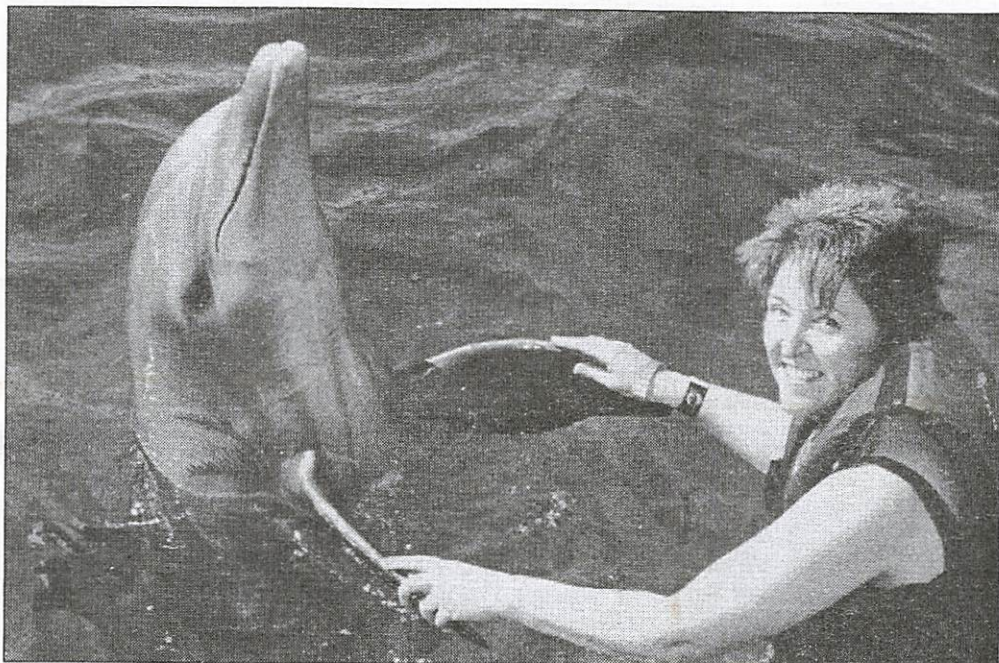


BENTHAM NEWS



MARIE RAYNER DIDN'T DISTRIBUTE ANY BNs IN THE CARRIBEAN!

WHAT A CONTRAST WITH LAST MONTH'S WINTRY PIC OF JUDITH
JOHNSON AT BURN MOOR!

By Marie Rayner

I had already decided that my "summer" holiday would be in November when I saw the advert for the Podiatry Cruise. As a Chiropodist (Podiatrist) I am expected to complete 30 hours Professional Development study every year. Included in the price of the cruise was 30 hours of lectures, and the cruise was in November. I was intrigued and rang for details – a 7-day cruise in the Caribbean with 6 days of lectures. I dithered. I felt like I really needed a holiday with some quality "me time". Then I discovered you could book an extra week and that was it! It was only after I'd booked that I thought "but I get sea sick". I was reassured by lots of people that big ships are very stable and that I would be fine.

On 22nd November, armed with Seabands, I left Bentham for sunnier climes. I flew from Leeds Bradford to Heathrow and from there to Miami. After a night in a hotel, a party of 150 people (49 Chiropodists plus family and friends) joined the ship, the Costa Mediterranea.

Continued on back page

JANUARY 2004

ISSUE 207

WOMEN'S INSTITUTES

High Bentham

By Doreen Park

It was party time at the December meeting. The president welcomed everyone including the County Chairman, Mrs. Hazel Short, and the group of entertainers called "The Wordspinners" who were formed 14 years ago by people from Morecambe and district. They presented a programme of song and verse on Christmas, ranging from the birth of Jesus to Stuffing the Turkey Delia Smith and a bottle of Whiskey style!!! Their programme was appreciated by all and then a beautiful buffet supper, prepared by Pat Henderson and the Committee, was served by Susan Dixon and three very efficient young ladies. After this, in a great gust of wind, Father Christmas arrived bearing a gift for all.

Mrs. Hayton presented the year's competition winner, Mrs. Ruth Wylie, with a gift voucher and then the raffle took place, with every member winning a prize. To end the festivities mince pies were served.

Mrs. Phyllis Tomlinson proposed a vote of thanks giving special thanks to the young ladies and their cheerfulness. This was seconded by a member of the Wordspinners and finally Mrs. Short expressed her delight and thanks for the invitation as she had travelled down from Glasgow to be with us.

Low Bentham

By Jennifer Watkinson

At the monthly meeting Mr. A. Webster gave an informative illustrated talk entitled "Bridges over the Lune". From its source in Borrowdale we had a wonderful journey along the river to Carlisle Bridge in Lancaster. There are so many different bridge styles and sizes, usually built of local stone, that range from a small single span across the river to elaborate ones like Devil's Bridge, the prize winning aqueduct, Gressingham Bridge and the difficult to find Underley Hall Bridge.

Competition winners were Mrs. Pat Dodding, Mrs. Ruth Sephton and Mrs. Margaret Hewitt.

After a sumptuous meal at the Hart's Head, Giggleswick, Low Bentham W.I. went gambling. Each member was given £30 of "Hart's Head money" and received instructions by two members of staff on the rules of backgammon and roulette. The winner of the bottle of wine donated by the inn was Mrs. Barbara Mason with the second prize going to Mrs. Pamela Warbrick.

Low Bentham were the hosts for the Ingleborough Group Christmas festival held at St. John's Church. The Revd. Frank Parr welcomed everybody and gave the blessing. Our choir, accompanied by Mrs. Elsie Wheildon, gave a tuneful rendering of "Away in a Manger" and "The Holly and the Ivy". A collection for the MacMillan Fund was made. Afterwards tea and mince pies were served. The Annual General Meeting on 15th January, will be followed by supper.



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DECEMBER'S TOWN COUNCIL

By David Johnson

Cllrs. Hey, Stannard and Ireton were absent. District Cllr. Camacho was welcomed and Paul Reynolds was co-opted onto the Council.

Police. The police did not attend. Cllr. Wills complained about an incident where the police were seen noting the registration numbers of parents' vehicles when dropping children off at the Primary School. Cllrs. felt that if the police have decided to get tough on parking it should be applied fairly throughout Bentham wherever there are parking restrictions.

Highways. It looks as if there is definitely going to be a 40 mph speed limit between Belle Bank and Pye Busk. The signs should be erected soon. Sedbergh Junior School wrote about the speed of the traffic outside the school. The Council supported the idea of speed limits and rumble strips as far as the Toll Bar Nursery and in particular a 20 mph speed limit near the school. The Council agreed to write again to see if the grass can be cleared away from the drains on Mill Lane, Low Bentham together with a request to attend to many other pot holes and sunken manhole covers etc.

