shopping, to appointments and so on. (Fares are the same as ordinary bus fares and passes can be used.) We run this service Monday to Friday 8am to 4pm, so if anyone wants to try it (**and we do mean anyone**, there's no restriction) they can ring on 015242 62753. This is a door-to-door dial a ride service and the area covered by the Taxibus extends from Hornby in the west, to Ireby in the north, Lowgill in the south and Austwick to the east.

We also have buses which could be used on evenings and weekends, so if there are any potential volunteer minibus drivers out there, we could try some experiments – please get in touch!

Best wishes

Lin Barrington

Bentham Little Red Bus

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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.

April 1989

- On receiving their April edition of Bentham News, one of the first things most locals do is scan through the pages to spot this year's *April Fool* article. (Have you found it yet?) It's become something of a tradition; a tradition that started twenty years ago when in April 1989 BN readers were informed of NYCC plans to ease Bentham's traffic difficulties by making Robin Lane into a dual carriageway and building a flyover for Angus (Kidde) traffic! Today this would be taken with the proverbial pinch of salt, but in 1989 it was widely believed that the Bentham News editorial committee was quite incapable of printing anything that wasn't the absolute truth. Consequently the protesting populace found itself on the verge of civil disobedience before it was realised that its leg had been very cannily pulled! The same edition also carried reports of an agreement by the Ministry of Defence that low-flying jet aircraft would not pass within one kilometre of the parish boundary, and an announcement by Angus Fire that they had developed a palm-sized fire extinguisher for dealing with cigarettes left burning in ashtrays.

Poor BN readers must have been left wondering if even the recipe page could be believed!

- British Rail plans to close the Settle and Carlisle line in May had met with such strong opposition that they agreed to keep the line open through the summer.

Those of us who have enjoyed that lovely journey over the past 20 years owe many thanks to the people who took the trouble to contest the closure at such a crucial time.

- Also reported in this edition was the intention to set up a local Rail Users Group. Margaret McSherry invited anyone interested to attend a meeting at the town hall.

- Brian Underwood reported that in March Low Bentham residents heard the first ever quarter-peal of bells from St John's church. Ringers on that historic occasion were Colin Johnson (Treble) Rev Kevin Price (2 bell and Conductor) Mark Underwood (3 bell) and Alan Johnson (Tenor).

- Discussions were reported to be taking place about the possibility of opening a Day Centre in Bentham in conjunction with Age Concern North Craven. Watch this space!

- Debate about a planning application to build a considerable number of new houses on land between Butts Lane and Robin Lane was continuing apace. One of the latest developments was the District Council's application of a preservation order to most of the trees on the site.

- In its continuing quest to make ends meet, Bentham News offered local traders the facility to have a 'flyer' collated and delivered with BN. One of the first of these, a leaflet by Tooby's, appeared this month and has miraculously survived to give us an interesting peep at the prices of goods, in this case electrical goods, being offered 20 years ago. What immediately struck me was the similarity of many 1989 prices to those of today. For example, a Mitsubishi 20in television set was being offered for £330 and a JVC portable radio cassette player for £250. A Belling 500CR cooker would cost you £530 and a Moulinex food processor £81.

If only the cost of everything else had risen at the same rate!

- Finally, I'll leave this month's last words to High Bentham Primary School pupil Christopher Warren aged 7 years:

SPRING

Winter's nearly over,
The days are getting long.
Soon we'll see the clover
And hear the cuckoo's song.
Playing in the sunshine,
Having lots of fun.
And getting very excited
Eating a hot cross bun.

FANCY GETTING A D of E AWARD?

By Gordon Fothergill

May I first introduce myself? I am Gordon Fothergill and I work for NYCC 4 Youth service, which delivers youth activities in the area. I run an after school Duke of Edinburgh Award Unit based in Settle Youth Centre, which is attached to Settle College. I would like to make people aware of what we do and when we meet.

The Duke of Edinburgh's award (DofE) operates at three different levels: Bronze for people 14+, Silver for people 15+ and Gold for people 16+. Each level has four sections: a skill, a volunteering, a physical and an expedition, plus at Gold only there is also a residential. The award gives young people an opportunity to try new things and gain new experiences as well as meet people and make new friends.

As well as all that it gives you a certificate on completion of each level. It's not quite a qualification but it does look good on your record of achievement, your UCAS forms or your CV to a future employer. It proves to them that when you start something you stick with it to completion that you want to learn and are able to get on with others.

If this sounds good to you then come and join us. The Award Unit is open to all young people aged between 14 to 25 years in the North Craven Area. You don't have to attend Settle College, please ring to discuss further. We meet on a Monday after school; 3.15pm-5.30pm in the Youth Centre at Settle College. For further information please contact me on 01609-533957 or email gordon.fothergill@northyorks.gov.uk

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GARDEN PAGE

By Joyce Knapp

April is, perhaps, one of the most uplifting months in the gardening year as all the greens start to show through in earnest and the range of colour begins to develop far beyond the somewhat restricted yellows (of daffodils) and purples (of crocuses and pulmonarias) that have adorned our gardens.

April showers can be a mixed blessing, stopping us in our tracks when trying to get the vegetable garden off to a good start by sowing seeds directly into the ground but, on the other hand, the moisture will help those same seeds germinate and grow. Another advantage of the rain is that it helps woody plants renew their leaf growth and our privet hedge literally springs into life, returning to its vibrant green each year, having taken on a rather dull brown/green throughout the cold winter months.

As the various perennial plants in our gardens start back into growth we can expect a steady stream of colours erupting from what, only a few months earlier, appeared to be almost bare earth. These plants can form the backbone of a floral garden until any annual flowering plants are added to the equation later in the season.

