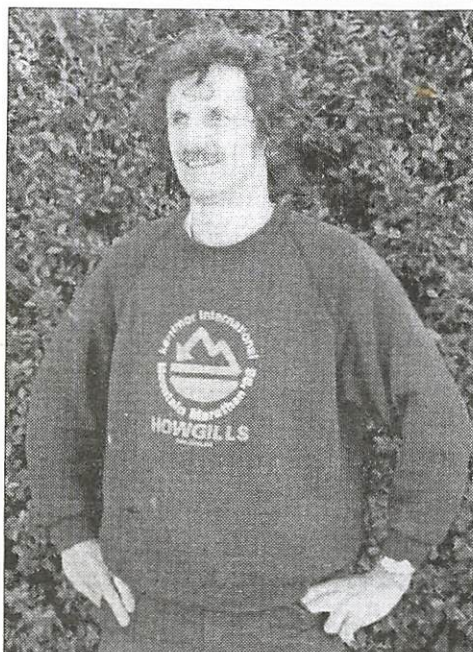


BENTHAM NEWS



LOCAL PEOPLE IN THE NEWS

Page 22 - meet our new
Town Clerk (top left)

Page 32 - Mike Wynne's
amazing 13 hours running
on the fells (top right)

Page 19 - Dave Halsall's
wilderness weekend (left)



JUNE 2004

ISSUE 212

LOOKING WELL

By Alison Jones

Deep Relaxation Techniques

Following the success of the first 10-week relaxation course held at Looking Well, another 5-week course begins on Tuesday 8th June, 7 - 8.45pm. This course will introduce you to simple, practical deep relaxation techniques and an understanding of how they work. Deep relaxation is particularly effective in reducing physical tension and uncomfortable emotions, like anxiety, and can help you effectively manage stressful situations. To enrol contact Community Education, Settle High School, 01729 823312.

Fundraising

We are going to hold an outdoor Cake Stall on Wednesday June 23rd with a horse theme (eg. horseshoe shaped biscuits) If anyone would like to make anything for it, themed or not, we would be very grateful. Please bring your contributions to Looking Well on Tuesday 22nd up to 5 pm or Wednesday morning from 9.00am.

WHERE HAVE ALL OUR ROAD SIGNS GONE?

By Shirley Brown

Several road signs have disappeared in the Bentham area recently. It now seems likely that they are being stolen. The 30/40 mph sign near Pye Busk, the single track road sign at Nutgill Road, the 'Welcome to Low Bentham' sign and the 'Welcome to North Yorkshire' sign at Wennington have all disappeared. The police would like to hear from anybody who can help identify the thieves. Please ring (015242) 41217.

Where is Kidde's?

On the theme of road signs, it does seem strange that there are no signs anywhere to show delivery wagons the way to KIDDE's factory in Station Road. Confused drivers, often from the continent, who have diverted to avoid the low bridge on the approach to Low Bentham, are often found coming down Doctor's Hill where they then have enormous difficulty. Cynics might say, what's the point of putting up another sign, it'll only get nicked. Only KIDDEing!

CAR DRIVERS NEEDED

By Lin Barrington

It's the time of year when some of Bentham Community Transport's car scheme drivers start taking their holidays, which means that we sometimes struggle to find a driver to take patients to the surgery and to other appointments. If you have a bit of spare time and would be willing to help out by using your car to transport our clients, we would be very glad to hear from you. There's no lifting involved, we just transport clients who have no access to transport at the time they need it. We pay 35p per mile travel costs, and your insurance is not affected. If you are interested, please call in to the Bentham Community Information office on Station Road (next to the barbershop) or phone us on 62753.



CHARLIE'S BACK!

By Lin Barrington

Charlie Robin is once again gardening at various spots such as School Hill and around the 'Welcome to Bentham' signs. If you see him, say hello, and if you have any spare plants he may well be glad of them.

There is enough money in the pot held by Bentham Development Trust to last for this year, but the money will then have run out, so we need to think about how to carry on Charlie's good work. If you would be interested in doing a bit of community gardening, drop in to the Community Information office and let us know, or phone us on 62549. Thank you.

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BENTHAM TOWN COUNCIL

By Bill Kennedy

The meeting on 11th May was attended by all the councillors, except for Councillors Ireton, Camacho, Lloyd, Hurtleley and Stannard.

Appointment of Officers

Mrs. W. Heigh was appointed as Mayor and Mr. G. Hurtleley as Deputy Mayor. Council representatives are as follows:

Joint Footpaths: Cllrs Birkbeck & Ellershaw.

Playing Field Association: Cllr Heigh.

Community Association: Cllr Adams.

LBCP School: Cllr. Stannard.

Railways & Police: Cllrs. Wills & Marshall respectively.

Aid in Sickness: Cllr. Hey.

Bentham Development Trust: Cllr. Lloyd.

Looking Well: Cllr. Birkbeck.

Community Transport: Cllr. Lloyd.

Highway Matters

Resurfacing of Main Street, from Goodenber Road to Robin Lane, will take place this summer. NYCC may reconsider the parking and road markings at the same time. It was suggested that the best time would be during the Kidde (Angus) summer holiday break in July. The council hopes to have a meeting with Messrs. Marr and Isherwood of NYCC. Highways Department.

A number of road signs have gone missing recently. These include the 30/40mph signs near Pye Busk, the Single Track Road sign at Nutgill Road, the Welcome to Low Bentham sign at Doctors Hill, Low Bentham and the welcome to N.Yorkshire sign at Wennington. NYCC is to be informed. Sadly, this type of occurrence just adds to the council tax costs, so we are all affected.

Town Hall Refurbishment

Tenders are due to be returned by the end of the first week in June. Organisations with property stored at the Town Hall should remove it before the end of June otherwise it may be disposed of. When the refurbishment is complete, the only items which may be

stored will be those covered by the Fire Regulations. Organisations which normally use the Town Hall should arrange for alternative accommodation.

Spar Shop Complaint

A letter, copied to Ingleton Police, had been received from Mr. Herbert, Security Auditor for Spar. It related to vandalism and intimidation by youths at the Spar Shop in Bentham. Cllr. Marshall suggested that as the names of the perpetrators are known, they should be given to the police.

Dog Fouling

Following an unsatisfactory response from Craven District Council it was agreed to write expressing concern about the Dog Warden Service and the quality of response.

Cleveland Square Market

Under Any Other Business, Cllr. Wills expressed his disappointment at the report in the last Bentham News, regarding the return of the Market to the Council. Cllr. Hey asked if there was a hidden agenda with biased reporting and articles not being attributed to individuals. A letter should be written expressing disappointment at the opinion expressed, and asking for reports to be factual with editorial comment made elsewhere. The facts about the market should be laid out.

Planning Applications

08/2004/4216. Proposed extension to rear of house at 2 Baynes Cottage, Low Bentham.

