

BENTHAM NEWS

POLICE REPORT OF INCIDENT AT WATERFALLS WALK - BRAVE BENTHAM BOYS TO THE RESCUE

By Police Sergeant 42 Angela Moorhouse

On the afternoon of Sunday 12th July the emergency services were called to an incident at the Waterfalls Walk in Ingleton where four young men had got into difficulties whilst walking in the gorge.

North Yorkshire Police, West Yorkshire Ambulance Service, North Yorkshire Fire and Rescue and the CRO were all despatched to the scene.

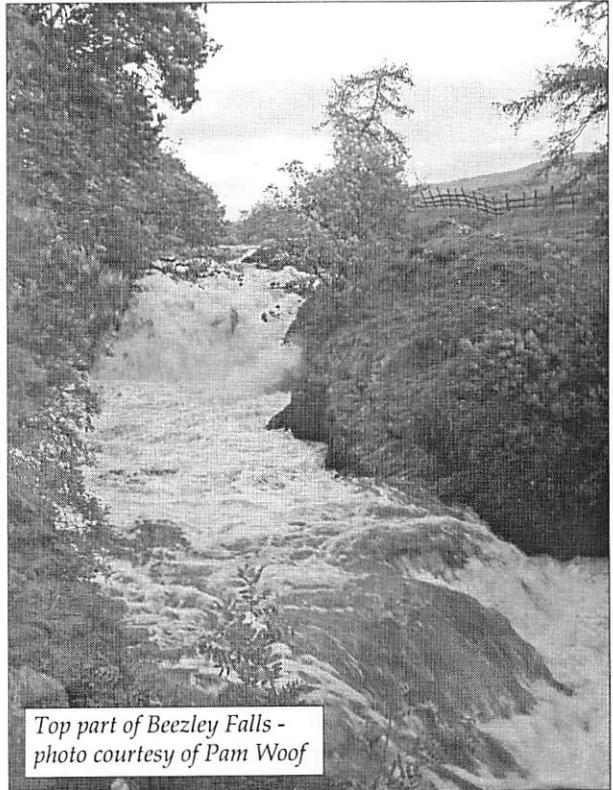
One of the men had slid down Beezley Falls but ended up being swept away by the current and was being held in a "whirlpool". One of his companions jumped into the water to help him and they both became trapped in the swirling water.

Quick thinking and action saves lives

Four young men from Bentham (aged 15) just happened to be in the area and helped the men in the water. They threw ropes to them and made a buoyancy aid from an old barrel and ropes from a nearby farm (quick thinking indeed). This enabled one of the men to get himself out of the water while the remaining casualty stayed in the river being held up by the barrel.

The casualty was taken by air ambulance to Lancaster Royal Infirmary where he was placed on the intensive care unit. His condition has since improved and he is expected to make a full recovery over the next week.

I have no doubt in my mind that had it not been for these brave Bentham boys then the outcome could have been very different. Their quick thinking and actions at the scene assisted in saving the lives of these men and while other people stood by filming the unfolding incident, they actually went into action and prevented what could have been a terrible tragedy.



*Top part of Beezley Falls -
photo courtesy of Pam Woof*

ONE MAN AND HIS WALLET

Inaugural Sheep Dog Sale a Great Success

By Keith Hartley

Sheep dog sales are not new. They are, however, quite rare, and the sale held at Bentham and District Auction Mart on Saturday June 27 was the first one ever to be held in the Bentham area. Auction Mart Manager Stephen Dennis told me that the level of interest was incredible, with dogs being offered from Macclesfield, Bishop Auckland and many farms between. Buyers appeared from even further afield, including Devon, Luing Island in Scotland, North Wales and the Isle of Man.

A total of 44 dogs were offered for sale, around half of which were unbroken dogs and pups from 7 weeks old, and half were trained working dogs.

'Mist' a three year old black and tan bitch offered by Mr B Belfield of Macclesfield, made the highest price of the day when she was bought for 1,400 guineas by local farmer Nigel Barker. Nigel also placed the highest bid of 2,700 guineas for 'Wenndale Nell,' a fully trained working bitch offered for sale by a Wennington trainer and breeder, but his bid failed to meet the reserve price.

Both buyers and sellers commented favourably on the appropriateness of the Auction Mart field as the venue for the event, which afforded adequate space for working dogs to be seen in action, but which was also small enough to allow effective communication.

Auctioneer Russell Steer said, "As Bentham has such a high throughput of sheep it seems only natural to have a sheep dog sale. The combination of glorious sunshine, great atmosphere and strong trade, made for an enjoyable and successful day, which we hope to repeat in October."

Sale Results Summary

75% of animals offered for sale were sold.



Working bitches made up to 1,400 guineas, with an average of 820 guineas

Working dogs made up to 1,250 guineas, with an average of 639 guineas

Pups made up to 350 guineas, with an average of 162 guineas.

The picture shows 'Jip,' a four year old dog being put through his paces by owner Mr P Murphy of Millom.

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JULY'S TOWN COUNCIL

By Peter Phillips

All the councillors were present at the meeting. A paper ballot was held to elect a Councillor for the vacancy in Low Bentham and Mrs Anne Yaman was elected. A letter of thanks will be sent to Mrs Viki Hindle, the other candidate.

County Councillor Ireton reported that Cllr John Watson was now Deputy Leader of NYCC. He said that no progress had been made on either the new school or Community Centre. Replying to a question about grass cutting he explained that we had no say over equipment provided as the central contract covered the whole county.

District Cllr Camacho said that the Goodenber Road development should start in August but there was a problem with the skate park application because of a tree on the site.

Waste Management

Both District Cllrs spoke on the proposed fortnightly collection and said that the survey had received very negative feedback. The committee said that before more recycling could take place better facilities must first be provided. The matter still has to go before the policy committee to consider potential savings.

Heritage Trail Upkeep

Footpath Group members have provided the Council with full details of work needed for this and Bentham Development Trust have offered to cost the work and apply for grants to cover the cost. This means that the Council may not have to precept for the repairs.

Correspondence

The Council will send a letter to Craven reiterating its opposition to the proposed parking charges.

After receiving a third reply to questions concerning the 2 million pound loan which failed to answer Council's questions, the Council decided not to waste any more time on the matter.

Highway Matters

The council agreed a proposed diversion to

a footpath at The Ridding, Low Bentham, provided that NYCC Highways were happy with the access to the road.

Eight replies received concerning parking at the top of Grasmere Drive are being forwarded to NYCC Highways. The council will meet with David Cairns to discuss the best way forward.

There was much discussion over 2 plans for proposed traffic flow alterations in Bentham Main Street. It was proposed that no changes be considered until the effects of the new parking charges are known. Because any changes will take up to 2 years to implement it was proposed that moving the parking and implementing loading bays should go to the next stage to avoid potential accidents caused by vehicles driving on the pavement.

Low Bentham CP School Field

The Council has agreed to lease the school playing field on a temporary basis until the school is sold, subject to reasonable requirements from NYCC Property, and to prepare for this they will take steps to level the field.

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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).

BENTHAM SHOW

By Val Lawson

The 137th Bentham show is to be held on Saturday 5th September 2009, on Bellfleckers Field, Bentham. This year's president is Wendy Dowbiggin. Wendy has lived in Bentham all her life, attending and exhibiting at the show from being at High Bentham Primary School. Bentham Show has been part of her life, exhibiting over many years in the Floral Art classes.

The usual classes are being held Cattle, Sheep, Horses, Shire Horses, Show Jumping, Pygmy Goats, Handicrafts, Horticulture, Photography, Stick Dressing, Poultry & Pets.

The Companion Dog show with 6 Pedigree classes and 19 Novelty classes starts at 12.00 noon with the proceeds from the dog show going to HAPPA and PDSA. The ATV Bike competition is organised and run by R Taylor & Sons. Display of birds by Corio Raptor of Bentham. Tug of War Competition Teams of 6. Parade by the Vale of Lune Harriers is at 1.30pm.

Grand Parade of prize winning animals is at 3pm, followed by the presentation of Cups by our President. Parade of vintage vehicles follows the grand parade.

Full schedules available from local shops or the secretary (015242) 61606, who looks forward to receiving your entries. Closing dates are in the diary pages. Entries taken on the day for Horses, Companion Dog Show and Pets.

Come along with your family and friends on the 5th September - you'll have a great day out with something for all the family.

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CRAVEN CONCERNS

By Cllr Manuel Camacho 015242 62074

Majority of Council's Financial Services to be retained in house

Members agreed to the continued in-house provision of most of the Financial Support Services at Craven District Council with the possibility of a limited number of specific areas to be delivered by Harrogate Borough Council.

Members had agreed in April to pursue a partnership arrangement for the provision of Financial Services with either Harrogate or Pendle Councils. At that time an in-house solution wasn't thought to be a viable option given the difficulties of recruiting and retaining qualified local authority finance staff. Under the supervision of Mrs. Goodhall these problems have eased.

Discussions are taking place with Harrogate Borough Council on the possible provision of the following services: Internal Audit (currently provided by an external contractor), Procurement (would complement the limited capacity available in house) and the development and support of Agresso, the Council's Financial Management System (again this would complement the limited capacity available in house and could potentially enable a sharing of upgrade costs).

The Council will appoint a Strategic Manager for Financial Management who would take the lead in improving the Council's Finance structure. Until that new structure is in place the present agency staff will remain.

The above is an extract from a recent press release; recent events highlight the need for a good reliable finance service. I personally am pleased that we will continue to run our own service. Contracting out has its benefits in a few cases, this is not one of them (in my opinion).

