

BENTHAM NEWS



Members of Bentham Footpath Group, pictured at Wenning Bridge, just before setting out on their 20th Anniversary Walk, on Saturday 13th May. One of the main founders of the group, Len Moody, is in the middle of the front row. See report on page 5.

BENTHAM NEWS WRITER'S COMPETITION

The Bentham News will celebrate its 20th anniversary in October this year and as part of our celebrations we are promoting a competition for local writers. Prizes will total a whopping £450, spread across three age groups. These are:

- Age 10 years and under on 1st September 2006. Winner to receive £25 worth of book tokens and the school the winner attends gets £125.
- Age 11 to 18. Winner to receive £25 worth of book tokens and the school the winner attends gets £125.
- Age 19 and over on 1st September 2006. Winner to receive £75 cash and a further £75 to the charity of the winner's choice.

Entries should be a short story, essay or poem, maximum of 600 words, typed or in very legible handwriting. The theme is 'Living in Bentham'. Entries should be submitted by 30th September, to Bentham Sports, in an envelope marked BN Writing Competition. It should have the entrant's name and address, stating which of the three categories the entry is for. Judging will be by an independent judge in October and the prize-giving in November. Entrants must live in the Bentham News distribution area.

JUNE 2006

ISSUE 236



ROYAL PARTY AT AGE CONCERN

By Mary Hartley (Chairperson)

Age Concern celebrated the Queen's 80th Birthday with a swing. Members and helpers wore Royal Colours; the men even sported red, white and blue ties. Everyone entered into the party spirit and we had a great fun day. The Drop-in Centre was decorated with flags, streamers and a massive surprise balloon. We had a sing-a-long to Rule Britannia and other traditional English anthems.

The cook made a festive meal which everyone enjoyed and we also had a treat with our afternoon cup of tea as we had received a donation of 60 delicious butterfly cakes. One of the Trustees had prepared a quiz about royalty and although it was quite difficult, there are obviously well informed people in Age Concern as the winning team had 48 correct answers out of 50.

Twenty of the members had already celebrated their 80th birthdays and five had passed their 90th so we had something to celebrate as well as the Queen's birthday. She has said that she is to carry on with her

responsibilities, and that is the case with many of the members, who, although over 80, are still active in the community and intend to remain so whilst they can.

The day was great fun and there is no doubt that older people can have fun and continue to be valued members of the community.

Age concern can help older people to keep active and enjoy good times. If you, or anyone you know, might enjoy coming to the Drop in Centre at the Masonic Hall, please come along. We meet every Friday between 9.30am and 2.30pm. You will receive a warm welcome.

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MAY'S TOWN COUNCIL

By David Johnson

Following the elections the following Cllrs. now form the new council: Cllrs. G. Adams, C. Barnes, L. Barrington, T. Burton, M. Faichney, W. Heigh, G. Hurtley, T. Marshall, L. Rushton, T. Stannard, and B. Wills.

All the Cllrs. attended except Cllr. Marshall.

Cllr. Hurtley was re-elected Mayor and Cllr. Wills is now the Deputy Mayor.

Police

PC Hayes said there had been 36 incidents reported during the last month and 24 of these concerned anti-social behaviour. Many of the problems occur at the bottom of Station Road or on the industrial estate. The most serious incident had been the theft of a car following the theft of the keys from the house-holder's kitchen. The Saturday function at the Town Hall had passed without incident and only minor damage. One Cllr. asked PC Hayes to look into incidents where some residents of Goodenber Road try to stop people parking outside their houses by placing wheelie bins in the road or leaving messages on cars. He confirmed that nobody has the sole right to park outside their own house on the public highway. Another Cllr reported an incident where an elderly man had been subject to threatening behaviour by some bikers in Eskerbeck (or St. John's) Wood.

Planning

The Cllrs. asked the Planning Department at Craven to consider access to the two proposed dwellings at Dellview, Low Bentham Road. Some also agreed to attend a controversial planning meeting at Craven District Council where consideration would be given to the change of use of land to a private gypsy site at Clay Barn, Pottery Field, Waterside Potteries, Burton In Lonsdale (Although the postal address is Burton the land lies within Bentham Parish). The Cllrs. were most concerned about a failure to address an increased flooding risk in Wesley Close when the new houses are completed. Improved drainage was a condition of the

planning permission but nothing has happened so far and the Cllrs. think serious problems will arise if nothing is done.

Highways

It appears there is little chance of a 20 mph speed limit being introduced to Low Bentham in the near future. Some bollards are to be placed near Barwise's shop.

Footpath Application

The Cllrs. heard representations from the owners of a disputed footpath near Shakey Bridge which is being used unofficially by members of the public. The landowner explained that the river is undercutting the bank and threatening the foundations of the railway. He is concerned that he may be held liable if there was an accident. Attempts to prevent access have been defeated. It will take the footpath commissioner a further 12 to 18 months before he considers the case. The Cllrs. asked to be kept informed of any new proposals and Railtrack's reaction.

The Town Hall

The Council has decided to order a new Union Jack and St. George's flag for the Town hall as the others are in poor condition. They are giving urgent attention to the problem caused by the small step in the Town Hall entrance. Suggestions should be forwarded to the Town Clerk!

Miller's Court

The Council received a letter asking permission for the erection of a security fence on Cleveland Square sometime during the summer. They decided to seek further information because they did not want it to interfere with the market.

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BENTHAM TRADERS ASSOCIATION

By Pam Woof

For all businesses an increase in trade is beneficial. Bentham Traders Association is holding an open evening at the Horse and Farrier Hotel on 14th June at 7.30 p.m. to discuss ideas for helping Bentham businesses.

Non-members welcome

You do not have to be a member to come. We welcome any one who has a business locally to come and hopefully put forward some ideas as to how the Bentham Traders Association might help to boost trade in the area.

Guest speaker

Larry Branyan, a website designer, will give us a short talk on how a commercial website can be a useful tool for trade promotion. All aspects and possibilities of developing trade will be open for discussion. You are cordially invited to attend.

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BENTHAM FOOTPATH GROUP



By Maureen Ellis

Saturday 13th May saw the celebration of Benthams Footpath's 20 year anniversary with walks along the Heritage Trail with its varying distances. Ambling or striding out briskly, a very good turnout including Len Moody - one of the founder members - enjoyed the bluebells, orchids and fresh green leaved trees. This trail has so many highpoints it's hard to name one, but the Wenning defines it, and views of the river particularly just below Dawsons Close can never be forgotten. A lot of trouble had been taken by a core group to provide a celebration meal afterwards in the Methodist Hall, it was so good to see friends old and new together enjoying each other's company.

We don't just celebrate the passing years but continue in June with an active programme. Sunday 11th at 9.30 at Lairgill brings a circuit of Crummack Dale. The walk will actually start from the back of the station at Horton in Ribblesdale and is an undulating one in one of the beautiful areas of Yorkshire.

