

BENTHAM NEWS

PROFILES OF LOCAL CANDIDATES FOR CRAVEN DISTRICT COUNCIL ELECTIONS

Conservative - Linda Brockbank. Originally from Morecambe, Linda Brockbank has been involved in the Bentham and Burton-in-Lonsdale area for over 35 years. She lives just outside Low Bentham with William, a retired local farmer/businessman. Linda took early retirement four years ago from working as an office manager in the Electricity Generation (Nuclear) industry. Linda's background and long association with the area makes her an ideal candidate for Bentham and Burton-in-Lonsdale. Having worked full time whilst bringing up her son, Linda understands the issues facing working mothers, and her business experience has taught her to listen to people, assess the situation and act accordingly.

Supporting local shops, farmers and businesses, opposing car parking charges, promoting transport and tourism links, and encouraging the development of affordable housing whilst not compromising the local countryside, are all on Linda's agenda should she be elected as a Conservative councillor to represent Bentham and Burton-in-Lonsdale at Craven District Council.

Liberal Democrat - Dr Barry Hymer. Barry is a self-employed educator and author, delivering training and consultancy to schools and local authorities nationally and abroad. Though he campaigned actively for the Labour Party for many years, he has been a member of the Liberal Democrats for a decade – attracted to this Party's practical commitment to a fairer society, concern for the environment, and reputation for embedding national policies in principled local action.

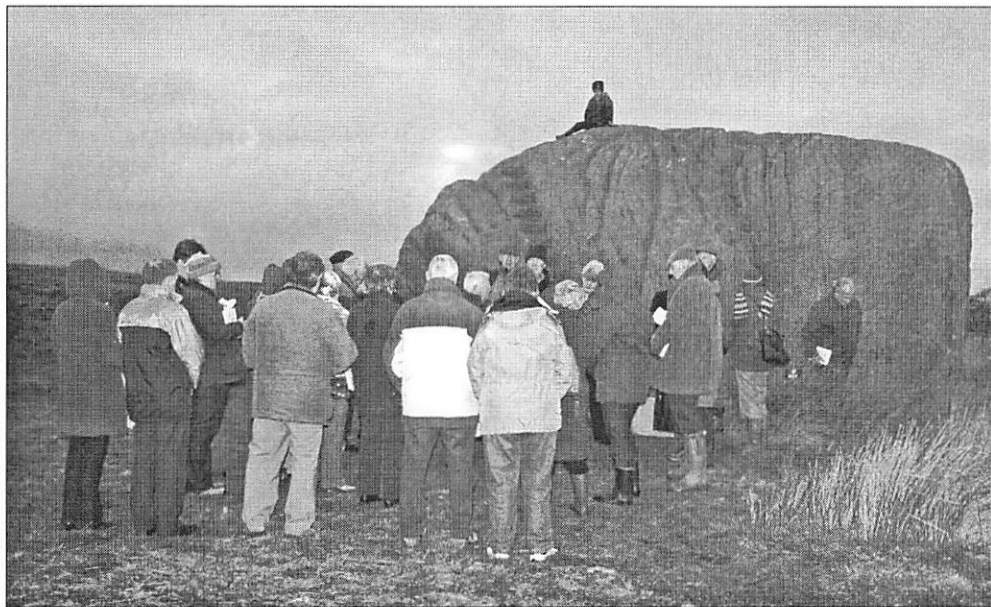
Born and schooled in apartheid South Africa where racism, separation and fear of difference was endemic, he is concerned to maintain and extend within Bentham Ward the values of toleration, mutual respect and empathy which he found so liberating on his immigration to Britain in 1983. Barry lives in Low Bentham with his wife and two daughters, both of whom attend Queen Elizabeth School in Kirkby Lonsdale. He is a member of Bentham Quaker Meeting. In his free time he enjoys supporting Bentham Theatre Group's productions, and keeping chickens. Unlike MP Bill Wiggin (Con, Leominster), Barry's subscription to the estimable magazine *Practical Poultry* has always been self-funded.

Independent – Viki Hindle. I have lived in the local area all my life, attending local schools, leaving with good examination results. After opting to work in the family business, rather than attending university, I moved from Clapham to Bentham in 1995. In 2002, I married Paul, with whom I ran Ingleborough Nurseries for several years.

After we decided on a career change, we moved into High Bentham in 2007, with our children, Oliver and William. I am currently working part-time at Burton Under Fives as a pre-school assistant and administrator. I have also been successful in finding grant funding for various local groups including Burton Under Fives, the Victoria Institute and Goodenber Play Area.

I would now like to enter local politics. Council work would fit comfortably in with the work I already do. I believe in finding local solutions to local issues. Bentham and Burton need to continue to be well represented at District level by a local person who cares and understands the needs of local people, with the drive, commitment and energy I have shown throughout my life.

(See photographs of candidates on page 2).



EASTER SUNDAY SUNRISE SERVICE AT THE BIG STONE

Article and photograph by Nigel Wilson

At 6.30am, on Easter Sunday morning, about 40 people, from the local churches, met at the Big Stone to proclaim the Good News that "Jesus is Risen!" The Sunrise celebrations were led by the Revds John Millard and Roger Fox, with our singing led by Judith Johnson. Although the weather was cold, we had a great time and all felt the warmth, joy and peace that comes with knowing that Jesus is alive today. Afterwards, we went to Bentham Methodist Chapel for a super breakfast prepared by friends from the Methodist Chapel.

PICTURES OF THE THREE CANDIDATES FOR THE CRAVEN DISTRICT COUNCIL ELECTION SEE FRONT PAGE PROFILES



Linda Brockbank
Conservative



Dr Barry Hymer
Liberal Democrat



Viki Hindle
Independent

APRIL'S TOWN COUNCIL

By Trevor Blackwell, Shirley Brown and Christine Hodson

A full copy of the Minutes will be available on the Town Council website. Here are some of the things that interested us at the meeting. It was a well-attended meeting with apologies only from Cllrs Barnes and Taylor and District Cllr Camacho. There were five members of the public, but no police were present to give their report.

County Cllr Ireton's Report

David Ireton reported that the police want 127 sites for mobile speed cameras in North Yorkshire. 'Motorists beware!' When questioned he said that there are still difficulties with the proposed new Bentham primary school, and he was personally frustrated with the delays. During the tense discussion that followed one councillor suggested that Bentham News should not report what was being said. This was quickly rejected by other town councillors who pointed out that Town Council meetings are open and public, and so anything that is said can be reported.

District Cllr Barrington's Report

Lin Barrington said that the new bin scheme is working better than expected, although many people report disliking the blue bags. There are plans to include paper in the blue bins at some stage. Letters will be going out to people in Low Bentham to gauge opinion about changing the Rose Garden into a parking area.

Planning Applications

Various changes at the Golf Course were agreed. However, the Council was concerned about the proposed demolition of Low Bentham Methodist Chapel to build houses with what they considered to be insufficient parking, and felt that this substantial, historic building should be retained and converted.

Do we have enough Town Councillors?

Craven have asked the Town Council to review the ratio of councillors to electors. It seems that Low Bentham is over-represented with 180 electors per councillor compared to

High Bentham which has 260 electors per councillor. During the discussion one councillor commented "don't stir up a hornet's nest...there are enough of us already", whilst another felt that "it wants looking at". The TC voted in favour of asking Craven to consider increasing the number of councillors in High Bentham.

Community Centre

Contracts have been completed, and 'it's ours', said the TC. The rebuild costs will be listed at £150,000 for insurance purposes.