Craven District Council has welcomed the Audit Commission's encouraging report into its strategic housing service. The Audit Commission reviewed the service in April and has given it a one star fair rating. The Council is performing well in areas such as affordable housing and returning empty properties to use.

The Audit Commission also noted that the

Council's housing department has a positive track record of delivering improvements and that it is committed to enhancing standards of housing.

The report made recommendations for improvement such as: improving the approach to equalities and diversity, improving information about housing need and housing stock condition, addressing temporary accommodation issues and giving evidence on how the service demonstrates value for money. The Council will consider how best to implement these recommendations in the near future.

The Council no longer owns or manages any Council housing. Its stock of 1,540 properties was transferred in March 2003 to Craven Housing, part of the Yorkshire Housing Group, following extensive consultation with tenants.

As the local housing authority, the Strategic Housing team carries out a strategic housing function, to ensure that the Council responds to national, regional and local housing priorities and that people have access to affordable housing opportunities.

The Council is still responsible for producing and promoting housing strategies to deliver decent affordable housing to meet the needs of Craven residents. This entails identifying housing need in the District and working in partnership with the planning authorities, Registered Social Landlords (Housing Associations), the Homes and Communities Agency (formerly the Housing Corporation), Health and Social Services authorities, private sector landlords and other private and voluntary organisations to maximise the supply of property and services to meet that need.

The Council also still has a duty to prevent homelessness wherever possible, and to assist the homeless where it is not.

The Craven Herald

Shock, Horror. It would appear that I have offended the editor of the Craven Herald in a previous article. Having re-read the article I am happy with it and would not feel constrained in future articles. My job is to report to you the CDC view of the world which I will do as best I can, whether I like it or not. I will also continue to separate my view from that of the Council where appropriate.



BEST NEWS

By Annie Neligan

Giving and Taking

"Great, really good. All this stuff saved from landfill – and people enjoyed it. They got rid of things they didn't need and lots of people walked away with a big smile on their face and something they could use. Everything from a bike or a computer to car shampoo or a belly dancing kit. We're keen to get people thinking about waste in a different way – and today they are doing!"

We were speaking to John Sutcliffe, the Waste Minimisation Officer for Craven at the Freecycling event in the Town Hall on the 20th June. Many things, a bookshelf, a table lamp, a tin of toffees, a guitar, walked straight back out the door as soon as they walked in.

With all the comings and goings, the job of measuring was a hard one, but a tally was kept, and it's estimated that, of the three-

quarters of a ton of goods brought in, only 12% was left at the end.

It was so successful that we'll have another event early in the New Year (provisionally booked for 23rd January). So don't fill up your bin with stuff that will choke up the landfill site in Skipton when it might be just what someone else is looking for. Save it for the Low Bentham Trash and Treasure stall or the next Freecycle day in High Bentham. If you can't Repair or Reuse it, the chances are there is someone here who can.

BEST stands for Bentham Environmentally Sustainable Town. The next BEST meeting will be on Thursday 20th August at 7.00pm in the Horse and Farrier Inn, Main Street.

All our meetings are open to everyone; do come along and help make Bentham a greener town. If you'd like to know more about BEST, phone 63399 or email BEST@tathamfells.me.uk

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LITTLE RED BUS



By Lin Barrington

Now that some of Bentham Community Transport's buses have become red, we realise that people see us about but are not sure what we do and how we operate. In the Bentham area, Little Red Bus runs a variety of services:

North Craven Taxibus

This little bus now carries about 20 passengers per day, taking them into Bentham or Ingleton for shopping or to link up with the bus to Settle, to the surgery, the optician etc. We operate it under a 'Restricted Operator's Licence', which applies to buses with 8 seats or less, and passengers can use their bus passes. We have a contract with North Yorkshire County Council for the Taxibus service.

Volunteer Car Scheme

We have wonderful volunteers who drive their own cars, give their time free and receive an amount per mile toward their driving costs. These drivers take patients to the surgery or to other appointments, and then wait for them and take them home. We operate the surgery scheme in partnership with Bentham Surgery; the Surgery phone us to tell us who they want us to pick up to see the doctor, nurse, chiropodist etc. This is part-funded by the surgery's Extra Care Fund and by donations from the passengers.

We would welcome more volunteer car drivers, so please get in touch on 015242

62753 if you are interested.

School Transport

We take children by minibus to link up with bigger school buses taking them to Ingleton and Settle, and operate minibuses taking children to High Bentham, Clapham, Hornby and Settle schools, under contract to North Yorkshire County Council. These services are operated with a 'section 19' permit, which is a less expensive licence and we can use non-PCV drivers. Little Red Bus can operate this way because we are a not-for-profit organisation, but some other operators feel this is unfair.

Day Trips and Group outings

We run some day trips in the school holidays and at weekends, and also transport local groups such as the football club, WI etc. We could do more trips if we had more drivers, so if you would like to become a volunteer driver for Little Red Bus, we would love to hear from you on 015242 62753. Our buses can be driven by anyone over the age of 25 with a 'D1' on their licence and we provide training.



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WOMENS' INSTITUTES

Low Bentham

By Jennifer Watkinson

Inspite of inclement weather, a pleasant evening was spent in Greenhead Barn's garden, home of the President, Mrs Ruth Sephton. Sitting in the comfortable summer house or under the large gazebo, members appreciated the lovely terraced garden and the magnificent views, whilst chatting amongst themselves, drinking tea and coffee and sampling the delicious cakes that Mrs Sylvia Brennan had specially baked for the occasion. Albums showing photos of the progress of the garden from a field to its present state were passed around. A fundraising bring and buy plant sale was also held. Thank you, Ruth and Henry for your hospitality.

On a lovely summer evening two teams from Low Bentham competed in the three and a half mile treasure hunt organised by Giggleswick W.I. The "A" team came third in the annual Ingleborough group fun

competition. Afterwards they enjoyed a tasty supper provided by the hosts.

On 20th August David Allison's talk is entitled "Round the world with a whistle" and the competition is for a whistle or a globe. Why not join us?

High Bentham

By Anne Yaman

The July meeting was entertained by Peter Watson, a welcome returnee to High Bentham, who had the ladies glued with his talk on "Stranger than Fiction". He was welcomed by President, Miss Wendy Dowbiggin and thanked by Mrs Chris Lewis.

The business part of the evening reported a very successful theatre trip to Lancaster. The ladies were looking forward to a meal out on Thursday 16th July. Members were reminded of Bentham Show on 5th September when it is hoped to see a lot of entries.

We had a very successful coffee morning on Saturday 4th July. Thanks for the support.

The next meeting will be on Thursday 6th August at 7.30pm in the Lower Town Hall when all visitors will be most welcome.

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Sat 8th Mike Quinn

Sat 16th Darren James

WHAT'S HAPPENING IN SOME LOCAL PUBS

By Christine Hodson

Three local pubs have recently had new tenants and we thought you'd be interested to know about the changes.

Punchbowl, Low Bentham is now the family home and workplace for Jennifer Pearson, her sister Claire and Jay her partner. The three adults are all running the pub as a shared concern. *'Coming Home'* is how Jennifer describes her move to the Punchbowl. Claire and Jennifer grew up in Low Bentham and are proud of coming back to all their friends and familiar faces. Jennifer trained as a chef at Lancaster & Morecambe College but told me that really *"Gail taught her all she knows"* about food and running the pub. Gail Lister used to be the landlady, and happily she will be working two days a week in the pub in the future. Another local face to be seen behind the bar is Wac.

This is a family and pet friendly pub, with homemade pub grub from the extensive menu. There are plans to hold regular events in the pub e.g. a BBQ following the Street Market, parties and celebratory events, and catering for local car rallies etc. It is a pleasure to feel this will again be a lively pub and we wish the family every success.

The Coach House, High Bentham: The new landlords of The Coach House are Darren and Amanda. The Coach House is a traditional coaching inn dating back to 1625 and offered them the opportunity to develop a traditional historic bar, restaurant and hotel where they could welcome large and small parties. Coming from a Cheshire pub, they moved here to take advantage of the closeness to Yorkshire and Cumbria. Bentham offers them all that they wanted from a community to run a successful enterprise.

Their main philosophy is to use all local ingredients and foodstuffs and all their food is sourced within 10 miles of Bentham. Their chef Marie Amundsen follows their environmental ideals in the kitchen and all vegetable waste is re-cycled. When they moved to The Coach House there were several freezers full of frozen food for

microwaving. Now the freezers have space in them, as the food used for the restaurant menu is fresh. Bread comes from Barwise's, Oakroyd bakery supplies many of the sweets and meat comes from Hornby. The only food they are struggling to find locally is ice cream so if you know any supplier please let Darren and Amanda know. The pub's leaflets and menus are printed in Bentham, and the pub's website is by a local designer. The pub has 4 lovely double en-suite luxury rooms.

The Sun Dial, Low Bentham has a new landlord, Anthony, who is proud that the Sun Dial is a family and pet friendly pub, a "locals' local" offering friendly service and atmosphere. Anthony enjoys seeing all the different people who use the Sun Dial, saying it matters to people to receive a good service, have good beer to drink and be in a good atmosphere. The pub has a wide screen TV above the fireplace, where a roaring real fire is lit when the weather gets colder.

Anthony ran pubs in Keighley and Bingley and his move to Low Bentham came about when the current owner wanted to put a manager in the pub. Anthony spent 6 years as the chef at The Gamecock in Austwick so he knew the area. When the opportunity arose to become a landlord he was delighted and moved in with Honey, his rescue dog. He is now serving cheap and cheerful food using his own skills as a trained chef. He believes in real value for money. He has lots of ideas for the future and in fact a new opportunity has just arisen as he has also accepted the management of a pub in Kirkby Stephen. He is looking forward to the challenge and reassures people that the Sun Dial will be unaffected.