08/2004/4264. Proposed directional sign to land north of Main St, opposite Mill Lane, Low Bentham.

08/2004/4291. Proposed single storey extension to rear of Holmes Farm, Bentham.

08/2004/4276. Resubmission of 08/2002. 2128 to show minor amendments to barn conversion at Laneside Barn, Mewith Head, High Bentham.

08/2004/4301. Rear kitchen, dining, utility garage and bedroom extensions at Green Lea, Low Bentham Road, Low Bentham.

08/2004/4308. To paint bare rendered exterior walls at 6 Ashfield Cottages.

08/2004/4312. Proposed single storey extension to side, and rear alterations at 57 Robin Lane, High Bentham.

There were no objections to the applications.

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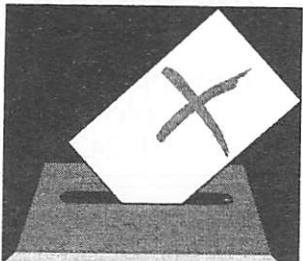
51 MAIN STREET, BENTHAM. TEL: 015242 61333.

CRAVEN DISTRICT COUNCIL MATTERS

By Gerald Hurtleley

European Elections – 10th June 2004

If you need a postal vote or have applied for a postal vote and have not yet received it please contact 01756 706241. Please remember the last day for receipt of your vote is 10th June 2004.



Comprehensive Performance Assessment (CPA)

A fair rating has been awarded to Craven District Council in the Audit Commissions Comprehensive Performance Assessment. The planning, environmental health and

leisure facilities that Craven provides were highlighted as good. Improvements can be made, in particular, access to services, benefit processing and longer term plans for recycling and affordable housing.

CDC Organisational Structure to change

The organisational structure of Craven District Council is to be reorganised. It will change from having:

- 7 Heads of Services
 - Chief Executive
- To a structure of:
- 3 Directors of Services
 - 9 Heads of Services
 - Head of Human Resources and Performance
 - Chief Executive

External organisations such as the Idea Peer Challenge and the CPA endorse the case for change, and it is hoped that this will increase the contribution we all make.

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E-Mail Address: bentham@naylor-myers.co.uk

ALZHEIMER'S RESEARCH TRUST COFFEE MORNING

By Felicity Hey

On Saturday 26th June there will be a coffee morning in the Town Hall to raise money for the Alzheimer's Research Trust, based in Cambridge. I have no committee behind me on this, just a strong desire to do something positive, and some very kind and generous friends who have offered to help on the day.

In December 2002 my beloved father, Peter Sharp, died very suddenly after suffering from Alzheimer's for four years. He was an intelligent, inquisitive man, who had been managing director of the family business, fascinated by politics, history and astronomy, but particularly remembered for his enormous love of children, especially his grandchildren. Four years after the first vague symptoms had been recognized for what they were, he was reduced to an exterior shell that looked like my father, but who was sometimes aggressive, violent, had little recognition of his children, with no memory and very little comprehension of anything. My mother looked after him at home until a few months before he died, and I have the greatest admiration for her patience and resilience.

Witnessing his decline was the cruellest and most heart-breaking thing I have ever seen, and my heart goes out to anyone in a similar position. My mother has become very active in her local Alzheimer's Society branch, and has, with two other ladies, set up a group for carers who have recently been bereaved, as they have often become isolated and alone whilst nursing the Alzheimer's sufferer. My instinct is to raise money to fund research into this horrendous disease, and that is why I am holding the coffee morning. Any donations for the cake stall, or the raffle, would be gratefully received - please call me on 61586 if you can help, or turn up on the day. Thank you.

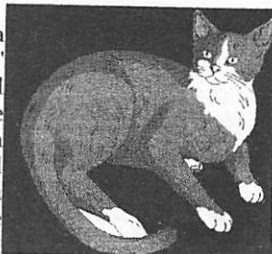
Bentham Alzheimer's Carer Support Group

Thanks to all who supported the April coffee morning, which raised over £138.

LOST KITTEN HAS RETURNED

By Shirley Brown

A few weeks ago a sad "MISSING" notice was posted through all the letterboxes in Springfield. It said that a grey kitten with white markings and a distinctive white



patch to the side of his nose was missing. Beside some children's drawings of the much-loved kitten, was the message that his brother and the children of the family were really missing him.

The neighbours all searched their gardens and outhouses, but to no avail. However, this story does have a happy ending because after 6 nights away, the wanderer returned, hungry but none the worse for his adventure, whatever it might have been.

Stuart C Atherton

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ST. JOHN'S DAY CELEBRATIONS

By Judith Johnson

The family of St. John's would like to invite you to join us for a special service celebrating our Patron Saint John the Baptist on 20th June at 10.00am.

The Reverend Tony Willmont will lead us with the Sedbergh Junior School Choir, St. John's Junior Church in a special service including lots of rousing hymns. As it is our birthday, we will be offering you a piece of cake and even a small present as a token from our Church Family.

WASTE PAPER COLLECTION FOR NSPCC

By Hazel Lawson

Over the last year 53 tonnes of waste paper and cardboard have been collected for recycling, with proceeds going to the NSPCC. The collection point is at Lairgill Car Park on the third Friday each month 8.30-11.00am.

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Dear Bentham News,

This year is the centenary year of the Low Bentham Victoria Institute. In the late 1970s a major refurbishment of the building was carried out, and the village raised £21,000 to cover the cost. This was a great deal of money at the time, and would be a respectable sum today.



This contrasts sadly with the position now. The Management Committee is having great difficulty attracting new volunteers to be committee members. Also, the use of the building has declined in recent years, and organised events are poorly attended. It seems that public attitudes and expectations with regard to community life have changed. However, if help and support does not improve, there is a very real prospect that the Institute will have to close, and a valuable public facility will be lost.

If anyone feels able to join the committee, or offer suggestions for the way forward, please get in touch with Ann Winnery on 62228 or Lin Barrington on 61034.

Roy Farrar, Treasurer.

Dear Bentham News,

I've seen an interesting cutting from the Lancaster Guardian, paying tribute to Bill Kennedy on his retirement from the Bentham Trust. May I add my personal gratitude for the work Bill has achieved during the last few years. He has organised projects for the improvement of the structure of Bentham by tapping the many sources of funds available for rural areas and has also encouraged improvements in the life of Bentham itself.

I have known Bentham all my life but only intimately since becoming a teacher of the young people in 1955, and later having become a resident in 1972. Then it was a calm and pleasantly active community. Owing to the initiative and leadership of Bill Kennedy and those who worked with him, it is now a thriving and vibrant rural town, and long may it remain so! Fortunately Bill has retained his work for Bentham News, the value of which speaks for itself in its prestige and popularity. Well done Bill, you deserve a medal!

Sincerely, Ruth Parkinson.