Allotments

Cllrs Burton and Marshall and the clerk have met with the planners and were told that the Lingham site is unlikely to get planning permission. The land at the Golf Course seems to be the preferred site although there are issues about visibility. The TC is keen to "keep the momentum up". 20-25 people have already expressed interest in having allotments so it is likely that demand will outstrip supply.

Low Bentham Playing Field

The TC has received a letter from a parishioner who feels passionately about the lack of a safe play area in Low Bentham. The TC agreed to meet with interested individuals and support the "enthusiasts of Low Bentham."

More trains for Bentham?

Cllr Wills announced that improved income on the railway line means that there may be more trains for Bentham.

Bentham Grammar/Sedbergh Junior School Site Sold

It has been confirmed that the Witherslack Group have bought what was Sedbergh Junior School, though they will take about a year to actually move in. The Witherslack Group of schools provide high quality education and care programmes for children and young people from 4-19 years with Special Educational Needs (SEN). They have already invited the TC to look round one of their other schools and talk to the management, and said that they want to "be a part of the community". Councillors felt that this is "good news for Bentham". More information can be found on www.witherslackgroup.co.uk

GARDENING COLUMN

By Bill Kennedy

With the lovely spring weather, garden centres have been doing a growing business as people flock to buy bedding plants, seeds, compost etc.

Lawns need some attention now and a little tender loving care should later produce a green sward you can enjoy and be proud of. It helps to aerate the lawn by spiking all over with a garden fork, to let air in to the roots and provide better drainage. An application of a three in one treatment will nourish the grass, kill most common broad leaf weeds and control moss. When the moss is dead and brown in colour it has to be raked out. The barer areas can then be re-seeded.

After the danger of frost has passed, normally towards the end of the month, bedding plants can be planted out in beds and borders. Some vegetables will be well under way, and successional sowings should help to provide a long season of tasty produce.

For me, sweet peas are a very strong contender for favourite flower. All during the summer and early autumn the house can be filled with the heady fragrance of vases of long stemmed sweet smelling blossoms. After hardening off, I put my young plants out in late April/early May, planted about a foot apart in rows. The ground has been prepared with well rotted manure or compost dug in, which help to retain moisture for the long roots. Each plant is grown up a seven foot bamboo pole, and all the little tendrils, which the plant normally clings with, are removed. I then tie in the growing stem to the bamboo at about six inch intervals. This helps to conserve plant energy and gives better control of the shape and direction of growth of the stem. It is time consuming, as there are forty plants to tend, but I find it an opportunity for reflection and to give thanks that I have had another year to enjoy the beauty of nature.

When the flowers start to appear, on long slender stems, I know that all the effort has been worthwhile. The flowers should be cut



regularly. Don't let them go to seed or flowering will end early. You can, of course, get great displays of sweet peas by growing them more informally.

NATURE NOTES

By David Fisher

I've found that there are some particularly good places to go to catch fish, but that waiting for the right time to go gets best results. For instance, up at Greystone Gill Bridge and above, the wildies tend to be smaller fish and they are the ones for putting back (releasing). Occasionally there are good sea trout to be caught here, when there has been a good run of fish.

High Bentham has many places to get good fish and has the best choice of pools and resting places. Low Bentham also offers good opportunities and although there are fewer places to go fishing, has been known to yield some good sport.



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Craven Concerns

By Cllr Lin Barrington 015242 61034
linbarrington@live.co.uk

Bye Bye To Manuel

Manuel Camacho, who has been a Craven District Councillor for the Bentham Ward for the last eight years, is not standing for election this time around. I'd like to say thanks to Manuel for being a good pal to me while I was a new District Councillor and for the great support and friendship he's given me for the last three years. He's done a lot of work on behalf of Bentham and Burton in Lonsdale while he's been a District Councillor, and now he'll be able to enjoy not having to go to all those meetings, and he can take the opportunity to use that motorhome!

Hello to... Who?

Not long now till we find out which of the three District Council candidates will be taking Manuel's place. Whoever it is will be a District Councillor for the four years until 2014. I've got one more year to go, so there will be an election for my seat on the District Council in May 2011.

Dentists in Craven

A Craven District Council committee is doing a review to find out how good the supply of dentists is in Craven. So far, we have spoken and written to some of the dentists (both NHS and private) in Craven and have had a meeting with two representatives from the NHS.

It seems that the waiting time for becoming a patient with an NHS dentist is not as long as it was (most people are found

a dentist within 4 months).

You can register to be on the NHS waiting list by phoning 0300 303 8010, by e-mailing nyy-pct.DentalRegistration@nhs.net or by registering on the website at www.nyy-pct.nhs.uk/AdviceInformation/DentalRegister/ or you can write to NHS Dental Waiting List, FREEPOST RSHB-UTRR-LZUA, NHS North Yorkshire and York, Harrogate, HG2 8RE.

Parish Review

Craven District Council is also doing a Community Governance Review which will be going on during this year. We are asking for comments until 14th May, then some draft proposals will be put together. Two of the main issues for Bentham are whether the parish boundaries are in the right place and whether the number of councillors representing High and Low Bentham is right (currently 7 for High Bentham representing 260 residents each, and 4 for Low Bentham representing 180 residents each). If you would like more information you can contact Craven District Council on 01756 700 600 and ask to speak to Democratic Services, or get in touch with me.

ANOTHER GOLD AWARD FOR LOCAL PHOTOGRAPHER

Press Release

Last month's BN featured on the front page a picture of heather burning on Burn Moor taken by local photographer Jon Brook of Bentham Imaging. This photograph has now earned Jon a second Gold Award from the Society of Professional Image Makers, this time in the PR & News category.

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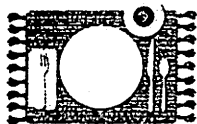
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COOKERY PAGE

By Patsy Henderson



Tuna and Mushroom Ragout

Recipe

225g basmati and wild rice
50g butter
1tbsp olive oil
1 large onion, peeled and chopped finely
1 garlic clove, peeled and crushed
300g button mushrooms, halved
2 tbsp plain flour
400g can of chopped tomatoes
1 tbsp chopped fresh parsley
Worcester sauce
400g can of tuna in oil, drained
salt and pepper
4 tbsp parmesan cheese, grated
1 tbsp fresh basil, shredded

To serve

green salad
garlic bread

Method

Place the rice in a saucepan of boiling, salted water and cook for 20 minutes. Drain the rice and return it to the pan. Stir in half the butter and leave it for about 2 minutes until the butter has melted.

To make the sauce, heat the oil in a frying pan with the remaining butter and cook the chopped onion until soft. Add the garlic and mushrooms and cook for about 3 minutes, then stir in the flour and cook for another minute. Add the tomatoes and bring the mixture to the boil. Add the parsley, a dash of Worcester sauce and the tuna and simmer for about 3 minutes. Season to taste.

Stir the rice well then spoon it onto four plates and top with the tuna and mushroom mixture. Sprinkle with parmesan cheese and shredded basil and serve with green salad and warm garlic bread.