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GARDENING COLUMN



By Joyce Knapp

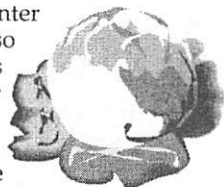
By August, we start to notice the gradual shortening of the days, even though we are nowhere near autumn yet. As the days shorten, it can often bring out the squirrel in each of us, lending a heightened sense of urgency to all our gathering and storing of crops from the garden. This can cover a broad spectrum of activities, from looking to pick our earliest fruiting apples such as 'Discovery' to keeping up with the almost daily activity of picking ripening tomatoes and then working out ways of using any surplus fruits.

Anyone who has established apple trees will probably have noticed that apple crops do seem a bit sparse this year. Perhaps this is due to adverse weather conditions around the time when the copious blossom was about to turn into tiny fruit. We do, however, appear to have lots of tiny damsons developing well, so all is not lost in the orchard this year.

Having been asked recently to identify a case of apple scab, where olive-green blotches appear on the leaves which then fall early and brown/black scabs are seen on the fruit I thought I'd pass on an inexpensive, organic method of disease control. Most books tell us to prune out any shoots that have blisters on them, rake up and destroy any fallen leaves and possibly even resort to spraying in January with Bordeaux mixture. I prefer to use a preventative method of control that simply involves planting small clusters of ordinary chives around the base of the tree trunk, it's one of those "I don't know why it works, but it does" tricks that we often resort to in the pursuit of gardening organically.

Moving away from the fruit garden, we can take a look at our vegetable crops that will be ready for harvesting and these may include not only lettuce but also a wide variety of salad leaves. Root crops such as carrots and turnip/swede will also be ready for use, but it is advisable to leave all but those we are about to use in the ground to allow them to grow on further, before lifting

later in the year for winter storage. We may also have brassicas such as cabbage, summer cauliflower and broccoli that are ready for use and if we planted surplus tomato plants



nearby to distract the cabbage white butterfly, we may have avoided a large infestation of voracious, green caterpillars that can decimate the leaves and leave the hearts almost inedible. PS. Don't forget to save the best of each crop to enter in this year's Bentham Agricultural Show.

GARLIC DRENCH

By Gwen Jessop

This is a recipe for a deadly brew against snails and slugs. I was given it at the Chelsea Show this year by Coldharbour Nursery, which specialises in hostas and day lilies. I've used it and it works!! I phoned the nursery and they are happy for it to be published.

Recipe - garlic drench

2 garlic cloves, cut in half or lightly bruised and 2 pints water.

Bring to boil and simmer gently until the garlic has softened-about 20 to 30 minutes. Strain the juice, cool and bottle it and keep in a cool place. Add 2 tablespoons of this extract to 2 gallons of water in a watering can. Soak the plants on a weekly basis. It needs to be done on a regular basis and at additional times following heavy rains. Good luck!

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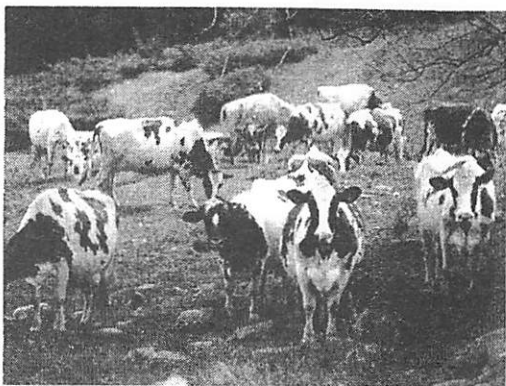
WALKING SAFELY THROUGH FIELDS OF COWS

By Shirley Brown

Probably most of us know by now that on 21st June a woman walking her dogs in a field on the Pennine Way in Gayle, near Hawes, was trampled to death by cattle. A police spokesman said, *"she was surrounded by a herd of cattle and calves and as a result of dogs being present the cattle reacted in an aggressive manner."* On 10th July 2009 the Lancaster Guardian gave a Cow Attack Warning after two incidents in early June when walkers, one of whom was their own walks correspondent Graham Dugdale, were charged at and stamped on by cows.

The Health and Safety Executive (HSE) figures released recently showed that cows have killed 18 people in the past eight years, and injured a further 481. Since the Countryside and Rights of Way Act was passed in 2000, the HSE has urged farmers and landowners to consider the level and type of public access on their land and to take this into account when planning where cattle should be kept and the precautions that should be in place. The importance of this advice is shown by a report in the Farmers Guardian on 10th July 2009 that a woman from Cumbria was left brain-damaged and in a wheelchair after she was tossed by a cow while out walking her dog through a farmer's field, and Preston Crown Court has ordered that the farmer pay £250,000 compensation to her. A spokesman for the NFU commented that *"millions of people walk through fields every year and attacks on members of the public by cattle are extremely rare."* The NFU's chief legal adviser has stressed the need for farmers to carry out risk assessments and where necessary to introduce precautionary measures, such as warning signs or temporary fencing near footpaths.

As we live in a farming area popular with walkers with or without dogs, it feels important to consider these tragic incidents carefully and reflect on what lessons might be learned. Somewhere between the extremes of some people demanding that farmers keep livestock away from footpaths, and others insisting that walkers stay away



from farmland, there has to be some sensible way forward.

Why a peaceful beast will kill

Particular care should be taken by walkers, especially dog walkers, in the countryside during the five months from March to July as the natural instincts of an animal to protect its young can make dog walking in the countryside a dangerous pursuit at this time. Nothing enrages the usually peaceful cow more than the sight of a dog in the same field as her calves. When walking dogs, even if they are on a lead, keep away from cattle, especially during the spring and early summer months when calves are around. If a cow sees a human with a dog she will usually attack the dog but the walker can easily become involved and if knocked down can be trampled.

Do's and Don'ts

- Don't get between a cow and her calf.
- Don't hang on to your dog if threatened by livestock. If you are being chased, let it off its lead as it can usually fend for itself and get out of the way (as was the case with the woman's two dogs in Hawes as they ran off and were not injured).
- Don't panic. If cows get too close the Ramblers Association recommends turning quietly to face them with arms outstretched.
- Do walk around livestock rather than through the middle of a herd even if this means leaving the footpath.
- Do move quietly and calmly.
- Do keep your dog on a short lead at all times near farm animals. It's an offence to allow a dog to attack, worry or chase livestock.

THE VICTORIA INSTITUTE

Bat and Chat

By Cheryl Yeates

Do come and join a friendly group for badminton (beginners welcome), table tennis, soft tennis and darts available from 10am-12noon every Thursday and 1-3pm in the afternoon for board games, majong, rummykub, dominoes, cards and gardening in our newly created community garden. Chat away at both these sessions; a problem shared can be a problem solved and keeping the brain and body active will help to stave off many illnesses. The V.I. also needs occasional volunteers for fundraising events and gardening so anyone with a little spare time and especially with knowledge of growing vegetables please contact Sharon Haslam on 63162. The Victoria Institute belongs to the Community. It is there for all to use and be proud of so come along and have some fun! Community Office opens on Monday and Wednesday 10am-12noon and Thursday 10am-3pm.

Book Swap

May I thank everyone supporting Book Swap on the second Saturday each month. We still need books to add to our collection, preferably less than five years old. Just drop them in to the Community Centre on any of the days above or Saturday Book Swap. Recently two lovely ladies took some of our collection to send to the armed forces so they are being recycled to good causes. Next Book Swap is Saturday August 8th.

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CHURCHES TOGETHER IN BENTHAM



By Revd. Clive Burgess

We have now completed the Christian Cycle and celebrated the Christian Festivals with great joy. The coming weeks give us opportunity just to pause and reflect upon what we have done and why.

Change is one of the hardest things that we do, never more so than when God calls a new Priest/Rector or Minister to a Parish - I know my time here is going quickly.

It is the Mission of the Church to reach out to the wider community in a variety of ways, to encourage a response from those who are seeking and searching for things "spiritual" using publications like Your Wenning Way and other Events, and as the Anglican Churches prepare for Back to Church Sunday in September, perhaps during the Summer we have the opportunity to visit other Churches and see how they witness to those amongst whom they live. Or you may find time to relax and reflect upon God's call to you and how, together, we can encourage others to live the Christian life. I am convinced that there are many people who would welcome the opportunity to be part of the Christian Community but who are not quite sure how!

For each of us, it's a good time to do a "spot check" and look at what we have achieved in the first part of the year, to reflect upon the many events which have taken place and the opportunities which have been enjoyed. We also need to note the mistakes and wrong decisions we have made and be prepared to "learn again".

While we strive to preserve the best Christian traditions, we must also look to new ways of expression and communication if we are to spread the love of God to as many people as possible.

Service to Christ and his Church is a wonderful privilege unlike any other, and we truly and literally follow in the footsteps of the Saints. I know personally I will do all I can with God's help to further the work of the Church in this place so the message is

placed into the hands of succeeding generations.

Do give time during the summer months to reflect and give thanks for the many blessings you have received and pray that God will use you in the way He chooses for the benefit of others and to His praise and glory.

'Up, up, up and away' holiday club

By Liz Whitfield

This club will meet at the Methodist Church Hall, Tuesday 25th to Friday 28th August from 10am-12noon with Family Service on Sunday 30th at 10.30a.m.

There will be crafts, games, Bible stories, songs and lots of fun for children 4 to 10 years old. All helpers have CRB checks.