Flooding. Cllr. Wills advised that the beck at Lairgill is now more or less clear. The Cllrs. discussed the poor drainage at the recreation ground. The land is still too wet and needs major funding, maybe in the order of £100,000, to install a large drain to carry water to the Wenning. A video and CD will be made available at the Town Library for those interested in the topic of flooding. The Council will try to organise a meeting about the subject and the wider issue of emergency planning early in the New Year.

Town Hall Improvements. A revised plan was on display and this included a proposal to install a ramp from Station Road into the building. The Cllrs. approved the new plans and decided to go ahead and identify the cost of the project before calling a further public meeting early in January before the precept meeting. The Council will try to publicise the event in plenty of time but it may be difficult

because of the festive season.

Changes. Financial support for the Trust will soon run out and it is worried that it will be homeless. It has approached the Community Centre to see if it can have a temporary home there until the Town Hall modifications are finished. The Looking Well Pioneer Project is making headway. It has secured substantial financial support and there is a likelihood that more will be forthcoming soon.

Planning. There are plans to build 6 houses at the end of Low Bentham Car Park behind Harley Bank. The houses would occupy part of the existing car park. Both the Town and District Councils are in a difficult position because the lease expires soon. There would be nothing to stop the owner closing the car park if he felt inclined to do so. The Cllrs. recommended refusal on the grounds that the car park is vital to the residents of Low Bentham and to the life of the Victoria Institute. The Cllrs were advised to collect evidence concerning the use of the car park. Cllr. Barnes thought there may be pollution from its previous use as a railway siding and others said the agreement between the owner and British Rail had specifically excluded housing. *(For more on this subject see page 13.)*

150th ANNIVERSARY AT RICHARD THORNTON'S C.E. PRIMARY SCHOOL

By Mr. C. Norris (Headteacher)

Come and join us for the 150th Anniversary celebrations of Burton-in-Lonsdale Endowed School, now known as Richard Thornton's C.E. (VA) Primary School. A Thanksgiving Service will be held on Friday 30th January at 2.30pm at All Saints Church, Burton-in-Lonsdale. This will be preceded by the children processing in Victorian costume from the school to the church. Then, at the school, on Saturday 31st January from 1.00pm, come and take a walk down memory lane with old friends where light refreshments will be served at our exhibition of memorabilia and old photographs.

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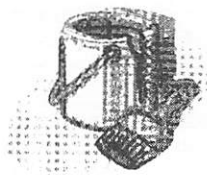
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CRAVEN DISTRICT COUNCIL MATTERS

By Gerald Hurtley

District Election:

The next District Elections are to be held on Thursday 10th June 2004, instead of the 6th May 2004, the 10th June is also the date on which the European Parliamentary Elections will be held.

The government has also indicated that it proposes to hold "pilot voting" in the form of all postal votes on the 10th June in 3 of the European regions, in addition one of these regions is likely to be included in an additional electronic voting element. The government will decide which regions to include in the pilot.

Fireworks:

The Firework Act 2003 gained Royal Assent on 18th October, the Department of Trade and Industry (DTI) will be responsible for implementing the provisions of the act and ensuring proper enforcement. Certain provisions will be "fast tracked" to address particular anti-social behaviour concerns. Discussions have been held between local government, the DTI and police representatives on the following 3 provisions.

- To create a curfew for the use of fireworks, with the exception of the 31st December. Implementation of this provision is possibly before Christmas but with no certainty. Category 1 fireworks and category 2 sparklers will be exempt.

- To create an offence for the possession of fireworks by those under 18 years of age. Category 1 fireworks and category 2 sparklers will be exempt.

- To formalise the firework industry's voluntary ban on "air bombs", enshrining in law the voluntary ban on supplying air bombs to retailers etc. This will be enforced by the Trading Standards Department.

Consultation is expected in the New Year of other principal provisions setting a maximum noise limit for fireworks, licensing suppliers, rules for public display and giving

information regarding importation of fireworks and training of display operators.

Planning Applications received in the last month:

08/2003/3810 Proposal - design of plots 6-22, Dales View, Butts Lane, High Bentham, Lancaster.

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Contact
CHRYSSIE BURGESS 015242 63233

SURGERY NEWS

By Louise Rankin (Health Visitor Student)

Do you eat five pieces of fruit and vegetables a day?

Here they go again we hear you say! But did you know that by eating at least five pieces of fruit and vegetables daily, you could help reduce the risks of death from heart disease, stroke and some cancers by 20%! The government backs this advice in an attempt to improve the nation's health.

Evidence suggests that children typically only eat around half the recommended amount of fruit and vegetables each day. Only 15% of women and 13% of men are currently eating the recommended five portions a day. So what constitutes one portion? One portion could be: three tablespoons of fresh, frozen or canned vegetables. A medium sized piece of fruit such as an apple or a small glass of fruit juice. However, take note, fruit juice may only be used for one portion of the five per day. To try to ensure that you include the daily recommendation, here are some tips.

- Add slices of apple to roast pork.
- Grate carrots and courgettes into spaghetti sauces.
- Choose meals that are packed with vegetables such as chunky vegetable soup or casseroles.
- Mix fruits in a fresh fruit salad or snack on dried fruits.

Ensuring children eat five portions daily may seem like an arduous task. However it may be possible to disguise vegetables within sauces or soups. Broccoli makes great trees in mashed potato and veggies added to pizza that make faces go down a treat.

Small boxes of raisins and portions of fruit can be substituted for sweets, but kids still need to brush teeth well as natural sugars can still lead to tooth decay. We all know that fruit and veg. are good for us, so come on, eat five a day and keep illness away!

The Surgery wishes you all a happy and healthy New Year.

Number of patients who did not attend for appointments made with Doctors and Nurses this month was 55.

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DR. WALKER RETIRES

By Jane Preston

Once again the town has to say "adieu" to a dedicated doctor. This time it is Dr. Walker who is retiring after more than thirty years of dedicated service to the community.

I remember him arriving here when I was in my teens and worked for Joe McManus, and he hasn't changed a great deal physically since then. Unlike most of us, he has kept his figure and retained the big smile which you always received when consulting him. Along with that and his often rather flamboyant taste in jackets, he brightened up your day.

So on behalf of everyone in Benthams, I wish him well and thanks for everything. If anyone would like to contribute towards a gift for Dr. Walker, Bill Kennedy and myself have set up an account at the HSBC. The number is 41225014 - Dr. Walker Retirement Fund - which will be open for three months, so please pay your donation into this account. Thank you.



