

BENTHAM NEWS

COME TO THE WIZARD OF OZ

By Anne Preston

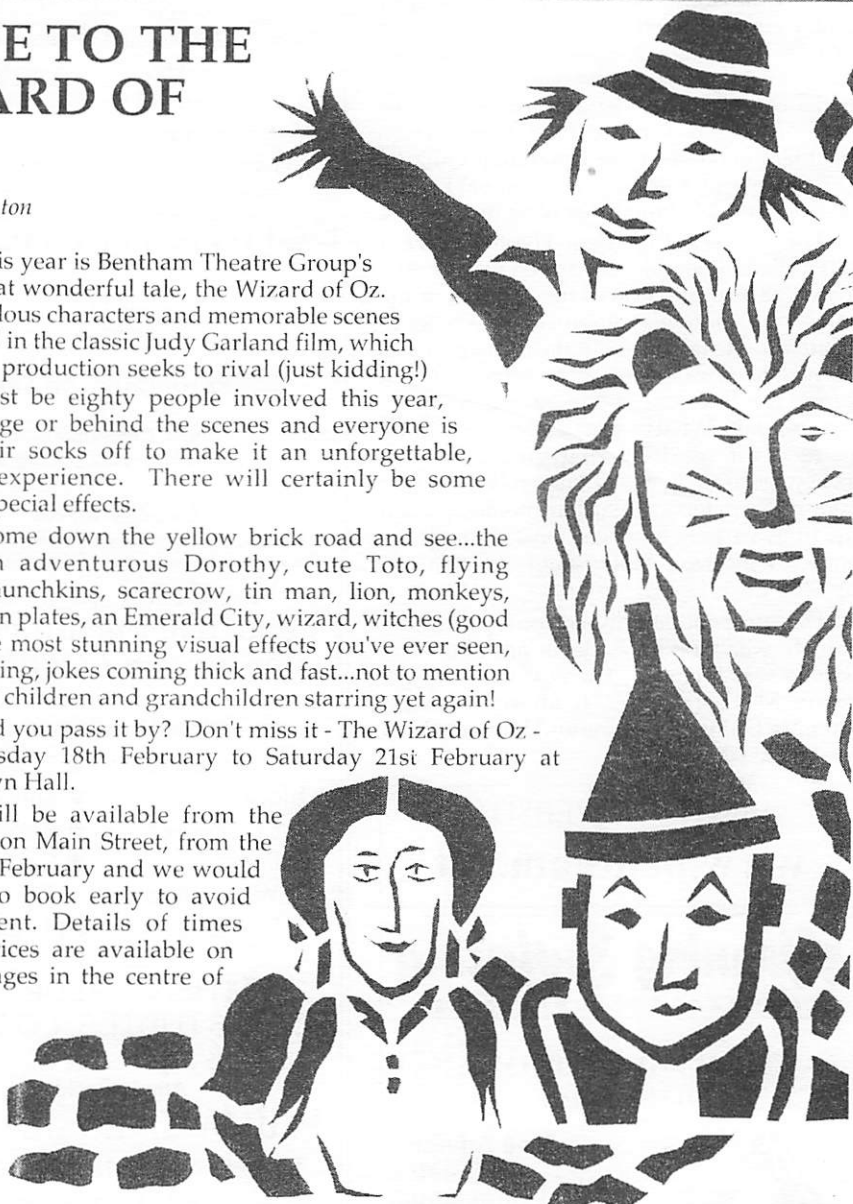
The panto this year is Bentham Theatre Group's version of that wonderful tale, the Wizard of Oz. It has marvellous characters and memorable scenes immortalised in the classic Judy Garland film, which the Bentham production seeks to rival (just kidding!)

There must be eighty people involved this year, either on stage or behind the scenes and everyone is working their socks off to make it an unforgettable, spectacular experience. There will certainly be some astounding special effects.

And so come down the yellow brick road and see...the typhoon, an adventurous Dorothy, cute Toto, flying structures, munchkins, scarecrow, tin man, lion, monkeys, posing fashion plates, an Emerald City, wizard, witches (good and bad), the most stunning visual effects you've ever seen, singing, dancing, jokes coming thick and fast...not to mention your talented children and grandchildren starring yet again!

How could you pass it by? Don't miss it - The Wizard of Oz - from Wednesday 18th February to Saturday 21st February at Bentham Town Hall.

Tickets will be available from the Sports Shop, on Main Street, from the beginning of February and we would advise you to book early to avoid disappointment. Details of times and ticket prices are available on the events pages in the centre of the BN.



FEBRUARY 2004

ISSUE 208

WOMEN'S INSTITUTE High Bentham

By Doreen Park

At the first meeting of the new year President Mrs. M. Hayton welcomed one new member and a visitor. A letter received from Halton W.I. thanked High Bentham for a memorable carol service. Mrs. Hayton reported that £123 had been given to Derian House. Details were finalised for the four teams High Bentham entered in the Federation Quiz on 26th January at Tunstall. The Annual Dinner was held on 29th January at New Butts Farm.

The speaker, Mgr Paul Hypher, gave a talk called "It shouldn't happen to a priest". This was a recollection of his 40 years in the ministry prior to his retirement in October to Bentham. He talked about the many parishes he had been called upon to serve, the last being for 9 years in the racing town of Newmarket. What a broad band of life he painted for us, from marrying a famous jockey to stopping a well known Newmarket vagrant from lobbing garden gnomes, picked up from various local gardens, through his church windows. Father Paul was thanked by Mrs. Chris Lewis.

The competition winner, for a photo of a church, was won by E. Sayer and the raffle winner was J. Bargh. The next meeting will be on 5th February - "It all started with Humpty Dumpty". Come and find out about it. All are welcome.

BENTHAM WEBSITE

www.bentham.net

Wenning Surfacing

TARMACADAM CONTRACTORS

RICHARD BRADSHAW

015242 72189



Free Advice &
Estimates.
Professional,
Commercial &
Domestic Surfacing.

Newsholme & Son

Electrical Engineers (Est. 1950)

Station Road, Clapham,

Lancaster LA2 8ER.

Write or phone 015242 51383

Domestic, Agricultural Installations. Security Lighting and Burglar Alarms Fire Alarm Systems. Additional Electrical Circuits. Faults, Breakdowns, Night Storage Heater repairs. No call-out charges. No VAT. Free estimates.

Bentham Imaging

Mewith
Bentham.

Photo Manipulation Services

Montages, Cards, Calendars or artistic effects
created from your photographs

015242 63405

e-mail jon@slicktech.demon.co.uk

We don't just make
beautiful Furniture... we
also have a **COOKSHOP**

Ex display kitchens for sale

- Butchers blocks
- Le Creuset
- Pans
- Woodware
- Utensils
- Textiles
- Knives
- Bakeware
- Gifts for home and family

KITCHENS. BEDROOMS
HOME STUDIES. COOKSHOP

Open 6 days. Large Showroom.
Ample Parking

H & M Craftsmen Ltd

Industrial Estate (Just off the
A65), Ingleton

015242 41535

JANUARY'S TOWN COUNCIL

By David Johnson

Cllr. Lloyd and County Cllr. Ireton were absent. Cllr. Reynolds was welcomed as a co-opted member of the Council.

Highways. There is to be a site meeting with the area engineer to look at Mill Lane, Low Bentham. The railings on the river bridge at Low Bentham are to be assessed because there is concern that they are too low. There have been complaints about people parking in the middle of Grasmere Drive Car Park on market day and blocking in disabled drivers. Two of the Cllrs. asked the Clerk to write to Lancashire's Highway Department and complain about the failure of that authority to grit the roads adequately between the county boundary and Lancaster during the recent cold snap. The Council will also ask the contractors to sort out the road works near the Rose Garden at Low Bentham and Craven District Council to clear the ditch on Tatterthorn Road.

