

BENTHAM NEWS

TWO ROAD CLOSURES (REALLY!)

By Shirley Brown

The first road closure will be in Main Street, High Bentham, the B 6480 from a point 30 metres east of its junction with Robin Lane to a point 20 metres west of its junction with Goodenber Road. This road will be closed on Monday, Tuesday, Thursday and Friday from 5th July for 2 weeks, from 7am to 7pm, for major resurfacing work to be undertaken. This essential work has been planned in a way that should cause as little disruption as possible. It is hoped that the work will be completed in one week (to coincide with Kidde's holiday schedule) and the road will not be closed on Wednesday Market Day.

The second road closure has been authorised by Lancashire Highways Partnership who will temporarily be closing the B6480 near Wennington from 19th July until 3rd September to enable a collapsed highway retaining wall supporting the road adjacent to the River Wenning to be reconstructed. The alternative route for eastbound traffic will be via Ravens Close Brow to the junction with Burton Road. Turn right and proceed via Doctors Hill to rejoin the B4680 at Low Bentham. Westbound traffic should proceed to The Punch Bowl at Low Bentham and turn onto the C515 Eskew Lane/Long Lane via Millhouses to rejoin the B6480 at Wray, then turn right to Wennington.

We know that people will be temporarily inconvenienced by these closures, but the work can be done much more speedily and effectively when roads are closed to traffic, and we really look forward to enjoying the benefits of the completed work. Maps showing diversions are displayed on the notice boards in Low and High Bentham.

LUNE HABITAT GROUP EVENT

By Mick Ramsay

The Lune Habitat Group will be holding a flyfishing competition, open to anyone, at Stocks Reservoir on Sunday 11th July. Tickets will be available on the day from the Lodge and fishing is from the bank only. The competition will run from 10.00am and finish at 5.00pm.

The barbless hooks rule will be in force throughout the competition so that any unwanted trout can be returned carefully and a selection of fish can be made to suit the angler. Bag limits and prices are as follows: adults (£25) any four fish - juniors (£5) any two fish. Entries from individuals or teams of up to three anglers.

Youngsters are especially welcome and compete for a range of Junior trophies and prizes. Adults will be tempted by the thought of hunky rainbows, acrobatic blues and thumping brownies, all of which have been stocked to specimen sizes - as well as the senior trophies, cash and tackle prizes!

The Lune Habitat Group is a voluntary environmental group working closely with the E.A. to regenerate bankside habitat on the Lune, Wenning and other tributaries. Over the past six years it has completed more than 25 kilometres of protected riverine habitat which has helped fish, otters, water-voles and many other species of wildlife to maintain and increase their presence in our countryside. Thanks to the generosity of the Stocks management, a share of the proceeds from this competition will go to the LHG to help it continue its work. Next year it is hoping to improve habitat on sections of the Wenning. Why not support these efforts by having a fun day at Stocks with your children?

BN ACCUSED OF "HIDDEN AGENDA" AND "BIASED REPORTING"?

By Shirley Brown

On page 3 in the June edition of BN, comments of various town councillors were recorded expressing disappointment at BN's reporting of the return of the Wednesday Market to management by the Town Council. Suggestions were made that BN has a "hidden agenda with biased reporting and articles not being attributed to individuals." Councillors went on to ask "for reports to be factual with editorial comment made elsewhere. The facts about the market should be laid out."

Elsewhere in this BN, on page 13, Pam Woolf has written an article laying out the facts about the market, and here I am writing on behalf of the BN Editorial Committee.

I want to point out that our report of the April TC meeting, on page 3 of the May BN, was written by Bill Kennedy, as is clearly stated on the page. It is our policy to attribute articles wherever possible, and we very rarely submit an article without a name appearing at the top of the piece. We take our responsibilities as a community newspaper very seriously and there is no "hidden agenda". We feel that named reporters have the right to make comments alongside the facts in their articles.

Too Dull or Too Outspoken?

At various times we have been accused of being either too dull or alternatively too outspoken, so we realise we can't please all the people all of the time. We do not print minutes of the Town Council meetings, as those are available elsewhere, our contribution is to report on meetings. We feel that on the particular issue of the Wednesday Market, we have always encouraged active promotion of the market, and were making constructive comments. We will continue to do so in the future, as we hope that it is the Town Council's intention to promote and run a successful market for the good of the whole community.

EXCITING NEW OPPORTUNITY

Alzheimer Society

By Gill Allatt

We require a volunteer/s to help organise trips and events on average 4-6 times a year. A small friendly support group meets in Bentham monthly and is run by a volunteer who now requires some help with running this group.

The role would be quite diverse but could be flexible. You need to be mobile, have approximately 3 hours per month to dedicate and be available to communicate to the group and service providers on a regular basis. If you are interested please give us a call for more details on 01756 799971.

Thank you for taking the time to read this article and we look forward to hearing from you.

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JUNE'S TOWN COUNCIL

By David Johnson

All the Cllrs. were present except Cllrs. Barnes, Hey and Reynolds.

Highways-Chaos Imminent?

Main Street is to be resurfaced commencing 5th July. The work is planned to take place on 5th, 6th, 8th & 9th leaving Wednesday clear for market traffic. It will be closed from 7.00 a.m. to 7.00 p.m. from a point 30 metres east of Robin Lane to 30 metres west of Goodenber Road. There is a map of alternative routes and this will be posted on the Town Hall notice board together with a further copy for Low Bentham. Provisional arrangements have been made to close the road for two weeks but it is hoped to complete the work within the period specified. Notice was also received of the closure of the B6480 between Low Bentham and the junction east of Wennington between 19th July and 3rd September. The closure will be necessary to permit the reconstruction of a retaining wall near Wennington. The Cllrs. are still dissatisfied with the standard of grass cutting and particular concern was expressed about the failure to cut the verge near Egerton Lodge, Low Bentham as the poor visibility there could cause a serious accident. There appears to be a problem with the location of the Heritage Trail Sign. The Cllrs are worried that members of the public studying the sign will accidentally step out onto the carriageway. The organisers insist that this is the safest and most practical position for the board but the council asked that the matter be reconsidered.

Dog Fouling

Further complaints have been made about dog fouling on the green at Goodenber Crescent and at the Green, Low Bentham. The dog warden has become involved and the Council decided to investigate the cost of signs telling dog owners that children use the areas as a playground.

Anti-Social Behaviour

The police were not present but they reported that there had been an improvement in the position. The Cllrs discussed a policy of naming and shaming

offenders. They were shown a leaflet circulated by one authority that published the names of ASB offenders.

Council Web Site

Cllr. Marshall suggested that the Cllrs. have their own secure website so that they can preview and read council documents before each meeting. Cllr. Stannard supported the idea but thought it could contain a section devoted to other matters of general public interest and others thought it could be linked to the Bentham website.

North Craven Schools Review

County Cllr. Ireton said that North Yorkshire was currently in the middle of a review of education in the area and that meetings with the Governors had been arranged.

The Railway

Cllr. Wills said that the franchise has not been finalised but there is a possibility of some community input involving running the line on a part private basis. The station building needs a lot of money spending on it but interest has been expressed in dividing the building between office accommodation and a youth café organised by Churches Together.

I must add that those attending found it difficult to hear what the Cllrs. had to say and wondered if they could speak a little more clearly?

