

BENTHAM NEWS

DON'T MISS
THIS YEAR'S
PANTOMIME
RED RIDING HOOD



By Margaret Cowling

It's Bentham Pantomime time again and we invite you to spend a winter's evening in our company. Follow Red Riding Hood's adventures as she leaves home and journeys through the spooky wood to rescue her Gran from Wolfman's clutches, in the city of Digitopolis.

There, Wolfman's plan is to increase his empire by stealing Gran's home, but Gran and her cronies are more than a match for him! Meet Fox, Fang, Germinator and Mayor Whittington. Watch the woodland court with its animal jury, bear judge and bear barrister, funky policemen, discontented citizens and pigs that talk!

We will dazzle you with our ensemble of talented actors, actresses and dancing girls, as well as with the scenery, costumes, live music and special effects.

The Pantomime will run from Wednesday 19th February to Saturday 22nd February. Tickets are now on sale at Bentham Sports. All tickets are £2.50 on Wednesday night. All other nights £4 for adults and £2.50 concessions.

FEBRUARY 2003

ISSUE 196

WOMEN'S INSTITUTE

Low Bentham

By Jennifer Watkinson

Nineteen members went to the very welcoming Harts Head, Giggleswick, for their Christmas meal, which was excellent. Afterwards the President, Mrs. Christine Jennings, compered a game of forfeits and distributed presents to everyone from Santa's sack.

At the Ingleborough Group carol service held at Settle's parish church, Low Bentham's choir, accompanied by Mrs. Elsie Wheildon, gave a lovely rendering of "Sweet Charming Christmas Bells" and "The First Nowell". A week later they repeated the performance at St. John's Church, Low Bentham.

HORNBY DRAMA GROUP

By Hilary Strickett

We should like to thank all who supported us in our November production of "The Ghost Train". We are most appreciative of those who helped backstage, displayed our posters and sold tickets.

Our plans for the future depend upon the availability of the Hornby Institute. Hopefully there will be a second edition of "Plays in Maytime"; please see coming editions of "Bentham News" for details.

May we also thank all who have been involved in the production, publication, printing and delivery of "Bentham News" throughout the years.

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JANUARY'S TOWN COUNCIL

By David Johnson

Apologies were received from Cllrs. Lloyd, Pilkington and Ireton.

Police

P.C. Andrews attended. December had been a quiet month. Some cars had been damaged and there had been two burglaries but public order had been good.

Highways

Mouchel Ltd. reported that the height of the railings on Wenning Bridge is correct and fully meets current national standards but the work on Shakey Bridge has been postponed because of fabrication problems. The Cllrs. agreed to write about the poor condition of the pavement on Low Bentham Road and about sections of road where the edge has collapsed. The construction of raised pavements to help bus passengers should commence shortly.

Town Hall

Craven District Council will make £2000 available for a full survey of the Town Hall to help the Council assess the scale of the improvements necessary to bring it up to scratch. Age Concern wrote asking if the Council would be prepared to join them in sharing the cost of some new chairs for the lower room. The current model of chair has a metal bracket at the side that has caused leg injuries. The Council decided to consider this request at a separate meeting.

The Market

The Council received a letter of complaint from a local trader about the vegetable stall, which had appeared on Monday 23rd December. The shopkeeper had been led to believe that they would not come and had bought stock on this presumption. It seems that there had been a breakdown in communication. A long discussion arose about the incident. Some Cllrs. sympathised with the complainant but others felt that we should support our market traders. It is evident that the market

has been held on different days in the past and that it has never been solely limited to a Wednesday. The Cllrs. decided to write and apologise for the mix up and resolved to set out some guidelines that will help clarify arrangements in the future.

The Black Bull Car Park

This long running saga continues! Thwaites have refused to enter into any legal agreement and have accused the Council of delaying payment! According to some Cllrs. the Looking Well's search for new premises has alerted the brewery to the fact that they own a prime site. They asked the Council to agree to pay £6,382 plus £1,000 per annum plus 2% interest above base rate until the total of £11,382 is paid. They also asked the Council to pay for the removal of the Private Parking notice and the meter which they (Thwaites) had installed (rather cheeky!).

After considerable debate it was agreed that the Council had not delayed payment, pointing out that Thwaites had often taken months to reply to letters, but they did agree to pay the lump sum and make the annual repayments, but not to pay interest. If construction work should be started on the site then these payments from the Council would cease.

The Playing Field Association

Plans are now well advanced for the development of the playing fields, but there is a shortfall in the expected funding, and the association, with the affiliated clubs, is organising many fund-raising events, to meet the expected deficit. You are invited to donate to assist the redevelopment of the field so if you would like to make a donation, or raise funds for this worthwhile community cause, (and help the thermometer to rise), please contact Pam Woof at the Sports Shop, or the chairman of the Playing Fields Association Committee, Mr .Peter Rollinson.

The Auction Mart

This year sees the bi-centenary of the founding of Turner's the auctioneers and the centenary of the auction mart. The Council decided to write and congratulate both on this magnificent achievement.

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BENTHAM ANGLING ASSOCIATION ANNUAL RETURNS

By Mick Ramsey

The catch return for the 2002 fishing season is as follows:

- Brown trout 202
- Rainbow trout 1744
- Sea trout 51
- Salmon 4.

Applications for 2003 membership should be sent to the secretary, Dave Shaw, 1 Ashbank Villas, High Bentham, Lancaster, LA2 7HX. Strictly postal applications only.



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CRAVEN DISTRICT COUNCIL MATTERS

By John Pilkington

Increase in Government Grant

Over the past two years the Government has been reviewing the way in which local government is funded. There were fears that this could lead to a reduction in grant for Craven. However, when the details of the grant for 2003/4 were received in December last year there was welcome news as Craven is to receive a significant increase in grant. Although the final amount will not be known until early February it is clear that the possibility of cuts in service has been removed.