Sessions are free, no need to pre-register; just turn up on the day. For more details contact Liz Whitfield tel: 61230.

ART WORKSHOPS

By June Gersten Roberts

There will be a week of workshops at Lowgill Old School from 24th - 28th August 2009, from 10.00 - 4.30pm. Drawing and painting and unlocking your creative potential, will be facilitated by artists from the Lunesdale Studio Trail, including Susan Parker, Hilary Carr, Tony Roberts, John Hatton, Hannah Davies, David Davies, Bob Armitage and Peter Osborne.

Bring your own lunch, light refreshments provided.

Please contact Jane Rushton (Treasurer) for further details of costs etc on 015242 61572.

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LIBRARY NEWS

By John Frankland and Liz Farmer

Reading challenge quest promises summer of adventure

Young adventurers in search of a quest need look no further than North Yorkshire Libraries' Summer Reading Challenge. All that's needed is the power of imagination and a sense of fun for young explorers to enter a fantastical world.

The 2009 Summer Reading Challenge has a fantasy theme - Quest Seekers - and the challenge is simple: children will need to do no more than read six books of their choice from their local library.

There are three stages to the quest. Every time a child reads two books they complete a task. Complete all three, Firebird Rising; Mountain Mission and Dragon's Lair and they are rewarded with a certificate and a gold medal.

Children can sign up for the challenge at their local libraries throughout the summer

until the end of August. On Tuesday 5 August at 2.00pm there will be a special event at Bentham Library for younger readers aged 4 - 6 to tie-in with the challenge with games, crafts and stories. To book a place for this event just pop in and ask for a ticket. A list of events in North Yorkshire's libraries over the summer is available on: www.northyorks.gov.uk/questseekers

For more information please contact us on 0845 034 9532 or email us at bentham.library@northyorks.gov.uk

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COMFORTS FOR ADDIS ABABA

Press release by Wenningdale Gifts

A surprise export order came recently for Nikki and Chris Laycock of Bentham's speciality food supplier "The French Kitchen"; it was from an Expat, working in Ethiopia.

Nikki said "It was a whole new opportunity for us and we will be shipping a wide variety of delights (Rabbit Chasseur, Toulouse Cassoulet and a host of kitchenware) by courier in the next few days direct to a jaded palate in Addis Ababa. This is the largest single order we have had since we started the business in March 2008, and we are already discussing further orders from another group in Addis Ababa, who are eager to enjoy a variety of treats long denied".

The French Kitchen is a Division of Wenningdale Gifts Ltd, Whittington.

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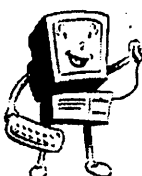
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LOOKING WELL NEWS

By Clare Hucknall

Activities for children of all ages are on the agenda in August. We are supporting the Bentham Youth Theatre Holiday Club week (17th – 21st). They are holding workshops for older children in the mornings – 11 yrs + – and for younger children (5-10 yrs) in the afternoon. These sessions can be tagged onto a sports activity for the other half day, and are provided through North Craven Extended Schools Service. Details of cost and times, and booking for Theatre Club, are available at Looking Well (c/o Julie – see below).

For smaller ones, Stay and Play sessions are on Thursday afternoons, 2.00-3.30pm up to 27th August. These are free, fun activities led by the North Craven Children's Centre, ideal for children 0-5 years.

The Enormous Turnip Club on Tuesdays from 2pm will be host to children's garden activities (18th and 25th August) and other

weeks will be looking at alternatives to chemicals in the garden and increasing stock.

The exhibition of wildflower artwork (In the Same Boat: Cancer Support Group) continues until 14th August (See diary listings). The group will also be 'getting to grips with computers' on 6th and the start of 2 felt-making sessions with Chrissy Burgess on 27th. A Garden Party is also being held on 22nd August (see diary listing). All are welcome to these events.

Jane Chilton will be sharing her recent UNICEF experiences of Nepal, in a talk on 12th August, entitled 'Nepal, Land of Beauty and Poverty'. Pashminas, hats and other Nepali goodies will be on sale, tickets for the talk £3 to include refreshments.

We are still taking names and details of anyone interested in singing and pilates. Please get in touch and we can keep you posted with start dates etc.

For further details on any of the above please telephone Julie on 62672 or e-mail julie@pioneerprojects.org.uk



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BENTHAM FOOTPATH GROUP



By Maureen Ellis mstay7465@btinternet.com

Walks in August

Sunday 2nd at 9.30am from Lairgill there is the 7 mile walk from Staveley which will go to Windermere; beginning with a steady climb and then an easy stroll to the destination - mainly on the Dalesway path. The return is by public transport so bring your bus pass if you have one.

Thursday 13th from Lairgill at 9.30am and Ingleborough Community Centre at 9.45am brings the 8 mile walk which will go up Thornton Hall way taking in the area of Hunts Cross and Scar End down to Beasley. It is undulating and on access land so please **no dogs**.

On Wednesday 19th there is an evening walk of 4 miles starting at Bentham Bridge at 6.30pm and going up by the church. The leader will be trying to find a high path if possible to Greystone Bridge and then after crossing the bridge returning on the other side of the river via Staggarth.

The leader and destination of the walk on Saturday 29th is likely to be changed due to unforeseen circumstances. So contact Dorothy Stubbs and watch the notice boards for further information.

Don't forget that if you want a place on the Lakes weekend 19th and 20th September Adrian Leigh must be contacted by 1st August on 63037

BENTHAM YOUTH THEATRE GROUP

By Iain Henshaw

Thank you, thank you, thank you to everybody who contributed to our last production. You helped make it a great success. Thanks to our new sponsors; David Alder at the Post Office, Langdales and Haworths. Thanks to B & C.E. Armstrong for the raffle prize, to Sharon Haslam at the Victoria Institute and Jo Burton at the Town Hall for accommodating our late requests. Thanks to the members of the theatre group who helped out on the night. Thanks to all those who donated to our street collection and to our audience. Thank you all.

We are having a bit of a break whilst we plan our Christmas production. We will be starting again in September when school returns and full details will be in next month's BN or on the website www.bytg.org.uk

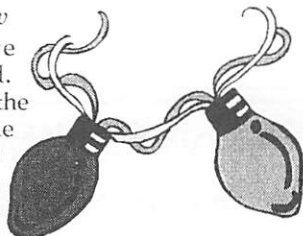
From the 17 - 21st August we will be running workshops in conjunction with the Looking Well. You can come along for a day at £7.50 per session or for the week at £30.00. Bookings can be made through Looking Well 015242 62672, contact Julie. Bentham Youth Theatre Group is supported through funding from Grass Roots Grants.

BENTHAM CHRISTMAS LIGHTS

By Iain Henshaw

Plans are moving ahead. We have had the majority of the costings for the centrepiece but need some help. We need somebody to look over our loading calculations before we can proceed with the rigging design.

If you can help please contact Iain Henshaw on 015242 61010. We have a small amount of funding to contribute to the cost but are hoping to appeal to your altruism.



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REVIEW OF SHAKE, RIPPLE & ROLL

By Nick Ramsdale

Since coming to Bentham I've been very impressed by the local amateur dramatics.

First, the Pantomime with its great sets and film sequence at the Big Stone.

Secondly, the Hornby Drama Group where I made my stage debut.

And, most recently, the Bentham Youth Theatre Group's production of Shake, Ripple & Roll, at the Victoria Institute. This put me in mind of Bussy Malone and the young people involved would not have seemed out of place in that company.

Brilliantly led by Gemma Wright and brilliantly directed by Iain Henshaw, this was a superb performance and deserved to run for more than two nights. Special mention for Ann-Marie Powell's final all-round contributions.

The acting and accents were first class and the waitresses complicated movements seamless; the hand jive in the little song was mesmeric. Jessica Duckworth's Deanna La Domme the movie star was pitched just right.

If the aim of acting is to make the audience feel they are there, then they succeeded admirably. I half expected the refreshments at the interval to come from the ice-cream parlour itself!

In all, a fine production. The enthusiasm of the cast was palpable.

BABY CLINIC NEWS

Press release from The Health Centre

From 1st September 2009, Bentham and Ingleton baby clinics will be changing to a pre-booked appointment system for the doctor and nurse. We hope that this will reduce the amount of time that parents need to wait in clinic to be seen, and to remove the need to arrive very early in order to guarantee an early slot with the doctor or nurse.

It will also allow us to offer any unbooked appointments to the general public, thereby utilising the doctor and nurse's time.

The health visitors will continue to see any children who come to child clinic on a 1st come, 1st served basis.

New parents will be given an appointment time for the 8 week baby check and first immunisations at the health visitor's first visit, although this can easily be changed to a more convenient time or date, through reception at the Bentham surgery. Appointments for future vaccinations can be made in baby clinic or through the surgery receptionists.

Appointments with the baby clinic doctor can also be booked in advance, but **the baby clinic doctor will no longer be able to see any children who turn up on the day.** If you are concerned that your child is unwell, please make an appointment with the duty doctor.

We are open to suggestions on how to improve the system, and would welcome any feedback from parents.