Dear Bentham News

After reading the May edition of the Bentham News (particularly the front page 'Council Tax up - level of services down') I felt I would like to challenge you to 'accentuate the positive'. Why doesn't the Bentham News choose a positive project to put its campaigning energy behind? There are plenty of areas which could use the considerable clout which Bentham News backing could provide, such as improving facilities for young people.

I hasten to add that Bentham News is very much appreciated - you do a great job!

Yours sincerely

Lin Barrington

Editor's comment. Come on Lin, what planet are you on? The BN does promote positive projects and aims. Surely campaigning for a better level of services for the community is positive. How about the £1,200 we raised for the Extra Care Fund last June? What about the donation to Community Transport of £400 and the regular monthly articles we publish on behalf of Community Transport? What about the £350 to the Playing Fields Association Development Fund (for better facilities for young people)? Or the £300 to High Bentham Pre-School Playgroup? These are just a few examples of positive, hard cash support, (some for improved facilities for young people) not just words.

We have supported ideas for improving facilities for young people, and will continue to do so, and we would like to see young people becoming more involved, and playing a positive role in the life of our community.

Dear Editor,

We are hoping to increase the number of seats for the children around the school site. Therefore, if anyone would like to donate a bench to school we would be very grateful. Please contact the school on telephone 61412.

Our Summer Fair this year will be held on Saturday 12th June from 10.00am until 1.00pm. There will be various stalls and morning coffee and light lunches will be available. Thank you.

Mrs. C. Boocock Headteacher,
High Bentham CP School.

HSBC APPOINTS NEW MANAGER IN BENTHAM

By Tim Burton

Tim Burton has been appointed branch manager at the HSBC, Bentham. His predecessor, Henry Sephton, has retired after 38 years in the bank.

Tim was previously branch manager at Kirkby Lonsdale and has worked at Barrow, Kendal and Grange branches in the north west. He joins an excellent team at Bentham who provide their customers with a first rate service.

Tim, David and Lynn, along with their Financial Planning Manager, Trevor, would be pleased to meet you, at an open day on 9th June to show ways "The World's Local Bank" may be able to help you. We look forward to seeing you.

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MUSIC ON A SUMMER'S EVENING

By Judith Johnson

At 7.30pm on Saturday 19th June, 2004, OPERA PLUS is giving a musical concert at All Saint's Church, Burton-in-Lonsdale, in aid of the Church Lighting Fund.

This is the second visit of Opera Plus to Burton (many people were disappointed at missing their first visit) and All Saint's is extremely fortunate in obtaining them as they are in such demand that there is an eighteen month waiting list to book them.

Opera Plus was formed in 1997 and consists of singers well known individually to audiences at operas, musicals and concerts in the North of England. Each programme is unique and consists of music from a vast repertoire by the great operatic composers such as Bizet, Puccini, Verdi through to operetta by Gilbert & Sullivan, Lehar and Strauss and songs from the classic modern composers: Bernstein, Lloyd Webber and Richard Rogers. Their aim is to perform music of all types, to a very high standard and believe me, after going to many of their concerts, I can vouch for that.

Tickets are £6.00 (including wine and nibbles) and can be obtained from Sheila Broderick telephone 015242 62208 or from the Village Stores.

SCHOOL'S SUMMER FAIR, SATURDAY 12th JUNE

By Annie Carrington

The PTFA, staff and pupils of High Bentham CP School invite you to our Summer Fair, on Saturday 12th June, where we will have a variety of stalls, including plants, cakes, tombola, toys and games and various fun games stalls. Delicious sandwich and soup style lunches will also be available in the school hall, from 10.00am to 1.00pm.

Please come and support our school and help to keep us in the heart of our community! If anyone would like to donate cakes, plants or anything suitable for our stalls or raffle, then please phone Annie Carrington on 62336.

GARDENING COLUMN

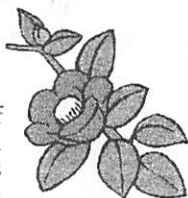
By Joyce Knapp

In June, before the turn of the season, we can make a final sowing of salad crops such as lettuce and summer radish and of root crops including beetroot and autumn carrots. Any root vegetables grown late in the season are less likely to suffer from certain pests and diseases, such as the dreaded carrot root fly, and they can be stored to use during the long winter months when fresh vegetables are, generally, in short supply.

Once the last seeds have been sown, we may need to turn our attention to more mundane tasks such as weeding, thinning, watering and mulching. The plants we grow for use as food crops are usually required to put on a large amount of growth over a relatively short season and for this reason it is essential that we do not allow weeds to grow nearby, as they would compete for nutrients, water and light.

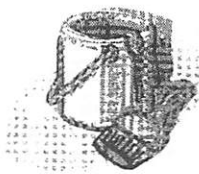
'Thinning' refers to the removal of any surplus seedlings and is best carried out as soon as the young plants are large enough to handle. This is usually just after the first true leaves become apparent and allows the remaining plants sufficient room to grow on strongly to maturity, hopefully reaching the desired size. It is worth noting that we can, to some degree, manipulate the final size of vegetables we produce by varying the distance left between plants. This is particularly effective with onions which, when grown close together will produce lots of small bulbs, but when spaced further apart will produce a smaller number of somewhat larger bulbs.

I would just like to take this opportunity to mention that I will be opening my allotment, at Ireby, on Sunday 4th July in conjunction with the Bentham Open Gardens Weekend. Anyone wishing to visit is welcome to call in between 1 & 6pm and have a look round and a chat, there may even be some fruit ready for picking.



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INGLETON TWINNING GROUP VISITS LA CHAPELLE DES MARAIS

By June Harrison

On the 13th April five Bentham residents joined Ingleton & District Twinning Group for a memorable six day visit to La Chapelle des Marais, Southern Brittany, the village with which Ingleton is twinned. Our coach left Ingleton on Tuesday morning and the same driver drove the coach all week, on all our excursions and with no complaints and always with a cheerful expression.

On our arrival in La Chapelle des Marais on Wednesday afternoon we were met by the local families with whom we were staying. They made us very welcome and on our "free" days, showed us around the area, which is very beautiful. Trips were arranged to the shipyard at St. Nazaire, where the Queen Mary 2 was built, the historic city of Nantes and La-Roche Bernard.

On Friday evening a very enjoyable social evening was arranged, which included a sumptuous meal and a demonstration of Breton dancing, in which we all took part. To commemorate the 10th anniversary of the twinning, a picture was presented to the people of Ingleton and this can be seen in Ingleton Community Centre.

On our way back to the ferry we visited the ancient town of Dinan, which made a very enjoyable end to our visit. In two years a return visit will be made to Ingleton and district by the people of La Chapelle des Marais and we hope to meet once more the friends we made during our trip, and return their hospitality.