CRAVEN COLLEGE

By Sue Mneu

Craven College, Millers Court, held an art competition recently for pupils at High and Low Bentham Primary Schools to design a poster for their Art & Craft Exhibition. Joint winners were Isaac Dennis and Connor Hall, who each received a £10 voucher.

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CRAVEN DISTRICT COUNCIL MATTERS

By Gerald Hurtley

Craven District Council Election Results

Craven District achieved a 51% turnout, the highest turnout in the district was at Grassington, which achieved 64.1%, and the lowest was at Cowling with a turnout of 30.2%.

The Liberal Democrats lost 2 seats on the Council, leaving the Council with no party in overall control.

There are 30 elected councillors in total and the breakdown of party membership is as follows:

Conservatives: 13 seats

Independents: 11 seats

Liberal Democrats: 6 seats

Government announces a Referendum

The Government has announced that there will be a referendum this autumn to ask if the electorate want a regional government. If the response is positive then one tier of the existing local government will be removed.

In North Yorkshire that will mean abolishing the existing County Councils and 7 district councils. These will be replaced with one or more new Unitary Authorities, which will replace and combine the roles of the previous structure.

Q.E.S. SUMMER FAIR

By Sue Dudman

The annual Summer Fair at Queen Elizabeth School, Kirkby Lonsdale, will be on Sunday 4th July from 11.00am to 4.00pm. There will be plenty of good food served from midday, tea, coffee and refreshments and a BBQ. We keep the show rolling, rain or shine and as ever promise a happy and entertaining afternoon. Unbeatable homemade cakes and goodies, craft stalls, books, games, raffle prizes, bric-a-brac, music and dance are some of the attractions.

This popular event is made possible by your valuable support, please do come along, enjoy and contribute to this year's fair. Adult admission is £1 and children are free.

Donations of your delicious cakes, raffle prizes and items for the stalls will be much appreciated and if possible should be brought into school just prior to the fair, or on the day. Any enquiries or offers of help please call Sue Dixon on 015242 61434.

FURNITURE MATTERS

By Lin Barrington

Furniture Matters is a recycling scheme that takes donations of furniture, white goods, paint and bicycles. It then repairs and redistributes them to local people.

Bentham Trust is now an agency for Furniture Matters, so if you are on a low income and need furniture, white goods or paint, drop in to the Community Office on Station Road (next to Tom Guy's barbershop) and we'll see what we can do for you (ask for Lin). There is a small charge for the goods.

Furniture Matters also offers free practical training in furniture restoration, office skills, warehousing, health and safety, domestic appliance repair, woodwork, van driving, cycle repair, paint re-use, first aid, and customer service. If you are interested, call in to the office to see us or phone Lin on 015242 62549.



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C.P. SCHOOL - ALL WEATHER PITCH

By Mrs. C. Boocock

A meeting was held at High Bentham CP School on 11th June to discuss incidents that have occurred on the all weather pitch after school. Although use of the pitch requires booking, some young people are gaining illegal access by climbing over the gates.

New signs are to be put on the gates stating "No admittance to school premises outside normal school hours without permission". Legal Services from North Yorkshire Local Education Authority recommended that we put up these signs as soon as possible so that then any unauthorised users of High Bentham School site would risk prosecution. It was generally agreed that the all weather pitch is a wonderful facility for the school and should not be abused. The residents are to be kept informed of the ongoing situation and a further meeting is to be arranged to which young people who use the all weather pitch will be invited.

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POLICE TAKING ACTION AGAINST ANTI-SOCIAL BEHAVIOUR

By PC Adrian Hayes

Anti-social behaviour continues to be the most regular complaint that is made to the police. An operation was recently run in Bentham to target this problem and it is noticeable that the number of complaints received has dramatically reduced. We are not being complacent about this and further operations will be run in future months if required.

This kind of problem is deemed to be of such importance to the quality of people's lives that Craven Crime Reduction Partnership has recently appointed a full time employee to assist in co-ordinating solutions to tackling these kind of problems. This person will work alongside PC Neil Hargreaves who is the juvenile liaison officer for Craven District.

A new procedure has been put in place to deal with complaints of juvenile disorder. Any incident which results in officers having to attend will result in the names of those involved being obtained, a report will be submitted and letters sent to parents advising them of what their children have been up to. If three reports are received within a six month period then parents will receive a visit from PC Hargreaves and the anti-social behaviour officer.

The purpose of the visit will be to discuss the child's behaviour and put in place an acceptable behaviour contract. If this is not abided by then consideration will be given to applying to the courts for the granting of an Anti-Social Behaviour Order (ASBO). Granting of an ASBO means that conditions can be applied to your child such as a curfew, being barred from certain areas or associating with named associates. Breach of an ASBO can result in a custodial sentence.

Please speak to your children and advise them of their responsibilities to the rest of the community, when they are out with their friends enjoying themselves.

OPEN DAY SUCCESS

By Tony Bennett

Growing with Grace welcomed the local community at their open day on Saturday 19 June. Despite wet, cold and squally weather, the number of visitors more than doubled on last year.

Tours around the glass houses, packing shed and composting scheme enabled people to witness the different aspects of the business first hand. Existing customers could see the growing crops of sugar snap peas, broad beans, courgettes, sunburst squash, baby chard, round beans and salad leaves that are, or soon to be, included in their vegetable bags. The shop was open and a vegetarian barbeque provided snacks, welcomed in the unexpectedly cold weather!

A puppet show and painting entertained younger visitors. Information displays in the packing shed explained the packing operation, the composting scheme and provided information on the Middlewood Trust and Soil Association. Matthew Robson had a stand displaying his 'Bushy Tail' herbal products and was there to provide information and advice.

Growing with Grace wish to thank everybody for their interest and support. Anybody wishing to make a follow up visit would be welcomed.

We also 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 www.growingwithgrace.co.uk

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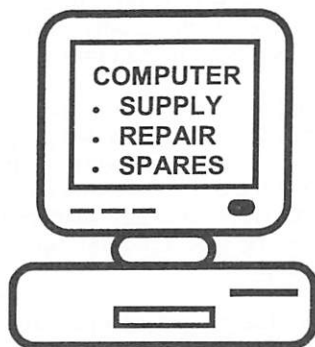
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CHURCHES TOGETHER

Church Attendance



CHURCHES TOGETHER
IN BENTHAM

By Father Angelo

Recently I was asked how many people come to Mass and to services at the other churches and chapels in Bentham, on The Lord's Day. I think it is about 160 on a good Sunday - yes, less than 1% of the population in this area.

Many reasons are given and we can all say "mea culpa" (I'm to blame). Why so few children at Sunday School? The Christian faith is hardly taught in schools (though I'm pleased to say High and Low Bentham do an excellent job), but really it is up to the parents to bring their children to church and to take part with them in church social activities. However, a word of encouragement. Churches Together in Bentham works very hard to enable non-churchgoing people to participate in many Christian based activities such as Palm Sunday, the Whit Walk and G.F.I. to name but a few. Groups meet to discuss and act upon the Gospel message of Jesus - to love God and our neighbour, by our prayers, and by acts of kindness and forgiveness to others; to those who are near and needing friendship and to those far away who are prisoners of conscience.

Enjoy the summer, but come to church to thank God for your freedom and your life.

Bentham Methodist Church

By Olive Calverley

On sunny Whit Sunday Bentham "Churches Together" met at St. Boniface's Church for a walk of witness around Bentham, calling at St. Margaret's, then celebrating with refreshments, a birthday cake at the Methodist schoolroom.