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LOCAL EVENTS IN AUGUST

- Sat 1st** NSPCC coffee morning at the Town Hall Ballroom, 10.00am-12.00noon. 
Farmers' Market, Lower Town Hall, 9.30am-2.00pm.
- Sun 2nd** Bentham Footpath Group walk, Staveley, 7 miles, leader D. Chamberlain 21436. Meet at Lairgill 9.30am.
- Mon 3rd** Craven Customer Services at the Lower Town Hall, 10.00am-12.30pm.
Town Council meeting at the Lower Town Hall, 7.30pm.
Gentle Walks for Women, leave Lairgill 9.30am and every Monday except Bank Holidays.
Toddle-in for parents/carers and babies/toddlers, Methodist Church Hall, 10.00-11.30am.
Community Link Café 1.30-3.30pm at the Victoria Institute, and every Monday.
- Tue 4th** Tuesday Strolls, leave Looking Well 2.00pm, return 3.00pm, and every Tuesday.
Yoga at the Lower Town Hall, 11.00am-12.00noon, and every Tuesday.
Craft Club at the Wenningdale Room, Town Hall, 10.00am-12.00noon, and every Tuesday.
Yoga at the Town Hall, 6.00-7.00pm and every Tuesday.
Enormous Turnip Club - gardening for all, Looking Well Garden, 2.00-4.30pm and every Tuesday.

Wed 5th

Looking Well, 2.00-4.00pm. Art for beginners, and every Wednesday.

Café-IN at Looking Well, 11.00am-1.30pm, and every Wednesday.

Exhibition of Wildflower Artworks - Flowers of the Dales Festival, produced by In The Same Boat, Cancer Support Group, with Philippa Troutman, and every Wednesday, Thursday and Friday until 14th August.

10.00-11.30am, coffee morning at the Methodist Church Hall, and every Wednesday. Donations to local charities.

Community Link Café 11.30am-2.30pm at the Victoria Institute, and every Wednesday.

Citizens' Advice Bureau at Bentham Health Centre, 1.30-3.30pm.

Thu 6th

Welcome-in Dominoes for all ages, Methodist Church Hall, 2.00-4.00pm, contact Nigel or Kath 62272 for transport.

High Bentham W.I. The Bowling Club, a Fun Evening, start 7pm.

Bat and Chat and gardening, 10.00am-12.00noon and 1.00-3.00pm, and every Thursday, at the Victoria Institute.

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

In the Same Boat Cancer Support Group drop-in, art session, lunch and therapies, Looking Well 11.00am-1.30pm and every Thursday.

Getting to Grips with Computers, at the In the Same Boat Group, Looking Well, 11.00am-12.30pm.

Stay and Play sessions for babies and children up to 5 years with their carers, Looking Well, 2.00-3.30pm and every Thursday until 27th August.

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

Fri 7th

LISTING FOR LOCAL EVENTS

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

Event.....

Venue.....

Contact Tel:.....

Name.....

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

- Fri 7th Age Concern at the Masonic Hall, 10.00am-2.30pm. "Nursing Home Fees" talk by Jane Little.
- Sat 8th LASRUG coffee morning at the Lower Town Hall, 10.00am-12.00noon. 
Book Swap at the Victoria Institute, Low Bentham, 10.00am-12.00noon.
- Mon 10th Toddle-in for parents/carers and babies/toddlers, Methodist Church Hall, 10.00-11.30am.
Craven Customer Services at the Lower Town Hall, 10.00am-12.30pm.
- Tue 11th Bentham Child Health Clinic at the Surgery, 2.00-4.00pm. See page 19.
- Wed 12th Nepal, Land of Beauty and Poverty, talk by Jane Chilton at Looking Well, 7.30-9.00pm.
- Thu 13th Bentham Footpath Group walk, Ingleton, 8 miles, leader F. Royston 41725. Meet at Lairgill/Ingleborough Community Centre 9.30/9.45am.
- Fri 14th Age Concern at the Masonic Hall, 10.00am-2.30pm. Extend Exercise with Colin Etherington.
- Sat 15th **Copy deadline for September edition of Bentham News.**
Motor Neurone Society  coffee morning at the Town Hall, 10.00am-12.00noon.
- Mon 17th Craven Customer Services at the Lower Town Hall, 10.00am-12.30pm and Monday 24th.
Teddy Bears Picnic at Burton Playing Fields, 11.00am-1.00pm.
To Friday 21st August, Bentham Youth Theatre Group Holiday Club - older children, (11 and over), at Bentham Methodist Church hall, 9.00am-12.00noon.
Booking essential (Julie at Looking Well 62672).
To Friday 21st August, Bentham Youth Theatre Group Holiday Club - younger children, (5-10 years), at Bentham Methodist Church Hall, 1.00-4.00pm.
Booking essential (Julie at Looking Well 62672).
- Wed 19th Bentham and Ingleton First Responders meet at Looking Well, 7.30pm. Both groups urgently need more volunteers so come and talk to us about joining.
Citizens' Advice Bureau at Bentham Health Centre, 1.30-3.30pm.
Bentham Footpath Group walk, Greystonegill, 4 miles, leader J. Clapham 64906. Meet at Lairgill 6.30pm.
- Thu 20th Welcome-in Dominoes for all ages, Methodist Church Hall, 2.00-4.00pm, contact Nigel or Kath 62272 for transport.
Low Bentham W.I. at 7.30pm, Victoria Institute. David Allison - "Round the world with a whistle". See page 8.
- Fri 21st Waste paper collection at Lairgill Car Park, 8.30-11.00am. Proceeds to NSPCC.
Age Concern at the Masonic Hall, 10.00am-2.30pm. Quiz.
- Sat 22nd Bentham and District Pet  Rescue coffee morning at the Town Hall, 10.00am-12.00noon.
In the Same Boat Garden Party, 2.00-4.00pm, 26 Main Street, Low Bentham. Tel: Carol 61233.
- Mon 24th Bentham Show closing dates for entries in Cattle, Sheep, Handicraft, Photography and Stick Dressing.
Toddle-in for parents/carers and babies/toddlers, Methodist Church Hall, 10.00-11.30am.
- Tue 25th Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.
- Fri 28th Age Concern at the Masonic Hall, 10.00am-2.30pm. Video - "Far off Lands".
- Sat 29th Christian Aid coffee  morning at the Town hall, 10.00am-12.00noon.
Bentham Show closing date for entries in the Horticultural section.
Bentham Footpath Group walk, Lord's Lot, 11 miles, leader B. Sim 015395 60240. Meet at Lairgill 9.30am.

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PLAYING FIELDS NEWS

By Pam Woof

Skate Park Update

At the time of writing (15th July) we are still waiting for planning permission to be granted from Craven D.C. The application was submitted in February and we have already satisfied worries about noise and floodlighting but now it seems that laying a concrete base may cause damage to the roots of the three trees on the banking. The shape of the park has since been altered to accommodate the root spread but we still await a decision. In the meantime Tree Protection Orders (TPOs) have been placed with immediate effect on all three trees.

It seems there is an air of distrust between the planners and developers. Whilst I appreciate they have an important job to do, the lack of communication and disjointed approach in dealing with our application over the last 6 months is exasperating! The P.F.A. never had any intentions of felling or damaging the trees but this now means that we are not permitted to do any remedial work, that might be necessary from time to time, without permission. We are disappointed that it has been so difficult to move the skate park and tennis courts project forward.

The PFA is still committed to the refurbishments. We would like to thank our County, District and Town Councillors and our Sports Development Officer for their continued support for the project because of the benefits it will bring to the community. At the time of writing (July 15th) we are told that it is likely to be discussed at a meeting at the end of July. Let us hope that the decision is favourable.

Use of the Field

Everyone is welcome to use the field at Wenning Avenue for ball games throughout the year but in the interests of health and safety there are two restrictions.

No animals are allowed at any time (Especially, this means dogs!!). We shall report persistent offenders to the dog warden. No golf - because it is dangerous for

other users and damages the grass and possibly windows! (If you want to practise your golf drive, please go up to the golf club!).

Car Boot Sale 23rd August

We shall be holding a Fund Raising Car Boot Sale and Car Wash on Sunday 23rd August 8am to 1pm.

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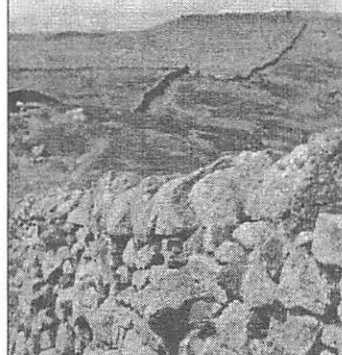
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FAMILY WALKS AROUND BENTHAM

Including
BENTHAM AREA WALKING MAP



LOOK OUT FOR NEW 'FAMILY WALKS AROUND BENTHAM'

By Shirley Brown

'Family Walks Around Bentham' is the first publication of the newly formed Bentham Publication Group. This is a group of volunteers who have offered to update and replace various popular but now sadly outdated publications about walks in and around Bentham. The walks, originally included in 'Shorter Walks around Bentham', have all been re-walked by members of the Bentham Footpath Group to make the necessary changes and to include up-to-date relevant material.

'Family Walks Around Bentham' is an illustrated walking guide of shorter walks around Bentham and includes a copy of the relevant Ordnance Survey 1:25,000 map. It is printed on waterproof paper and will be presented in a sturdy plastic wallet so that it will be useful in all weathers. This innovative publication, which is already at the printers, will appear during August in High Bentham Post Office, the Tourist Information Point and at various local caravan sites.

A second illustrated walking guide is already being planned to replace the popular booklet 'Further Walks Around Bentham', and it is also hoped at a later date to produce a spiral bound book of walks in the surrounding area.

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HIGH BENTHAM C P SCHOOL

By Mrs Catherine Boocock, Head teacher

Summer Fair "£700.52" Success

The rain arrived too late to spoil what was a truly fantastic Summer Fair on Saturday 4th July when we raised a fantastic amount for school. The school buzzed with energy as games were played, performances watched and refreshments consumed. The PTFA and a host of others worked really hard to pull it off, and to their credit it was a brilliant day. We have a raffle prize left for Miss Smith who bought yellow tickets 166-170, please would she ring Vicky Sawyer on 64953.