Council Tax 2003/4

This increase in grant also means that the Council Tax increase will be kept to about 5%. The Council is consulting with Town and Parish Councils and Chambers of Trade about the proposed budget for the year beginning in April. Any suggestion for changes will be taken into account when the Council meets to decide the actual increase later this month. The budget includes increased spending on recycling to cover the cost of the recently introduced Green Waste Recycling Scheme. This is needed to ensure that the District Council meets the Government's recycling targets over the next three years.

Recent Planning Applications

► 08/2002/Mr C W Atkinson, Parkinson Farm, 73 Main Street, High Bentham, Lancaster, LA2 7HP.

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► 08/2002/2794 Bentham Playing Fields Association, c/o Mrs P Woof, Barker House, 17 Springfield, Lancaster, LA2 7BA. Change of use of land to playing field, including drainage of boggy land and creation of turfed mini soccer pitch at Bentham Playing Fields, Wenning Avenue, Bentham, Lancaster.

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MIDNIGHT HORSE RACE!

By Margaret Mitton

This event took place between 12.00 midnight and 3.30am on Thursday 19th



December. It started at 19 Springfield, Benthams. The race was between two white horses which have been stabled for five years on the gate posts.

Red Rum pulled up and refused to go. He was found a few yards up the road but we have not seen or heard from Shergar. He is still on the run! Or has someone stabled him elsewhere?

Please can you return him as Red Rum is missing his mate. If anyone has seen or heard of his whereabouts, please ring Mrs. Mitton on 61809.

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WRAYFLIX

By John Millington. Tel 015242 22095.

Films for February.

A Happy and a Peaceful New Year everybody! If you came to see "Amelie", and enjoyed our most popular film to date, then you are in for a real treat.

This month we are showing the first of two French films which are classics, and not to be missed. Village life in all its glory and a brilliant story line, the cast are superb in their portrayal of their characters and once you have seen the first film, you will have to come again in March and see the second film which follows on from the first, with a real twist in the tale. These films are being shown by popular request, so book early to avoid disappointment.

Friday 7 February - "Jean de Florette", doors open at 7.30pm. Certificate PG 12

Then for the kids and "young at heart" grown up kids, there is the Disney classic which is hilarious.

Friday 21 February - "Lilo and Stitch", doors open at 7.00pm.

Certificate U

For those not aware of ratings :-

U - For general viewing. Children can watch unaccompanied by an adult.

PG - Unaccompanied children of any age may watch. A "PG" film should not disturb a child of 8 or older. Parents should decide for young or sensitive children.

12 - No-one younger than 12 may see a "12" film unless accompanied by an adult.

15 - No-one younger than 15 may watch.

18 - No-one younger than 18 may watch.

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THE SIERRA LEONE SAGA

By Staff Sgt. Gavin West

Food and Water

Our water supply has been on and off again because of cracked pipes outside the house. This is not unusual. So it's showers standing under the outside tap again, naked of course. We have at last managed to get a couple of light bulbs for the cooking area but the problem is the power is off most days! The workshop carpenters have also made some tables and chairs for the cooks. The cooking is going well. We now have a roof on the cookhouse that unfortunately keeps most of the smoke inside. The heat is another problem, with the outside temperature getting up to thirty-five degrees centigrade and the heat from the wood fires, it can be very unpleasant, but the lads just get on with it.

We have had to move the cooking area three times and it is now located in part of an old gym. They use fifty gallon, pigs feet cooking pots, but now we have had the problem of the feet melting so will have to make some metal frames to sit the pots in. All meals are based around rice with a sauce, cassava leaf, potato leaf with peppers, onions, tinned tomatoes and puree, stock cubes, palm and vegetable oil with small amounts of fish or meat when we can get them. We get some money to buy fish, meat and firewood. The rice allowed is two cups per man per day.

Another problem arose recently when the Sierra Leone senior ranks and officers said they would not eat with their men, but I said that in that case they could only have the rice and no sauce ingredients or money to buy extra. After some tribal in-fighting they agreed to all eat together, and now all the lads are better off, with enough money to buy better vegetables and condiments and more to go round. We may even see some fat Africans in a month or two! I've now managed to get some pay for Peter the gardener and Saccob, who work for me. Peter was a RSM, quietly spoken and getting on in years, and has been a great asset to me.

Britain Held in High Regard

We have had a large shipment of tools and equipment from the UK to re-equip the workshop. The main items we needed were toolkits, which we now have, so more tradesmen can be taught and the rest can carry out their respective trades at last. We have been able to make so much happen for the Sierra Leone Army, that our standing goes from great to saintly.

Our young gate guard, Abu, brought his small son round yesterday to visit the white man's house. He was a cute, chubby little lad, with his hair growing in a Mohican style, so we have christened him Beckham Mohamed Abu.

Election Time

The build up for the Sierra Leone elections has included political rallies most days, and all has been fairly quiet so far. The army voted first, with observers from every country in attendance. It was the usual chaotic mess, and after the first hour only seventy had voted! The pace eventually picked up, but half the soldiers who turned up had not registered so could not vote until next Tuesday when the rest of the population vote. Maybe they just fancied a day off! Yet again it was up to the officers of the Sierra Leone Army to sort it all out. The election went off relatively smoothly with only a few deaths in Freetown after the President's supporters attacked the political wing of the ex-rebels officers. The results are out next Thursday, peacefully we hope. Later....the President won, which was expected, and with 58% of the vote, he has enough to keep power. Celebrations will hopefully be peaceful. We have weapons and restricted movement, but so far all is looking friendly.

Flying Visit

Recently I paid a visit to our newly set up Brigade Support Areas at Makeni, Yengema and Kenema. We travelled in a hired Russian ICI helicopter run by the Americans for the round trip to all locations. After a forty-minute trip, a land rover was waiting to take Major Golding, Warrant Officer

Continued on page 8

Sierra Leone saga - continued from page 7

Mike Scott and myself to the base. We met all our men and picked their brains for problems on equipment, tools, and vehicle spares requirements. Within the next two weeks I shall be making the road trip from hell to completely re-equip them. Everyone was so happy to see us, and their only complaint, apart from lack of tools and equipment, was that since they left Freetown on deployment, their Sierra Leone officers had not visited them at all.

