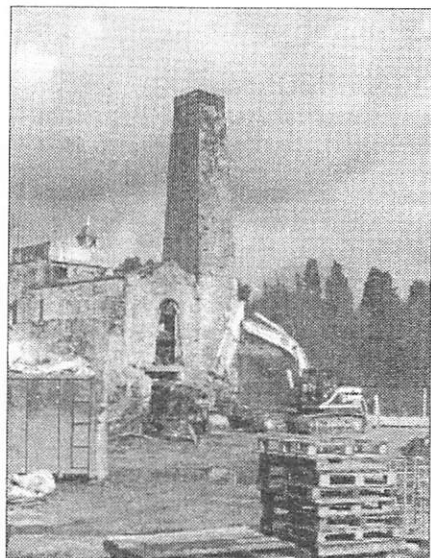


BENTHAM NEWS



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MARCH 2004

ISSUE 209

WOMEN'S INSTITUTE

High Bentham

By Doreen Park

During the business at our meeting on 5th February, the President, Mrs. Margaret Hayton, read a letter from Derrian House, thanking all the institutes which had attended the Carol Service hosted by High Bentham, for the cheque which was a sizeable cheque for them. She also told members that Father Paul, the speaker last month, had donated his fee to the Air Ambulance Appeal.

Arrangements were detailed for visits out in the coming months, including a theatre trip to Lancaster, a flower arranging demonstration at Hornby and the Group Meeting at Halton. We were then introduced to Mr. Alan Hemsworth, whose talk was entitled "It all started with Humpty Dumpty". When his daughters were little these rhymes made him curious about the origin of Humpty Dumpty. Research led him in many directions and he found that many, if not all of these rhymes had their origins in the goings on in the times of that era and the changes in the rhymes as they were passed down to different generations. Mr Hemsworth was thanked by Mrs. Hayton.

The competition winner (A decorated egg), was Mrs. E. Sayer, and the raffle was won by Mrs. J. Jackson. On 4th March Mr. Daniel Nelson will talk on shoe making.

Low Bentham

By Jennifer Watkinson

At the AGM the president welcomed everybody and gave a brief resume of the year's numerous and varied activities. She thanked her committee members for their hard work and support. The secretary gave her report and thanked the president for her dedication and diligence. The treasurer submitted her account and passed round a statement for members to peruse. Supper, provided by the committee, was served and afterwards a tantalising quiz about old TV adverts and programmes was hosted by the president.

Competition winners for 2003 were announced with 1st place going to Mrs. Mabel

Easterby on 20 points. Mrs. Carolyn Woof, 14 points was second, and third was shared by Mrs. Linda Cressey, Mrs. Barbara Mason and Mrs Sylvia Brennand, with 11 points each.

Two teams participated in the Agricultural Society's annual quiz in the Town Hall and enjoyed the pie and peas supper.

Officers for 2004. President Mrs Christine Jennings, Vice President Mrs. Ruth Sephton, Programme Secretary Mrs. Margaret Hewitt, Posters Miss Betty Dodgson, Press Secretary Mrs Jennifer Watkinson, Raffle Prizes Mrs. Betty Atkinson, Competition Mrs. Kitty Ellershaw, Cards and flowers Mrs. Edna Hewitt. The next meeting will be on 18th March when Mr. and Mrs. J. Natlacen will talk about "Church Mouse Cheeses".

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FEBRUARY'S TOWN COUNCIL

By David Johnson

Every Cllr. was present except for Cllrs. Stannard and Barnes.

Police. The police were absent once more and little was mentioned which was applicable to them except that the Council received a complaint that the police were booking some cars for illegal parking whilst others left for more than 24 hours escaped.

Highways.

Lancashire County Council responded to the complaint about inadequate gritting at sometime near the festive period by expressing surprise and requesting further details. Cllr. Wills asked for a salt bin on Tatterthorn Road. The local authority is to clamp down on illegal advertising on public highways. These are chiefly "A" boards left on the pavement which are a hazard to pedestrians and the visually impaired. On a first offence an A4 notice will be stuck on the board thereafter the board will be confiscated with repeat offenders facing prosecution. (Some Cllrs. wondered about the Coffee Morning sign.) Funding is available for repairs and improvements to pavements. If you have any suggestions mention them to your Cllr.

Town Hall.

By the time you read this the public meeting about the refurbishment of the Town Hall will have passed. A team of Cllrs. has spent a very busy period submitting an application for funding totaling £17000 for a County Council Village Hall Grant. The Cllrs. were concerned because they realised the Council had nearly missed the opportunity to submit applications. They had been led to believe that town halls were ineligible for such grants. The clerk was asked to write to the Market Town Initiative to ask if the Council would have been entitled to funding from that source too.

The Annual Parish Meeting will be held on April 21st at 7.30 p.m.

District and County Council Reports.

Cllr Hurlley was able to confirm that the Wesley Place play area had not been selected for housing development but the agricultural

land near may be developed at sometime in the future. The District Council has adopted a policy which states that the free car parks in our district will continue to be free because they are seen as essential to protect rural businesses and shops. The District Council rate will increase by 2.9%, the County Council by 5.75% but with the additional levy for fire and rescue services it will probably total 7.5%.

The Looking Well has now secured the freezer centre and is looking to raise £200,000 to develop the building. The upper floors will be given over to business units to provide an income for the organisation.

Planning Applications.

The Cllrs. opposed a plan to develop Ingleton Nursery on the Four Lane Ends Road into a site for 60 static caravans. The Cllrs. thought that the site would be very regimented with little or no screening causing a major adverse visual impact and that it would be clearly visible from the Pennine peaks nearby. Other anticipated difficulties were; drainage, possible problems with adjacent landowners, increased traffic circulation and its close proximity to other sites. It was agreed that the planning committee should be asked to convene a site meeting.