On Saturday 17th, starting from Lairgill at 9.15am, where doubling up of cars will be possible (or from Bainbridge Green later if this is more convenient) there is a 9 mile walk "where the devil cast his stone and mist" on the flanks of Adleborough, a table top hill in Wensleydale.

The walk of Tuesday 20th, of 5 miles, after the initial meeting at Lairgill at 9.30am,

starts by driving to Lowgill old school, behind the church of the Good Shepherd where the cars will be parked. The leader stresses that the Fairy Steps are more like giant ones down to the Hindburn valley, it's then through a wild flower meadow which may or may not have been mown and upstream to the road that goes into Bottom. Then we carry on to Mill Beck and Low Thrush Ghyll House and cross the river and return near Ivah and on back to our starting point. It is stressed that the walk is hard going and steep in places and boots are essential.

The Stonegrove Circular of 5 miles takes place on the 30th at 6.30pm from Benthams Bridge. It is a variation of the Heritage Trail, and will go anti-clockwise and is very suitable for a summer's evening. On Thursday 29th at 7.00pm in the Wenningdale room there is the very important Open Business Meeting, when everybody is very welcome.

BENTHAM THEATRE GROUP

By Iain Henshaw

Spotlight on Ingleborough

Some of you may be aware of the *Spotlight on Ingleborough* events starting on 24th June (Midsummer Day). The children from the Saturday morning theatre workshops will be performing a small play about the geology, mythology and history of life on Ingleborough entitled "Life on the Hill". The script has been written and we rehearse on Saturdays at Looking Well. There are still places available to those under 12, so do come along to Looking Well at 10am.

Website

The website has been updated and you are invited to take a look. You can see what we have done and what we are planning. You can also buy DVDs or videos of previous productions. There is a bulletin board where you can pass comments and contact information for sending emails. The site is at www.s1b.com/btg. To contact BTG you can call 015242 61010, email btg@s1b.com or skype benthamtg.



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COOKERY PAGE

Edited by Doreen Park

Favourite Recipes

If you have a favourite recipe, that you think may be of interest to other BN readers, I'd be happy to consider including it on this page. Just pop it in an envelope, with your name and telephone number, addressed to me, and leave it at the Sports Shop.

The warm spell in mid May made me think of dishes which could be made at night when it is cooler, and served the next day.

Aberdeen Rolls

- 8 ozs streaky bacon
- 8 ozs minced beef
- 1 large onion
- 1 clove garlic (optional but try it)
- 3 ozs rolled oats
- 1 tbs Worcester sauce
- 1 tsp made mustard
- 1 tsp salt and pepper mix (to make, mix 3 tps salt to 1 of pepper and store in a screw top jar)
- 1 beaten egg, ¼ pint stock
- Dried breadcrumbs

Derind the bacon and cut into strips. Skin and chop the onion, crush the garlic to a cream with a little salt, mix well with minced beef. Put all this through a blender using a fine cutter. Add oats, sauce, mustard and salt/pepper. Mix in beaten egg with a little stock if mixture is dry.

Grease a 1lb loaf tin and press the mixture in firmly. Cover with foil and stand in a small roasting tin containing enough hot water to come well up the sides. Cook at Gasmark 4, 350F, for 2 hours.

To eat hot, remove from the tin and smother with fried onion rings, then serve with tomato or brown sauce and jacket potato.

To eat cold, do not remove from the tin but pour in at once as much boiling stock as it will absorb, pressing the mixture gently with the back of a spoon. Cover with foil, place a weight on top and leave overnight in a cool place. Turn out of mould, roll in dried breadcrumbs and serve sliced with potato salad.

Bacon Mould

2 uncooked bacon shanks or hocks (soaked for at least 6 hours)

- 1 carrot, 1 onion
- 1 small bay leaf
- 12 black peppercorns.



Place the shank in a pan with fresh water to cover. Add chopped carrot, onion, bay leaf and peppercorns. Cover and simmer gently until the meat will leave the bone quite easily, but clinging a little. The time depends on the size and quality of the bacon shank, but could be 3-4 hours. Remove the shanks from the pan and boil the stock rapidly to reduce by about a quarter.

Meanwhile separate the meat and skin from the bones and break it up into neat but not too small pieces. Strain the stock and pour sufficient to cover the meat. (check seasoning, add salt and pepper if necessary). Spoon into one large mould or 3-4 small ones and leave overnight in a cool place to set. Turn out and serve with chutney and salad.

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LOOKING WELL COMMUNITY GARDEN



By Annie Nelligan

We would really love to have more volunteers helping in the garden. We have flower borders and soft fruit bushes to look after, a grass area the children use for their Saturday club, and beds where we grow vegetables for the Looking Well soups.

So there is always something for you to do, whether you are an expert gardener or a beginner, from the dainty to the energetic. Tuesday is the best day to come along - but if another day is more convenient for you, do drop in and arrange it with Nikki or Annie.

LOW BENTHAM GALA

By Vivienne Ayre

Low Bentham Gala will be taking place on the school field on 8th July from 2.00 to about 5.30pm. This year's Gala is a joint venture between the Churches Together group and the primary school. Anyone wishing to offer help, book a stall, book a car boot table or donate prizes etc, should contact the school please on 015242 61416.

Community Outing

Residents of Low Bentham are invited to join the primary school on a free outing to South Lakes Wildlife Park on Friday 7th July. Details from the school on 015242 61416.

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ACTIVE BENTHAM

By Ann Ambrose

The Active Bentham Project will be taking place in the Bentham area over the next three years. Bentham Community Association (which runs the Community Centre opposite SPAR), Low Bentham Victoria Institute and the Scarman Trust will be working in partnership with Bentham Trust to help make the project a success. The project is about three key things:

- ♦ Gathering information about groups and organisations in Bentham and the surrounding areas
- ♦ Encouraging more involvement in groups that share an interest or have a small community project they would like to achieve.
- ♦ Increasing the use of community buildings, particularly Low Bentham Victoria Institute and the Community Centre.

The first step is to find out what is already happening in our community, and there is obviously a lot going on! The next step is to find out the types of activities people would like to see happening in the various halls and buildings of High and Low Bentham, and then to look at how we can help to make these things happen.

Over the last few weeks we have distributed some questionnaires around Bentham in an attempt to find out the activities that people are already aware of and the types of things they would like to be able to do in Bentham. We would be grateful if as many people as possible could complete these forms and return them to the Community Information office or the Community Centre in High Bentham or 7 Highfield Terrace in Low Bentham, by the end of June. The forms are available from the Community Centre or the Community Information Office on Station Road. It would be good to get feedback from all age groups in the community. If anyone would like any further information about Active Bentham or about being involved in carrying out a community project or setting up a group; please contact Ann Ambrose, or Lin Barrington on 62549 or Lynda Rushton on 61800. We will do our best to keep you updated as to how the project is progressing.