Local Government Reorganisation. The Cllrs. decided to write to the Boundary Commission expressing their opposition to the proposed changes to local government. Bentham already suffers because of its remote position in relation to Skipton. If local government was reorganised resulting in the location of the administration in Harrogate or even Northallerton, your Cllrs. were sure Bentham would lose out even more than it does today. The Cllrs. decided to ask a representative from the County Council to address them (and those of the public who are interested) on Monday 2nd February at 7.00 p.m. (Check the agenda on the Town Hall notice board for details nearer the time to see if it has been arranged.)

Town Hall. Cllrs. will soon have details from the architect and the surveyor about the cost of improving the Town Hall and it is likely that a public meeting may be held before the precept meeting set for 11th February.

Elections are to be held for the European Parliament and the District Council on Thursday 10th June. (We may not be involved in the District Council elections).

Low Bentham Car Park. The Cllrs are very concerned about the outcome of the application to build on this land. Some Cllrs. wanted to know why a deal could not be made with the owner so that permission to build houses would be linked to the dedication of the remaining land as a permanent car park. It was explained that an application once made cannot be varied unless it is withdrawn and the process recommenced. It seems that the outcome will rest with the planning officer and the planning committee who will base their findings purely on planning issues.

The Playing Fields Committee said that they were now preparing to enter phase two of the improvement plan which will involve the erection of changing facilities. The Council was asked to guarantee maintenance funding of £1000 p.a. for the next 5 years so that the grant can be paid. This request was agreed unanimously.

TEENY TOTS

GRASMERE DRIVE, HIGH BENTHAM
NOW OPEN

New Nursery Store open, selling new and second hand baby equipment from dummies to prams at reasonable prices.

Nursery Accounts available on orders over
£50 - call in for details.

Stockists of leading brands, e.g. Mamas and Papas, Graco, Brevi, Britax, Zorbit and many more.

FLOWERFIELDS

015242 61904

7 MAIN STREET HIGH BENTHAM

VALENTINE'S DAY

SATURDAY 14TH FEBRUARY

ORDER BEFORE MONDAY 9TH FEBRUARY

AND RECEIVE FREE LOCAL DELIVERY

Special Rates on other delivery areas as well.
Send anything from the very modern single red rose to the all in one 12 Roses in a vase.

C.H. FRAMING

For all your framing
needs,
Cross stitch & Photo Prints
UNIT 11 PYES MILL, STATION ROAD,
BENTHAM
Telephone - Home 61459
Unit - 07790 649828.

SOLE TO SOUL:

Chiroprody plus...

9 Station Road, Bentham
Holistic Chiroprody &
Complementary Therapy Practice
Closed Mondays
MARIERAYNER MChs. HMNFSH
State Registered Chiroprapist
Tel: 015242 63067

PENNINE OUTDOOR LTD

2 Station Rd, Bentham 015242 63377

Be safe: reflective materials, tapes &
cord

Be warm: various weights of fleece

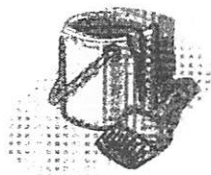
Be dry: large range of waterproof fabric

Plus all the accessories needed for
completing your projects

Shop open 10-4 Mon-Fri Sat 10-1

BRIGHTEN UP YOUR HOME

Interior or Exterior



Alan Collins

Painting & Decorating

City & Guilds qualified

For free Estimates and Advice

Tel. 015242 63042

42 Lakeber Avenue • Bentham • Lancaster • LA2 7JN

Heather

Fully Qualified Mobile Hairdresser



Mobile: 07967 206578

C. M. Slinger & Sons Ltd



Established 1820

OFFER A FULL

BUILDING, ROOFING & JOINERY SERVICE

ALL WORK UNDERTAKEN BY QUALIFIED TRADESMEN

51 MAIN STREET, BENTHAM. TEL: 015242 61333.

CRAVEN DISTRICT COUNCIL MATTERS

By Gerald Hurtle

Council Tax discounts for second homes:

The Council Tax discount for second homes in Craven is to be reduced. The current discount is 50% and this is to be reduced to 10%. In addition the discount on "long term empty properties" which is currently 50% will be removed ie: there will be no discount for properties standing vacant for long periods. The idea behind this change is that it is likely to give owners the incentive to bring empty properties back into use. The changes will take effect from 01.04.2004. This will generate additional resources for the District and County Councils; there are currently 612 dwellings in Craven classified as second homes. The reduction in discount from 50% to 10% will raise an extra £266,920 per annum, based on a Band D rate.

However the government does not intend local authorities to benefit from the extra money raised from the removal of the discount on empty properties. The government will reduce future finance settlements to the local authorities by the extra income raised from this source.

Planning Applications received last month

- Application No.49/2003/3894. Proposal: steel portal framed building to house sheep and store implements in. Location: Chapman Bank, Eldroth, Austwick. Lancaster.
- Application No. 08/2003/3882. Proposal: amendments to approved plans for conversion of barn to B1 use with ancillary living space. Location: Burton Meadow Barn, Burton Road, Low Bentham, Lancaster.
- Application No. 08/2003/3897 Proposal: 1 No. New 2 storey dwelling house. Location: Land at rear 10 Cheapside, Low Bentham, Lancaster.
- Application No. 08/2003/3898. Proposal: proposed two storey extension. Location: 4 Cherry Tree Cottages, High Bentham, Lancaster.

WANT TO TRAVEL TO MORECAMBE OR LANCASTER?



By Lin Barrington

We are interested in finding out if there is anyone who would like to go to the Morecambe area to visit relations or friends or just for a change of scene.

Recently, two ladies came into the Bentham Community Transport office. They both have relatives in the Morecambe area but are unable to visit them regularly because of transport problems. If there were enough people who would like to go to Morecambe or Lancaster for a few hours then we might be able to arrange some transport. We could drop you off wherever you like and call for you later. If you might be interested, please call in and see Lin at the Bentham Trust office or phone us on 62753 to leave a message and we'll call you back.

FAILED ON OTHER DIETS NOTHING WORKS FOR YOU

You're too Busy to Diet?

You've Tried everything before?

Recommended by Drs

No Classes to attend

30 day money back Guarantee

**FROM 15 stone TO 12.5 stone
in 6 MONTHS**

Call for your **FREE** consultation, it worked for me it can work for you.

Call your Local Herbalife

Distributor on:

0207 6640751 (24hr line) or visit

www.battle-against-fat.com

TEMPTATIONS

31 Main Street. 015242 61868

Ladies & Gents Clothing, Formal Suit Hire,
Jewellery, Luggage, Knitting Wool,
Haberdashery, Cash's Name Tapes,
Sewing Machine Repairs & Service,
Sewing Alterations and Repairs,
Household Linen,
Dolls' House Miniatures.

ANN WODEMAN ELECTROLOGIST

and also of
Masquerade Ladies
Hat Hire.

For an appointment for either,
please ring
015242 72474.

GROVE HILL GARAGE Station Road, High Bentham

**SERVICING & REPAIRS, MOTs,
SPRAY BAKE OVEN,
INSURANCE WORK, TYRE &
WHEEL BALANCING**
TEL (day) 015242 61782
(night) 015242 62054

Anita Corless

Driving Instructor
High Bentham
& Surrounding Areas
Tel 077646 11911
or Bentham 015242 61109

THE CENTRE

Lane Head, High Bentham

Dedicated to peace in ourselves and in the world

A range of complementary therapies and training courses to
support you in your life Reiki, Aromatherapy, Energy Balancing,
Dowsing, Flower Remedies

Come along for Tea and Talk on THURSDAY 19 February from
6.30pm to 9.00pm

- ◆ LIFE COACHING
- ◆ HEALING TREATMENTS
- ◆ HEALING COURSES
- ◆ STRESS MANAGEMENT

- ◆ HEALING CONSULTATIONS
- ◆ THERAPEUTIC MASSAGE
- ◆ AROMATHERAPY TREATMENTS
- ◆ ENERGY BALANCING

Contact

HUTCHESON 015242 63141

ROY

Contact

CHRYSSIE BURGESS 015242 63233

POLICE REPORT

By PC Adrian Hayes

In January an attempt was made to break into Barclays Bank. As a result of prompt information from members of the public, two men from the County Durham area were apprehended on the premises, were arrested, charged and have pleaded guilty at Skipton Magistrates Court. Can I take this opportunity to thank those people for the information they supplied and to use this as an example to re-iterate the importance of reporting suspicious activity to the police at the time. There have been several instances over the last few months when criminals from both West Yorkshire and the North East have been identified and arrested for committing offences in our area. They obviously believe that it is worth while travelling all the way to Bentham to commit crime. Once they have gone it is very difficult to identify those responsible other than relying on forensic evidence.