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THE DEADBEATS SAMBA BAND

By Adrian Todd

If anyone has been in the vicinity of the Victoria Institute in Low Bentham over the past few Sundays, then no doubt they will have heard the new, all drumming Samba band.....The Deadbeats. They have been able to form due to the Bentham Arts Forum applying for and receiving funding from the Scarman Millennium Award scheme and the Small Project Fund of the Market Towns Initiative. The band meets every Sunday from 1.00-4.00pm at the Victoria Institute.

The rhythms the band play originate from Bahia in Salvador, North Brazil, and range from beautiful Samba Raggae through to funk and flat-out-drum-tastic Brazil carnival fueled grooves. Of all the people who have attended the sessions so far, (thanks to all of them) half had never played a drum before and all thoroughly enjoyed themselves.

There is room in the band for all levels of ability, as there are four different types of drum. Two of these require players who have a certain level of stickability and are able to maintain continuous playing at a reasonable quick tempo. We could do with a few more of these. So if you're one of those come and give it a whirl and if you haven't played before, and it sounds up your street, then come and give it a try!

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CRAVEN DISTRICT COUNCIL MATTERS

By Gerald Hurtleley

Full Council Meeting

A full Council Meeting is to be held on February 24th where a decision will be made on the level of Council Tax to be charged from 01.04.2004.

Affordable housing

Land south of Duke Street, west of Goodenber Road and east of Station Road, High Bentham is to be retained by the Council for future use as affordable local housing. The objective is to ensure an adequate supply of affordable housing is available locally. In general, demand for affordable housing far exceeds the supply; this shortage is applicable both to rented housing or ownership.

The population is forecast to grow by 10.9% between 2001 and 2011 and an overall growth of 7.2% by 2021. This will have implications on the housing needs in the future. Craven District Council has the ability to influence the supply of housing in the District under new planning legislation.

The issue of providing affordable housing for local people will form a key part of the Local Development Framework (which replaces the "adopted local plan"). Current planning policy aims to secure affordable housing through new residential development where there is an identified local need.

Planning Applications received last month

● Application No.08/2004/3942. Proposal: Conversion of barn to form two business workspace units with ancillary living accommodation. Location: barn adjacent to Bracken Hill Farm, Low Bentham, Lancaster.

● Application No.08/2004/3943 Proposal: lean to extension to existing stable building Location: Fourlands House Farm, Low Bentham, Lancaster.

Application No. 08/2004/3961 Proposal: proposed alterations to approved scheme granted consent under 8/2002/2491 for

conversion of long barn to residential unit, domestic workshop and games room. Location: Fourstones, High Bentham, Lancaster.

● Application 08/2004/3970

Proposal: conversion of existing first floor function room and manager's flat to 4 letting bedrooms with ensuite. Location: Black Bull Public House, 13 Main Street, High Bentham, Lancaster.

● Application no.08/2003/3915 Proposal: change of use from market garden to static caravan site for 60 static caravans and ancillary buildings. Location: Ingleton Nursery, Four Lane Ends, Low Bentham, Lancaster.

● Application 08/2004/4002 Proposal: Replacement garage. Location: 7 Springfield Crescent, High Bentham, Lancaster.

● Application 08/2004/4010 Proposal: Double Glazed replacement windows, with mullions to match original farmhouse. Location: Lane House Farm, Mewith, High Bentham, Lancaster.

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BENTHAM FOOTPATH GROUP

By Maureen Ellis

February saw an excellent programme of walks and the very happy and sociable Annual Dinner. It is a tribute to the group that once a year we want to see each other round a table with good food and amiable talk.

March holds a tantalising trio of walks. Pat Parrott leads a walk round Stocks Reservoir on 4th March, starting from our usual Lairgill or half an hour later at the car park at the site of the old vicarage of Dale Head - we will visit the Dale Head Church during the walk. The walk is largely on rights of way and also uses permissive paths made available by Yorkshire Water in response to the Rights to Roam Charter, to make a circular walk. The walk is high up in the Bowland Fells quite near the source of the River Hodder which we cross, and if stepping stones are submerged or icy, Pat has a diversion worked out.

On 13th March, Norman Dove leads the Wrayton circular, an eight mile walk from Wennington to Gressingham bridge, through to Wrayton and returning over the tops to Wennington.

Bernard Ellershaw continues in the Cinderbarrow area. He got the idea from a leaflet made by Lancashire County Council outlining three walks in this area. Having led one last year when he combined two of the six mile walks to make a decent ten mile one, he has extended the third walk. As he said "People don't want to travel all that way for a short walk".

Writing this has made me want to see my walking friends on all these outings, but I know there are two that I can't make. Happy walking on these explorations made possible by our inspired leaders.

Peter Lennard has asked that readers are reminded that the spring timetable of Bentham Footpath Group can be viewed at www.benthamfootpathgroup.com



SINGERS WANTED!

By Anthony Smith

Singers are wanted for the new "Celebration Choir" at St. Margaret's Church. We will be leading the congregation for a series of special services over the summer months, starting on 2nd May with a Lambing Service for farmers and all those with agricultural connections. Rehearsals start at 7.00pm in church on Thursday 25th March and the basics of reading music will be taught as rehearsals progress. Initially for adults, (including young adults), please phone 63156 for more details, or you can simply turn up on the 25th. Come and be inspired by church music of quality.

GENEROUS RESIDENTS

By Jean West

Goodenbergh Country Holiday Park residents, through various events raised £450 recently and donated £150 to Pet Rescue, £150 to Bentham Surgery and £150 to the Playing Fields.