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LOOKING WELL CANCER SUPPORT GROUP

By Margaret Hayton

This group meets every Monday from 1.00-2.00pm at Looking Well to share a lunch and provide support for each other. The group has a wealth of knowledge, experiences and resources for people who are undergoing a cancer journey, and their families. Contact me, Margaret Hayton, on 61900.

We also offer a range of subsidised therapies through two local therapists, Liz Lloyd and Christine Hodson, who come to Looking Well twice a month.

They are both retired nurses and qualified therapists, and Christine offers home visits for therapy to people who are unable to come to Bentham. Contact her on 62251.

On 5th and 12th June, we will be having felt making sessions with Chrissy Burgess at 2.00pm.



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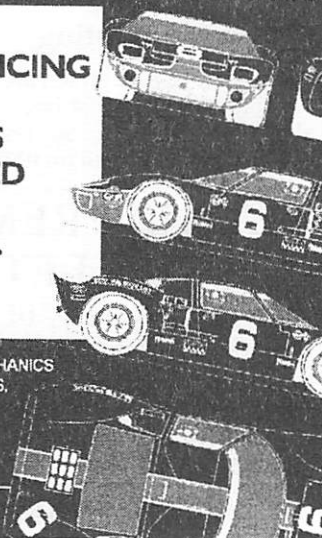
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CAN WE MAKE BENTHAM AN ENVIRONMENTALLY SUSTAINABLE TOWN?

By Shirley Brown

Before you decide you won't read on because this must be about issues that don't bother you, just think what it would mean for Bentham to be a town that is not environmentally sustainable.

Bentham's future as a good place to live and caring for the environment are closely linked issues – you can't have one without the other. So, read on!

On Tuesday 2nd May, the Local Action for Justice and Peace group organised a meeting to share views, concerns and ideas about Bentham's future. The Lower Town Hall was packed with local people sitting round tables, talking amongst themselves and listening to Dr John Biggs, an eminent scientist who has been involved in environmental issues for over 30 years.

Dr Biggs told us about 4 Pilot Projects that are running in Cumbria: at Brampton, Grasmere, Penrith and Kirkby Lonsdale. These have been exploring, with some grant aid, how to make their communities sustainable with the emphasis firmly on "What can we do?" rather than waiting around wondering why "they" don't do something to improve our lot in life.

Different communities have different local needs, and during the evening people shared their positive feelings about Bentham as a great place to live, and their concerns about how to maintain and improve things for the future.

These were some of the issues raised:

- How to promote sustainable tourism in Bentham now it's a Gateway Town for the Forest of Bowland?
- How to encourage people into Bentham without resulting in an unsustainable volume of traffic making the streets dangerous?

→ How to support our local businesses, especially the Post Office, so that the main street remains vibrant?

→ How to be less wasteful of our resources, by recycling and being more energy efficient?

→ How to make sure the new primary school is built to a high standard utilising local knowledge and suppliers?

→ How to share existing information about what's available here already, using notice boards, Bentham News, the library and the Internet?

→ How to encourage sharing of transport, garden produce and other surplus goods?

New Group to be Formed?

As a result of this event, it is hoped that a group can be formed to move things forward. Dr Biggs encouraged us to be SMART, to have targets that are: Specific, Measurable, Achievable, Relevant and Timed. He encouraged us to contact the professionals in the area who are paid to have up-to-date knowledge of how to access funding.

Making Bentham BEST (Bentham Environmentally Sustainable Town) can be a celebration of all that is good about our town. If we can do things together it will be better for us all. If you'd like to find out more or want to get involved in any way, please ring Stephen Dawson (62242).

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J	S	P	O	W	R	T	E	S	F	M	N
T	R	E	C	C	O	S	P	L	A	O	D

Can you find 15 words associated with England's World Cup bid? If so, list them on a sheet of paper together with your name and contact details and place them in an envelope marked "Wordsearch". Drop them in to Bentham Sports before closing time on Friday 30th June.

The first correct entry drawn at the next BN Committee meeting will receive a £10 prize.

BENTHAM ART GROUP

By Jean Davey

The first annual art show of the Bentham Art Group and Dales Doodlers took place recently at Bentham Town Hall.

An evening viewing was enjoyed by over 100 people consisting of artists, families and friends. Over the weekend, upwards of another 200 people used forms to pick the Turnip Prizes!

The Gold Turnip was awarded to Linda Wright for her oil painting "The Secret Garden". The Silver Turnip winner was Shelagh Worsich for her oil painting "Now Remember" and the Bronze Turnip was won by Barbara Harrison for her pastel painting of a Somali woman.

The two groups meet 26 weeks a year in either Clapham Village Hall or Bentham Community Centre, where the interaction of talent has produced a high standard of work. In addition to the classes, summer workshops are also popular and trips to galleries in England and Scotland are a regular "Grand Day Out". The groups are now looking to apply for some funding for their own exhibition stands. They are also a regular feature at the Gallery at Clapham Village Store, where Terry and Lucy, the proprietors, have kindly given them space to sell their work.

Anyone interested in joining the groups, both novices and advanced, should contact the group tutor, Jean Davey, on 015242 51321

A big thank you to all who supported us at this art exhibition.

BENTHAM CHARITY FORTNIGHT "ISH"

By Chris Hall

The time has come again for Bentham Charity Fortnight, or should we say, Fortnight"ish"? This is because last year's fundraising ran from the end of June to August Bank Holiday Monday. We raised an astonishing £3,500 for the Bentham Playing Field's children's facilities. A big thank you again to everyone who helped raise the money.

This year we have decided to spread the fundraising through July and August. We would therefore like to invite any business, groups or individuals interested in helping raise money to contact either Dave on 63386 or Chris on 62711.

Events so far arranged include:

- ♦ The Horse and Farrier, in association with SBC, are holding a 1940s theme night.
- ♦ The Coach House will hold a Bank Holiday Hog Roast plus a couple of other events to be arranged.
- ♦ Chris, Adrian, Gary and Dave will attempt to conquer all the mountains over 3,000 feet in the Lakes within 24 hours, including the walk between them.

There will also be events at the Black Bull and the Byers - watch for the posters.

This year's beneficiaries will be Low Bentham Play Area, Low and High Bentham After School Clubs, Bentham Brownies and Bentham Playgroup.

The organising committee is composed of Chris Hall, Adrian Leigh, Dave Lewis and John Henderson.