£30 fine for drivers using mobile phones

The danger of using mobile phones while driving has been well publicised and has since 1st December 2004 been a criminal offence. To date officers have only been warning drivers committing this offence but as of 1st February 2004 offenders will be prosecuted by means of a £30 fixed penalty notice. If you must use your phone while driving get yourself a hands free kit. Better still stop your car and pull into a safe place before using it. Those found to be responsible for causing road traffic accidents by using a mobile phone while driving will be sentenced by the courts more severely.

As usual problems with parking around Bentham are as persistent as ever. I would like to take this opportunity to respond to the comments made in last month's edition about the enforcement of the parking regulations outside High Bentham Primary School. At the present time there is no crossing patrol provided outside the school. Quite understandably parents want to ensure that their children get across the road safely. Unfortunately certain parents are bringing their children to school by car and parking

around the junction of Main Street and Robin Lane. This causes congestion and obstructs the view of both pedestrians and other road users thereby increasing the danger to those children and parents who are attempting to cross the road. To date nobody has received a ticket but car numbers have been taken by myself and drivers have been warned about the danger. Perhaps a little more thought by all those concerned will prevent there being a tragic accident outside the school one day.

KATE PARKINSON LANDSCAPE & GARDEN DESIGN

A full design & build service- from ideas to detailed plans, planting schemes and construction.

**015242 63295 or
07810563517**

D. MOORE

PAINTING & DECORATING

**REASONABLE
RATES**

TEL:61939



B & C. E. ARMSTRONG

**17 Main Street,
Bentham 64871**

**Home, Hardware, Garden
& Pet Supplies.**

**Lots of special offers still on
in our sale**

DEDICATION OF BENTHAM GRAMMAR SCHOOL MEMORIAL WINDOW

By Kay A. Piper

On Sunday 15th February at 10.00am, the Lord Bishop of Bradford, David James, will lead a service of Morning Prayer at St. John the Baptist Church, Low Bentham. During the service the bishop will dedicate the newly commissioned stained glass window – commemorating Bentham Grammar School (1726-2002). Past pupils and members of staff will be taking part in the service. At approximately 11.00am coffee will be served at the Punch Bowl Hotel just across the bridge from the church. Past pupils, parents, friends and staff of Bentham Grammar School are warmly invited to both the dedication service and subsequent refreshments.

There is a Bentham Grammar School archive room in Sedbergh Junior School

which anyone, who would like a trip down memory lane, is most welcome to visit. This facility has been established by Mr. Jack Warbrick and Mr. Bill Stockdale, by kind permission of Sedbergh Junior School.

Coffee will be served from 11.00am until noon. Anyone wishing to lunch at the Punch Bowl, Low Bentham, is advised to make a booking in advance – telephone 015242 61344.

INTERESTED IN SPIRITUAL DEVELOPMENT?

By Gavin Wilshaw

Are you spiritually minded but not necessarily religious in any conventional sense? If so, you are invited to join a small group of friends who meet on a weekly basis to discuss spirituality and share ideas for their own, and others' spiritual development. The evenings will include such activities as meditation, esoteric discussion, visualisation and healing. For details phone Gavin Wilshaw on 62760.



Bairstow Eves
Countrywide

An independently owned and operated part of
The Countrywide Estate Agents Group

The UK's largest estate agency group.

**20 Main Street
BENTHAM
LA2 7HL
015242 62044**

bentham@bairstoweves.co.uk



rightmove.co.uk
The UK's number one property website

**2 Church Street
SETTLE
BD24 9JE
01729 824292**

settle@bairstoweves.co.uk

SURGERY NEWS

By Rachel Clay

Resolutions made last month may already be out of the window. Did you promise yourself that you would take more control of your life? Eat better, do more exercise, drink less alcohol, give up smoking!!!

Many people have successfully given up smoking in the last 12 months, but statistically at least 60% of those will start smoking again. If you did give up, but you are finding it very painful and your resolve is weakening, read on:

Most people feel a tremendous sense of achievement when they first give up smoking, but unfortunately as time goes on the novelty can wear off. Some people find that emotional hurts surface when they stop smoking. They have been smoking to distract themselves from things that are difficult to face or deal with. This can be a positive thing if you can find the right person to confide in. This may be a friend, family or professional counsellor. It may lead to a greater sense of freedom in another area of your life.

People tell me that they are constantly thinking about the "pleasure of smoking"?, after having given up. It can be very helpful to write down the reasons why you decided to give up in the first place, including the things you do not like about smoking. Notice, how smokers smell. Then replace the "pleasure" thoughts with the reality of ill health, bad smells and the cost of smoking.

Others tell me that boredom or stress increases the desire to smoke. Remind yourself that feelings are temporary and that

smoking comes at a cost. Congratulate yourself for remaining a non-smoker, even when it is really difficult and use the time to plan a treat.

If you are one of the 60% who are smoking again, do not lose heart. Research suggests that the more times you have tried to quit, the more you are likely to succeed eventually. Tell yourself that it is a process to become a non-smoker and you will succeed eventually. Then take steps to ensure that you succeed sooner rather than later.

Ring the surgery and make an appointment. If you have been before and feel embarrassed, don't. We are happy to see you again. Or ring a helpline number and talk to someone who is keen to help you:

Quitline 0800 00 22 00 North Yorkshire. Stop Smoking Service 0800 1690169.

Surgery 61202.

Number of missed appointments last month - 71!

HASH BROWNS LTD

FOR A LARGE CHOICE OF
CARPETS, VINYLs AND
LAMINATE FLOORING.

FREE MEASURING
FREE ESTIMATES

ALL WORK CARRIED OUT BY
QUALIFIED FITTERS.

COMPETITIVE PRICES.

TELEPHONE 015242 61214

THE BEST OF THE RHINE & MOSEL

Including Rhine in Flames

A 12 Day coach holiday 10th-21st August 2004
Dover/Calais crossing. Based at Boppard & Trier. 5
excursions included in the price, plus a cruise to
Koblenz for "The Rhine in Flames" fireworks display.

For details please contact Susan Adams,

015242 61182.



**Swallow
Springs**

Swimming Sauna
Jacuzzi Steam

An exclusive indoor leisure experience.

*Adult and children's swimming lessons
(max. 6 per class)*

Leisure sessions, children's parties.

Hydrotherapy sessions.

Snorkelling Courses - BSAC.

Phone (015242) 62360 to book.

CHRYSSIE BURGESS HEALTH THROUGH BALANCE

Aromatherapy products
for health and beauty
on sale at Sole to Soul,
Station Road, or direct from
Chryssie 015242 63233

BURNDALE RESIDENTIAL HOME

Bentham Tel: 015242 62466

*We provide residential care for both
short and long stay. Burndale is a small
home, with home cooking and a friendly
atmosphere. Please call
or telephone for details.*

BOWLAND FELS HEATING SERVICES

(Prop. Gordon Downing-Stewart)

Domestic Servicing and
Maintenance Engineering of all types of Oil
and Gas fired Boilers
and Cookers, (AGA/Rayburn etc.)