Grandma's Clementine Cake

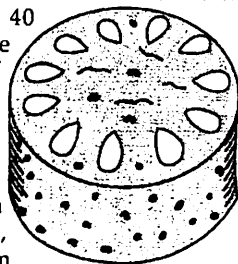
Recipe

6 clementines or
4 clementines and 2 lemons
6 eggs
225g sugar
250g ground almonds
1 heaped tsp baking powder

Method

Wash the fruit, place in a pan of cold water, bring to the boil and simmer for 2 hours. The fruit should be tender to the touch. Drain and cool the fruit. Cut the fruit in half and discard the pips. Put all the fruit, including skin and pith, into a food processor and give it a quick blitz. Heat the oven to 190C/gas 5. Butter and line a 21cm springform tin

In a bowl, beat the eggs then add and mix in the sugar, almonds, baking powder and finally, the pulped fruit. N.B. If you have used the mixed fruit cake you may need to add another 25g sugar, but taste first. Pour the cake mix into the tin and bake for an hour. At about 40 minutes, cover the cake with a piece of foil to prevent the top from burning. Remove from the oven and leave to cool, in the tin, on a rack. When cooled, remove the cake from the tin and guard it from the family!



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A LITTER-FREE BENTHAM?

By Shirley Brown (tel: 61608)

Did you know that the amount spent on clearing England's roads of litter is £780 million every year? That's a staggering £2.1 million every day. That's £2.1 million spent on an avoidable problem that could be redirected to something more creative if only people would take their litter home with them instead of chucking it out of car windows. However, while we wait for people to get this message, we still want Bentham to look good so during April seven hardy volunteers turned out in a bitterly cold west wind and collected eight sacks of litter from the Low Bentham Road which Craven District Council then took away.

Volunteers are also continuing to improve the look of the railway station and this month have planted two crab apple trees kindly donated from the proceeds of the recent Community Transport coffee morning. We have also been clearing more

of the overgrown flowerbeds and planting donated plants and shrubs. The flowering tubs have looked pretty all through this long winter and continue to delight passengers as we go into the long-awaited spring.



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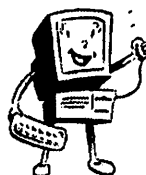
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BENTHAM YOUTH THEATRE GROUP PRODUCTION IN MAY

By Iain Henshaw

The photo (by kind permission of Jon Brook of Bentham Imaging) shows the cast of the latest youth theatre production, *The Big Bad Musical*. The fairytale creatures are suing the Big Bad Wolf for all the terror he has caused. There's some great musical numbers, some very witty lines well delivered by our keen and enthusiastic cast.

There is a twist however. The audience will be required to act as jury and decide the Wolf's fate. The show will run on May 22nd at 7:00 pm and there will be a Sunday (23rd) matinee at 4:00 pm at Bentham Town Hall. This will be a great event for families. Tickets will be a flat £2.50 - where else could you take a family of four for a tenner! Great value!

Thanks to all who participated in our sponsored walk and Easter Fair. We raised

over £200 on the day! If you attended the Easter Fair and liked the idea let us know and we could consider running monthly events. Contact Gemma bytg@s1b.com or 015242 62689, Iain 015242 61010 or info@s1b.com

The youth theatre group committee meets on the 2nd Tuesday each month at 8:30 pm in the Black Bull. All are welcome or you can catch us at the Town Hall on Wednesday evenings. We look forward to welcoming you on the 22nd or 23rd of May.

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BENTHAM FOOTPATH GROUP

By Maureen Ellis

May has four walks and the initial meeting place is Lairgill at 9.30am for all of them. Firstly there is the 6 mile walk which starts in Austwick and goes to Feizor returning by Oxenber Woods which will be in their full May glory with late Spring flowers.

Next comes an old favourite of 10 miles, on Thursday 13th, 'Round Roeburndale'. It starts in Wray and heads up the west side of Roeburndale through Stavin and Harterbeck and on as far south as Mallowdale, then on the west side returning through Haylot, Winder and Thornbush, with distant views to the north.

Wednesday 19th is the 7½ miles Moughton walk which goes from Austwick, taking in the Clapper Bridge and going on through Wharf, returning by Moughton.

On May 26th there is the 8 mile Kentmere circuit which starts in Staveley. This is a comfortable walk and avoids the high peaks.

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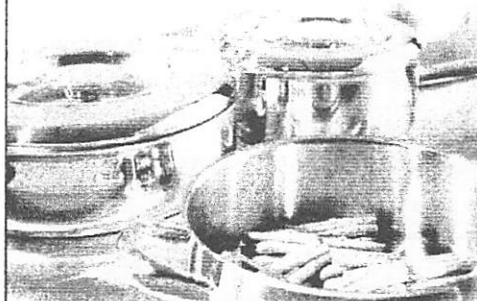
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BOWLAND ARTS FESTIVAL

Celebrating environment and culture

By Jane Redfern

May & June 2010

The 2010 Bowland Arts Festival, which runs from the 1 May until 30 June, features a diverse programme of creative trails and walks, performance, exhibitions, and workshops.

With events dotted throughout The Forest of Bowland, the festival is a perfect opportunity to discover more about this beautiful area which is renowned for its outstanding natural beauty and breathtaking landscapes, straddling both Lancashire and North Yorkshire.

The festival will appeal to visitors of all ages – ranging from family orientated events such as a Bug Trail in Brungerley Park (Sun 2 May) to Ranger-led walks including a circular walk around the Upper Lune Valley ending at Green Close Studios in Melling (Sun 20 June), and a varied selection of workshop-walks which also aim to improve your photography skills led by Victoria Caperon (various dates and locations).

There are also many opportunities to learn a new skill, with artist-led workshops ranging from stone-carving, papermaking, printmaking, glass and ceramics to dance workshops and even an evening ramble combining singing (Singaround Melling/14 May).

For full details of all the events visit www.bowlandarts.co.uk download an event programme, or for a printed event guides contact Green Close Studios, tel 015242 21233, or email info@greenclose.org

Festival events have been organised by a host of arts organisations and venues – such as SPOT ON, a rural touring network who bring professional performers to local venues, including South African Jazz from the Harry Moyaga Band, traditional folk music and tales from the Mellstock Band and charming performances for children from Storybox Theatre.

There is also the opportunity to visit studios of the many talented artists in the area such as the Lunesdale Studio Trail and Higherford Mill Studios, as well as visiting shows at galleries in the area including, A Malham Family of Painters at The Folly, Settle, to Bowland Fields and Feathers at The Artroom Gallery, Garstang. And the really good news is that many of the events are free, whilst for others there is often only a small fee. You can find full details and booking information, essential for most of the events at www.bowlandarts.co.uk

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THE HESLETON DIARIES – PART 3

By Peter Phillips

William gets married. All we have is a brief entry for May 16th, 1929 :

"Me got wed. Cost 10/- between Church and Green Smithy". He never mentions his wife's name but she was Jane Wilcock, known as Cissie. There was a custom for young men or children to tie the church gate so that the groom had to throw money over in order to 'purchase' the bride; this was presumably the 10/- he paid out.

We have now reached the 1930's. William takes pleasure in taking his wife around on his motorbike. He had numerous motorcycles costing around 10/- to £2 or so each and they frequently broke down leaving him to walk several miles home – and back again to get them repaired.

1932 Jan 17th. Jack Taylor mending my fresh motor bike. A Charter-Lee.

Jan 22nd. Taylor finished Charter-Lee and got old Triumph going. Clever chap he is. Me paid him 9/6 and bag of spuds.

Mar 26th. Getting motor bike ready for action. No good on pushbike once got mecanised. (!!!)

May 23th. Took missus to Settle. Motorbike broke down on way home so pushed it. Glad to see Beck Grange. (*Imagine walking that distance today!*)

Sept 12th. Tom Guy went clean over Wenning Bridge and was killed out right. Push bike with no brakes. Dear me.

Oct 3rd. Me and missus go Hermitage sale, Caton, near Crook-o-Lune.

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Nov 11th. Went Cuckoo Town to Stanley Harrison's sale.

1933 began badly with a lot of influenza.