Money Week

All classes took part in a variety of activities to increase children's understanding of money last month. We had a visitor in school, Mrs Richardson (Mrs Marshall's sister) who works at the HSBC and she talked to the children about different ways to pay and save. She also showed some equipment from the bank. The children found it very exciting! Each child had the opportunity to put their head through a pretend £20 note and think about what they would do if they were given £20. There were lots of interesting ideas of things children would like to buy for themselves and for their friends. Morgan said she would put the money in the bank. Lewis (above) said he would buy a present for his Mum.



Year 2 Olympics

On the morning of Monday 21st June the Year 2 children visited Settle College for the annual mini Olympics. They took part in various running, jumping and throwing activities and also made new friends their own age from other schools in the cluster. The children enjoyed the morning immensely.



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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.

August 1989

This month saw the birth of *Age Concern* in Bentham. An executive committee had been formed and plans were in hand for an opening date early in the autumn. The committee was headed by *Cliff Machin* (Chairman) *Douglas Garlick* (Secretary) and *Ruth Garretson* (Treasurer).

In his 'Footpath Matters' column, *Len Moody*, then chairman of Bentham Footpath Group, offered congratulations to *Kay Piper* on the success of her outdoor initiative with Class 3 of High Bentham C.P. School. This had been comprised of a series of six 'field trips' exploring footpaths in the Bentham area, accompanied by some 25 parents and helpers.

The walks included interaction with some of the people who live and work on the land, and informative stops at places of local interest. It seemed clear that everyone involved had enjoyed and gained tremendous benefit from the experience.

I'm not sure how this kind of initiative would sit with such educational goodies as the National Curriculum these days, or whether the litigation that would follow little Johnny's encounter with a stinging nettle would scupper the idea before it gained interest, but I'd love to think it could still be done. I'd also love to hear from any of those (particularly pupils) who still have memories of the walks and would like to share them.

County Councillor *Ralph Atkinson* reported that whilst Craven's 11% rate rise was high, it was still below the national average, with some district councils demanding a 20% increase.

He also reported a proposal by the Association of District Councils that in order to address the problem of strays and fouling, all dogs should be registered and fitted with a "permanent tag, tattoo or electronic implant."

A wonderful idea, which someone rather

wistfully suggested could be extended to include husbands!

This month *Colin and Sharon Telford* announced the birth of their son, *Liam Thomas*. On the same page they also sent congratulations to *Sharon's* parents, *Heather and Wac Carter* who were celebrating their *Pearl* wedding anniversary.

Now by my reckoning, Pearl being 30 years, 20 year old Liam Thomas will be helping his grandparents to celebrate their Golden Wedding Anniversary around this time. Many congratulations Heather and Wac!

The Town Council recommended *Harley Close* as the name for the new housing development under construction on *Low Bentham Road*.

Rather careless of them to leave out the letter 't'!

Finally, in brief:

✧ *Jean West* raised £38 for the Lung Foundation in the *Liverpool Women's 10km road race*.

✧ *Bentham Tennis Club* was on something of a roll, having won three and drawn one of its last five matches. *John Bell, Colin Brown and Ken Robertson* were team ever-presents.

✧ *Bentham Fire Brigade* was having a busy time. Between grass fires, they were called in to water football and cricket pitches suffering from the drought.

✧ In the absence of real cops, *Mick Brown* and *Jim Macdonald* stepped in to act as traffic policemen and efficiently resolved a market day traffic jam at the *Black Bull*.

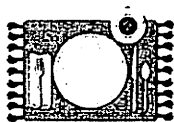
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COOKERY PAGE

Edited by Patsy Henderson



Food for a summer away day Tuna Mayo, for sandwiches or wraps

Recipe

198g can Tuna in sunflower oil
2 tbsp sweetcorn niblets
Cucumber pieces
½ Red pepper, deseeded and sliced
3 tbsp Mayonnaise
3 tbsp Natural yoghurt
1 tsp tomato ketchup

Method

Flake the tuna into a bowl, then add the vegetables and combine. Mix together the mayonnaise, yoghurt and ketchup and add this to the tuna mixture and stir well to combine. Serve with bread of your choice.

Chicken and Peanut Butter, for sandwiches or wraps

Recipe

3 tbsp Peanut butter
125g Cold roast chicken, diced
1 tsp Mild chilli sauce
2 tbsp Coconut milk

Method

Combine the peanut butter, chilli and coconut milk until smooth. Add the chicken and stir until covered. Spread over either bread to make sandwiches, or into wraps.

Mediterranean Country Loaf

Recipe

1 Round Crusty Country Loaf
6 tbsp Olive oil
Seasoning to taste
100g bag Mixed salad leaves
300g cooked sliced ham
175g Mild cheddar cheese, sliced
425g can Pimiento peppers, sliced

Method

Slice off the top of the loaf and remove the crumbs from the innards and lid. Drizzle the inside of the loaf with half the oil, and season. Layer the inside of the loaf with salad leaves, half the ham, cheese and

pimientos. Repeat the layering to reach the top of the loaf. Drizzle with the remaining oil. Season and replace the top of the loaf.

Wrap tightly in clingfilm and place a heavy board on top and chill for an hour. Remove the clingfilm and cut into wedges to serve.

Easy Fruit Tartlets

Recipe

Flour to dust
350g Short crust pastry
350g Cooking apple, peeled, cored and diced
OR
410g tin Peaches, drained and rough chopped
4 tbsp Apricot jam

Method

Preheat the oven to 180C/ gas 4.
On a lightly floured surface roll the pastry to a 300mm square. Cut into 16 square pieces. Dampen the corners of the pastry and pinch the corners to form tartlet cases. Prick the bases with a fork. Place the pieces close together on a baking sheet to give support. Divide the apple/peaches between the tartlet cases and top with the apricot jam.

Bake in the oven for about 20 minutes until the pastry is crisp and golden. Allow to cool on the baking sheet then transfer onto a wire rack.

LITTLE RED BUS



By Anne Yaman

Mini Trips During School Holidays, August/September 2009

The mini bus trips for August and September are as follows:

- Thursday 6th August - Boundary Mill, Colne.
- Thursday 13th August - Barton Grange Garden Centre, Garstang.
- Friday 21st August - Leyburn Market.
- Thursday 3rd September - Williamson Park, Lancaster.

For further details, prices or to book your place, please call Tommy or Peter on 62753 or pop into the Station Building.

BENTHAM CAN DO INVESTMENT FUND

By Margaret Cowling and Mike Yeates

With the support of Bentham Development Trust in 2006 a group of local people were trained and formed into a group to administer funds available to local projects and individuals.

The Fund was formed with an initial grant of £2,000 from the Scarman Trust and 12 months later Craven Housing Trust donated a further £1,000.

Over the 3 years grants ranging from £50 to £200 have been given to a wide range of local individuals and groups. Some of these include:

- ◆ Linda Hartley whose flower tubs have enhanced the High Street.
- ◆ Bloomin' Bentham Group, to buy litter-pickers, bulbs and small trees to improve our environment
- ◆ First Responders

◆ B.E.S.T. who held an inspirational information day to raise awareness of how we can protect the planet.

◆ Youth Theatre received a grant to help buy a camcorder to assist with rehearsals

◆ Burton under 5s who bought new equipment

◆ Pet Rescue to start up their coloured newsletter.

There are many more, too many to list, who have benefited. With funds now almost depleted the group is looking to attract further funding so small local projects can continue to benefit from that initial financial help to kick start an idea or project. If anyone is aware of appropriate funding then let our Secretary know on 61143.

CORRECTION

The architect mentioned in last month's front page article about the new Marie Rayner building at Grasmere Drive, should have been Stephen Craven of Austwick, not Stephen Green.

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BENTHAM PEOPLE



Personal Thanks

Stephen Barlow - A much loved husband and dad. Following Stephen's death, Kim, Victoria and James would like to thank everyone for their cards, kind words, baking, generous donations and visits. Thank you also to the friends who visited Stephen regularly, week after week, during his time in hospital; this made a world of difference to him. Thank you to Dr Howlett, all the District Nurses, Carers and St John's Hospice Outreach Nurses for the great care they gave to Stephen. Thanks also to Reverend Burgess, Keith Knowles and his team at Bentham Golf Club for the excellent buffet, and finally thank you to Joe Morphet and Jimmy Macdonald for their efficient, caring and dignified funeral arrangements.

Bill Pentecost - A dearly beloved husband, dad and grandad, who will be greatly missed. Gwen and family would like to thank everyone for their sympathy at this time, for all your kind thoughts, cards and donations. Thanks to Joe Morphet for all his help, also Rev. Ellis for a moving service.
Gwen Pentecost.

Thanks

Winifred Thwaite would like to thank family and friends for all their kindness and good wishes during her recent stay in hospital and ongoing chemotherapy.

For Sale

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Wanted

Garage to rent for Classic Mini in the Bentham area. Good monthly rate paid. Contact Steve on 07950606757.

CHARITIES THANKS

Absolutely Splashing Swimming Club

We would like to thank the Methodist Church Wednesday morning coffee club for their kind donation towards our funds. It is much appreciated by all the members and will help to keep the club running. Thank you. Helen Sharpe and Andrea Tuohy.

Action For Children

Thank you to those who contributed to the House to House collection in Springfield recently, for Action for Children, and gave a total of £56.62. Sue Pilkington.

Triumphant Triathletes

Congratulations to Carol Slinger and Jennifer Hodgkinson who in just 5 hours completed 42 lengths of Settle swimming pool, a 6 mile bike ride to Horton-in-Ribblesdale and the ascent of Pen-y-Ghent on Saturday 27th June.