Tel/Fax: 015242 51790 Mobile: 07889 604046

Lower Hardacre House, High Bentham, Lancaster. LA2 7AT

Web3000



Website Design
Advertising
Web Hosting
Email
Local business

Tel: 015242 21848 (Steve)
email: info@web3000.org
website: www.web3000.org

POPPY APPEAL

By Jen Lister

The total amount collected from High Bentham, Low Bentham and Burton-in-Lonsdale was £1,164.76. Thank you to everyone who made donations and special thanks to the "door to door" collectors and to those people who allowed us to put collection boxes in their shops, pubs, schools etc.

I have decided to resign from the post of Area Organiser and quite a few of the regular "door to door" collectors have decided that they have "done their bit" too. If anyone is willing to take over as Area Organiser or would like to express an interest in helping with future Poppy Appeals please would you ring me on 61424 (office hours) or 62908 (evenings)

HORNBY DRAMA GROUP NEEDS NEW MEMBERS

By Hilary Strickett

We should like to thank everyone who supported our latest production "The Farnsdale Town Women's Guild's attempt at a Christmas Carol". Those on both sides of the stage seemed to have had enjoyable evenings.

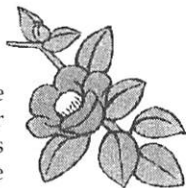
We are grateful to all who helped backstage and front of house, and those who displayed our posters. As usual the Wenning Stores and Hornby Post Office were most helpful and this year the Lancaster Guardian afforded us wide publicity with their front page colour photograph. As usual, we have much support from all those involved in the production of "Bentham News".

We have some ambitious and interesting plans for possible future presentations, but we are desperate for new members if our plans are to go ahead. If you would like to have a go at acting or joining the back-stage crew, do come along to our meeting which will be at Rose Cottage, 12 Station Road, Hornby, at 7.30pm on Wednesday 4th February 2004. A warm welcome will await you.

GARDENING COLUMN

By Joyce Knapp

In last month's article we were looking back over the comparative successes and failures of the previous year's harvest but now it is time to look forward as we begin to prepare for the coming growing season.



We often experience several warm, sunny days in the month of February and this can be a good time to start making the vegetable beds/growing area ready for the first crops to be sown or planted out.

The first thing we need to do is clear away all remnants of last year's crops, preferably to a compost heap. This might include the leftover stems of broccoli, cabbages etc., as well as any vegetables that failed to reach maturity such as carrots, beetroot and turnips.

If the ground has been well cultivated in the past, you will only need to go over it lightly with a garden fork to loosen any compacted soil. However, if the earth is very solid then it should be worked thoroughly with a spade to relieve any compacted soil and allow more air into it, as this is essential for the strong growth of plants.

Once the ground has been adequately cultivated we can begin to apply either a mulch or some fertiliser as required. Mulches can be selected to suit the specific needs of a given crop e.g. well rotted farmyard manure is best reserved for crops such as onions, peas and beans, whereas strawberry plants will benefit greatly from a mulch of leafmould.

The mulch material will gradually be incorporated into the soil below, by earthworms and other soil organisms, providing a slow release supply of a variety of major plant nutrients and some trace elements. An added benefit from mulching soil in this way is to improve soil structure and help with water retention during the (dare I say it) long, hot days of summer.

FABRIC SALE

**LOTS
OF OTHER BARGAINS**
winter clothing and ski wear

BRASHER Hillmaster £20 off

Bentham Sports Tel: 62001

TAYLORS

OPHTHALMIC OPTICIANS

G.N. Theobald F.C. Optom

Mount Pleasant House

High Bentham

OPEN WEDNESDAY

9.00am - 5.00pm

Tel 01524 32915

for an appointment

THE HORSE AND FARRIER

Main Street High Bentham

Telephone 015242 61381

FOOD SERVED Monday to Friday

12 noon to 2.00pm and 6.00 to 9.00pm

and on Saturday and Sunday,

12 noon to 9.00pm.

Market Day Special Lunches

every Wednesday, 12 noon to 2.00pm.

Two courses £5.00. Three for £7.00

Quiz night every Wednesday

8.00pm for 8.30pm start.

February Theme Night

Friday 27th February 2004

"Chinese Banquet" 7.30 for 8.00pm

Book early. Limited numbers.

Good Live Entertainment in February

Folk Night Thursday 19 February

Dave Lee Harper,

Vocalist Saturday 21 February

LOCAL EVENTS IN

Sun 1st St. John's Church, Low Bentham, Candlemas Taizé 4.00pm.

Mon 2nd Looking Well, 1.00-3.00pm, Cancer Support Group drop-in, and every Monday. 2.00-8.00pm multi media art computer programming workshop.

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.

Looking Well, 2.00-3.00pm, Tai Chi and Womens Support Group. 7.00-8.45pm Deep Relaxation Course, all every Tuesday.

Wed 4th Citizens Advice Bureau at the Surgery, 1.30-3.30pm.

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

Thu 5th Bentham Arts Forum meeting in the Byres at 7.30pm.

Dance Easy Sequence at Clapham Village Hall, 7.30-10.00pm. Every Thursday.

Looking Well, 10.00-11.00am, Ball Play for toddlers at the Community Centre, and every Thursday. 7.00-9.00pm Panto prop making and shadow puppet workshop.

Springfield Bowling Club Annual General Meeting will be held at the Methodist Schoolroom, 7.30pm.

Fri 6th

Age Concern "Reviewing Pension Credit".

Bentham Footpath Group annual dinner. For details please phone Dorothy Stubbs, 61430.

Bentham Agricultural Society Annual Quiz at the Town Hall, 7.30pm. Teams of 4 - £20 including supper. Entries close 4th Feb. Entries to 61606 or 21187.

Looking Well, 2.00-3.45pm Deep Relaxation Course. 6.00-9.30pm, Black Library Wargaming Club, over 11s, both every Friday.

Wrayflix film, "Finding Nemo" (u) Latest Disney animation film for all the family. Doors open 7.00, film starts at 7.30pm. Details from 015242 22095.

Sat 7th

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

Mon 9th

Deadline for completed applications for Town Council precept, to R. Pointon 61596.

Tue 10th

Bright Hour at the Methodist Schoolroom, 2.15pm. Mrs. S. Raw.

Wed 11th

Farmers Market.

Town Council Precept meeting at the Town Hall, 7.30pm.

Looking Well, 7.30-9.00pm, Alzheimer's Carers Support Group Social meeting.

Spiritual Development Group meeting, phone 62760 for details.

Thu 12th

Looking Well, 7.00-8.00pm, Tai Chi, and every Thursday. 7.00-9.00pm Panto prop making and shadow puppet workshop.

Fri 13th

Age Concern, Card Bingo.

Sat 14th Christian Aid coffee morning at the Town Hall, 10.00-11.45am. 

Bentham Footpath Group Valentine walk/pub lunch, Wray/Hornby, 6 miles, leader A. Leigh 63037. Meet at Lairgill 10.00am.

Sun 15th Copy deadline for March BN.

Mon 16th Burton-in-Lonsdale and District Horticultural Society, "Question Time" with Hughie Redhead, Jim Woof and Joyce Knapp. Village Hall 7.30pm.

Tue 17th Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.

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

Wed 18th Citizens Advice Bureau at the Surgery, 1.30-3.30pm.

Bentham Footpath Group walk, Mouton Fell, 6 miles, leaders M. & H. Nott 61566. Meet at Lairgill 10.00am.

Pantomime at the Town Hall, 7.15pm - All tickets £2.50.

Fri 20th Waste Paper collection at Lairgill, 8.30-11.00am. Proceeds to NSPCC.

Age Concern "Telling a Story".

The Countryside Society meeting at Hornby Institute at 7.45pm. Jim Price "Fine Local Buildings" by Lancaster architects Paley and Austin".

Pantomime at the Town Hall 7.15pm. Tickets £4 and £2.50.

Wrayflix film "Calendar Girls" (12a). See WI ladies like you'll never see them in Wray again! Doors open 7.30pm, film at 8.00pm. Details from 22095.