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BENTHAM TRADERS ANNUAL GENERAL MEETING

By Dave Lewis (Secretary)

The AGM of Bentham Traders Association was held at the Horse and Farrier, High Bentham on Wednesday 26th April. The Chairman Gordon Downing-Stewart, reported on the previous year, and made special mention of regular meetings that were being held with the Town Council to look at issues affecting the area. The focus during the past few months had been on car parking in High Bentham. The balance sheet for the year was then presented and accepted by the meeting.

The following officers were then elected to serve for the coming year.

Chairman	Gordon Downing Stewart
Vice Chairman	Maxine Halstead
Secretary	Dave Lewis
Minutes Secretary	Christine Grieve
Treasurer	Henry Wood
Publicity Officer	Pam Woof
Chairman Social Committee	Chris Hall
Chairman Lights Committee	John Barwise

Any other Business

Lin Barrington reported on plans to bring shoppers into Bentham from other local villages. This will be on various Wednesdays starting from 3rd May.

Plans for the coming year's events were presented with the following social calendar-
July 15th Family BBQ at Izzie's Barn, Lowther Hill Caravan Park

August 17th, Charity Golf Match and Evening Entertainment in association with Bentham Golf Club, tee off at 2pm, and the evening entertainment from 7.30pm.

October 7th, Murder Mystery Evening Bentham Town Hall 7.30pm.

December 8th, Traders Christmas Fair, Bentham Town Hall, Theme 'The 12 Days of Christmas'

December 15th, Christmas Party Bentham Golf Club from 7.30pm.

Let's Light up Bentham. Judging between 15th and 22nd December. Theme for windows and Pubs 'The 12 Days of Christmas'.

OPEN GARDENS - CLEARBECK HOUSE

By Brownen Osbourne

The gardens (signed from Wray and Low Bentham), will be open for the National Garden's scheme charities on the following Sundays.

28th May, 11am-5pm. Teas in aid of NSPCC.

25th June, 11am-5pm. Teas in aid of Tatham Fells Church and SCF.

2nd July, 11am-5pm. Teas in aid of Tatham Fells Church and SCF.

There will be a plant stall on each occasion. Admission is £2.50, children free.

Garden Party R.N.L.I.

This R.N.L.I. Garden Party will be held on Sunday 9th July from 2.00-4.00pm at Clearbeck House. We look forward to welcoming our many visitors, some coming to the garden for the first time and others returning to an old, much loved place. Further information is available from 015242 61029 or e-mail clearbeckarts@yahoo.co.uk

HIGH BENTHAM CP SCHOOL PTFA

By Annie Carrington

Spring Fair - Saturday 17th June 2006.

From 10am until 1pm at High Bentham School, the PTFA, staff and pupils invite you to our Spring Fair, 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.

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 or Marie Colyer on 62216.

DAVID LLOYD EXITS BENTHAM - STAGE LEFT - FOR FINLAND.

By Trevor Blackwell

Well known as a zombie and a very fat town councillor, David Lloyd has also found time in the past five years to direct two pantos, help to secure money for the new Looking Well building, chair the Market Towns Initiative and the Bentham Development Trust, be secretary of Cracks Housing Coop, and work in the Youth Club. On the eve of his departure for Finland I asked David how he sees Bentham now

"I think the best thing about Bentham is its scale - and the ability to be with people who somehow are drawn to something here. The Theatre Group, Looking Well, the Development Trust, the idea that there are people who are trying to do something, these feel like my definition of a community. It's on a scale that I understand and appreciate. For me scale is the redeeming feature of Bentham. And that comes about because it's in the middle of open countryside, so life here is very compact and personal, very intimate.

In all the time that I've worked in health and the arts I've never found a place as creative as Bentham. I think that's a very precious quality. Whether you call it social capital, or traditional ways of living, whether you think it's a throwback to something, or whether you think it's the future, it doesn't really matter. It's about people sharing skills, sharing things they like doing, and, ultimately, working up and down the generations. That's the thing that's so special here.

And, yes, sometimes I've also thought that people in Bentham can be small minded and narrow minded. People can seem terribly slow at seeing it's precious that people do things. I think there's something about going away and coming back which enables you to see something which maybe you wouldn't see if you'd been here all your life.

I can remember coming back from New Zealand, and driving in off the M6, and just looking at the landscape - and New Zealand's pretty stunning - and the sun was just going down, and there was Ingleborough, and - nowhere in the world is as beautiful! Perhaps if people were able to go and be somewhere else and then come back they would come to value it more, and see there is something precious about the way people are, and the way the place functions.

But I can completely understand those young people who say, "I can't wait to get out of Bentham!" I grew up in a small village in Suffolk, and I went spare, I was living in my own head. Compared to that village there's a lot going on in Bentham. It's just that compared to adults young people aren't valued as they should be. They're not represented democratically. The idea of having a Youth Forum again, of young people having a voice, these things could be done. If the community was just 10% or 15% more connected young people would benefit the most. They will struggle to see what is available, because they don't know anything else. So I wonder if we could encourage a Finnish-Bentham youth exchange!

Moving to Finland is an experiment for Nicky and me with having a piece of land which is big enough to provide food for both of us. It would cost us four times as much to buy land round here. It's an experiment in living, in using less, growing more, and developing a life of greater simplicity, a life more connected to the natural environment. And I think Finnish society values people - over and above economic activity."

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BENTHAM & DISTRICT PET RESCUE

By Val Marshall



In March we had our 9th Annual General Meeting and as we enter our 10th year it makes us realise how much people rely on our help. Last year we had 342 calls for help – more than ever before. The plight of stray and unwanted cats seems to get worse and worse. One lady had tried every Rescue Centre between Manchester and Carlisle and we were all full and couldn't help. This situation could be avoided if only people would get their cats neutered. We rescued more dogs than ever before and these were taken in by the Dog Warden.

Yearly Events

Our yearly events – book sales, quizzes, dog walk and garden party – were all well supported and raised the funds necessary for paying our vets, running costs and food and, most important, for having the cash to pay OAP's vet bills which are rising each year. Our outgoings are now over £700 per month – quite a lot to raise. All the help at the sanctuary and at our events is given free, so 100% of the earnings goes to the animals.

We sincerely thank all who support us, either by attending our activities, or by giving us books (our main source of income) or cash donations. Thanks especially to Craven Outward Bound for the use of their room at Watershed Mill in Settle, to the shops who have collecting cans and to Booths for their food bins. Last, and not least, thanks go to all our volunteers and to the public for their continued support.

Our next event will be the annual Garden Party in Langcliffe on Saturday, 10th June where there will be lovely cakes, the launch of our annual Quiz, a tombola and several fun classes for dogs of all shapes and sizes!

The kitten season is now upon us and if you enjoy cuddling small cats do telephone Pat on 63058 (after 5p.m.) to arrange a suitable time.

