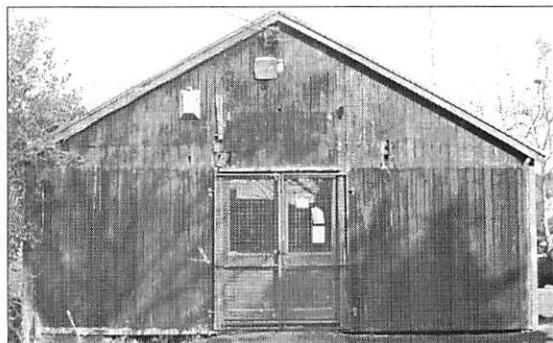


BENTHAM NEWS

MARIE RAYNER'S VISION CHANGED THE LEGION HUT FROM THIS ► TO THIS ◀



A Dream Come True

By Marie Rayner

I came to live in Bentham in 1995, while recovering from ME. A year later I was well enough to consider working again. I was already qualified as a Podiatrist (or Chiropodist as it was then). and had spent most of my career working in the Health Service. I couldn't face going back to this, but when a job in Bentham Post Office was advertised, I applied for and was offered a position. After four happy years there I was ready for a change. On 2nd April 2000, while lying in the bath, the idea of Sole to Soul (combining Chiropody/Podiatry with therapies and ideas born of the ME) came to me. A whirlwind of activity followed. I opened for business on 16th June 2000 in rented premises on Station Road in Bentham. As the practice grew, a dream began to crystallise. I remember having to look far and wide for people and techniques and ideas to help me to recover from ME. My dream was to provide a one-stop shop for health and well being to help people find a sense of wholeness (the true meaning of the word "health"). I had a couple of false starts, where I thought I had found the place to house my dream, only to have it slip through my fingers. But I didn't give up and I didn't look outside Bentham. Then a couple of years ago I bought an old wooden hut on Grasmere Drive. I knew what I wanted on the inside and architect Stephen Green showed me what it could look like on paper. I gave the job of turning this paper image into a stone and mortar reality, to John Armstrong, a highly recommended local builder. He and his team have done me proud and produced the beautiful building that now stands on the site of the old, tired British Legion Building.

On 15th June the new home for Sole to Soul was officially opened by Pauline Turner (founder of the International School of Awareness) the person who helped me more than anyone to find the strength, courage and resources to create a happy, healthy and stress free life. Mary Bowker, a young 97 year old, and my oldest patient, cut the ribbon to officially begin the life of Sole to Soul in its new home. Now it's my job to build on what I have already done and make my dream a living reality.

JULY 2009

ISSUE 273

STONEGATE GLASS STUDIO OPENS

By Shirley Brown

It gives me great pleasure to announce the arrival in Low Bentham of an exciting, classy, imaginative, successful new business. Stonegate Glass Studio and Contemporary Gallery opened its doors to the public on 5th June after 2 years of hard work by Gary and Annette McMillan renovating the building. They thought it would take 6 months, but somehow these things always take longer than expected. When I met Gary and Annette on the day the Gallery opened, their 4-year-old daughter Hannah was out at nursery, but they told me that they've all settled in now, "absolutely love it here and people have been so friendly." They were both born in the south of England but wanted to move up north, as they love the hills and the landscape. They lived firstly in Grange-over-Sands but moved to Bentham in April 2007, drawn to the area by finding a property that included a large, solid house, a garden for Hannah to play in and a barn large enough to convert into their workshop and gallery.

Gary and Annette both did an Arts Foundation Course and then met at Wolverhampton University where they were studying for a degree in Glass Design. After graduating they decided to work together, and over 8 years have built up a successful business making architectural and stained glass using various techniques including fused glass and glass blowing. Although the business is well established (for example they have a fused glass water feature at the head office of Lakeland Ltd. and some curved glass sculptures at Heathcote's restaurants) the gallery, alongside their well-equipped workshop, is a new development. On display they have high quality pieces from local, national and international artists. These range in terms of price (from a few pounds upwards) and style (from jewellery, cards, vases, mirrors, splashbacks for kitchen or bathroom to larger items of furniture). The emphasis is definitely on contemporary design although Gary and Annette also undertake restoration work such as church windows. They design and make to order, and are glad to receive



Pictured are Annette and Gary McMillan in front of one of their glass artworks in their gallery

commissions for small items such as glass for skylights or front doors, as well as for larger items such as designs for offices, bars and stately homes.

If you want to get a virtual view of their work just visit their website (www.stonegategallery.co.uk) but I would also recommend a visit to their gallery, open 9am-5pm Tuesday to Saturday, and other times by appointment. Also you will shortly be able to see their work in three of the windows in the Victoria Institute as they are designing these incorporating Bob Woods' initials as part of a memorial to his life and work in Low Bentham.

You've read it here first in Bentham News, but shortly you'll be able to read all about it in a national publication as 'Yorkshire Life' magazine is carrying a feature on Low and High Bentham which will include a mention of Stonegate Glass Studio. So let us extend a warm welcome to this delightful young family and their enterprising, eye-catching, colourful venture.



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JUNE'S TOWN COUNCIL

By David Johnson

All the Cllrs were present except Cllrs Barrington, Faichney, Heigh and Hurtley.

Waste Management

In his report District Cllr Camacho said he thought Craven District Council was moving towards a fortnightly collection for household waste and rescheduling the recycling collections to a monthly basis. Later in the meeting the Cllrs discussed the topic and were unanimous in their opposition. They predicted an increase in vermin and fly tipping. CDC is using an environmental argument saying that a reduction in collections will reduce its carbon footprint and encourage recycling but the Cllrs pointed out that it will probably involve collecting double quantities resulting in the lorries having to make two trips to complete the collections!

The Cllrs thought extending the three-bin scheme and introducing a Waste Transfer Station like the one in Settle could improve recycling rates. County Cllr Ireton thought that CDC needed to review the number and size of bins allocated to particular households.

District Cllr Camacho also said that morale was very low at CDC. To try to save money the current 17 section heads are being reduced to 9 and redundancies are in the offing. He said that the better employees are looking to leave and additional money is being spent on temporary staff.

Parking

The plan to review parking in Main Street and Station Road is progressing. The Cllrs heard that it has been decided to improve the proposed scheme by adding loading bays with limited parking times and improving access to some side streets.

CDC seems to be determined to charge for the car parks between 10.00am and 4.00pm but it has agreed to look at weekend charges. The Cllrs decided to seek the views of the police to assess their attitude to the potential street parking problems if the scheme is introduced.

Highways

A resident wrote complaining about people parking across the entrance to Mill Gardens on Grasmere Drive. The Cllr thought they should contact other residents in that area. The clerk was asked to write to United Utilities to ask for repairs to be done to Wenning Avenue. NYCC Highways is satisfied that the majority of the 850 gullies in the Bentham parishes have been emptied properly. The Cllrs decided to write pointing out that there are some drains on Summer Hill and Mill Lane that have not been opened and cleaned for several years.

Low Bentham C.P. School Field

The County Council has agreed in principle to licensing the field to the Town Council for community use whilst it is up for sale. The Town Council will need to take out adequate insurance and maintain the area. At the start of the meeting a member of the public pointed out that High Bentham C.P. School has had a lot of trouble from youngsters making inappropriate use of the field in the evening, to the annoyance of neighbours.

Sedburgh Junior School

There has been a meeting between the Sports Development Officer and interested parties. The area has insufficient population to justify the upkeep and running of the sports hall. The school has, subject to costs being met, agreed to consider the use of the hall during the winter by sports groups. It is also prepared to consider community use of the field if maintenance can be shared. This is all providing the property has not been sold.

Dog Fouling

A member of the public asked if he could use council headed notepaper to write to dog owners who do not clean up after their dogs. The Cllrs regretfully refused this request pointing that only the clerk could write in the council's name at the request of the Cllrs. They thought the dog warden should deal with the matter and that she should be informed of problem areas or problem owners.

WOMENS INSTITUTES

Low Bentham

By Jennifer Watkinson

The Rev. Ian Greenhalgh, whose talk was entitled "Military Chaplaincy", entertained us with an account of his life in the ministry. After leaving Oxford his next step was to be ordained by Bishop David Shepherd, before becoming a vicar in Wigan in 1980. Then followed twenty years with the RAF as chaplain, moving all over the world with RAF families and later, families of all three services. Six years ago he changed one uniform for another, when he became vicar of Austwick and Clapham.

Competition winners, for a photo of a family member in forces uniform were: Mary Staveley, Faith Wilson and Betty Atkinson.

Nine lucky members attended the group rally hosted by Clapham W.I., which was recorded by BBC cameramen. Before the

delicious supper was served four of their members performed an amusing sketch that Alan Bennett had written for their W.I. many years ago. The highlight of the evening was Alan Bennett's talk. He read extracts from "Untold Stories", his autobiography and then answered questions.

Two members joined Burton-in-Lonsdale's W.I. coach trip to Brantwood in the Lake District, which they thoroughly enjoyed.

High Bentham

By Ann Yaman

The June meeting was very well attended with an excellent talk by Annie and young Joel from Worldwide Walks who had stepped in at short notice. 10 year old Joel gave his own presentation, making full use of modern technology, on a safari trip to Africa – a very clever and confident young man who will make an excellent orator in future years!