Together as Christians, we worshipped God, prayed, listened to God's Word. Jesus prayed (John 17.21) "that they may all be one, Father! May they be in us, just as you are in me, and I am in you, so that the world will believe that you sent me".

United under Christ.

St. Margaret's Church

By Janet Slinger

In times of great personal distress or national and international calamity, it has been found that many people turn to God in prayer. This seems odd when we continually hear or read about attendance at church dwindling away and the Christian faith having little relevance in today's increasingly busy and secular society. However, it appears that people still have faith and we must never forget that a little prayer goes a long way and God always listens.

St. John the Baptist

By Dorothy Pidgeon

Women's Fellowship, long in abeyance, has been revived and meets on the 1st of each month (with a few exceptions) at 2.00pm at Pilgrim's Rest. Body, mind and spirit are catered for! There will be no meeting in August so the next one will be on 1st September. All ladies warmly invited.

Quakers

By Ralph Atkinson

Quakers meet at Calf Cop every 2nd, 4th and 5th Sunday morning each month. In a Quaker Meeting, each one, in silent attention, tries to draw closer to God, whatever "God" may mean to them.

During this quiet hour anyone may feel led to express a thought or feeling they experience. There is no pre-arranged programme and no one directs what happens.

This simple way of worship is both modern and ancient. It can be inspiring. It is open to anyone who will join in the silence.

Churches Together

St. John's, Low Bentham, will be holding a summer Taize Service outdoors in the grounds of Sedbergh Junior School with the Revd. Nigel Thomas and Bentham Taize Group. We hope you will come and join us on Sunday 22nd August at 6.30pm. If wet, the service will be in the church.

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HB COMMUNITY PRIMARY SCHOOL

By Mrs. C.A. Boocock

We have a few places left for our Reception class in September 2004 for children who were born between September 1999 and August 2000 so please contact school if you are interested in arranging a visit.

We are selling a quiz sheet in school named "Who wrote that?", which costs £1. It is suitable for the whole family. You have to write down the titles of books, novels or plays and the prize is £20, so please come into school and buy one from the office. The closing date is 14th July. All the money raised will go towards more books for school.

We have purchased more outdoor play equipment. It was chosen by the children's School Council. If anyone would like to donate a bench or seat for the children to sit on outside in the playground, we would be most grateful. We are trying to increase the outdoor seating so that the children have somewhere quiet to sit, chat or read, and also so that children who have packed lunches can sit outside during good weather.

A new teacher, Mrs. Sue Marshall, who will be teaching Year 2, starts in September. She will cover for Mrs. Fran Ramsay who will be on a year's leave of absence.

From September we will be running our own kitchen and not using the LEA caterers. Alison Ward, our excellent cook, will continue to run the kitchen, ably supported by Angela Faraday and the great team of midday supervisors. We are going to use local suppliers wherever possible and improve the quality of the food we provide. We are keen to offer healthier meals to our children. Many thanks to the Friends of Bentham Grammar School who donated £350 towards more fiction and non-fiction books and also to the Town Council for donating £50 to school, also spent on books.

School events in July are :- Monday 5th - Friday 9th Music Week; Wednesday 7th - Open evening; Tuesday 13th Sports afternoon; Wednesday 14th Swimming Gala at Ingleton Pool; Wednesday 21st - Leavers' Service 2.30pm.

GARDENING

By Joyce Knapp



As we move into July the tide finally turns, as we begin to spend more time in the kitchen garden harvesting produce rather than cultivating it.

By now we should have collected most, if not all, of this year's summer fruiting strawberries and raspberries will be about to ripen. Whilst it is possible to successfully freeze any surplus raspberries for use during the winter, you may find it preferable to eat strawberries fresh as they have a habit of going mushy when defrosted (although they make particularly good jam).

Blackcurrants are also likely to be ready for harvesting in July and can be picked straight from the bush or, alternatively, the fruiting branch can be cut off just above ground level and carried indoors, where you can remove the fruit whilst seated comfortably by a table. Soft fruit starts losing vitamin C as soon as it is picked, and it is also destroyed by light, so it is the darkness in the freezer that is as important as the saving of time in dealing with a crop of blackcurrants. Incidentally, I may have a small surplus of blackcurrants this year, so if anyone is interested in buying them on a pick-your-own basis please get in touch.

There should be a wide variety of vegetables ready for harvesting in July, ranging from the legumes eg. peas and sugar peas, French and runner beans to root crops such as early carrots, swedes and beetroot. There will also be an abundance of salad crops with lettuce such as Tom Thumb giving way to later varieties eg. Lollo rossa, whilst spring onions and summer radish should also be available.

Although the emphasis will be on harvesting, and hopefully enjoying eating, a wide variety of food crops in July, we must not overlook the importance of sowing one or two hardy winter salad crops. Landcress can be sown now, or alternatively we could grow miner's lettuce, both of which produce high levels of vitamin C and are quite hardy. Finally, we can sow a row of winter radish which produce much bigger roots than their summer counterparts.

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HIGH BENTHAM PLAYGROUP

By Rachael Faraday

High Bentham
Playgroup is on the
move. Due to the
Town Hall
refurbishments,
playgroup will
have a temporary
home at Bentham



Community Centre on Main Street, from 1st
September until works are completed. We
will continue on Tuesdays and Wednesdays
from 1.00-3.00pm, with our playgroup
leader, Pauline Eastwood.

All children over two and a half years old
are very welcome. Please ring Rachael on
61438 for information. Also, we would like
to thank everyone who came and supported
our recent coffee morning, which raised £140
for playgroup funds.



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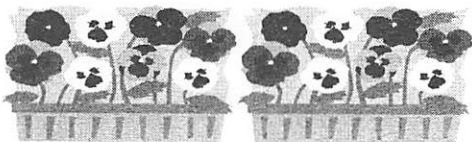
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FLOWER QUIZ

By Dorothy Pidgeon

1. If it takes a risk, it'll get a star!
2. Needed for osculation.
3. This one got up.
4. A vehicle for all people.
5. Slightly embarrassed.
6. A prickly German wine.
7. A tender vegetable not to be eaten.
8. A French thought gives us this.
9. A lady, fully occupied.
10. A mediaeval punishment.
11. Deep purple from the Dark Continent.
12. Part of the orchestra.
13. Rooted to the spot by his own reflection.
14. One in the eye.
15. Wants to be remembered.

Answers can be found on page 24.



BENTHAM MARKET

By Pam Woof (Chairman T&E Committee BDT)

I write in response to the growing sensitivity surrounding the management of the Wednesday Street market on Cleveland Square. Amidst great concern about poor attendance, money from the Countryside Agency was made available in 2002 for a survey to be carried out on the state of the market. At this point there were only two or three stalls each week. The results of that survey were positive, with most responses wanting the market to continue.

In April 2003 the Council agreed that as an experiment they would hand over the management of the Wednesday street market to Bentham Trust for one year. The Trust wanted the chance to revitalise it rather than see it die. The Tourism and Economic subcommittee that undertook the management included two councillors plus three other members of the public.

During the year and with the help of grant money, some intensive marketing was done to try to encourage more stall holders to come on a regular basis. A monthly Farmers' Market was encouraged to start and the number of stalls increased to an average of between six and seven per week. The income for the year was £1789 out of which £521 was paid in wages for the market superintendent and for sundry travelling expenses. Bentham Trust made no charge for its services but unfortunately the Trust's funding has now come to an end and therefore it would have to charge (approx. £600 p.a.) for administration in the future. The council decided that, after taking into account the rates payable to the CDC for Cleveland Square, the management of the market should return to the care of the Council and in this way they would avoid the additional administration costs.