So far approximately £400 has been raised for High Bentham Primary School PTFA, but anyone who would like to contribute to this very good cause is more than welcome to do so - please contact Carol or Jennifer.

Marie Curie Cancer Care

Shirley Metcalfe would like to thank those who so generously sponsored her and Margaret Mason on their coast-to-coast cycle ride. The 136 mile ride was completed in 4 days; they enjoyed it, despite all the hills and getting very wet! Welcome, essential vehicle support was provided by Pearl and John, Eileen and Jean and Shirley's brother David, to whom many thanks.

Particular thanks to Jill Towers of Hornby Butchers, the Auction Mart, Chris Humphreys in The Gallery and Country Harvest for having collection boxes on their premises. A cheque for £3,765 has been handed over to Marie Curie Cancer Care, and all the money raised will go towards nursing care in this region.

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FOR EDITOR, BENTHAM NEWS
LETTERS PAGE.

Dear Editor,
BNP stickers in Bentham
Windows. Shame on
you.

Name and address withheld at request of writer

Dear BN,

A number of weeks ago I wrote a letter to BN readers. It said "BNP Stickers in Bentham Windows? Shame on you." I gave my name and address but asked to be anonymous because I didn't want to be fire bombed. Today a BN Committee member told me in person that BN were not publishing my letter because

- * it wasn't a letter
- * BN did not support the BNP
- * it wasn't topical
- * it was too controversial

I was shocked that BN omit to publish letters on these flimsy grounds. How many other letters have been discarded?

My reply is

*The shortest letter to The Times is 4 words long. By this equivalent mine was an epic.

*I did not say that BN supported the BNP, my letter was addressed to the BN readership and not solely the BN Committee.

*Even though the elections have finished the stickers and much worse will still be around us. I wish racism and bigotry weren't topical but I shall continue to address it wherever I encounter it.

*It is NEVER too controversial to expose racism and bigotry – my children walk by these emblems of ignorance daily and my silence would tell them that the BNP is OK in my book, which it most definitely is not.

*So, again, to all readers of BN, not just the Committee, BNP Stickers in Bentham windows? Shame on you, and to the BN

committee, shame on you for your lack of back-bone.

Name and address withheld on request

Letters continued on pages 32 & 33

BN EDITORIAL COMMENT

We have published in full both letters received from this reader who has asked that their name be withheld. This decision was reached after much discussion by the editorial committee. As our readers may be aware, editing an open access community newspaper is not always the easiest of tasks.

It is our policy to publish 'Letters to BN' unless they are libellous or anonymous. We did not publish the first short note originally because, after careful consideration in both our reading meeting and our monthly editorial meeting, our opinion was that it wasn't really a letter and that the wording was ambiguous. We asked one of our committee members to explain this to the writer and to say that if we did receive a letter from them in the future it would, of course, be considered for publication. We reserve the right to edit contributions, although neither of this correspondent's letters has been edited. We are willing to withhold names on request but would always prefer correspondents to allow their name to accompany their letter.

We did not refuse to publish the first note because it wasn't topical or because it was too controversial. Regular BN readers will know that we are often capable of being both untropical and also controversial!

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So stop on your way through Burton and find out just why our Shop won awards for the Best Rural Retailer (NW, 2007)

LETTERS (continued from page 31)

Dear Bentham News,

So Councillor Camacho welcomes parking charges here because "some cars are parked on the car park all the time". Correct. That is because some residents have nowhere else to put their vehicles. These people - who elected Councillor Camacho and pay his expenses - expected him, not unreasonably, to protect their interests. He has failed to do so.

He said "Charges will free spaces for shoppers and I want to protect shopping in the Main Street". It may have escaped Councillor Camacho's notice, as I have actually not seen him in the Main Street for at least six months, that most of Bentham's loyal shoppers are local pedestrians. Some shoppers do come to town in cars, but we have managed quite adequately so far.

I have asked a few people I know who live in outlying villages and farms if they will continue to shop in Bentham when they have to pay to park. Booth's supermarket in Settle is going to be very pleased with Councillor Camacho. Our Independent Councillor has turned his back on the interests of Bentham's hard working traders.

What about the commuters to Bentham who work in the banks, businesses and post office? What about the teachers? At £3.50 per day, parking will cost each individual £17.50 per working week.

The proposed annual residents' permit, for a suggested maximum of two hours a day, is unacceptable and went unchallenged by Councillor Camacho. Residents pay an inflated community charge for inferior services to a council which has proved itself to be incompetent in the handling of public finances and is suspected of malfeasance in some quarters (see *The Craven Herald* June 18th, letters page 4).

This extra parking tax is supposed to "develop and strengthen Craven's economy". Craven District Council takes enough money in the community charge already and "loses" it! What are residents supposed to do when the two hours permitted parking expires?

It is so shameful that the implications of Pay and Display parking in Bentham have

not been properly thought through. There will be more pressure on free on-street parking on which many residents depend, as their homes were built without off-road parking or before cars were invented (my home for example).

One can only wonder at Councillor Camacho's decision to help augment Craven District Council's finances by advocating parking charges, without any respect or consideration shown to the residents and traders in a town he is supposed to serve.

One can only wish that Bentham had councillors of the calibre of those who represent Cross Hills, where plans to introduce parking charges were rejected because as Councillor Place (Independent, Cross Hills) said, "People use this service centre because it is convenient. If we introduce these charges, these people are going to shop elsewhere". As with Cross Hills, so it should have been in Bentham. There is nothing else to say.

*Yours sincerely,
Margaret Ellis.*

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

LETTERS (continued from page 32)

Dear Bentham News,

I am quite concerned about the environment, climate change and all that, so one day I decided to walk down to the river.

To my surprise and disgust I see a huge amount of litter. I see a lot of teenagers going down and the next day surprise, surprise there are about 20 cans that nobody cleans up! (no offence to teenagers that don't get into trouble!) The constant supply of litter is quite upsetting in the fact that Bentham is a beautiful place and we want to keep it that way.

I did a twenty minute survey of the area to see what I could find there and the results were shocking! Nobody could of imagined that it was full of litter. The first sign was that I saw a plastic bag blowing about the river. Here are the results...

I found: 1 Margarine Tub - 11 Cans - 3 Bricks - 2 Boxes - 1 Carrier Bag - 2 Lighters - 1 Plastic Bottle - 15 Sweet Wrappers - 2 Crisp Packets - 6 Bottle Tops - 1 Tobacco Packet - 6 Glass Bottles - 2 Cups - 3 Pieces of paper - 3 Bin Bags - 1 Plastic Fork - 1 Ice Cream Wrapper.

Now a margarine tub, you know why would you have one anyway? Cans can be sharp and children like me go down there and we could easily cut ourselves. Bricks are not as bad but are still a form of litter which should be disposed of or used correctly. Boxes, boxes, boxes, both from packs of beer which could be put in either a paper bin (which most people have) or a normal waste bin (which practically everybody has). A carrier bag, they are the ones we have all heard about, but still they continue to roam towns. They can be really handy for

collecting rubbish or using them when shopping. Lighters could be picked by a young child and they could almost certainly burn themselves. The problem with plastic bottles is that they never degrade and will stay put if dropped by the river. Sweet wrappers, normally dropped by kids but sometimes teenagers do too. The worst thing is that they really mess up our lovely town. Moving on to crisp packets, they do degrade (one day...) but there is no reason to drop them in the first place! This is all just horrible and I want the people who dropped this litter to be ashamed of themselves and share the sadness of the community.

Yours Sincerely,
Nathan Jeffs, 9.

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SEALED BID AUCTION

By Susan Gregory

A very generous donation by Balloons Over Lancashire of two balloon flight tickets has been given to Burton in Lonsdale Parish Council in return for the use of its Recreation Field for balloon flight launches during 2007-8.

The PC is running a sealed bid auction for the tickets, open until Tuesday 1st September 2009, to raise funds for maintenance and new equipment on the Recreation Field. The face value of each ticket, valid until 11th June 2010, is £130; they can be used on any weekday morning. Sealed bids for either one or both tickets are invited to be submitted to the Parish Clerk, c/o Bleaberry House, Duke Street, Burton in Lonsdale, LA6 3LG by Tuesday 1st September 2009, and must include the amount bid per ticket as well as the bidder's contact details. The envelope must be marked "Balloon Ticket Auction".

The bids will be opened on Wednesday 9th September at 1pm; the winning bidder(s) will be notified as soon as possible.

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MEETING A ZEN MASTER

By Trevor Blackwell

It's almost a year now since I had the chance to attend a retreat led by the great Vietnamese teacher Thich Nhat Hanh (pronounced Tick Nat Han), but I remember the warmth of his wonderful presence as though it were yesterday.

He teaches a traditional method of meditation where you focus your awareness on your breathing in, and breathing out. When you find your attention wandering, you gently come back to your breathing. As you practise letting go of the thoughts and feelings that arise a space may open where you can come home to yourself, and feel a burden lifted, and sense a new way of being.

He talks a lot about suffering, the suffering that is a part of the lives of so many people. He says that if we are willing to practise mindfulness we can find the courage to look deeply into our anxieties and fears and loneliness, into our sense that we lack

something. He offers a way to work with our suffering that can turn it into compassion and joy. He writes: "To suffer is not enough. We must also be in touch with the wonders of life. They are within us and around us, everywhere, anytime".