DON'T PRESS 9

By Margaret Nicholson

Don't press 9 on your telephone. It is a scam. You are encouraged to press 9 repeatedly - to be in line to win a free trip to Florida, available to the people who press 9 and are first in line..! It is a scam and is likely to cost you up to £250 on your telephone bill. This is important - I received a "Press 9" call.

A WALK AROUND BENTHAM

By David Johnson

If you are a visitor, have recently moved into Bentham, or know little about our town, you may be interested to know that there will be two walks around High Bentham this year led by David Johnson. They are on Thursday 10th June and Thursday 19th August. Each walk will last about two hours and is about a mile long.

If you join us you will find out lots of interesting facts about our town. We will use some of the Bygone Bentham plaques, which you may have already noticed.

The walks will commence at 7.00 p.m. from Cleveland Square (near the Archway). The charge is £2 for adults and accompanied children are free. The proceeds will be donated to St. John the Baptist Church, Low Bentham.

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DISTRICT NURSING IN BENTHAM

By Elizabeth Greenbank. BSc Hons (District Nursing)

The Bentham and Settle District nursing teams are employed by Craven Harrogate and Rural District Primary Care Trust, and are known collectively as the North Craven team. District nurses compose part of the Primary Health Care Team and are attached to a Medical Practice. The structure for Bentham and Settle Practices, is two qualified district nurses supported by a community nurse and health care support worker, per Practice. These teams are directly overseen by a team leader who is also a district nurse who works with them.

District nurses retain much of their traditional role working with housebound patients, which includes post operative care as appropriate, wound management and care of the terminally ill, to name but a few! They receive patients on to their caseload in a number of ways, but mostly via Hospital and GP referral. However, together with their professional colleagues a proportion of their work is about identifying local needs and developing services to address them. Some of this work is currently targeted at improving services for the elderly including chronic disease management for the housebound. These are also areas identified within national policy as requiring careful attention to ensure that people receive integrated, safe and clinically effective care.

Much of the value of the district nursing service comes from its holistic approach to

patient need and the ability to implement a package of treatment that transcends health and social care. This requires the ability to work closely with many other services and professionals especially those in social care, whose work is greatly valued. In addition, due to the complexity and level of care patients are now able to receive within their own home, district nurses are required to liaise closely with a range of other nurse specialists in order to provide this. The variety of the work therefore is both challenging and interesting but requires, as with other health professionals, the need to maintain professional competencies in a rapidly changing NHS to ensure the efficacy of the care provided.

Patients who did not turn up for appointments they had made from 13th April-13th May - 78.

CHRISTIAN AID HOUSE TO HOUSE COLLECTION MAY 2004

By Kathleen Goldsack

The collection in High and Low Bentham in May raised £1671.37. This is an increase of nearly £200 on last year's figures. Very many thanks to all who helped in any way to achieve this outstanding sum.

Burton-in-Lonsdale raised another £402. We are, therefore, able to send over £2,000 to Christian Aid Headquarters.

Any uncollected envelopes may be left in Barwise's shop on Main Street. Thank you again for this wonderful effort.



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RECIPES

By Doreen Park

A few weeks ago one of our readers asked me to repeat a tray bake which her children liked, but she had mislaid the recipe. So that got me going. Here is the one I was asked for, and some that I have made recently, to use at garden parties, W.I. stalls etc.



Mars Squares

- 3 ozs margarine
- 3 Mars Bars
- 3 oz rice crispies

Heat the margarine and Mars gently and stir in the crispies. Press into buttered Swiss roll tin. Ice with melted chocolate, cut into squares when firm.

Banana & Walnut Tray

- 6 ozs self raising flour
- pinch of salt
- ¼ teaspoon cinnamon
- 3 ozs margarine
- 3 ozs walnut pieces
- 4 ozs demerara sugar
- 2 eggs
- 2 ripe bananas
- 2 teaspoons lemon juice

Sieve the flour, add salt and cinnamon and rub in the margarine. Then add the walnuts and sugar. Mash the bananas and lemon juice in a bowl and add, along with the eggs, to the dry ingredients. Mix well and then put in a greased and floured Swiss roll tin. Bake at 200C for 25 minutes. When cool, ice with water icing.

Fudgie Biscuit

- ¼ lb margarine
- 2 tablespoons syrup
- 6 ozs caster sugar
- 1 small tin condensed milk

Boil all these together for 8 minutes then add ½ lb digestive biscuits. Put in a greased Swiss roll tin and leave to cool. Melt chocolate and spread it over the top then cut into squares.

Golden Bubble Bars (Made in the Microwave)

- 4 ozs soft toffee
- 4 ozs butter or margarine
- 4 ozs marshmallows
- 5 ozs rice crispies
- 2 ozs raisins
- 2 ozs cherries, chopped

Place toffees and hard margarine in a large bowl, microwave uncovered on high, for 3 minutes. Stir well and then add marshmallows and microwave on high for 2½ minutes or until melted. Add ½ the rice crispies and stir well. Add the raisins, cherries and remaining crispies. Mix well and place in a greased Swiss roll tin and spread evenly. Cover with melted chocolate and cut when set.



By Tony Bennett

The glass houses are in a state of change. The once burgeoning spring crops a few weeks ago have been harvested and enjoyed by our customers. Frogs have spawned and tadpoles gently ripple the pond's surface. The recently prepared ground is a food haven for the nesting blackbird nearby, just inside the main door to one of the glass houses. She is seen returning to her nest with a beak sprouting huge collections of worms.

We now enter the 'hungry gap' awaiting the summer crops to come on. Soon you can look forward to sugar-snap peas, broad beans, shallots, onions, runner beans, cucumbers, courgettes and tomatoes. We still have lettuces, spring greens and some spinach and our successful crop of asparagus in the on-site shop as well as local organic tomatoes from Blair's in Pilling.

New customers are continuing to join our delivery scheme. We welcome queries by phone or email about what we have to offer, both through our delivery scheme and our on-site shop. Shane can be contacted on 015242-51723 and our email address is info@growingwithgrace.co.uk. We also have a web site with a lot of information on it.

LOCAL EVENTS IN JUNE

Tue 1st Bentham Footpath Group walk, Lower Winstar, 7½ miles, leader N. Dove 21557. Please meet at Lairgill car park at 9.30am.

Clapham Art Group annual exhibition continues at the Village Hall, 11.00am-6.00pm daily until 6th June.

Looking Well 2.00-3.00pm Tai Chi and on 8th & 29th only. Women's Support group 2.00-3.00pm and every Tuesday.

Wed 2nd Looking Well 1.30-3.00pm, Mucky Buckets & Baby Buddies, parents and under 3s play session, and every Wednesday.

NSPCC monthly meeting at Lingfield, Robin Lane, at 7.30pm.

Thu 3rd Looking Well 7.00-8.00pm, Tai Chi, and every Thursday.

Dance easy sequence at Clapham Village Hall, 7.30-10.00pm. £1 includes tea & biscuits.