It would be a great shame if the progress that has been made was lost again in the future. Hopefully this will not happen, as the Council has formed a committee especially to deal with the market. I remain positive that things can be achieved but the experimental year has proved that marketing is key to its success in the future.



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PUPPY POINT - CLICK AND TREAT

By Sue Whiteley

The clicker has revolutionised dog training. It is a small plastic box with a metal spring that makes an audible click when pressed. It is not a gimmick but is based on years of scientific research. A click means to your puppy "what you are doing right now is correct and will earn you a reward" (the reward follows shortly afterwards). This makes things much clearer for your puppy and speeds up training. Your puppy learns to concentrate on what he is doing rather than just being focused on the food treat. He quickly learns to respond without food up front. It is a consistent signal so is useful where different family members are involved in training your puppy.

Children can do clicker training as it does not involve voice control or physical strength and anyway, their timing is often better. The clicker is particularly useful to "catch" part of what you want, and move in small steps towards the desired goal. As your puppy learns, you can gradually fade out the clicker, just as you would do when using food alone in training. However, you can dust off the clicker any time for retraining things that have slipped or for any new things you wish to train. Clicker trained dogs have a positive, keen and enthusiastic approach to training - so get clicking!

For more information about "Good Start" puppy classes contact me, Sue Whiteley, on 015396 21946.

FAMILY FUN EVENING AT GOODENBER PLAY AREA

By Marie Colyer

It's time again for our annual Family Fun Evening at the Goodenber Play Area in High Bentham. It is a perfect chance to come and have a night off from the cooking with a barbeque selling burgers, sausages and vegetarian options as well as soft drinks. You can enjoy socialising with other families and let the kids have fun with their friends playing on all the equipment. Let's hope the sun shines like last year.

The Family Fun Evening is being held on Friday 30th July from 6-9pm. It is open to all, parents, grandparents, aunts and uncles and especially the children with free entry for all.

Thank you for supporting the Goodenber Play Area which is run by a small band of volunteers. Running costs are covered entirely from fund-raising and donations, annually it costs about £1000 to keep up the maintenance, insurance payments and health and safety inspections on the playground, all of which are absolutely necessary to keep the playground open to the public. This is your chance to support our local playground in a really productive and fun way.

Just bring a rug, a bottle of wine and yourselves and come and enjoy it.



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RECIPES

By Doreen Park

As the summer is with us and barbeques are popular, here are some drinks to make and serve to your family and friends.



Elderflower Cordial

- 23 heads of elderflower
- 6 oranges
- 1 lemon
- 3 pints boiled water, cooled
- 2 ozs citric acid

Collect the elderflower heads when dry and in full flower. Wash well. Slice the oranges and lemon and place all the ingredients in a bowl. Allow to stand for 48 hours, stirring now and again. Strain well and bottle in screw top bottles. Dilute to taste and serve chilled. This makes a nice refreshing drink for summer.

Barley Water

- 3 ozs pearl barley
- 1 lemon
- 1 quart boiling water
- sugar to taste

Wash the barley in boiling water, throw away the water and put the barley in a large jug with grated rind and juice of the lemon and a little sugar. Pour the quart of boiling water over this, stir well whilst it cools and strain before drinking.

Blackcurrant Cordial

- 1½ lbs blackcurrants (if you still have some from last year in the freezer, use them up).
- 8 ozs sugar
- juice of 2 lemons
- 1 pint boiling water
- thin slices of lemon

Cook the blackcurrants slowly with the sugar (reserving 1 tablespoon of the berries), mash well, strain and measure the juice, adding water to make up to 1 pint. Add the strained lemon juice and the boiling water. Allow to become cold and add the fresh blackcurrants and slices of thin lemon.

Cold Tea Punch

- rind of 1 lemon
- 3 ozs caster sugar
- 1½ pints cold tea
- ¼ pint rum
- ¼ pint brandy

Grate the lemon rind and blend it with the sugar. Pour on the freshly made tea. Stir well and set aside to become thoroughly cold. Strain carefully and add the rum and brandy.

Party Punch

- 2 pints cider
- 1 wine glass brandy
- 1 wine glass sherry
- 1½ bottles soda water
- 1 slice each of lemon, orange and grapefruit (or other fruits available)
- a sprig of mint

Mix all together and stand the punch on ice for 30 minutes before serving.



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LOCAL EVENTS IN JULY

Thu 1st Tai Chi at the Looking Well, 7.00-8.00pm, and every Thursday.

Bentham Arts Forum meeting at the Byres, 7.30pm.

Fri 2nd Looking Well 6.00pm-9.30pm, Black Library Wargaming Group, over 11s, and every Friday.

"Pirates of the Caribbean", TRAMPS, 7.30pm Settle Victoria Hall. More details from 01729 825718.

Sat 3rd St.Boniface Church coffee morning at the Town Hall, 10.00am-12.00noon. 

Open Gardens, in aid of NSPCC and Christian Aid, and Sunday, see page 32.

Sun 4th Queen Elizabeth School Summer Fair, see page 5.

Bentham Footpath Group walk, Devil's Bridge and Docker Moor, 10 miles, leader B. Ellershaw 62078. Please meet at Lairgill car park at 9.30am.

Mon 5th Looking Well, 1.00-3.00pm, Cancer Support Group drop-in session, and every Monday.

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

Tue 6th Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.

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

Playgroup at the Upper Town Hall, 1.00-3.00pm and every Tuesday.

Tai Chi at the Looking Well, 2.00-3.00pm, and every Tuesday.

Looking Well, 2.00-3.00pm, Women's Support Group and every Tuesday.

Burton-in-Lonsdale and District Horticultural Society Open Gardens. For more details phone Dennis Wilson 015242 61546 or Mrs. Chris Stephens 01729 824620.

Wed 6th Playgroup at the Upper Town Hall, 1.00-3.00pm and every Wednesday.

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

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

Bentham Footpath Group, Langstrothdale Flower Walk, 4½ miles, leaders M. & K. Hartley, 62373. Please meet at Lairgill car park at 9.30am.

Sat 10th Alzheimer's Federation coffee morning at the Town Hall, 10.00am-12.00noon. 

Low Bentham Gala, 1.45pm. See page 23.

Burton-in-Lonsdale Methodist Sunday School Centenary, see page 25. Also on Sunday 11th.

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.