But being able to live like that, that is another thing. And this is where I found being with him so helpful, because he embodies what he talks about. He is fully there, present, alive. -+And he emphasises that you don't have to become a Buddhist to practise mindfulness meditation - this is a practice for followers of all spiritual paths - and of none. Thich Nhat Hanh encourages us to do the practice soon so that we can be here in this present moment, this wonderful moment, now.

(You can find out more about Thich Nhat Hanh at www.interbeing.org.uk)

For information about a local meditation group, and the Day of Mindfulness at Looking Well on Sunday, October 18, please contact Pete on 015242 62049, or at pete.armstrong@talktalk.net)

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FARM VISITORS

By John Dawson

We receive lots of visitors to the farm and most are very welcome. Generally the kettle is not far from boiling and we have a ready supply of ginger biscuits which dunk well.

Animal-Feed Salesman

The animal-feed salesman is a regular visitor, calling at least once a month. This chap, and ours are all chaps, is a mine of information. He knows exactly what everyone should be doing, from curing third world debt to squeezing out another half a litre of milk from a herd of unsuspecting Holsteins. This can involve great expense - usually more than the half litre is worth.

Feeding cows today is a fine art and the representative will arrive with laptop raring to go, preparing to blind us with science. It's all about "drymatter intake" and "metabolisable energy". While this is being discussed we have to put our neighbours to rights. Eventually last month's account has to be settled and as the cheque book appears a nervous tic develops just below his right eye. Once business is completed he roars off in his brand new BMW, another satisfied customer.

Vet

The vet calls routinely once a month, and sometimes nearly every day in between. This visit is mostly for pregnancy-diagnosing cows which can be as little as 28 days after insemination. Diagnosis is done with a handheld scanner and the image appears on the inside of a pair of glasses - remarkable. We often have bull calves for castration too. Coffee with the vet is a time for finding out the latest thinking on *Blue Tongue* vaccination or the best time to drench sheep for liver fluke - a more upmarket affair but no less expensive.

Defra Inspectors

The one set of visitors which we don't look forward to are the *Defra* inspectors. Contrary to popular belief, *Defra* does not stand for "The Department for the extinction of farmers and rural affairs" but "The Department for the environment and rural affairs". *Defra* people can ring at 9am and be on the farm by 9.10. It's enough to bring on

a cardiac arrest. Usually the computer has spat out your name for a farm inspection which can involve anything from measuring drystone walls (we have eight miles) to measuring fields or reading cattle ear tags (cows must all have two present and correct). *Defra* may come back in a day or two "at a more convenient time" to discuss any queries they may have and present their findings. Despite the fact you know you have done your best with the paperwork, it's still like sitting down in front of the head teacher as phrases like "cross compliance" are bandied about. Yes this can be a nervous cup of coffee but even *Defra* people like ginger biscuits.

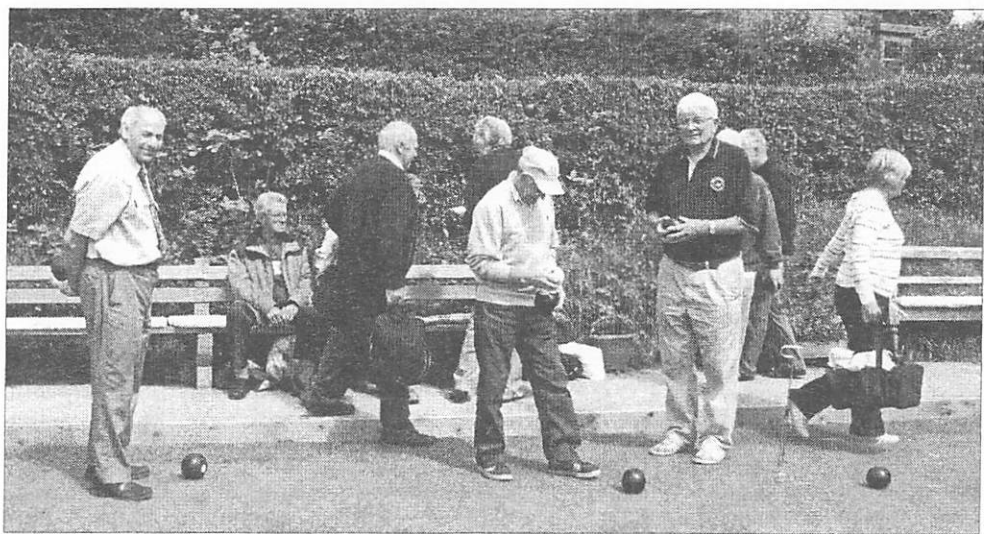
Ramblers and Cave Rescuers

Other visitors include ramblers (sometimes lost) and Caver Rescuers. The farm joins Ingleborough so our sheep, along with our neighbours' sheep, spend summer and part of winter grazing it. You may be familiar with the potholes on Ingleborough, some of which are 100ft deep. During spring and early summer quite a few tender young plants grow around the potholes, tempting a naive lamb to reach too far to have a nibble, lose their footing and slip over the edge. Luckily most of the holes have stone ledges at various depths upon which the lamb often falls. They are none the worse, but just stuck maybe 15 to 25ft down. One of the jobs when shepherding the fell is to check these holes on a regular basis which can involve peering over the edge making a noise like a sheep and listening intently for a reply. I wonder what a passing walker makes of this. Mind you it is often walkers that find them.

Gone are the days when farm lads would be off up the fell with their rope, tie it round a rock, or the heaviest lad, and lower the lightest one on a rescue mission. Today it's a job for the Cave Rescue Organisation who, they tell us, enjoy the training and standard practice is for the owner of the lamb to make a donation to the CRO. Needless to say, ramblers and rescuers are always welcome.



PICS TAKEN AT THE BOWLING CLUB - SEE ARTICLE AND MAIN PIC ON PAGE 40



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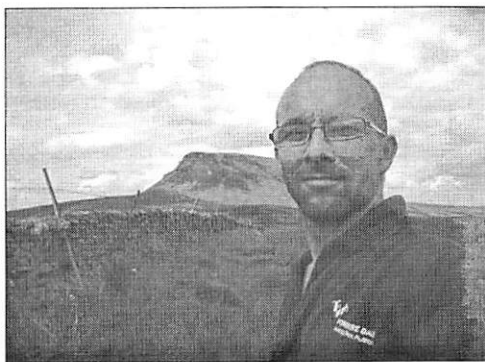
NEW RANGER FOR THE THREE PEAKS

By Nick Oldham (YDNPA)

Ian Middleton has a huge job on his hands – and the results of his work will be seen by hundreds of thousands of people. He has just joined the Yorkshire Dales National Park Authority (YDNPA) as the Three Peaks Ranger, responsible for maintaining Wharfedale, Ingleborough and Pen-y-ghent and the surrounding areas, which attract about 250,000 visitors a year. “I will be looking after the upland areas and the man-made paths – it’s a big job,” he said. Ian’s appointment is the latest phase of the three-year Three Peaks Project, which has been started by the YDNPA to try to protect and conserve this network of paths crossing a fragile area of land that, in 1986, was judged to have the most severely eroded network in the UK.

In recent years, the management and maintenance of the Three Peaks network has been the responsibility of the two YDNPA Rangers covering the whole of the wider Ribblesdale area. “It’s difficult to believe the scale of the erosion in some places,” Ian said.

“There are areas where there is no surface left. It’s a matter of finding out where the biggest problems are and then trying to control them. A lot of the problem is due to the effects of the weather and some of the erosion is on such a big scale that we will have to hire contractors. When you have so many people using a particular route, it’s important to try to keep them on the paths otherwise they get wider and wider. And once a path has been constructed, it

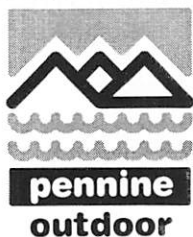


has to be kept in good condition so it lasts”.

Ian has lived in Dent all his life apart from a spell working in New Zealand as an assistant deer farm manager. Before joining the Yorkshire Dales National Park Authority as the Three Peaks Ranger, he ran his own landscaping business in the town for more than six years. “I’m really enjoying the work – I get a buzz out of doing something that’s going to be around for a long time and that a lot of people are going to enjoy.”

Many of the charities that regularly use the Three Peaks for sponsored events have volunteered to donate money towards the upkeep of the area – and the project also aims to enlist the help of people who live or work in the area. In addition, it will be developing merchandise to celebrate walking one, two or all of the peaks and building business and community interest in the Three Peaks.

For more information you can contact Steve Hastie, the Three Peaks Project Manager, by telephone on 01729 825242 or on his mobile 07818 048767 or email him at threepeaksproject@yorkshiredales.org.uk



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The picture shows a group of Springfield Bowling Club members who had gathered to take part in the "Lister Trophy" on Saturday 18th July, with the superb new pavilion in the background.

SPRINGFIELD BOWLING CLUB'S NEW PAVILION - SUCCESS STORY

By Teresa Freeman

At last we have our splendid new pavilion. It's been a long wait with numerous obstacles to overcome, but we are delighted with our new facilities.

It's hard to believe how long we managed with our old hut. It served us very well but was overdue for replacement. It had no proper drainage and no electricity – though a fair amount of light came in through the holes in the walls!

We now have a super kitchen and members have done an excellent job with paving, gardening, painting, wooden edging for the green and lots of other tasks to create an impressive site for both the club and the community. It's good to see our very friendly club working together to achieve so much.

We appreciate all the local help and support we have had and are planning an 'official' opening on the afternoon of Sunday, September 19th. Everyone is invited to come and have a look around, have a game of bowls (even if you've never played before) or just enjoy a cup of tea and a chat. Special thanks will be given to some special people who have done that bit extra to make it all possible. Congratulations all round!

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