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THE WIZARD OF OZ

By Anne Preston

The production team of the Wizard of Oz thank everyone who came to the workshops, making sets, props and visual effects, for their wonderful contribution to this year's panto. It was a real community venture and all the energy and creative input had fabulous results. Your work was greatly appreciated by all involved - and particularly by Nikki Johnson who was bowled over by all the support and enthusiasm! Thanks to you all.

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HORNBY DRAMA GROUP

By Liz Allison

We understand that the Hornby Institute will be remaining open until autumn this year. In view of this we are now making plans to go ahead with the third presentation of Plays in Maytime.

Fruition will, of course, depend upon the "out of Hornby" drama groups being willing and able to take part. With luck there will be plays being performed at 7.30pm on Friday and Saturday 14th and 15th May.

Please see the April and May editions of the Bentham News for news on developments, or telephone Liz Allison on Hornby 21128 or David Wright on Hornby 21473. We hope to see you all again in May.

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BENTHAM HERITAGE TRAIL

By Bill Kennedy

Did you know that the Leisure and Tourism Focus Group of the Market Towns Initiative has been working for many months on a project to develop a Bentham Heritage Trail? The idea was put forward at a public meeting discussion in the early days of the MTI. Now the project is nearing maturity and the official opening will be on Easter Monday, 12th April. Local hill walker, folk musician and BBC Radio 2 personality Mike Harding, will perform the opening ceremony at 11.00am on that day.

This trail was designed in three stages, of 2½, 5½ and 9 miles, all linked and colour coded. New waymarking should make it easy to follow and a colour brochure is being produced to provide further help. The heritage trail passes through Bentham's scenic and varied countryside of farmland, riverside, meadow and moorland, where kingfishers, dippers, herons, curlews as well as wild deer, hares, rabbits and farm animals are regularly seen. The shorter of the walks is more suitable for children and for those who perhaps do not have the stamina or mobility for the longer sections. Following existing footpaths, many of them ancient, the trail contains many local features such as stiles, steps, footbridges, gills, becks and barns.

The aims of the Heritage Trail are to raise awareness and generate interest in Bentham's industrial heritage, wildlife habitats and natural history. Information concerning Bentham's heritage, all of which contributes to its present make up, is displayed on reader friendly interpretative boards at intervals along the paths. They include information on the farming tradition, drystone walling, the mill tradition, the railway, the river Wenning, and the flora and fauna.

These information boards were designed and painted by the acclaimed local artist, Gill Barron. A lot of the historical information



came from David Johnson. Local craftsman David Shaw made stone benches, skilfully engraved with images depicting aspects of our heritage, and these will be found in suitable locations on the trail. A Bentham Heritage Trail website is being planned. It will be linked to the Local Heritage Initiative website as well as to our own Bentham site, www.bentham.net.

The Heritage Trail is an innovative project designed to serve the wider community. In its planning stages there was widespread consultation with various groups and parties including the Bentham Footpath Group, County, District and Town Councils, local farmers and landowners, and the Local Heritage Initiative, which has kindly provided the funding. The working committee is particularly grateful to the landowners and farmers for their co-operation and assistance.

We hope that the people of our community, as well as visitors to the area, will appreciate and enjoy the Heritage Trail, which is a fine example of a market town initiative.

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GFI YOUTH CLUB

By Roger Fox

This club for 10-13 year olds started as planned at the beginning of January. Meeting in the Methodist Church Hall, on Friday evenings, the membership has now risen to nearly 30 and a wide variety of indoor activities is enjoyed. It is particularly pleasing that a leadership group of 12-14 adults has volunteered for the work. In common with all youth and children's work undertaken under the umbrella of "Churches Together in Bentham" these workers all have child protection clearance. New members are welcome to join us on Friday nights at 7.00pm.

A grant of £330 was received from the Market Towns Initiative Small Project Fund, towards the cost of buying equipment, for which we are most grateful.

LOOKING WELL CANCER SUPPORT GROUP

By Alison Jones

Don't forget to come to the concert by the Steeton Male Voice Choir on Saturday 6th at 7.30 pm in the Town Hall in aid of the Cancer Support Group. The group, which goes under the name of 'In the Same Boat', meets every Monday from 1.00 to 3.00pm and is open to anyone coping with cancer or any other long term illness. At the concert you will be able to see the finished rag rug on the same theme which has been designed and made by Sue Gilmartin with members of the group in sessions supported by a small grant from the Bentham Market Towns Initiative.

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GARDENING COLUMN

By Joyce Knapp

As we move into March we should be able to start sowing a variety of seeds in the greenhouse, including any hardy annuals eg. marigolds, grown to add colour to borders and the earliest of vegetable crops. It is, however, too early to sow seed of plants which are not frost hardy because they would be ready for planting out before the weather conditions were suitable.

It is often worthwhile sowing a small tray of lettuce seeds as early as March and these can be followed by successional sowings at approximately three weekly intervals. By doing this you can ensure that crops mature over a longer period of time.

Another popular plant that can be started off in a greenhouse in March is the tomato, although some of you will doubtless have already sown seed in February, or even earlier, if you have either a heated greenhouse or propagator.

I usually sow the seeds into a shallow tray of seed compost, moving them on into individual 3" pots after about two weeks. It is quite important to keep potting on tomato plants into larger pots as they grow, otherwise their growth soon becomes stunted.

Once the plants reach 6-9" tall, and the flowers on the first trusses are just opening, they can be planted up in a variety of ways. One option is to plant them directly into the soil in a greenhouse border, but beware, this soil may contain pest or disease residues from a previous year's crop. Perhaps a healthier option is to plant them either individually into very large pots of compost, or it is possible to fit three plants directly into a growbag although these may prove a little difficult to water.