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AMPLE PARKING

CHURCHES PAGE

St. Margaret's

By Rev. Nigel Thomas

Greetings. Last month a sizeable public meeting organized by Bentham Local Action for Justice and Peace revealed how much of a growing interest in environmental matters there is in our town. Given the increasingly disturbing reports of the effects of climate change caused by burning fossil fuels it is only right that we as individuals and as communities become more aware and responsible when it comes to how we choose to live. The evidence is all too clear that the rampant materialism that has so shaped our modern culture is having a devastating effect upon the planet and upon the world's poor. To choose to live more simply, to recycle, to conserve energy and natural resources, to try and put more in than we take out will not only improve our own lives but will help the environment and directly effect for good the lives of others who don't have the choices we have.

That we should simplify our living, looking to the needs of others and the care of Creation seems to be a fundamental principle of all the world's major religions. It is prominent in Hindu and Buddhist teaching and written into the ethical laws of Islam and Judaism. Our own Christian tradition has much to say about the need to care for the Earth and its peoples, of the covenant made between the Creator God and humanity in ancient history and confirmed in the person of Jesus the Christ, and of the consequences of breaking that covenant. True ecology should be understood therefore as a marriage between science and religion, philosophy and spirituality.

The prophet Micah, when chastising the people for becoming corrupt, has this to say: 'He has showed you O man, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.' This has as much to do with our present need to adopt a more environmentally friendly lifestyle as it has with membership of any Church or religious body. Probably more. Peace and Love

St John the Baptist

By Judith Johnson

Patronal Festival Sunday June 25th at 11am

The All Age Communion Service will be lead by the Revd. Alex Grubb and we will be joined by Sedbergh Junior School with their choir. There will be special refreshments and possibly games to play.

Mid-week Communion and Blessing

On the last Wednesday of each month at 3pm Sharon Harpur at Pilgrims Rest, Low Bentham, will host an Ecumenical Communion and Blessing Service followed by tea and cakes and fellowship. Transport will be available and anyone from any denomination is invited to Communion or if not confirmed just come for a blessing. Please ring 62254 or 62930 for further information or to arrange a lift.

Methodist Church

By Maurice Haynes

In a recent article in the Guardian News about Freud's theories the writer says that if we consider the combined ideas of Copernicus, Darwin and Freud we might be led to say 'We are self-deluded beasts adrift in a vast and indifferent universe. A veneer of civilisation masks the true, animal nature of our fundamental drives: sex and aggression.' Copernicus dislodged us from the centre of our cosmos; Darwin removed us from the divine creation; and Freud tried to show us that even our ego's are not under our control.

I prefer to believe that God created us and we are fulfilled when we follow the teachings of Christ.

St Boniface

By Alison Hanson

A former parishioner, Rose Pierce, visited the parish recently to appeal for The Peter Trust Charity. Rose spoke about The Peter Trust which was set up by Fr. Pat Smythe, a previous parish priest, to help the people of East Timor. Almost £300 was donated and will be used towards funding some of the many projects in East Timor to alleviate malnutrition and to provide support and education for the young.

LOCAL EVENTS IN JUNE

Thu 1st High Bentham W.I. at the Town Hall, 7.30pm. See page 25.

Fri 2nd Age Concern at the Masonic Hall - Poetry and Story Reading.

GFI, every Friday, at the Methodist Schoolroom. GFI(1) Years 6,7 & 8, 6.45-8pm. GFI(2) Years 9, 10 & 11, 8.15-9.15pm.

Sat 3rd St. Margaret's coffee morning at the Town Hall, 10.00am-12.00noon. 

National Parks Wildlife Week guided walk, Ribbleshead National Nature Reserve 10.00am. Tel Roger Neale 41155.

Looking Well, 10.15am-12.00noon, Children's Theatre & Arts Club and every Saturday.

Farmers' Market, at the Town Hall, 8.30am-2.30pm.

Ceramics workshop, Bowland Bowls, 10am-4pm at Green Close Studios, Melling. Details from Sue Flowers, 21233.

Sun 4th National Wildlife Week, Wildlife Garden family activities and teas, 2.00-5.00pm. Tel. Liz Neale 41155.

Bentham Theatre Group panto writing at the Community Centre, 7.30pm.

Mon 5th Town Council meeting at the Town Hall, 7.30pm.

Looking Well, 10.00am-12.00noon, Baby Group. 1.00-3.00pm, Cancer Support Group lunch and drop-in. Both every Monday.

Springboard in Methodist Schoolroom for 7-10 year olds, 6.15-7.30pm and every Monday.

Tue 6th Playgroup & Toddlers, at the Town Hall, 1-3pm and every Tuesday and Wednesday.

Looking Well gardening, 2.00pm, and every Tuesday.

Theatre Group informal meeting, 7.30pm, Black Bull.

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

High Bentham Toy Library at the Community Centre, 9.30-11.30am.

Wed 7th NSPCC monthly meeting at Lingfield, Robin Lane, 7.30pm.

Thu 8th Evening Energiser Aerobics at the Town Hall, 6.45-7.45pm, and every Thursday.

Fri 9th Age Concern at the Masonic Hall - Quiz.

Sat 10th Playgroup coffee morning at the Town Hall, 10.00am-12.00noon. 

Bentham Pet Rescue Garden Party at Norcroft (adjoining the kennels), Langcliffe, from 2.00pm.

Printmaking workshop at Green Close Studios, Melling, 10am-4pm. Details from Sue Flowers, 21233.

Sun 11th Bentham Footpath Group walk, Crummack Dale, 7½ miles, leader D. Chamberlain 21436. Meet at Lairgill 9.30am.

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Wed 14th Coffee morning at Abbeyfield House, Main Street, Bentham, 10.00-11.30am. Everyone welcome. Raffle and Bring & Buy stall.

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

Thu 15th Copy deadline for July BN.

Low Bentham W.I. - farm visit to Wennington for a Bring and Buy plant stall cream tea.

Fri 16th Waste paper collection at Lairgill Car Park, 8.30-11.00am. Proceeds to NSPCC.

Age Concern at the Masonic Hall - Keith Hartley "It shouldn't happen to a Social Worker".

Hornby Drama Group and Lancaster Footlights, present three "One act plays", 7.30pm at the refurbished Hornby Institute. Admission £4.50.

Sat 17th Methodist Church coffee morning at the Town Hall, 10.00-11.45am. 

Bentham Footpath Group walk, Bainbridge, 9 miles, leaders V. Smith & J. Harrison 61100. Meet at Lairgill 9.15am.

11.30am Looking Well official opening. 7.00pm Town Hall - Bradford Chorale Summer Celebration Concert. Tickets £6.50 (£5 concessions and Friends of Looking Well). From Bentham Sports, Looking Well or at the door

High Bentham CP School's Summer Fair from 10am till 1pm. All welcome, free entry. Lunches available.

Exhibition - Contemporary Craft Tour. "METAL" at Green Close Studios 10am-5pm. Also on 18th. Details from Sue Flowers 21233.