Our next stop was Yengema, where there is no base yet due to lack of real estate. We located an area to build on, but first, sadly, we have to get the families out who are squatting in the military property there. Another forty minutes and we arrived in Kenama, where the base was located in a large, old timber plant, with the remains of ancient steam trains scattered about. Yet again, everyone seemed happy to see us and considering the lack of

equipment, they were doing a great job.

The helicopter trip back to Freetown took just over an hour and was very colourful and interesting. We flew over the jungle canopy and hopped over the hills and mountains, following the dirt roads as route markers. Alongside the river we could make out the remains of old colonial plantation buildings and timber mills. We skirted Sugar Loaf Mountain and traced the Sierra Leone River until we reached the Atlantic, then followed the coastline south to Freetown.

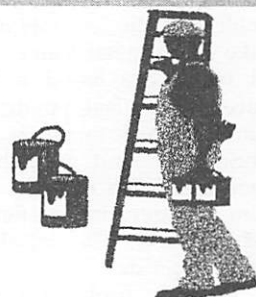
Shipwrecks

I was amazed to see the numbers of shipwrecks along the coast, and imagined that they were tired old ladies of the sea who had given up the ghost and were slowly waiting for the sea to reclaim them. The day was very enjoyable and was made very worthwhile by the welcome we got from the Sierra Leone Army and the local people.



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SURGERY NEWS

By Abigail Daley (S.R.CH)

Some of you will have already received invitations to the new chronic disease clinics. The first appointment will be with a nurse and the second a joint appointment with your doctor and the nurse. If you have other problems please make a separate appointment. You can get a specimen bottle from reception at Ingleton and Bentham; it is very helpful to remember to bring a urine sample.

All of us need to look after our hearts better to prevent the build up of plaques, which are fat deposits in our blood vessels. We should aim to eat 5 pieces of fresh fruit or vegetables each day (not including potatoes) and increase the amount of plain water we drink. Animal fats, cheese, butter, and cream should be eaten in moderation and likewise red meat should be grilled instead of fried. Don't forget to be aware of how much hidden fat is in chocolate, crisps, pastry, cakes, biscuits and crackers. Many of us eat too much salt, which can raise the blood pressure and put a strain on the heart. Processed food often contains too much salt and sugar.

We can improve our diet by including fish twice a week. The oils naturally occurring in fish like salmon, mackerel, herring and tuna, and extra virgin olive oil and vegetable oils act like a non stick surface in our blood vessels which animal fats cannot stick to.

Smoking is a killer; the best thing you can do to improve your health is give up. If you need help or advice please ask at the surgery.

Very few of us do enough exercise. Exercise builds strong bones and muscles, it increases the circulation and helps the body to break down and get rid of the unhelpful fats that we eat. All of us would benefit from exercising 3-5 times a week for at least half an hour. A brisk walk, swim or bike ride is ideal. Start gradually and build up the amount of exercise you do. Don't delay, adopt a healthier lifestyle today. The sooner you start, the sooner you will feel the benefit.

Missed appointments this month 81

These are appointments with the doctors and nurses that people have made and not turned up for. If they had contacted us to let us know, other people needing appointments could have taken these places. Please advise us as early as possible when you know that you will not be able to turn up for an appointment.

LOW BENTHAM PRIMARY SCHOOL CHANGES

By Fay Haslam

Would you like to see how Low Bentham Primary School is changing? Are you an ex-pupil who would like to see how the school has changed since you were here? Then why not come along to the school on Wednesday 26th February for our Open Day? The school will be open from 9.00am to 3.30pm for visitors to just drop in - the children will be working all day on the topic of Space. Visitors will be able to see a range of activities including literacy, numeracy, music, technology and science.

If you can't make it during the day, why not come along in the evening? Starting at 7.00pm there will be an opportunity to view the work produced during the day, enjoy a coffee, talk to staff and children. Further information is available on 61416.

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POWER CUT - JOY OR DISASTER?

By Shirley Brown

Late in the evening of 2nd January, Benthams and the whole of the Wenning Valley experienced two power cuts, one after the other. Apart from the inconvenience caused to some people who were watching TV at the time (I gather "Independence Day" had got to a particularly exciting bit) many others have said how wonderful it was to experience such total blackness. It certainly was deliciously dark. After some minutes a few candles appeared in windows, a few brave souls ventured out with torches, and there was even some light-hearted signalling and amateur efforts at Morse code. The astronomers in our midst enjoyed a rare opportunity to see the heavens in all their glory, as the light pollution that is now a feature of every other night of the year usually limits the clarity of what can be seen. Thanks TXU Energi!

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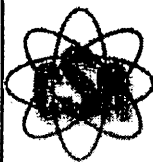
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GARDENING PAGE

By Joyce Knapp

February is a good time to take a look at the fruit garden, checking that tree stakes are still firmly in place and resetting any ties which may have worked loose during the year or, alternatively, become too tight as the tree's trunk has thickened with age. Next we can turn our attention to any apple and pear trees and gooseberry bushes which have not yet been pruned during the winter. The pruning of established apple and pear trees can be carried out in three stages, firstly removing any dead, diseased or damaged stems. Secondly, any branches that are crossing one another need removing to open up the centre of the tree, letting in more light and air. Lastly, the remaining branches may be shortened and thinned out to create a pleasing shape. When pruning a gooseberry bush it is best to remove some of the older branches, following the natural growth habit of the bush, to maintain an upright but open shape. This enables easy access when picking and allows good light penetration to help the fruit ripen. February provides the last chance to plant any new fruit trees before the buds burst into growth. The main thing to note here is that trees must never be planted into soil affected by frost as any exposure of the roots to such severe conditions could kill the plant.