Sat 21st Pantomime at the Town Hall 7.15pm. Tickets £4 and £2.50.

Sat 21st Pantomime at the Town Hall 7.15pm. Tickets £4 and £2.50.

Mon 23rd Ewecross Historical Society, 7.30pm at the Town Hall. "The Building of Devil's Bridge" - an illustrated talk by Davis Smail.

Tue 24th Bright Hour at the Methodist Schoolroom 2.15pm. Mrs. I. Joel.

Fri 27th Bentham News published.
Age Concern "Recollections for Everyone".

Tatham Fells CE Primary School Bingo Night, 7.30pm.

Sat 28th Wesley Guild, 7.30pm Methodist Schoolroom.

Community Transport coffee morning at Town Hall, 10.00am-12.00noon. 

TOOBY'S ELECTRICAL

**Your local Euronics
Store
Superstore Prices
Friendly Local Service**

**Bentham
61259**

**Ingleton
41224**



BURTON-UNDER-FIVES

Pre-School/Playgroup/Toddlers

Registered Charity No. 1061307

Ofsted registered

Pre-School: Thurs 9 - 11.45am £3.60

Playgroup: Mon/Wed/Fri 9 - 11.30am £3.50

(Casual attendance £3.60)

Extended Fri sess 11.30am - 1pm £5.50 total

Toddlers: Tues am & Thurs pm

**For more info Tel Playgroup 07709694839,
Sam 63404 or Clare 62761**

RECIPES

By Doreen Park

As promised, back to normal with a winter warmer and a dessert.

Tuna Tomato & Basil Cobbler

1 tablespoon olive oil
1 medium onion peeled and sliced
1 green pepper seeded and sliced
1 courgette halved lengthwise and sliced
14 oz can chopped tomatoes
1 tablespoon tomato puree
1 x 6½ oz tin of tuna chunks, drained
salt and pepper
Scone topping
8 ozs SR flour
2 ozs margarine
¼ pint milk
1 tablespoon dried basil
pinch of salt and milk to glaze

Method

Heat the oven to 220C, 425F gas 7 and have a 1¾ pint oven proof dish ready. Heat the oil in a saucepan, add the onion and fry for 1-2 minutes until translucent. Add pepper and courgette and fry for just under a minute until softened. Pour on the tomatoes and puree and mix thoroughly. Simmer gently, uncovered, for 5 minutes, stirring occasionally. Remove from the heat and stir in the tuna, season to taste, pour into a serving dish and set aside.

Make up the scone mixture by mixing flour and salt, rub in the margarine, stir in the milk and mix to a soft dough, adding the dried basil and kneading well. Roll out the dough on a lightly floured board to ½ inch thick using a 1½ inch cutter, cut out 16 rounds. Arrange 16 scones around edge of dish, slightly overlapping, glaze and bake for 15-20 minutes until risen and golden brown.

BENTHAM TOWN COUNCIL

The position of
TOWN CLERK

will shortly become vacant. For further details please apply in writing to the Mayor, Mr. Thomas Marshall, Knowe Top, Bentham, LA2 7BN.

Apple Streusel Bars

6 ozs margarine or butter
6 ozs caster sugar
5 ozs SR flour or SR Wholemeal flour
1 tsp mixed spice
½ red eating apple, cored
Topping
1 oz margarine or butter
2 ozs SR flour or SR wholemeal flour
2 ozs caster sugar
1 oz hazel nuts, finely chopped
1½ red skinned apples, cored

Method

Heat the oven to 375F, 190C, gas 5, grease and line 7" x 11" oblong tin allowing extra greaseproof paper at each end to act as handles. Prepare the mixture by creaming the margarine or butter with the sugar, mix in the flour, grate the apple with the skin on it, and mix in. Place in the prepared tin and smooth level. Prepare the topping by rubbing the fat into the flour, stir in the sugar, hazelnuts and mixed spice. Sprinkle half over the cake mixture, finely slice the apples and arrange on the topping, sprinkle over the remaining streusel topping. Bake for about 1¼ hours until firm to touch, allow to cool slightly then remove from tin and cut into 12 bars – delicious served with whipped cream!

FARMERS MARKET
WEDNESDAY
11th FEBRUARY

LOGS LOGS LOGS

Firewood
Kindling Bags or Loads
Free Local Delivery

Wilson Wood Supplies, Bentham
Road, Ingleton.

Call David on Tel: 015242 41521,
Mobile 07713 055404

BENTHAM & DISTRICT PET RESCUE

By Val Marshall

Our unusual Book Rummage in January was a great success. Nearly 2,000 books were sold and will have provided pleasant reading for our customers during these long evenings! We thought there would be more room in our garage, but I'm convinced that the books breed overnight. However, thanks to all who supply books to us and also of course to those who spend their money helping our funds. Our next "proper" Book Sale will be at Watershed Mill in Settle on 14th and 15th February. Do come and have a look at our wide selection of good quality books. Please ring Bentham 62512 with any queries regarding books - or cats.

Our second sanctuary is well on the way to completion and, hopefully, it will be in operation early in February. The building was supplied and erected by Morton's of Low Hesket, near Carlisle and we are delighted with the finish and overall quality of the workmanship. We must also give thanks to Michael Armstrong and his team who have given wonderful service supplying the necessary foundation materials and timber for lining the walls in record time. Hash Browns have kindly donated suitable floor covering and insulation and the new fibreglass pens are now ready for delivery.

Finally this month, a very happy note: a stray cat was taken into the vet in mid-January to be neutered and when it was scanned for a microchip, it was found that the owner lives in Bolton by Bowland. The cat had taken a ride in a van last September and had been looked after by a very kind farming family in Keasden. The cat has now been re-united with its family!



HOW DID LOOKING WELL START?

By Alison Jones

A number of people have approached me wanting to know the history of how Looking Well and Pioneer Projects started in Bentham. I will tell the whole story in the form of a slide show on Monday 1 March at 7.30 pm at Looking Well. Please come along if you are interested.

Steeton Male Voice Choir Concert

We are delighted to announce that the Steeton Male Voice Choir have offered to do a concert at Bentham Town Hall on Saturday 6th March to raise funds for the Looking Well Cancer Support Group. Tickets cost £5.00 and will be available on the door or can be booked in advance by phoning Alison on 64929 or calling in to the regular cancer support group meeting on Mondays from 1.00 to 3.00 pm. Don't miss this wonderful opportunity to hear a highly acclaimed choir!



ANCHOR STAYING PUT - CRAVEN

Offers elderly people in Craven advice and help with house repairs or adaptations. Contact us through Bentham Development Trust or Tel: 01756 - 797181



2 Oak Cottages, Main St. High Bentham
Lancaster LA2 7LE

Tel: 01729 823538 (Settle)

Mondays, Tuesdays, Thursdays & Fridays
4-5pm.

Wednesdays 9-10am & 5.30-6.30pm.

Please call or telephone for an appointment

Dear Bentham News

Retirement Announcement

After 15 years of organising the Bentham Community Bonfire I feel it is time for me to retire. Despite appeals by the committee for new members there has been no one come forward with an interest in the jobs that I have done as my part of the team. Reluctantly I feel I must step down anyway and there will not be a bonfire this year unless someone comes forward.

I should like to take this opportunity to thank every one who has helped me in any way over the years. Together we have built a successful event for Bentham. I hope that this announcement will stir some person or persons in the community to come forward and find out about what my role has been. It is the only way that the event will keep going in the future. I would be very willing to guide my successor through the job in the first instance so please don't feel you would be left unsupported if you are willing to have a go.

Yours sincerely, Colin Woof. Tel 61387.



SWF

Millwood, Fourlands, Bentham,
Lancaster LA2 7EX Tel/Fax 015242
63349

Richard Slinger Mobile
07730 948741

S & W Fabrications Ltd
Steel Fabrications.
Mobile Welding.
Security Bars & Railings.
Industrial &
Agricultural Buildings.