Tue 20th Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.

High Bentham Toy Library at the Community Centre, 9.30-11.30am.

Bentham Footpath Group walk, Fairy Steps, Lowgill, 5 miles, leader M. Taylor 61672. Meet at Lairgill 9.30am.

Fri 23rd Age Concern at the Masonic Hall - These are the jokes Folks?

Sat 24th Blind Association coffee morning at the Town Hall, 10.00am-12.00noon. 

Ewecross Historical Society outing to Kendal Record Office. Meet at County Council Building car park 2pm. Possible morning visit to Kendal Museum and John Hamer Collection. Details from 61382.

Spotlight on Ingleborough, Hill Inn, Chapel le Dale, all day. See page 5.

Thu 29th Bentham Footpath Group open business meeting, 7pm Wenningdale Room, Town Hall.

Fri 30th Bentham News published.

Age Concern at the Masonic Hall. Card Bingo.

Bentham Footpath Group walk, Stonegrove Circular, 5 miles, leaders S & J Bargh 61745. Meet at Bentham Bridge 6.30pm.

BENTHAM THEATRE GROUP

invites you to come along to the Community Centre for a good old fashioned singsong.

Singing Workshops 7.30pm

Mondays 26th June & 10th July

Tuesdays 4th & 18th July

THE MOST EXCITING STORY YOU WILL HEAR THIS YEAR

By John Armstrong

On Sunday 18th June 2006, Bentham Churches Together will be hosting an evening with Tony Anthony, three times former world Kung Fu Champion, and author of best selling book "Taming the Tiger", as he tells his amazing life story. This much awaited event will take place at Bentham Town Hall at 7.30pm. Free tickets are available from John Armstrong, 015242 63011.

Tony will tell his amazing life story as told in his book "Taming the Tiger", CBC Book of the Year 2005. His story has more thrills, spill twists and turns than a Hollywood blockbuster. The book relates to Tony's outstanding life story beginning when he is sent to China as a 4 year old to become a Kung Fu disciple, where he spends eight hours a day following a cruel and brutal training regime, overseen by the Grand Master, his grandfather. Quickly developing into a Kung Fu expert, Tony becomes an elite bodyguard, protecting some of the world's most powerful people, whilst also winning the World Kung Fu Championship three times.

Personal tragedy, however, alters Tony's sense of extreme discipline and he begins to use his skills for illegal means, becoming embroiled in a world of violence, destruction and death.

Eventually incarcerated in the notorious Nicosia Central Prison in Cyprus, Tony hits rock bottom. Talking to a stranger who begins to visit him, he finds his anger begins to disappear, his priorities shift and his life takes a massive turn. Where previously other inmates had respected him for his fighting ability, now they are drawn to him in a different way. We have invited Tony to speak at Bentham because we believe the message of Tony's life is so powerful and we would love local people to have the opportunity to hear it. It is going to be a great evening. Tony says "I am very excited to be invited to speak at Bentham. It is a

great privilege for me to be able to share my story and I look forward to seeing as many people as possible at the event".

Tony Anthony is a director of Avanti Ministries and is currently booked to speak at various venues around the UK, as part of the "Taming the Tiger" book tour. The book was released in 2004 and with over 17,000 copies sold, it is on its 5th print run. The hardback version is now available. It is available from all good book shops including the Christian Bookshop in Lancaster. Future plans include the book being made into a film.

For more information, please contact me, John Armstrong, at Bentham on jl@millholme.freeserve.co.uk or telephone 015242 63011.

LOOKING WELL NEWS

By Alison Jones

Summer Celebration Concert

Please join us in the Town Hall on Saturday 17th June at 7.00pm for a celebration concert by the Bradford Choral. This wonderful concert has been arranged very kindly by Jean Taylor and John Watmough to enable us to raise funds to finish the kitchen area in Looking Well.

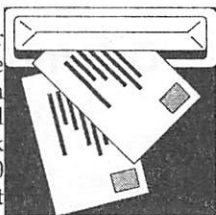
The choir will perform a variety of songs for a summer evening. Tickets include light refreshments and cost £6.50 (£5 concessions and Friends of Looking Well). Get them in advance from Bentham Sports or Looking Well, or at the door.

Don't Miss the Official Opening!

The concert will mark the end of a day which starts with the official opening at 10.00am when a surprise local celebrity will arrive to cut the ribbon and declare Looking Well Studios formally open.

A display by the children attending the theatre club will take place at 10.30am and the building will be open until 4.00pm for people to look around. If you have not seen it, or would like to know what goes on at the top of King Street, this is your chance! For further information phone Beryl on 62672.

Dear Bentham News,
I know many of your readers attended the local history exhibition staged in the Town Hall over the Easter Bank Holiday. Nearly 1000 people attended and it was heartening to hear people reminiscing and often renewing acquaintances.



I would like to take this opportunity to thank all those who helped with the exhibition, The Community Grants Panel of Craven District Council; Lin Barrington for The Bentham Arts Alliance; members of all the Churches and The Looking Well who served refreshments and assisted in setting up and dismantling the exhibition; the Primary school for the loan of their dining room tables; Anthony Bateson for transporting the tables; the Town Council for its support and in particular to Gareth Adams, Bernie Wills and Ruth and Mick Green who helped in innumerable ways.

Not only was the exhibition a success from the attendance aspect, I think it was also important socially giving everybody an opportunity to add their own information. I can assure those who contributed that their comments have been noted.

The next exhibition, God willing, will probably be in 2011 or 2012! We will see you there!

Thanks to everybody

Yours sincerely

David Johnson

Dear Editorial Committee,
I would just like to express my thanks for the opportunity to have a complimentary day out to Edinburgh on the Green Express on 29th April. It was a long day - we were up at 4.15am to catch the train at 5.25am, and returned home about 10pm - but a very special experience which otherwise we would have missed. In busy Edinburgh we had time for a visit to the Dynamic Earth exhibition and a quick meal. Service on the train was excellent, and with friendly travelling companions and a beautiful sunny day, our satisfaction was complete. A

little poem helps me to express my thanks.

The Green Express

I won a prize in t'Bentham News
For a trip with Green Express.
Free tickets on a jaunt to Edinburgh,
For me and a chosen guest.

(Once I had won a cycle helmet
And was pleased enough, despite,
The competition had been entered
To win a Mountain Bike!)

So, not normally lucky, what a treat
To ride the Heritage Train,
On the lovely, scenic East Coast Line.
(And it didn't even rain).

So, just to say "Thank You", dear BN,
You bring pleasure in many ways.
Although just a newcomer to Bentham,
I've soon learned to sing your praise!!

Yours sincerely,

Julie D Jackson (and husband).

Low Bentham.