Moving along to the vegetable garden, we can now apply an organic fertiliser to the ground, thereby allowing plenty of time for it to be worked into the soil prior to the sowing of seeds in springtime. One good combination is to use both seaweed meal and fish, blood and bonemeal although many people prefer not to use animal by-products nowadays. Another alternative is a general fertiliser supplied by Chase Organics which is suitable for both fruit and vegetable production. Once this fertiliser has been added, the soil can be covered with a layer of black plastic which will help the ground to warm up ready for seed sowing and will also help suppress weeds until the crop is sown.

By Eleanor Fisher



Not many shrubs are at their best in February, so those with winter flowers are especially treasured. Few could be said to have large blooms, but make up for this with scent, or beautifully shaped flowers, and with little competition for our attention, can be savoured and enjoyed to the full. And the scent can be as powerful as any summer flower. The pink *Viburnum x bodnantense* has clusters of rose pink buds on bare stems, opening into pale pink flowers with a sweet perfume which carries across the garden. Individual flowers might get caught by frost, but there are always many more to open in succession from November to March. The growth is stiff and upright, eventually a large shrub, but as shoots can be cut to enjoy in the house, the size is likely to be kept within bounds. Frost is not a problem for the *Witch Hazel*, *Hamamelis mollis*, the yellow spidery blossoms with maroon centres standing even the hardest weather, again with a delicious scent. This makes a wide bush, with golden yellow autumn leaf colour as an extra bonus.

Mahonia japonica and its hybrids 'Charity' and 'Winter Sun' flower from November with large yellow scented candelbras at the top of each gaunt upright stem, with handsome evergreen foliage. They thrive in shade. The *Winter Box* is a neat little evergreen up to 2ft. high, happy even in total shade. The flowers are tiny, but the scent is fantastic in January and February. The Latin name *Sarcococca* is a terrible mouthful, but the plant is well worth the search in nurseries and garden centres.

Winter jasmine may not be scented, but is deservedly popular, hardy and easy to grow in sun or part shade, both as a climber (provided it is given some vigorous 'hairdressing' and tying in after flowering to keep it tidy), or to trail down a wall, with its sprays of yellow flowers to cheer all winter through.



BIBBY'S OF INGLETON

EXCURSIONS / HOLIDAYS

Sunday, 16 March - £10.00
SPRINGTIME IN SCENIC GALLOWAY

*

Sunday, 30 March - £18.50
MOTHERING SUNDAY
LUNCH SPECIAL
AT RHEGED, PENRITH

*

Tuesday, 15 April - £5.50
BLACKPOOL or FLEETWOOD

*

Wednesday 16 April - £7.00
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*

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BENTHAM FOOTPATH GROUP

By Len Moody

The basic itinerary for the David Stubbs Memorial Walk is as follows.

Start - Punchbowl Corner, Low Bentham - Eskew Wood - Robert Hall Farm - Greenfold Farm - Higher Perries - School Hill, Tatham Fells - Russell's - Mill Houses - Hindburn Bridge, 1 mile east of Wray - Broad Wood - Higher Broad Wood - Cragg Hall - Birks farm - Birks Wood - Furnessford Bridge - Break for lunch - Spens Farms - Spen Lodge - The Hill Farm - County Bridge, Mewith Lane - Kirkbeck Farm - Mill Lane - return to Low Bentham. Total approximately 10 miles. Recommended map; OS Explorer OL41, Scale 1/25,000. Newcomers are advised to request a guide from Bentham Footpath Group.



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CHURCHES TOGETHER

St. Boniface's

By Rev. Angelo Phillips

Change and Continuity

Change and continuity go hand in hand. Last July I was appointed to serve as Parish Priest to the Catholic Church in Bentham in this lovely area of North Yorkshire. Shortly before that, the new Anglican Vicar, Reverend Nigel Thomas, was appointed in his parishes and in the near future a new Methodist Minister will be in post, replacing the Reverend Norman Price. A big change, one might say, but we bring with us the continuity of a long line in the Christian tradition with core values rooted firmly in Christ's teaching.

New technology has changed the way we now communicate with each other across the world; the receiving and giving of information is transformed but we still live in community and in solidarity with each other. We are called to be a living Church working for and serving each other in a spirituality that shapes and transforms our society to bring about peace and freedom for all here and in our world at large. Together we can work towards a society that is open to the needs of others, not to ourselves and security in things. We are not called to be successful but to faithfulness and love. I wish you many blessings for 2003 and look forward to meeting you all throughout the year.

St. Margaret's

By Eluned Russell

I write just after the Feast of the Epiphany when we remember the three wise men coming to the infant Jesus. Their journey was not easy. It was undertaken in the dark, through dangerous and difficult places. Yet they continued in hope, pursuing the light they had seen, and found its source. We are each on our own different journeys, and at times it is difficult and dark, but love and hope are always there if we reach out, and we know they will prevail.

St. John the Baptist

By Judith Johnson

St. John's was treated on 8th December to a special service called "Journey to the Manger". It was specially arranged by Karen Allsopp for our Junior Church and Sedbergh Junior School. The lively mixture of acting, songs, music, readings and prayer was a terrific start to our Christmas festivities.



Late Night Shopping

Carol singers from all our churches who took part to raise money for St. John's Hospice will be pleased to know that their efforts led to a donation of £159. Many thanks to the "Spar Girls" or perhaps "Spar Santas" who collected £100 of this total.

High Bentham Methodist Church

By Olive Calverley

In February most New Year Resolutions have been forgotten - the old routine has returned - but this need not be so. A new month can bring a new beginning. Warm sunlight brings new life to the countryside. Jesus - the Light of the World, can bring new life to you.

A simple declaration of faith in the Son of God offers new opportunities of serving God in the community. Hearts filled with God's love can overflow with love to others, changing attitudes, and bringing God's peace. The choice is yours.