- Wed 14th **Bentham Farmers' Market, 8.30am-2.30pm.**
Bentham Footpath Group quarterly meeting at the Wenningdale Room, Town Hall, 7.00pm.
 Looking Well, 7.30-9.00pm, Alzheimer's Disease Carers Support Group social meeting.
- Thu 15th **Copy deadline for August edition of Bentham News.**
- Fri 16th **Waste paper collection at Lairgill car park, 8.30-11.00am.** Proceeds to NSPCC.
- Sat 17th **Bentham Golf Club coffee morning at the Town Hall, 10.00am-12.00noon.** 
- Sun 18th **Bentham Footpath Group walk, Whernside, 7½ miles, leaders T. & J. Connolly 42129. Please meet at Lairgill car park at 9.30am.**
- Tue 20th **Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.**
Bentham Toy Library at the Community Centre, 8.30-11.30am.
- Wed 21st **Citizens Advice Bureau at the Surgery, 1.30-3.30pm.**
- Thu 22nd **To Saturday 24th, "Confusions" by Alan Ayckbourn, TAKE ONE, (01729-825718).**
- Sat 24th **Low Bentham Women's Institute coffee morning at the Town Hall, 10.00am-12.00noon.** 
Bentham Footpath Group walk, Roeburndale circular, 11½ miles, leader B. Sim 61106. Please meet at Lairgill car park at 9.30am.
- Thu 29th **Bentham Footpath Group walk, Mewith circular, 4 miles, leader J. Clapham 62326. Please meet at Bentham Bridge at 6.00pm.**

- Fri 30th **August edition of Bentham News published.**
Goodenber Play Area Family Fun evening, 6.00-9.00pm. See page 14.
- Sat 31st **Bentham & District Pet Rescue coffee morning at the Town Hall, 10.00am-12.00noon.** 

Local Events in early August

- Mon 2nd **Ewecross Historical Society - an evening walk through Kirkby Lonsdale with David Smail. Meet in Market Square in front of Royal Hotel, 6.30pm.**
Bentham Footpath Group walk, Keasden circular, 4 miles, leader M. Ellis 01132 737459. Please meet at Lairgill car park 6.00pm.
Town Council meeting, 7.30pm.
- Tue 3rd **Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.**
Bentham Toy Library at the Community Centre, 8.30-11.30am.

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BENTHAM'S NEW BALTI HOUSE

By Voirrey Wild

Wednesday 9th June saw the opening of the Raj Balti House, which can be found at the rear of the Coach House pub in High Bentham.

I was lucky enough to sample the fine Indian and Bangladeshi cuisine for myself on the opening night and spoke to Oscar Arosh, the manager, about his new venture. Oscar hails from Bradford and has brought his well-established team of staff to the 'Raj' at Bentham after the success of another of his ventures, the acclaimed 'Ruchee' in Settle. The resident chef, Ali, has worked all over Britain and has gained his expertise working alongside his brother, Oscar, who has managed two restaurants previously. Ali will cook to order according to your taste and specification and he makes his own Balti sauce, which is the house speciality.

"BALTI" means Bucket

I asked Oscar what 'Balti' translates to in English, and he explained that in Bengali, the indigenous language of Bangladesh, 'Balti' means bucket. Traditionally a 'Balti' curry is served in a small copper bucket and brought to your table in authentic 'Balti' style. My meal on the opening night was a chicken balti and it was, indeed, brought to my table in a Balti bucket. The combination of the freshly prepared ingredients and the finest Indian and Bangladeshi spices tasted amazing and the meal left me feeling wonderfully healthy.

Incidentally the 'Raj' also serves some traditional English food and fast food, such as the kids' favourite, burger and chips. The

tables were set beautifully and the newly decorated premises (thanks to Greg) with subtle lighting and authentic Indian 'Banga' playing softly in the background, created a truly convivial atmosphere.

Paul and Ann, the licensees, extend a warm welcome to the Raj Balti House, Oscar and his team, as they join the Coach House in Bentham, and I wish them all the best for a very successful future together.



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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.

BABY MASSAGE

By Carol Wood, Health Visitor

Babies love and need the comfort and ease that comes with a loving touch. Massage can begin soon after birth with light stroking through clothing when your baby is comfortable. When happy to be undressed and naked babies from about 6 weeks old can often be massaged for 5-10 minutes.

Why massage your baby?

It helps your baby to:

- Learn to relax
- Decrease stress hormones
- Regulate digestion
- Deepen breathing
- Improve circulation
- Relieve colic & congestion
- Ease teething
- Bond and communicate
- Improve the immune system
- Have longer and sounder sleep
- Be more compassionate and cooperative
- Prepare for coordinated movement and mobility
- Promote growth

And you to:

- Relax
- Understand and respond to your baby
- Provide a special focused time
- Increase your competence
- Increase your confidence
- Decrease your stress levels
- Ease time of separation
- Bond and communicate
- Increase prolactin levels (in both men and women!)

Do you have a baby between 6 weeks and 6 months? Are you interested in trying baby massage, having some fun sharing this experience with a few other? We plan to have about 6 relaxed informal sessions this summer. Dads are welcome. Ring 61864 to book a place.

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BENTHAM PEOPLE

Personal Thanks



June Burnett - Tony and his family wish to thank the many people who supported us during June's final months, especially Dr. McKirdy, the staff of the Health Centre and the Extra Care nursing team. Our thanks also to Rev. Nigel Thomas and Joe Morphet for a very dignified and moving funeral ceremony and to all who attended or sent cards and messages of condolence. Donations to the Extra Care Fund amounted to over £600.

June Harrison. My family and I would like to thank everyone for their cards, flowers and kind wishes, following the death of my husband, Walter, on 2nd June 2004. Your kindness has been greatly appreciated by us. We would also like to thank the Reverend Tony Willmont for conducting the service and Mr. Joe Morphet (Brown and Whittaker) for organising the funeral arrangements.

Kathleen and Sheena (nee Rigg) thank all friends and neighbours for their messages of condolence and kindness when we lost our mum (Kathy). Very special thanks to Marion Robinson for her care and kindness over the years. To the Reverend Tony Wilmott for his prayers and comforting service and to Joe Morphet for his dignified funeral arrangements.

Thanks

Eileen Lister would like to say a big thank you to Gail, Thomas, Laura, Melissa, Clive. Good neighbours. Mr. & Mrs. Bentham and Mrs Hall for being there for her, shopping etc. She couldn't have managed without you all. Also to Bentham Community Transport and to all the ladies and gentlemen who transported her to the Health Centre and back. Thank you all.

Nick Louth would like to thank all family and friends for coming to his "30th" party. £330 was raised and will be donated to Brooklands Special Needs School and Goodenber Play Area. Special thanks to Back from Beyond, Bad Taste Blues and Colin Moore. Extra special thanks to Dave, Jen and Sarah.

Thanks

Roy and Viola Johnson thank the people of Bentham and surrounding districts for all their support for over 28 years. It is with sadness that we close the business owing to Roy's health. However, we will remember all our many customers (including those in remote farms) with genuine affection and will miss the friends we made over the years. **Mary Parker** would like to thank friends, neighbours and relatives for their kind gifts, flowers and cards which she received after her accident.

Jim and Marion Robinson would like to thank everyone for all their good wishes, cards and flowers, all those who visited or helped in other ways, during Jim's recent stay in hospital.

Birthdays

Happy 70th birthday WAC (Dad) on 5th July. Love from all the family. Keep on Rock and Rolling!

Situations Vacant

Cleaner wanted for general household cleaning, 4 hours/week. Tel 62364.

Bentham Sports Club. Bar steward/stewardess wanted - 16 hours/week. Would consider two people working week on, week off. Ring 61909.

BENTHAM PEOPLE PAGE

By Shirley Brown

This is a well-used feature of BN. We want it to remain accessible, informative and interesting, so we have decided that it will include a section for people who are writing on behalf of charities, both to thank contributors and to announce an amount raised by an event. We may edit these announcements, but use of this section will be free. Other advertising rates for this page remain as stated in the box below.

Please note that the rates for this page

are as follows: "Thanks" notices, Birthdays,

Congratulations etc, 10p per word.

For Sale, Services, Situations Vacant etc 20p per word. Payment, with the notice, should be left at Bentham Sports Shop by 15th of the month.