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BENTHAM PEOPLE



Thanks

Richard and Annie wish to thank family and friends for the lovely cards and flowers received for their Golden Wedding.

Mike Gathergood would like to thank everyone who sent cards and best wishes during his recent stay in hospital.

Taylor - Paul, Charlotte and Travis would like to thank family and friends for cards and gifts received following the birth of "Lauren Jo" (30th April). Special thanks to Bob Lister (paramedic) who arrived with minutes to spare at this unexpected home birth. Also to Derek Anthony (paramedic) for his assistance after the birth.

Bob Wood. I wish to thank all my friends and relations for their kind gifts and cards I received on my ninety fourth birthday. Many thanks.

For Sale

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SPRINGFIELD BOWLING CLUB

By Marjorie Hudson

At the Annual General Meeting on 16th February the Officers were elected as follows: President Ken Pladdy, President Elect Audrey Shannon, Chairman Tom Davies, Vice Chairman Audrey Shannon, Secretary Marjorie Hudson, Treasurer Ken Pladdy, Captain Diane Chant, Vice Captain Marjorie Hudson, Social Secretary Mary Lawson, Green Keeper Tom Davies.

The new season started on 15th April, with a good turn out in reasonable weather. Winners of the very enjoyable pairs match were Tom Davies and Marjorie Hudson.

On 13th April we received a cheque for £100 from Bentham Methodist Church, part of their Wednesday coffee morning's proceeds. Thank you very much.

We now have a new mower which seems to be coping very well in the capable hands of our greenkeeper, Tom.

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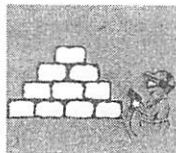
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THANK YOU PARENTS!

*By Cherry Heaton (Nursery Teacher, High
Bentham CP School)*

High Bentham school has a very talented, dedicated and efficient group of parents. They not only revamped the wild life garden that they helped to create last year but also transformed the playground through creative markings on the tarmac. The children now have a road system for their wheel toys complete with zebra crossings, parking bays and fuelling islands as well as a labyrinth, hopscotch, number snake and an amazing compass with all the continents in the middle.

The family groups and individuals had many laughs [and cups of tea] together while the children, who had helped with the designs, played and tested them all out. All this was done before the rain descended.

When thanking one of the parents for giving up their whole Saturday they replied "It was fun being part of creating something that my children benefit so much from." Thank you on behalf of all the staff, and other pupils and parents of the school.



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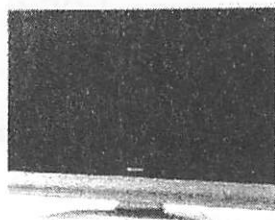
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Mike and Katy would like to wish previous owner, Liam, all the best for the future!

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HIGH BENTHAM WOMEN'S INSTITUTE

By Doreen Park

At the opening of the May meeting, the president, Wendy Dowbiggin, introduced four new members and welcomed all present to the annual Birthday Party and Resolutions. The minutes were read and signed. The meeting was held in the Wenningdale Room (because of the elections).

Supper was then served. Patsy Henderson produced jacket potatoes, chilli, cheese and coleslaw in a delightful combination of tastes. She had also made a lovely birthday cake which was served later with a cup of tea or coffee.

The Resolutions were discussed at length and all agreed on. Margaret Hayton then held a quiz, a real teaser! The competition for a posy of flowers was won by Wendy Dowbiggin, and Margery Kidd won the raffle. At the June meeting John Natlacen will talk on Churchmouse Cheeses and the competition is "a cheese knife".

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MOTOR NEURONE DISEASE (MND)

By John Hicks

When you see these words, what do you think of? Is it something that has affected your family, or do you only know about it because of people like David Niven and Don Revie?

At present there is no cure for the disease; it affects peoples' muscles but their intellect remains intact - they are alert and aware, even though they may not be able to speak, and their expression can look blank because their facial muscles are not responding.

Perhaps it doesn't sound too bad to say "it affects muscles" after all, many people live their lives in a wheelchair because they are unable to walk. But what if your swallowing muscles become so weak that you cannot enjoy a meal; what if you are unable to cough or clear your throat? What if you are a father or mother with young children to care for? What if you are the breadwinner with older offspring to support through college?

17th-24th June is MND Awareness Week

There will be many events up and down the country to highlight the disease and the work done by the MND Association. In our area, The Grange Amateur Dramatic Society is performing Oscar Wilde's "An Ideal Husband" in the beautiful garden at Cove House, Silverdale on 18th June, and the Kendal South Westmoreland Rotary Club's Five Valley Walk is taking place on 24th June - in both cases to help support people living with MND.

We would like you to know that there is a branch of the MND Association in your area, where you can talk to people who know first hand about living with the disease. The N. Lancs and S. Cumbria Branch raises funds and has trained Association Visitors to help families living with MND. All kinds of equipment can be provided, from the smallest gadget to unlock your front door, to a lightwriter that helps when speaking is difficult; or specialised computer facilities, or a riser/recliner chair.

There are open meetings every month and social occasions where relaxation is the order of the day.

If you would like any more information, or just a chat, please phone Sylvia on the dedicated local number; 01524 422493. We would welcome volunteers.

KIRKBY LONSDALE BRASS BAND

By Judith Johnson

Saturday July 8th at 7.30

As part of our Patronal celebrations this year, St John's has invited the well-known local brass band from Kirkby Lonsdale.

Led by their conductor, Allan Greenwood, they will entertain us with a varied selection of marches, film music and traditional tunes.

Tickets can be bought from church members or on the door at £6 including a complimentary glass of wine and nibbles.

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Friday, 30th June - **School Dinners**

Friday, 28th July - **AUSSIE BBQ**

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LIBRARY NEWS

By John Frankland

If you thought that Bentham Library and Information Centre was going to remain an oasis of calm and reason during this year's football world cup, then think again! Bentham Library will take this opportunity to commemorate that it is forty years ago this summer that in 1996, Bobby Moore, the England captain, led his team to victory over West Germany in the final.

We'll have biographies of some of the footballers who played in the final, like Bobby Moore, Geoff Hurst and Gordon Banks, as well as books that tell the story of England's triumph. If you are more interested in the modern game, then don't worry, we'll also have books on the 2006 world cup and some of the current England squad members. So if you want somewhere to come to learn or reminisce about England's past triumphs, then make Bentham Library your first stop! We'll even have a book that explains the offside rule!

Book Group

Did you know that Bentham Library has a thriving book group? Well, it does! The group is run by me and it meets on the second Tuesday each month at 7.30pm at the library. We cover a wide range of authors and talk about old and new books. The next meeting will be on 13th June when we will be discussing "Flaubert's Parrott" by Julian Barnes. If you are interested then you should be able to pick up a copy of the book at the library. For more information on the Book Group and books we'll be reading this year, contact the library at the number below, or pop in and pick up a list. If you want to attend a meeting then simply come along, you're under no obligation and don't have to pay a subscription - just join in the debate.