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LOCAL EVENTS IN FEBRUARY

Sat 1st St. Margaret's coffee morning at the Town Hall, 10.00-11.45am. 

Bentham Footpath Group walk, Attermire Scar, 6 miles, leader G. Amos, 01729 822604. Meet at Lairgill/Greenfoot Settle, 10.00/10.30am.

Mon 3rd Looking Well, 10.30am-12.00 noon, Baby Buckets parents and babies group, and Cancer Support Group drop-in. Both every Monday.

Drop-in Homework Club at Bentham Community Centre, 5.00-7.00pm, and every Monday, Wednesday and Friday.

Town Council meeting at the Town Hall, 7.30pm.

Tue 4th Bentham Child Health Clinic at the Surgery 2.00-4.00pm.

High Bentham Toy Library at the Community Centre, from 8.30-11.30am.

Looking Well, 2.00-4.00pm, Women's Support Group and Tai Chi Qigong. Both every Tuesday.

Tue 4th Bright Hour at the Methodist Schoolroom, 2.15pm. Rev. T. Dent.

Wed 5th Looking Well, 1.30-3.00pm, Mucky Buckets parents and under 3's play session. 7.30-9.30 pm, Bentham Community Choir. Both every Wednesday.

Citizens Advice Bureau at the Surgery, 1.30-3.30pm.

Morecambe Bay Credit Union, Bentham Community Centre, 9.30-11.00am.

Thu 6th Clapham Village Hall, dance 7.30-10.00pm, and every Thursday.

Looking Well, 10.00-11.00am, Ball play for toddlers at the Community Centre, and every Thursday.

Fri 7th Bentham Agricultural Society Annual Quiz at the Town Hall, 7.30pm. £18 - teams of 4, including supper. Entries close 5th February. Enquiries to 61606 or 21187.

Age Concern at the Town Hall. "Name that tune".

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

Sat 8th Bentham Community Transport coffee morning at the Town Hall, 10.00-11.45 am. 

Mon 10th Bentham Footpath Group walk, Wray circular and pub lunch, 5 miles, leader A. Robertson 61285. Please meet at Lairgill 10.30am.

Tue 11th Reading Group at the Library 7.30pm. "Miss Garnet's Angel" by Salley Vickers.

Wed 12th Looking Well, 7.30-9.00pm, Alzheimer's Disease Carer Support Group, social meeting.

LISTING FOR LOCAL EVENTS

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

Event.....

Venue.....

Contact Tel. Number.....

Name.....

Please complete and return to the Sports Shop, Main Street, High Bentham.

Thu 13th Kirkby Lonsdale & District Embroidery Guild at Westhouse Village Hall, 2.00pm. Jean Ann Naylor.

Fri 14th Bentham & District Pet Rescue Book Sale, Watershed Mill, Settle, 10.00am-5.00pm.

Age Concern at the Town Hall, "Memorabilia"

Sat 15th New Labour coffee morning at the Town Hall, 10.00-11.45am. 

Copy deadline for March B.N.

Sun 16th Bentham & District Pet Rescue Book Sale at Watershed Mill, Settle, 11.00am-4.30pm.

Mon 17th Burton-in-Lonsdale & District Horticultural Society - Thailand - Land of Orchids. Slide show by Ken Mosey.

Tue 18th Bentham Child Health Clinic at the Surgery 2.00-4.00pm.

High Bentham Toy Library at the Community Centre, from 8.30-11.30am.

Bright Hour at the Methodist Schoolroom, 2.15pm. Mrs. Liz Whitfield.

Wed 19th Bentham panto - Red Riding Hood. 7.15pm at the Town Hall. Tickets £2.50.

Thu 20th Low Bentham W.I. at the Victoria Institute 7.30pm. A talk about Alaska.

Panto at the Town Hall, 7.15pm, adults £4.00, concessions £2.50.

Fri 21st The Countryside Society, Hornby Institute 7.45pm. Alan Webster - The last of the Arkholme basketmakers.

Panto at the Town Hall, 7.15pm, adults £4.00, concessions £2.50.

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

Fri 21st Age Concern at the Town Hall, Mrs. Wilkes & Friend "More Quilts".

Sat 22nd Low Bentham Community Primary School coffee morning, 10.00-11.45am. 

Bentham Footpath Group walk, Kellett circular, 6 miles, leaders J. & S. Pilkington, 61757. Meet at Lairgill 10.30am.

Panto at the Town Hall, 6.15pm, adults £4, concessions £2.50.

Mon 24th Sedbergh Junior School. Scholarships for 11+ (academic, sport, music & art) all week.

Wed 26th N.I.S.C.U. (Christian schools worker) coffee morning at the Methodist Schoolroom, 10.00-11.30am. 

Fri 28th Age Concern at the Town Hall, Card Bingo.

Bentham News published.

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BENTHAM PEOPLE

Personal thanks

The family of the late **Elizabeth Gott** would like to thank all relatives, friends and neighbours, for their kind expressions of sympathy, cards and flowers on their recent sad loss. Special thanks to the Doctors, and Carers at Bentham Surgery.

Richardson. The family would like to thank everyone for letters of sympathy and cards received on the death of **Jennie Richardson**. Also for donations of £332, to Christies Hospital. A special thanks to the carers of Home Care Service who were so patient with her in her later years. Also to Joe Morphet for his efficient services.

Thanks

Raymond and Cath Jackson would like to thank everyone who made their Christmas Fayre such a success. Thanks to your hard work and generosity the sum of £1,340 was raised. This has been divided between the Lancaster MacMillan Unit and St. John's Hospice. Thank you once again.

Mary Phillips would like to thank the many friends who sent their best wishes on her recent stay in hospital.

Wilson. **Nigel and Kath** are happy to announce the engagement of **Hannah** to **Robert Bartlett**. Their marriage is to be held on 5th April 2003 in the U.S.A. A Blessing Service will be held at Bentham on 24th May 2003.

