

BENTHAM NEWS



Photograph of Ribbleshead kindly supplied by Jon Brook, Bentham Imaging

*The Bentham News Committee
wishes everyone a very
Happy Christmas
and a peaceful and memorable
New Year*

DECEMBER 2010

ISSUE 290

ANGUS FIRE IN THE COMMUNITY

By Brian Keeble

Angus Fire supports the local community directly and through individual efforts of its employees; for example the company owns the Bentham Playing Fields, home to Bentham FC, and the company rents ground to them at a peppercorn rent. Company visitors create a constant demand for local accommodation – providing a positive benefit for the economy. Local contractors are employed wherever possible for the current £5m refurbishment programme.

Retained fire-fighters Geoff and Richard Blackwell, Tracy Cockerton and Mick Green from Bentham Fire Station are Angus employees and the company supports community safety by allowing them time off to attend fire calls. The Wenning Building is also utilised by the fire service to undertake training and there are plans to make it available to the local community as an evening training facility. Becky Jackson runs a weekly bonus ball competition, with £25 going to the winner, the remainder going to charity. Recent beneficiaries include the Playing Fields Association and St John's Hospice. If anybody wants to nominate a local charity for a donation please write to Becky in the HR Department, Angus Fire, Station Road, Bentham LA2 7NA.

Brian Wilson and John Sinclair organised two sponsored walks across Morecambe Bay in memory of Steve Barlow, Angus Fire's maintenance manager who passed away in 2009, having been cared for in St. John's Hospice. Several members of the maintenance department joined the walk. In November 2009, Natalie Hanson encouraged staff to wear pink to support Breast Cancer research, and over £700 was raised. On 19th November 2010, Emma Whitmore whipped up support for Children in Need. Sarah Murray's annual Christmas shopping trip for employees, friends and families was held this year on 20th November to Sheffield Meadowhall. Tara Wilson from accounts sells goodies and raffle tickets at Easter and Christmas, in aid of Derian House childrens' hospice, Chorley.



An aerial view of the Angus Fire site

NOVEMBER'S TOWN COUNCIL

By David Johnson

As at October's meeting only six Town Council members attended together with District Cllr Barrington and County Cllr Ireton. Cllrs Barnes, Faichney, Hurtle, Marshall and Webster were all absent as was District Cllr Brockbank.

Two members of the public raised serious concerns about building a hugely expensive PFI waste recycling plant in a distant part of the county designed to reduce our landfill. The Cllrs debated the subject at length but as I believe a separate article about the subject is to be submitted to the BN news I will write no more! Another member of the public pointed out that there are still no bus timetables at the bus stops. The subject has been raised at other Town Council meetings since August. It was suggested that the complainant approached Stage Coach.

The Police Report

This came via an email and listed several events including domestic violence, vandalism and an incident of racial abuse at the Indian Restaurant. The Cllrs were very concerned about the latter and pleased that the police are dealing with the offenders by means of restorative justice.

County and District Councillor's Reports

County Cllr Ireton praised the Cllrs for their response to the threatened closure of the Middle Schools. He also said that Pioneer Projects had benefited from a community award of over £1900 made from funds confiscated from criminal activity.

District Cllr Barrington said that she had submitted a petition of 73 signatures from people opposed to the proposals to change the time limit on the use of bus passes. She is pressing for NYCC to allow them to be used after 9.00 a.m. rather than 9.30 a.m. so that users can use the earlier bus to Lancaster.

Planning

Once again the Cllrs opposed the plans to demolish Low Bentham Methodist Church and to replace it with a pair of semi detached houses. The proposal gave no architectural link with the chapel and they objected on the

grounds of over development and insufficient parking. The Cllrs have been asked to provide information about the history of an access track from the road near the cattle grid to Burnmoor leading across the field to Burbles Gill. They thought the gate had been there for a considerable amount of time but that the access road is relatively new.

Highways

A circular from North Yorkshire attempting to pass the buck (and much of the cost) of snow clearance from the L.A. to the parishes outraged the Cllrs. Volunteers would be covered by insurance but they would have to attend a training session and the Town Council would be responsible for the cost of grit etc! They were under the impression that we already pay for this service and that parishioners would not want to be charged twice! The Cllrs decided to approach Network Rail to see if anything could be done to improve the visibility for motorists exiting St Margaret's Church drive. They decided, however, that there was nothing they could think of to improve safety of the exit from Mill Lane onto the B6480.

Street Lighting

NYCC has switched off two street lights on Hillside Road pronouncing them to be unsafe. It has asked the TC to replace them at a cost of £1200 per column. The Cllrs were not keen to meet the cost and questioned the ownership of the lights. They deferred further action pending enquiries but were convinced that the lights are the responsibility of CDC as it would have adopted the road, with the lights, on completion.

Home to School Transport

This is now under review. It could affect special needs children and those who have opted to send their children to schools outside the normal catchment area. The Cllrs agreed to discuss this again at their December meeting.

Town Hall Hire Rates

These will be held at the 2010 level for Bentham based groups but will be increased for out of town hirers.

Bonfire

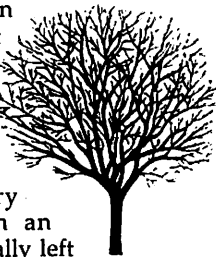
Cllr Wills reported on a successful bonfire with good support despite the weather.

GARDENING COLUMN

By Joyce Knapp

If our December weather is anything like last year's then the advice would run something like this "brush excess snow off all shrubs and conifers to avoid damage to branches caused by the weight of the snow" and "take all fruit and vegetables into the house for storage as they may succumb to frost if left out in a shed". However, we rarely get two consecutive winters that run along the same lines so I will assume that we will be able to get out and about in the garden for at least part of the month. This may benefit us in several ways as it can provide a welcome diversion from Christmas preparations and, if we get physical, it can rid us of some of the weight we may gain through eating out with all our friends and colleagues.

There are two main areas of pruning we can tackle in December, the first being established apple trees and the second a beautiful climber known as 'Wisteria'. In the past when apple trees were often very large, and resided in an orchard, they were usually left to their own devices, except for the removal of any damaged, diseased or crossing branches. Nowadays though, we are more likely to have smaller specimens, known as 'bush' apple trees and we can prune these to regulate both height and spread. The first thing to do is to look for any long, main branches, known as leaders, and cut these back removing about 1/4 of their new growth. Once we have pruned all the main branches we can cut back all side shoots, leaving 4 or 6 buds on each as this will increase the crop the following year. It is always a good idea, at this time, to clear any fallen fruits from beneath the tree and discard them as they may harbour disease spores that, if left, can cause problems in future years. Once we have pruned and cleared around the base of each tree we can spread a little garden compost under them as



this will provide a slow release food supply throughout the coming year.

Pruning a Wisteria may look a daunting task, but all we need to do is cut back the main stems to within the space allotted and then shorten all side shoots to 2 or 3 buds from their base, as these will produce next year's flowers.

NATURE NOTES

By David Fisher

Bats belong to a large group of mammals worldwide, which can fly, and there are 18 different types in this country.

The largest is the Noctule which can be seen flying, usually above tree level height. The water bat or daubentens bat when flying just skims above the surface of rivers, picking off insects at low level.

The smallest bat in the UK is the serprano pipistrelle. It is our most common bat and can fit inside a matchbox. It may be seen flying at dusk in gardens, having to eat at least 300 midges each night to sustain itself for the next night.

The mouse eared bat is now unfortunately extinct in the UK.

The greater horseshoe bat is very rare and only a few colonies still survive, mainly in Wales I believe. There is, however, a small risk to us humans as they can pass on the dreaded illness rabies, so a licensed bat worker who handles them has to be inoculated against catching it. Bats can come in from the continent, although this is not thought to happen very often, but that is where they can bring the infection from.

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CRAVEN CONCERNS

By Lin Barrington

015242 61034 - linbarrington@live.co.uk

Christmas Trees

Yes, I know it's only the beginning of December, but after Christmas when it's time for the Christmas trees to go, you can phone Craven District Council on 01756 700600 to have them collected. Your tree will be collected free of charge. The Depot supervisors in Skipton will group requests and arrange collections.

Bin Collection Dates

It seems there's a bit of uncertainty over which bins are collected on what week; some people are waiting to see which bin the neighbours put out before committing themselves, and others seems to be putting all of them out just in case! When the new system started, we all received a leaflet with the collection dates on it. I've still got mine hanging on the pantry door, so here's a summary. I've given the Thursday dates which apply to Low Bentham, High Bentham bins are collected a day later:

Green bins will be collected on 9th and 23rd December, 6th and 20th January 2011, 3rd and 17th February, 3rd and 17th March, 14th and 28th April, 12th and 26th May, 9th and 23rd June, 7th and 21st July, 4th and 18th August, 1st and 15th September.

Blue bins and Blue bags will be collected on 2nd and 30th December, 27th January 2011, 24th February, 24th March, 21st April, 19th May, 16th June, 14th July, 11th August, 8th September

Blue bags will be collected on 16th December, 13th January 2011, 10th February, 10th March, 7th April, 5th May, 2nd and 30th June, 28th July, 25th August, 22nd September.

Brown bins collection ends on 7th December 2010 and restarts on 3rd March 2011.

Your Craven

It seems that some residents haven't received 'Your Craven', the Craven District Council newspaper. I enquired about this and got the following reply: 'We used the Royal Mail Door Drop Delivery service to distribute the

newsletters which is the most cost effective option but can't guarantee 100% coverage. The only way we could do this is to mail every house a copy through the post which is prohibitively expensive. We have only produced one copy this year which went out in September. If anyone would like a copy who hasn't received one I could mail them out. Alternatively you can view it online on our website www.cravencd.gov.uk

We also produce a monthly newsletter - Community News - it is a roundup of Council news for the month and is a good way to keep in touch with what is going on at the Council. It is sent to all Parish Clerks to distribute on to members of their Parish Council but anyone can be on the mailing list.'