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COFFEE MORNING FOR THE PLAYGROUND

By Marie Colyer

Goodenber Playground are having a coffee morning on Saturday 17th January in the Town Hall, from 10.00am - 12.00noon.

The committee is still battling to raise enough funds to cover the £1000 costs per annum to keep up the maintenance, insurance payments and health and safety inspections on the playground. If you would like to support in a practical way, donations of a raffle prize or cakes/biscuits to sell on the coffee morning would be greatly appreciated. Or just come along to have a mug of milky coffee, biscuit and a chat with friends.

The committee would also like to offer a huge thank you to everyone who supported its stall on the Christmas shopping days- the BBQ and raffle raised about £160. The winner of the case of wine was Helena Wilkinson, 2nd prize - Mr Thurnham, 3rd prize - Dorothy Pidgeon. For information and offers of help please phone Marie Colyer 62216.

TRY A BIT OF I.A.G!

By Joy Waddington

North Craven's Information, Advice and Guidance Service is here to help you take stock of your skills and experience. Take some time to consider your current situation – do you want to make any changes to:

- ➔ Your current work?
- ➔ Find new work?
- ➔ Help you get back to work after an absence
- ➔ Help you at home
- ➔ For any other reason that you can think of?

You may have some idea of what you would like to do or maybe you know that you would like to do something but can't think what! Whatever your are thinking – talk to us! For an informal chat or specific help, telephone Joy Waddington on 01729 823312, e-mail joywaddington@hotmail.com

COMMUNITY EDUCATION

By John Collins

We're Inviting Ourselves to Your Party!

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Do you have a group of friends who you would like to see more often? Or do you fancy getting to know more people from your community better, or perhaps a bit of both?

Have a learning party. All you need is a place to meet and a group of interested people. Decide what you are all interested in learning and we'll arrange the rest. If you are curious about this phone us to talk about what you might do. Call Community Education on 01729 823312.

BROADBAND UPDATE

By David Lloyd

We have been encouraged by Mark Firth at Yorkshire Forward to get as many people as possible to register their interest for Broadband with BT. If you have not already done so, would you please go to www.btopenworld.com/votebroadband to check availability. You will then be directed to a registration page. The trigger level is set at 450 and 80 people have registered so far. We therefore need another 370! If you have not put yourself on the map at Bentham Development Trust office please do.



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POLICE REPORT

PC Adrian Hayes

Over the past several weeks North Yorkshire police has been running OPERATION "DELIVERY" which is aimed at aggressively targeting criminals. The aim of this operation has been to speed up the time it takes to arrest and bring the criminals to justice and to chase up those from out of the county who are wanted for offences committed within North Yorkshire.

Tying in with this the force is also running operation "RAT CATCHER." The aim of this operation is to act upon information supplied to the police by members of the public. If you know of any criminal activity, whatever that may be, please let us know. It may be information about someone supplying drugs, handling stolen property or committing acts of vandalism. We would also appreciate any information on those who are driving while disqualified, without insurance or drinking and driving. If you have any information please contact CRIMESTOPPERS on 0800 555 111 and the information you supply will be dealt with in strict confidence.

WHO DONATED THE SEAT IN THE CEMETERY?

By Reg Pointon (Town Clerk)

A donated seat situated on the right hand side of the cemetery under a tree requires attention. Unfortunately the name on the metal plate has become obliterated over time. If anyone has any information about who might have donated the seat, would they please let me know (015242) 61596.

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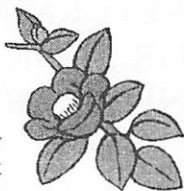
GARDENING COLUMN

By Joyce Knapp

In January we can usually find the time to look back over the previous season's fruit and vegetable harvest and work out, from personal experience, what to continue to grow next year and what we might replace.

Overall, my vegetables have produced a reasonable crop, although the yield would no doubt have been higher if I could have visited the allotment on a more regular basis to water certain crops during the long, hot spells of weather. It was the root crops that appeared to suffer the most, particularly the beetroot which hardly grew beyond golf ball size.

French bean plants grew well this year as they are well suited to the hot, dry conditions that we enjoyed all summer long. Although I had a reasonably good crop from my outdoor plants I have decided to grow some in the greenhouse next year too. I have



selected a variety called 'Eva' as it is reputed to be resistant to both bean and yellow mosaic virus and is particularly suited to greenhouse crop production.

Although I have grown several different varieties of lettuce in the past, I am fast coming to the conclusion that one known as 'Tom Thumb' is well worth growing. It is a quick growing, dwarf, butterhead variety which is excellent for small gardens or, alternatively, for small families. The other advantage to growing this small, perfectly formed lettuce is that its leaves grow so closely together that barely a slug manages to creep between them.

Of all the vegetables I grew this year, I would say the best return came from the broccolis (or rather calabrese) which I tested for the first time.

Whilst a summer variety called 'Sakura' produced a reasonably good crop it was the one known as 'Autumn Calabrese' that performed extremely well, producing small florets right through until the hard frosts of November.

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BENTHAM & DISTRICT PET RESCUE

By Val Marshall

It is with great excitement that we start this year. At last we are able to build an isolation unit in Bentham to take sick or injured cats, which is something we have wanted for some time. This is due to the generosity of Tossie Caravan Park, who had fund raising events for us during the whole of 2003, to Bentham Market Town Initiative Small Project Fund, and to others who have raised the capital for us to go ahead. We expect to have the new unit in operation during February. This will enable us to vet all incoming cats and avoid the risk of infection to others in our sanctuary, and to look after cats belonging to O.A.P.s. who have to go into hospital short term, or who are unable to cope with an injured cat until it recovers.

Last year we were able to take in and home over 70 cats and kittens, all of which were tested for aids and leukaemia, neutered and vaccinated (if old enough). We also helped with many enquiries about dogs, horses and other small furry pets – but we declined to take in a snake as our pens are not long enough!

We start our new year's fundraising with what we are calling a "Book Rummage", at Watershed Mill, Settle on Friday-Sunday, January 16th-18th. These will be books which are surplus to our usual quality stock, but which still have plenty of good reading in them! Everything will sell at 5 books for £1 – large, small, hardback or paperback – there will be lots of bargains as we need the room! Children's books will be free, but a donation will always be gladly accepted. Our usual book sales start again in February, so watch this space!

We are pleased to help with any enquiries on Bentham 62512, and books and blankets are always gladly accepted by ringing this number, or delivering to Brooklands, Cross Lane, Low Bentham.

RETURNING TO WORK OR LOOKING FOR A NEW CAREER?

By Sue Mnew

A New Year – A New Start

Whether you have recently left school or are thinking about returning to work or even changing your career path you will need to update your skills. Modern businesses require up to date computer skills and place a great emphasis on customer care and personal presentation. If you have been out of the working environment for a few years modern technology will have moved on.