Jan 14th. Earth quake felt at Beck Grange today.

Jan 28th. Missus in bed with flu. Me throng. Feb 1st. 'Brose Brennand's wife dead, Whitray. Died of flu. Flu bad.

Feb 4th. Francis gone Rigg Head. All Faradays down with flu.

Feb 8th. Jim Parkin dead, Greenside, Tatham. Him had flu.

Feb 9th. Miss Loversey's funeral, Lowgill. She had flu.

Feb 10th. Farmers Ball. Poor attendance because of flu.

Feb 15th. Me went Elsie Redman's funeral, Threshfield.

There were quite a lot of Shows – he went to Dent Fair, Settle Show, Bentham and Kilnsey Show as well as a Farmers' Trip to Rhyl. He was also busy fixing water powered electricity for Beck Grange.

Aug 1st. Morecambe Pier burned down.

Oct 15th. Francis fixing a dinamo for lights.

Oct 17th. Me bought 17 Irish pullets and Hey u, we've got electric light at Beck Grange. Home supply with water wheel.

(Certainly a clever man and a right to feel proud of his achievements)

1934 June 13th. PROPERTY DAY. Miss Moorehouse's house, Robin Lane sold for £625.

Aug 6th. Tom Faucit bought a reaper. Some machine it is.

Aug 7th. Missus rong side out so me go to Natland

Sept 22nd. Me went fishing in Keasden Beck and got nowt. Wasted time and soaked to singlet. (*Fishermen!!*)

Sept 25th. Vant, solicitor, gets fined £26 for shooting game without a licence.

Dec 2nd. Old fashioned cow dead. Waggot removed her.

Waggot was the knackerman. In rural areas with a high density of cattle knackermen could be as close as four or 5 miles apart. This was because up until motor transport was available the horse and cart was the only way to transport dead cattle and horses. In villages the local knacker yard supplied many things for the locals, horse oils were saved and boiled up, the local football club

(Continued on page 15)

The Heseltine Diaries - Part 3

(Continued from page 14)

would come down and soak their boots in the oil to soften them up, the cricket club would use the oil to rub into their bats. Certain bones would be collected and sent to a knife manufacturer for bone handles. The bones and waste would be boiled to remove all the fat which would be sold as tallow, the rest would be ground up and sold for fertilizer, the hide would be sold to the local tannery and the meat would be sold for pet food, mainly for cats.

1935 Jan 2nd. Thomas Thompson here pulling cow's teeth out.

Jan 24th. Killed 2 pigs

Feb 2nd. Missus and Marjorie Dowbiggin went to dramatics "Merely a honeymoon".

Mar 16th. Me went to Ireland's funeral. He was basket maker.

May 4th. Beck Grange Agricultural returns: 22 sheep; 23 lambs, 1 tup; 4 hogs; 2 horses; 12 cattle; 1 dog; 2 cats. (Even the cats are included)

May 6th. Jubilee Day. Me saw beacon fires on Ingleborough and Penyghent.

May 17th. Snow 3 feet deep. Tree branches and leaves heavy with ice and snow. All stock laid in again.

(Let's hope we don't get similar weather in May!)

June 22th. June hiring day. Me didn't get a man.

1936 Jan 20th. Snowing hard. George 5th dead.

Jan 30th. Me and missus go Farmers' Ball in tin tabernacle.

June 17th. Fothergills of Thrushgill, Tatham, had spill with horse and flat cart. Broke railings at Lane End Cottage. Broke shafts and horse bolted. Women folk scared and badly hurt.

Sept 8th. Mrs. Williams' house in Station Road sold. £400.

Sept 11th. Me take Hilda Mary, our Fred's step-daughter to Ainems to see about hiring her. Gon on month's trial

Dec 19th. Proclamation of new King.

Dec 31st. Me and missus go Police Ball. Me got 1st prize for men at whist, a gent's dressing gown. Me never owned anything like this before. Too posh for me.

And so on to 1938.



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Dear Editor,

Dr Sullivan's New Part-time Job



Some of you may know and others may not, but I'd like to make sure that everyone knows that I have reduced my time working in the practice at Bentham and Ingleton to two days a week. The reason for the change is that I have been offered a post at the NHS Information Centre as National Clinical Lead for Primary Care. I started working there three days a week in January. The Information Centre is an NHS body that is England's central source of health and social care information that can help local NHS organizations like GP practices and hospitals improve the quality of patient care. My role is to be a clinical advisor to the Information Centre, to help make sure that the services and information that the Centre provides for General Practice are well designed.

I have been lucky enough to have thoroughly enjoyed my 25 years with Bentham Medical Practice, and in some ways it feels strange to be dividing my time. For many years I have been interested and involved in developing the use of computer data for patient care, so I am very excited about having the opportunity to take on this second medical role.

For the first few months Dr Arun Salvamani is covering my surgeries and in the summer the practice plans to appoint a permanent replacement but I will continue at the practice on Mondays and Fridays.

Yours sincerely,

Ralph Sullivan.

The Editorial Committee, Bentham News

Dear Sir,

I was interested to read in the Bentham News issue 281/282, excerpts from Great Uncle Billy's diaries, having been sent a copy by a friend, (David Tayler of Green Smithy). I am in possession of the original copy having been sent same by Val Cowgill.

These excerpts make interesting reading, and must evoke many memories of the area for locals, in my case all happy, as I spent many happy days at Beck Grange with Matt and Alice. I was always regaled with tales of Uncle Billy by my father Francis Hesleton, he even named me after Uncle Billy. My grandson also carries the name William Hesleton, so the name will live on in his memory for a while yet.

*Thanks again,
William Hesleton.*

Dear Bentham News Readers,

All at Bentham Fire Station would like to thank everyone who called at the Station on Saturday 20th March to raise funds for the Firefighters Charity, by means of a Carwash event. Rather a wet morning was encountered but the event was well attended and we still managed to raise a respectable £194.70.

Many thanks again to everyone who called on us for your contributions and all your support. Also a big thank you for the generous Anonymous Donation. Thanks also to Country Harvest for their support.

From all at Bentham Station.

PS - Watch out for the next Carwash, which will be held in September.



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WOMEN'S INSTITUTE

Low Bentham

By Jennifer Watkinson

The speaker at the monthly meeting was Mrs Pat Ashroft, who is one of MENCAP'S top fund raisers. She spoke about her greatest challenge to date, a sponsored trek to the Patagonia Ice Cap. Due to the unexpected harsh weather they were unable to use the promised llamas for transporting their gear. This meant her having to carry her 45lb rucksack throughout the trip. It snowed every day and the night temperature fell to -10. In the thirty six team party there were thirty four Welsh speakers and only two non Welsh speakers. The celebrity, Iola Williams, did his own filming and fitted in with the group very well. They visited Buenos Aires and also the Patagonian Welsh settlement whose historic links to Wales go back to 1860.

In spite of the intense cold she loved every moment of it and managed to raise £7,000 for her charity. She passed around large photographs of the spectacular scenery and its amazing wildlife. She was thanked by Mrs Ruth Sephton, the president.

The members' day meeting will be on 20th May. Competition winners, for a walking stick were: 1-Pat Burns, 2-Rowena Brayshaw and 3-Mary Murphy.

High Bentham

By Anne Yaman

The April meeting was held on Thursday 1st in the Lower Town Hall. 20 members and 3 visitors came along. During the meeting

members were saddened to hear of the death earlier that day of long time member Mrs Hilda King and a short silence was held to remember her.

The speaker was Alexandra Toft on healthy eating and there were some delicious samples to taste.