Having enthused about the natural beauty being restored to the ornamental part of a garden, we may now need to get down to some serious work if we intend to have a go at growing some of our own food. There are two main ways to set about growing vegetables. If we feel sufficiently confident, we can start with a packet of seeds and sow them either directly into the ground (suitable for most root crops e.g. carrots and parsnips) or start them off under cover in a greenhouse or on a windowsill. For anyone who wishes to shortcut this process, it is possible to buy partially grown plants (such as lettuce, cabbage and calabrese) from several local suppliers. These can be planted out into prepared ground, at the required spacing, and simply left to grow on.

We do need to be vigilant, keeping an eye out for any signs of attack from pests that can range from slugs to rabbits.



BLOOMIN' BENTHAM DOES 'SOMETHING SILLY'

By Shirley Brown

Three volunteers did "something silly" for Red Nose Day, Friday 13th April, they picked up three bags of litter from the back streets of High Bentham! The next opportunity to do something similar will be on Easter Monday, 13th April, meeting at 1pm in the painted bus shelter.

WANTED – YOUR SPARE SHRUBS!

To brighten up the railway station we are hoping to plant shrubs and bushes along the railings on the south side of the station. If you are removing any shrubs from your garden that you'd be prepared to donate, please let us know, by phoning Anne on 62753, Annie on 64886 or Shirley on 61608.

You are invited to an Evening
with the

SHEPHERDS CHOIR

Sat 2nd May 2009

AT
High Bentham
Methodist
Church

Everyone Welcome

Refreshments

Donations for Cancer Care

LOCAL EVENTS IN APRIL

Wed 1st (& every Wed) 10-11.30am.

Coffee Morning in the Methodist Church Hall. Donations to local charities.



12.30-1.30pm. Churches Together in Bentham, Lent Lunch in Methodist Church Hall.

(& 15th & 22nd) 1.30-3.30pm. Citizens Advice Bureau at the Health Centre. No appointment necessary.

(& 22nd & 29th) 2-3pm. Moving Well Gentle Exercise to music at Looking Well.

(& 22nd & 29th) 2-4pm. Art for beginners at Looking Well.

7.30pm. NSPCC meet at Lingfield, 44 Robin Lane.

7.30pm. Bentham Community First Responders meet at Looking Well. Come and talk to us about joining. Tel: Robert Holland 63346.

Thu 2nd (& every Thu) 8.45am. Over 50s leave for Swimming at Hornby. Tel: Barbara 62873 or Carol 61233 to arrange transport.

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

(& Thu 16th & 30th) 2-4pm. Welcome-In, dominoes for all ages in Methodist Church Hall. For transport contact Nigel or Kath 62272.

7pm. High Bentham WI in Town Hall. Les Foden 'Hanging Baskets, Troughs & Tubs'. Competition: 3 Blooms (see page 4).

Fri 3rd 10am-2.30pm. Age Concern at the Masonic Hall. Eric Stanley shows Gardens of Britain slides.

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

(& 24th) 6.30-7.30pm. Yoga in Lower Town Hall.

Sat 4th Tourist Information Office opens for the summer.

Sat 4th 9.30am-2pm. Farmers' Market in Lower Town Hall.

9.30am. Footpath Group meet at Lairgill for 5 mile Semerwater walk. Leader: M Taylor (Tel: 61672).

10am-12noon. Bowling Club Coffee Morning. Town Hall Ballroom.



10am-12noon. Burton-in-Lonsdale Bowling Club Trash 'n Treasure Sale in Burton Village Hall.

10am. Help with conservation: Birch Pulling at Austwick Moss. Tel: Dave Tayler on 01729-825953.

7.30pm. Bentham Film Group show 'The Duchess' at Victoria Institute, Low Bentham. Tel: 61183 (See page 21).

Mon 6th (& every Mon, not 13th) 9.30am at Lairgill. Gentle Walks for Women.

(& 20th & 27th) 10am-12.30pm. Craven Customer Services in Lower Town Hall (see page 5).

(& every Mon except Bank Hol) 10-11.30am. Toddle-In for parents/carers, babies and toddlers in Methodist Church Hall.

7.30pm. Town Council meet in Lower Town Hall.

Tue 7th (& every Tue) 10am-12noon. Craft Club in Wenningdale Room.

(& 21st & 28th) 11am-12noon. Yoga in Lower Town Hall.

(& every Tue) 2pm at Looking Well. Tuesday Strolls.

(& every Tue) 2-4.30pm. Enormous Turnip Club - Gardening for All. Looking Well garden.

(& 21st) 2-4pm. Child Health Clinic at the Health Centre.

(& 21st & 28th) 6-7pm. Yoga in Lower Town Hall.

7.30pm. Easter Fashion Show by Nuffin2Wear at Horse & Farrier. Proceeds to local charity.

Wed 8th (& 15th) 10.30am-12.30pm. Family Easter Crafts at Looking Well.

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

7pm. 'The Three Musketeers', fun entertainment for all ages at Settle Victoria Theatre. Tel: 01729-825718.