Hewitt. **Edna** wishes to express thanks for cards and flowers received during her stay in hospital. A big thank you to family, friends and neighbours for help and kindness. Thanks also to Bentham Health Centre and ward 2, R.L.I.

In Memoriam

In loving memory of Uncle Bill and Ronnie, Marion Pye.

Wanted

Yellow Brick Road project needs old fashioned luggage and children's wellies. Please bring to Looking Well.



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NORTH WEST AIR AMBULANCE

On 6th October, 2002, Jonathan Burns and Adele Fraser completed the "Great North Run" and raised, through the generosity of friends, family and colleagues, £510 for the North West Air Ambulance. Jonathan and Adele ran in memory of Jonathan's cousin, Edwin Burrow.

FUNDS FOR HIGH BENTHAM PLAYGROUP

By Linda Graveson

The organisers of the New Year's Eve party at Bentham Town Hall would like to thank everyone who helped to make the event successful. A £50 donation has been made to the playgroup from the proceeds.

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SEDBERGH JUNIOR SCHOOL

By Paul Reynolds

After the busy close of last term – the pupils gave 4 choral concerts, 2 performances of their nativity play and a carol Service! – the Lent term looks just as hectic!

During 'Environment Awareness Week' a whole range of local activities and initiatives take place whilst the pupils from Yrs 5,6,7 & 8 will attend a lecture and slide show entitled 'Environmental Issues in Brazil'. For Yr 7 there is the exciting prospect of a trip to the Royal Armouries at Leeds, and together with Yr8 the chance to see a wonderful slide show on the Bayeux Tapestry, presented by Guy Ayling MA, Housemaster and History teacher at the Senior School. Just in case there was any spare time, that has been quickly snapped up for rehearsals for the forthcoming production of 'Smike' on 13th, 14th & 15th of March (tickets, which are free, can be obtained by calling the School office 015242 61275)

There is a full sports programme of soccer, hockey, netball, running and swimming with, of course, the usual opportunities to have a go at all sorts of exciting outdoor challenges – be it abseiling, sailing or climbing. Other trips will see the boys and girls head to Carlisle to visit Tullie House and the Blackpool Grand Theatre to see 'The Hobbit'.

The first half of term ends in mid February with a lecture 'The role of the Police in our community' by PC Nagy.

BN COFFEE MORNING THANKS

Our January coffee morning was both enjoyable and successful. The committee would like to thank all who joined us for a coffee and a chat, and also those who donated so generously to our raffle and produce stall. We are grateful for the £200 that was raised, and would particularly like to thank Phyllis Tomlinson, Peggy Dawber, Sid Hogg, Neville Chant and Margaret Cowling for their help on the day.

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BENTHAM & DISTRICT PET RESCUE



By Val Marshall

Our winter neutering programme is going well and the sanctuary is never without cats getting over their operations. Each week we have more - all last year's dumped kittens!

We also have two lovely cats wanting new homes. China is a torti and white 13 year old, a very placid and healthy lady. The other is a 5 year old ginger boy. Can you please help us home either of them?

Our next book sale in Watershed Mill, Settle, is on Saturday/Sunday 15th/16th February, when we will have over 2,200 books on offer. All these are in good condition at attractive prices and, in addition to paperback and hardback fiction, they cover many subjects. We still would like one or two more strong men with cars to complete our rota transporting books on the Friday and Sunday afternoons. We are always pleased to accept donations of further books; please contact me on Bentham 62512 to arrange deliveries or collections.

Pet Rescue's first coffee morning this year is in Bentham Town Hall on Saturday, 1st March and we look forward to seeing you there. Our bills are now over £500 per month as we help more and more O.A.P.s with their vet payments, etc., so do please come and support us. Our 6th A.G.M. will be held on 11th March at 2.00 p.m. at the Punch Bowl, Burton-in-Lonsdale.

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POLICE REPORT

By PC Adrian Hayes

The targeting of isolated rural premises by criminals continues to be a problem within North Craven. Recently an outbuilding at a farm in the Benthams area was entered and an attempt made to steal a quad bike from within. Also, two farms in the Malham area were similarly targeted though on these occasions there were no quad bikes in the buildings entered. During the first week of January two men from the Pendle area of Lancashire were arrested in the Long Preston area on suspicion of going equipped to steal diesel. These men are associated with others who have been arrested in the last two years in similar circumstances. Do not become complacent about crime, keep your premises and equipment secure and report any suspicious activity to the police immediately.

Your call will be treated seriously and you will not be wasting our time. That call may be enough to prevent you or one of your neighbours becoming the victim of

crime. It may also provide us with intelligence as to who is in the area so that we can target our patrols accordingly. We would rather come and check somebody out even if it turns out to be nothing more than having to attend and take a report of a crime. Your co-operation will always be appreciated.

CONCERT FOR DJANGO

By Ian McCormick

The Hornby Occasionals will be performing a charity concert in memory of Django Sankey and Clive Lamb at the Hornby Institute on Saturday, 15th February at 7.30pm. Part of the proceeds will be donated to the Hospice and part to Marie Curie Nurses. The programme will include well loved choruses from G & S together with other items from the classical and popular repertoires. Tickets, £6 for adults and £3 for children, including refreshments, can be purchased at the door or in advance from Hornby Post Office, 015242 21237.

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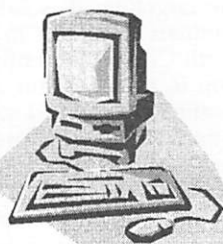
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COMPUTER ACCESS AT THE LIBRARY

By Pauline Hill

You may already be aware that computer access for the public is available in all libraries under the Government's People's Network Scheme.



From this month Bentham Library should have four public access computers up and running. These can be used during opening hours, and will be bookable in advance. Sessions are free, apart from a small charge for any printing. We hope to have a web cam and scanner facility. Limited help will be given to anyone who already has basic computer skills.