IN PAIN?



**Get fast, effective treatment
from a Chartered and State
Registered Physiotherapist
Marie Colyer MCSP, SRP
Phone 62216**

**Bentham
Physiotherapy Clinic**

*Treatment recognised by all
major insurance companies*



JENNIFER
KNOWLES
SOLICITOR



The Legal Firm with a difference
Highly Competitive Fees with no VAT to
pay

Home visits in the comfort of your own
surroundings

Evening or weekend appointments
available at your convenience

Specialising in all aspects of family
relationship breakdown

Call JENNIFER KNOWLES (LL.B Hons)
on 015242 41417. www.jklaw.co.uk

LOOKING WELL NEWS - BALL PLAY FOR TODDLERS

By Beca Stephens

Ball play is an hour long session held at the community centre on a Thursday from 10-11am for toddlers aged 1-5. This is an opportunity for your child to explore balls and buckets of all different sizes and textures in a range of activities to help develop balance, co-ordination and general physical strength.

A maze of tents and tunnels provides free exploratory space. Colours, shapes, sorting, matching and number work are some of the learning goals that have been woven into ball-play. Children also learn important social skills of turn taking, sharing and helping others. At present numbers are very low and we face losing ball play in Bentham if we do not get more interest, therefore I offer a free session on Thursday the 12th February. Please come along and try a toddler group with a difference.

DO YOU SUFFER FROM

Headaches, IBS, Eczema,
Hyperactivity, Catarrh, Fatigue,
Bloating, Arthritis etc? All these
symptoms can be caused or aggravated
by the foods we eat.

For a food sensitivity test, contact
Ann Rudge 015242 73432

NATURAL HEALING

Massage

Aromatherapy - Reflexology

Indian Head Massage

A natural way to relieve pain

STRESS-ACHES-PAINS-INJURIES

Or experience

RELAXATION-SHEER INDULGENCE

PAMPERING

Tel: 015242 42039

BIBBY'S OF INGLETON

2004 SPRING BREAKS

12-15 MARCH

4 days - £149

**PEAK DISTRICT &
DERBYSHIRE DALES**

*

19-22 MARCH

4 days - £109

**MINEHEAD, SOMERSET
& EXMOOR**

*

20-21 MARCH

2 days - £89

**MOTHERS DAY WEEKEND
RAVENSAR, NR SCARBOROUGH**

*

26-28 MARCH

3 days - £99

**MURDER MYSTERY WEEKEND
BASED IN CRICCIETH, WALES**

*

9-12 APRIL

4 days - £159

**EASTER WEEKEND
IN PITLOCHRY**

*

16-19 APRIL

4 days - £125

**YORKSHIRE DELIGHTS
HARROGATE - WHITBY -
FOUNTAINS ABBEY**

**FOR A COPY OF OUR
BROCHURE RING
015242 41330**



MARIE AND TRITON!

This picture and a brief report last month created so much interest that we have decided to print most of the rest of the story.

And then my holiday really began with time to wander and explore. I teamed up with 5 other Chiropodists and one husband (not mine) and the 7 of us enjoyed a wonderful second week. Our first stop was Key West, a place of Pirates, shops selling sponges and gifts made from shells and coral, hens with their chicks wandering down the streets and Key Lime Pie (a bit like lemon meringue pie – only with limes) – and of course sunshine, blue skies and turquoise sea. Tuesday was a day at sea and my first chance to sun myself on deck – a very lazy day. Wednesday found us in Progreso in Mexico. This is a working port, not one built for cruise ships. We got a glimpse of the “real” rather than the tourist Mexico. We saw the shantytown, a jumble of dwellings complete with half-clad children and skinny dogs, as we travelled in our air-conditioned luxury to visit Dzibilchaltun where there is the ruin of a Mayan settlement.

After a tour of a small museum we explored the Temple of the Seven Dolls, which is aligned so that at the Spring and Autumn Equinox the sun as it rises is completely framed in the doorway of the Temple. This mathematical precision was achieved by a culture who lived here between about 500BC and 1540AD. The settlement covered about 19 square kilometres, had about 8400 structures and a population of around 40,000. We were shown a typical Mayan dwelling before cooling off

with our feet in the clear water of a sinkhole. Before returning to our coach there was just time to visit 3 or 4 little shops where you could buy locally made goods – not from China or India as in some places!

On Thursday we visited Cozumel – still in Mexico. Here I found the love of my holiday – a dolphin called Triton. Once in the water with him I forgot my distress at discovering that the dolphins were in captivity in the sheer joy of the contact with this beautiful creature. First I stroked him, then we kissed, then we held hands (as in the picture). Next I swam out into the bay, Triton swam beyond me and then towards me on his back for me to grab and hold on to his pectoral fins as belly to belly he towed me back to the platform. When it was time to go, I was the last to leave the water and talked with the trainer for a few minutes – with Triton by my side and me stroking his head. He’s 14 and can expect to live to about 45 (life expectancy in the wild is 30 to 35). Dolphins change their skin 7 times a day, which makes them incredibly sensitive and silky soft to touch. Each time I look at my photos I remember the excitement, the exhilaration and the joy of the adventure.

How could you follow that? By feeding stingrays at Stingray City! This is the nickname of a sandbar off Grand Cayman where stingrays live and breed. We travelled out there from the island by catamaran (I really had my sea legs by this time!) and in chest deep water fed squid to these huge fishes. They were amazing, swimming between your legs and winding themselves round your body – again incredibly soft to touch except for their spines which felt like rough rope.

Continued on back page

**INTERCOUNTY
DRIVING SCHOOL
VAL KAY
THEORY TRAINING
AVAILABLE**

015242 62794

e-mail:

val@dkay999.freemove.co.uk

BENTHAM PEOPLE

Personal Thanks

Davies, Tommy and Family would like to thank Dr. Sullivan, Liz Greenbank and all their friends for the care and support over the last few months of Christine's illness. Also, thanks to everyone for the cards and donations in aid of local MENCAP.

Jim and Jean West wish to thank doctors, nurses and staff at the surgery for their care and kindness to Miles Atkinson. Many thanks also to district nurses, carers and neighbours for their work and help.

Tom & Chris Spencer, sons of the late Jessie Spencer, would like to thank the staff at the Surgery and all her friends for their kindness and support over the years, and in particular over recent months.

Thanks

We would like to thank you all for your help, support, messages and cards after Walter's heart by-pass. Pleased to say he is making good progress. Best wishes for a Happy, Healthy and Peaceful New Year. **Walter and Linda Tooby.**

Marion Pye. Lairgillers wish Marian happiness in her new home after nearly 71 years at Lairgill.

For Sale

◆ Fitted kitchen units (grey/white) 6 yrs old. Approx 10 units - 1.5 stainless steel sink with cooker hood, built-in microwave - offers. Separate sale fridge-freezer (upright) 6 yrs old, good condition - £25. Whirlpool washer/dryer - £10. Buyer collects. Tel: 62415.

FORD FIESTA ZETEC 1.25

(S Reg) FSH

65,000 miles

Good Cond.

Power strg. Air Con

Electric raising drivers seat

£2750 ono

Tel 62251



For Sale

◆ Coal bunker, hardly used. £70 o.n.o. Tel: 41334.

◆ 8ft x 6ft garden shed, £30. Ring 61541.

◆ Fully reclining 2 seater sofa and armchair, as new. Soft green. £500 o.n.o. Tel: 015242 63376 Mobile 07811 282732.

Services

Ian Henshaw for minor electrical alterations, security and outdoor lighting 015242 61010.



**Urgently
Required**

**Spanish tutor for maternity
cover 4 hours per week**

Intermediate level

Start February

For more information please contact

Sue on 015242 61474

SUNDIAL INN

Low Bentham Tel: 61532

"YOUR FRIENDLY LOCAL"

Opening Hours

11.00am-11.00pm Mon-Sat.