WOMEN'S INSTITUTES

Low Bentham

By Jennifer Watkinson

With a glass of wine or fruit juice to accompany the samples of unusual cheeses that John Natlacen and his assistant, Linda, served, members had a very pleasant evening. Mr. Natlacen enthusiastically described his new career as owner of Church Mouse Cheeses in Kirkby Lonsdale. 80% of the cheeses he sells are British and he specialises in locally produced cheeses and preserves. When he and his wife set up business 20 months ago in the 1690s shop, near the church, he retained all the beams and furnished it mainly with family furniture. They store the cheeses in the cellar at the correct temperature and for the right length of time. They now employ one full time member of staff and about a dozen part time, including a pianist. Among the cheeses sampled were Richard 111 from

Bedale, Black Stick Blue from Longridge, served on charcoal biscuits, a goats cheese from Nantwich and a goats milk Brie type from Whitehaven.

The vote of thanks was given by Mrs. Ruth Sephton.

High Bentham

By Doreen Park

At the June meeting details were discussed regarding the theatre trip on 24th June to "Hello Dolly" at The Grand and the Federation pre dinner before the show in September.

The treasurer reported that a profit of £120.50 was made at the recent trading stall in the Town Hall and thanked everyone who helped in one way or another. We were then introduced to Sarah, of Total Wellbeing here in Bentham. She asked for a volunteer and President Mrs. Margaret Hayton filled the bill, receiving a manicure finished off with a beautiful pink for the nail polish. The competition winner was Elsa Sayer and Mrs. Phyllis Tomlinson won the raffle.

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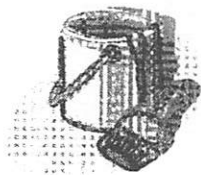
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LOW BENTHAM GALA 10th JULY

By Catherine Close

If you are looking for a fun family day out why not come along to Low Bentham Gala on 10th July? The Royal Party and Fancy Dress entrants will depart from Low Bentham car park at 1.45pm and arrive at the Low Bentham School field at 2.00pm.

There is guaranteed to be something for every age including Stars in Their Eyes, It's a Knockout and Egg Throwing Competitions, Punch and Judy and Magic Shows, Races and Bouncy Castle. Or why not try to win a prize in the raffle, on the tombola, £50 note raffle or with your lucky programme number? If you are still not convinced, why not come and sample the homemade cakes or maybe a burger from the barbecue?

Please come and bring your friends and enjoy a fun-packed day at the Gala on the School Field at 2.00pm. on Saturday, 10th July.

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SHONET!

By Susan Adams

Anyone who has walked past St. Margaret's Church recently, following the footpath directions on the Heritage Trail map cannot have failed to notice when they pass along the wall of the church that the churchyard is in very good shape.

Several willing people, who have lots of calling upon their time, go up there faithfully week by week to cut the grass and keep the place tidy for us all to enjoy. During the week visitors and locals often take their sandwiches to eat at lunchtime, whilst enjoying the tranquility and the views.

Imagine my disgust, when on leaving the church after the early service one Sunday morning recently, (having commented on how nice the churchyard looked before entering the church less than an hour earlier) my attention was drawn to yet another green polythene bag full of dog sh, one, t.

I know this is not a popular topic, especially with some dog owners; and I also apologise to those of you who are reading this whilst partaking of food: but come on, the dog owner who had taken the trouble to scoop up the aforesaid sh,1,t in view, may I add, of the red receptacle on the post opposite the end of Wenning Avenue and placed there at the Council's, and therefore our expense, has already done the unpleasant bit associated with being a responsible pet owner, only to hurl the muck over the wall and into the churchyard. How sad is that?

You know if this could be about you. Please, please, please think of everyone else before you hurl your bags of shonet over the wall, and in future place them in the bin provided.

SHame ON Everyone Tempted to even think about this disgusting practice again.

Flower Quiz (page 13) answers.

1, Aster. 2, Tulips. 3, Rose. 4, Carnation. 5, Pink. 6, Hollyhock. 7, Sweetpea. 8, Pansy. 9, Busy Lizzie. 10, Stocks. 11, African Violet. 12, Viola. 13, Narcissus. 14, Iris. 15, Forget-me-not.

Dear Bentham News,
As a responsible dog owner, I feel I must write in response to articles in the Craven Herald about the irresponsibility of dog owners who do not clear up their dog's waste here in Bentham. I feel there are two local issues that contribute to this.



1. In Low Bentham I feel the problem is more the lack of a suitable receptacle to put the waste in. A red bin at the start of the riverside walk to High Bentham would be well used. Whilst I understand problems of emptying the bin, if it were considered like litter, surely a solution could be found.

2. A lack of knowledge by the public as to where to obtain the green CDC dog waste bags from. These bags are free and yet no one tells you this. By the way, they can be obtained from the Development Trust/Tourist Information office in Station Road.

If the council publicised the location of existing waste bins in the Bentham area, and encouraged people to obtain free green waste bags, it may help. I enjoy walking my dog in the lovely countryside around my home and see many others doing the same - long may this continue.

Yours sincerely

Christine Hodson and Jessie (the dog).

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FOOTPATH GROUP

By Maureen Ellis



As we walk this month, many of us will be thinking and talking with affection of June Burnett, but be very sad at her death, and our thoughts will go out to Tony and their children, Fiona, Hilary and David. If we are missing her, what must their loss be like. July has an extensive programme of walks and June would have enjoyed them.

Sunday 4th at 9.30 is a scenic walk of 10 miles, contrasting river, moor and meadow, going down river to Whittington from Kirkby Lonsdale and then breaking off to Docker Moor with its trig point and hopefully, sightings of wild deer. The return is by Hutton Roof to the starting point.

In contrast, Wednesday 7th at 9.30 will be a leisurely 4.5 miles where the emphasis is on looking at wild flowers and grasses. It will be gentle walking taking in Yockenthwaite, Langstrothdale and using some of the Dales Way. The leader told me she was inspired by a book on wild flower walks in the Yorkshire Dales that she bought at Watershed Mill in Settle.

The walk of Sunday 18th at 9.30 is by request. Last year Pen-y-Ghent was a very popular walk for the Bentham Footpath Group and one of the walkers asked the leaders if they could lead another walk up another of the three peaks. This is how this year's route came about. The meeting point is Lairgill but the walk starts from Ribbleshead.

The leader of the walk on Saturday 24th at 9.30 has planned a 11.5 mile route from Wray to Mallowdale. It takes in most of Roeburndale and can be found on the Forest of Bowland map. It starts on fields, later reaching moorland. Some of the names on the map are, Smear Hall, Stanvin, Harterbeck, Winder and Thorn Bush.

The Bentham Heritage Trail is highlighted on Thursday 29th at 6.0p.m with a 4 mile walk using some of it. A most beautiful leaflet of this trail can be obtained free from the tourist office - it's nice enough to frame.

There is another annual trip to the Lake District on September 11 and 12 which will

involve two days of walking and an over night stay, hopefully in Cockermouth. For further details contact Adrian Leigh or Dorothy Stubbs.

Finally don't forget the Quarterly Meeting on Wednesday 14th in the Wenningdale Room of the Town Hall.

BURTON METHODIST SUNDAY SCHOOL CENTENARY CELEBRATIONS

By Hilary Lund

There will be special celebrations for the centenary of Burton-in-Lonsdale Sunday School, (1904-2004) in July. On Saturday 10th from 2.00-4.00pm at the recreation field, and on Sunday 11th at the Methodist Church at 6.30pm. The leader will be Philip Dew of Tebay. There will be a Jacob's Join at 12 noon in the Sunday School. As a past member we hope you will come and share this special occasion and meet old friends. Come along and bring others who were at Sunday School with you. More details from Nancy Lund 015242 41458 or Audrey Whitaker, 74307.