Under 18s will be asked to call in for a form, as parental consent will be required.

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Kawasaki

Dear Editor,
May I through
Bentham News
thank all the
considerate dog
owners/walkers
who clear up after a



dog has fouled any place. Well I say I thank all, but there is a minority that is causing a secondary environmental problem. Craven DC provides a supply of very attractive green dog waste disposal bags which Bentham Trust Office make available to all. The problem is the person(s) who dutifully clear up after their dog, bag it, then leave the bright green bag on the footpath, bridleway, open space or in the hedge. Whilst the bag says it is environmentally friendly and will degrade, it is not that fast or efficient! So we are now left with bright green bags of dog poo about the place. Take a trip up Occupation Lane (Bridleway next to Golf Club) and view the bags for yourself.

So thanks again for clearing up, but please complete the operation and take it home and dispose of it in the appropriate fashion. Mind you a few more dog waste disposal bins would not go amiss and would hopefully assist in resolving of the disposal problem. To the even smaller minority who still do not clear up after their dogs - get a supply of bags (they cost nothing), use them and dispose of them in a sensible and appropriate manner.

My thanks in advance to the minority who I expect to action this matter with immediate effect!

Mike Gathergood, Robin Lane.

WHO SAYS AGE IS A HANDICAP?

By Stewart Marshall

John Morrow was surprised to discover that his handicap had been reduced by one shot at a recent committee meeting of Bentham Golf Club. Golfers who play well and make great improvements often find their handicaps reduced so why should he have been surprised?

Well, John will be 83 in spring and at his age players usually expect an increase not a reduction. However, he has been playing so well that the decrease was made and it may save some senior members from bankruptcy because they play every day for high stakes [20p] and John has been collecting the money day after day. If he continues to improve at his present rate he could be down to scratch by the time he is 100!!



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YOUR BENTHAM NEWS

By Pam Woof

Each month all your articles, notices etc. go to our co-ordinator, Bill Kennedy who compiles the next edition of Bentham News. Each item is catalogued first in the Sports Shop, to try to avoid any omissions. This is quite a time consuming process carried out on a volunteer basis. Bill is the only paid employee of the B.N. and that employment only amounts to a limited number of hours per month. Most of the week Bill works for Bentham Trust based at the Trust Office. As the Trust is closely involved with the Market Towns Initiative and Trust projects the workload there is quite high at present. Please would contributors make any enquires about Bentham News matters by phoning Bill on 62492 and leave a message if necessary. He will ring you back.

Be prepared

Now that all contributions have to come to Bentham Sports it would help us if readers could observe the following guidelines.

- ▶ Bring items in well before the deadline date if possible
- ▶ Prepare your contribution beforehand and don't forget to include your telephone number and name (this will not be published unless requested)

▶ Put personal thanks and small ads in a sealed envelope together with the correct money.

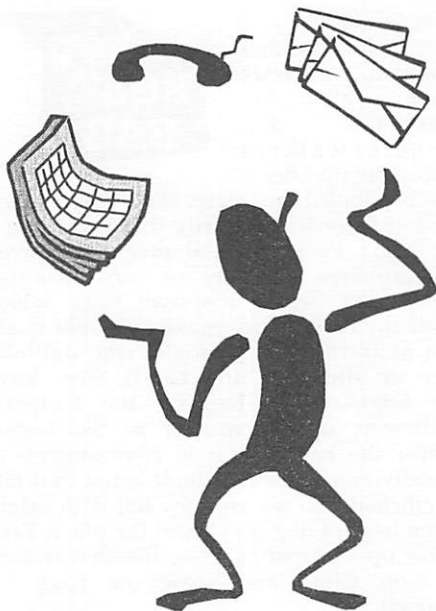
▶ On the outside of the envelope put your name, telephone number and the type of item enclosed.

Advertising Costs

The charge for small advertisements is 20p per word. The charge for personal thanks, thanks, birthdays, congratulations messages is 10p per word. The correct money at £10 per 1/8th page must accompany all block adverts submitted. Cheques should be made payable to Bentham News, please.

Your efforts appreciated

We do not wish to appear awkward or dictatorial to our contributors but B.N. has grown steadily over the last year, rarely



falling below 28 pages in each edition. Please bear with us while we try to resolve the administrative problems that we are currently experiencing. Thank you for your ongoing support and patience. Your contributions are essential to Bentham News and we hope these new arrangements will eventually be better for everyone.



Just a gentle reminder, men!

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RECIPES

By Doreen Park

Are you like me, a little fed up with meat? Then try these fish dishes which may make a welcome change.



Curried Fish

- 1½ lbs filleted cod, haddock or similar fish, skinned
- 1 large onion, skinned & chopped
- 1 oz butter
- 1 teaspoon curry powder
- 4 tablespoons flour
- ½ pint chicken stock
- ½ pint milk
- 1 small apple, skinned, cored & chopped
- 2 tomatoes skinned & chopped
- 2 ozs sultanas
- salt & pepper
- boiled rice

Cut the fish into 1" cubes, fry the onion gently in the butter for 5 minutes without browning it and stir in the curry powder. Fry this for 2 or 3 minutes and add the flour. Cook for a further 2 to 3 minutes and then remove the pan from the heat. Stir in the stock and milk gradually and bring to the boil, stirring until the sauce thickens. Add the apple, tomatoes, sultanas salt and pepper, cover and simmer for 15 minutes. Add the fish, stir and simmer for a further 10 minutes or until the fish is tender. Season if necessary and serve with boiled rice.

Smoked haddock with spaghetti

- 1 lb smoked haddock
- 2 slices bacon
- 1 onion
- ½ lb spaghetti
- cheese sauce with a little grated nutmeg

Boil, skin and flake the fish. Boil and strain the spaghetti. Dice and fry the bacon, remove from the pan and lightly fry the onion, but do not brown. Mix all together in a large pie dish, season well, pour cheese sauce over all and stir in. Cover with breadcrumbs, dot with butter and brown in the oven. N.B. use a fairly thin sauce.