The competition for the night was won by Wanda Lewcun. A good number of the ladies had a lovely evening meal at the Highwayman in Burrow – many thanks to Julia Sant for organising.

Our next event is a trip to see High Society in Lancaster on Thursday 25th June.

The next meeting will be Thursday 2nd July at 7.30 in the Lower Town Hall when the speaker will be Peter Watson who has entertained us a couple of times in the past and always gives an interesting talk. Any visitors will be most welcome.

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CRAVEN CONCERNS

By Cllr Manuel Camacho 015242 62074

Car Parking Charges extended throughout Craven

A recent decision by the policy committee, is to extend pay and display throughout Craven, this of course includes Bentham. It has been obvious for some time that this was inevitable, only the question of the details remained.

These are, that the only car park to charge will be Grasmere. Lairgill and Low Bentham car parks will remain free for the foreseeable future.

The times when charges will be levied are Monday to Friday 10am to 4pm, weekends will remain free. Not good news I agree, but much better than feared. Hopefully this will create a better turnover on car park spaces making it easier for shoppers to support our local traders.

It may help to know that it is CDC policy not to issue a ticket until after fifteen minutes have elapsed, which covers for the occasion when a "nip in" for a quick purchase is all that is required. Additionally CDC annual passes for an additional two or four hours per day are available for £35 and £70 respectively. These are valid in any CDC car park throughout Craven.

When I lived in Ingleton I found these passes to be cost effective, you, of course may have different opinions. One health warning on the passes is that like so many things they are likely to increase in cost over the next five years.

Council approves new Senior Management Structure

A new Senior Management Structure for Craven District Council was recently approved by Members. The new slim down structure reduces the senior management tier from 16 to 9 posts and realigns service delivery across 7 strategic areas.

Members gave the go ahead for two new Executive Director Posts and seven strategic managers. The responsibilities of the Executive Director posts have changed considerably from the current Director posts

and the positions will be advertised externally immediately. The Strategic Manager posts will in the first instance be ring fenced to those staff currently on the senior management structure.

Craven District Council, Chief Executive Paul Shevlin commented "We anticipate the new structure to bring in savings within the region of £170,000 - £260,000 per year. At this stage it is difficult to predict an exact figure as the savings quoted are dependent on a full year's operation and it is going to take some time to put this structure in place.

There will also be costs associated with the restructure because of redundancies where members of staff cannot be redeployed."

Paul Shevlin continued "It is essential that we have a Senior Management Structure that is fit for purpose and is populated with high calibre staff given the many challenges this Council now faces. One of the key drivers for the new structure has been to save money but we also have to work smarter and improve performance. Developing a more joined-up approach in the way services are delivered means we can gain maximum efficiencies for Craven. Our overall aim is to re-establish Craven District council as a respected provider of value for money, high quality services."

It is anticipated that the structural review should be mostly completed by the end of the calendar year.

I personally hope that these reviews are conducted as quickly as possible, as the obvious uncertainty is likely to cause real problems with staff morale.

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"SHEEP: FROM LAMB TO LOOM" (JUNE 27TH – AUGUST 4TH 2009)

By Margaret Rhodes

The next exhibition in the Museum of North Craven Life at The Folly, Settle, which runs from June 27th – August 4th, is truly unique. Called "Sheep: From Lamb to Loom", it is the result of three years of fieldwork by the artist Kate Lynch as she followed seven sheep-farming families in Somerset and Devon with her sketchbook. She chronicles the sheep and wool at market, in the tannery and in the workshops of wool graders, spinners and weavers. Alastair Goolden accompanied Kate, recording sounds and voices. The resulting collection of Kate's charcoal sketches and oil paintings with Alastair's textured sound installation, evokes the working lives of shepherds, artisans and craftspeople and is a celebration of our age-old relationship with sheep.

Complementary Yorkshire displays are being provided by Lawkland Young Farmers, Skipton Auction Mart sheep sales and the Wool Marketing Board. Local businesses have given examples of how wool is used and their work will be on display.

Throughout this exhibition, The Folly will be open on Wednesdays in addition to the usual Tuesdays, Saturdays and Sundays 10.30am – 4.30pm. During the exhibition there will be opportunities for hands-on experience.

➤ Tues June 30th 10.30-4.30pm: "Sheep to Shawl": Can we card and spin the wool and knit a shawl in just one day? Come and cheer us on and help us out.

➤ Mon July 6th: 10.00am-4pm: Felt Making Day School with Vicky Mulligan, Bentham local artist, £25 including materials, teas and coffees. Places must be booked at The Folly.

➤ Tues Aug 4th: Make a sheep! Collage or felt a sheep souvenir of Settle.

For more information on any of the above, please see our website at www.ncbpt.org.uk/folly or phone 01729 822893.

POLICE WARNING OF SCAM

By PC 830 B Yule

1. Scam warning. A local business in Bentham has been contacted by publishing companies Fairchild Publication Ltd and Baker Bennett asking for sponsorship for Child Safety Awareness booklets which can be distributed to local schools. These companies use very aggressive selling techniques. They claim you have agreed to sponsor the booklets and have an overdue invoice. And if this fails they threaten you with legal action and debt collection agencies. Do not offer any payment to either of these companies or any other companies which have cold-called you and are making threats.

2. I'd like to say thanks to a local resident. Thanks to her diligence a Stihl strimmer stolen from Craven Housing gardeners working in High Bentham was recovered and the offender arrested and cautioned.

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Submitted by Claire Hadgraft

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. He was really worried and feeling stressed.

Finally he decided that as the animal was old, and the well needed to be covered up anyway, it just wasn't worth it to retrieve the donkey.

He invited all his neighbours to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first the donkey realised what was happening and cried horribly. Then, to everyone's amazement, he quietened down.

A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was

doing something amazing. He would shake it off and take a step up.

As the farmer's neighbours continued to shovel dirt down the well on top of the animal he would shake it off and take another step up.

Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and trotted off!

Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping stone. We can get out of the deepest wells just by not stopping, never giving up! Shake it off and take a step up. Remember the five simple rules to be happy:

- ♦ Free your heart from hatred. Forgive.
- ♦ Free your mind from worries - most never happen.
- ♦ Live simply and appreciate what you have.
- ♦ Give more.
- ♦ Expect less.



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"BEST" NEWS

By Richard Wilson

Time to get cranky

With school holidays approaching, there's no time like July (I nearly wrote "summer", then remembered 2008) for digging out old push-bikes from garden sheds. And despite the several-times-daily street entertainment provided to Bentham folk by the manoeuvrings of HGVs, our roads are still relatively traffic-free and safe (if you're cycling, that's one less car clogging them up, for starters!) though a 20 mph limit through the town would make them safer still, and not just for cyclists.

A bike that's been dug out from under a pile of junk probably needs some work before it's fit for the road; or its owner may have grown out of it. A local, council-backed low-cost cycle recycling, maintenance and repair service would be a great encouragement, but sadly, the nearest are in Oldham and Leeds.

Never mind: the costs will be more-than offset by your savings in petrol and fares, not to mention the health benefits, and I'm sure that North Yorkshire is spending liberally, somewhere, on other ways of implementing its 1999 Cycling Strategy. But if it has any spare, how about funding – as a trial – a monthly North Craven cycle surgery?

There are already enough Bentham cyclists to suggest that it's not a bad place to cycle; with a bit of imagination, money and effort, it could be a really good one!

BEST stands for Bentham Environmentally Sustainable Town. The next BEST meeting is on Monday 13th July at 7.30pm in Looking Well.

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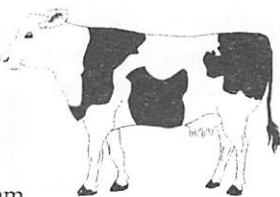


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BENTHAM'S 137th SHOW

By Val Lawson

The 137th Benthams Show is to be held on Saturday 5th September 2009, on Bellfleckers Field, Low Benthams Road, by kind permission of Mr. Thomas Marshall. This year's president is Wendy Dowbiggin from Benthams. The Usual classes are being held:- Cattle, Sheep, Horses, Shire Horses, Show Jumping, Pigmy Goats, Companion Dog Show, Handicrafts, Horticulture, Photography, Stick Dressing, Poultry and Pets.



Full schedules will be available from local shops or from the secretary (015242) 61606 after the 15th July. I look forward to seeing you all at the show.

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

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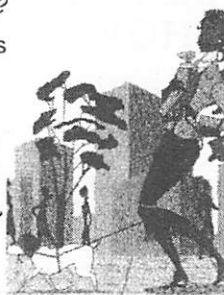
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Sat 18th Adrian Forrest
Sat 25th James T Martin

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.

July 1989

Charles and Rose Atkinson kindly opened their garden at Parkinson Farm for a "Strawberries and Cream" afternoon in aid of the town's struggling new monthly newspaper. Bentham News, this month publishing its 33rd edition, was gaining in popularity with local advertisers but still had a funding shortfall and found it necessary to appeal to the Bentham public for help. That help was clearly forthcoming.

The fact that today's BN is bigger, better and financially viable supports my belief that when it comes to supporting most fundraising events, Bentham people are among the most generous I've ever known and could almost pass as Lancastrians (!)

Bentham News this month published the results of an extremely comprehensive *Housing Needs Survey* which had been conducted throughout the town during the spring months.