The compost in which the young plants are growing will need to be kept moist at all times and they will require a proprietary tomato feed, usually available in liquid form, once the first flower truss forms.



PTFA PLANTS PLEA!

By Marie Colyer

Now that spring is in the air and the gardening gloves are coming out, High Bentham PTFA would like to ask any keen gardeners out there to consider planting a tray or two of extra seeds for sale at the school spring gala in May. Any other plant donations also welcome; more details will be available closer to the date, but please contact Marie Colyer 62216 for information.

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DO YOU CARE WHERE YOUR COUNCIL TAX GOES?

By David Johnson

In October we will be asked by referendum if we support Regional Government. The Town Council and a few members of the public were present for an informative presentation by Bill Cross from Northallerton who represented the County Council's view on the subject. The referendum will ask two questions:

- a) Are you in favour of regional government? (This proposal would see us amalgamated with West and South Yorkshire and Humberside).
- b) If we became part of a single (unitary) authority what sort of reorganization would you prefer?

He stressed the importance of thinking carefully about the answer to the second question because if the majority of those who vote in North Yorkshire support devolution the answers received to the second question could make a big difference to the way you are governed and to your pocket!

North Yorkshire prefers a single authority encompassing the entire county and governed from Northallerton. This authority would then send representatives to a regional assembly. Craven District Council would cease to exist but many of its officers who look after schools, roads, social services etc. would remain. He argued that a single authority based in Northallerton will be cheaper to run, be more effective than other proposed smaller units and have a more powerful voice in the regional assembly. Parish and town councils will remain and will be able to liaise with the officers they now deal with. The remaining three choices will link us with Harrogate with the obvious implication that we would be administered from Harrogate. This option, he claimed, would be less powerful and more expensive to operate. Mr. Cross argued that there was little difference between us being administered from Harrogate and the one he preferred based on Northallerton. Some of those present pointed out that people were just as important as economic

considerations. His response was that if the single unitary Council was created there would be area committees combined with a stronger role for town and parish councils. You should receive a leaflet outlining the proposals. Read it carefully and remember to vote. This is your chance to influence future services in Benthams. If you don't make the effort you may regret the outcome!

EVENING OF NOSTALGIA

By Gwen Whitfield

You are invited to an Evening of Nostalgia at High Benthams Methodist Church Schoolroom from 4.00-7.00pm on Saturday 27th March. Tea will be provided. All persons having any connection with the Church, whether by baptism, marriage or Sunday School, will be most welcome and will be encouraged to reminisce on past memories. This will help in the compilation of a souvenir booklet for the Church Centenary Celebrations in 2005. Please come and share your memories, each one will make the book more interesting.

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WHO NEEDS HISTORY?

By Peter Phillips

Isn't local history interesting? Since moving here seven years ago I have been intrigued by the old buildings of Bentham and wondered about the people who lived in them. There has been quite a lot written about the town by various people and there are old directories to help in research, as well as the census returns. James Bibby's "A History of Bentham" is an excellent reference book by a local man, full of details of places, people and facts, whilst Kelly's Directory gives names of everyone in the township. How many names mentioned then still exist in the town?

House deeds also give us much information. One of mine is written on waxed paper, dated 1742, and is an indenture between John Tatham of Settle, Gentleman, Francis Johnson of Over Bentham, Butcher, and Thomas Ellershaw of Over Bentham, Yeoman, and concerns the sale of the land on which my house was later built. Forward now to 1888 and on another indenture the land passed from William Thornton of Stainderber, via Christopher Titterington, Malster, of Moonsacre, and George Sedgwick, Gentleman, to John Thomas Whittaker, Gardener.

Joseph Carr, a local historian, who wrote for the Lancaster Guardian, mentioned in November 1893, "Mr. Whittaker has built a substantial dwelling house and made a large market garden". (Mr. Whittaker called the house "Ebenezer Mount", sadly it has changed to "Burnside"). Many local people will remember James Armstrong, who bought the land from Mr. Whittaker and also ran a successful market garden. All part of Bentham's history.

As well as local history there is family history. I have managed to trace my family in South Wales back to 1824. I am only sorry that I took up the hunt so late, after my grandparents had died. My great grandmother was known to correspond with relatives in Patagonia, South America, (where there is still a Welsh speaking

community). Unfortunately, on the death of my grandfather, who was another local historian, my aunt had a brainstorm and threw away all his books, papers and photos, thus losing forever an interesting record of family and social history.

Everyone has a story to tell. The reason for this article is to plead with all the people of Bentham of pensionable age, to write down their story now. Grandchildren, even children, are fascinated by how their predecessors lived, hence the plethora of books about, describing the author's childhood and subsequent lifestyle. I have written down all I can remember of my life from childhood, to pass on to my four children. Unless it is recorded, whether for publication or just for family information, our story will not live on after us. For the sake of future generations please put pen to paper and get down the story of your life.

AGE CONCERN NEEDS YOUR HELP

By Mary Hartley

Bentham Age Concern needs a Day Centre Organiser. Are you that person? Could you arrange speakers and activities for Day Centre members on a Friday each week, and organise trips and outings during the week? Would you like to be part of a team of dedicated helpers? If you feel you are the person to undertake this enjoyable and worthwhile post, which is a paid honorarium position, please call into the Day Centre at Bentham Town Hall on a Friday or ring Mary Hartley on 62373.

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LOCAL EVENTS IN MARCH

Mon 1st Looking Well, 1.00-3.00pm, Cancer Support Group drop-in, and every Monday. 7.30pm History of Looking Well and Pioneer Projects Slideshow.

Town Council meeting in Town Hall, 7.30pm.