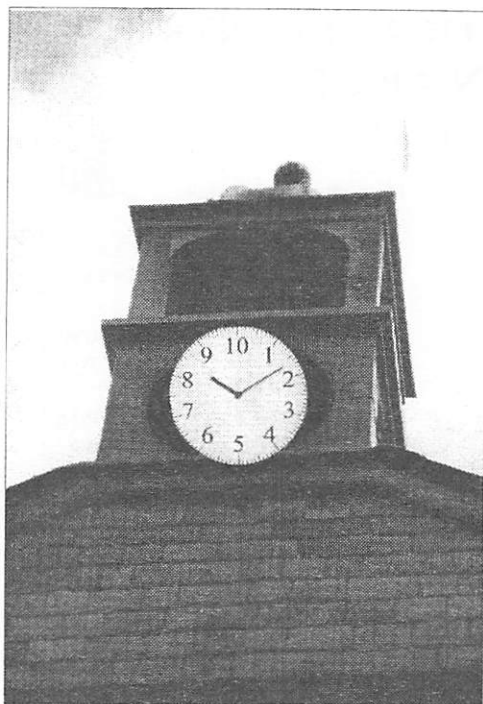
CHANGING TIMES AND TIME CHANGES

By the Bentham Time Watch Committee (BTWC)

Don't forget to put your clocks forward an hour on Saturday night, 28th March. Every year we put our clocks forward an hour for a few months and then back again at the end of the summer. We have been doing this ever since 1916 when an Act ordained that clocks should be advanced by one hour in advance of GMT. During the Second World War, things were slightly different as double summer time (two hours in advance of GMT) was introduced with one hour in advance in the winter. Since then we have had Daylight Saving Time every year, usually from the last Saturday of March to the fourth Sunday in October. Now the dates in the European Union are fixed by directive.

'Spring forward - Fall back' is a mnemonic which helps us to remember which way to change the time, but this may be one of the last times you use it if Brussels has its way. A European Directive (EU/1APR/GB2010) intends to abolish Daylight Saving Time, and to take this opportunity to go even further and change clocks to Metric Time (MT). The current proposal is that there would be 20 hours in a day and 100 minutes in an hour. Before rolling out this policy nationwide, the European Commission has selected Bentham in Britain, Cholet in France and Heidelberg in Germany, along with a few other Market Towns with prominent Town Hall clocks, for a pilot study into the problems that might arise.

To date there has not been much publicity about this fundamental change, perhaps because the Government has enough economic problems to deal with at present, and is wary of enflaming public opinion. But local councillors who have seen the Directive (EU/1APR/GB/2010) are alarmed at its contents. Apparently it is also the Government's intention to introduce a 'Dual Time' period from October this year to get us used to the idea of MT before full implementation in 2010.



This photo is an artist's impression of the new look Town Hall clock.

To comply with this European Directive, our Town Council, after discussion with Kidde Products and other local businesses, is proposing that Bentham Town Hall clock be altered so that one face will show standard time whilst another will show Metric Time, although the problem of how to set the chimes has not yet been resolved. This would also mean that people travelling up Station Road would be faced with a different time than those travelling along Main Street.

In recognition of the fact that the transition period may be very difficult for many people, the Government is considering making available free transparent plastic discs with the 20-hour day display for sticking over watch and clock faces. Further measures may include the training of Time Counsellors to assist those who find time weighing heavily as the hours unavoidably lengthen. Clearly much work still has to be done and no doubt there will be a Public Meeting (dual time to be announced soon) to hear local opinion.

POLICE NEWS – 'On Your Bike'

By Sergeant 42 Angela Moorhouse

We now have two officers at Ingleton who are "High terrain advanced search Officers". PCs Andy McClurg and Laurence Martin have just completed a cycling course, which enables them to be utilised to search e.g. Whernside or Ingleborough for an injured walker or missing person on rough terrain using a mountain bike, and advanced mapping equipment. North Yorkshire Police aim to be the leading force using these techniques and equipment and the force currently has approximately thirty such trained Officers.

This is a fantastic capability for our section and I'm certain it will assist us in our work. The two Officers will also be using the bike for general patrol duties as sometimes it's quicker to get around the area on a bike than in a van or car...so if you see them out and about on their bike, just be aware that it's not a cost cutting exercise but another way of delivering 'MODERN POLICING IN A TRADITIONAL WAY'.

If anyone wants to get in touch with me these are my contact details:

Tel: 0845-6060247 ext 3092

Mobile: 07791-638073

Email: angela.moorhouse@northyorkshire.pnn.police.uk

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school.

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tact the school on (015242) 21538

SUNDAY TEA PARTIES

By Linda Kellaway (Bentham Tea Party Co-ordinator)

Sundays can be one of the loneliest days in the week if you live alone and find it difficult to get out. A Sunday afternoon friendship group meets once a month for afternoon tea and a chat with friends. Tea Parties are held either at Looking Well, or at a host's home or occasionally there are trips out for which transport is provided. The Tea Parties are a joint venture between Looking Well and Contact the Elderly

www.contact-the-elderly.org.

Volunteers are always needed to make sandwiches and cakes, or maybe you would like to host a tea party or be a driver. If any of this interests you then please get in touch. If you, or someone you know would like to join us, or you would like to find out more, then please contact me on (015242) 62672 or email linda@pioneerprojects.org.uk

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COOKERY PAGE

Edited by Patsy Henderson

Herald in Spring with something different!

ALMOND CRUSTED FISH WITH SAFFRON SAUCE

Recipe: Serves 2

2 x 175g fish fillets
Some softened butter
2 Tbsp toasted almond flakes
1 shallot, finely chopped
150ml fresh fish stock from a carton
Saffron (pinch of)
3 Tbsp crème fraîche

Method

Heat oven to 190C/gas 5.
Season the fish and spread a little butter over the fillets.
Put in a shallow, ovenproof dish and sprinkle with the almonds.
Bake for about 12 minutes until the flesh is flaky.

To make the sauce:

Fry the shallot gently with a small knob of butter in a pan.
Add the stock and saffron, bring to the boil and boil until reduced to about one third.
Stir in the crème fraîche and bubble until slightly thickened.
Then pour a little around each fish portion.
Serve with new potatoes and vegetables or salad.