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MISSED SURGERY APPOINTMENTS COST MONEY!

By Peter Phillips

Having read the Surgery column regularly in the Bentham News, I have been concerned at the number of missed appointments reported each month.

A Few Facts

In the past six months there have been a total of 414 missed appointments at the surgery. This averages out at 69 a month. Assuming that each appointment runs for 15 minutes this means a total of 17¼ hours lost each month. If the doctors and nurses work an eight hour day (and I am sure they do more), this would equate to 1 doctor and 1 nurse being at the Surgery for more than 8½ hours doing nothing!

Everyone would consider this a gross waste of NHS time and money, not least the person who rings for an appointment only to be told that he or she will have to wait several days to get one.

A missed appointment at the dentist could cost you £15 but there is no charge at the Surgery. A simple phone call if you cannot attend would greatly assist the receptionists and make for a quicker service. Just think - 414 people could have had your missed appointments so please let the Surgery know if you wish to cancel or do not need to attend.

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BENTHAM & DISTRICT PET RESCUE



By Val Marshall

Once again the weather was kind to us for our Garden Party at Norcroft, in Langcliffe. This was a superb event arranged by June Parington and everyone enjoyed themselves with lots to do, lovely eats (for dogs and owners) and several fun dog classes. It always amazes me how 20 to 30 dogs all wandering around off leads can have the time of their lives with never a growl or any discord - wonderful to see!

Early June saw us at Burton Gala and I would like to thank everyone for making us so welcome - also for the generosity of the public who bought our newly published 2004 Quiz - this time on the theme of Animals. A hundred of these were purchased and I hope everyone enjoys doing them. Quizzes will be on sale around the area and at the other functions we attend during the summer. As this is written, we are preparing for a Book Rummage in Low Bentham and we hope for a good turnout of customers seeking something cheap to read on their holidays!

Our sanctuary is still full of beautiful older cats, ranging from 7 months old to the two 11 year old ginger brothers - how they long for a home together. Soon we shall have this year's kittens ready, for which we have a long waiting list of potential new owners. However, I do feel sorry for these older cats, although they do enjoy lying in the sun in our large outside enclosure. Any enquiries to Bentham 62512 please.

We are hoping our Coffee Morning, originally scheduled for Bentham Town Hall, will take place elsewhere in Bentham at the end of July - please watch out for our posters. The week long Book Sale in mid-August will still be taking place at Watershed Mill in Settle, albeit in a different room.

For information about local organisations, visit the Bentham website

www.bentham.net

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BENTHAM FOOTPATHS

By Councillor G. Birkbeck

If you have a problem whilst walking the footpaths around Bentham, e.g. stiles broken, overgrown hedges etc. would you please let Pauline Hill at the library or Lin Barrington at the Tourist Information office know.

A map reference or footpath number would also be helpful. Thank you.

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SPRINGFIELD BOWLING CLUB

By Marjorie Hudson

On Saturday 29th May, a cloudy and wet afternoon, a new competition was held "The Mary Johnson Trophy". This was a sad occasion, held in memory of Mary, a long standing member of the club and captain for many years, who sadly died last year.

It was on "President's Day" a few years ago (the President being Mrs. Jenny Cardus) that a competition was held and Mary won the trophy, which was hers to keep. After her death, Mary's sisters and brother kindly donated the trophy (which was in the form of a lady bowler), to the club, so naturally the competition was for ladies only. After the clouds and drizzle the sun came out and all the ladies concerned had a very good day. Mary's three sisters and brother Ron, who has now joined the club, came to watch the match. The winner of the trophy was Mrs. Mary Lawson (ironically a very good friend of Mary) and Mrs Louie Murby, Mary's sister, presented the trophy.

BENTHAM AGE CONCERN Change of Venue

By Mary Hartley

While Bentham Town Hall is being refurbished, Age Concern will hold its weekly Friday Drop-in at the Masonic Hall, Station Road, Bentham. The last Drop-in at the Town Hall will be on Friday 2nd July and then from 9th July we will be meeting at the Masonic Hall.

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Diary By Dominic Lunt

In April I headed off to the Sahara to take part in a race considered by many to be the toughest footrace on Earth. The following is a diary of the events and experiences of the week I spent there.

08/04/04

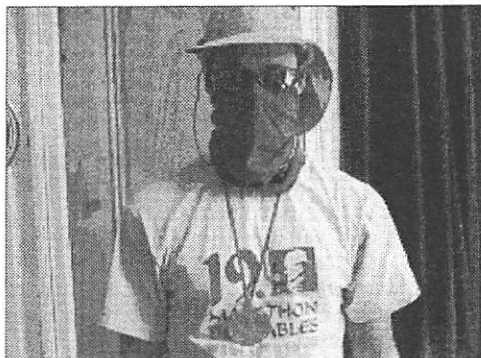
We arrived at the small dusty airport in the town of Ouarzazate in the early evening. I think everyone was glad of the opportunity to stretch their legs after a rather cramped flight surrounded by rucksacks and equipment. Thankfully everyone's luggage arrived and we were able to board buses to the hotel without too much hassle. The evening in the hotel gave us one last opportunity to enjoy comfortable accommodation and a good meal before the race began.

09/04/04

Following breakfast all of the competitors and their equipment were loaded onto coaches for the start of a four-hour journey into the Sahara desert. As we drove deeper into the heart of the desert the inhospitability of the environment we were soon to be running and living in became all too apparent. There was a noticeable decline in conversation, as people became engrossed in their own thoughts of the days to come.

For the last 30 minutes of the journey we were transferred onto cattle trucks as the terrain became inaccessible to the coaches. This journey was not a smooth one by any means and with drivers, who clearly believed they were participants in the Dakar rally; we went flying at breakneck speed across the uneven ground resulting in a few bumps and bruises before the race had even begun.

Upon reaching the first camp we were told to find a tent to sleep in for the next week. The tents were all numbered and were divided into sections for differing nationalities so all the British competitors were together. An old school friend of mine, James, was competing in the race with me



and we ended up moving into tent number 56 with eight other people.

Our fellow tent members were a great group and we had become good friends by the end of the week. The first bivouac or camp was situated on the AMSALIKH WADI, which is essentially a dry riverbed and I was immediately struck by the stark beauty of the area. That evening we were fed dinner by the race organisers who even provided us with miniature bottles of red wine, which was a rather nice French touch. After dinner most people crashed out in their tents firstly because there was not much else to do and secondly because we knew we would need all the energy we could muster over the next week.

10/04/04

Today was taken up by the technical and medical checks necessary before race registration. All competitors are required to present the compulsory items, such as an anti venom pump and compass. Competitors are also required to submit an ECG reading and a medical form signed by a doctor clearing them for participation. In the evening the race director, Patrick Bauer, made a very prolonged speech in French, which, I am told, was subject to some rather dodgy interpretation into English. Following dinner that evening James and myself had a brief wander down to the start line. It certainly looked quite forbidding in the moonlight, although there was certainly a sense of anticipation as well.

The BN was one of the local organisations which sponsored this commendable effort by Dominic. The story is continued on page 30.