The results were far too complicated to record in this column, but their "bottom line" was a very strong indication that there was an urgent need for low cost 1 and 2 bedroom housing for younger people and sheltered housing for those who were elderly.

The survey showed that 41 households (9% of the homes surveyed) had members requiring alternative accommodation.

I'd wager the odd shilling that were the same survey to be conducted this year the outcome would be very little different to the 1989 survey. Time really does stand still in Bentham!

Bentham Pantomime Group celebrated its tenth birthday in 1989. The celebrations included an impressive programme of activities ranging from presentations by visiting theatre companies to sixties pop music and African tribal dance.

The Group had already been responsible for initiating the Ingleborough Poetry Festival and founding the town's Samba Band, in addition to staging a very creditable variety of quality performances.

Many happy returns to Bentham Pantomime Group, who have now had us booing and hissing (and cheering of course) at their consistently entertaining performances for 30 years. Oooooohhh yes they have!

Where are they now? A "Bentham People" column this month gave a brief report on the activities of several Benthamers and it struck me that BN readers would be interested to hear how they were faring 20 years on.

Florence Richardson (then deputy mayoress in Bentham) reported that her daughter Victoria was studying languages and business studies at Newcastle Polytechnic, whilst her sister Cheryl was working as a secretary in Maine USA. Liza Rawlinson was planning to study for an arts degree in Surface Design at Stoke Polytechnic, and her sister Anna was about to fly off to Tanzania to take part in a programme of scientific experiments run by the University of Dar-es-Salaam. Alix Barker had secured herself a place on a City & Guilds course in motorcycle engineering in Tiverton, Christine Hicks was playing tennis for the Lancashire Ladies Veteran Tennis Team and John Hampton had taken early retirement from Lancaster University and was in the process of taking a BA degree in earth sciences and mathematics.

A talented lot these Benthamers, but where are they now? Updates please!

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KIRKBY LONSDALE EMBROIDERERS

By Ann Hunter

The Americans Came!

After our very successful meeting in April, when Canon Dobbs showed and talked about his wonderful embroideries, we had a very memorable meeting in May. Firstly, in the morning, Anne Burrow gave us a workshop which concentrated on the versatility of using water soluble fabric to create either new fabrics or manipulating existing fabrics. What fun we had and the results were outstanding. As always Anne gave us so much encouragement. In the afternoon our speaker was Carol Coleman who uses water soluble fabric in lots of her designs. She brought along many pieces for us to look at, as well as slides which gave an insight into how she created her works of art. We were all absolutely enthralled and you could say, raring to go.

We also had something else to look forward to and that was the visit of eighteen ladies from America. Each year they group together from all over America and visit a different part of the UK. They had approached us to see if they could visit our group and of course we were delighted to welcome them. What a very entertaining afternoon we all enjoyed. We put on a display of our work and they too brought pieces they had produced and the whole thing was wonderful to see. We provided home made cakes, which went down very well, and they all said how much they had enjoyed the afternoon and

promised to be in touch again.

The July meeting is on the 9th and Pam Duxbury will be talking about Greek Island embroidery. We meet at Barbon village hall on the second Thursday in the month, (excluding August) and visitors and guests are always very welcome. The usual start time is 2pm and for further details please contact Ann Hunter on 015242 41120

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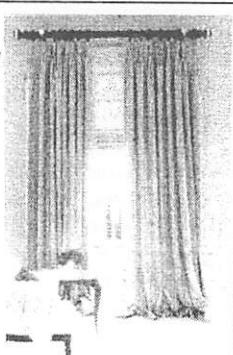
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LOCAL EVENTS IN JULY

- Wed 1st** Community Link Café 11.30am-2.30pm, Victoria Institute, Low Bentham, and every Wednesday.
Coffee morning at the Methodist Church Hall, 10.00-11.30am, and every Wednesday. Donations to local charities.
NSPCC monthly meeting at Lingfield, Robin Lane, 7.30pm.
Citizens Advice Bureau at Bentham Health Centre, 1.30-3.30pm.
Looking Well, Café IN and Positive Futures Project 11.00am-1.30pm, and every Wednesday.
Looking Well, Moving Well gentle exercise to music, 2.00-3.00pm and on 8th and 15th.
Looking Well Art for All - beginners welcome, 2.00-4.00pm and every Wednesday.
- Thu 2nd** High Bentham WI meeting at the Town Hall, 7.30pm. See page 4.
Line Dancing at New Butts Farm, 7.30-9.00pm and every Thursday. All welcome. 62501 or 61411.
Half day or all day event, Thistle Stubbing at Winskill Stones Nature Reserve, near Langcliffe. Contact Gerald, 01756-753720.
Bat and Chat and Gardening at the Victoria Institute, 10.00am-12.00noon and 1.00-3.00pm, and every Thursday.
Swimming at Hornby for over 50s, leave at 8.45am. Tel 62873 or 61233 to arrange transport, and every Thursday.
In the Same Boat, Cancer Support Group, Drop-in, Art Session, Lunch and Therapies, Looking Well, 11.00-1.30pm, and every Thursday.
- Fri 3rd** Age Concern at the Masonic Hall, 10.00am-2.30pm. AGM at 1.15pm.
Yoga at the Lower Town Hall, 6.30-7.30pm and every Friday.
- Fri 3rd** Bentham Footpath Group walk, Hest Bank Shore/Canal, 4 miles, leader D. Stubbs 61430. Meet at Lairgill 6.30pm.
- Sat 4th** Springfield Bowling Club, Country and Western dancing, Town Hall, 7.30pm.
High Bentham WI coffee morning at the Town Hall, 10.00am-12.00noon. 
Farmers' Market at the Town Hall, 9.30am-2.00pm.
- Mon 6th** Craven Customer Services at the Town Hall, 10.00am-12.30pm and every Monday.
Town Council meeting at the Town Hall, 7.30pm.
Toddle-in for parents/carers, babies and toddlers, Methodist Church Hall, and every Monday.
4.30-6.30pm Adventurers Group for 4-6 year olds, Methodist Church Hall and Springboard for 7-10 year olds, both every Monday in term time.
- Tue 7th** Gentle Walks for Women, leave Lairgill 9.30am, every Monday.
Yoga at the Town Hall, 11.00am-12.00noon, and every Tuesday.
Craft Club at the Wenningdale Room, Town Hall, 10.00am-12.00noon and every Tuesday.
Tuesday Strolls, leave Looking Well 2.00pm return 3.00pm, and every Tuesday.
Enormous Turnip Club-gardening for all, Looking Well garden, 2.00-4.30pm and every Tuesday.
- Wed 8th** Day of prayer for the Family, at Methodist Church, 10.00am-4.00pm, organised by Churches Together in Bentham.
- Thu 9th** Welcome-in dominoes for all ages, Methodist Church Hall, for transport contact Nigel or Kath 62272.
- Fri 10th** Age Concern at the Masonic Hall, 10.00am-2.30pm. Extend Exercise with Colin Etherington.
- Sat 11th** Tatham Village Association coffee morning at the Town Hall Ballroom 10.00am-12.00noon. 

LOOKING WELL NEWS

By Clare Hucknall

Summer has arrived and the garden is looking great! At the Enormous Turnip Club on Tuesdays in July from 2pm, we will be looking at: organic pest control, summer pruning, harvesting and storing veg; planting for winter/spring harvests. The sessions are free and friendly and a great way to learn and enjoy more about gardening.

We welcome lots of little ones to the Looking Well at the Stay and Play sessions on Thursday afternoons, 2.00-3.30pm from 23rd July to 27th August. Come along to free, fun activities led by the North Craven Children's Centre, ideal for children 0-5 years.

Are you looking to learn something new, or get back into learning? Positive Futures is a project running during our Café IN on Weds from 11-1.30. This informal setting gives access to individual learning and training opportunities with one-to-one

support. So if you, or someone you know, might benefit from this enhanced-supported learning please get in touch with Rosie Jackson 07890 011298 or Linda Kellaway 015242 62672.

In the Same Boat: Cancer Support Group are holding an exhibition of their wildflower artworks as part of the Yorkshire Dales Millennium Trust's *Flowers of the Dales* festival.

The last of the current Singing for all sessions in on 14th July. We hope to re-start these in September, possibly on a different day, so please let us know your preferred times/days. We are also gathering names of anyone interested in attending Pilates classes in Bentham. Please get in touch and we can keep you posted with start dates etc.

A huge thank you to all who attended our Open Day in June; old friends and new, and to all the volunteers who helped make it such a memorable - if cold - day! For further details on any of above phone Julie on 62672 (e-mail julie@pioneerprojects.org.uk).

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BENTHAM FOOTPATH GROUP

By Maureen Ellis - email

Mstay7465@aol.com



I have been unable to contact two of the leaders for the July walks, which is why there are only two notices. I welcome email information which is how several people contact me, elaborating on the information on the membership card to help you know routes of walks. My email address will now be printed above.

On Sunday 12th, the Barbon Circular of 8 miles leaves from Lairgill at 9.30am will leave Barbon and go by Eskholme and onto Sowermere and Middleton Church and then back via Preason Field. It's an easy going walk with flowers and pleasant lanes.