TOFFEE TANGERINES

Recipe: Serves 4

5 seedless tangerines, or similar
140gms golden caster sugar
4 slices of plain cake
Plain yoghurt to serve

Method

Peel and segment four of the fruits.
Juice the other fruit.
Stir 4 Tbsp of water in with the sugar in a microwave bowl.
Microwave for 4-5 minutes until bubbling and golden in colour.
Carefully remove the bowl from the microwave and stir in the fruit juice.
WARNING: The mixture may splutter!
Stir in the segments.
Place cake and yoghurt on the plates and serve segments by them.

On Good Friday morning traditional, freshly-baked Hot Cross Buns can be bought from Barwise's who are opening specially.

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TIME TO GET GROWING

By Richard Wilson

By the time you read this, a green haze will have suffused the Wenningdale landscape, reminding us that the plant world is itching to get on with its annual explosion into leaf, flower and fruit. No better time to deliver on that New Year's resolution to save on food miles by growing some yourself!

Where to start? BEST is holding a **Gardening Event from 2pm-4.30pm on Sunday 26th April at the Looking Well** in King Street. It will be particularly useful for new gardeners, as there will be people on hand to answer your questions about how to get started. There will also be a **Seedling and Seed Stall**. If you've any spares, bring them along to donate or swap; and if you're not sure what to try, this will be a good way of getting small numbers of plants to experiment with.



From 2.30 to 3.30, there will be a **Gardeners' Question Time** style event, with a panel including Joyce Knapp and Linda Hartley – local experts on vegetable/ food growing and ornamental gardening respectively. They are looking forward to tackling questions from both beginners and old hands.

Tea and scones will be available afterwards. Everyone welcome!

BEST stands for Bentham Environmentally Sustainable Town. The next BEST meeting is on Tuesday 28th April 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

FRESH VENUES FOR RECYCLING

If you used to take your used stamps, batteries, ink cartridges etc. to the Community Centre for recycling, you can now take them to the Victoria Institute, the Station Building and the Tourist Information Point at the Town Hall.

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Night: 015242 62054

Fri 10th 11.15am. Footpath Group meet at Bentham Bridge for 4 mile Good Friday Wenning Stroll & Hot Cross Buns. Leader: D Stubbs (Tel: 61430).

Sat 11th 10am-12noon. Tourist Information Coffee Morning in Town Hall Ballroom. 

Mon 13th 1pm Bloomin' Bentham volunteers gather in painted bus shelter. Tel: 61608.

Wed 15th **COPY DEADLINE FOR MAY BENTHAM NEWS**

Thu 16th 7.30pm. Low Bentham WI meet in Victoria Institute (see page 4).

Fri 17th 8.30-11am. Wastepaper collection at Lairgill Car Park. Proceeds to NSPCC. 10am-2.30pm. Age Concern at the Masonic Hall. Quiz.

Sat 18th 10am-12noon. Low Bentham WI Coffee Morning in Town Hall.

Sun 19th 9.30am. Footpath Group meet at Lairgill for 8 mile Cotterdale walk. Leader: D Chamberlain (Tel: 21436).

Mon 20th (& every term-time Mon) 4.30-5.30pm. Adventurers group for 4-6 year olds in Methodist Church Hall.

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

Tue 21st 2pm. Thornton & Burton-in-Lonsdale Mothers' Union meet in Burton Church Room. Speaker: Elsie Clarke.

Wed 22nd 7.30pm. Annual Parish Meeting in Town Hall.

7.30pm. 'A Change of Direction: Holsteins to Highlands': illustrated talk by Hellifield farmer Robert Philip at Townhead court, Settle. All welcome.

Thu 23rd 10.30am-12.30pm. Health Taster Session – aromatherapy & Tai Chi (see page 32) at Looking Well.

Fri 24th 10am-2.30pm. Age Concern at the Masonic Hall. Card Bingo.

Sat 25th 10am-12noon. Friends of Tatham Fells School coffee morning in Town Hall Ballroom. Cakes, stalls, raffle & tombola. 

10am start. World Tai Chi Day. Looking Well garden (inside if wet).

Sun 26th 2-4.30pm. Gardening Event at Looking Well (see page 32).

Mon 27th 9.30-11.30am. NYCC Initial training for classroom assistants. Looking Well.

12-2pm. Access to working in schools – literacy. Looking Well.

1.15-3.15pm. Exploring creative textiles. Looking Well.

Scarecrow Festival. Join the Friends of Tatham Fells School for brunch, lunch or simply coffee and cake at Wray Institute. Food and free toddler play area provided all day.

Ewecross Historical Society AGM & dinner. Tel: 61382.

Tue 28th 9.30am. Footpath Group meet at Lairgill for 6 mile Kingsdale Circular walk. D St Pierre (Tel: 62176)

Wed 29th 7.30pm. Meeting 'Three Peaks Focus for Peace & Healing' – finding inner peace: promoting world peace. Looking Well. Tel: Gavin Wilshaw 62760.

(Term-time only) 9.30-11.30am. NYCC Exploring multi-media art at Looking Well.

Thu 30th 6.30-8pm. New Tai Chi course starts at Looking Well.

MAY

Fri 1st **MAY BENTHAM NEWS PUBLISHED**

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

10am-12noon. St John's Coffee Morning & Plant Sale. Town Hall. 

7pm. Shepherds Choir at Methodist Church. Everyone welcome. Refreshments. Donations for Cancer Care (see page 12).

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 15th of the month for the following month's edition.

ARTS ALIVE

On this page we feature two exhibitions taking place in Benthams during April, each very different but both absolutely fascinating and well worth a look. Then there's a Queen tribute band concert in Settle – a full programme of what is on at the Settle Victoria Theatre can be obtained by phoning 01729-825718.