If you would like to be mailed a copy of 'Your Craven' or to be on the e-mailing list for Community News, please phone Jo Fox on 01756 706494 or e-mail her at jfox@cravencd.gov.uk

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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.

December 1990

The Christmas edition of 20 years ago led with an article that illustrates perfectly how "the best laid plans of mice and men" can look astonishingly naïve when viewed with hindsight. The article reported that the new development on Main Street, which by now had been given the name of *Millers Court*, was completed and had opened for business. *Brian Dodgson*, described by the BN reporter as the *Millers Court* "builder and developmental mastermind" introduced the development as follows:

"Upstairs, which has a Georgian feel about it, there is a greengrocer, a delicatessen, a health food shop, a kiosk selling sweets and tobacco, the Bentham Sports shop and the office of a Cardiff pharmaceutical firm, with one unit yet to be occupied. The "Tudor" downstairs has yet to be filled, although detailed negotiations are well underway with potential occupants, including an antique furniture store."

Mr Dodgson also said that to complete the complex he was constructing a 40ft x 30ft building at the rear of *Millers Court* which would include two shop units.

Methinks Mr Dodgson must have been describing one of his other developments!

Bentham lad Robert Cowling was awarded a grant of £50 by the Town Council towards the £2,600 he needed to fund his trip to Guyana with Operation Raleigh.

After spending a considerable amount of time trying to decide the nature of Bentham's Christmas decorations during the course of the past year, the Town Council finally decided not to bother. They did agree to allow "lady councillors" to spend up to £100 on decorations for the Lower Hall and Town Hall entrance, but the streets were to remain unadorned. It was said that the plastic Santa that had been proposed was "too expensive for not much glitter!"

Bah, humbug!

Reading further into the edition, I discovered that in fact Bentham's streets were not to be completely unadorned for the festive season because Angus Fire had agreed to erect a Christmas tree and lights at the bottom of Robin Lane.

Whilst Age Concern may be a relatively new facility in Bentham (20 years) I was astonished to read that the organisation celebrated its Golden Jubilee in 1990, which of course makes it 70 this year. To mark the Jubilee, a service of thanksgiving was organised by the committee of Age Concern North Craven and held at St Alkelda's Church in Giggleswick. A founder member of Bentham Age Concern, Laurie Blundell, read one of the lessons.

Bentham Netball Team were the town's sporting high fliers, with four straight wins last month in the Lancaster League. With such winning scores of 36-6 and 20-1 they were beginning to look unbeatable, but finally met their match when they played Hockey Rebels and lost narrowly.

Finally, this month's edition contained a Christmas poem by Olive Calverly. Unfortunately my column does not afford the space to present the entire poem, but I feel the content is relevant and too good to overlook, so I hope Olive will forgive my subjective pruning!

What does Christmas mean to me?

A silver star upon a tree.

Piles of presents underneath;
and on the door, a holly wreath?

What does Christmas mean to you?

Friends to visit, old and new.

Christmas cards thrust through the door;
festive paper on the floor?

What does Christmas mean to those
who have no shoes or fancy clothes?

Their only home a cardboard box
disgusting to the orthodox!

What should Christmas *really* mean?

Angels in the sky were seen.

Shepherds, Kings came to adore;
crowding round a stable door.

Let this Christmas be the best.

Ask God in today, don't rest.

Take the gift that's offered you;
a blessed life, a joy that's *true*.

My sincere good wishes to all for a very happy Christmas and a peaceful New Year.

WHAT'S UP DOC?

By Peter Phillips

Back in August Bentham News published an interview with Shirley Macdonald and Jonathan Scott from the Bentham Medical Practice. We wanted to find out how the Practice worked, who the doctors were and how it was administered. Because we had heard recently of a number of complaints, we were just about to ask for another interview in mid November when the Surgery published a four page newsletter entitled "What's up Doc?" which can be picked up at the Reception desk.

This first issue is well laid out and easy to read. It is intended to be a quarterly publication keeping patients up to date with happenings in the practice. It includes updates on staff changes; an article on the latest research on aspirin; who may have the flu vaccination; current issues; some personal details from the doctors; recipes and a crossword. If you are a smoker intending to kick the habit you are advised to see Rachel for help, advice and save some money by obtaining nicotine patches on

prescription

The Practice welcomes your views and feedback so if you have suggestions, concerns, thanks or complaints and send them in they will reply to you. Similarly if you want to put in an article or comment for inclusion in the newsletter write to them at Bentham Medical Centre Newsletter, Grasmere Drive, High Bentham, LA2 7JP or email jonathan.scott@gp-B82061.nhs.uk
Congratulations Doc on a successful delivery.

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PETE ARMSTRONG TURNS A PECULIAR BLUE

By Trevor Blackwell

Pete Armstrong has made lots of contributions to Bentham in his time, not least as an actor and a director in the Bentham Theatre Group. Recently, though, Pete's got more involved in writing poetry, and four months ago he published his first collection of poems called "A Peculiar Blue".

With poems which include 'Transformation in the rain', 'Love and devotion', 'Hello little illness', 'Not another one to love', 'Raspberry topping', and 'I once was lost' these poems are funny, personal and moving. One I like very much is the last poem in the collection, 'I once was lost', in which Pete talks about losing his wedding ring barely three months after he's been married. This poem shows Pete at his narrative best, with a taut story line which delves into the heart of loss. But it's too long to print here, so I've chosen the beautiful lyrical poem which gives the collection its name. Pete tells me that the bluebell wood is very near to Bentham, and the poem was written last May.

Turning a peculiar blue

I thank you for the bluebell wood you took
me to again

We left the footpath
and in the corner of the field
we found the hole in the hedge
and crawled through

I thank you for the shaded space you took
me to again

From bright sunlight and green fields
we entered into a place of shadow,
hedge beside us, foliage above
tree trunks and bird song close by

I thank you for the dappled light you took
me to again

We found ourselves among
the peculiar blue of bluebells
stretching through this patch of wood:
I sat in silence while you stood

I thank you for the bluebell wood you
brought me to again
I did nothing
they entered into me
my mind turned a peculiar blue
there was nothing I had to do

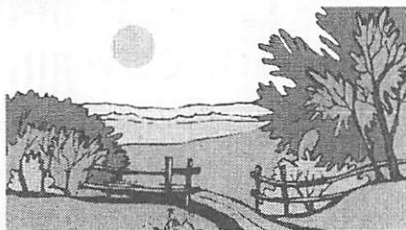
I thank you for all you shared on a sunny
day in May

We left the bluebell wood,
we walked home across the fields;
the bluebells would stay
but now I knew the way

I thank you for this place of love you bring
me to each day

Pete began testing out reactions to his poems by giving them out to friends and family, and seeing what they said. Then he started distributing them more widely, and he's been delighted with the response. "I still get a great kick out of this stuff," he says. "I don't sell the booklets, but if people want to give a donation that's great."

Pete's working on a second, slightly longer collection of poems, which will be published just before Christmas. If you'd like to obtain your own copy of either (or both!) of the booklets, you can contact Pete on pete.armstrong@talktalk.net But be prepared for a few surprises. A new voice is speaking in Bentham.



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COOKERY PAGE

By Patsy Henderson



Beetroot, goat's cheese and cranberry parcels

Vegetarian - serves 6.

Recipe

400g beetroot, scrubbed
1 tbsp olive oil
200g baby leaf spinach, washed
200g goat's cheese, crumbled
1 small onion, finely chopped
1 red chilli, deseeded and chopped
50g cranberries
flour for dusting
500g block of fresh puff pastry
1 egg beaten
poppy seeds for sprinkling
new potatoes for roasting
coriander, fresh, chopped for serving

Method

Preheat the oven to 190C, gas 5. Place the beetroot in a roasting tin, drizzle with oil, season and roast for 45 minutes or until soft, turning half way through. Allow to cool slightly then peel off the skins. Put the washed spinach into a large pan and heat gently for about 3 minutes until wilted. Tip into a colander and squeeze out the excess water. Cut the beetroot into wedges and mix in a large bowl with the spinach, cheese, onion, chilli and cranberries and a little seasoning to taste.

Roll out the pastry thinly on a floured surface, and from it cut 6 x 15cm squares. Divide the filling onto the squares, brush the edges with beaten egg and fold the corners over the filling and seal, making a neat parcel. Place the parcels, seal side down, onto a baking sheet, brush with beaten egg and sprinkle with poppy seeds. Bake for 15 to 20 minutes or until crisp. Roast the new potatoes. Serve the parcels with the potatoes and chopped fresh coriander.

Fresh salmon rillettes

Recipe - serves 6 as a starter

350g skinless salmon fillets
150g hot or lightly smoked salmon fillets
175g unsalted butter
1 tbsp green peppercorns in brine, drained and rinsed
2 tbsp fresh chives, snipped
grated zest of 1 unwaxed lemon

Method

Cut all the salmon fillets into 2cm chunks. Melt the butter in a large pan, add the salmon and cook gently for about 3 minutes until cooked through, stirring very gently.

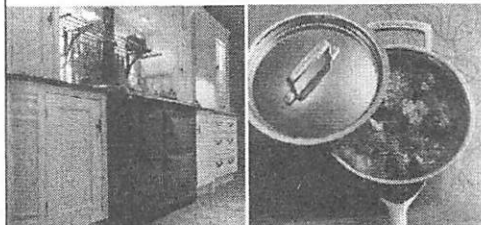
Add the peppercorns, chives and grated zest of lemon, season to taste. Pack the mixture into a ceramic dish and cool. Serve with melba toast and a salad garnish.