Bentham Arts Forum, meeting at the Byres, 7.30pm.

High Bentham W.I. at the Town Hall, 7.30pm. Dr. Nightingale.

Fri 4th Looking Well 6.00-9.30pm, Black Library Wargaming group, over 11s, and every Friday.

Sat 5th St. Margaret's Church coffee morning at the Town Hall, 10.00-11.45am. 

Bentham Pet Rescue Garden Party at Norcroft, Langcliffe from 2.00pm.

High Bentham Methodist Church 7.00pm. Anniversary Celebration Concert, with supper, all welcome.

Sun 6th High Bentham Methodist Church Anniversary Services at 10.30am and 6.00pm - Jim Hope of Skipton.

Mon 7th Looking Well 1.00-3.00pm, Cancer Support Group drop-in and every Monday.

Town Council meeting at the Town Hall, 7.30pm.

Tue 8th Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.

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

Looking Well 7.00-8.45pm, deep relaxation course re-starts.

Wed 9th Citizens Advice Bureau at the Surgery, 1.30-3.30pm.

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

Thu 10th Cleveland Square. Meet 7.00pm for a walk with David Johnson around Bentham for visitors and newcomers. Adults £2, accompanied children free. See page 13.

Bentham Footpath Group walk, Colegate Scar, 6 miles, leader K. Piper 61977. Please meet at Low Bentham Car Park at 9.30am.

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 12th Playgroup coffee morning at the Town Hall, 10.00am-12.00noon. 
High Bentham CP School's Summer Fair, 10.00am-1.00pm. All welcome - entry free, lunches available.
Lowgill (Tatham Fells) Sports at Lowgill Village. Fancy Dress 1pm, Football 4.30pm. Adult sports 6.30pm. For more details contact 61672.
- Tue 15th Copy deadline for July edition Bentham News.
- Thu 17th Stone trough making at Oxenforth Green (home of Mr. & Mrs. M. Mason) at 7.00pm.
- Fri 18th Waste paper collection at Lairgill car park, 8.30-11.00am. Proceeds to NSPCC.
Monthly quiz at the Byres in aid of Bentham Cricket Club, 8.00pm. More details from Mark Chamberlain 61283.
- Sat 19th High Bentham Methodist Church coffee morning at the Town Hall, 10.00-11.45am. Cake & plant stalls. All welcome. 
Bentham Footpath Group walk, Littondale, 9½ miles, leaders J. Harrison & V. Smith. Please meet at Lairgill car park at 9.00am.
Bentham Pet Rescue Book Rummage Sale at Brooklands, Cross Lane, off Burton Road, Low Bentham, 10.00am-5.00pm.
Ingleborough Gallery, Ingleton Community Centre, 10.00am-5.00pm, daily until 25th, "Rich & Rare Creative Textiles" by Tambour.
- Sun 20th Bentham Pet Rescue Book Rummage Sale at Brooklands, Cross Lane, Burton Road, Low Bentham, 10.00am-5.00pm.
- Sun 20th St. John's Day Celebrations at St. John's, Low Bentham 10.00am. See page 8.
- Mon 21st Ewecross Historical Society - visit of Holme History Society for conducted walk around Bentham. See page 28.
- Tue 22nd Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.
Bentham Toy Library at the Community Centre, 8.30-11.30am.
- Wed 23rd Citizens Advice Bureau at the Surgery, 1.30-3.30pm.
Looking Well cake stall from 9.00am, Main St. (See page 2).
Abbeyfield House, Main Street, coffee morning 10.00-11.30am. Everyone is welcome.
- Fri 25th Bentham Sewing Ladies "Containers of Hope - Baby Aid" coffee morning 10.00am-12.00noon at the home of Dorothy & John Bearpark, 31 Northlands Crescent, Settle. Raffle, Cakes, Bric-a-brac. 50p.
- Sat 26th Alzheimer's Disease Research Trust coffee morning at the Town Hall, 10.00am-12.00noon. See page 7. 
High Bentham Methodist Church Garden Party at "The Grange", Low Bentham Road, from 2.00-4.30pm. See page 24.
Ewecross Historical Society full day study tour in Lune Valley. See page 24.
- Sun 27th Open Gardens at Clearbeck House, Higher Tatham, for National Garden Scheme Charities, 11.00am-5.00pm. Admission £2, children free. See page 29.
- Mon 28th Bentham Footpath Group walk, Leck, 4½ miles, leader A. Robertson 61285. Please meet at Lairgill car park at 6.00pm.

WALKERS 30th ANNIVERSARY ON SETTLE-CARLISLE RAILWAY

By Pete Shaw

Guided walks from the Settle-Carlisle railway have been operating for 30 years and special events will mark the anniversary, mainly between 5th-12th June, say the Friends of the Line.

There will be:-

Ribblehead Tours - archaeology around Ribblehead Viaduct

History Walks - why man came to occupy the Dales

Nature Trails - view the flora, fauna and natural history

Geology Walks - how the landscape was shaped.

Exhibitions will be at Settle, Ribblehead and Appleby stations between 3rd June-15th June and at the National Railway Museum Railfest in York from 29th May-6th June. On Saturday 12th June the 0849 Leeds-Settle-Carlisle train, carrying celebrating walkers, will be flagged away from Leeds Station by television weatherman Jon Mitchell.

These walks are in addition to the normal programme of year-round guided walks exploring the stunning scenery of the Yorkshire Dales, Cumbrian Fells and Hadrian's Wall. All walks connect with the use of the Settle-Carlisle line and take place on Saturdays, Sundays and some weekdays.

In 1970 British Rail closed all the small stations on the Settle-Carlisle line, leaving just Settle and Appleby open. This restricted the areas walkers could reach by rail. 1974 the Ramblers Association decided to charter a train over the Settle-Carlisle line. They asked to temporarily re-open some of the closed stations. Permission was obtained from BR and the Ramblers Association agreed to put up the money. This one-off trip went ahead. The result was overwhelming, and on the day over 500 walkers used this special train.

Between 1975-1977 more stations were re-opened including Langwathby, Lazonby and

Armthwaite, during which the special walkers trains continued. The Yorkshire Dales National Park supported the guided walks programme under a branding name of Dalesrail. This was further developed in 1977-1978 with trains from Preston and Blackburn which came via Clitheroe to join up with the Dalesrail train at Hellifield. This was to provide a service for the Lancashire area. From 1977 this unique service, with co-operation between British Railways, a number of local authorities, including Cumbria, Lancashire and West Yorkshire Passenger Transport Executive continued.

In 1986 British Rail permanently re-opened eight of the small stations and re-introduced an all-year round local stopping service, which now forms an integral part of the train service pattern on the route.

Guided walks have been provided continuously throughout the thirty year period. The Friends estimate that approximately 3,380 trains have had walks from them with about 237,400 hikers taking part. All walks are fully guided by experienced volunteer leaders. All walks are free of charge and are primarily to encourage use of the railway. The boost in passenger numbers is acknowledged in the support given to walks organizers by the current operators, Arriva Trains Northern.