12-10.30pm Sun.

Bar Snacks Served

12.00-2.30pm Wed-Sat.

Pensioners' Specials

Wed-Fri.

Sunday Roast 12.00-3.00pm
(Parties over 4 please book)

SKY TV for Sports

(Except Golf)

Including Racing Channel.

Your Hosts: Pat & Neil.

J.L. ARMSTRONG Builder

New Builds, Extensions,
Conversions, Stonework.
City & Guilds qualified.

Telephone 015242 63011
Mobile 07729558475

Rachel's Cycle Surgery

Rachel C. Murton

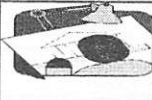
Qualified cycle mechanic
(City & Guilds)

Full service and repairs
Reconditioning of Second Hand Cycles
Collection & Delivery Available.
Park Cottage, Deer Park Lane,
Hornby. Tel: (015242) 21763.

LUNE VALLEY ARCHITECTURAL DESIGN LTD.

Managing Director N J Wilcock

Lune Valley Architectural Design Ltd.
provide a comprehensive architectural
design service in support of Planning &
Building Control Applications for all types
of Property Conversion & Extension work.



N J Wilcock B ENG (HONS)
12 St. Annes Close,
Brookhouse, Lancaster, LA2
9PQ. Tel: 01524 770978

TJ Computers

Custom Built Business and Home
Computers to Individual needs.
Networking, Upgrades, Repairs, Advice
and Personal Tuition.

All new systems delivered and
installed with personal instruction on
their use. All work fully guaranteed.
VAT Registered.

Call Bob Mahoney on 015242-42196

ROY HUTCHESON LIFE COACHING

Roy's special passion is to make the
world a better place to live by
helping people discover and develop
their own unique hidden qualities
and talents.

THE CENTRE

Contact Roy on 015242 63141

MARK KENDAL & MARK TITTERINGTON

CHIMNEY SWEEPS OF
INGLETON

"Ring us when it soots
you!"

42 years experience.

015242 41418



SPEED FUEL OILS

COMPETITIVE LOCAL SUPPLIER OF DERV,
GAS, OIL, KEROSENE AND PETROL

AUTHORISED DISTRIBUTOR FOR
LUBRICANT SPECIALISTS **CENTURY**

DOMESTIC-AGRICULTURAL-INDUSTRIAL



015242 42048 THORNTON STATION YARD, INGLETON, via CARNFORTH, LANCs

CHURCHES TOGETHER



Greetings from the Rector

After the outbreak of World War 2, a Christian community in Taizé, Burgundy, was founded by Brother Roger Schutz as a shelter for refugees. In the post war years it has grown into an international ecumenical community. Now during the summer months, young people from all over the world, gather there to study and meditate, and a World Council of Youth has been formed to co-ordinate their practical experiments in Christian living.

The Taizé Community is a shining example of how people from different backgrounds can live and work together harmoniously. That so many are young people teaches us that our own young people need only be given the example to follow and the opportunity to become involved, for such a vision to be realised. Of the many worthy causes in Bentham several are aimed at our young people, but if we are to see real spiritual development in their lives (and ours) we must first catch a vision and put the right things in place to make it a reality.

Churches Together in Bentham, 10 years old this year, has decided the time is right for an ecumenical Youth Group (GFI) meeting on a Friday night. We hope this work will contribute to our young people's spiritual development and that other projects will spring from it. I covet your prayers and support as Churches Together seeks to explore how we might realise the vision for young people in our town.

Love and peace, Nigel.

St. John's Low Bentham

By Judith Johnson

Candlemas Taizé 1st February at 4pm.

Following the success of our first Taizé Service with the Bentham Taizé Group, we are arranging another service in the Parish Church of St. John's, Low Bentham. We have chosen the late afternoon of the dark month of February to show the symbolic light of

candles for this inspirational form of worship. Please come along and join us.

Quakers

By Ralph Atkinson

Whereas other churches place more emphasis on music, ritual, listening to a preacher and Bible readings, Quakers tend to rely more on listening for the voice of the living Christ directly in our hearts. Hence, our Meetings are held largely in the gathered silence of group meditation.

Why not join us at any of our Meetings for Worship at Calf Cop Meeting House, Low Bentham at 10.30am on the 2nd, 4th and 5th Sundays of the month.

High Bentham Methodist Church

By Olive Calverley

A farmer grew an enormous turnip which he could not pull up. Only when everyone worked together was the turnip harvested. Co-operation brought results.

A community spirit continues to grow in Bentham. The churches are working together:- united services, Lenten studies, a youth group for 11-13 year olds.

Young and old in Bentham are needed to make our town into a place where needs are met and strangers feel welcome. Together, with God and each other, let us continue to build a community where all can benefit.

**QUALITY
TOP SOIL
FOR SALE
SMALL OR
LARGE
QUANTITIES
015242 61450**

Garden & security lighting - www.s1b.com/gardens

PC based home entertainment - www.s1b.com/pc

Minor electrical alterations - sockets moved etc.

Display lighting - www.s1b.com/tnf

Tel. 015242 61010.

email - info@s1b.com

New House Mewith Benthams

www.seeingisbelieving.com or www.s1b.com

BENTHAM CLOCKS
Mewith
Benthams
015242 62641

Longcase and Wall Clocks

A stylish present or feature for your home

www.benthamsclocks.co.uk

e-mail info@benthamsclocks.co.uk

G M SOAR CHIMNEY SWEEP & VAC



20 Years Experience

Fully Insured

Tel: 01524 770194

84 Sycamore Road,
Brookhouse, Caton,
Near Lancaster,
LA2 9PE.

PEACE AND HEALING

THROUGH

LAYING ON OF HANDS.

A SENSE OF WELLBEING

ASSURED.

GOOD REFERENCES ARE

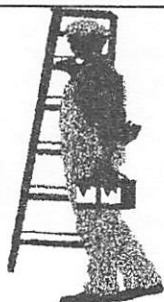
AVAILABLE

Tel: Gillian at Benthams

015242 62608



JK's



Decorators and Coving Specialists

• We are a Professional
Team of Established
Time Served
Decorators.

• Free estimates

• Call JK

• All interior and exterior
work carried out to a
High Standard.

• Competitive rates

• 015242 62389

M.J.Y. FAICHNEY

BUILDING PLASTERING ROOFING

CONTRACTORS

NEW BUILDS BARN CONVERSIONS

EXTENSIONS

WE CAN PROVIDE A FULL BUILDING PROGRAMME TO A VERY
HIGH STANDARD

FOR FREE ESTIMATES AND NO OBLIGATION ADVICE

TEL: 015242 62805 MOBILE 07720 542088.

32 MAIN ST, LOW BENTHAM. (VAT REGISTERED)

M.J.Y. FAICHNEY ARE HAPPY TO WORK IN
CONJUNCTION WITH L. TYRER & SON

Leonard Tyrer and Son
Joiners

Established 1954

**ALL ASPECTS OF JOINERY UNDERTAKEN INCL
U.P.V.C., HARDWOOD, SOFTWOOD, WINDOWS,
DOORS, PORCHES, CONSERVATORIES ETC.**

FENSA

Registered

GROVE HILL, HIGH BENTHAM, Nr. LANCASTER LA2 7LH

TEL: 015242 62333.

MARIE AND TRITON

Continued from page 18

If you held out your arms they would settle on them and dance with you.

And then it was our last day at sea. The sky clouded over and the wind picked up so that it was a day for sitting inside and chatting with new friends. We had a day in Miami before flying home and the highlight of this was a boat ride round Biscayne bay – not the sight of the opulent houses where people like Frank Sinatra and Elizabeth Taylor had lived, but the sight of free dolphins frolicking round the boat!