On Tuesday 28th there is the Gearstones/Thorn walk of 5.5 miles from Lairgill at 9.30am. which will take about 2.5-3 hours. The walk starts from Gearstones Lodge on the right of the Ingleton/Hawes road just beyond Ribbleshead. It was once a public house and is very old and marked on very ancient maps as a staging post, but is now a field study centre. About a quarter of a mile up the road we head off up to the right on the old Roman road until we reach a signpost to Cam End and from there we walk along the Pennine Way until we reach a stone footbridge and make our way to New House Barn. Below on the left is the tree-lined vale of Ling Gill Beck and after that we make our way to the isolated farm settlement of Nether Lodge. The terrain is wild and lonely moorland swathed in long reeds and tough grass. Circling our way back to Gearstones we make our way back to Thorns, an abandoned farmstead where perhaps the spirits of the long departed are hovering round this hauntingly silent place. It can be soggy after rain so hope for dry weather.

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BLOOMIN' BENTHAM BRIGHTENS UP THE STATION

By Shirley Brown

On Saturday 13th June four Bloomin' Bentham volunteers spent four hours down at the railway station weeding, clearing rubble and putting in the shrubs and plants that had been donated by friends and neighbours. Many thanks to them for taking the trouble to dig up, divide and donate from their own gardens, to Jill Noble for making us a welcome cup of tea and to Anne Yaman for supplying us with lots of encouragement and a hose! All this effort is making a difference as the station is beginning to look more attractive and cared for.

"This makes a change from litter-picking" said one of the

volunteers, and she's right. In the summer most of the litter is hidden by leaves and undergrowth, so weeding and planting are more rewarding. Volunteers will be doing more of that on 13th July, which is a Monday. Always the 13th - Always 1pm - Always meeting in the bus shelter.

The picture below shows two of the volunteers working at the Station.



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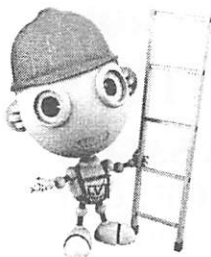
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GARDENING PAGE

By Gill Warren

After all the hard work in the garden in the last few months, hopefully the weather will realise that this is high summer, when we should be able to relax more and enjoy the fruits (and flowers) of our earlier labours.

Many of our soft fruits should be ready for picking. Soft, juicy raspberries will tempt us every time we pass the rows. They are one of my favourite fruits, when freshly picked. Don't forget, when the crop has finished, to cut out the canes which have fruited, to encourage the growth of new shoots which will be next year's fruit bearing canes. Strawberries too may be at their prime in this area and new plants for next year are easy to grow from the runners. Just plant them individually, still attached to the parent, in three inch pots with a John Innes type compost. When they are well rooted, they can be detached from the parent plant and are ready for planting in their final position.

Gooseberries, blackcurrants, redcurrants etc should be ripening, giving plenty of choice for jams and jellies. These fruits can all be frozen to provide a winter supply.

It is time, near the end of the month, to stop pulling rhubarb. Then give the plants a good feed so that the crowns build strength for next year's crop. In September mulch them well.

In the vegetable patch it is time to harvest many of our crops and we will be enjoying the first of our new potatoes. Carrots, broad beans, peas and all the salad vegetables will be ready in abundance. For some of these, like lettuce, basil, coriander and rocket there is still time for successional sowing. In the greenhouse, tomatoes should be ripening and courgettes and cucumbers developing quickly. These all need a high potash feed. We do this every week. According to the Gardeners' World team, tomatoes should be watered in the early morning and picked in the evening!



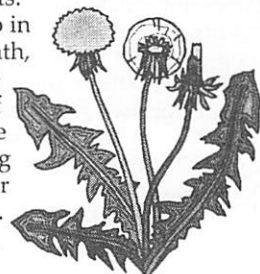
In the flower garden, we should be enjoying the wonderful colours and fragrances of many of the plants we have nurtured so lovingly since they were sown. Sweet peas will be in full bloom and should be cut regularly to ensure that we keep getting new blossoms.

Don't let the flowers go to seed if you want to get a longer flowering period. And don't let them dry out at the roots which like a cool moist soil.

Dead heading is one of the chores which will help to lengthen the flowering period, particularly of plants like petunias. Fuschias too need regular dead heading and will reward you well for this attention. The spent spikes of delphinium flowers should be cut back and this will give you a second flush of smaller flower heads later on in August/September. Early flowering plants, like some of the clematis variety will need to be given a good liquid feed and will also benefit from mulching.

Be careful not to cut the grass too short as this can lead to a severe problem with moss, especially if the weather is as bad as last summer. We give our lawns (well, that's what we call our green patches of moss and sparse grass) a liquid feed in mid summer and again in late September. If the summer is really dry and warm, remember that the grass will benefit immensely from an occasional good soaking. Remember too, that when watering plants a really good soak occasionally is much better than a more regular light sprinkling which may not penetrate to the roots.

Whatever you do in the garden this month, let's hope that there is plenty of sunshine so that we can enjoy sitting outside, without our winter woollies on. Maybe even have a warm evening barbecue. Don't relax too much as there is always a weed lurking in the garden!



NEWS FROM EWECROSS HISTORICAL SOCIETY

By Sara Mason - Secretary

After the winter season of lectures, the summer season of outings is upon us. Between September '08 and March '09 we had talks on a Survey of Bentham before World War 1, Wilberforce in Westmorland and Yorkshire, Burnbanks (Cumbria), the Northern Rebellion of 1536, the Oriental Influence in Cumbria and Rethinking Ingleborough - prehistorically. From our favourable position in Bentham, we draw upon eminent speakers from three counties.

The April Annual Meeting took place up in Tatham Fells for a change, followed by dinner, made and served there by some of our members.

At the end of May we went to Burnbanks, near Shap, to be shown around - and fed by members of the Historical Society there who have reconstructed the story of the building of the Haweswater dam, and the community living nearby whilst this was being done in 1929. At the start of that same truly memorable fine summer's day, we first went to Shap Heritage Centre, then to Shap Abbey in the secluded Lowther Valley for a specially arranged talk on the Abbey and monasticism in the region.

Following this theme, we have an expedition to Sawley and Whalley Abbeys on Sunday 28th June led by Nigel Neil, archaeologist. On Tuesday 18th August there will be an evening at The Folly, Settle with James Innerdale who will tell us about the history of Settle, followed by a walk and food. (Contact me for details 61382).

The first talk of the next season will be by one of our own members, Tony Burnett: his subject "A Roman signalling station in Craven?" Watch the September Bentham News diary!

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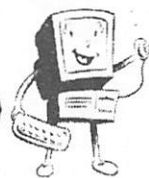
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AGE CONCERN D-DAY REMEMBRANCE CELEBRATIONS

By Betty Wilson

On Friday 5th June Age Concern members held a 65th Anniversary Party of D/Day, at the Masonic Hall, Station Road. A number of our ladies came dressed in patriotic colours. Others brought their medals and other wartime documents such as identity cards, discharge papers and other memorabilia of their time spent in the war.

Our organiser, Hazel, obtained information about the numbers of British and Allied troops under Field Marshall Montgomery, who were involved in the landings on 6th June 1944. There was quite a session of reminiscences until lunch time.

Our relief cook, Jean, prepared a wartime standby meal, corn beef hash and vegetables, followed by rhubarb and custard, which was thoroughly enjoyed by all.

After lunch we were all entertained by Elaine Ward singing war time favourites with which all joined in.

The response from members was very good. At least it showed that they had not forgotten what the war was about and the thousands of men and women who gave their lives on that and other days, until the war ended 12 months later. Before leaving, tea and cakes were served to everyone.

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CHURCHES TOGETHER IN BENTHAM



By Liz Whitfield

Sir Alan Sugar gives the impression from his appearances on TV that he is a person with lots of hard edges and few soft spots. On 22nd May he hosted a very large and expensive party to celebrate his fortieth wedding anniversary. I have just been reading a report of it and of the speech Sir Alan gave. After a lot of good jokes, it ended in high praise of his wife, Ann, and of his three children. "Now here is a message to those young aspiring men here tonight", he said. "I would remind you what it is to be a successful man, and what one's prize possession in life is. It has absolutely nothing to do with money, academic achievement or material things. A real successful man puts the love of his wife and children first; a real successful man's greatest position in life is to have a great family. I am lucky enough to have had a wife for forty years, who gave me three great children, who in turn have given me seven wonderful grandchildren. You see, everything I have today is because of the love of that lady and the respect my three children have for both of us." Such praise for family life came from a most unexpected source.

For the great majority of us the happiest times of our lives are in our families, in our family relationships, and in the joys and even the sorrows that we share. It is also true for most of us that our deepest anxieties and worries arise on account of a crisis that one or another of our close family is facing. This is completely understandable because of one word: LOVE. In one of his many teaching documents Pope John Paul II wrote about the mission of the family: It is, he said, "to guard, reveal and communicate love." We have it there in a nutshell: families are God's guardians of love in the world. Are we thankful to God for our family, as Sir Alan certainly is? Do we pray for those family members who are suffering in one way or another?

Churches Together in Bentham has arranged a "Day of Prayer for Families" – to give all those who would like it an opportunity to express to God our sincere thanks for all the happiness we have experienced within our families, and to pray for any family members who are facing a crisis of one kind or another. It will be on Wednesday, 8th July, at the Methodist chapel, Station Road, High Bentham, from 10.00am until 4.00pm. Just pop into the chapel and spend whatever time you want to give in heartfelt prayer for your family. Leaflets will be available that might help you in your prayer-time.