Starting in January 2004 Craven College at Bentham will be offering a short introductory course to equip you to work in a modern office environment. Students will attend from 10am to 3pm on Monday Tuesday and Wednesday for 8 weeks, during which time they will study Word Processing, Customer Care, Business Communication, Job Seeking Skills, Interview Techniques and Personal Presentation. It is also planned to include a visit to a large local employer to see how the modern office works. Upon satisfactory completion of the course you will be awarded a certificate recognised by all major employers.

For students who are aged between 16 and 19 years of age or those in receipt of Means Tested Benefit this course is offered *Free of Charge*. Even if you don't qualify the course fee is a nominal £30. This is an excellent opportunity for anyone interested in updating their skills and qualifications with a view to returning to work. If you would like more information or would like some advice and guidance about your career plans please call *Sue Mnew at Craven College, Millers Court on 015242 61474*.





PLANNING APPLICATION IN LOW BENTHAM

By Christine Hodson

A planning application has been submitted to Craven District Council to build 6 houses on part of the present car park in Low Bentham. There has much local objection and representation made to Craven District Council, following a meeting of residents and a public meeting on 10th December. This mostly objects to the proposed reduction of car parking space, which residents feel would be detrimental to the village as this car park is well used and vital for the Village Institute's events.

The development effectively reduces the public car park area and whilst the existing car park has never been formally set out to maximise parking potential, the existing layout can accommodate up to 35 vehicles, and more on busy occasions. Public parking is to be reduced to 14 spaces.

This reduction will have a significant impact upon a tightly developed village like Low Bentham. A great number of existing dwellings do not have garaging facilities and reducing parking provision would cause considerable nuisance to many local people, users of The Village Institute, and other visitors who rely on this parking provision.

The picture above gives a panoramic view of the existing car park and the approach from the main road.

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FIREMEN HAVE FUN

By Ruth Green

Bentham Fire Station held its Annual Christmas Disco at the Golf Club on the 13th December. It was a most successful evening, raising £183.82, which will be forwarded to the Fire Services National Benevolent Fund.

We would like to thank the Golf Club, Dave Langhorn and everyone who donated raffle prizes, and to wish everyone a Happy New Year.

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To place an advertisement in the BN contact 62492 or call in at Bentham Sports.

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POPULAR INDOOR MARKET TRADER RETIRES

By Bill Kennedy

Dinah Hunt, who has been trading at the indoor market in the Town Hall on Wednesdays for the last twenty years has retired. Dinah, who comes from Burnley, has been a regular and cheerful part of the market day scene for so long that she has seemed like a local and certainly she has a lot of affection for Bentham.

When I spoke to her she paid tribute to Faith and Addy Wilson who have given her wonderful support in the last few years, and also expressed her gratitude to the people of Bentham.

She was the last of the regular indoor traders, and will be greatly missed. Is there anyone willing or able to follow in her footsteps? The photograph shows her in the Town Hall on one of her last days there



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LOCAL EVENTS IN JANUARY

Fri 9th January edition of Bentham News published.

Looking Well, 6.00-9.00pm, Black Library Wargaming Club, over 11s, and every Friday.

Sat 10th Bentham News coffee morning at the Town Hall, 10.00-11.30am.  Cakes, raffle, books etc. Come and support your local community newspaper.

Leeds Parish Church Choir New Year Recital, conducted by Simon Lindley and organised by The North Craven Heritage Trust, will be held at 2.30pm at St. John's Church, Low Bentham. Admission (at the door) is £5 including refreshments.

Mon 12th Looking Well, 1.00-3.00pm, Cancer Support Group drop-in, and every Monday.

Tue 13th Bright Hour at the Methodist Schoolroom, Bentham at 2.15pm, with Revd. T. Dent.

Bentham Footpath Group walk, Clapham/Austwick 5 miles, leader M.Hartley 62373. Please meet at Lairgill at 10.00am.

Tue 13th Looking Well, 2.00-3.00pm Tai Chi and Womens Support Group, both every Tuesday.

Looking Well, 7.00-8.45pm, Deep Relaxation; and every Tuesday.

Wed 14th Looking Well, 1.30-3.00pm, Mucky Buckets and Baby Buddies. Parents and under 3s play sessions. Both every Wednesday.

Primary Care Trust, 12.00-4.00pm at the Town Hall. Come for advice or to find out more.

Alzheimer's Carer Support Group social meeting at the Looking Well, 7.30-9.00pm.

Thu 15th Looking Well, 10.00-11.00am, Ball Play for toddlers at the Community Centre, and every Thursday.

Dance Easy Sequence at Clapham Village Hall, 7.30-10.00pm, £1 includes tea and biscuits. Every Thursday.

Save the Children coffee morning, 10.00am - 12.00noon at Punch Bowl pub, Burton-in-Lonsdale.  Cake stall, books, raffle etc.

Copy deadline for February edition of Bentham News.

Fri 16th Waste Paper collection at Laitgill 8.30-11.00am. Proceeds to NSPCC.

Bentham Pet Rescue "Book Rummage" at Watershed Mill, Settle, 10.00am-5.00pm.

Arthritis and Rheumatism Council, committee meeting at Belmont, Station Road, 7.30pm.

The Countryside Society AGM & Members' Evening. Exhibits and slides by our own members, 7.45pm at Hornby Institute.

LISTING FOR LOCAL EVENTS

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

Event.....

Venue.....

Contact Tel. Number.....

Name.....

Please complete and return to the Sports Shop, Main Street, High Bentham, before 15th of month.

- Fri 16th Age Concern, "Bookmarks and Labels".
- Sat 17th Goodenber Play Area coffee morning, 10.00am-12.00noon at the Town Hall. See page 9. 
- Bentham Pet Rescue "Book Rummage" at Watershed Mill, Settle, 10.00am-5.00pm.
- Looking Well, "A matter of rugs" - rag-rug exhibition by Lunesdale Rug makers, opens.
- Sun 18th Bentham Pet Rescue "Book Rummage" at Watershed Mill, Settle, 11.00am-4.00pm.
- Mon 19th Burton-in-Lonsdale & District Horticultural Society, 7.30pm at the Village Hall. "Gardening for everyone - learn how to grow those exquisite dahlias" Les Foden.
- Looking Well Cottage, 7.30pm. Cancer Support Group Annual General Meeting.
- Tue 20th Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.
- Bentham Toy Library, at the Community Centre, 8.30-11.30am.
- Wed 21st Citizens Advice Bureau at the Surgery, 1.30-3.30pm.
- Fri 23rd Age Concern at the Town Hall Peter Marshall "Pictorial Postage Stamps".
- Sat 24th High Bentham Playgroup coffee morning at the Town Hall, 10.00am-12.00 noon. 
- Sun 25th Bentham Footpath Group walk, Smearsett Brow, 10 miles, leader G.Amos 01729 822604. Please meet at Lairgill 10.00am.
- Mon 26th Looking Well, 6.00-9.00pm, Computer workshop by members of the Arts Forum, free to all.