NSPCC Annual General Meeting at the Punch Bowl, Low Bentham, 7.30pm.

Tue 2nd Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.

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

High Bentham Playgroup, Town Hall, 1.00-3.00pm and every Tuesday and Wednesday.

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

Wed 3rd 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, and every Wednesday.

Thu 4th High Bentham W.I. at the Town Hall, 7.30pm. See page 2.

Thu 4th

Bentham Footpath Group walk, Circuit of Stocks Reservoir, 9 miles, leader P. Parrott 01200 423125. Meet at Lairgill/Vicarage car park, 9.30/10.00am.

Looking Well, 9.30-11.00am, Ball Play for Toddlers at the Community Centre. Tai Chi at Looking Well 7.00-8.00pm. Both every Thursday.

Bentham Arts Forum meeting, 7.30pm, The Byres.

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

Fri 5th

Age Concern at the Town Hall, "Quiz".

Looking Well, 6.00-9.30pm, Black Library Wargaming Club, over 11s, and every Friday.

Sat 6th

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

Steeton Male Voice Choir at the Town Hall, 7.30pm. See page 23.

Tue 9th

Bright Hour at the Methodist Schoolroom, 2.15pm. Mrs. A. Green and Mrs. A. France.

Wed 10th

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

Thu 11th

Country dancing with Alison Service, 2.00-3.30pm at the Methodist Schoolroom.

Fri 12th

Age Concern at the Town Hall, "What's my line?"

Sat 13th

Friends of Tatham Fells CE Primary School coffee morning at the Town Hall, 10.00-11.30am. 

Burton-in-Lonsdale & District Horticultural Society Spring Show, 2.30pm at Village Hall.

LISTING FOR LOCAL EVENTS

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

Event.....

Venue.....

Contact Tel. Number.....

Name.....

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

- Sat 13th Bentham Footpath Group walk, Wrayton circular, 8 miles, leader N. Dove 21557. Meet at Lairgill 9.30am.
- Mon 15th Burton-in-Lonsdale and District Horticultural Society, at the Village Hall, 7.30pm. "Floral design for the home and show bench" - Jane Burns.
Copy deadline for April edition Bentham News.
- Tue 16th Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.
Bentham Toy Library at the Community Centre, 8.30-11.30am.
- Wed 17th Citizens Advice Bureau at the Surgery, 1.30-3.30pm.
- Thu 18th Bentham Traders Association Quiz night, 7.30pm at the Horse and Farrier. Teams of four. Phone Dave Lewis, 63386 for details.
Country dancing with Alison Service, 2.00-3.30pm at the Methodist Schoolroom.
Low Bentham W.I. at Victoria Institute, Low Bentham, at 7.30pm. See page 2.
- Fri 19th Waste paper collection at Lairgill, 8.30-11.00am. Proceeds to NSPCC.
Age Concern at the Town Hall, Rev. Roger Fox - "Getting to know you".
The Countryside Society meeting at Hornby Institute at 7.45pm. "Less common flowers of Cumbria" - Graham Matthews. Visitors welcome - £2. Light refreshments 20p.
- Sat 20th North Craven Liberal Democrats coffee morning at the Town Hall, 10.00am-12.00noon. Cakes, raffle, bric-a-brac etc. 
- Tue 23rd Bright Hour at the Methodist Schoolroom at 2.15pm. Mrs. Mary Hartley (Bring and Buy).
- Thu 25th Country dancing with Alison Service, 2.00-3.30pm at the Methodist Schoolroom.
Celebration Choir first rehearsal at 7.00pm at St.Margaret's Church. For details telephone 63156.
- Fri 26th Age Concern at the Town Hall, Card Bingo.
- Sat 27th Bentham & District Pet Rescue Coffee Morning, in the Town Hall 10.00 to 11.45 am. 
- Sun 28th Bentham Footpath Group walk, Cinderbarrow/Yealand, 8 miles, leader B. Ellershaw 62078. Meet at Lairgill at 10.00am.
High Bentham Playgroup Table Top Sale, 10.00am-2.00pm at the Community Centre, High Bentham. Childrens nearly new, bric-a-brac, games, face painting, refreshments. £5 per table. Please ring Rachael, 61438, to book a table.
St. John's Church, Low Bentham, TEAR Fund service at 10.00am. Guest speaker Mr. G. Rand. All Welcome.
- Mon 29th Ewecross Historical Society at the Town Hall, 7.30pm. "Archaeological work in the Yorkshire Dales National Park" - an illustrated talk by Mr.Robert White or one of his team. Visitors welcome £1, includes tea and biscuits.
- Tue 30th Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.
Bentham Toy Library at the Community Centre, 8.30-11.30am.
- Wed 31st Citizens Advice Bureau at the Surgery, 1.30-3.30pm.

RECIPES

By Doreen Park

I think somebody is trying to tell me something as I have had some books left for me on wholefood cookery; so here are two that appealed to me.

Nut Roast

12 ozs mixed nuts and seeds (equal amounts of cashews, hazels, almonds and sunflower seeds make a good combination)

6 ozs wholemeal breadcrumbs

1 medium onion peeled and finely chopped (approx 6 ozs)

3 tablespoons chopped fresh parsley

2 tablespoons soy sauce

3 tablespoons sunflower oil

2 medium sized eggs

1 oz pumpkin seeds

Set the oven to 375F, 190C, gas mark 5. Grind the nuts and seeds so that they look like medium-fine breadcrumbs, not too powdery. Mix all the ingredients together (saving the pumpkin seeds and two tablespoons of the oil for the top) and squeeze with your hands. Oil a roasting tin well and form the mixture into a loaf shape in the tin. Pour the reserved oil over the top and sprinkle with pumpkin seeds. Cap this loosely with aluminium foil and bake for 45 minutes. Serve with roast potatoes (steam in their jackets for 15 minutes and peel the thin skins off), place them around the roast and pour a little oil over each. Serve with carrots and lightly steamed green vegetables that are in season, and a simple brown sauce.