Churches Together Prayer Group

Following on the successful lunchtime prayers we had on each Wednesday of Lent, once every three months the prayer group will meet at lunchtime – for one hour; 30 minutes prayer and then 30 minutes for a shared lunch. The first of these is on Wednesday, 15th July, in the Methodist Church Hall, from 12.00noon until 1.00pm. If you would like to join in the prayer, you will be most welcome.

St John's Extension News

Look out for our fundraising quiz sheets called "Name that Town" For example "Dirty water-stagnant"-----answer "BLACKPOOL" They are not all as easy! Quiz sheets £1 from shops in Bentham.

St John the Baptist, Low Bentham.

The youth group at St Johns now called OG (our group, our God) is preparing a short play called "It shouldn't happen to a vet" to be presented at the family service in church on Sunday 12th July at 10.30am. This is our final presentation as we break for the summer holidays but we will commence OG in September meeting as normal on 1st and 4th Sundays at the youth cafe at 7pm.

Low Bentham Methodist

The final act of worship was conducted on Monday 15th June. This was a time of thanksgiving for the work that has been done over the past years.

- Sat 11th Book swap at the Victoria Institute, Low Bentham, 10.00am-12.00noon.
- Sun 12th Bentham Footpath Group walk, Barbon circular, 8 miles, leaders T & J Connolly, 42129. Meet at Lairgill at 9.30am.
- Mon 13th Bloomin' Bentham volunteers gather in painted bus shelter, 1.00pm. Contact 61608 for more details.
- Tue 14th Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.
Singing for All at Looking Well, 2.30-4.00pm.
- Wed 15th **Copy deadline for August edition Bentham News.**
Citizens Advice Bureau at Bentham Health Centre, 1.30-3.30pm.
- Thu 16th Lancaster and Skipton Rail Users Group meeting at the Town Hall, 7.30pm.
Exhibition of Wildflower Artworks - Flowers of the Dales Festival, Looking Well, 2.30-4.00pm and every Wednesday, Thursday and Friday until 14th August.
- Fri 17th Waste paper collection at Lairgill Car Park, 8.30-11.00am. Proceeds to NSPCC.
Age Concern at the Masonic Hall, 10.00am-2.30pm. Taster Session, fun and games activities with Chris Broadhead.
- Sat 18th Goodenber Play Area Committee coffee morning at the Town Hall, 10.00am-12.00noon. 
- Mon 20th Play Ranger Activities at the Playing Fields, 2.00-4.00pm. Free fun and games for 5-16 years old. No booking needed, just bring your own refreshments, and every Monday until 24th August.
- Wed 22nd Citizens Advice Bureau at Bentham Health Centre, 1.30-3.30pm.
- Thu 23rd Stay and Play sessions for babies and children up to 5 years with their carers, Looking Well, 2.00-3.30pm. Thursdays until 27th August.
- Thu 23rd Kite making and flying at Ingleton Primary School, 10.00am-1.00pm. Drink and snack provided. Suitable for most age groups, under 10s will need to work with parents. Details from Alison, 01729 825921.
Welcome-in dominoes for all ages, Methodist Church Hall, for transport contact Nigel or Kath 62272.
- Sat 25th Thornton and Burton WI coffee morning at the Town Hall, 10.00am-12.00noon. For Mothers' Union Charities.
Bentham Footpath Group walk, Penyghent, 6 miles, leader J. Jones 63315. Meet at Lairgill at 9.30am.
- Tue 28th Until Friday 31st July, Jungle Jamboree Holiday Club for primary school children at Richard Thornton School, Burton, contact Liz Whitfield 61230.
Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.
Blood Donor Sessions at Queen Elizabeth School, Kirkby Lonsdale, 2.00-4.00pm and 5.30-7.30pm. Call 0845 7711 711 to book an appointment.
Bentham Footpath Group walk, Gearstones/Thorns, 5½ miles, leaders A. Robertson and P. Parkins, 61285. Meet at Lairgill at 9.30am.
- Wed 29th Healing and Meditation with Gavin Wilshaw, Looking Well, 7.30-9.30pm.
- Thu 30th Leeds-Morecambe Community rail event. 50 years on the Leeds-Morecambe line - public railway slideshow by Noel Machell, 7.30pm at the Lower Town Hall. Tel enquiries to 62031 or 63156.
- Fri 31st Bentham News published.
- Early August events**
- Sat 1st NSPCC coffee morning at the Town Hall, 10.00-12.00noon. 
BCT Open day at Bentham Railway Station, 9.30am-3.30pm.

BENTHAM & DISTRICT CANCER SUPPORT GROUP

(All in the same boat)

By Margaret Hayton

We are having an exhibition of "Wild flowers of the Dales" at Looking Well Studios opening on 16th July. This work has been done by the group under the co-ordination of Phillippa Troutman, one of our tutors. The programme for July is:-

- 2nd July - Preparing for the exhibition.
 - 9th July - Feed back from Conference.
 - 16th July - Exhibition opens.
 - 23rd July - Chrissy Burgess - Felt making.
 - 30th - July Tai Chi with Tony Bennett.
 - Two members are going to the National Conference in Manchester and hope to bring back ideas and information on funding.

If you are a cancer patient or carer or

suffer from a long term illness, please call in at Looking Well; we may be to offer you help and issue you some vouchers for therapies by our skilled therapists. Any one suffering from long term illness is welcome to come along any Thursday from 11.00am-1.00pm.

SPRINGFIELD BOWLING CLUB NEWS

By Teresa Freeman

The club is pleased to inform readers that it will be holding another Country and Western event on Friday 3rd July at 7.30pm in the Town Hall. These evenings have been well attended and greatly enjoyed so we are meeting the popular demand as well as assisting our fund raising efforts.

By the time this is published our new pavilion should be installed but we need further funds to complete the whole project. Thanks to all members and supporters for past and ongoing help. We appreciate it very much.

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LANCASTER AND SKIPTON RAIL USERS GROUP NEWS

By David Alder

The local May-December railway timetables were distributed with the June edition of 'Bentham News'.

Local Line Disruption

Rail users are reminded that because of essential engineering work the Settle-Carlisle line will be closed between Skipton and Carlisle from 10-27th July inclusive whilst the Bentham line will be closed between Skipton and Carnforth from 19-27th July inclusive.

Bus replacement services will be in operation. Please check station information posters or contact National Rail Enquiries on 08457 484950 if travelling within or close to these periods.

The main 2009 Leeds-Morecambe line Community Rail Event will be held on Saturday 1st August when it is anticipated that Northern Rail will run a 'Seaside Special' between Leeds/Bradford and Morecambe to promote the line. Hopefully the special train will also call at Bentham station where there will be a joint LASRUG/ Bentham Community Transport 'open day' from 09.30am at which all will be welcome. Please look out for posters giving more information or telephone Bentham Community Transport on 62753.

The station has now been in its reopened condition for just over a year and a Station Partnership is in the process of being formed to ensure that this important gateway is further improved - thanks are already due to 'Bloomin Bentham' volunteers for their hard work recently in improving the station gardens.

As a prelude to the main event there will be a slide show at Bentham Town Hall on Thursday 30th July at 19.30 given by Noel Machell, a noted NW railway photographer. The show will feature many locations along the Leeds-Morecambe line and will include some fascinating nostalgic images from the age of steam.

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HIGH BENTHAM COMMUNITY PRIMARY SCHOOL

By Catherine Boocock, Head teacher

Nursery visit to Thornton Hall Farm

Children and adults from nursery had the best outing yet last month. We were lucky enough to visit Thornton Hall Farm just the other side of Skipton.

While we were there we fed new born lambs and calves, collected eggs from the hens and were introduced to pigs, bulls, goats, shire horses and a mummy sheep dog with her seven adorable puppies!

The Summer Fair is just around the corner – keep Saturday 4th July free as the PTFA are again offering a fantastic (hopefully drier) afternoon of fun and family entertainment. The theme this year is American Independence Day – look out for class stalls, costumes and if you can help out please get in touch.

Long Service Award

It may surprise you to know that Mrs Whitfield has been working at High Bentham for a staggering 26 years – there isn't much that has happened at our school in the last quarter century that she doesn't know about. On behalf of the Governors, staff, parents and children we wish to congratulate her on this fantastic achievement.

From September 2009 we are looking for a Breakfast Club assistant to work Thursday and Friday mornings from 8 until 9am. Please ring school for details 015242 61412.

We continue to collect vouchers from various organisations so please keep collecting them and bringing them into school for us! Many thanks.

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BENTHAM YOUTH THEATRE GROUP REPORT

By Iain Henshaw

Sunday 14th June 2009 23:35. I'm sitting here trying to predict the future, how will our current production be received? From a production point of view it's been very difficult with cast members dropping out and as yet no rehearsal with a full cast! That said, the group of children and young people we have are a dedicated and fun bunch. If nothing else you should be well entertained and they'll have tremendous fun and a great confidence boost.

In May we had our costume fancy dress walk down Main Street and raised £95.00 in collections on the day and a further £200.00 in sponsorship. Thank you to everybody who contributed.

Now the sad part. After 3 years working with the youth theatre group Ann-marie Powell has completed her degree and it is

now time to move on. We'd like to thank Ann-marie for her boundless and infectious enthusiasm and patience, and naturally, we wish her all the best in her future career. Thank you.