My lasting impressions of the fortnight? The excellent lectures, the new friendships, the sunshine, the blue, blue skies, the clear turquoise sea, the iridescent fish, the huge stingrays, the long silver beaches fringed by palm trees, the warmth of the sun tempered by the gentle winds, the different cultures and the disparity between our wealth and their poverty and the questions that raised about our impact on local prices, perhaps exacerbating the poverty of the poorest people. But most of all I remember a dolphin called Triton.

PICA DESIGN & PRINT

Burton Road, Low Bentham, LA2 7ED

For a comprehensive printing and reprographic design service.

Tel/Fax: 015242 61402

Mobile: 07759 844604

Email: picamail@btopenworld.com

PUPPY POINT

By Sue Whiteley

Cold, dark and wet winter walks?



Good Start

This doesn't sound like much fun for either puppy or owner. Well here is a good excuse for not suffering so many of those miserable walks at this time of year. Puppies actually do not need a lot of exercise and large breed dogs are encouraged to limit their exercise to help prevent bone and joint problems. What puppies need instead is plenty of mental stimulation. This can be gained from interactive play with the owner, inside in the warm and dry. Games such as catch, fetch, tug, find (the toy or treat), plus hide and seek can help a puppy to see you as fun and improves responsiveness.

Try it with your puppy, but make sure that you are in charge of the game. Be the one to start the game, by getting your puppy to do something for you first, e.g. "sit" or "down". Then ensure that the rule of "no biting" is followed. Any biting should result in the game finishing immediately so the pup soon learns how to keep the game going. Finally, end the game before the pup has begun to lose interest and put the toy away out of your pup's reach. Games can be used to teach other useful lessons like "give", "leave" and "wait".

You can also use a wet day to do other training but use toys and play as rewards rather than food. By making training fun you and your puppy will want to do more and so progress more quickly. For information about the "Good Start" puppy class contact me on 015396 21946.

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.

BENTHAM NEWS

COME TO THE WIZARD OF OZ

By Anne Preston

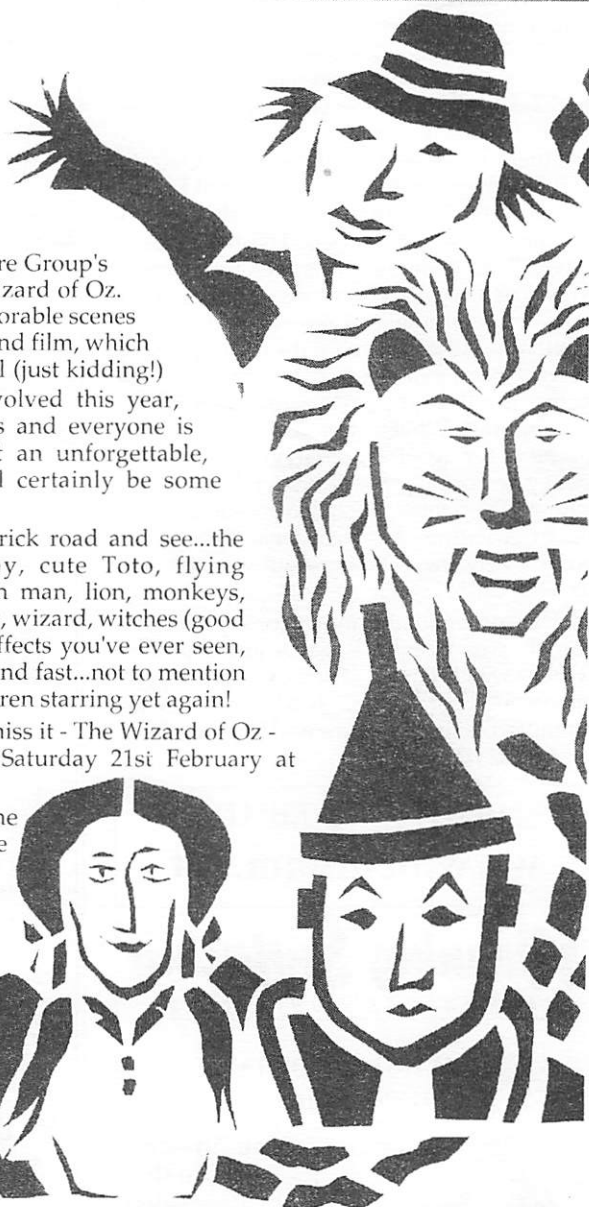
The panto this year is Bentham Theatre Group's version of that wonderful tale, the Wizard of Oz. It has marvellous characters and memorable scenes immortalised in the classic Judy Garland film, which the Bentham production seeks to rival (just kidding!)

There must be eighty people involved this year, either on stage or behind the scenes and everyone is working their socks off to make it an unforgettable, spectacular experience. There will certainly be some astounding special effects.

And so come down the yellow brick road and see...the typhoon, an adventurous Dorothy, cute Toto, flying structures, munchkins, scarecrow, tin man, lion, monkeys, posing fashion plates, an Emerald City, wizard, witches (good and bad), the most stunning visual effects you've ever seen, singing, dancing, jokes coming thick and fast...not to mention your talented children and grandchildren starring yet again!

How could you pass it by? Don't miss it - The Wizard of Oz - from Wednesday 18th February to Saturday 21st February at Bentham Town Hall.

Tickets will be available from the Sports Shop, on Main Street, from the beginning of February and we would advise you to book early to avoid disappointment. Details of times and ticket prices are available on the events pages in the centre of the BN.



FEBRUARY 2004

ISSUE 208

WOMEN'S INSTITUTE High Bentham

By Doreen Park

At the first meeting of the new year President Mrs. M. Hayton welcomed one new member and a visitor. A letter received from Halton W.I. thanked High Bentham for a memorable carol service. Mrs. Hayton reported that £123 had been given to Derian House. Details were finalised for the four teams High Bentham entered in the Federation Quiz on 26th January at Tunstall. The Annual Dinner was held on 29th January at New Butts Farm.

The speaker, Mgr Paul Hypher, gave a talk called "It shouldn't happen to a priest". This was a recollection of his 40 years in the ministry prior to his retirement in October to Bentham. He talked about the many parishes he had been called upon to serve, the last being for 9 years in the racing town of Newmarket. What a broad band of life he painted for us, from marrying a famous jockey to stopping a well known Newmarket vagrant from lobbing garden gnomes, picked up from various local gardens, through his church windows. Father Paul was thanked by Mrs. Chris Lewis.

The competition winner, for a photo of a church, was won by E. Sayer and the raffle winner was J. Bargh. The next meeting will be on 5th February - "It all started with Humpty Dumpty". Come and find out about it. All are welcome.

BENTHAM WEBSITE

www.bentham.net

Wenning Surfacing

TARMACADAM CONTRACTORS

RICHARD BRADSHAW

015242 72189



**Free Advice &
Estimates.
Professional,
Commercial &
Domestic Surfacing.**

Newsholme & Son

Electrical Engineers (Est. 1950)

Station Road, Clapham,

Lancaster LA2 8ER.

Write or phone 015242 51383

Domestic, Agricultural Installations. Security Lighting and Burglar Alarms Fire Alarm Systems. Additional Electrical Circuits. Faults, Breakdowns, Night Storage Heater repairs. No call-out charges. No VAT. Free estimates.

Bentham Imaging

Mewith
Bentham

Photo Manipulation Services

Montages, Cards, Calendars or artistic effects
created from your photographs

015242 63405

e-mail jon@slicktech.demon.co.uk

**We don't just make
beautiful Furniture... we
also have a COOKSHOP**

Ex display kitchens for sale

- | | |
|-------------------|-----------------------------|
| ● Butchers blocks | ● Textiles |
| ● Le Creuset | ● Knives |
| ● Pans | ● Bakeware |
| ● Woodware | ● Gifts for home and family |
| ● Utensils | |

**KITCHENS. BEDROOMS
HOME STUDIES. COOKSHOP**

Open 6 days. Large Showroom.
Ample Parking

H & M Craftsmen Ltd

Industrial Estate (Just off the
A65), Ingleton

015242 41535