Potato Nut Loaf

1 lb cooked potatoes

1 large onion finely chopped

1 teacup chopped celery

2 tablespoons tomato pulp or sauce salt & pepper

¼ lb nuts similar to those in previous recipe, ground coarsely

½ oz dripping or margarine

1 egg

Set oven to 425F, 220C, gas mark 6. Mash the potatoes very smoothly, add the

finely chopped onion, tomato pulp, celery and ground nuts. Season with salt and pepper and bind with the beaten egg. Turn the mixture into a well greased baking dish or tin

and brush the top with melted fat. Bake for 25 minutes. (I must confess I served this with some crisply cooked bacon but it would be just as nice on its own).



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BENTHAM PEOPLE



Thanks

Annie Gudgeon would like to thank all those who sent gifts and cards to celebrate her 90th birthday.

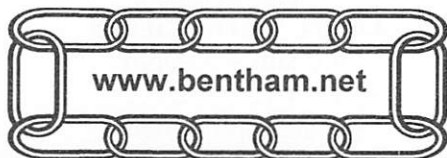
Lorraine would like to thank everyone who came to her 40th birthday party and for all the really nice presents. A special thanks to Paul, and Sharon who made a brilliant cake!

High Bentham Playgroup wishes to give a big thank you to Wenning Lodge, Bentham, for their generous donation of £100. Also, the group thanks those who supported their coffee morning which raised £180.

The Committee would like to thank everyone who attended and baked/donated items for the Goodenber Play Area coffee morning on Saturday 17th January; we raised around £20 towards running costs at the playground.

Golden Wedding Anniversary

Thwaite, Winifred and Bryan. Happy Golden Wedding Anniversary - 27th March. Love from Kim and Stephen, Richard and Salli, Victoria, James, Alice, Charlotte and Henry.



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SETTLE HIGH CELEBRATES ACHIEVING TECHNOLOGY STATUS

By Shirley Brown

Settle High School and Community College (SHSCC) will officially adopt technology college status in September, a move that will attract funding of thousands of pounds. The school will be awarded £100,000 to buy hi-tech equipment, and over the next 4 years will receive £127 a year per student, which totals another £75,000.

The battle for recognition started in 2001 when the school first decided to go for special status. The announcement released by the Dept for Education and Science (DES) recognised the mammoth effort involved by campaigners for SHSCC who first had to raise £50,000 before they could even be considered. The 80 page submission which was prepared to win the status was handed in last March, but this was rejected and a fresh application was submitted in October. This re-submission proved successful, and on 11th February school officials travelled to London to accept the status formally.

Why Technology?

The school decided to go for technology as this was the broadest of the specialisms on offer. Head teacher, Trevor Wear, said, "We came to the conclusion that the most effective status would be technology as that didn't rule anyone out, while drama, arts or sport might have done." He added, "I am delighted with the news. We will now be able to enhance our technology equipment and IT systems, which will not only benefit science, maths and design, but will also impact on the whole school. We are already a community college with an extensive programme of activities for local people, and now we will be able to improve the quality of this provision."

SHSCC is a very popular school in the area, and has the distinction of being one of the most rural schools in North Yorkshire serving the largest catchment area in the country. The catchment area covers over 250

square miles and contains a population of just 15,000. The new-found status will allow it to develop as a centre of learning, not just for its 560+ students, but also for primary and middle school students and the whole community. Executive member for Education, Councillor Chris Metcalfe said, "We are thrilled Settle has finally been given the status it so richly deserves. The success can be put down to the tenacity of the whole community who had the vision and determination to see this through. Settle is a fine example of what the Education Service in North Yorkshire is trying to do with its schools. They should be centres of learning for students of all ages throughout the working day and beyond."

PIANO FOR FREE

By Neville Chant

The Masonic Hall in Station Road has an upright piano which is surplus to requirements and needs a new home. There will be no charge - just the cost of moving it! For further details ring Michael Mason on 61784 or Neville Chant on 62799.

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SURGERY NEWS

UPDATE ON HEARTBEAT CLINIC

By Dr. Nick Howlett

We set up our annual clinic to look after patients with heart disease and high blood pressure in Autumn 2002, and by now all patients should have been seen at least once in the clinic.

The clinic has generally been popular with staff and patients, efficiently reviewing patient care, and addressing such issues as blood pressure control, smoking cessation and exercise advice. Over the first year our outcome measures have all improved – more patients have their blood pressure and cholesterol under control, and large numbers have stopped smoking. Our lifestyle advice has been more consistent, and hopefully patients are doing more exercise and living more healthily. We have also found nearly 10 new diabetic patients by checking everyone's blood sugars – meaning that the condition is picked up at a much earlier stage.

Two changes in the clinic will take place this year. Firstly we have got rid of the original name of the "Chronic Disease Clinic". This was originally chosen over the alternative of the "Vascular Disease Clinic" as it was pointed out that the abbreviation this created would be even less popular! So we have settled on the simpler "Heartbeat Clinic".

A second improvement is that we are extending the clinic to include all patients with previous strokes [both large and small] and patients with peripheral vascular disease [blocked leg arteries]. These are groups that have been a little neglected, but recent medical research shows that they should be managed much as you would a patient with heart disease – stopping smoking; lowering cholesterol; increasing exercise; lowering blood pressure. All patients with these conditions, who are not already being seen in the heartbeat or diabetic clinics, should receive information from us shortly.