- Mon 26th Ewecross Historical Society 7.30pm at the Town Hall. "Old maps of N.W.Lancashire & the Lune Valley" An illustrated talk by Dr. Ian Saunders. Visitors welcome - £1 each includes tea and biscuits.
- Tue 27th Bentham Methodist Bright Hour at the Methodist Schoolroom, 2.15pm. Speaker Mrs. H.Huddleston.
- Fri 30th Bentham News published.
- Age Concern, at the Town Hall - Favourite Kitchen Gadgets.
- Friends of Tatham Fells School "Nosh and Natter" 7.30pm. See the refurbishment and join in the "European" evening. Tickets £3 - to book phone 015242 61441.
- Sat 31st N.I.S.C.U. Christian Schools work coffee morning at the Town Hall, 10.00-11.30am. Cakes, books and bric-a-brac. 
- Wesley Guild at the Methodist Schoolroom, 7.30pm. Visit of Lund Youth Group.

Local Events in early February

- Mon 2nd Town Council meeting at the Town Hall, 7.30pm.
- Tue 3rd Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.
- Bentham Toy Library, at the Community Centre, 8.30-11.30am.
- Wed 4th Citizens Advice Bureau at the Surgery, 1.30-3.30pm.
- Fri 6th Bentham Agricultural Society Annual Quiz at the Town Hall, 7.30pm.
- Bentham Footpath Group annual dinner. For details and to book please phone Dorothy Stubbs, 61430.

GENEROSITY OF FARMING COMMUNITY

By Shirley Brown

On 17th December, as a grand finale to the Bentham Auction Mart's 2003 Centenary Year celebrations, a well-attended, heart-warming carol service took place in the auction arena, just before the evening sale. This special year has been memorable for the generosity shown by the local farming community. During the year a number of charity auctions have



been held and the total raised by these and by donations has reached the magnificent total of £14,280.79. The main recipient of this grand amount is the Air Ambulance Service, but £3,280 has also been given to St. John's Hospice in Lancaster. Our photo shows auctioneer, Stephen Dennis, giving 2 cheques, each for £500, one to Catherine Boocock for High Bentham Primary School, and the other to Shirley Macdonald, who accepted the cheque on behalf of the Bentham Health Centre Extra Care Fund.



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BENTHAM ARTS FORUM

By Hattie Ouroussoff

B.A.F. is a small group of artists, musicians and other creative people from Bentham who came together to support each other, promote the arts in Bentham, put on some challenging and interesting arts events and share skills and equipment. We had been meeting once a month at The Byres for a few months when we decided to put on a group show. The idea was to introduce ourselves and our work to Bentham. For some of us, it was the first time our work had been shown in public.

We put our exhibition up at the Community Centre for a night and a day during bonfire weekend in October. Once the hall had been decorated and disguised beyond recognition, it looked amazing. Our varied work included paintings and drawings in diverse styles and techniques, sculpture, both in stone and wood, a multi media installation, costumes, sculptural textile club décor, papier mache masks and decorative mosaics. The two days were a great success, especially the opening on Friday night where a lot of our free wine was enjoyed! We all had such positive feedback from our work, and so many compliments from the friends, family and people of Bentham who came to the exhibition. Many thanks to everyone who made it on those two days, and for your positivity and support.

We are planning a series of free taster workshops run by members of our group.

Watch this space and look out for our posters in the next few months, if you are interested in attending workshops, some of which take place in January, in any of the following:

- ▶ Multi media art - Computer programming workshops in MAX/MSP graphical programming environments (Tel: 07967 483374).
- ▶ Samba workshops and the creation of a samba band
- ▶ An introduction to sculpture
- ▶ Costume cutting and design
- ▶ Mosaic making
- ▶ Landscape drawing.

Everyone is welcome to the workshops, regardless of experience. Your enthusiasm is all we require you to bring!

BN COFFEE MORNING

Come and support us at our annual coffee morning on Saturday 10th January. Better still, bake a cake or two, some scones or pastry! But in any case, come and enjoy this first coffee morning of the year.

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QUIZ - A MIXED BOUQUET

By Dorothy Pidgeon

Garden and wild flowers!
The answers sound like
flowers - ignore the spelling!



1. Musically said to accompany guns.
2. A vehicle for Britain.
3. Needed for a clean sweep.
4. The lady of Laguna.
5. To wed with a precious metal.
6. The magi followed it.
7. Employed in a good kiss.
8. If the weather is very cold it'll do this.
9. Thickens a sauce.
10. A little horse walks on it.
11. Central to vision.
12. Up-tight national emblems.
13. Covers the teeth of a bovine.
14. Musically soft back pain.
15. The systematic universe.
16. May keep Rufus's paws warm.
17. Could be an avalanche.
18. A field, sugary.
19. Hard working queen.
20. Fast and healthy.

The answers can be found on page 28.

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BENTHAM PEOPLE

Personal Thanks

Thornborough, Gilbert and Mary wish to thank everyone for all their messages and cards of sympathy since the death of Margaret. Thank you to all of you for the donations in aid of St. John's Hospice. Thank you.

Thanks

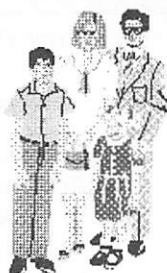
Dinah R. Hunt. To the people of Bentham and beyond. Many thanks for your friendship and support throughout the last twenty years, I have enjoyed every minute of my Wednesday visits. A special thank you to Faith and Addy Wilson for their wonderful help over the last few years. I wish you health and happiness for 2004, I shall miss you all.

Jean & Jim West wish to thank Geoff Blackwell & Dennis O'Hagan for the help they gave us recently and Mary and Elayne for letting them.

Queen Elizabeth School PTA send a big thank you to all who supported the Christmas Fair and contributed to another successful event. We do value your help and attendance which is what makes it the warm and friendly occasion we always hope for.

Services

All joinery work undertaken. No job too small. Contact Chris French 015242 62164.



Seasonal Greetings

Ken Leeming would like to wish all his relations, friends and neighbours, a very Happy New Year and all the best for 2004.

Mary Ireland sends her love and very best wishes to Bentham friends and neighbours, for good health and happiness in the coming year.

Birthdays

Annie Gudgeon. Happy 90th Birthday on 18th January to a special Mum, Nan and Great Nan. All our love from Norah, Jack, John, Kathleen, Hannah, William and Jordan.