11/04/04 – Stage 1 Amsailikh Wadi – El Khait Wadi

Today's stage covered a distance of 28 km and was supposedly a warm up for the days to come. The atmosphere at the starting line was one of great excitement as we prepared to put months of preparation and training into practice. After a brief speech from Patrick Bauer there was a countdown and we were off. James and myself started off at a very slow and steady pace, which was about all I could manage with the weight of my rucksack on my back.

It amazed me how many people seemed to be going far too fast considering this was only the first day. We were making good progress until I was forced into a rather inconvenient toilet break and had to seek out some form of cover. Unfortunately this consisted of a solitary prickly bush, which provided scant coverage and indeed probably only succeeded in drawing more attention to myself. You soon realised that there was no room for modesty here.

I caught up with James at the next checkpoint and we continued on together at a steady pace. The terrain was mostly quite kind to us although the last few kilometres were over sand dunes, which were a stark reminder of what we had yet to face. We crossed the line quite near the back in 4h and 41 min but we both felt in reasonably good condition.

12/04/04 – Stage 2, El Khait Wadi – Iriqui Lake

This stage covered a distance of 34 km from the El Khait Wadi to the Iriqui Lake.

I set off at a slightly faster pace today and made pretty good progress up the field. The terrain was mainly stony ground that was not too bad to run on. The heat was very intense at 45 deg C and by around 13:00hrs I could really feel it, especially as the wind had completely dropped. Upon reaching the third checkpoint I was glad that there was only 6 km to go. Unfortunately you could see the finish line from about 2 miles away which I think caught a few people by surprise as they began to speed up only to realise to their dismay that after 15 mins they still appeared no closer and were forced to walk. I crossed

the line together with James in 308th place in a time of 5h, 11 min feeling quite good. I had a few small blisters but nothing too substantial and felt that I had kept within myself and conserved energy for the days to come

13/04/04 – Stage 3, Irikui Lake – Dayet Chegaga

This was the infamous dune stage that consisted of a total distance of 37 km, the majority of which was over large sand dunes. Mercifully there was some cloud cover today, which spared us the searing heat of other days. I think there are probably few terrains as demoralising as sand dunes. You are constantly sinking into the sand, sometimes up to your knees and can see nothing but a sea of sand stretching out in front of you.

Thankfully the gaiters I had taken with me, constructed (by my mother), out of parachute silk, worked brilliantly. Hardly a grain of sand managed to penetrate into my shoes for which I was extremely glad. Others were not so lucky, and had to continually stop to empty their shoes of sand. James and I passed a man huddled in a survival blanket being treated by medics, awaiting pickup by the helicopter. It highlighted to us the real dangers of dehydration and heat exhaustion in this environment. I crossed the line in 7hr and 2 min in 260th place. We lost something like 13 people on this stage; unfortunately one of the guys in our tent was among those who did not finish. Apparently he had just collapsed in the dunes, unable to get up again and had to be rescued by helicopter, he was only about 2 miles from the finish. I felt glad to have finished this stage but knew that tomorrow was the 50-mile stage and was going to be tough.

14/04/04 – Stage 4, Dayet Chegaga – Jebel Megag

Today was probably the most important stage of the race. It involved crossing a total distance of about 50 miles over varying terrain including no small measure of sand dunes. By this stage I had a number of blisters but had been bursting and cleaning them every night and seemed to have kept them under control.

To be continued next month.

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NSPCC & CHRISTIAN AID OPEN GARDENS

SATURDAY 3rd JULY & SUNDAY 4th JULY

By Susan Adams

The following gardens will be open during the open garden weekend. As in the past, some will be open on both days and some will be open on only one day. Please check your tickets before venturing out. Refreshments will be served in both High and Low Bentham. Entrance is by universal ticket costing £2.50. These are available at various outlets in the area - Hash Browns, Tooby's Electrical, Bentham, Bentham Sports Shop, Tourist Information Office and Low Bentham Post Office. They will also be available at participating gardens on the days when they are open.

We thank all those people who have agreed to let us share their gardens for this one weekend. There will be a rough (not to scale) map on the inside of the tickets, to aid with locations. Gardens open from 1.00pm - 8.00pm unless otherwise stated. Look out for the green balloons. (Please note that a copy of the Bentham News does not count as a ticket).

1. Mr. & Mrs. Bargh, Waterscales Farm, Bentham. Sunday only.
2. M. Jackson & D. St. Pierre, Tennant House, Clapham Road, Bentham. Toilet.
3. Mrs. J. Harrison, 24 Pye Busk Close, High Bentham.
4. Mr. & Mrs. R. Colyer, Robin Hill, 17 Mount Pleasant, High Bentham. Sunday only.
5. Mr. T. Davies, Moneybent, Station Road, High Bentham. Sunday only.
6. Mr. & Mrs. C. Moorby, 8 Hillcroft, High Bentham.
7. Mr. & Mrs. W. Foster, Hazelwood, Summerhill, Bentham. Sunday only.
8. Mr. & Mrs. J. Warbrick, Lakeber House, Robin Lane, Bentham. Plant stall, Sunday only.
9. Mike Wynne & Annie Carrington, Easdale, Robin Lane, High Bentham.
10. Mr. & Mrs. A. Leek, 32 Lakeber Drive, High Bentham. Stall, refreshments, raffle.
11. Mr. & Mrs. B. Easterby, 49 Goodenber Road, High Bentham. Saturday only - 4.30pm.
12. Mr. S. Martin, 28 Goodenber Road, High Bentham. Saturday only.
13. Mr. & Mrs. H. Neill, Ashfield House, 66 Main Street, High Bentham. Stall.
14. Mrs. R. Atkinson, Parkinson Farm, Main Street, High Bentham. Refreshments.
15. Mr. & Mrs. P. Parkins, 4 Low Bentham Road, High Bentham. Saturday only - 5.00pm.
16. Mr. & Mrs. B. Cowling, Sandwood, Low Bentham Road. Saturday only - 5.00pm.
17. Mrs. D. Stubbs, The Grange, Low Bentham Road. Saturday only.
18. Mr. & Mrs. P. Wright, Staddlestones, Low Bentham Road. Sunday only.
19. Mr. & Mrs. D. MacLeod, Ellergill Lodge, Low Bentham. Sunday only.
20. Jo Warin & Pete Johnson, Ellergill House, Low Bentham. Sunday only.
21. Mr. & Mrs. P. Cressey, Elm House, Drs. Hill, Low Bentham. Refreshments, Sat only.
22. Mrs. R. Brayshaw, 1 Baynes Cott. Greenfoot Lane, Low Bentham. Sunday only. Cold drinks.
23. Mr. & Mrs. K. Winnery, 12 Greenfoot Lane, Low Bentham. Sunday only.
24. Mr. & Mrs. S. Hogg, Yew Tree Drive, Drs. Hill, Low Bentham. Saturday only.
25. Mrs. J. Knapp, Cramond Farm Allotment, Ireby - wide variety of fruit & veg. Sun only.
26. Mr. & Mrs. J. O'Connor, 11 Hill Croft, Butts Lane, H. Bentham. Refreshments.

Thank you to all who are taking part in this scheme. Our next fund raising event will be a Craft Fair on 7th August in the Town/Masonic Hall. Exact details of venue will be on posters. If you are interested in having a stall contact C. Woof on 015242 62254 for more details. Don't forget the monthly waste paper collection on every 3rd Friday of the month at Lairgill Car Park. Thank you for your continued support and to all who help.