Miss Dowbiggin, President, led the business of the meeting and reported on the visit to Oliver in Lancaster and reminded members of the WI choir in Hornby on Thursday 22nd April.

Miss Dowbiggin also gave a report on the visit to the Spring Council meeting which had been very pleasant and successful. The competition was for "Spring Flowers" which proved very popular and was won by Mrs Patsy Henderson. Mrs Sue Camacho won the raffle prize.

The meeting next month will be on Thursday 6th May at 7.30pm in the Wenningdale Room (due to the election) and it will be the birthday party, to which all members are warmly invited.

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LOCAL EVENTS IN MAY

Sat 1st Farmers' Market at the Town Hall, 9.30am-1.30pm.

St John's coffee morning at the Town Hall Ballroom, 10am-12noon.



Sun 2nd Youth Theatre at the Town Hall, 2-5pm. Also on 9th, 16th and 23rd.

Tue 4th Looking Well, Singing in Harmony, 7.30-9.30pm, and every Tuesday.

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

Yoga at the Town Hall, 6-7pm and every Tuesday.

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

Aerobics at the Town Hall, 7.30-8.30pm, and every Tuesday.

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

Wed 5th Pilates, gentle exercise to help with posture, at the Town Hall, 9.30-10.30am, and every Wednesday.

Moving Well, gentle exercise to music at the Town Hall, 10.30-11.30am and every Wednesday.

Youth Theatre at the Town Hall, 5.45-8.30pm also on 12th and 19th.

Coffee morning at the Methodist Church Hall, 10-11.30am and every Wednesday. Donations to local charities.

Looking Well 11am-1.30pm Café IN, and every Wednesday.

Looking Well, 11am-1.30pm Positive Futures Project, and every Wednesday.

Looking Well, Gardening Group, 10am-12noon, and every Wednesday.

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

Looking Well, Community Art Shed, 11am-2pm and every Wednesday.

Wed 5th

NSPCC monthly meeting at Lingfield, 44 Robin Lane, 7.30pm.

Victoria Institute, Drop-in 10am-12noon, and every Wednesday.

Victoria Institute, Community Link Café 1.30-3pm and every Wednesday.

Victoria Institute, Line Dancing 2-3pm and every Wednesday.

Thu 6th

ELECTIONS - General and District, 7am-10pm at the Town Hall and Victoria Institute.

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

Diet Club at the Town Hall, 6-7.30pm, and every Thursday.

High Bentham W.I. at the Wenningdale Room 7.30pm. See page 17.

Looking Well, In the Same Boat, Bentham & District Cancer Support Group Drop in, art session, lunch and therapies, 11am-1.30pm and every Thursday.

Swimming at Hornby for over 50s (men and women). Telephone Barbara 62873 or Carol 61233 for transport, and every Thursday.

Looking Well, Men's Art Group 1.30-4.00pm and every Thursday.

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

Victoria Institute, Bat n' Chat 10am-12noon and every Thursday.

Victoria Institute, Gardening 1-3pm and every Thursday.

Victoria Institute, Art Classes 10am-3pm and every Thursday.

Yoga at the Town Hall, 6.30-7.30pm and every Thursday.

Fri 7th

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

Age Concern at the Masonic Hall, 10am-2.30pm. sing-a-long with Stan Gray.

- Sat 8th Age Concern coffee morning at the Town Hall 10am-12noon. 
BEST Seed & Plant Event. 11am-1pm. Looking Well.
Book Swap at the Victoria Institute, 10am-12noon.
Bentham Film Group "Nowhere Boy" at the Victoria Institute 7.30pm. See page 26.
- Sun 9th Treasure Hunt on foot, starting at Old School, Lowgill. Proceeds to Bentham Methodist Church development.
Bentham Footpath Group walk, Austwick 6 miles, leader Cliff Randall, 62619. Meet at Lairgill 9.30am.
- Mon 10th Methodist Church Hall, 10-11.30am, Toddle-In for parents/carers and babies/toddlers and every Monday. 3.45-4.45pm
Adventurers Group for 4-6 year olds and every Monday in term time. 6.15-7.30pm Springboard for 7-10 year olds and every Monday in term time.
Mindfulness Meditation Group at Looking Well, 7-9.30pm and on 24th. All welcome.
Gentle walks for women, leave Lairgill 9.30am and on 17th and 24th.
Craven Customer Services at the Town Hall, 10am-12.30pm and on 17th and 24th.
Town Council meeting at the Town Hall, 7.30pm.
Victoria Institute, Drop-In, 10am-12noon, Community Link café 1.30-3.00pm, Slimming Group 5.30-6.30pm, Tai Chi 6.15-7.15pm, Peak Fitness 7.30-8.30pm and all five on 17th and 24th.
- Thu 13th Welcome-in dominoes for all ages, Bentham Methodist Church Hall, 2-4pm. Contact Nigel or Kath 62272, and on 27th.
Bentham Footpath Group walk, Round Roeburn, 10 miles, leader Bev Sim 61293. Meet at Lairgill 9.30am.
- Fri 14th Age Concern at the Masonic Hall, 10am-2.30pm. Extend Exercise with Colin Etherington.
- Sat 15th **Copy deadline for June edition Bentham News.**
Mencap coffee morning at the Town Hall, 10am-12noon. 
Plant sale and open garden, Bellhurst Roeburndale East Wray, 10am-6pm, refreshments and raffle. Proceeds to charities.
- Tue 18th Bentham Child Health Clinic at the Surgery, 2-4pm.
Thornton and Burton Mothers' Union, 2pm at Burton Church Room. Susan Nicholas - "Lights in the Darkness".
- Wed 19th Bentham Footpath Group walk, Moughton, 8 miles, leader David Fisher 61449. Meet at Lairgill 9.30am.
Bentham First Responders, 7.30pm at Looking Well.
- Thu 20th LASRUG meeting at the Wenningdale Room, 7.30pm.
- Fri 21st Waste paper collection at Lairgill, 8.30-11am. Proceeds to NSPCC.
Age Concern at the Masonic Hall, 10am-2.30pm. Historic Houses of Great Britain. 
- Sat 22nd Conservative coffee morning at the Town Hall, 10am-12noon.
Bentham Footpath Group walk, Kentmere, 8 miles, leader Dennis Chamberlain 21436. Meet at Lairgill 9.30am.
- Fri 28th Age Concern at the Masonic Hall, "A day on the Eiger" - Talk and slides by Keith Hartley.
June edition BN published.
- Sat 29th "Old Bentham" David Johnson's exhibition at the Town Hall, 10am-5pm. 30th 12noon-6pm, 31st 10am-5pm.
USPG coffee morning at the Town Hall, 10am-12noon. 
- Sun 30th Trash and Treasure Sale at Victoria Institute, 12noon-4pm.
Clearbeck House, Mewith Lane, Open Gardens 11am-5pm, teas and plant stall. And on 31st.



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PHOTOGRAPHIC EXHIBITION

By Pádraig Spillane

Over the course of a couple of weekends a group of seven people joined me for a basic digital photography course which I had to run for the Arts Award, a course I'm doing at the moment. If you would like to know more about the Arts Award please visit their website www.artsaward.org.uk

The first day was spent going through the basics of digital photography. On the second day we went out to put what was learnt the previous day into practice, by looking for letters of the alphabet in the world around us. I felt that this really got you looking at your familiar surroundings in more detail and that people were seeing things that they had never noticed before.

The weather forecast was for a foggy morning but it turned out to be lovely and sunny for the time that we were out, which was perfect and lots of photos were taken.