Three leaflets are available

30th Anniversary Walks - the special events

Summertime Strolls - shorter walks

Guided Walks - the programme of regular walks. The leaflets are obtainable from T. I. C.s or by sending an s.a.e. to: Ruth Evans, Walks Co-ordinator, 49 Kings Mill Lane, Settle, North Yorks BD24 9FD.

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A LONG WEEKEND IN THE WILDERNESS

By Dave Halsall

Sat with a cup of tea in an open fronted wooden, camping hut watching the sun go down over the pine forest, Bentham seemed a lifetime and a million miles away. It was hard to think that at the same time the previous day I was boarding a plane at Manchester Ringway bound for Gothenburg in Sweden.

As the sun dropped slowly behind the trees across the lake it was time to put on a fleece and make another cup of tea. It was the beginning of May but the day had been hot and sunny and the night temperature of 15C seemed cold when compared to 23C heat of the day. In front of the camping hut I had a roaring wood fire, the smoke from which occasionally blew into the hut to sting my eyes and pervade my clothing and sleeping bag with the scent of time spent out in the wilderness.

This was true wilderness; it was sobering to think that there was only one other person in the world who knew where I was on the planet and he only had a rough idea of my itinerary. Bertils had supplied me with the kayak, suggested a route, camping stops and pick up point and then dropped me off. He left me by the lake and with a cheery wave from the Volvo he sped off home down the gravel track. As the cloud of dust settled I was enveloped by nature; the lapping of the waves on the shore, the sound of bird song and the smell of pine from the north woods; magic.

It was time to pack and get organised. The kayak that had been provided was new, plastic and imported from Norway. It was stable and could accommodate all my gear in two waterproof compartments front and back from my paddling position.

The scenery is a mix of birch, Scots pine and Norway Spruce growing out of a thin soil over granite rocks and in some cases the trees appear to be just growing from the rock itself! Along with the views there are the smaller details such as the rock folding, quartz intrusions, individual trees and plants and the bird and animal life to look

out for, as well as the complex navigation through the islands which dot the lakes on this area of Sweden.

There was no other boat traffic and the only sign of any other human was the glimpse of the odd farm or summer house by the shore but apart from that I was alone. When travelling in the outdoors I am always especially careful as one small mishap can become very serious when so far from assistance. I was keenly aware that the water temperature was still very cold and although the boat was very stable a swim could have disastrous consequences. I kept close to shore so that in the event of a swim the trip to dry land would be short. The wind did get up towards evening as I approached the campsite and for safety's sake I kept my paddles low and kept plodding on towards my goal; the camping hut on the island.

Snug in my sleeping bag, a cup of tea in hand and with the fire's last embers just a glow I studied the map to look at the next part of our journey. The whole area is littered with lakes and streams that are linked by short portages and there are camping huts aplenty. There is enough canoeing to keep you going for a day or even a month. As the sun set I planned routes that would keep me coming back to Dalsland for years.

Fact File

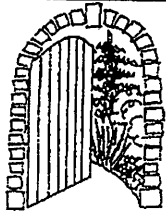
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English is spoken by most people. The cost of living is similar to that of the UK. They have warmer drier summers and colder drier winters than the UK. Dalsland, the Swedish Lake District, is located just north of Gothenburg.

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BENTHAM PEOPLE

Thanks



Isabel Carr would like to thank friends, neighbours and relatives for their kind gifts, flowers and cards during her short stay in hospital. Special thanks to Bernard who looked after her caravan site and also to John and Pat in Clapham who helped by shopping and cleaning etc.

Bentham Alzheimer's Carer Support Group thanks all who contributed to the April coffee morning. Over £138 was raised. Special thanks to the Methodist Chapel for their time and space.

Bill Kennedy. My thanks to friends and neighbours for their good wishes, cards and gifts on my recent retirement from Bentham Development Trust. Special thanks to Keith Wear and David Alder, former BDT chairmen, for their generous gifts.

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- ▶ 3 seater sofa, 1 armchair-green velour, very good condition, £225. 1 coffee table £15. Tel: 015242 21292 after 6.30pm.
- ▶ Piano for sale - any offers? 61555.

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Please note that the rates for this page are as follows: "Thanks" notices, (including thanks for coffee mornings & collections etc), Birthdays, Congratulations etc, 10p per word. For Sale, Services, Situations Vacant etc 20p per word. Payment must be included with the notice and left at Bentham Sports Shop by 15th of the month.

MEET OUR NEW TOWN CLERK

By Shirley Brown

Bentham's new Town Clerk, Jo Burton, is already hard at work getting to grips with the many different tasks she has inherited from Reg Pointon, which range from taking minutes at Town Council meetings to running the Wednesday market and managing the cemetery. She's an extremely capable person who enjoys administration and is relishing the challenge.

Originally from Sheffield, Jo feels quite at home in this rural, agricultural community as her professional interests are in the field of animal breeding. She studied for a Masters in animal breeding after her degree in genetics. She used to work in the breeding research department of the Milk Marketing Board and now works from home offering independent genetic advice to the dairy industry. She is also secretary of the Border and Lakeland Holstein Club and secretary of the Meuse Rhine Issel Cattle Society. Somehow she works all these jobs round her family responsibilities, because she is also wife to Tony and mother to Kate, four, and Alex, two, and has two dogs.

Everything Must Go!

Her first major task as Town Clerk is to co-ordinate the major refurbishment of the Town Hall. This should get under way by late August, and will take several months to complete. Everything must be cleared from inside the Town Hall, and Jo will be writing individually to the various organisations that use the Town Hall for storage, as by the

end of June everything must go! Anything left behind could end up in a skip, so please can those people involved in the various associated groups act fairly speedily to move their valuable possessions.

Contact Details

To discuss any Town Council business, Jo can be contacted at Wynnstay, 41 Springfield, High Bentham, LA2 7BE. She can be reached by telephone at (015242) 63079, or by Fax at (015242) 63166, or by email using wynnstay@talk21.com



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WOMEN'S INSTITUTE

Low Bentham

By Jennifer Watkinson

With the aid of maps and beautiful photographs, Mr. Adrian Cresswell gave a very interesting and amusing account of his Mount Kilimanjaro climb. With two friends, they set out last October to do the climb for charity, arranged by the African Walking Company. They flew to Arusha, Tanzania, and began with a few days safari in the Serengeti National Park, where they saw amazing vistas and wildlife. They set off next day to tackle the 5,895 metre climb by the harder "Whisky route", camping en route. With the help of guides they began their last stage at midnight, for a slow six hour climb, struggling with altitude problems. They reached the summit to a breathtaking sunrise, staggering views and glaciers. These organised climbs earn thousands of pounds per year for the communities in Tanzania. Adrian raised £2,393 for Cancer Research. He was thanked by vice-president Mrs. Ruth Sephton, who also chaired the meeting.