That said and by sheer coincidence, we'd like to welcome Gemma Wright who moved to Bentham last year and has already grasped the nettle and is proving to be a valuable member of the production team. Sue Bloxham is also stepping down. Sue, along with Margaret Cowling, was instrumental in setting up the group. Thank you Sue. We'd be a mere shadow of ourselves without your efforts.

Well that's it so far. We'll be back in the autumn to produce a new play scheduled for mid December - full details to appear later in the Bentham News.

Thanks to everybody who has supported us over the years and if you would like to get involved, either as a committee member or performer, please contact Iain on 015242 61010. You will be more than welcome to join us.

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FOOTBALL AND CYCLING IN MEMORY OF ANDREW METCALFE

By Shirley Brown

In May Bentham's division-winning football team played Bentham's 'old boys' in a match in memory of Andrew Metcalfe, a former player who died from cancer in October last year at the age of 32. It was a really enjoyable evening, with some of the 'old boys' saying afterwards that next day they weren't just stiff and sore, but completely unable to move! They clearly put in an amazing effort because they won the match 4-3, and £400 was raised for Marie Curie Cancer Care.

The organiser, Graeme Cochrane, 'Cocky', who is manager of Bentham's First Team, told me that he intends to make this an annual event, and that as well as raising money for such a worthwhile charity; the Billy Mecca Shield (Andrew was always known as either 'Billy' or 'Mecca' to his mates) would be awarded to the winning team.

Andrew's mother, Shirley, told me that she would like to say a big thank you to 'Cocky' for organising the event, and also to all those who took part. So many people put in such a lot of effort and gave so generously, and it was much appreciated.

But Shirley's not stopping there, she's now going to do her bit to raise money for Marie Curie Cancer Care, who provide free nursing care to cancer patients and those with other terminal illnesses in their own homes, a service that was invaluable to Andrew and his family towards the end of his illness. With her very good friend, Margaret Mason, she's going to cycle the 136 miles coast to coast (C2C) from Whitehaven to Sunderland. They'll be doing the ride when the Bentham News has gone to press, setting out on 17th June and cycling for 4 days along roads and cycle paths. Both women are fit but neither have ever cycled such a distance before so have been doing some serious training, and are hoping for a kind following west wind.

Many people have already sponsored Shirley and Margaret, but it's not too late for you to donate as Chris Humphreys has kindly offered to have a collection tin in The Gallery, Station Road, High Bentham throughout July. Alternatively you can send your contribution (cheques made payable to Marie Curie Cancer Care) to Shirley Metcalfe at Fowgill Park, High Bentham LA2 7AH.

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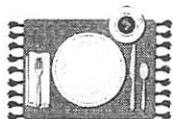
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COOKERY COLUMN

Edited by Patsy Henderson



A Cook's Prayer

Bless my little kitchen
I love its every nook,
And bless me as I do my work,
Wash pots and pans and cook.

May the meals that I prepare
Be seasoned from above,
With blessing and thy grace
But most of all my love.

So bless my little kitchen Lord,
And all who enter in.
May they find only joy and peace
And happiness therein.

Courgette Puff Pie Recipe

350g courgettes, sliced
3 tbsp olive oil
375g pack ready-rolled puff pastry
2 eggs, medium size
2tbsp crème fraîche
75g gruyere cheese, grated
2 cloves garlic, crushed
4 tbsp parsley, chopped
50g breadcrumbs

Method

Preheat the oven to 200C, gasmark 6. Put the sliced courgettes onto a large baking sheet and drizzle with oil. Put in the oven and roast for about 8 minutes. Move the courgettes onto a sheet of greaseproof paper.

Roll out the pastry on a floured board to make a 30cm square. Lift the pastry onto the baking sheet. Crack one egg into a bowl and spoon in the crème fraîche. Whisk lightly then add 50g of the cheese, plus the garlic and parsley. Season with salt and black pepper. Arrange the courgettes across the middle of the pastry and pour the egg and crème fraîche mixture over. Scatter the remaining cheese on top. Gather the pastry edges up and over the filling to make a rim. Chill for 10 minutes. Beat the remaining egg and brush it over the pastry. Bake for about 30 minutes until crisp and golden brown.

NATIONAL BLOOD SERVICE DONOR SESSIONS AT INGLETON

By Emma Bland

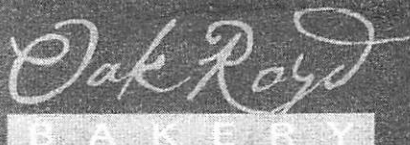
I am writing to you with details of sessions that the National Blood Service will be holding in Lancashire during the month of July 2009. I have included details of the sessions taking place in your area below.

As ever we would be very grateful if you could promote the below sessions. With each media entry or announcement it is important to include the below statement alongside the session details:

Please call 0845 7 711 711 to book an appointment.

Sunday 12th July - Bentham & Ingleton
Ingleborough Community Centre, Main Street, Ingleton. Session times are between 10am - 12.30pm and 2.30pm - 4pm

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LOOKING WELL NEWS

By Clare Hucknall

Summer has arrived and the garden is looking great! At the Enormous Turnip Club on Tuesdays in July from 2pm, we will be looking at: organic pest control, summer pruning, harvesting and storing veg; planting for winter/spring harvests. The sessions are free and friendly and a great way to learn and enjoy more about gardening.

We welcome lots of little ones to the Looking Well at the Stay and Play sessions on Thursday afternoons, 2.00-3.30pm from 23rd July to 27th August. Come along to free, fun activities led by the North Craven Children's Centre, ideal for children 0-5 years.

Are you looking to learn something new, or get back into learning? Positive Futures is a project running during our Café IN on Weds from 11-1.30. This informal setting

gives access to individual learning and training opportunities with one-to-one support.

So if you, or someone you know, might benefit from this enhanced-supported learning please get in touch with Rosie Jackson 07890 011298 or Linda Kellaway 015242 62672.

The last of the current Singing for all sessions in on 14th July. We hope to re-start these in September, possibly on a different day, so please let us know your preferred times/day. We are also gathering names of anyone interested in attending Pilates classes in Benthams. Please get in touch and we can keep you posted with start dates etc.

A huge thank you to all who attended our Open Day in June; old friends and new, and to all the volunteers who helped make it such a memorable - if cold - day!

If you would like further details on any of above phone Julie on 62672 or (e-mail) julie@pioneerprojects.org.uk

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BENTHAM PEOPLE



Personal Thanks

Lawson - the family of the late Mollie wish to thank relatives, friends and neighbours for their kind expressions of sympathy, cards and donations received the Extra Care Fund. Thank you to Rev. Clive Burgess and Joe of Brawn and Whittaker.

Thanks

Nancy Campbell - I would like to say a big thank you to all my family, friends and neighbours for all the help they have given me over the last few weeks. I have now been diagnosed with another ailment called P.M.R. Thanks also to Dr. Howlett who has been very kind and also the friends at chapel for their prayers and flowers. Thanks to you all.

Betty Dodgson would like to thank family, friends and neighbours for their flowers, get well cards, good wishes and offers of help after her recent hip operation. Thank you.

Charities Thank You

Bentham Age Concern would like to thank all who contributed to making their coffee morning such a success. Approximately £360 was raised for the benefit of members.

Bentham Line Dancers have recently made two donations, of £100 each, to local charities Age Concern and Blind Welfare. The donation reported in May was not to Settle and District M.S. Branch as stated but to the Air Ambulance - apologies for the error. We recently had visitors to our Thursday evening meetings. Ted and Mo Hughes from Gwernymynydd in Flintshire joined us and obviously had a good time. We had a card from them thanking us for the laughter and smiles and they have promised to come again. The name of Bentham is known in Flintshire and at least it is easy to spell! - *Audrey Shallcross*.

Karen Wright - May plant sale and open garden, Bellhurst, Wray. Many thanks to all who supported the event. We raised £1,020 for Bentham Health Centre.

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WANTED BY BN

There are currently one or two vacancies on the BN Editorial Committee. Anyone interested in becoming involved in this successful, long-running community venture should apply in writing to BN Committee via The Gallery, Station Road, High Bentham, or to ask more about what it involves please telephone either Bill Kennedy (62492) or Shirley Brown (61608).

LITTLE RED BUS

By Anne Yaman

By request we will be running a bus from Bentham to Ingleton to support the Ingleton Home Guard weekend. Please look out for posters giving times, pick up points etc.

BENTHAM NEWS ACCOUNTS

By Ken Robertson, Treasurer

The accounts for the year ended 31st December 2008 were recently presented to the committee, showing a satisfactory financial position at the year end. To date advertising has not been adversely affected by the current economic climate and so, despite rising costs, there is at present no need to increase advertising rates. The committee will, however, continue to keep the situation under review.

Anyone requiring a copy of the accounts should contact Ken Robertson at 015242 61285.

BENTHAM MEDICAL PRACTICE

By Shirley McDonald

Ingleton Branch Surgery

For a long time now our doctors and nurses have worked entirely alone regularly at our Ingleton Branch Surgery. Although this has never been ideal, recent events have dictated that this is no longer acceptable.

As a result we have decided to change the way the surgery operates. From 1st June Ingleton surgery is open for standard surgeries every morning. It also opens as required in the afternoon for doctor/nurse clinics. Patients will not suffer any inconvenience as a result of these changes. In fact we are implementing some major changes in the next few months to increase the level of service we offer. More details on this soon.