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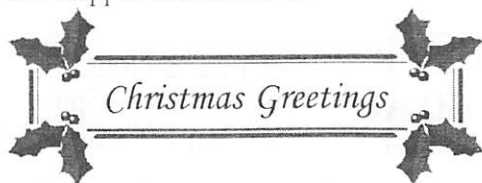
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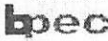
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CHRISTMAS LIGHTS

David Bedford

Hello all, well we are heading to that time of year again. We would like to say a big thank you to the Traders Association for their recent donation. We raised over £150.00 at our stand on bonfire night, thanks to all who supported us, and those members who manned the stand, especially Brenda's friend who came to visit the town and ended up serving teas, coffees and sticky buns. Thanks to you all. We have invested in a little bit more kit to add a bit of extra sparkle to the town. Please keep dropping your change into our collection boxes.

If any traders would like to work with us to create a scheme for their premises please get in touch. Visit the website at www.bclx.org.uk where you can contact us or register your property. We are always keen to have new members; we meet at the Byres on the 2nd Monday of the month. You can contact me on 62846 or Iain on 61010.

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SKATE PARK AND TENNIS COURTS

By Pam Woof

At the time of writing this article the work on the skate park and tennis courts is moving along well and by the beginning of December the new facilities should be ready for use. In addition to the new facilities a development worker should be appointed this month to develop sports groups and clubs. We want to bring together like minded people to start up the tennis and netball clubs which will be needed to sustain regular use of the new facilities. If you want to play tennis regularly with others the best way is through a club, which has a club night and organised sessions. We hope that Bentham Tennis Association will reform itself soon.

The new skate ramps are looking good. Please note that anyone using the park *does so at their own risk* and should wear knee, elbow and wrist guards as well as a helmet. *Parents should be aware* that the ramps are designed for all abilities and therefore some of the ramps are quite challenging!

New Play Equipment

You will see we also have new swings and springies for little ones. This was funded at the last minute by the Leader Programme and makes Phase 3 of the refurbishment of Bentham Playing Fields complete.

We are very grateful to all our funders:- Sport England, Craven District Council,



Craven Trust, The Clothworkers Foundation, Bernard Sunley Foundation, Sport Relief, George Martin Trust, NYCC Craven area committee and the Alice and Harold Bridges Trust. Locally we have been funded by Bentham Town Council, the staff at Angus Fire, local groups and many local individuals who are too numerous to name but who have given time and effort to raise money for the new facilities. Thank you to everyone who has helped to make this happen.



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CHRISTMAS PARTY BOOKINGS

a few dates still available

CHRISTMAS CAROLS

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Monday 20th December 7.00pm.

ENTERTAINMENT MOST SATURDAYS

IN DECEMBER

HELP FOR YOUR CHRISTMAS SHOPPING DAYS

By Viki Hindle

Christmas is coming!!! (Like we need reminding!). Burton Under Fives is planning to run some longer sessions to enable parents to go shopping before the big day. These days will be Wednesday 1st December and Tuesday 7th December, when we will be open from 9.00am until 3.30pm. The sessions will be subject to a minimum number of children. Pre-booking is *essential* as places will be limited and allocated on a first come first served basis.

The cost will be £17 per child; a deposit of £10 will secure a place. Children **must** have attained the age of two years to attend.

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"QBITS" THE NEXT BIG THING IN BOARD GAMES

By Bill Kennedy

Qbits is a new, innovative, mathematical board game that has been designed and developed by eleven 6th form schoolgirls from Casterton School with help and support from Chris Humphreys of Bentham Gallery.

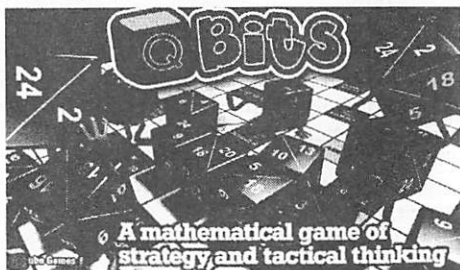
Chris acted as business adviser for the girls, as part of a Young Enterprise company programme. The girls have set up a Limited Company called Qube games. It has taken well over 18 months to get this game from its conception to the finished product, called Qbits, which is on display at the Gallery, Station Road.

The game incorporates the four basic principles of maths in a fun, family based game. It has been designed to help those who have difficulty with maths as well as those with a keen competitive nature. If you

are a Scrabble or Sudoku player, then you should try this game; you'll be hooked in no time.

The game was launched at the Birmingham Trade Fair in August and a number of toy and games companies have shown considerable interest in it. Unfortunately it was too late to get it available for sale through large retail outlets in time for this Christmas, but the game can be seen, and is available at Bentham Gallery.

This represents a fine example of young people showing imaginative and constructive entrepreneurial flair. I hope that their enterprise achieves the resounding success that it deserves.



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Happy New Year**

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AIR AMBULANCE IN ACTION AT SUMMERHILL

By Gavin Wilshaw

Round about noon on Sunday 31st October, several motor cyclists were approaching High Bentham at Summerhill. One of their number, a lady, was riding to the offside of a group of three abreast. On reaching the blind summit at the top of Thickrush Brow, it seems a vehicle travelling up the hill suddenly appeared and she lost control of her machine.

Air Ambulance was called and the call was picked up by a yellow rescue helicopter which was nearby, having been directed from a previous incident at Barrow-in-Furness, to attend a walker on Ingleborough who had earlier complained of severe chest pains. Sadly that person could not be resuscitated.

The helicopter landed in the field which is situated opposite the Summerhill Cottages and medical attention was given by a member of the crew. This was augmented by paramedics who had arrived in a regular ambulance. An officer from the local police team was by now also on the scene.

The pilot was remarkably chatty and revealed that he was previously an instructor on fast jets based at RAF Linton on Ouse but nowadays preferred flying this £3million helicopter on behalf of the Air Rescue Service based at Blackpool.

The injured motorcyclist was soon stretchered and gently placed in the helicopter for a brief 9 minute trip to the Royal Lancaster Infirmary. It was recently learned that her injuries were not serious.

**THE JANUARY EDITION
OF THE BENTHAM NEWS
WILL BE PUBLISHED ON
WEDNESDAY
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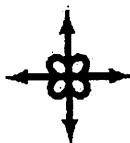
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BENTHAM FOOTPATH GROUP



By Maureen Ellis

Walking is the best mode of transport. I have just returned from doing a portion of the Camino de Santiago in Northern Spain and I'm full of amazing memories of rolling country, broad footpaths and narrow tracks between encroaching vegetation and interesting buildings. I keep thinking of that landscape and look forward to a further section next year. It renewed my enthusiasm for re-recceing my walk for the BFG in December.

All walks except the last one start at 9.30am from Lairgill. On Thursday 2nd there is the Kentmere Reservoir walk of 8 miles which starts from the filtration plant on Kentmere Road and then passes the Mere, the Hall and Reservoir Cottage and returns by Overend and Low Lane.

On Wednesday 8th there is the 5 mile Chapel-le-Dale walk. I have a detailed description which I'm reporting fully so that people can do it easily again on their own. From Chapel-le-Dale Church turn immediately right and follow the lane behind the Church until reaching the cattle grid. 20 yards further on Hurtle Pot is hidden in the trees on the right hand side. Carry on at the fork in the road and take the right hand lane to Ellerbeck. A little further on is a statue by Charles I'Anson which was once vandalised and then recovered. Cross another cattle grid and at the next fork take the right hand lane at Gill Head Cottage. At first the lane is

walled and then opens out to open moorland. Continue to the farm buildings and then just before reaching Ellerbeck Farm the lane bends round to the right and crosses a shallow ford as the lane heads for the farm. Often there is a small waterfall here. Follow the lane through two gates of the farm yard. Just through the second gate take the gate at the bottom right hand corner of the yard, still following the lane in the direction of the viaduct. Continue along this to Broadrake Farm, then right here and follow the path to Winterscales Beck, and then walk along the beckside until the road is reached at Philpin Lane. From here cross the road to the Hill Inn and follow the footpath to Great Douk Cave; then curve round to Southercales and back down the fellside to the Church at Chapel-le-Dale.

On Saturday 18th there is the Keasden-Mewith walk which is now 7.5 not 6.5 miles. Walking will start at Keasden Church layby and go via The Heigh to Mewith Head Hall and Mill Dam to Sunny Bank and then down to the footbridge and under the railway to Waterscales. The way back is on the other side of the valley crossing the road at Greystone Ghyll and continuing to Merebeck and Sharwood, and passing Old Butt and onwards to Upper Hardacre and Lower Hardacre. It's then across the railway and over Shaky Bridge to continue up to Reebys and on back to the Church.

On Monday 27th there is the 4 mile walk at 10.00am to Feizor and lunch. Please contact our Chairman, Keith Hartley, at 62373 so that he has numbers for lunch.

Iain Henshaw

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Dear Bentham News Readers,

Bentham brought to a standstill - due to inconsiderate driver

I am writing to you today because of an event that I happened to witness on Wednesday 27th October at 1600 hours. I had just finished my day's work and was on my way home, travelling up Station Road and turning left into Main Street when I was promptly stuck in traffic. I had only reached as far as the HSBC Bank. Wondering what was happening, I got out of my car to look down the Main Street. I could see two vehicles facing each other from opposite directions; the vehicle coming down the street was a family saloon car; the vehicle facing up the street was a large black Range Rover 4 x 4.

I had been stuck for about five minutes and the traffic had built up from all directions of town and was completely gridlocked. I had seen a couple of people approach the range Rover and also heard raised voices. I decided to approach myself to see if I was able to resolve the problem. I spoke to the lady of the saloon car first. Apparently she had just pulled out from the left side to go down Main Street and as she manoeuvred she saw the Range Rover approaching. Thinking that the driver would give way she continued on her route. Unfortunately this was not the case and the Range Rover completely blocked her way and had decided that he was not going to let her through come Rain, Snow and Hail, and definitely not this side of Christmas.

At this point I approached the driver of the Range Rover, an elderly male, to be polite. I asked him in a calm and collected manner if he would perhaps consider reversing about ten feet to allow the lady to pass. This he flatly refused to do. I can only assume his gleaming Range Rover was similar to old three wheeled vehicles we used to see on our roads and didn't possess a reverse gear.