On the third day we looked at the final part of the photographic process; optimising your pictures on the computer. We looked at each person's pictures and edited them into a word or saying for an exhibition. At the start some people took to this idea immediately and some found it challenging but in the end everyone was very pleased, and some surprised, with what they had created in such a short time.

Exhibition at the Gallery

This exhibition will take place in the first two weeks of May at Bentham Gallery, Station Road, Bentham. It will also include photos of my own and an interesting piece combining photography and felt. This I have done in collaboration with local artist Chrissy Burgess, whose work in felt is already well known for its innovation and creativity. With this piece we have attempted to create something completely new and different.

So, if you are interested in Photography, art or textiles, then please come along to the exhibition from Saturday 1st May until Friday 14th May.



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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.

May 1990

This month's edition led with a LASRUG press release informing BN readers of a proposed cut in the rail service on the Leeds - Morecambe line. Due to a shortage of rolling stock the number of trains was to be reduced to 7 per day.

They must have "lost" a good deal of rolling stock over the past 20 years as we are now down to 5 trains per day!

In a photographic competition sponsored by Jessop's of Leicester and organised by Bentham Camera Club, *Caroline Fisher* took first prize with a set of five colour slides of chimneys.

Her subject must've sooted the judges (!)

At the April meeting of the Town Council, a proposal to make the Town Hall a non-smoking area was defeated.

Everything comes to he who waits!

Bentham Fire Station was 25 years old this month. Built in 1965 by the old West Riding County Council, it was the first station to be built especially to serve the Bentham area. Previously the fire engine had been housed at *Crossley's Garage* (now the Spar shop) where it was not unknown for customers' cars to have to be removed before the appliance could turn out. In those days, before the advent of electronic pagers, fire crews were called out by a siren on top of the Town Hall in response to a message received by the landlord at the Brown Cow Inn (now the Coach House).

I have an amusing vision of Bentham people diving into air-raid shelters each time there was a fire alert. But then a townie would, wouldn't he!

A foreigner from Glamorgan, *Reg Suart*, was sharing some of his acquired knowledge of local history this month, and although quite useless in many respects it did pose one interesting question. In the ten years

between 1851 and 1861 the adult population of Bentham increased by 199, but of these only 24 were males. In the 120 years between 1861 and 1981 the population only rose by a further 216 people. *Reg's* question was where did 175 females suddenly spring from and why?

My own guess is that there must have been something in the water.

One of our local GPs was having a busy time away from the surgery. *Dr Sullivan* was producing and directing the Ingleton pantomime (Dick Whittington) which will doubtless have kept him out of mischief for more than a few evenings.

Another one, *Dr Walker*, gave his consent for BN to reproduce part of an article he had written for the January 1990 edition of "The Fell Runner" magazine. This was an account of his journey to Kathmandu and his participation in the second Everest marathon. As I write I have been feeling a bit sorry for myself, having acquired some minor aches and pains from a day's gardening. However, *Dr Walker's* story of climbing to 17,000 Himalayan feet in order to run back down again (he completed the course in just over 7 hours) made me feel like a positive cheat, and whilst I will always believe that people who do these things are just a little bonkers, I have nothing but admiration for their courage and fitness.

A small note in this month's "People" page offered a warm welcome to the new owners of the dairy in Bentham, *David and Alison Clough* and their family.

From small notes and quiet beginnings such wonderful things as Looking Wells can often develop!

This month's edition also carried a wonderfully appropriate cartoon in which a man was scanning a newspaper containing the election promises of various parliamentary hopefuls. He looked very frustrated because, he said, he was unable to work out which one *wasn't* an April fool joke! *Sounds familiar?*

Included in this month's BN was an Election Supplement in which the candidates for the 1990 Town Council election were listed together with their personal profiles.

(Continued on page 24)

YESTERDAY IN BENTHAM

(Continued from page 23)

The supplement also contained some fascinating statistics which had been provided for BN by Town Clerk *Reg Pointon* from the official minutes. Among the statistics was a complete list of how many meetings each of the sitting councillors had missed, and, more interestingly the number of significant verbal contributions (not counting the seconding of motions, verbal agreements etc) each councillor had made at an average Council meeting. I wouldn't wish to embarrass those who made only one or two contributions by naming them, but one councillor, *Michael Mason*, then Mayor of Bentham, merits a mention because his contributions must have been so numerous the number was simply listed as "Many."

Michael was unable to stand for re-election in 1990 due to his having moved house and become a Lancastrian farmer, and judging from the "significant contributions" he had made whilst in office I guess he'll have been sorely missed.

Someone who was unwilling to let *Michael's* departure happen without recognition was the *Bard of Station Road*. TG marked the occasion in his own inimitable way, and I'll afford him the last words in this month's miscellany.

*Grand National's done,
the horses run,*

*Our Mayor is past the post
Mr Mason, he can chase 'em,
He's had more fun than most*

Our Councillor has had to go

*For it's Lancaster he now resides in
Perhaps we'll have a lady Mayor?....*

*We'll give 'is due, our Mason Mayor,
A darn good job he's done.*

We'll wish 'im luck in Lancashire

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BENTHAM PEOPLE



Thanks

Lister, Hilda would like to thank family and friends for their cards, flowers and good wishes during her stay in hospital. Many thanks.

Congratulations

Anthony Bateson - 60-!!! Congratulations on joining the Old Mans Club. Guess who?

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Wanted - House for Rent

We are a professional couple with one child returning to the area from work overseas. We are searching for an unfurnished house within the catchment area of QES. Three bedrooms and with a garden but not on a main road would be great. We will be leaving Cambodia early June - if you have something you feel may interest us please get in touch asap. Email Janet: jm@clarke-moanghan.co.uk

BENTHAM NEWS ACCOUNTS

By Ken Robertson

The Profit and Loss Account and Balance Sheet for the year ended 31st December 2009 were recently presented to the committee, showing a sound financial position, advertising revenue having increased despite (or perhaps because of) the difficult economic climate. A copy of the Statement of Accounts can be obtained from Ken Robertson at 61285.

Bentham Line Dancers

By Audrey Shallcross

Our latest donation has been to Tatham Fells C of E School. The members of our group would like to express their appreciation to Jenny and Ken Durrant for the time and effort they put into making our Thursday evenings so enjoyable and so much fun.

Without them there would be no Line Dancing and no money to donate. We wish to congratulate Jen on her recent significant birthday and all the best to both.



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BENTHAM'S FINEST VIEW?

By Septimus

Standing in Main Street it is easy to forget that Bentham is surrounded by the most amazing countryside. We are wedged between the Yorkshire Dales National Park, the Forest of Bowland Area of Outstanding Natural Beauty and on the third side of the triangle is the proposed National Park for the Lune Valley. The Lake District National Park is but a stone's throw beyond. Our beautiful environment is well hidden in the centre of town; just the glimpses of the Bowland Moors between the houses. Surprisingly the finest viewpoint is but moments away.

The 13th tee is the place to be

The only thing that is better than the golf at Bentham Golf Club is the views. The 360 degree panorama at the 13th tee is so good to even distract the most ardent golfer – well at least momentarily. Down the valley is the elegant spire of All Saints Church at Burton in Lonsdale, beyond across the Lune Valley the limestone pavements of Hutton Roof and Farleton Knott, on the horizon the Lakeland Hills. On a clear day the spiky peaks of the Langdale Pikes are centre. To the left is the massif of Scafell Pike England's highest peak then the fells tumble downwards towards Morecambe Bay. To the north, relish the views of Gragareth, Whernside and Ingleborough, the open moors to the east and the brooding northern rim of the Forest of Bowland to the south.