If anyone has any problems or queries regarding this then please contact either Jonathan Scott or me at the main surgery.

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Dear editorial committee,
Cllr Manuel Camacho attacked
the Craven Herald in the June
issue of Bentham News. I am
sure you will allow me to reply
as what he said was not strictly
accurate, unintentionally, I am sure.



During a policy committee debate specifically about a mysterious £2 million loan taken out by Craven District Council in 2007, Cllr Marcia Turner said that the £2 million had been intended to clear a pensions debt. The Herald reported this accurately and in context. After the report appeared, Cllr Turner then said she had been talking about another £2 million.

Cllr Camacho said in Bentham News that our report contained glaring inaccuracies. There was no inaccuracy in the reporting of the meeting. The content of the report certainly caused some confusion but it is wrong to "shoot the messenger".

Cllr Camacho went on to say, rather condescendingly in my view: "The councillor quoted (bless her!) does have a somewhat convoluted way of making her point at times." And he then said: "I have no reason whatsoever to question Cllr Turner's honesty or integrity." Quite right, too. Nor has the Herald ... and nor would it, so that was a strange remark to make.

He also said that the Herald article implied that a number of councillors had called for an inquiry into the £2 million loan when in fact it was just one member. Both Cllr Robert Heseltine and Cllr David Ireton, to name but two, have done so publicly and others have told the Herald that they support such a call.

I applaud the Bentham News for providing an excellent local service. Long may you continue to do so.

*Peter Greenwood,
Editor,
Craven Herald, High Street, Skipton*

Dear Editors of Bentham News,
Having read the Bentham News for many years, and always thinking what a good publication it was, I was rather upset and dismayed to see your front cover picture and article by Keith Hartley on the tip at Keasden

in Clapham cum Newby Parish and it is as Chairman of Clapham-cum-Newby Parish Council that I felt I should reply, because if Mr. Hartley had made contact with us first we could have informed him that plans have been made to deal with the problem and are mentioned in our Parish Plan which we carried out and published last year, and it really was unnecessary to splash it all over the front page of the May Bentham News.

There has been a problem with people fly tipping here and not local people either as we are as keen as anyone to see the mess cleared up, so in future may I politely ask that your correspondent contacts us first before creating a dramatic front page for Bentham News.

*Yours faithfully, Colin Price, Chairman of
Clapham-cum-Newby Parish Council.*

Dear Bentham News

Thank you to everyone who filled a Christian Aid envelope during the house-to-house collection. The amount raised in High Bentham was £1,549 and Low Bentham £452, so we collected over £2,000 despite the recession.

Austwick, Clapham and Lowgill also collected and their totals were £446, £647 and £240 respectively, making a total from our cluster of parishes of £3,334.

A special thanks to the 30 collectors in Bentham and Lowgill and all who helped with the Service of Thanksgiving for Christian Aid on 17th May and the counting on 21st. Special thanks to Janet at the NatWest Bank for checking our figures and bags of change.

Over the whole country Christian Aid raise £1 million from the gift-aid declarations alone so I hope you can agree that it is worth finding that loose change or completing a cheque and gift-aid slip! At one household, not in Bentham, a woman asked her collector to wait whilst she handed the envelope around her large family, so we may be suggesting that next year to people we know very well!

*Yours sincerely,
Stephen Dawson*

Letters continued on page 32

LETTERS (Continued from page 31)

Dear Bentham News,

I was both dismayed and disgusted to read the report regarding pay and display parking from May's Town Council meeting.

Dismayed at the fact that Bentham's much used car parks (keeping vehicles off the public roadsides) are to be turned into a money making machine for Craven. How much is this exercise going to cost installing, maintaining and collecting from these machines, painting lines etc? At present the cost of these car parks appears to be very little so perhaps Craven's view is that spending our hard earned taxes in this way somehow makes sense, but not, I'm afraid, in my book.

Disgusted that our representatives seem to have given up on our behalf, although Cllr Barnes did state the obvious that parking charges would cause severe damage to trade in Bentham. Charging visitors for the privilege of coming to our town does not improve our image and certainly not now that the public toilets are not open for them. So come on Bentham people, let the powers that be know what a stupid idea this is.

Yours, Hazel Kennell, Parkfoot.

Dear Bentham News

It seems I have *upset and dismayed* Mr Price enough already, so have no wish to compound the problem by chucking verbal bricks across the A65. I could not, however, allow his letter to sit without a response, and this will also serve as the update I promised in my May article

Quite simply, I did not contact him or his Parish Council colleagues because I didn't know of them. The appearance of the Keasden tip shows very clearly that if any local attempts have been made to address the problem they have been spectacularly unsuccessful to date. Mr Price's assertion that the Parish Council's intentions to "deal with" the problem were mentioned in the Parish Plan last year serves only to illustrate my point. The tip is not a new one and is the result of many years of deliberate vandalism. It is big, and will require considerable resources to restore it to anything like its natural state. In light of this I felt it

appropriate to seek information at District level rather than make local enquiries. Hence my contact with the Environmental Services Department of Craven District Council.

A fortnight ago I was contacted by a reporter from the Lancaster Guardian who said he was doing an article on the tip (*see Guardian 12 June*) and asked permission to use my photograph. He asked also if I had any later information on the tip, which prompted me to pay a hurried return visit to the site. I was *upset and dismayed* to find that not only had nothing been done but there were new tractor tracks around the tarn and evidence of some new dumping.

Were I the Chairman of the Clapham-cum-Newby Parish Council I would be very reluctant to even admit that this mess was on my patch, let alone castigate those who use the medium of newsprint to try to get it changed. Sorry Mr Price, but I don't intend to let it drop until that happens. It would, however, be good to have you on board to add weight to our efforts.

Yours sincerely, Keith Hartley.

PS Should anyone else feel that I may have been over-egging the seriousness of this situation, the tip is located within the Forest of Bowland Area of Outstanding Natural Beauty at Grid Ref. 730635 and I would urge them to see it for themselves.

Dear Bentham News,

Punch Bowl Hotel, Low Bentham

Pat and Trina (oh and not forgetting Fudge and Ruby) from the Punch Bowl at Low Bentham would like to say a big thank you to the people who have helped, supported us and used the pub in the last year. Although we were on a temporary basis, and are pleased to be moving 'home' to Arkholme to take over the Bay Horse pub, we are sad to be saying goodbye to you all.

We have made many lovely genuine friends and will be taking lots of memories with us. We hope you will pop in regularly and see Jen, Claire and Jay and support them in their new venture and help them in keeping one of 'your'? local village pubs thriving.

Yours sincerely, Katarina Pardula.

Letters continued on page 36

ST JOHN'S FUN DAY REALLY WAS A SUN(NY) DAY

By Revd. Clive Burgess

Thanks to everyone who helped to make our fun day on the 14th June such a brilliant success. Blessed with the best possible weather we were all able to enjoy lots of games...bouncy castle, five a side footie and extremely competitive rounders, childrens' races for all ages, with skipping, running, egg and spoon, all with prizes for the winners presented by District Councillor Lin Barrington. There was a fun boxing match for the little ones and fun fishing in the ball pool.

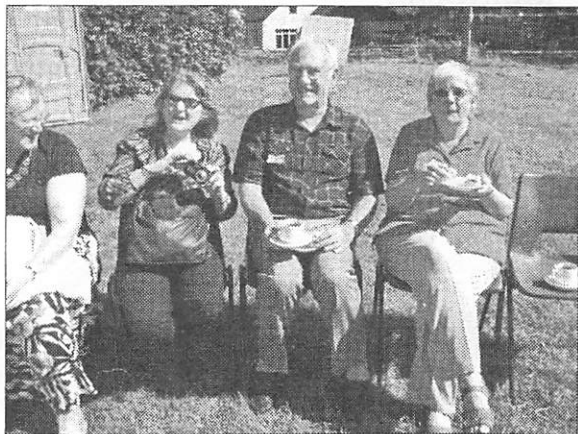
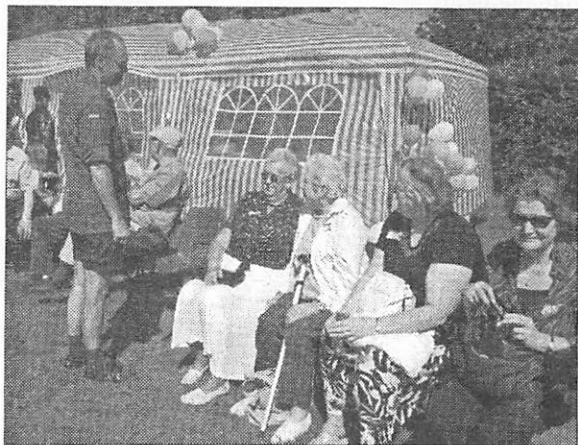
There were excellent refreshments thanks to the team, with ices, cream teas and the odd beer to wash down the very tasty Bar-B-Q.

The atmosphere was that of an old fashioned tea party on the lawn with children playing and the older folk sitting enjoying the sunshine.

As you can see from the pictures on the right, there was fun and good company for old and young alike. The pictures have been provided by courtesy of Dave Lewis.

With musical entertainment (Elaine singing songs of the 1940s bringing memories of war time Britain and the forces' sweetheart, Vera Lynn) on hand and a joint vintage British/US army contingent from the Ingleton Home Guard the afternoon went with a real swing and was rounded off appropriately with a very well attended 'songs of praise' service led in church by members of the Kirkby Lonsdale Brass Band. Thanks again everyone for all your hard work.