Anyway, 15 minutes later I myself was getting a little fed up by now, working all day I just wanted to get home and put my feet up. So I approached the lady again and suggested that if the car behind her moved back slightly, she could reverse back into the space she had just pulled out of and the Range Rover (without reverse gear) could clear the main Street. Thankfully this was agreed. With blasts of car horns and cheers from other drivers the Range Rover driver drove away into a little world of his own and the traffic was moving once more through the streets of Bentham.

All this was caused by an arrogant and inconsiderate driver who in my opinion had never looked at the Highway Code book in his life.

Note: I am an Emergency Appliance driver and in the event of anyone needing an Ambulance, Fire Service or Police during this mayhem, they would have been delayed considerably and with the possibility of disastrous consequences.

Name and address supplied.

Dear BN

We just wanted to say thank you, thank you and thank you to the people who put on the wonderful bonfire and firework display in Bentham this year. The procession was marvellous, the children's lanterns beautiful, the bonfire enormous, the entertainments enchanting, the food delicious, the volunteer helpers efficient, and the firework display was truly amazing. We know how much work goes into making this event possible, and we really appreciate it.

*Colin and Shirley Brown,
Springfield, High Bentham*

(Letters continued on page 17)

"O come all ye faithful"

(and ye not so faithfull!)

to

**Carol Singing
and Christmas Cheer**

at the

Horse & Farrier

7.00pm on Monday 20th December

Letters (continued from page 16)

Dear Bentham News,

We were very amused by the anonymous response to our letter enquiring about the removal of the dog poo bin at the golf course. The writer states that the bin was removed after several near misses with reversing lorries "for safety reasons before someone got hurt". The immediate question that springs to mind is who would get hurt if a bungling lorry driver reversed into the bin? Unless an equally incompetent assistant directing the lorry driver is standing in the way (we think that passing dog-walkers, rambles and golfers would have the sense not to stand between the bin and the lorry!) the only individuals likely to be damaged are the poo bin itself or the rear of the lorry.

In fact, the health and safety situation is now arguably worse – the post to which the bin was attached is still in situ and even more likely to be hit in the absence of the bright red bin that should have alerted all but the most visually challenged drivers to its presence. Which brings us to our other question – where are all these perilous reversing lorries? In all the years we have been walking along this track we can't ever recall seeing a lorry reversing in the immediate vicinity of the bin. Besides which, any lorry driver worth his or her salt should be able to avoid colliding with it – any who can't should have their HGV license revoked!

On a positive note, we were encouraged to read that the town council will "try to ensure that there is a dog waste bin in the proximity of the cemetery entrance and another on Streaker Lane" – we hope it won't be too long before they appear, for the sake of dog walkers and residents alike.

*Yours sincerely,
John and Sue Neal.*

 **Merry
CHRISTMAS**

CALLING ALL ACCOMMODATION PROVIDERS

By Jo Burton, Town Clerk

The Tourist Information Point will be updating the Bentham & Beyond Accommodation list for 2011 in the New Year. If you run a B&B or self catering accommodation and would like to advertise in the new issue, to be published at the end of March, please contact us on 62549 or email tip@benthamtowncouncil.co.uk for details.

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BENTHAM YOUTH THEATRE GROUP

By Iain Henshaw

First things first, and a huge congratulations to Gemma and Chris on the birth of Dylan their son. Fantastic. I wish you all the best.

It's hard to believe that the group has been going for five years. As it stands Charlie Driscoll has come along and is willing to run the group after next year's panto. She can't do it alone and we are looking for additional volunteers who could help out.

We usually have two sessions on a Wednesday night. If you could help on either or both please get in touch. It would be a shame to lose it after all the efforts and great performances that have gone on so far. So Gemma, Chris, get some sleep. Thanks for all the efforts and we'll see you soon.

Everybody else who has helped over the past five years, Thank You. So over to you Bentham. Fancy a youth theatre? It's in your hands. Contact btg@s1b.com or call 61010.

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LOOKING WELL NEWS

By Julie Vass

Lantern Workshops

Thank you to all who attended the lantern workshops and walked in the procession, and for the amazing conversations about bees and the world that ensued. Special thanks to Maureen Magooligan who did us proud supplying biscuits, Zuzannah for carrying the fire spirit, Thomas and James Lea, June Hewitt, Ann Booth, Peter Swann, Viv Peto, Jimmi Ogden, Stephen Bentley, Elizabeth Clough, Mary Ammundsen, Iain Henshaw, Eddie Knowles, Mark Armstrong and Liam Ellershaw.

Understanding Depression evening course

Starting in the New Year, this is a series of talks on what depression is, how to cope with it, and the therapies used in its treatment. Aimed at those affected by depression, or who care for someone who has (or might have) depression.

We are also planning a one-day weekend workshop on Cognitive Behavioural Therapy (CBT) – the practical, DIY therapy approved by the NHS for those suffering from depression. If you are interested in attending any of these and would like more details, please phone or e-mail Clare or Julie – your call/e-mail will be dealt with in confidence.

Mental Health Carers Support Group

In January we are hoping to start a group for those caring for someone currently under the

care of community mental health staff/psychiatrist. The group will meet once a month and offer social support as well as information/talks by key mental health staff. If you are interested in attending such a group, please contact Clare (details below).

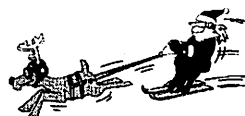
Christmas and New Year Closure

Looking Well Studios will be closed from Wednesday the 23rd December. The office will re-open on 5th January 2011 and regular sessions begin Thursday 6th.

Merry Christmas and a Happy New Year

We have had a busy year with lots happening; our thanks go to everyone who has visited, joined in, helped and supported us – we hope you have enjoyed it as much as we have. See you in the New Year and, as always, new faces always welcome.

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BENTHAM NEWS is published at "Latharna", High Bentham, by an editorial committee consisting of Trevor Blackwell, Shirley Brown, Christine Hodson, Charlotte Munday, Peter Phillips, Ken Robertson, Richard Wallace, Pam Woof - our chairman, and Bill Kennedy, co-ordinator, who can be contacted on telephone 015242 62492. 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, 13th of December, for the January edition. The Bentham News email address is: benthamnews@lycos.com.

By Mrs Catherine Boocock

Don't miss out!

If you have a 3 or 4 year old child then make sure you contact school on 61412 and speak to Mrs Claire Steele to ensure that you get your child a place in our excellent Nursery. We have free places for 5 sessions a week from 9.00-12.00 each school day.

Cross Country Event

On 5th October a group of children took part in the Cross Country event at Ingleton Primary School. There were 4 separate races – Year 3 (once round two fields and round the back of the school), Year 4 (one and a half times around) and Year 5 and Year 6 (twice around the course)!

Our children did very well. Out of 40 children in the Year 3 race Charlie-Eve Garnett was 18th, George Tuohy 22nd, Rebecca Abbott 28th and Thomas Walker 33rd. In the Year 4 race Sam Wills was 32nd out of 45 children and Emily Wright finished 33rd. In the Year 5 race Jack Garnett finished a fantastic 3rd and Ellie Hayward 18th out of 39. This meant that Charlie-Eve as 4th girl in her category, Ellie as 3rd girl and Jack as 3rd overall got to run again the following Tuesday at Settle Middle School at the Partnership Cross Country Final. They went on to do very well again as Jack finished 6th, Ellie 7th and Charlie-Eve 8th in their respective races. There were 23 runners in each race. Well done to everyone involved.

Year 3 and 4 Football Tournament 18th October

Many thanks to Melissa Booth for this report and looking after our team! A team consisting of 2 Year 4s and 6 Year 3s took part. Players were Sam Wills, Emily Wright, Thomas Walker, Luka Beaumont, Ben Hodgkinson, George Tuohy, Olivia Robinson and Joe Edwards (goalkeeper). They played 2 games in total. After a brief team talk the players took to the field for their first match against Settle. Unfortunately they lost and were unable to score any goals. After a



The photo shows Sam Wills & Emily Wright having a well deserved drink at the cross country event!

second team talk, a bit of re-arrangement and a little help from Green and Black's organic chocolate they soared through the second game to win 1-0! A great goal was scored within the first minute by Sam. Ben showed consistent determination and effort throughout. Great defence in the second game from Olivia and George. It was an absolute pleasure to watch and extremely exciting. Well done everyone.

Thank you

A Big "Thank you" to the "SB" club at the Horse and Farrier whose kind donation has made the Alice In Wonderland show in school possible. We also need to say thank you to all those parents and members of the community who came along and made our first PTFA Coffee Morning such a success. Thanks to the hard work of PTFA members and volunteers (not to mention a few children) we raised over £300 in just 2 hours!

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SUCCESS FOR LOCAL GLASS STUDIO

By Annette McMillan

Gary and Annette McMillan of Stonegate Glass Studio in Low Bentham are celebrating after completing a prestigious stained glass commission for Liverpool Hope University. It has taken Gary and Annette over a year to complete, from the early design stages through to completion last month. The panel measures approximately four metres by three metres and combines traditional stained glass techniques with contemporary kiln-formed glass to portray their modern interpretation of the university crest. Each of the individual pieces of coloured glass had to be cut by hand before being carefully arranged in the



shape of the design, then painstakingly leaded together into eleven large panels. These panels were then fitted into a custom-made lightweight metal frame to complete the final image. It took ten hours to install, is seven metres off the ground and forms a striking centre-piece to the new university campus entrance.

It has been a busy year for Stonegate Glass Studio who, as well creating the Liverpool University commission, had to find time to design and make thirty fused glass artworks for what turned out to be a very successful exhibition as part of the Lake District Summer Music Festival in Ambleside.

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LOCAL EVENTS IN DECEMBER

Wed 1st Victoria Institute, 10.00am-12 noon, Drop-in, also on 6th, 8th, 13th and 15th.

Victoria Institute Community Link Café 11.30am-2.30pm also on 8th, 15th and 22nd. and from 1.30-3.00pm on 6th, 13th and 20th.