THE BEAUTY THAT IS BRENDAN

By Anita and Mike Spillane

We are in the process of compiling some beautiful photographs in memory of our son, Brendan Spillane, for our exhibition at Benthams Gallery, Station Road, High Benthams.

We are opening the exhibition on his birthday, Sunday 5th April, and it will run throughout the rest of the month. We look forward to seeing many of you at this celebration of Brendan's wonderful life.

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CHARITY FASHION SHOW

Courtesy of 'Nuffin to Wear'
Tuesday 7th April, 7.30pm start.

ENTERTAINMENT FOR APRIL

Sat 4th April Al Davies
Sat 18th April Al Robins
Sat 25th April Freddie Briggs

'WILD, WET AND WOOLLY' AT LOOKING WELL

By Chryssie Burgess

In October and November 2008, a brave group of people from Looking Well's activity groups became 'Wild, Wet and Woolly' felt makers with local business owner, Chryssie Burgess.

Chryssie has been running felt making workshops for local community groups and schools since qualifying with her City and Guilds from Craven College, Millers Court, in 2003.

"Felt making is an art form that is versatile and fun and allows people of any age or ability to join in and make something stunningly gorgeous they can be proud of. Whether a small, mixed ability group or a large school class, felt making will keep everyone absorbed and fascinated to the end, and the work produced really is something to write home about."

Why not see for yourselves this month and over Easter by visiting the stunning display of felt panels currently being exhibited at Looking Well Studios. The exhibition can be viewed until 30th April on Tuesdays and Thursdays 12noon-3pm and Wednesdays 10.30am-1pm.

BENTHAM IMAGING

And don't forget there are always exciting new photographs to be seen at Jon Brook's studio on Main Street. Look out in particular for the stunning image of Watersmeet at Eldroth and new photos of Burton Church on display in the window.

LIVE MUSIC IN SETTLE

On Thursday 30th April at 8pm there will be The Best Queen Show Ever performed by Mercury, an authentic tribute band, at the Settle Victoria Theatre, Tel: 01729-825718.

BENTHAM FILM GROUP SHOW 'THE DUCHESS'

By Stella Hall

Bentham Film Group look forward to seeing you at their showing of 'The Duchess' on Saturday 4th April at the Victoria Institute, Low Bentham. The film (Cert 12A) is a drama about Georgiana, the Duchess of Devonshire, and a celebrity of her time. Famed for her beauty and extravagant political and personal life, she falls in love with an ambitious young politician. Her affair leads to bitter conflict with her husband and threatens to cause a major scandal. The film stars Keira Knightley, Ralph Fiennes, Charlotte Rampling and Dominic Cooper.

The show commences at 7.30pm and during the interval there will be refreshments to purchase and a raffle. Tickets are £5 on the door. The **Little Red Bus** is available for transport from High Bentham to the film show - phone Bentham 62083 to reserve your seat as places are limited.

A very big 'thank you' from BFG to Bentham's **Slipped Disc** for kindly supplying us with last month's film as our supplier had let us down with the delivery of the correct film, but still provided us with the commercial license for the public showing.

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JERUSALEM COMES TO BENTHAM

By Annie Neligan

Jerusalem: East Side Story, a film shown by the Local Action for Justice and Peace Group last month, shocked the large group of us watching into speechlessness. The spiritual significance of the city for Muslims, Christians and Jews was contrasted with ugly scenes of Palestinian homes demolished, families divided and farmers separated from their land. The story of how Israeli settlers and government are taking over the city, defying international demands that it remain an international city, was vividly told by Palestinian families, Israeli Human Rights workers and church leaders.

For me the most lasting impression was of a group of young Palestinian children being bussed in for weekly kidney dialysis, having to manage the whole journey and treatments all by themselves as their parents are not allowed into Jerusalem.

We eventually found our voices again and decided to follow up our viewing of the film by finding out more about the historic background and the realities of life for Palestinians. If you'd like to join us, do ring Stephen Dawson on 62242.

If you would like to see the film, it's being shown again in Settle Quaker Meeting House on Thursday 16th April - ring Annie on 64886 if you would like a lift.

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NEW SUPPORT GROUP LAUNCHED

By Anthony Smith

The **MEDICAL FOUNDATION FOR THE CARE OF VICTIMS OF TORTURE** is rather a long title for this 25-year-old charity, but at least it obviates the need for further explanation, except to say that it works with abused refugees who find safety in this country.

Some 20 people attended an exploratory meeting in Kirkby Lonsdale last month, as a result of which a new South Lakes Group has been formed.

The first official meeting will host a speaker from the charity who will describe the work they do more fully. This will take place on **Wednesday 22nd April at Castle Street Community Centre in Kendal at 7.30pm.**

If you are interested or would like transport, please contact Anthony and Wendy Smith on 63156.

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END OF A TRADITION THAT GOES BACK OVER 130 YEARS

By David Park

Oglethorpe Sturton & Gillibrand, Solicitors, closed its Bentham office at the end of February this year. I have been told that there has been a solicitors' practice in the offices at Station Road for over 130 years, and no doubt readers of Bentham News will remember amongst others Geoffrey Oglethorpe, who was the Clerk to the Ingleton Justices, and Lawrie Blundell, who was a clerk at the office for many years.

Unfortunately, it has become increasingly difficult to recruit the right solicitors for the branch. We have trained people up specifically to work at Bentham, but they left after a relatively short period of time for the bright lights of the big cities. Many of our Bentham clients already use our Lancaster and Kirkby Lonsdale offices as well for different matters, and the Partners came to the reluctant decision that it was the Bentham office that should close.