Everyone can enjoy the view

This is not just for golfers; we can all enjoy the view. A public footpath runs across the golf course and right past the 13th tee. Follow the signs from the junction of Lakeber Drive and Robin Lane across the golf course. More details and an OS map are in the new Bentham Footpath Group publication *Family Walks around Bentham* now on sale at the Post Office, tourist information point, caravan parks, the station etc. Follow the route for Ingleton to reach the 13th tee and enjoy the views yourself. If

you do the full walk, on the return journey there are more fine views as you pass the golf course and join Streakber Lane back to town. You will return refreshed and inspired.

Great views, splendid countryside - do you know a better viewpoint? If you do, then please share it with Bentham News readers - do let them know.

BENTHAM FILM GROUP

By Stella Hall

Our film for May is 'Nowhere Boy' (Cert 15). This tells the never seen before story of John Lennon's late teens on Merseyside, about his coming of age and leaving home, set against the background of radical changes in British life since the Second World War. It stars Aaron Johnson as John Lennon, with Thomas Sangster and Kristin Scott Thomas. The film is on Saturday 8th May, starting 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 at the door.



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CHURCHES TOGETHER

By Stephen Dawson

In the Same Boat

Christian Aid, like other charities and families, did not escape the recession. Income during Christian Aid Week 2009 fell by 12% although the amount of Gift Aid went up. The charity has pulled out of two countries and 80 staff in Britain have been made redundant. However, the good news is that 300,000 people will be collecting for Christian Aid in May and this is the only truly national house-to-house collection left.

Christian Aid Week is not just about collecting door-to-door, as over 30% of the Week's income is from other fundraising activities. But churches who stop doing house-to-house tend to stop doing other things for Christian Aid so in Bentham we are determined to knock on as many doors as possible. Balloons and plastic bags are being discontinued to save money, so you may not see us coming in the same dramatic way!

In the face of conflict and natural disasters we may be tempted to give up on the poorest. Bear in mind then that people like Nelson Mandela, Mahatma Gandhi and Martin Luther King were all influenced by the Church. What if they had given up? The social reformer Charles Dickens, himself a former childworker, published *A Christmas Carol* to draw attention to poverty and disease among children. Half of all funerals in London in 1839 were of children under ten, but Dickens changed the way that the Victorians viewed childhood and by his death in 1870 education was free and compulsory.

The mainstream parties have pledged that, wherever else their axe falls on 7th May, the budget of the Department for International Development is ring-fenced. Of course, this is our money anyway, but the new government's policy may encourage us to keep giving too. A Christian Aid project in Kenya provides toilets, showers and hygiene training as children in the slums catch typhoid and diarrhoea from playing near running sewage. We may not be Charles Dickens, but through our loose change Christian Aid is making a difference.

Trip

There may be places left on the trip to Bolton Abbey on the afternoon of Sunday 9th May. Musicians from churches in Bentham are playing for a Taize-style service in the abbey that evening. Walks, picnics, paddling and a tour of the abbey are possible too! Taize music is reflective and quiet and grew out of the ecumenical community founded by the Lutheran Christian, Brother Roger, in France in the wake of the Second World War. For details please ring Judith Johnson on 61905.

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BEST NEWS

By Richard Wilson

It doesn't get more local than home-grown!

September will see Bentham's first Local Food Festival, with a week of events to celebrate the fantastic local food that's grown, made and sold in the area round the town, and the launch of a leaflet detailing what's available and where to get it.

Meanwhile, there's no need to wait till autumn to start thinking about local food; if you start now, you'll be able to grow some of your own, and be harvesting and enjoying it by the time the Local Food Festival starts.

Growing your own isn't hard work, and doesn't need special skills or knowledge. The only difficult bit is getting started! If you come to the BEST seed and plant event on Saturday 8th May at Looking Well from 11am to 1pm, you'll be able to get:-

➤ advice from local experts about the best crop plants to try;

➤ seedlings and seeds to take home and plant;

➤ lots of information about caring for your plants.

This is an event for Bentham gardeners old and new (and young – green-fingered children with ambitions to grow enormous pumpkins for Halloween will be especially welcome!) to meet and share experience, tips and spare seeds and seedlings. It's all free – you can swap plants or make a donation if you like – and light refreshments will be available.

This event will be one of several that BEST puts on during the year. If you'd like to be kept informed about what we're up to, you can join our e-mail list; just send an e-mail to BEST@tathamfells.me.uk

BEST stands for Bentham Environmentally Sustainable Town.

The next BEST meeting will be on Thursday 3rd June at 7.30pm in the Horse and Farrier Inn, 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 www.bentham.net/Community/BRST.asp



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MUSEUM OF MODERN ART LINKS WITH LOOKING WELL

By Trevor Blackwell

It's not every day someone travels from the prestigious Museum of Modern Art (MOMA) in New York to learn about art in Benthams, but Carrie McGee has come to Looking Well to do just that. Carrie, a lively New Yorker, works on the "Meet Me at MOMA" programme which invites people with Alzheimer's, and the people who care for them, to study, and respond to, some of their key paintings. She had heard Alison Clough, Looking Well's Creative Director, speak at a conference in Australia, and wanted to see for herself how Benthams's art and health centre is pioneering new work with Alzheimer's. I asked Carrie what she's learned from her work.

"The main thing I've learned is that if you have low expectations about what a person with Alzheimer's is capable of, they'll meet those low expectations. If you have high expectations, and you really engage them in their full humanity as creative individuals, they will rise to the occasion. Constantly carers and doctors are shocked at the level of focus and engagement and the verbalising that happens in our programme. We've learned a lot about communicating with people with dementia. We're constantly reading body language and facial expressions and giving individual attention.

There's something special about art and engaging with art. In a similar programme at the National Gallery of Australia, where they are working with people in the later stages of Alzheimer's, half of those who come are defined as 'non-verbal'. In twelve weeks every one of them eventually speaks. And even if people with Alzheimer's can't always articulate what they are experiencing the emotional effect of an interaction will stay, and their mood and behaviour will be affected. A before and after study of our programme showed that the people with dementia reported an increase in self-esteem,



Carrie McGee with Ali Jones pictured outside the Looking Well. Photo by Peter Rollinson.

and the care-givers reported an increase in their level of social support. That's fascinating – because their level of support hadn't actually changed! But it's not magic. It's the result of re-knitting these isolated individuals and couples back into a community.

I've come to Looking Well because I wanted to see how a high-quality arts programme in a small community can make a real difference in people's lives. Yesterday I went to see Looking Well's art making programme for people with dementia and their carers in Settle. As I sat in the room and watched the people interact I thought, 'None of these people have dementia!' Everyone was talking and so engaged. Then I saw one person having trouble finding words, and another repeating the same questions, and it became apparent. But I found it so exciting to see the level of the engagement they had, and the quality of the art they were making, and how the two artists from Looking Well were helping them to realise their own creativity. It's very similar to what we are

(continued on page 35)

(continued from page 30)

trying to do in New York. And it's really unusual in a small community to have all these people who get the arts and well-being connection.

What MOMA and Looking Well also share is a determination to explore ways of using art to contribute to a shift in the way society views Alzheimer's. Our negative ideas, and our fear of dementia, are actually affecting the quality of life of people with dementia in a bad way. We need to change the story about dementia. We need to talk about the rich possibilities there are for creativity and imagination, and for intellectual and emotional stimulation, for people with Alzheimer's. That's what our link with Looking Well is going to be about."