Victoria Institute Line Dancing 2.00-3.00pm also on 8th and 15th.

Coffee morning at the Methodist Church, 10.00am-11.30am and every Wednesday. Proceeds to local charities.

Looking Well Art for All, beginners welcome 2.00-4.00pm and also on 8th and 15th.

Looking Well Positive Futures Project, 11.00am-1.30pm and also on 8th.

Looking Well Café-IN 11.00am-1.30pm and also on 8th.

Thu 2nd Looking Well In the same Boat, Cancer support group, drop in, art session, lunch and therapies, 11.00am-1.30pm and also on 9th and 16th.

Swimming at Hornby for over 50s, men and women. Leave at 8.45am. Telephone Barbara 62873 or Carol 61233 to arrange transport. Also on 9th and 16th.

Looking Well Men's Shed, 1.30-4.00pm and also on 9th.

Victoria Institute Bat n' Chat 10.00am-12.00noon and also on 9th and 16th.

Victoria Institute Gardening, 1.00-3.00pm and also on 2nd, 9th and 16th.

High Bentham Women's Institute at the Town Hall, 7.30pm. Christmas Party Night.

Bentham Footpath Group walk, Kentmere Reservoir, 8 miles, leader Dennis Chamberlain 21436. Meet at Lairgill 9.30am.

Rosemary Conley Fitness Club, Town Hall, 6.00-7.30pm and also on 9th.

Fri 3rd

Looking Well Art Skills Development, 10.30am-1.00pm and also on 10th and 17th.

Yoga at the Town Hall, 6.30-7.30pm and also on 10th and 17th.

Age Concern at the Masonic Hall, 10.00am-2.30pm. Table decorations.

GFI, 7.00-8.00pm for school years 6, 7 and 8 and 8.15-9.15pm for school years 9+ at the Methodist Church Hall and every Friday in term time.

Sat 4th

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

St. Margaret's coffee morning at the Town Hall Ballroom, 10.00am-12.00noon. 

Mon 6th

Craven Customer Services at the Town Hall, 10.00am-12.30pm and also on 13th and 20th.

Walks for Women, leave Lairgill 9.30am and also on 13th and 20th.

Indoor Bowls at the Town Hall 11.00-4.00pm and also on 13th and 20th.

Toddle-in for parents/carers and babies/toddlers, Methodist Church Hall, 10.00-11.30am and every Monday except Bank Holidays.

Adventurers Group for 4-6 year olds, Methodist Church Hall, 3.45-4.45pm and every Monday in term time.

Springboard for 7-10 year olds, Methodist Church Hall, 6.15-7.15pm and every Monday in term time.

Tue 7th

Looking Well, Creative Kitchen Garden, Arts & Crafts, Cooking Ideas, 10.30am-1.00pm. Also on 14th and 21st.

Victoria Institute Slimming Club, 5.30-6.30pm and also on the 13th.

Victoria Institute Tai Chi, 6.15-7.45pm and also on 13th.

Treasure Island, performed by the Saltmine Trust, 7.00pm at the Methodist Church. Tickets available from Sylvia, 62086.

Tue 7th Craft Club at the Wenningdale Room 10.00am-1.00 noon.
Looking Well 7.30-9.30pm, Singing in Harmony. Also on 14th.

Yoga at the Town Hall, 6.00-7.00pm and also on 14th and 21st.

Aerobics at the Town Hall, 7.30-8.30pm and also on 14th and 21st.

Bright Hour, 2.15pm at the Methodist Church, Clapham Ladies.

Looking Well, 11.30am-1.00pm, Creative Writing Group. Also on 14th and 21st.

Looking Well Men's walking group leave at 9.30am, return 11.30am, also on 21st.

Wed 8th Bentham Footpath Group walk, Chapel-le-Dale, 5 miles, leader Angela Robertson 61285. Meet at Lairgill 9.30am.

Fri 10th Age Concern at the Masonic Hall, 10.00am-2.30pm. Extend Exercise with Colin Etherington.

Sat 11th St. John's coffee morning at the Town Hall, 10.0am-12.00 noon.

Victoria Institute, Book Swap, 10.00am-3.00pm.

Mon 13th Copy deadline for January edition of Bentham News.

Mindfulness Meditation Group, 7.00-9.30pm at Looking Well.

Tue 14th Thornton and Burton-in-Lonsdale Mothers' Union Christmas Party with carol singing and Jacob's Join tea at 2.00pm, in Burton Church Room. All are welcome.

Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.

Wed 15th Bentham First Responders meeting at 7.00pm at Looking Well, 7.00pm. Come along and talk to us about joining.

Fri 17th Age Concern at the Masonic Hall, Christmas Dinner 11.30am-3.00pm.

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

Sat 18th Bentham Homing Society coffee morning at the Town Hall, 10.00am-12.00 noon.

Bentham Footpath Group walk, Keasden-Mewith, 6½ miles, leader Maureen Ellis 51802. Meet at Lairgill 9.30am.

Mon 27th Bentham Footpath Group, Feizor walk and lunch, 4 miles, leader Keith Hartley, 62373.

Wed 29th January Bentham News published.

PROGRAMME SECRETARIES

This is just a reminder to programme secretaries or those who submit quarterly or annual diary dates, to provide them please by copy deadline date - 13th December.

Notice. Town Council Meeting

Please note that the December Town Council meeting will take place on Wednesday 29th November at 7.30pm at the Town Hall.

CAN YOU HELP?

Age Concern are seeking to contract a cook to provide a hot meal for 50 people every Friday.

The current cook is retiring having served many years, when she followed her mother's footsteps.

Please contact
Ruth Bridgewood for further details
on 015242 61512.

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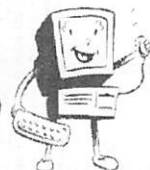
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BENTHAM LIBRARY NEWS

By John Frankland, Liz Farmer and Karen Allsopp

New to Computers?

You might already know that the Internet helps you to keep in regular touch with your friends and family, but did you know that you can now bank, shop, book holidays and research your family tree online?

If you are interested in logging on to the Internet but have never used a computer before then perhaps we have the answer. Bentham Library provides informal and friendly absolute beginner computer taster sessions designed to get people confident in using computer controls like the mouse and keyboard, and to give you an opportunity to discover the full advantages of logging on to the World Wide Web. There'll also be tea and biscuits to help you along!

We'll be holding number of these popular sessions in the New Year – we've got some dates for January already (see below). Places are limited to 4 per session so pre-booking is essential. Don't worry if you can't make those, as there will be sessions throughout the year. Call in at the library or telephone 0845 034 9532 for more information.
Tuesday 18th January 10.00am – 12.00pm
Tuesday 25th January 10.00am – 12.00pm.

Library Opening Hours:

Monday: 2.00pm – 6.00pm
Wednesday: 10.00am – 1.00pm
Friday: 2.00pm – 6.00pm
Saturday: 10.00am – 1.00pm

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WESLEY CLOSE DEVELOPMENT UPDATE

By Peter Phillips

Back in June Bentham News reported on the development off Wesley Close. As the anticipated finishing date was 22nd November I went to see how near the firm was to accomplishing this.

I spoke with Dean Oliver, the Project Manager. He said that there had been a delay caused by the recent bad weather but that the first six blocks would be ready for 6th December and he expected tenants to occupy these from 13th. The remainder would be ready in early January.

The majority of the 34 homes consist of 2 bedroom apartments and houses. There are also 4 3-bedroom and 2-4 bedroom houses. All hot water is supplied by solar panels on the roofs and water butts have been provided to catch rainwater for gardens.

Anyone over 16 can apply for a home by filling in an application form and returning it to Yorkshire Housing Co. The applicant's housing needs are assessed and a reply is sent within 14 days. References are then sought before any offer is made. A proportion of applicants are referred to Yorkshire Housing by local councils.

It would seem that Bentham's population is about to increase very shortly. Let's hope that the infrastructure is geared up to cope with it.

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LASRUG NEWS

By David Alder

Northern Rail Dales Railcard Offer – Until Friday 18th February 2011

A £6.00 flat fare adult day return is available to Dales Railcard holders for journeys within the normal area of travel on the Settle-Carlisle and Leeds-Morecambe lines from 25th October to 18th February. There are no time restrictions within this period and up to four children can travel with an adult Dales Railcard holder for a flat fare of £3.00 each.

No further discounts are allowed with the offer and intending passengers please note that there are no trains on 25th and 26th December and that engineering work may affect some services at weekends and holiday periods. Dales Railcards cost £10 per year to local residents and can be purchased at Appleby, Settle, Skipton, Carnforth or Carlisle Station Booking Offices. The offer represents excellent value for money for trips to Leeds, Bradford or Carlisle, for example.

Useful sources of information:

National rail enquiries: 08457 48 49 50

Northern Rail Customer Services: 0845 0000125

Websites: www.settle-carlisle.co.uk
www.lmr.co.uk

Two Timetable Changes

New timetables come into force on Sunday 12th December 2010. Details will be available nearer the time and it is planned to distribute a copy of the local timetable with the January 'Bentham News'. Happy Christmas and New Year travelling!

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THE PIED PIPER CELEBRATES 30 YEARS OF BENTHAM PANTOMIMES

By Trevor Blackwell

There's a buzz in the air as Bentham Theatre Group starts rehearsing for its production of 'The Pied Piper', to be performed next February 23rd to 26th. Every panto is special, but this is even more special, because it's our thirtieth pantomime. I wondered how it all started – so I asked Margaret Cowling, who's been involved in most of them.

Margaret thought that the first Bentham panto, 'Cinderella', in 1981, was the brain-child of Jillian Taylor and Heather Guy, and was directed by John Hicks. Beginning with 'Snow White' in 1984 the panto group, inspired by Keith Cowling, started to write their own scripts – because the bought scripts "were so dire". Margaret remembers that her first panto, 'Peter Pan' in 1985, had lots of "dancing girls", led by Fiona O'Hare, and "lovely songs" written by Alison Hawkey and Zosia Koc. Heather Guy's mum Margaret Sadler played the piano with Reg Ward on drums. And there's been a panto every year since, except in 2005, when the Town Hall was being refurbished, and Bentham was treated to 'The Bentham History Show'.