Situations Vacant

Bentham Sports Club. Wanted - bar steward/stewardess. Terms and conditions on application. Ring Bentham 61909.

TAI CHI

By Nigel Thomas

Qi Gong exercises and Li style Tai Chi have proved popular on a Tuesday afternoon (2-3pm) at the Looking Well. Classes will continue in the New Year from 6th January. In addition, a Thursday evening class (7-8pm) will run from 12th February also at the Looking Well (upstairs).

The benefits of regular Tai Chi can be less stress, greater immunity to illness, better sleep, better concentration and all round better health and well being. It is best practised in a group and anyone can join at any time. Why not come along and see for yourself.

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Tel. Jane Caress 01423 323652

LOOKING WELL NEWS

By Alison Jones

A big thank you to everyone who supported our fundraising efforts before Christmas.

We had a successful launch of the building fund with people giving us lots of fundraising ideas. As a result, we are planning to set up a sponsored slim (as soon as possible for obvious reasons!), and two sponsored walks (later in the year), one doing the Three Peaks and the other involving shorter walks round Bentham, including routes suitable for children and wheelchairs.

If you need motivation to tone up and take more exercise, this could be just the thing for you. Call in or phone Lynda on 62672 to sign up! Any other fundraising ideas would be gratefully received.

A Matter of Rugs

If you want to see a brilliant way of transforming old clothes and fabrics into inspiring and beautiful rugs and hangings, come to this exhibition by the Lunesdale Rugmakers which opens on Saturday January 17th upstairs at Looking Well. Rugmakers from the group will be there on Saturdays from 10.30 am, to talk about their work, demonstrate techniques and give you a chance to have a go if you are interested.

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January Theme Night

A Burn's Supper. Thursday 22 January

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Good Live Entertainment in January

Sat 10 Jan Dave Carling. Guitar/vocals

BENTHAM FOOTPATH GROUP

By Maureen Ellis

The recent past as well as the present and prospective future programmes, continue to be innovative and provide pleasure. A new departure was a lecture about Nepal, given by one of our most experienced walkers. The December walking diary was wonderful and the weather on the whole was a walker's idea of paradise. Motivation for walking with the BFG is probably as varied as the number of people on a walk, with a hard core just enjoying being led more or less effortlessly round a new route or an old favourite. There are botanists and bird watchers and many interested in the history of the local farmsteads amongst us.

A friend in the Ingleborough Archaeological Group recently drew my attention to "The Harvest of the Hills, Rural Life in Northern England and the Scottish Borders" by Angus Winchester, and although reading it required a great deal of concentration on my part, I was amply rewarded and in fact could not put it down. Because he is an academic, the book draws on primary material and one gets a real feel of what the countryside was like between 1400 and 1700. The paths we tread in the footpath group are ancient tracks between dwellings and the life of people in those hard times can be visualized from the text.

January brings three walks of 4, 5 and 10 miles so there is something for everybody at the beginning of 2004.



MARKET TOWNS INITIATIVE - SMALL PROJECT FUND REVIEW

By Bill Kennedy

When the Small Project Fund was launched with £25,000 available over 2½ years, for small projects in the Bentham area, some of us were doubtful if there would be sufficient small projects initiated which could make use of this amount of money. The maximum for any one project was £1,000. At the start there were not many applications, then gradually, as the word spread that money was available, there was a slow but discernable increase.

Now, with just a few days to go as I write this (closing date 31-12-03), there have been 44 applications from a wide range of local organisations. Of these, the last 5 (for a total of £2,944) go to the steering committee on 14th January for a decision. Of the remaining 39, only 4 were not granted, 2 were offered grants which were not claimed and the remaining 33 were successful, claiming a total of £22,037.

Many different groups/organisations have benefited, and a full list of these will be published when the MTI winds up at the end of March. So the idea of delegating a fund for local use with local decision making has proved to be remarkably successful. Such a pity it can't be continued! In the meantime we should thank Yorkshire Forward and The Countryside Agency for providing this much appreciated funding.



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EIGHT MINUTES FOR A LIFE

By Sub Officer Steve Baren

Eight Minutes For a Life is the slogan we are using to draw attention to the need for people to take fire prevention more seriously, and as Craven's Community Safety Advisor, based at Skipton fire station, one of my tasks is to make progress on the "Get Craven Covered" campaign.

In our efforts to safeguard the community from fire and other emergencies, our long-term aim is to get every household in Craven fitted with a smoke detector and to carry out a home safety risk assessment in each home. Leaflets outlining our Integrated Risk Management Plan are being circulated throughout the area, and these include a questionnaire which I encourage you to complete, as we would like to have your views on how best to reduce the risk of fire in our area. If you would like a leaflet copies are available on request from 01609 780150, and you can find out more on our web site www.northyorks999.net

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The Editor,

To all our dear friends in and around Bentham. I feel that I must write through the BN to thank you all for the love and kindness shown to our



family since the day of the crash when our lass died. We have been overwhelmed by messages of support, sympathy, prayers, offers of help, flowers, just everything! Such friendship is priceless.

Flossie's death could be another bad news story to crush our spirit and optimism. I say we are still very lucky; it's not logical after such a blow, but we have each other, we have Ann and James and we have learnt in the most unequivocal way that we have a fantastic group of friends and comrades who share our grief and share their lives with us.

We have seen a lot of healing through the shock of losing Flossie and we must be thankful for that too. We have had reinforced the clear understanding that the tiniest action in pursuit of reconciliation and justice is worthwhile. We have also been thankful that we always had an open house for all our children and their friends.

I would like to add something about the extraordinary service at the Friends Meeting House on 10th November. I know many Bentham families were present and that quite a few more were squeezed together in the hallway. We were lifted up that day by the love and kindness present. It provided such a tribute to Flossie and a positive endorsement of the power of love. The hundreds of beautiful young people present were inspiring.

In the midst of the loss comes the certain knowledge that there are a lot of good people in this world - Flossie knew such a lot in such a short time. Thank you for being there. One day we hope to reply individually to all the wonderful letters, messages etc. but in the meantime may we thank you all for so much that is intangible and beyond price.

Yours sincerely

Stuart and Bonnie Mitchell.

Dear Sir,

Everyone at High Bentham CP School would like to say a big "thank you" to Wennington Hall School. The school kindly provided transport for our Year 5 annual walk in July and for Class 4 who went on an educational visit to Greysgarth Hall in October.

Most recently, the school loaned us Santa's Sleigh for our tour around Bentham on Monday 15th December. We are very grateful to them.

Yours sincerely

Mrs. C.A. Boocock, Head Teacher.