Carolyn Hutchinson, who many of you will have dealt with over the last 10 years, has been redeployed to our Kirkby Lonsdale office and Marion Entwistle has retired.

All the deeds and wills have been moved to our Lancaster office for safe storage. We have undertaken the mammoth task of writing to everyone whose will or deeds we hold. May I take this opportunity to thank the Post Office team for their help and apologise to anyone who may have received a strange letter from us referring to a will from 1947! By Law Society rules we do have to write to the last known address of people for whom we are holding wills and deeds. If you have any queries or questions please feel free to call me, David Park, on (01524) 846846, or e-mail me on d.park@osg.co.uk or write to me at the Lancaster Office, (address in adjoining advert).

Oglethorpe Sturton & Gillibrand has been providing sensible, practical and expert legal advice for nearly 200 years and we look forward to acting for our clients for many more years. We would be happy to hear from any of our clients at either our Kirkby Lonsdale or Lancaster offices and are also happy to make home visits.

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Tel: (015242) 71388

Fax: (015242) 72996

Email: s.miller@osg.co.uk

NSPCC: THE PAST YEAR'S ACTIVITIES

By Susan Adams (chairman)

There were 20 people present on Monday 8th March when the local NSPCC group held its AGM at The Black Bull, High Bentham. This was followed by a delightful supper; many thanks to Mandy and her staff.

The secretary reported on the events of the past year. There was the Craft Fair in August, the Cracker Sale in November and the successful day in May at Clearbeck House where we provided refreshments. In May we also attended Wray Fair. This year we ventured into the world of 'Bingo' and held three very enjoyable events, two at Low Bentham and one at Burton-in-Lonsdale. The house-to-house collection last April was well supported once again, and we thank all those who contributed. Look out for our distinctive envelopes as this month we will once again be knocking on your doors.

Waste Paper Collection

The monthly Waste Paper Collection continues to be one of our main sources of revenue. Please save up your household wastepaper, cardboard, magazines and directories and bring them along to Lairgill Car Park on the third Friday of each month. We are sorry that we cannot accept trade waste. By selling your wastepaper we raise cash for the NSPCC and save the ratepayers of the area - that's all of us - money, as the Council do not have to dispose of the paper we collect. If you feel you could spare a bit of time, perhaps you might be able to help load up the container. Our group of dedicated 'loaders' are always glad of extra help, so please ring Hazel Lawson 61896 if you can help.

With your help we were able to send £5,670 to the NSPCC this year along with a donation to the Goodenber Road Play Area. So it's a big thank you to the people of Bentham, Burton and Wray for their support over the past year.

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TRAGIC DEATH OF JOAN FORSYTH:

A FRIEND TO AGE-CONCERN

By Mary Hartley

The tragic death of Joan Forsyth shocked and saddened the members, volunteers and trustees of Age-Concern. Joan was the longest serving volunteer driver on the Age-Concern mini-bus. She related well to older people who in turn enjoyed her company. She was an excellent driver and the members always felt safe with her.

Always cheerful, Joan became a real friend, always willing to go the extra mile in helping others. She is sorely missed.



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PEOPLE PAGE

THANKS

Ruth and Jim Wylie would like to thank Bentham people for cards and flowers, and a special thanks to Dr Sullivan for the prompt way he got her admitted to hospital.

Bob and Sylvia Webb would like to send many thanks to family, friends and neighbours for their flowers, plants, get well cards and offers of help during Sylvia's recent stay in hospital. Best wishes to you all.

Brian and Jane Preston would like to thank Bentham Fire Service for a brilliant job after the chimney fire on 6th March, only the hearth to wash! Bit of a shock to see them, but we hope next time we meet it's a social occasion! Also thanks to Tim, friends and neighbours for their help and support.

TO LET

COTTAGE TO LET – Local tenant wanted for charming 2-bedroom house in quiet street in central High Bentham. Fitted kitchen, large living/dining space, full gas central heating, carpeted throughout. Rent is £400 per calendar month. Enquiries to 07813-817797.

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CHARITIES THANK YOU

The Friends of Tatham Fells School would like to thank everyone who supported their Bingo Night in February, with special thanks to all the local businesses who donated prizes. Over £300 was raised towards school funds and a great night was had by all!

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Please contact school for a copy of the school brochure or to make an appointment to look around.

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Local Advertisers

Bentham, Burton-in-Lonsdale, Ingleton, Clapham -

Boxed Ad one eighth of a page £12.50. Quarter page £25. Half page £60. Series rates (prepaid) for 3 or more insertions 10% discount.

Non-local Advertisers

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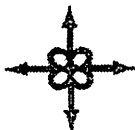
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Bentham People Page Thanks, Birthdays etc 10p per word. Items for sale wanted, sits vacant etc 20p per word.

Advertising must be prepaid, when booking, and must be booked by copy deadline - 15th 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

The snow is falling as I write this in early March. After the difficult winter there have been several wonderful walks in dry, bright and warm weather. The trouble that leaders go to in producing interesting and often unique walks is amazing. Some of them are so complex that many of us would have difficulty repeating them on our own.

This month's walks live up to expectations, starting on Saturday 4th April with the 5 mile Semerwater walk. Walking starts at Countersett near Bainbridge where there is parking (phone the leader to get instructions if you intend to start from there). Then it's back up the road to a left turn and up a steep bridle way from where there are stunning views to Addleborough. The route continues on the ridge and then down a very steep slope to Marsett. It then crosses the end of Raydale valley to Stalling Busk and further down to a historical church and its graveyard. Then it's back down the road to the parking place.

The feast of Easter is celebrated in April this year, and there is the now traditional Good Friday walk after the Churches Together Service in the Auction Mart. It will start at approximately 11.15am from Bentham Bridge and will involve a 4-mile stroll along the River Wenning. At about 1pm there will be a stop for a picnic lunch, and a bit later we will be having a drink and hot cross buns.