And what keeps it all going? "The amazing community involvement. Even if you just come and make tea and coffee you feel a part of it. It's a lovely feeling, like being in a very warm family. It brings all ages together, from babies to people in their eighties. It encourages people to act who've never acted, and to dance who've never danced - and some of them have then gone on to be professional actors and dancers. The panto has always brought lots of creative people together."

As Margaret looks through past programmes the memories come tumbling back. "There was the panto where an aeroplane flew right from the back of the hall and crashed onto the stage, killing the Big Bad Wolf; in another we sank the Titanic; then there was Keith Cowling as Nanny Bot



wheeling a very athletic baby, Dave Pearce, up and down the ramp; there was the black-out when Peggy Dawber led a community sing-song; then last year the leading lady, Eleanor Illston, lost her voice the night before the panto, and Izzy Wilkinson - she was fantastic – stood in for her at the last moment; and that camel last year – we've had some amazing animals but that camel, Greg Wilkinson, was the *crème de la crème*."

And what about this year's panto – 'The Pied Piper'? "It's a rattling good story, and we've already got some of the filming done. The weather was terrible, but the children were wonderful. The Youth Theatre has made a dramatic difference to how well-trained and attentive the children and young people are, and we did the filming in one take. So it's looking good – but we could always do with more input!"

So if you'd like to help with the panto, now is the time. Phone Margaret on 63175 - and be part of the magic.

J & A DELIVERIES

Wishing all our customers
a Merry Christmas

and a
Happy New
Year



WHAT'S IN A NAME?

By Marie Rayner

What is the difference between a chiropodist and a podiatrist?

There is no difference between a chiropodist and a podiatrist. Podiatrist is the term used for chiropodists in other English speaking countries.

What does a Chiropodist/Podiatrist do?

Podiatrists and Chiropodists are highly skilled health professionals who have been trained to prevent, diagnose, treat and rehabilitate abnormal conditions of the feet and lower limbs. They are qualified to treat people with arthritis, diabetes and sports injuries as well as performing nail surgery. They help to prevent and correct deformity, keep people mobile and active, relieve pain and treat infections. They work with people of all ages but play a particularly important role in helping older people to stay mobile and, therefore, independent.

A chiropodist/podiatrist can treat or advise on:

- Ageing feet
- Athlete's Foot
- Biomechanics
- Blisters
- Bunion
- Callus
- Chilblains
- Corns
- Diabetes (Foot related)
- Footwear
- Fungal Infections
- Gout
- Heel pain
- Insoles (Orthotics)
- Ingrowing toenails
- Osteoarthritis
- Podopaediatrics (Children's Feet)
- Rheumatoid arthritis
- Sports Medicine
- Surgery
- Sweaty feet
- Toe deformities
- Verrucae

- Walking and Hiking
- Working Feet

The scope of practice of a chiropodist/podiatrist is often much wider than many people realise. The work falls in to four key categories:

- General Clinics
- Biomechanics
- High Risk Patient Management
- Surgery

General Clinics

This is where the Podiatrist/Chiropodist provides essential assessment, evaluation and foot care for a wide range of patients. Many patients have long-standing problems for which there is no cure, but which can be managed and kept comfortable. Podiatrists therefore play a big part in keeping people mobile and can make a real difference to lives.

Biomechanics

Biomechanics (an understanding of the mechanics in the body) is concerned with preservation, restoration and development of the function of the foot and its associated structures. Podiatrists use Biomechanical assessment to diagnose and treat problems in the lower limb. Many biomechanical problems are treated with orthotics. These are custom made insoles designed specifically for each patient that aim to improve function and reduce symptoms.

Working with children is called Podopaediatrics. Many children present with developmental biomechanical problems. A biomechanical assessment can often help a podiatrist pinpoint the problem and develop a diagnosis which enables them to treat it appropriately.

Other groups of patients are prone to developing biomechanical problems as a result of a disease process. An example of this is Rheumatology patients. Rheumatoid arthritis is a disease that deforms joints including those in the legs and feet. Podiatrists undertake biomechanical assessments of these patients in order to devise appropriate treatment plans that will reduce discomfort, increase stability and ultimately keep the patient as mobile as possible.

Continued on page 29.

What's in a Name?

(Continued from page 28)

High Risk Patient Management

Many podiatrists specialise in working with patients who are classed as being high risk. These patients have an underlying illness or condition that puts their legs and feet at increased risk of injury and disability. Many have very poor circulation which means their skin is very fragile and can be injured easily. Once an injury occurs it can take a long time to heal. Some patients have reduced or no sensation in their feet and they can injure themselves without realising it. For example, walking for 30 minutes with a stone in a shoe can result in ulceration. Patients classed as high risk include some patients with diabetes, rheumatoid arthritis, cerebral palsy, peripheral arterial disease and peripheral nerve damage. Podiatrists have a vitally important role to play in the care of these people. They provide assessment and treatment along with patient advice in order to reduce the long term and sometimes very serious problems that can result including amputation. Podiatry intervention in the care of these patients can reduce amputation rates by 40%.

Surgery

This is an area of clinical practice that many podiatrists are involved with. There are two levels of surgical practice. As an HPC Registered Practitioner a podiatrist is qualified to administer local anaesthetic and is trained in a number of surgical procedures. These include nail and minor soft tissue surgery. Some podiatrists go on to develop this interest and train as a podiatric surgeon to surgically manage bone, joint and soft tissue disorders within the foot. Podiatrists can only do this after graduation and have to undergo rigorous surgical training taking a number of years.

What letters of qualifications should I look for when I want to find a chiropodist/podiatrist?

The registration process for chiropodists/podiatrists has recently changed. Due to changes in legislation, the

professional titles of 'chiropodist' and 'podiatrist' are now protected by law. Anyone who uses either of these protected titles must register with the Health Professions Council (HPC). Registration with the HPC now replaces the previous system of state registration. You can check if someone is registered by going to the HPC web site - www.hpc-uk.org or by telephoning 0845 300 4472. There is no legal regulation of other foot care related titles.



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Seasons Greetings from Ann & Helen

GRANT FUNDING AVAILABLE FOR LOCAL ORGANISATIONS

By Jo Burton, Town Clerk

The annual Council Precept meeting will be held on 10th January at 7.30pm in the Lower Town Hall.

Those local organisations which would like to be considered for a grant from the Town Council should apply in writing to the Clerk by Monday 3rd January (late applications will not be considered). Please note that all recipients are expected to present a report at the Annual Parish Meeting on 27th April 2010.

Applications should include:

1. the name and address of the organisation concerned
2. a contact name, address and telephone number (along with this person's position in the organisation).
3. brief details (100 words max) of the project requiring funding together with the anticipated total cost should be supplied.
4. a set of accounts (preferably, or equivalent if not available) for the last complete financial year to show the organisation's financial position, including
 - the date of year end
 - total income and expenditure
 - and funds available at the year end

Application forms are available from the Clerk, please ring 62587. All applications should be sent to Bentham Town Council, Wynn-Stay, Springfield, High Bentham.

Two coach holidays for 2011

Highlights of Southern Ireland

8 days in the Emerald Isle 14th-21st May 2011 - 3 excursions inc. £584 - Based on 2 sharing. (Half board throughout).

Lake Balaton - Hungary 12 days.

All inclusive at our main hotel. 2nd-13th July - 4 excursions inc. £789.00 - Based on 2 sharing.

Both holidays leave from the Lancaster/Bentham areas; all excursions are included in the price. Single rooms available; no overnight travel or feeder coaches; We use Executive coaches with on-board toilet facilities.

For more information about either holiday please contact Susan Adams 015242 61182.

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POST OFFICE /ROYAL MAIL CHRISTMAS ARRANGEMENTS 2010

By David Alder

Last Posting Dates

International Airmail Items

Mon 6th Dec – All overseas destinations except USA and Canada;

Friday 10th Dec – USA, Canada, Eastern Europe;

Monday 13th Dec – Western Europe.

Inland Items

Wed 15th Dec – Standard Parcels;

Sat 18th Dec – Second Class Letters and Packets;

Tues 21st Dec – First Class Letters and Packets;

Wed 22nd Dec – Parcelforce 48;

Thurs 23rd Dec – Royal Mail Special Delivery and Parcelforce Next Day.

Please package items securely, address them clearly inserting the postcode, and include a return address. Please check the weight and thickness of cards. Full details and advice are available at post offices. Special stamps either with a religious or Wallace and Gromit theme are readily available.

Collections and Deliveries

Deliveries will be as normal until Fri 24th December but may be protracted on occasion; there may be some deliveries on Sun 19th December as circumstances dictate.

Collections will operate as normal until Thurs 23rd December supplemented as required by demand and at weekends. On Fri 24th December collections will be as on a normal Saturday.

There will be neither collections nor deliveries from Sat 25th December until Tues 28th December inclusive.

Normal collections and deliveries resume on Wed 29 December but will be suspended again from Sat 1st January to Mon 3rd January inclusive.

Counter Arrangements

Post Office counters will open as normal until Thurs 23rd December but will close

early on Fri 24th. They will be closed from Sat 25th December to Tuesday 28th December inclusive.

Counters will reopen on Wed 29th December but will again be closed from Sat 1st January to Mon 3rd January inclusive.

Please check posters in post offices for advance pension payment arrangements.

Seasonal greetings and good wishes for the new year to all!

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BENTHAM JUNIORS NEWS

By Steve Thomas

Buy the Bentham Calendar and support your Junior Footy teams! The Town Council has decided that Bentham Juniors Football Club is to be the recipient of the monies raised from sales of this years Bentham Calendar. This is fantastic news for the Club.