Don't miss our next major event which will be a general auction at Bentham Town Hall on 9th October.



BENTHAM COMMUNITY CENTRE

By Sharon Haslam

Although I have attended a number of Town Council meetings along with other members of the Bentham Community Association I still have no idea what intention the council has for the Community Centre.

Rumour has it that it may be a facility for youth and not the wider community and that they are looking at the possibility of purchasing the building.

At one meeting I informed the Council that if their intentions were to purchase the building then they need to do their research on the "Quirk Review of Community Management and Ownership of Public Assets". This 51 page review talks about community asset transfer, community empowerment and ownership. The progress update stated that, "In his Pre-Budget Report in December, the Chancellor announced that the Office of the Third Sector

(OTS), within Cabinet Office would be establishing a £30 Million fund to support the refurbishment fund of public assets to facilitate their transfer to communities".

So my point is if the council is making plans to spend public money, has it researched all the options?

My understanding is that councillors are elected by the community to represent the community through access to information, consultation and negotiation. How will this be possible when the public is excluded?

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BENTHAM AND DISTRICT PET RESCUE



By Sue Arnott

We often receive calls from people looking to adopt kittens and most of the time we have kittens who need homes. Bingo! Everyone is happy - though not all new owners are ready for the chaos a playful kitten can cause!

It is a sad fact that some of our older cats stay in our sanctuary for far too long - up to a year in some cases although eventually they usually find that patience is rewarded and there is a happy ending after the long wait. Regular readers of this column may remember Bracken, a cat of 'mature years' who has watched other cats come & go for over twelve months but has always overlooked. Well, we're delighted to report that he now has a loving new home and, most importantly, a lap to sleep on!

Unfortunately we now have another middle-aged cat who has come into our care as his elderly owner recently passed away. This good-natured grey and white cat is missing the company of his friend, and like Bracken, just likes to sleep, eat and sleep some more. He would be a wonderful companion for someone living alone but confined to home for all or most of the day. Pets can make a huge difference to people's lives and their health too, helping to reduce stress and anxiety (although I wouldn't recommend a three month old kitten to anyone with high blood pressure!).

Elderly people do often worry about who would care for their pet if they had to go into

hospital at short notice, or the cost of unforeseen vet bills. But it's in those kinds of emergencies that Bentham & District Pet Rescue is here to help.

If you would like to find out more about offering a home to any of our adult cats, please ring Pat at the sanctuary on 63048 or take a look on our new website www.benthampetrescue.co.uk. Please note for general queries about B&D Pet Rescue, or if you'd like to get involved as a volunteer, ring our secretary, Pam, on 01729 860235.

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LETTERS (continued from page 32)

Dear Bentham News,

I think there is nothing more ridiculous than closing our Public Conveniences.

With a town the size of Bentham, trying to attract business and holiday makers here what impression does this give to outsiders? Apart from the Town Hall, where facilities are not advertised and which is not always open, I presume visitors are supposed to rely on Public Houses and shops to solve their problem. It is not fair on these outlets to provide a public facility because Craven Council are caught short cashwise.

I am thinking of erecting a notice in my garden "Emergency Toilet Facilities available here - P Free"!

Mary Phillips

Dear Readers,

As a member of BN editorial committee it is very pleasing to see the increase in the number of letters submitted to the publication. It shows that people do read the

articles and are sufficiently moved to put pen to paper to let us know their views on what has been written.

I have copies of the Sancler Times, (St. Clears, Carmarthenshire) sent to me by the editor and in the Summer edition he wrote "The primary purpose of any community newsletter is to create opportunities for debate about issues of local importance. Inevitably some subjects will be controversial - parking charges, housing developments etc - but your newsletter should be a forum for dialogue and debate, not simply a collection of events and a few pictures"

How true, and how it reflects the views of our editorial committee here in Bentham.

We look forward to your comments.

Peter Phillips



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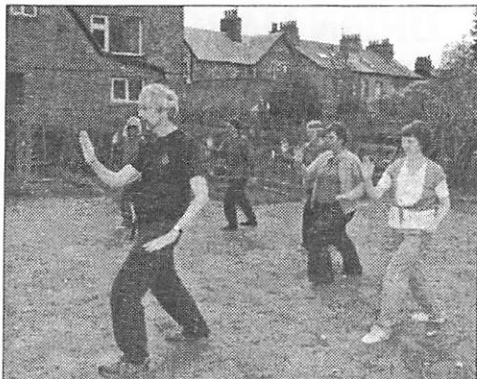
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BENTHAM CELEBRATES WORLD TAI CHI QIGONG DAY

By Tony Bennett

A group of people came together in the beautiful garden of the Looking Well on the morning of Saturday 25 April to celebrate World Tai Chi Qigong Day. This is an annual event held worldwide in an estimated 64 or more countries, involving millions of people. Its slogan: One World ... One Breath ...

WTCQD is an organization whose primary mission is personal and global health and healing. It works toward this goal by educating millions of the emerging medical research on Tai Chi and Qigong, explaining the nuances of Tai Chi and Qigong in plain language. In America, they consult health care, corporate, government and educational institutions about integrating these health tools into society at all levels. This has profound global implications. In the US alone annual health costs will exceed \$4 billion each year at current trends. "Stress causes 85% of illness, according to medical research. The savings of educating people in the powerful ancient mind/body sciences of Tai Chi and Qigong is a natural step for nations worldwide."

You can learn a lot more about this initiative by going to the website: www.worldtaichiday.org

Benefits of Tai Chi Qigong

Preventative and palliative. Relieves: Stress, Stiffness and aches, anxiety and depression, chronic health conditions. Improves:

posture, flexibility, coordination, concentration, ease and capacity of breathing, energy level, grounding, balance and poise, general level of fitness.

Promotes: Health in mind and body. A sense of being in control. A sense of peace and well being.

AREA FORUMS

Date for your diary 16th July 2009 – 3-8pm.

We need your views about public services!

The North Craven Area Forum held at Ingleborough Community Centre is a chance for you to have a say about the decisions the Council and other organisations, such as Police, NHS, Craven Housing make which affect you. The forum gives you the opportunity to tell us your opinions, ask questions, get advice or gather information.

To help us hold meetings that are relevant to you, please let us know what you are concerned about. Contact Stronger Communities on 01756 706290 or email: hsteventon@cravendc.gov.uk

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A portfolio of my work can be seen on request, and articles can be assessed without obligation.

NO GAIN - NO PAIN!

This is my response to the throw-away culture; and it's effect on our economy. What's yours?

Bicycles and other vehicles, machinery, antiques, heirlooms, metal furniture, it's a never ending list.

I do hope I can help.

Kerry Burns.

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CHANGING TIMES LEAD TO DIVERSIFICATION

By Christine Hodson

Kerry Burns lives in Low Bentham, and for the past 23 years he has made wrought-ironwork, mostly for listed buildings, churches, and old houses of character.

Living in these changing times has led Kerry to diversify his business to include bicycle repair and motorcycle maintenance. He works from Pye's Mill in High Bentham and can offer a wide range of repair and restoration work. The expanded bicycle repair side to his work includes the diagnosis of a bike's faults and advising on the most suitable place for repair, even the older bike can be repaired. A collection and delivery service is offered too.

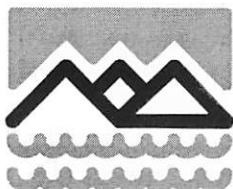
Kerry's background as a child was to make his own bike from abandoned bits and pieces which led him to motorcycle repairs and developing his skills in metalwork. Interestingly Kerry was in the Air Force in his 20s and worked on Avro Vulcan bombers making wiring looms. And if you'd like a pleasant little wooden chalet, with a central barbecue, seating all round, and a central chimney, for all weather garden "barbies", he can make you one of those too. Kerry is keen to pass on his skills through one to one tuition, if you ask him.

Kerry also designs and builds multi-fuel stoves to suit any interior, including the poker and where to hang it! Contact Kerry on 61034.

CELEBRATING WITH A TOUCH OF SADNESS

By Keith Hartley

Joan Clapham bids a wistful farewell to the chapel in which her parents worshipped, and in which she herself was both christened and married. Changing times and receding membership have combined to necessitate the closure of Low Bentham Methodist Church. The chapel, which first opened its doors in July 1886, held its final act of public worship on Monday 15 June in a service that celebrated the work of the chapel over its 123 year life. Joan was one of many people with strong emotional ties to the chapel (or just some happy memories) who attended the service, which was conducted by the Revd Roger Fox. The final address was given by the Revd David Briggs of Settle.



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MORE PICTURES OF THE OPENING OF THE SOLE TO SOUL BUILDING - STORY ON FRONT PAGE



The picture at top, left, shows 97 year old Mary Bowker cutting the tape to officially open the new building. She is accompanied by Marie Payner.



Pictured top right is the corner stone to commemorate the completion of the building and on the left a group of Marie's customers and friends listen to Pauline Turner presenting the official opening speech, prior to the tape being cut.

There was a good crowd of wellwishers at the event, held on a lovely sunny morning, and refreshments were served after the formalities had been concluded.

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 the month prior to publication. The BN email address is: benthamnews@lycos.com