Dear Sir,

The most widely publicised change in the law that I ever recall happening has been the excellent ban on the use of mobile phones by drivers. It doesn't go far enough but that is just my opinion.

So here I am on Station Road, 8.30am December the first, the law not nine hours old. As I walk down the street I have to negotiate a car; parked, empty but with its engine running both on the yellow line (no parking 8.00am-6.00pm) and the pavement and the owner approaches the driver's door talking on a mobile. Still talking, into the driver's seat, belt on and drives off. Who is it? One of our local driving instructors! What more can I add?

Yours in amazement,

John Corrigan.

B & C. E. ARMSTRONG

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Bentham 64871

**SHOP FOR BARGAINS
IN OUR JANUARY SALE.**

HAPPY NEW YEAR

GFI - WHAT IS IT?

By Revd. Nigel B.Thomas

On Friday 16th January a new Youth Club opens at the Methodist Schoolroom, Station Road. Aimed at 10-13 year olds the club will offer supervised activities, crafts, games and the occasional trip out. The club will operate under the title GFI (you have to guess what GFI stands for) and has been organised by Churches Together in Bentham.

Volunteers are from the various churches and there will be some Christian input on most club nights.

Our thanks to those who have already shown support, we continue to look for further support, particularly financial. If you want to find out more about the GFI feel free to contact me or drop in on one of our evenings.

Settle Area Stationlink and North Craven Taxibus

By Lucy Beadle

Many of you will be aware that this service, operated by Bentham Community Transport, part of Bentham Development Trust, started on 20th October 2003. Uptake of the service has been promising but we are always looking for more effective ways to serve you and your community.

If you have any ideas or comments on how this service could be improved to suit your needs, or for more information please contact either Lin Barrington, Bentham Community Transport 015242 62753 or Lucy Beadle, Project Officer NYCC 01609 785664.

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WE'RE OFF TO SEE THE WIZARD....

By Anne Preston

The 2004 Bentham Panto is ready to roll. A crew and cast is very nearly assembled and the finishing touches have been put to the script. We have been rehearsing three times a week since 2nd January with a cast that includes some old-timers and also some bright new stars. Come and find out how the Scarecrow discovers his brains, the Tin Man his heart, the Lion some courage and Dorothy her way home, somewhere over the rainbow....Bentham style. Performances run for four nights from Wednesday 18th February. For further information contact me on 62327 or Pete Armstrong on 62049.

BLAH BLAH ON STAGE

By Pauline Hill

This is the Blah Blah Theatre Group who will soon be running free workshops for age 13+. They are hoping to give a performance of the Jerry Springer Show. If you are interested please contact Community Education on Settle (01729) 823312 or watch out for posters. Workshops will be held at Settle High School, transport will be provided for you.

WEEKEND TRAIN SERVICES

Between Saturday 10 January and Sunday 8 February, engineering work means that all trains from Bentham on Saturdays and Sundays will be replaced by buses connecting Skipton with Lancaster. Please see the timetable leaflet or notice on the station for times of the buses.

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BENTHAM GRAMMAR SCHOOL MEMORIAL

By Kay Piper

The Friends of Bentham Grammar School have commissioned a stained glass window as a permanent memorial to B.G.S. This window will be displayed in St. John the Baptist Church, Low Bentham. The Bishop of Bradford will dedicate the window at a service in the church on Sunday 15th February 2004 at 10.00am. Past pupils and staff are warmly invited to attend the service.

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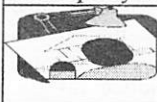
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BENTHAM AGRICULTURAL SOCIETY

By Val Lawson

Thank you to everybody who supported our annual coffee morning in November, when £270 was raised. The first of 16 raffle prizes was won by John Whitfield, the Fruit Cake competition was won by Ann Polkinghorne and M.F. Vainey won the Show Map competition.

The Annual General Meeting was held in November and the officers were elected as follows: Chairman John Whitfield, Vice Chairman John Dawson, Secretary Val Lawson, Treasurer Jillian Ashton, President for 2004 Alton Metcalfe. The management committee would like to thank all those people who support the society through generous donations, sponsorships, collection of subscriptions, subscribers, exhibiting at the show, and all those who give generously of their time. We look forward to seeing you at the 133rd show on 4th September. The 5th annual quiz is to be held on 6th February at 7.30pm in the Town Hall.

QUIZ ANSWERS

The answers to the "Flower" quiz on page 20 are as follows:-

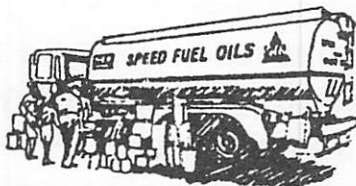
1. Roses, 2. Carnation, 3. Broom, 4. Lily, 5. Marigold, 6. Star of Bethlehem, 7. Tulips, 8. Freesia, 9. Cornflower, 10. Coltsfoot, 11. Iris, 12. Primrose, 13. Cowslip, 14. Plumbago, 15. Cosmos, 16. Snowdrop, 17. Meadowsweet, 18. Dandelion, 19. Busy Lizzie, 20. Speedwell.

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HUMOUR: AN AFTER CHRISTMAS RECIPE

By Doreen Park

Like me, I am sure all cooks will have had their fill of preparing and cooking over the festive season, so chill out like I am doing and enjoy a bit of humour.

MY TWELVE DAYS OF CHRISTMAS

On the first day of Christmas my true love said to me,

I'm glad we bought fresh turkey and a proper Christmas tree.

On the second day of Christmas much laughter could be heard

As we tucked into our turkey, a most delicious bird.

On the third day we entertain the people from next door,
The turkey tasted just as good as it had the day before.

Day four, relations came to stay, poor gran is looking old.

We finished up the Christmas pud and ate the turkey cold.

On the fifth day of Christmas outside the snowflakes flurried

But we were nice and warm inside for we had our turkey curried.

On the sixth day I must admit the Christmas spirit died.

The children fought and bickered, we ate turkey rissoles fried.

On the seventh day of Christmas my true love he did wince

When he sat down to dinner and was offered turkey mince.

Day eight and nerves were getting frayed, the dog had run for shelter,

I served up turkey pancakes with a glass of alka seltzer.

On the ninth day our cat left home, by lunch dad was blotto

He said he'd have to have a drink to face turkey risotto.

By the tenth day the booze had gone (except for home made brew)

And if that wasn't bad enough we suffered turkey stew.

On the eleventh day of Christmas the Christmas tree was moulting
The mince pies were as hard as rock and the turkey was revolting.

On the twelfth day my true love had a smile upon his lips,

The guests had gone, the turkey too and we dined on fish and chips!

Happy New Year to you all,

Back as normal 2004,

Doreen.