Bentham Juniors field three teams and this award will allow us to meet our regular costs, to buy essential equipment, and will help to give us a more stable footing financially. We'll use the funds with great care and always with the aim of making a better footballing experience for the kids.

The Calendar looks fantastic and in buying one you can be sure that you've supported our local kids in a really positive way. Please visit the Post Office or Bentham Imaging and secure your Calendar now - only £7 and already going quickly! A huge thanks from all at the Club to the Town

Council and the brilliant Bentham Traders who make the Calendar possible every year.

Bentham Juniors in partnership with the Witherslack Group of Schools

You may know that Bentham Juniors under 12s now play our Home games at the old Grammar School field in Low Bentham. For those wondering why we've moved, we needed a new pitch because the full size pitch at Bentham playing fields is just too big for under 12s football. Last years pitch was far too small and there were no other options for us at Bentham.

So we approached a number of organisations who we thought might be able to help. The Witherslack Group of Schools, who own the premises at Bentham Grammar, have been amazing in their response. From the moment we spoke to them and explained our dilemma they have gone out of their way to give The Juniors not only access to the field, but also to provide parking too. And best of all they have even acquired brilliant new goal posts for us to use. We now have a great pitch which is the perfect recommended size to promote good football for our age group and the right size goal posts to boot!

We owe Witherslack Group of Schools a heartfelt thank you, especially Gillian Ridgway, Head teacher from Cedar House School in Kirkby Lonsdale and David Ward, Buildings and Property manager, for their wonderful and friendly support! The Juniors go from strength to strength on the pitch. A full round up of progress so far coming up in the next Bentham News.

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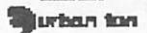
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BENTHAM PEOPLE



Personal Thanks

Hodgkinson - The family of the late David Hodgkinson wish to thank all relatives, friends and neighbours for their cards, flowers and kind words of sympathy following their sudden loss. Thank you to Jimmy Macdonald, Rev Mabel Parr and TC Mark Tiffany for their help. Special thanks go to Jim and Linda for their never ending support and also to all who came from near and far for David's funeral.

Dennison - Beryl and family would like to thank everyone for their cards, support and donations to Parkinson's Charity, during the sad loss of Alan. Many thanks to Dr McKirdy and all at Bentham Surgery for their care of Alan during his illness. Thanks to Revd Roger Fox and Jim McDonald for the help in funeral arrangements

Thanks

I, **Mandy Booth** of the Black Bull Hotel, would like to say a big thank you to all my customers, staff, and family that have given me their support over the last five years of me running the pub; it's been challenging but worth it. Here's to another five. xx

Doreen Park - Thanks to my many friends who sent me cards and messages during my stay in hospital; thanks also to friends and family who came to support me especially Margaret, Frank and Marie, Ruth, Geoff and Janet and Annie all for being my "home helps".

Congratulations

"Congratulations" **Dez and Katie**, on your engagement. Lots of love from both families.

Accommodation

High Bentham, 2 bed furnished cottage for rent, available January. Tel: 07739825280.

Home needed for cat

Little Ezzie - could someone offer a loving, peaceful home to a pretty female tortoiseshell cat (2½ years old) from feral parents? She is neutered, lives half inside and half out; wants to be a housecat but is bullied by her brother. Please ring 015242 61468 for details.

Found

A pair of prescription sunglasses has been found recently on the road at the top of Streakbers Lane. If you have lost them please contact 62336.

Greetings

Nancy Campbell wishes all her family, friends and neighbours a Happy Christmas and New Year, especially those who have helped me over the last months. How could I have managed without you all? Many thanks. Nancy.

Christmas greetings to all from Bentham Film Group! There will be no film night this month, but make a note of 15th January in your new diary, when we will be showing the film 'Made in Dagenham'. There will be more details in next month's newsletter.

Missing

Long-Armed Lopper belonging to Bloomin' Bentham Volunteer Community Gardeners has gone missing. If anyone finds it or knows its whereabouts and can return it we would be extremely grateful. Tel: 61608 or 64886.

Reminder

If you would like to share Christmas Day Dinner with others at the Methodist Chapel, ring Mary on 62373 or Cath on 62272 before 15th December. You will be very welcome.

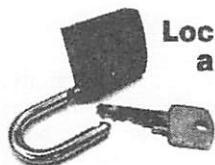
Charity News

* The Bentham Line dancers have donated £100 to the Ingleton Playgroup. This is the 9th donation of £100 in 2010. Hopefully we will make it up to £1,000 before Christmas. Ken and Jenny Durrant and Audrey Shallcross.

* Low Bentham Badminton Club would like to publicly say thank you to Bentham Methodist Church Society for their generous donation of £100. Many thanks. Julie Bridgeman.

* Bloomin' Bentham volunteer community gardeners would like to thank their anonymous donor for the very generous cheque. It was a really kind and thoughtful gesture and you can be assured that we will use the money to continue improving our local environment. We hope you enjoy noticing the difference!

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Due to the crime rate rising I would like to advise everyone to be more aware of your security, ie, making sure your doors & windows are locked securely at all times, and that your locks also comply with the new insurance regulations. Any questions please contact Mark on the above number.

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LITTLE RED BUS OUTINGS

By Anne Yaman

By popular request we will be arranging a trip to the Trafford Centre in Manchester on Sunday 5th December, leaving Benthams at 9.30am. Please call either John or Hazel on 62753 to reserve your space. The cost will be £8.00 per person (children half price) and the trip is dependent on a minimum of six people.

On Wednesday 8th December we will be holding our annual Christmas Party at the Station Building from 11.00am until 2.00 pm to which everyone is warmly invited. There will be a lunch buffet and seasonal cheer for everyone and we look forward to seeing you. If you require transport to get here please give us a ring and Mem will pick you up.



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HIGH BENTHAM WOMEN'S INSTITUTE

High Bentham

By Anne Yaman

The November meeting, which was held on a wet and blustery night, was very well attended, particularly in view of the weather – our ladies are a hardy lot! Unfortunately our speaker for the evening was unable to get through but some last minute improvisation by Sue Camacho and Margaret Hayton meant the members did not go without – a very enjoyable games evening filled the space. The business of the evening was led by the President, Miss Wendy Dowbiggin, who confirmed that the new committee had met, and that Mrs Patsy Henderson had tendered her resignation from the committee. She was thanked for all her hard work over the past few years.

Mrs Chris Lewis gave a comprehensive report from the Council meeting which she had attended with a couple of other members and the coffee morning due to be held on

Saturday was discussed. Volunteers for the stall at The Christmas fair on Friday 10th December were asked for and members were reminded of the Christmas party in the first week of December together with the Carol Service at St Margaret's church on Thursday 9th December to be led by Rev'd Clive Burgess and to which everyone in the Community is welcome.

Our next meeting will be the members' party on 2nd December but our new programme will start at the beginning of January and new members and visitors alike are always most welcome.

With best wishes for Christmas and a Happy and Healthy New Year to everyone from the Committee and all the members of High Bentham WI.



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ANSWERS TO QUIZ FOR N.S.P.C.C. & CHILDLINE

By Susan Adams (Chairman)

Most people worked out that the answers began with our 5 Initial letters: N.S.P.C.L. The winner was Mrs. A Wildman (Settle) 2nd. Mrs A.Harper (Settle) 3rd. Mrs. J. Watkinson (Bentham).

1-Lizardfish, 2-Cant, 3-Santiago, 4-Shilling, 5-Napoleon, 6-Carson City, 7-Cliff Richard, 8-Pall Mall (Crochet), 9-Colours, 10-Ladybird, 11-Singapore, 12-Sailor, 13-Caves, 14-Cockles, 15-Nick, 16-Constantine, 17-Sting, 18-Copperfield, 19-Slowing, 20-Sneezy, 21-Saint, 22-Candle, 23-Crash, 24-Clementine, 25-Nose, 26-Little Tommy Tucker, 27-Chromium, 28-Lion, 29-Cinema, 30-Peter Piper, 31-Simnel cake, 32-Picasso, 33-Settle, 34-Solomon Grundy, 35-Prince Andrew, 36-Peru, 37-Suffolk, 38-Nitric Acid, 39-Saint Andrews, 40-Pentecost, 41-Lae Balaton, 42-Leicester City, 43-Lancaster, 44-Cliff Thorburn, 45-Salamander, 46-Senegal, 47-Passe, 48-Cuckoo, 49-Cedar, 50-Pink.

Thank you for taking part in our quiz.
Look out for our next quiz after Christmas.

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Lower Town Hall

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BEST NEWS

By Annie Neligan

A Hot Topic!

Perhaps you missed the article headed 'NYCC to build Incinerator' in a recent *NY Times*, or skipped it when you found it will be the other side of the county. But it matters to all of us.

Of the waste sent to the proposed facility, 5% would be rescued and recycled, 12% (green waste) would produce electricity via an anaerobic digester, and 80% would be burnt to generate heat. Another by-product would be building aggregates.

Wonderful! We get all that and we save twice - on landfill, and landfill tax. But think again. Paying a contractor to build the plant will cost NYCC £900 million - yes, nearly a billion pounds - and running it will cost another billion over the next 25 years.

What would it save over that time? The official estimate is just £320 million - a sixth of the cost. Worse still, the savings may never happen; the estimate assumes an increase in waste for landfill (it's actually falling) and doesn't allow for possibilities like a tax on greenhouse gas emissions, or increases in the cost of ferrying waste across the county as oil prices rise.

NYCC will sign a 25-year contract to provide more waste to the plant than we produce now, so there will be no incentive to continue to reduce waste, and it may even have to be imported to meet the 'targets'. What happened to reduce and recycle, re-use and repair?

We'll be tied into current technology for 25 years, and unable to capitalise on future local, small-scale methods of recycling. At oil drilling sites in the Sahara, small porta-cabin waste disposal units reduce landfill to zero. Decentralised facilities like that may become available for communities like Benthams; and we'd have the recovered and recycled products to sell, as well as gaining a sense of responsibility for our own waste generation - rather than one community being lumbered for all of us.