On Sunday 19th April there is the delightful 8-mile Cotterdale walk. The route takes us out of Appersett, Hawes along the Ure valley to Moss Head and Cotterdale, where lunch will be taken in the village. After that we return through Cotterdale touching on the Pennine Way before returning to Appersett.

On Tuesday 28th April there is the 6-mile Kingsdale Circular. The walking will start at the top end of the Waterfalls Walk where it will go along the Turbary Road and on to Yordas Cave. There will be an opportunity to enter the cave where torches are needed, and we will stop there for lunch. After this it's a south turn along the road for a short distance and then crossing over a footbridge to Braida Garth Farm, and we follow along that side of the river back to the starting point. There are some ladder stiles and limestone pavements to navigate and so this walk is not suitable for frail people or those who find balance a problem.

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THE RIBBON WALK

By Georgina Bawden

The Ribbon Walk is a fund-raising event for Breast Cancer Care. There are four walks this summer, at Blenheim Palace, Scone Palace, Petworth House and, our nearest, Harewood House on Saturday 20th June 2009. At each event there are two circular walks, a 20 mile walk leaving at 9.15am and a 10 mile walk leaving at 12.15pm. Women and men of all abilities can take part and the minimum age is 16. Entry costs £30 per participant and each participant must raise a minimum of £250 sponsorship.

The Ribbon Walk is now in its fifth year and offers people the chance to challenge themselves to complete a physical walk whilst raising funds to make a difference to the lives of those affected by breast cancer. Some will walk it for their mum, some for a best friend, many in thanks for a loved one who recovered, others in memory of those who didn't. Who will you walk it for?

To find out more visit www.ribbonwalk.org.uk or call 0870-145-0101.

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NEWS FROM THE VICTORIA INSTITUTE IN LOW BENTHAM

By Sharon Haslam

The Victoria Institute is now managed on two and a half days a week, Mondays and Wednesdays all day, and when the A frame board is out. If you are walking by and need a comfort stop or/and a brew then just pop in. Every Monday 1.30-3.30pm and Wednesday 11.30am-2.30pm the Community Link Café is open for anyone who wants to have a chat, refreshments, a game of dominoes and a quiz with a very lively group. The Wednesday sessions include a lunch of soup or toasted sandwiches for a minimal charge. On a regular basis the sessions include guest speakers, film shows, armchair exercise and bingo. If you are interested in joining the group please phone Andrea Tuohy or Margaret Hayton (015242) 63162. Transport can be provided on request.

The **Community Garden** is taking shape and looking lovely. If you are interested in becoming a committee member or helping please phone me on (015242) 63162 or just come along to the next Dig Day on **Tuesday 7th April**, 10 o'clock onwards.

If you are thinking of spring cleaning then we would welcome any unwanted items for the next **Trash 'n' Treasure** sale which will be held in Victoria Institute on **Sunday 24th May** 10am - 2pm.

The Victoria Institute committee welcomes new members. The next meeting is the **AGM on Wednesday 7th April** at 7 o'clock in the Victoria Institute, so come along and have a glass of wine, some cheese and biscuits and find out what the committee have achieved this year and what is proposed for the future.

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BOOK SWAP AND BAT & CHAT

By Cheryl Yeates (Tel: 61143)

BOOK SWAP is held on the second Saturday of every month and everyone is welcome. Just bring your books along and swap them free of charge. Refreshments are available. Are you thinking about spring-cleaning? If so any unwanted books can be brought to the Victoria Institute in Low Bentham. We have a good collection, which we are always looking to replenish and update. We would be very interested to hear from any youngsters wanting to be involved in Book Swap - do come and tell us what literature you read and what books are needed for your school studies.

BAT & CHAT is every Thursday 10am-12noon. Do come and join us for badminton, table tennis, soft tennis and darts. We also play Rummikub, cards etc and of course there's the invaluable chat and refreshments, all for £1.50 a session. After Easter Thursday April 16th, Bat & Chat is extending the session to the afternoon, 1-3pm, to include some gardening for those interested in our new garden area. Watch out for more information on the notice board at the Institute.

Please contact our manager, Sharon Haslam on 63162 if you want to book the Institute.

ANNUAL PARISH MEETING

Wednesday 22nd April at 7.30pm in the Town Hall. All welcome.

Easter Fashion Show

NUFFIN2WEAR are holding an
EASTER FASHION SHOW

on Tuesday 7th April, starting at 7.30pm
at the Horse & Farrier.

*The show will feature all the new season's
styles for spring and summer, and this should
be a really enjoyable event,
so do come along.*

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LOOKING WELL NEWS

By Clare Hucknall

There is a lot happening in the Looking Well in April!

We are holding two **family morning arts activities on Wednesdays 8th and 15th** – sign up in advance to ensure a place.

We are starting some **'taster' sessions for alternative therapies** that can help with cancer, beginning on **23rd April** with aromatherapy massage and Tai Chi, and then on **May 7th** it's Homeopathy and Reflexology. Sessions run from 10.30am-12.30pm with refreshments in the middle. These talks are free and will be followed in May and June by other therapy tasters e.g. Shiatsu, Bowen Therapy, Chinese Medicine and Alexander Technique. So if you've always wondered what they were about – now's your chance to find out! Please call for further details.

This month we are proud to have two **exhibitions** of art work produced by groups at the Looking Well: some beautiful **hand-made felts** in our own studio (see page 20) and a larger exhibition at the **Folly** in Settle – opening on **April 7th** – books, drawings, paintings and photography based on archive material, which promises to be a fascinating insight into Craven history, past and present.