It's good to see Looking Well getting this international recognition for its pioneering work in art and Alzheimer's. But what better tribute could there be to Looking Well that people who have lapsed into a bewildered silence are finding some joy in their lives again.

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SETTLE - CARLISLE TRACK RENEWAL GETS UNDERWAY

The Friends of the Settle Carlisle Line have welcomed the start of this year's track renewal campaign. This is now underway, with 23 miles of old jointed track being replaced by new, continuously-welded track. This is the final stage of a 5-year programme by Network Rail costing £100m, and which will mean that the whole of the route will have been upgraded to modern standards.

This year almost all of the work is being done overnight, without disruption to the passenger service. A new track-replacement train is being used, operated by Balfour Beatty, which relays track in front of itself and can replace up to 600 yards of track per night. A total of 22 different sites, mainly but not exclusively north of Appleby, will be dealt with. The programme overall has included not just trackwork but also waterproofing viaducts and installing new signals to halve the headway between trains (meaning twice as many trains can be run).

Mark Rand, Chairman of the Friends of the Settle Carlisle Line, said "This is a huge vote of confidence by Network Rail in the future of the route, and we are delighted at the scale of the investment. The famous and historic Settle to Carlisle line will be fit for a modern purpose for decades to come. This year we're especially grateful that thanks to this new track relaying train there won't be the weeks of bus replacement services that passengers have had to put up with previously. This is a really good news story for the most famous mainline in Britain."



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LOOKING WELL NEWS

By Julie Vass

Gardening – Wednesdays 10.00 – 12.00pm

During May (5th, 12th, 19th, 26th) we shall be identifying wildflowers, looking at the healing properties of flowers and herbs, designing and developing a wildflower area in the Looking Well garden. Everyone welcome.

Community Art Shed – Wednesdays 11.00 – 2.00pm

We will be working on Mosaics and other creations this month. If anyone has any broken china or tiles please contact us.

Men's Art Group - Thursdays 1.00 – 4.00pm

After various successful workshops we are starting on a new venture. Exploring the World of Carving: – Firstly we will be carving stone which will be a basic 3 Dimensional sculpture and then trying our hand at wood carving.

Advance notice of events in June

Phoebe Caldwell – Winner of the Times Sternberg Award 2010 - for those people who were unable to book a place in April Phoebe has agreed to do a further talk on Monday 7th June 6.00 – 8.00pm. Phoebe will be showing a film on improving the lives of people with severe autism followed by a discussion. Booking essential

Book Making Workshop – Friday 11th June 12.30 – 4.30pm

In conjunction with North Yorkshire Open Studios and The Bowland Arts Festival. Come along and learn how to create a beautifully crafted handmade book with artist Joan Newall. Booking essential. Adults.

Stone Carving – Saturday 19th June 9.30 – 12.30pm & 1.30 – 4.30pm

As part of the Bowland Arts Festival. An opportunity to take part in this absorbing and satisfying craft with local sculptor Steve Bentley. Booking essential. Age 14+

Ranger Walk – Saturday 26th June 10.30 – 12.45pm

A guided ranger walk taking in birds, flowers and points of interest along the way. Starting from The Great Stone of Fourstones a bus is provided from the Looking Well. Refreshments available on your return. All ages. Booking essential. Free.

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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JUNIOR GOLF SEASON STARTS AT BENTHAM GOLF CLUB



By Chris Cousins (PGA Professional)

The junior golf season got underway at Bentham Golf Club on Monday 12th April, with the first of the Junior Monday Night Competitions. The winners over 3 holes were:

Under 13's - Joel Wynne (17 shot)

Girls - Mary Cowgill (34 shots)

Under 8's - Alex Moss, Lucy Moss, Freddy Spensley (36 shots).

The first Junior Captain's League Competition was held on Thursday 15th April in some blustery conditions. The prize winners over 9 holes were:

1st - James Burrow (21 pts)

2nd - Jack Garnett (20 pts)

Well done to all those who took part. The next **free** Junior Golf Taster Session at Bentham Golf Club will be on Tuesday 1st June, 11:00 – 12:00. No previous experience or equipment required. Places must be booked in advance. If you have any questions or want to book for the session please contact Chris at: tel: 015242 62455, e-mail: golf@benthamgolfclub.co.uk web: www.benthamgolfclub.co.uk

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CRAVEN WANDERERS UNDER 14s ENJOY SUCCESSFUL SEASON

By Karen Allsopp

Craven Wanderers Under 14s have had a very successful season. We have players from Bentham, Ingleton and Kirkby in our team and are very proud of their achievements.

On Good Friday Craven Wanderers Under 14s won the Lancaster and Morecambe Service to Youth League, beating their nearest rivals by just one point. In a tight league, Craven had lost their position at the top of the league, being beaten for only the 2nd time in the season by Bare away. Bare couldn't afford to lose a point and in their third to last match drew at home. This left our under 14s squad needing to win their last match to take the League. This they did in amazing style, beating Highgrove 14-0.

Craven Wanderers who have players from all over the area, both boys and girls, are very proud of the team spirit. The under 14s squad would like to say a massive thank you for all the support they have had this season from parents, the committee and players from other local teams who have supported them.

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HIGH BENTHAM C P SCHOOL NEWS

By Catherine Boocock, Headteacher

Tuesday 8th June – is the next collection date for Bags2School – we are collecting quality second hand ladies', men's and children's clothing, as well as bedding, curtains, soft toys, shoes, belts and handbags. Please remember the items in Blue Bags should be of good quality – all items are for Re-Use.

Malham trip

Years 3 and 4 went for 2 days and 1 night to Malham Youth Hostel and while we were there, we did Jumbles (muddled up words on tiles), candle dipping and fossil making. On Thursday night we played giant Jenga – Mr Webster lost! We were lucky enough to meet two celebrities – Steve Coogan (Night at the Museum) and Rob Brydon (Gavin and Stacey) on our walk. We saw lots of things – 600BC roundhouses, Janet's Foss, Gordale Scar, Janet's Cave and rock climbers on Malham Cove.

Abbot Hall

Class 1 had a super visit to Abbot Hall as part of their work on Houses and life in the past. Abbot Hall is a wonderful Georgian town house in the Kirkland area of Kendal with gardens looking over the river Kent and a wonderful park and playground next door. It also houses the Museum of Lakeland Life in the old coach and stable block. The children

had a perfect day, trying on Victorian clothes, playing with old fashioned toys and they had their sandwiches in the sunshine!

The school is buzzing with creative enthusiasm as the children have designed and started to make their entry for Wray Scarecrow Festival 2010. The theme is 'The Sea' so we have chosen to make a giant fish (and we do mean giant, about 2.5m high and 3m long). Plans and colour scheme have been developed, lighting and possibly sound effects, and for the fish to be able to move in the wind. Its skeleton started life at the home of Bronte and Will Bentley, as their mum Lynda, and dad Steve kindly made a huge metal frame to the children's plans. (Rumour has it that the fish could actually fit a Bronty-sized child inside its belly.) Lynda then filled the structure out with willow withy so that the children and their helpers could make a hessian covering over which they can attach brilliant coloured collage stripes and other decorations. So look out for our fabulous fish when you visit the Wray Scarecrow Festival!



Laura Broadwell, Matthew Hill & Jasmine Brennan at Abbot Hall

BENTHAM NEWS is published at "Latharna", High Bentham, by an editorial committee consisting of Trevor Blackwell, Shirley Brown, Christine Hodson, Peter Phillips, Ken Robertson, Pam Woof, and co-ordinator, 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 May for the June edition. The Bentham News email address is: benthamnews@lycos.com.