WHAT DOES AGE CONCERN NEED? IT NEEDS YOU!

By Ruth Bridgewood

Bentham Age Concern has had another very enjoyable and busy year. We have over 50 members who enjoy a get-together every Friday in the Town Hall, with coffee and scones followed by a delicious lunch and then a speaker or craft activities, card games etc. in the afternoon. Transport is provided for those who need it.

In addition, during the week we have trips to the theatre, shopping excursions and very enjoyable mystery tours. Several of us also get together on a Monday for lunch.

As you can imagine, this provides much needed company for many elderly people in Bentham and the surrounding area. However, Bentham Age Concern is in desperate need of helpers, committee members and a chairman.

Can you help? Do you have time to spare during the week? Could you give up a Friday (from about 10am-3pm) to help at our Day Centre? Would you like to make new friends? Do you know anyone who is looking for a chance to get involved and help the community? Would you like to know a bit more about our work? If so, come along to Bentham Town Hall on a Friday morning - we open again on 9th January 2004. Have a chat with some of the helpers and talk to the Day Centre members. We are a very happy group and have a lot of fun and laughs and would be glad to see you and explain more of what happens. Thanks for reading this article. Best wishes for 2004.

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ACTION ON DOG FOULING

By Reg Pointon (Clerk to Bentham Town Council)

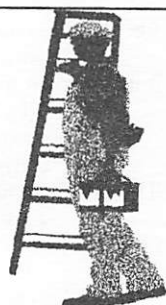
Craven District Council now has a second Dog Warden who is currently undertaking enhanced and targeted surveillance. To help the Council's Dog Control Panel establish a full picture of what each Parish Council would regard as ideal provision, would interested individuals please consider the 4 questions below:

1. Can you advise the Council of any areas that have particular problems with dog fouling?
2. What is your view on the availability of dog waste bags?
3. What is your view on the number of dog waste containers in your area?
4. What is your view on the servicing of dog waste containers?

Together we can make a difference. Please let me know your responses to any or all of these questions as soon as possible, and definitely before the end of January, by phoning 015242-61596 or by emailing margandregaol.com



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HOMING SOCIETY'S OPEN SHOW

By Jack Pickup

Bentham Homing Society held its annual open show at the Town Hall on Sunday 7th December. There were 240 pigeons entered and the organisers were well pleased. Entries were from as far afield as Barrowford, Milnthorpe, Blackpool, Keighley, Kendal, Carnforth and Bentham and district.

Sponsors for the show included D.Ralph, D. Dean (DCL Transport), M.West, Mr. & Mrs. Buxton, J. Pickup, M. Faichney (Builders), M.D. French (Tarmac), Fairhurst Stone Supplies, Kirkby, J.K. Decoration, Fish & Chip Shop Bentham, M. Armstrong (Armstrong Builders Merchants).

The results of this excellent show were:

Young Cocks flown 100 miles - G & K Parker (Bentham).

Young Hens flown 100 miles - John Turner (Blackpool).

Old Cocks flown 200 miles - G & K Parker, (Bentham).

Old Hens flown 200 miles - G & K Parker, (Bentham).

Channel Cock or Hen - D & K Akrigg.

L/Racer, Cock, any age thro wires - G & K Parker, (Bentham).

Eyesign - Cock or Hen - G & K Parker, (Bentham).

L/Racer Hen, any age thro wires - G & K Parker, (Bentham).

Best in Show - G&K Parker, (Bentham).

Judges were A.Pollard, T. Slattery, S. Heys (Accrington), D. Sanderson, S. Ramshead (Padiham), all of the Blackburn Federation.

LOW BENTHAM BADMINTON CLUB

By Julie Bridgeman

The Junior Club will resume after Christmas on 13th January, at 6.30pm at Sedbergh Junior School.

Following my article about an adult's club, fifteen people have expressed an interest so an adult's club will begin on 13th January, from 8.00-9.00pm at the Sports Hall of Sedbergh Junior School. The cost of the hall is £19 for the hour so players will have to cover the cost. Please park on the school car park rather than driving down the main drive.

We look forward to seeing as many as possible; all are welcome, not only those who responded to the previous article.

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Continued from front page.

She was huge – 2100 passengers and 900 crew. I had a cabin to myself and was impressed with the amount of space – and I had a window.

Day 1 was at sea and whoever said that big ships don't rock – well, they lied! The Seabands helped as I just felt queasy, but several people couldn't leave their cabins. I resorted to seasickness pills and for the rest of the trip I was fine. The lectures for the first day were Wound Management and treating heel pain. Day 2 was Neurological Assessment and a brief visit to San Juan on Puerto Rico. Day 3 was St Thomas (U.S. Virgin Islands) and Practice Management. Day 4 was Catalina Island in the Dominican Republic and Advanced Biomechanics. Day 5 was at sea and was Life Support and more Biomechanics. Day 6 was the Rheumatoid Foot and Nassau in the Bahamas and on day 7 we returned to Fort Lauderdale.

I was really glad to be staying on for another week. If I'd gone home at this point I wouldn't have felt like I'd had a holiday.

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THE BIG HOLE

By Peter Phillips

When walking in the Market Square you might have wondered what was going on over the wall. An extension to the car park? No such luck, unfortunately! No, the Co-op Store at 27 Main Street is extending its premises. The contractors, Wilkinson's of Poulton-le-Fylde are building the extension and also renovating and fitting out the building next door which used to be rented by the Sue Ryder organisation. (Have you noticed the date stone above it? - 1882).

Katy Kelly, the manageress, says the extension will double the size of the existing store and make it much easier for customers to get around. Weather permitting, it is hoped that the work will be completed by the end of February.

CHRISTMAS TREE RECYCLING

By Lin Barrington

We will be shredding Christmas trees in Bentham and Burton-in-Lonsdale as usual this year. The shredder will be here on Saturday January 10th, and will be in Cleveland Square in High Bentham (where the market is held) from 9.30am to 12 noon, at Low Bentham Car Park from 12 noon to 1pm, and at Burton in Lonsdale Recreation Ground from 1.30-3.30pm.

If you would like some of the shreds for your garden (you can have as much as you like!), please bring along bags to put them in. For more information, contact Lin at Bentham Development Trust on 61030.

BENTHAM NEWS is published at "Latharna", High Bentham, by an editorial committee consisting of Shirley Brown, Diane Chant, Judith Johnson, Peter Phillips, Dorothy Pidgeon, Ken Robertson, Jean West, Pam Woof, and our co-ordinator, Bill Kennedy, who can be contacted on 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 Bentham Sports by the copy deadline, the 15th of the month prior to publication. The Bentham News is printed by Pica Design & Print, Low Bentham.