A few patients seem to have been missed out when we set up the clinics – please let us know if you feel you have been overlooked.

Shirley 25 not out!

By Sue Atkinson

Our Practice Manager, Shirley Macdonald, will be celebrating 25 years' service at the surgery on 8th March. When she started work here she had two young sons, and now her family includes three beautiful grandchildren. All her friends/colleagues here at the surgery send their very best wishes to her, and hope that she stays around for many more years to come!

Missed appointments: 87.

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Dear Bentham News,
I moved into my house around a year ago and feel very happy here. I would like to thank a few people who made this possible. The staff at the post office, surgery, library and shops. People at the local churches too. All the folk in Bentham made me so welcome.

What a lovely place Bentham is, people always smiling and helpful.

Yours sincerely,

Joni Weekly (Django's Mum) 14 Mount Pleasant, High Bentham.



CHRISTIAN AID

By Kathleen Goldsack

The coffee morning for Christian Aid held on Saturday 14th February raised £116 for the Iranian earthquake victims. Very many thanks to all those who helped and those who supported this worthy cause.

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ANNUAL DAY OF PRAYER

By Rose Pierce

The Women's World Day of Prayer Movement will celebrate its annual Day of Prayer on Friday 5th March 2004. This year's service comes from Panama and the theme is "In faith, women shape the future".

Panama is a tropical country, about the size of Scotland, renowned for its wide variety of flora and fauna. It has an attractive and diverse landscape of forests, beaches, mountains, rivers and its most famous landmark is the Panama Canal, linking the Pacific and Atlantic Oceans.

After years of hardship and struggle Panama is now an independent nation, proud of the ethnic and racial diversity of its people and of its strong Christian heritage. As in many parts of the world, women are emerging as a major presence and force in public life and it is their faith and determination that the women of Panama celebrate in this service.

Women, men, children and young people from many different backgrounds and in more than 180 countries will be celebrating this Day of Prayer. We invite you to unite yourselves with them and join in a service in your own locality.

There will be a Women's World Day of Prayer Service at St. Boniface's Church at 2.00pm on Friday 5th March. The speaker will be Florence Begle (Parceval Hall). All are welcome.

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PUPPY POINT - TOUCHY FEELY

By Sue Whiteley

An important lesson that every puppy needs to learn is to accept and even enjoy being handled. This makes life easier and safer for you and anyone else who may have to handle your dog. It is also in your dog's interests to feel happy about being handled, rather than feeling threatened or frightened and needing to resort to aggression. Puppies often try to mouth, bite, struggle or growl when first handled. We should teach them that being handled is a pleasant experience. To start with, just use your hands to briefly and gently touch your puppy, regularly rewarding calm and relaxed behaviour with tasty titbits. Always aim to stop before he starts to mouth or wriggle. You may find it easier to have someone to help feed him titbits as a distraction or reward, as necessary. With regular practice you will be able to handle him more firmly and for longer, using less food. He may not be so keen about having certain parts of his body handled, e.g. around eyes, ears, mouth, paws and tail. Just progress more carefully with these more sensitive areas. In a similar way, you can gradually introduce your puppy to grooming brush, being towelled, ear cleaning, eye wiping, tooth brushing and nail clipping. If your puppy ever protests, you've tried to do too much so next time aim to do less and stop before he gets upset. Make sure it is a pleasant experience for you both!

For information about "Good Start" Puppy Class contact me on 015396 21946.



WENNING BADMINTON CLUB

By Julie Bridgeman

Important Announcement

The Annual General Meeting of the club will be held on Friday 26th March 2004 at the Black Bull, Bentham at 7.00pm. This is an extremely important meeting as there are no longer sufficient members to sustain membership in the Lancaster & Morecambe District Badminton League, therefore if new members do not join for the coming year the club may close. Please attend if you are interested in saving the club.

BENTHAM TRUST IS MOVING

By Lin Barrington

On Monday 1st March, Bentham Development Trust is moving to Station Road. Our office will be next to Tom Guy's Hairdressers, and the Tourist Information Office, Bentham Community Transport, Market Town Initiative and internet public access will be moving with us. We will have two phone numbers to cover everything: Bentham Community Transport is keeping its number (62753) and everything else will be channelled through the Tourist Information phone number (62549). We intend to keep everything running as normal, and hope you will bear with us while we get used to our new home. We hope to move to the Town Hall next year and continue to work on developing a 'one-stop-shop' for information and a community office as well as helping Bentham Community Transport to thrive and grow.

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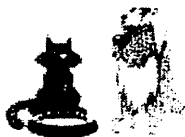
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BENTHAM & DISTRICT PET RESCUE



By Val Marshall

Having homed our two remaining elderly cats we are now starting a very late neutering programme before this year's kittens start coming in. Due to the mild weather last autumn the kittens were still being born up to Christmas, but many will have died due to the cold and wet since then. Once again, I beg of you if you have an un-neutered cat of 6 months or older, please get it "done" before it starts breeding again.

We had another very successful book sale last month at Watershed Mill, earning enough to pay our January vet's bill. Our next events are the A.G.M. on March 24th at the Punch Bowl, Burton-in-Lonsdale, and the Coffee Morning in Bentham Town Hall on Saturday, March 27th. If you have books or blankets to be collected please telephone 62512 and we will arrange collection. Our new sanctuary should be up and running by the time you read this and we hope that it can

be used to look after cats whilst their O.A.P. owners are ill or hospitalised, as well as being available for the usual inmates.

LOOKING WELL NEWS

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 that the Steeton Male Voice Choir will 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.

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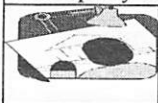
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ALL LAND OWNERS - PLEASE CONSIDER THIS PLEA!