Competition winners were Mrs. Joan Gilroy, Mrs. Carolyn Woof and Mrs. Margaret Hewitt. Join us in June for "Stone Trough Making" at Oxenforth Green.

The president, Mrs. Christine Jennings and the secretary, Mrs. Sylvia Brennand, attended a Twinkle meeting at Hellifield, organised by the NY West's executive committee who put forward ideas about promoting the W.I. and improving meetings. Afterwards they had an enjoyable supper.

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AN EVENT NOT TO BE MISSED

By Gwen Whitfield

Following on from last year's successful Garden Party, High Bentham Methodist Church invites all Bentham News readers and their friends to a Garden Party with strawberry teas, on Saturday 26th June from 2.00-4.30pm. This will take place at "The Grange", Low Bentham Road, by kind permission of Dorothy Stubbs. There will be various stalls, games for children and of course, strawberry teas if desired. The entrance fee is 50p for adults and 30p for children under 12 years of age.

Do come and enjoy a leisurely afternoon sitting in the garden, browsing around stalls or playing games with children. Transport from the church will be provided from 1.30pm onwards if required. All proceeds are for the church's centenary which will be in 2005. If wet, all will be transferred to the Methodist Schoolroom. Look forward to seeing you there!!



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BENTHAM FOOTPATH GROUP



By Maureen Ellis

Looking forward to pleasant activities is what we all like to do and for members of Bentham Footpath Group and their friends that includes some extra detail of the coming month's walks beyond what is printed in the programme, the notices in the two Benthams and the Calendar of events in this publication. For me there is a problem if I can't get hold of the leaders to get this information, which is probably worse in the summer months when people are away on holiday. I therefore apologise to the leaders that for this reason I can only give details of two of the walks in June, and none on the walks of June 1 and 19.

The description of the route for June 10 at 9.30a.m which follow are so detailed that anybody not able to go that day could do it later with a map. From Low Bentham, taking Mill Road the path goes first to historic Kirkbeck and across to County Beck and then to Oak Bank. Next a short spell on the road that leads eventually to Lowgill and a turning on the footpath to Hole House leads to spectacular Colgate Scar above the river Hindburn, which we can fully appreciate while we have lunch. Returning to Hole House it's then up to Thwaite Moss and on to Fleet House and Fleet Green and then to Moulterbeck via Oakheadmire. The last stretch is through the caravan site by the side of the Wenning. As I've written this with the map at my side tracing the route, I've had a very pleasant virtual walk - but I'll enjoy it better with the breeze about me and my legs moving.

June evenings are a delight anyway but that delight can be augmented on 24th at 6.00p.m with a 4.5 mile river walk in the region of Leck. From Cowan Bridge, Leck Beck will be followed up the valley and then by turning right the return is eventually by Leck village and homewards to Cowan Bridge which is of course associated with the Brontes. At times salmon can be seen from the bridge leaping up river, maybe we will be lucky. Happy walking.

LOW BENTHAM COMMUNITY PRIMARY SCHOOL NEWS

By Vivienne Ayre, Head-teacher

The School will be holding the annual Low Bentham Gala on its field on Saturday 10th July so please put the date in your diaries! Organisations wishing to have a stall at the gala should ring the school tel: (015242 61416) to book. There will also be a table top sale, with a special reduced rate for children selling their own property. Anyone wishing to book a table should also telephone the school please.

Low Bentham Community Primary School would like to thank everyone who donated clothing, shoes etc. to school for their recent collection. As a result the school raised £160 as well as supporting the North West Air Ambulance.

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**PUPPY POINT - TRAIN
YOUR DOG***By Sue Whiteley*

The week of 29th May - 6th June is National Train Your Dog Week, organised by the Association of Pet Dog Trainers (APDT) to help promote kind, fair and effective training for dogs. It is held in association with the chain of "Pets at Home" stores where demonstrations, advice and information will be available. Today's modern, gentle training techniques are suitable for even the youngest puppy. You can start training as soon as you collect your new puppy. The earlier you start the sooner he'll learn the right way to behave before he has the chance to learn wrong things. Training based on a positive "hands off", reward and motivation technique teaches your puppy to want to respond to you rather than being compelled to do so. Incentives and rewards used in training include titbits, or toys and play or anything else that your puppy wants. Praise alone is rarely enough! Any puppy's prime motivation is to please itself rather than the owner.

Clicker training has recently revolutionised dog training. An audible click marks the exact response that earned the reward. This speeds up training as it makes it clearer for the dog. Far from being a gimmick, it is based on sound scientific research. A trained dog is a happy dog that is much easier to live with and can be taken to different places so you can enjoy doing more things together. For more information about Good Start puppy classes contact me on 015396 21946.

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BENTHAM & DISTRICT PET RESCUE



By Val Marshall

A beautiful spring day heralded our annual Sponsored Dog Walk. This was again based on Watershed Mill in Settle, and we were delighted to receive over £600 in sponsor money, which was well earned by those taking part. The two routes, one of 4 miles and the other of 7 miles, were undertaken by 32 walkers, including 28 adults, 3 children and a babe in arms, who is not yet able to manage the full distance without some parental help, together with 22 dogs - one with very short legs (and that was even at the start of the walk!). Very many thanks to all who took part in, or sponsored, this event.

The walk coincided with another very successful 9 day Book Sale, which earned us the money for Vets bills in the coming three months. Again, we wish to thank all those who pass books on to us, and of course we much appreciate all the buyers who come along and spend their money with us. Alterations are taking place within Watershed Mill, and we will have to make some changes in the size, and possibly the venue, of future book sales, but, as these represent our major fund raising activity, rest assured we will advertise our events well in advance. In this connection, please make a note that we will be holding a Book Rummage Sale (with some bric-a-brac) at Brooklands, Cross Lane, off Burton Road, Low Bentham on the weekend of June 19th/20th, when we will be selling books, which although not up to our normal high standard, still have plenty of reading in them - and at 5 books for £1 they have to be good value!

Our other forthcoming event is a Garden Party at Norcroft Kennels, Langcliffe on the afternoon of Saturday June 5th. Lots of events will be there, together with some especially for the dogs to enter.

Meanwhile, the kitten season has just started, and if you do come across or hear of any unwanted kittens, please let us know and we will take them in and undertake to

find good homes for them. We also have two ginger brothers of 11 years old waiting for a new home together. All enquiries to Bentham 62512 please.

For information about local organisations, visit the Bentham website

www.bentham.net

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EWECROSS HISTORICAL SOCIETY

By Jean Butler

We have several interesting events planned for June. On Monday 21st, Holme History Society will visit us for a conducted walk around Bentham. We will meet at the Town Hall at 2.00pm. Members are needed to help with the teas afterwards. Telephone the secretary on 61420 for more details.