In the garden on Tuesdays from 2pm, the **Enormous Turnip Club** will be getting to grips with onions, seeds, composting and sowing. Also in the garden (weather permitting) we will be hosting a free **Tai Chi** session, from 10am on **25th April** as part of World Tai Chi Day.

Inside, we will be running more **Singing for All** sessions – dates to be finalised – and we are also looking forward to having the **Moving Well** sessions in the Looking Well on Wednesday afternoons, 2-3pm.

As you can see, we are all set for a busy springtime and we welcome you all to these events. For further details do pop in, or phone Julie on 62672, or e-mail julie@pioneerprojects.org.uk

KIRKBY LONSDALE EMBROIDERERS

By Ann Hunter (015242 - 41120)

Our March meeting was a very enjoyable day with well-known textile artist Josephine Storey. In the morning we had a workshop where Josie showed us how to create small landscapes, gardens or underwater scenes using tiny scraps of hand painted silk and various threads. We frayed the silk and attached small pieces to a painted background and then embroidered it all. Wonderful! In the afternoon Josie gave us a talk about the textile art side of which she is very passionate. Everybody agreed that it had been a very good day.

Don't forget our treat on Thursday 9th April. At that meeting the Reverend Canon J Arthur Dobb will be giving a talk about the wonderful embroidery he does and of course he will have pieces to show us. We start at 2pm prompt in Barbon Village Hall, and visitors and guests are very welcome, as always.

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BENTHAM COMMUNITY CENTRE

By Sharon Haslam

On 31st March, Bentham Community Association will have closed the Community Centre. North Yorkshire County Council has agreed to allow the Youth Club and the Toy Library to stay in the building. Bentham Town Council is looking into the possibility of taking on the Lease Agreement with a view of turning it into a Youth Centre.

VOLUNTEERS WANTED AT HIGH BENTHAM COMMUNITY PRIMARY SCHOOL

By Catherine Boocock (Head teacher)

MAYPOLE DANCING – We would like to start Maypole dancing but we have no one in school that has the time to teach the children. If there is anyone in Bentham who would be interested in organising some dancing with the children, then please contact school on 015242 61412. We do have a Maypole!!

PLAYGROUP COMMITTEE – We are looking for new members for our playgroup committee to get this exciting project off the ground. We need people to join our happy team who are reliable and motivated. Any offers of help would be appreciated. Please contact school if you are interested and would like to be involved.

Many thanks

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LITTLE RED BUS EASTER TRIPS



By Anne Yaman

Bentham Little Red Bus is planning to run 3 trips during the Easter holidays.

- **Tuesday April 7th:** All day trip to Hawes (for market day and visits to various attractions)
- **Tuesday April 14th:** All day trip to Settle (for market day, a trip up to Ribbleshead for lunch and back to Watershed Mill for a cup of tea)
- **Thursday April 16th:** An afternoon trip to Sizergh Castle and Gardens leaving Bentham at 1pm

The cost of each of these trips will be £7.50 per person and £3.75 for children.

If you would like to reserve a place, please telephone The Little Red Bus Office on 015242-62753, or drop into the Station Building at Bentham Railway Station. Trips are planned on a first come - first served basis and will only happen if enough people want to go.



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GOOD NEWS FROM SPRINGFIELD BOWLING CLUB

By Teresa Freeman (club secretary)

Springfield Bowling Club are pleased to say that we appear to have resolved our problems relating to the building of the New Pavilion, and by the time this is published work should have restarted.

Thanks again to everyone who has contributed in any way towards this project. In particular we would like to thank Councillor Tony Burton for his time, advice and assistance in finding a satisfactory way forward.

Open Day is on Saturday 11th April, starting at 1.30pm, and we hope to see everyone there. New members are very welcome.

THREE PEAKS FELL RACE

On 25th April Adrian Leigh, Annie Carrington and Gary Wilson will be taking part in this race. Sponsorship and support very welcome.

ROUNDERS SEASON STARTS SOON

By Ingrid Ellershaw

The Bentham Rounders season starts again on Thursday 16th April. We meet at the Bentham Playing Fields at 6.30pm, and everyone is welcome. If you'd like further details please contact me on Tel: 62345.

ANYONE FOR CHESS?

By Ian Porter (Tel: 015242-21679)

If you would be interested in setting up or joining a chess club for both juniors and adults, please contact me, or reception at Hornby Village Institute on 015242-22227. The object would be to meet weekly at Hornby Village Institute to enjoy playing chess and to improve your game. Everyone would be welcome, from beginners to grand masters (if we have any in the area?!).

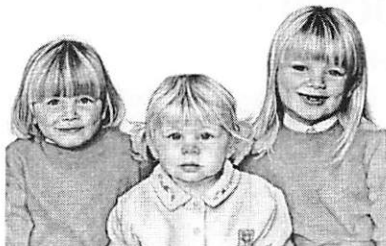
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PRESENTATION OF CHEQUE TO JUNIOR FOOTBALL CLUB

By Lee Hayward

This photo shows Chris Field, proprietor of CJ News High Bentham, presenting Bentham Juniors Football Club under 8s manager, Alan Collins, a cheque for £300. The money will go towards sponsoring the Manchester United Soccer School being staged by Bentham Juniors in the May half-term holidays from 25th-27th May. The sponsorship money will hopefully go towards the club being able to give away some free places to the Soccer School.

Also in the photo are players from the under 8s and under 11s teams, from the left: Sean Collins, Emma Collins, Liam Hayward and James Burrow.

To book onto the Soccer School go to www.manutdsoccerschool.com. Click on Club Development Courses and look out for Bentham Juniors FC. When asked for a code please enter BEN09.

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