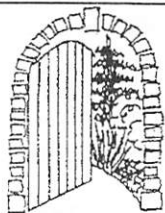
By Barbara Hartley

Horse riding in this area, as in the whole of the country, is on the increase yet horses and traffic are not ideally compatible. Horses will not go away so it is in the interests of all to find ways of getting horses off the roads as much as possible.

As a horse rider myself, I always wondered "What is there in it for the landowner if we ride across their land?" and the answer was "Nothing"! Ah, but things are changing! If a new bridleway is created there is a scheme whereby the landowner could receive a rent of £350/year for the access agreement plus £900 per 1000m of new concessionary bridleway. There are also similar payments for the upgrading of existing Public Footpaths and in addition there are grants for bridleway gates and bridges. You see, there is something in it for landowners if only you would consider for a moment - can you help to get horses off the road?

There are many different forms of off-road access for horses being developed throughout the country, including toll routes, concessionary/permissive bridleways (which you could with prior notification, close if you find it isn't working) and local arrangements. There are also many Public Footpaths, which could be considered for upgrading. Access may vary from a very short section to keep horses off a difficult bend in the road to a circular route of linking bridleways and quiet roads with so many more possibilities between these two extremes. Anything would be welcome!

Please, please consider this plea! If there are more off-road routes, you, as a driver, will not be inconvenienced so much by horses on the road and we will all be a little safer. If you are interested in any of the above ideas or have anything whatsoever to offer, or want to chat about an idea, please contact Tarja Wilson, Lancashire Countryside Service 01200 426433 or Barbara Hartley, N. Lancs Bridleway Society 015242 21026.



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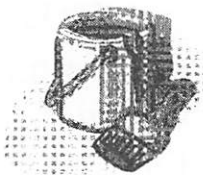
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BENTHAM AGRICULTURAL SOCIETY FIFTH ANNUAL QUIZ

By Val Lawson

Thank you to everybody who supported our fifth annual quiz at Bentham Town Hall in February. After eleven rounds of questions set by quizmaster John Whitfield, team 34, consisting of C & C Robinson, G Lewis & D. Whitfield, won with 88 points. Team 13, consisting of J Beck, D Lund, S Nixon & D Illingworth with 86½ points, came second. Team 22 consisting of D Ibbetson, R Lewis, M Knowles & S Harrison came third with 84½ points and team 10, consisting of J & M Brumfitt, D Lawson & E Huddleston came fourth with 83½ points.

The first of nine raffle prizes was won by Christine Jennings and the event raised £315. We look forward to seeing you at the sixth annual quiz, next year.

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THE DEMISE OF THE MILL AT LOW BENTHAM

By David Johnson

The photographs on the front page, taken in mid February 2004, show the levelling of the site of the Ford Ayrton Silk Mill at Low Bentham bringing to an end the existence of a mill on this site since 1785. For over a century the low mill as it was known, worked in tandem with the high mill at High Bentham. Both mills worked with wet spun yarn and later, after the serious fire at the Low Mill in 1852, power looms were introduced for weaving linen.

The mill was bought in 1877 by Thomas Benson Pease Ford who moved his spun silk spinning business from the Albion Works in Leeds to Low Bentham. Edward Wilkinson, his manager, moved with him. The mill encountered severe financial problems in the early days and the business was only saved by the timely death of an aunt. In 1888 Edward Ayrton joined the firm and it became known as Ford Ayrton and Co. from that date. In 1897 the hours of work were from 6.00 to 8.00 a.m., 8.30 a.m. to 12.30 and 1.30 p.m. to 5.30 p.m. and on Saturdays until 1.00 p.m. Children started work at 11 years old dividing their time between the school and the mill for about 7 pence a week.

Lily of the Wenning

In 1821 a large new overshot water wheel measuring 24ft 12ft. 12ft and called the Lily of the Wenning was installed and it continued to provide motive power until 1921 when two water turbines were installed by Gilkes of Kendal. As a further source of power a beam engine, installed in the nineteenth century, was replaced in 1886 by a more powerful 160 h.p. machine built by Hick and Hargreaves of Bolton. Another interesting and little known fact is that the mill manufactured its own gas. There was a small gasometer on site and this was in use until 1955 when the mill was connected to North West Gas. The Ford family was one of principle and as they were members of The Society of Friends (Quakers) they refused all business offered to them during

the First World War. Not only did they turn down business but the Fords compensated their partners for their loss of profit. For a while all production ceased and life became very hard but civilian trade increased again and the mill was soon busy.

Thomas Ford died in 1918 and Charles Ford started to implement his father's wishes to improve trust and understanding at the mill. The Fords adopted a policy of openness with the workforce. The workers had representatives on the board and were always kept informed about the performance of the mill. The employees benefited from a profit-sharing scheme. After 1918 the workforce enjoyed additional benefits such as reduced hours, a non-contributory pension scheme, paid holidays and a benefit fund to cover sickness. This caring approach made the Fords one of the most respected families in Bentham.

Mill finally closes in 1970

The mill improved the quality of its production in the 1930s with the introduction of Mann's Circular Dressing machines and the mill prospered for much of the time. During the 1939/45 war a silk controller was appointed who bought the raw material and took over their stocks. Civilian trade was forbidden. The mill was eventually forced to close in 1970 because of a decline in markets largely due to the popularity of man-made fibres.

The site has been demolished by L&W Wilson and will, it is understood, be developed as luxury apartments and town houses and some light industrial development by Russell Armer. They propose to name the site "Millers Ford" (The name still has to be approved by the Town Council).

If you are interested and wish to learn more try reading 'Wenningdale Mills' by Phil Hudson and 'Nineteenth Century Industry in the Wenning and Greta Valleys' by Muriel Humphries.