Joining the Library

Joining the library is easy and is free. Just turn up at the library with a document that proves your identity and address and you'll get a membership card. This allows you to borrow up to 10 books for free. There is a small fee for DVDs, Audio tapes, videos, etc. Contact us at 015242 61388 or by e-mail at bentham.library@northyorks.gov.uk

WRAYFLIX NEWS

Forthcoming films

27th May 2006

Kinky Boots (2005) Cert 12a (106 mins)

Inspired by the true story of a traditional English men's footwear factory in Northamptonshire which turned to the production of kinky boots for transvestites in order to save the ailing family business and safeguard the jobs of the local community. A funny film with the feel-good factor.

17th June

Memoirs of a Geisha (2005) Cert 12a (145 mins)

In 1929 an impoverished nine-year-old from a fishing village is sold to a geisha house and subjected to cruel treatment from the owners and the head geisha. She later becomes a renowned geisha and enters a society of wealth, privilege, and political intrigue. As World War II looms, Japan and the geisha's world are changed forever.

Book early to avoid disappointment!

Admission costs £3 (adults) and £2.50 (children)

Booking is available through Kevin & Janet Dixon (21699), Ros Nicholson (21886), Sandra & Paul Maycock (21830), Deborah Perrins (21978), Jonathan Ingram (21033) or Teena Douglass Taylor (21727) or just turn up on the night. N.B. Booking reserves a place but not specific seats so please arrive early for a good seat. Doors open at 7.30pm with films starting at 8pm.

Details of forthcoming films at Wrayflix can be requested by sending an e-mail to

wrayflix@gmail.com

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GROWING WITH GRACE OPEN DAY 15 JULY

By Tony Bennett

Growing with Grace is an ORGANIC vegetable nursery in Clapham. We run a delivery scheme, bringing fresh ORGANIC fruit and vegetables to people's doors. We have an on-site ORGANIC shop selling fresh, chilled and dry products.

You contribute directly to this enterprise through the Craven District Council Brown Bin Scheme. GWG turns your garden waste into compost in which a wide range of vegetables are grown. Through this scheme, Craven District Council directly support the growing of healthy, organic food for local people.

We have our Open Day on Saturday 15 July from 11.00 – 4.00pm and invite you to visit us. Come and find out about ORGANIC vegetable growing, where your green waste goes and how our bag scheme works. Sample organic food, visit the organic shop and learn about the nutritional value of juicing ... and more.

The debate over the value of healthy eating rages in the press and on television. Obesity, one of the outcomes of unhealthy eating, is deemed to be a National problem (we even have a minister in the government whose purpose is to tackle it!). Our purpose is to provide highly nutritious food, free from additives.

The National press and television (Jamie Oliver in particular) now constantly tell us that the additives in much of the food we buy are not good for us. We learn, for example, that some foods are full of salt, fat and/or sugar to make it more palatable (the now well-known story behind a fast-food outlet explains this well). Zoe Williams remarked in the *Guardian*: 'it is not a coincidence that cheap food is loaded with fat and salt because otherwise it doesn't taste of anything.' (*Guardian* Newspaper May 10 2006).

The argument against organic food usually centres on cost and value for money. Supermarkets know, too, that customers are

swayed by the aesthetics of food - what it looks like, perhaps influenced by the power of advertising. In relation to food, particularly fresh food, visual quality can be perceived by some people to be more important than taste and nutritional quality.

However, there is generally a tendency, with all things we buy, that you get what you pay for. In other words, quality does cost more. So it is down to choice – spend money on food that does you good or spend money on food that is cheaper.

What is indisputable is that organic food, whether fresh or manufactured, represents better quality and taste – see the Soil Association's website for information (www.soilassociation.org). Quality means essentially that the food does its job better – it builds healthy bodies and minds and keeps them that way. But equally important, organic food does not import things into the body that the body does not need (toxins). Processing and removing toxins places a strain on the body's systems and can contribute to ill-health. If you would like to know more about healthy, organic food come to our open day on Saturday 15 July.



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A SPECIAL SUNDAY AFTERNOON

By Alison Jones, Mary Hartley and Lin Barrington on behalf of the Multi Agency Group

A rainy Sunday was cheered up for ten people who would otherwise have been on their own. Volunteer drivers collected people from their homes and took them to Looking Well for a special afternoon tea hosted by "Contact the Elderly", Bentham Community Transport and Looking Well.

This is an exciting new venture spearheaded by the Multi Agency Group for Older People and we are hoping that it will become a regular fixture. Thank you to all the volunteers who provided delicious sandwiches and cakes, transported people and hosted an enjoyable afternoon of chatter and laughter. Everyone left looking forward to next time!

If you would like to be involved, please phone Lin Barrington on 62753.

A tea party photo of some of the organisers,

showing, left to right, Lin Barrington, Mary Robinson of Contact the Elderly, Alison Jones of Looking Well and Sue Clements of Carer's Resource.

GREAT NORTH RUN

By Kath Whitfield

Once again I have secured a place in the Great North Run, which will take place on 1st October 2006. My chosen charity is Leukemia Research and, if you are willing to sponsor me, there is a sponsor form in school; alternatively you may sponsor me online at www.justgiving.com/kwhitfield

Donating through this site is simple, fast and totally secure. It is also the most efficient way to sponsor me. Leukemia Research will receive your money faster and, if you are a taxpayer, an extra 28% will be added to your gift at no cost to you.

So please sponsor me now! Many thanks for your support.



BENTHAM FOOTBALL CLUB'S 1st TEAM

Back Row, left to right: Trevor Wheildon (Chairman), Wayne Dodding, Ben Dawson, Sean Lister, Graham Kellett, Chris Hodgkinson, Stuart Ralph (Captain), Tim Wheildon, Gary Louth and Gary Leak.

Front Row: James Short, Daniel Briggs Calvert, James Earnshaw, Hector Cochrane, Phil Wright (Kit Sponsor and President), Graham Cochrane (Manager), David Knapp, Paul Lister and Aidan Dawson.

After gaining promotion to Division One of the North Lincs League last season, Bentham 1st team has done very well again, surprising many and finishing fifth. The team won sixteen matches, drew five and lost seven.

We thank everyone involved with the club, sponsors and supporters, who have helped make this a successful season. We are already looking forward to next season and hope to attract more players in order to push for promotion.

BENTHAM NEWS is published at 'Latharna', High Bentham, by an editorial committee consisting of Trevor Blackwell, Shirley Brown, Linda Cressey, Keith Hartley, Judith Johnson, Peter Phillips, Ken Robertson, Pam Woof and co-ordinator, Bill Kennedy, who can be contacted on telephone 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. Bentham News is printed by Pica Design & Print.