If you have cooked too much of each fish, here is a nice supper dish, especially made with salmon, or tinned salmon would do.

Mash the cooked fish well with a fork and place a layer in a buttered pie dish. Cover with mashed potato, well seasoned with salt and pepper, and then a layer of finely shredded onion. Repeat until the dish is nearly full. Cover with a thick layer of white sauce. Put the dish in a moderate oven and bake for an hour.

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Flyers and inserts rate negotiable depending on size, design and printing etc. Normal commercial rate £100

For small advertisements or notices on the Bentham People Page, Personal Thanks, Thanks, Birthdays etc, 10p per word. For Sale, Wanted, Situations Vacant etc. 20p per word.

To place an advertisement in the Bentham News contact Bill Kennedy on 62492 or leave it in at Bentham Sports on Main St. High Bentham.

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LOOKING WELL

By Alison Jones

Looking Well for babies, toddlers and children

Looking Well is reaching out into rural Craven this year with Yellow Brick Road, a mobile creative play service for children. If you have pre-school children and would like to see what it is all about, come to Mucky Buckets at Looking Well on Wednesday afternoons (1.00 - 3.00pm).

If you have a baby under a year, come on Monday mornings 10.30-12.00 to have a cosy quiet time making new friends and exploring our magical playmat featuring Bentham, Burton, the Big Stone and even the mighty Ingleborough. If your toddler has loads of extra energy, bring it along to the Community Centre on Thursday mornings (10.00am) to run and play with balls of all shapes and sizes. They love it!

Bentham Community Choir

Have you heard about the choir that anyone can join (even if you think you can't sing)? No experience or musical knowledge is necessary. You will receive a friendly welcome when you join us on Wednesday evenings from 7.30 to 9.30 at Looking Well.

New Book published in Bentham!

Looking Well Writing Group is delighted to announce the publication of an anthology of writing that has been produced by the group in its first year, featuring six local writers, some experienced and some just starting out. The works cover serious to amusing topics, in poetry and prose, ranging from catching trains in South Africa, to the perils of bad wheelchair drivers in Bentham, and other thought-provoking stuff about life. Daffodils and Other Fish (at the modest price of £2) will be available from 6th March at the launch celebrations at Looking Well, and thereafter from the Looking Well Office in Main Street and other locations in the area. Proceeds from the book sales will be used to support future writing projects by the group.

BENTHAM COMMUNITY TRANSPORT NEEDS YOUR SUPPORT



By Lin Barrington

Come along to Bentham Community Transport's Coffee Morning on Saturday 8 February at the Town Hall.

2002 was a good year for BCT: the minibus was used over 120 times by community groups, over 200 journeys were made by users of the Bentham Surgery scheme and there were about 40 other social car scheme journeys.

We now have 21 social car scheme drivers, and 40 minibus user groups. Neville Chant has trained 20 drivers for the Minibus Driver Awareness Scheme certificate and we have had two presentation ceremonies.

Plans for 2003 include a study to find out if a Car Club will be well used in Bentham. If the results are positive, we will be starting up a Car Club to serve the Bentham, Ingleton, Burton in Lonsdale and Clapham areas.

All of this activity costs money, both for administration and repairs to the minibus. We need your continued support to help us grow, so we hope to see you at the coffee morning. If you are interested in using one of our services or driving for us, or if you have any ideas for improvements, come and have a chat with us at the Bentham Trust office, or phone us on 62753.



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MARKET TOWNS INITIATIVE UPDATE

By Bill Kennedy

Small Projects Fund



Since the initiative started we have had sixteen applications for funding under the small projects fund, from a wide range of local interest groups/organisations, and grants of £8,171 have been approved. Most of this has already been paid to the organisations concerned.

Just to remind you about the fund, we have £2,500 available for small projects each quarter, for projects meeting the criteria of the Regional Economic Strategy (Copies available at the Trust office). The maximum grant for any one project is £1,000 and this has to be match funded, although volunteer hours can form part of this match funding. Currently the amount available quarterly is not being applied for, and we urge local organisations/clubs/groups to consider applying for funding. If you want further information, or would like to discuss potential projects, please contact me during office hours on 62343 or 61030.

Larger projects

The local MTI group is currently working with the Playing Fields Association, on a major project to develop the playing fields and sports participation, particularly among the young. This project has three separate phases:-

- ◆ A new changing room/shower block building,

- ◆ A new mini soccer pitch and drainage of the existing football/cricket playing area,
- ◆ A new skateboard/wheels park and a multi user games area, catering for tennis, netball, and perhaps football training etc. The type of surface for the multi user games area has not yet been finalised. There is a big variation in the costs of the different surfaces, and in the sports which can be played on them. Maintenance costs on some of the surfaces are also expected to be quite high.

The Playing Fields Association has to provide 10% of the funding for the project costs, and the Social Club has provided £29,000 towards this, but that still leaves a deficit of about £11,000. Various organisations affiliated to the PFA have been holding fund-raising events, and more are planned. You may have seen the thermometer outside the Sports Shop, showing fund-raising progress. It is hoped that the community will continue to support the efforts to raise funds.

Other projects which are currently being worked on are:-

- ◆ The new outdoor facilities at High Bentham Community Primary School. This project is now almost complete,
- ◆ The provision of a Sports Development Officer for the Bentham area. This is a joint project with Broughton Road Community Group, Skipton,
- ◆ Developing and refurbishing of the Victoria Institute at Low Bentham,
- ◆ New premises for Looking Well,
- ◆ A Bentham Environmental Enhancement Scheme.

If you have any queries about any aspect of the Market Towns Initiative, please contact me.

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. The Bentham News is printed By Pica Design & Print, Low Bentham.