With attitudes and waste management practices changing fast, the need is for flexibility, not a 25-year panic solution.

We should urge the council to be more imaginative, and to share with us the responsibility for thinking about why we create so much rubbish and what we can best do with it. The committee will be making its decision on the 15th December. Our responses were due to be in during November but why not send an email, saying what you think, to the Executive Member for Waste Disposal, Clare Ward, at cllr.clare.wood@northyorks.gov.uk.

And why not do your bit by starting to pile up all that stuff you want rid of ready for the Give and Take Day which we are holding at the Town Hall in Benthams on Saturday 26th March next year. Keep it out of landfill and pass it along to someone who can use it!

BEST stands for Benthams Environmentally Sustainable Town. The next BEST meeting is on Monday 6th December at 7.30pm in the Looking Well, King Street; we'll also be sharing a seasonal Jacob's Join supper - bring a plate of food to share. All meetings and events are open to everyone; do come along and help make Benthams a greener town. If you'd like to know more about BEST, phone 015242 63399 or check out <http://www.benthams.net/Community/BEST.asp>

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GOODENBER PLAY AREA NEWS

By Annie Carrington and Mike Wynne

Back in 2008 Goodenber Play area was the grateful recipient of £2,310, the proceeds of the sale of the Bentham Calendar. This significant amount of money gave a much needed kick start to our major fundraising activities and grant applications to enable us to replace worn out equipment for the area.

Now, two and a half years later, with significant grants secured from Craven District Council, the Big Lottery Fund, planning gain from the developers on Wesley Close, and many others, and still the strong probability of further grants from Community Spaces, our refurbishment project has been stepped up many levels.

It now looks extremely likely that by summer 2011 Bentham will be the proud owners of a totally refurbished and re-landscaped play area, with, by popular demand, a zip-wire as the centrepiece attraction. There will be more seating, more new equipment, a trim trail, new paths and landing areas...and more!!

The committee, with its enthusiastic new members, is very excited by all this and would like to thank anyone who has helped in any way, financially, morally or by devoting their time to helping at working parties. We still want more new members to join our small but dedicated committee to help out with the running of the play area, fundraising etc. For more information, or to offer your help please contact Mike Wynne, 62336, annieandmike@homecall.co.uk

Christmas at Bridge House Farm Tearooms and Bistro

Winter Opening.
Tuesday – Sunday 10am – 4pm

December Events

Christmas lunch served from 1 - 24th December

Bistro evenings every Saturday
4th/11th/18th 7-9pm

Kids club Friday 17th – Making, Baking and Playing

Every Friday Tea @ the Tearooms 5 – 8pm
also available for Take away

Bookings now being taken for Christmas, Menus available

Please feel free to pop in and pick up any menus or call 015242 22496

BRIDGE HOUSE FARM WINTER WONDERLAND

SUNDAY 12TH DECEMBER

Join Ann, Helen and Karen for festive family fun from 3-7pm

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WESLEY CLOSE DEVELOPMENT UPDATE

By Peter Phillips

Back in June Bentham News reported on the development off Wesley Close. As the anticipated finishing date was 22nd November I went to see how near the firm was to accomplishing this.

I spoke with Dean Oliver, the Project Manager. He said that there had been a delay caused by the recent bad weather but that the first six blocks would be ready for 6th December and he expected tenants to occupy these from 13th. The remainder would be ready in early January.

The majority of the 34 homes consist of 2 bedroom apartments and houses. There are also four 3-bedroom and two 4-bedroom houses. All hot water is supplied by solar panels on the roofs and water butts have been provided to catch rainwater for gardens.

Anyone over 16 years of age can apply for a home by filling in an application form and returning it to Yorkshire Housing Co. The applicant's housing needs are assessed and a reply is sent within 14 days. References are then sought before any offer is made. A proportion of applicants are referred to Yorkshire Housing by local councils.

It would seem that Bentham's population is about to increase very significantly in the near future. Let's hope that the infrastructure is geared up to cope with it.

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STOP PRESS

By *Bentham Town Council*

Calling All Bentham Children

Don't forget Santa's trip to Bentham this year. He'll be arriving in Low Bentham around 6.30pm on Friday 10th December and travelling up to the Christmas fair in the Town Hall. Take your parents to meet him and they might even enjoy looking around the stalls or having a mince pie and a cup of coffee/tea. Over all there will be twenty stalls to look at.

And for all grown ups

And a night to remember - the Christmas Ball in the Town Hall. Music from Back from Beyond, hot fork supper, licensed bar and Charity raffle to raise funds for Marie Curie Cancer Care. Treat yourselves to an excuse to dress up and have fun.

Don't forget

The Bentham Calendar is on sale at Bentham Imaging and the Post Office, featuring landscapes of Bentham and the surrounding area through the year by Living the View Landscape Photographer of the Year 2010 Jon Brook of Bentham Imaging.

Sponsored by Bentham businesses, and raising funds for Bentham Juniors Football Club, numbers are limited so hurry to get yours.



SHAKEY BRIDGE FOOTPATH: APPEAL FOR WITNESS STATEMENTS

By *Adrian Horn*

Would anyone who uses or has used the footpath that runs from the railway-line crossing a hundred yards or so west of St Margaret's Church (GR: 367260/468800) along the north side of the river Wenning to Shakey Bridge like to sign a simple witness statement to that effect? It should take less than ten minutes and will allow the path to be adopted as a public footpath and recorded as such on the Definitive Map. It would be particularly useful if those of you who can remember the path being used for twenty years or more could come forward.

Thanks again to those of you who completed the form in 2006; we don't need you to fill in another one. If you would like to take part then please contact Adrian Horn on 63392 or by email at adrhorn@onetel.com

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JUNIOR GOLF

By Chris Cousins (PGA Golf Professional)

The presentation evening at Bentham Golf Club was held on Friday 19th November. The evening involved entertainment and the club officials giving out prizes and trophies to the winners of this year's competitions. The adults' prizes were given out as well as prizes for the juniors. This year's junior winners were:

Monday Night League

Division 1 (u-13's) (Best 6 scores from the year)

1st Joel Wynne - 104

2nd Liam Hayward - 105

Division 2 (U-13's) (Best 6 scores from the year)

1st Thomas Parker - 126

2nd James Parker - 128

Division 3 (u-8's) (Best 6 scores from the year)

1st Freddy Spensley - 132

2nd Lucy Moss - 133

Junior Golfer of the Year

1st Joel Wynne

Junior/Senior

1st Alan Kellett and Edward Kellett

Special Award

Lucy Moss - Nation Skills Challenge Regional Finalist

Well done to all the prize winners and to all those who have taken part in competitions throughout the year. The Junior Winter League will run until April 2011 whereby a new season of junior golf will be upon us. For any more information about junior golf at Bentham Golf Club please contact Chris Cousins PGA Professional on:

015242 62455 golf@benthamgolfclub.co.uk



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Join Bentham Golf Club until 29th February 2012 for only £500 (stage payments available).

WINTER OPEN GOLF COMPETITIONS!

Open to visitors and members. Only £8 per player for visitors including prizes; held on selected Saturdays from November until March.

DON'T LEAVE IT TOO LATE TO BOOK FOR X-MAS!

We are taking bookings for Christmas Dinners/Parties.

BONFIRE AND LANTERN PROCESSION

By Lynda Graveson

What a great atmosphere as locals and holidaymakers gathered to take part in this year's lantern procession. Even the looming black clouds and consequent heavy rain did not dampen people's spirits; a huge thank you to a fantastic audience and everyone who took part. The theme this year was "the bee" and the procession included a magical flower landscape made by Jimmi Ogden, beehive made by Stephen Bentley and giant bumblebee that was started at the Men's Shed workshops led by Tony Stephenson and completed by Nikki Johnson, with too many helpers along the way to mention, another huge thank you! The lantern workshops at Looking Well were as popular as ever, producing almost 100 lanterns of bees, beehives and honeycombs.

For the second year, the procession was accompanied by the internationally acclaimed side-ways drumming band Boom Dang from Dalton-in-Furness. Boom Dang also played whilst Flying Colours fire swingers Jack and Tom Parkinson and Hannah and Sammi Smith gave another great show at the auction mart, leading to the fantastic firework display fired by Dave Turner of Black Powder Monkeys and his team. Thanks to all the Year 4 and 5 pupils from High Bentham Primary School lantern workshop, lantern workshop helpers, procession stewards, large lantern guardians, frond carriers (Tilly, Caoife, Nicole and Georgie – well done!) ticket sellers, auction marshals, commentator and PA who gave up their time or loaned us their equipment to help make this superb community event happen.



Photographs on this page supplied by Peter Swan



LANDSCAPE PHOTOGRAPHER OF THE YEAR

By Bill Kennedy

Bentham Photographer Jon Brook is the Sunday Times Landscape Photographer of the Year 2010 in the category Living the View. This has been a year for Jon's talents to be recognised nationally with his two Gold Awards from the Society of Professional Image Makers earlier on in the year and his acceptance as a Licentiate of the Society of Portrait and Wedding Photographers.

The winning photograph of the heather burning on the Fourstones Estate in the Spring of this year, was featured on the centre page of the Sunday Times magazine on the 24th October and in the Landscape Photographer of the Year book published last October. The photograph will now go on display at the National Theatre Gallery in London until the middle of January.

Jon has been busy during the year taking more photographs of the stunning scenery that surrounds Bentham and these, and also the 2011 Bentham Calendar, are available in the Bentham Imaging Studio and Gallery on Main Street. As well as his landscape work Jon's wedding photography has been featured in the Society of Wedding and Portrait Photographers magazine.

If you have looked in the Bentham Imaging window lately you will have seen the stunning portrait photographs. Jon is now working with a professional stylist to expand his portfolio into lifestyle photography, something that normally you would need to travel to Manchester or even London for. So if you are stuck for that unusual present, why not consider the Bentham Imaging Gift Card contained in a luxury black and silver box?

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