Then on Saturday 26th, the society is having a full day study tour of mottes and castles in the Lune Valley. This will be led by Joyce Skobie, chairman of Sedbergh History Society. Please meet at 11.00am by Burton School and it would be advisable to bring a packed lunch.

If you are interested in joining the Ewecross Historical Society, or wish to find out more about it, please contact me on 61420. New members will be made very welcome.

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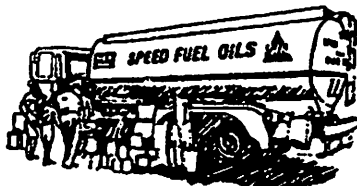
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LONDON WEEKEND TO CELEBRATE REG'S RETIREMENT

By Shirley Brown

Reg and Margaret Pointon decided to spend the money donated by friends and colleagues on Reg's retirement as Town Clerk, to have a weekend in London. The main focus for the weekend was the Rugby Cup Final at Twickenham between Sale and Newcastle, as Reg and Margaret have been loyal supporters of Sale for many years.

Reg said of the event: "The weekend was most enjoyable, although Sale didn't manage to win the Cup Final - oh for the likes of Steve Smith and Fran Cotton! We had intended to seek a vantage point to see the London Marathon on the Sunday, but the weather was poor, so we watched it in the comfort of the hotel on the telly. So although we didn't see it in reality, at least we were in London!"

Reg and Margaret would like to thank everyone who contributed towards the

splendid retirement present, which they felt was much more memorable and enjoyable than spending the money on an ornament for their mantelpiece!

Reg would like to add his thanks for all the kindnesses and expressions of appreciation that he has received on the conclusion of his reign!

OPEN GARDENS AT CLEARBECK HOUSE

By Bronwen Osborne

The Gardens at Clearbeck House, Higher Tatham, will be open for the National Garden Scheme Charities as follows:

Sunday 27th June 11.00am-5.00pm.

Sunday 4th July 11.00am-5.00pm.

Admission is £2 with children free. There will be a plant stall, and light refreshments and teas sold in aid of The Church of the Good Shepherd, Tatham Fells, and Save the Children Fund.

Clearbeck House will be signed from Wray and Low Benthams.

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SCHOOL NEWS

By Mrs. Catherine Boocock, head teacher

In April, class 3 had a great day working with Dave Jermy and students from Settle High School on Design Technology activities designing Moving Monsters.

The whole school went up to St. Boniface's Church for a service with Father Angelo about Jesus' tomb. The children sang songs and enjoyed visiting the church.

Class 1 visited the Post Office in Bentham and found out all about how the post is sorted and delivered in our area. The children had an interesting time and Mr. Alder and his staff made us feel very welcome. We have a number of students in school at the moment who all help to make it a more interesting learning environment as they bring a variety of experiences and skills to the school.

The Governors decided after much discussion to fill in the school pond. The LEA advised them that it was a high risk due to the number of young people on the school

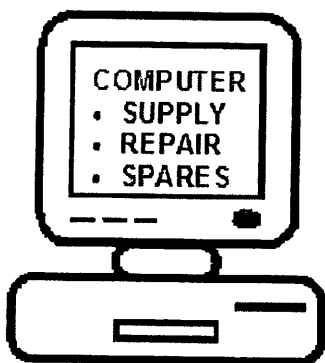
site at night. We are hoping to improve the area with picnic benches so that children who have sandwiches at lunchtimes have somewhere nice to sit in the summer time and also develop this as a quiet area under the trees for children to read and chat.

All Weather Pitch

If any groups wish to book the all weather pitch then please contact school on 015242 61412 as we have a timetable of when the pitch is available and there is a booking form to complete. The rules for using this facility and booking forms are available from the school. We want to cut down on the damage being done to the school site each week by youths who have not booked the pitch and are just on site to cause damage and trouble. This is not fair on everyone else who simply come to play football!

The PTFA Summer Fair is on Saturday 12th June. Art week is the week beginning Monday 14th June and Music Week begins on Monday 5th July. Sports afternoon is Tuesday 13th July, weather permitting. Leavers' Service is on Wednesday 21st July at 2.30pm.

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"THE FELLSMAN" - FUND-RAISING FOR GOODENBER PLAY AREA AND THE NEW HOLEHIRD HOME

By Mike Wynne

At 7am on Saturday 8th May it was pouring with rain - the last thing I wanted for 12+ hours out on the fells.

"Off you go now"

Luckily, as 250 walkers and runners assembled on the Ingleton playing fields, the rain stopped and Ingleborough, the first "hill", appeared out of the mist. As the marshal casually said "off you go now" the competitors ran out into the village and soon most slowed to a walk at the first incline. The dozen or so runners tried to settle into a pace that they could maintain for the rest of the daylight hours (and beyond in most cases), and during the first 4 or 5 hours many slowed, some pulled out and the lucky few (of which I seemed to be one) managed to keep a steady jog going on the flat sections, run downhill and walk as fast as possible on the uphills.

After about 5 hours I reached the checkpoint at Stonehouse Farm in Dentdale, the end of the section I knew reasonably well, having climbed over 5 hills, and felt that the run had hardly started. In the whole of the 60+ mile route there were only about 4 miles on roads, and most was across rough moorland following little more than sheep tracks, if lucky. The weather was perfect (overcast, light winds, a little drizzle and a lot of mist on the latter stages to keep the mind alert while navigating), and the organisation

especially the feeding stations, co-ordinated by the Keighley Scout Group, was superb.

As I traversed the final two peaks of Buckden Pike and Great Whernside, I knew that I was going to finish in a respectable time, and eventually crossed the finishing line after about thirteen and a quarter hours, just outside the 12 to 13 hours I had hoped for.

What concerns me now is that I actually enjoyed it all! There was no section where I really struggled, and thanks to all the cups of extra sweet tea, jam rolls and biscuits, I seemed able to maintain a steady level of energy and hold off the twinges of cramp that threatened to take hold of various muscles, even after the first 3 hours.

So all in all I am really pleased and eternally grateful to all of you who have sponsored me in aid of the New Holehird Home for the disabled and the Goodenber Play Area in Bentham. As money was sent in and pledged, I became more and more motivated and committed to completing the Fellsman.

Collecting the sponsorship money

My last duty therefore, as I rest weary legs, is to ask those who pledged money if they could send it to Mike Wynne at the address below, with any cheques made payable to Goodenber Play Area. I will be dividing the income between the two charities and currently it looks as if I will be raising almost £1,000. Many thanks again to those who supported me and the charities.

Mike Wynne,
81 Robin Lane,
High Bentham,
LA2 7AG.

BENTHAM NEWS is published at "Latharna", High Bentham, by an editorial committee consisting of Shirley Brown, Judith Johnson, Peter Phillips, 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.