

BENTHAM NEWS

MULES??

With Bentham Show on 4th September, it might help some of the "Townies" amongst us to know what the farmers are talking about with reference to their livestock! This might help!

Sheep

(Woolly creatures, from whose language we get the expression "don't come bleating to me")

Mule - **not** a cross between a horse and donkey but a cross between a Swaledale and Blue Leicester

Massam - Cross between a Dales ewe and Teeswater ram

Gimmer - female maiden sheep up to a year old

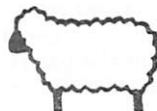
Shearling - one year old sheep sheared once

Tup (or ram) - the male sheep - without the "snip".

Lamb - even I know that one!

Hog - **not** a pig. A lamb becomes a hog on 1st January and remains so until sheared.

Wether - male sheep after the "snip"



Cattle

Bull - male bovine - without the "snip"

Bullock - male bovine - he's had the "snip"

Cow - female bovine - do **not** refer to you partner by this name!

Calf - young bovine

Heifer - young bovine - may have had one calf



Horse

Stallion - male horse

Gelding - male horse with the "snip"

Mare - female horse

Colt - male under 4 years without "snip"

Foal - young horse - either sex

Pony - small breed of horse



Poultry

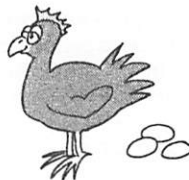
Cock - male

Hen - female

Chick - newly hatched

Pullet - young bird up to a year old

Fowl - any domestic cock or hen of various gallina-ceous birds, kept for eggs and flesh (I got that one from the dictionary!)

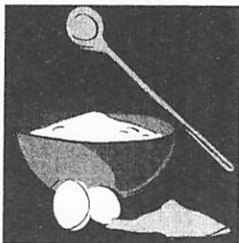


There! Now you can talk to the farmers on equal terms. Enjoy the Show and pray for fine weather. (Any errors are mine - A. Townie - (alias Peter Phillips).

RECIPES

By Doreen Park

When I was a teenager many moons ago, I first came to this area and had lunch at the Golden Lion, Settle. I chose fresh salmon, a luxury in those days, although today it is much more available.



Warm salmon tart

½ salmon fillet or cutlets
2 eggs plus 2 yolks
¼ pt double cream
2 tablespoons fresh chives, snipped
salt and pepper
lightly dressed fresh green salad

For the pastry

4 ozs plain flour
2 ozs butter
1 egg
1-2 tablespoons ice cold water

For the pastry, blend the flour, a pinch of salt and butter in a food processor until it resembles fine breadcrumbs, then tip into a bowl. Separate the egg and set aside the unbeaten egg white. Mix egg yolk into the flour mixture with enough water so that the pastry comes together; knead on a lightly floured surface to give a smooth dough and wrap it in cling film and chill for 10 minutes. Roll out the pastry very thinly and use to line a loose bottomed 20cm fluted tin about 4 cm deep. Chill for 10 minutes.

Pre-heat the oven to 180C/350F/gas mark 4 (fan oven 160C), prick the pastry base and line with non stick baking paper. Fill with dried peas and bake for 15 minutes until the case looks set. Remove the paper and brush the inside with the unbeaten egg white and return to the oven for 5 minutes or until the base is firm to touch. Reduce the oven to 160C/324F/gas mark 3 (fan oven 140C). Cut the salmon into 2 cm pieces, disregarding the skin and bones. Whisk the eggs and yolks, beat in the cream and chives, season. Scatter salmon in bottom of pastry case and pour the cream mixture over it. Bake for 20/25 minutes.

Baked herb salmon

2 ozs butter
3 sage leaves
4 thick salmon steaks
2 tablespoons lemon juice
1 large onion
1 tablespoon chopped parsley
salt and pepper
lemon slices

Pre-heat the oven to 325F/170C/gas mark 3. Spread half the butter over the centre of a large sheet of foil and place on a baking tray. Peel and finely chop the onion and sprinkle over the foil with the chopped sage and parsley. Arrange the fish steaks on the foil, sprinkle with lemon juice and season. Dot with the remaining butter and bring the sides of the foil up over the fish and join together well. Bake for about 35 minutes until the salmon is tender.

Arrange on a warm serving dish and garnish with halved lemon slices and parsley. Serve immediately.

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TOWN COUNCIL REPORT

By Bill Kennedy

The Town Council meeting was held at the Victoria Institute, Low Bentham, and will continue to be held there while the Town Hall is being refurbished. Councillors present were W. Heigh, C. Barnes, G. Adams, G. Hurtle, G. Birkbeck, F. Hey, D. Ireton, T. Marshall, B. Wills.

Council Representative. There was considerable discussion about the council being represented on the Goodenber Road Play Area Committee, and concern was also expressed about vandalism there. Eventually it was agreed that councillors would take it in turn to attend the Play Area committee meetings.

Police Matters. There was no police representative present so there was no police report.

Highways. Councillor Marshall proposed that the contractors who had recently resurfaced Main Street, should be congratulated on doing the job quickly and with relatively little disruption. The Mayor, Councillor Heigh, said that she had personally thanked the contractors.

Dog Fouling. The council has had a number of letters from members of the public, with suggestions about possible sites for dog poo bins. These suggestions are to be collated for the next meeting when the locations will be decided.

Town Hall Refurbishment. Three tenders had been submitted from firms at Kendal, Keighley and Settle. The contract was awarded to Hopley's of Settle and the work is due to commence at the start of September. Councillors arranged to meet to remove council property and place it in store.

Bentham Development Trust. A letter had been received from the Trust asking for the joint Council/Trust Committee to be reconvened, with a view to the two organisations working in harmony. Cllr. Hurtle suggested that the Mayor should be chair of this committee. Cllrs. Barnes, Beckbeck and Hurtle agreed to be the council representatives on the joint working group.

Planning Applications. Most of the planning applications were approved, but two were subject to much discussion, and many letters of objection had been received. A number of concerned residents were present to hear the proceedings. The council decided to object to the change of use of 26 Main Street, (the old Trust and T.I.C. office beside the Post Office) to a take away food outlet, reportedly another curry take away. However, it approved the application for the change of use of Bentham Lodge, off Station Road, into a B & B premises, although Cllr. Hurtle was concerned that the noise from the sheep market might lead to complaints from people using the B & B facilities.

Wednesday Parking - Cleveland Square. The council discussed the parking taking place at Cleveland Square on Wednesdays recently, in defiance of the council rules and the notice prohibiting parking on Wednesdays. It was agreed that the police should be informed.



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CRAVEN DISTRICT COUNCIL MATTERS

By Gerald Hurtley

Good news for small businesses

Craven District Council is urging small businesses to be aware of potential business rate relief following recent proposals announced by the Office of the Deputy Prime Minister. The proposed new scheme will ease the burden on small businesses by introducing relief from rates. Under the plans relief will be available at 50% for business properties with an annual rateable value of up to £5,000. The relief will decline on a sliding scale as rateable value increases, reaching no relief at a rateable value of £10,000.

A buffer zone has also been added so that business properties between £10,000 and £15,000 will not have to contribute to the relief. Businesses will have until 31st December 2004 to register and the small business relief scheme will become effective from 1st April 2005.

Publication of the Government's Rural Strategy

On Wednesday 21st July 2004, Rt Hon Margaret Beckett, MP, Secretary of State for the Environment, Food and Rural Affairs, launched the Government's Rural Strategy for 2004. The strategy builds on the review of rural delivery produced by Lord Haskins in November 2003 and sets out three key properties:

- ◆ Social and economic regeneration
- ◆ Social justice for all

◆ Enhancing the value of the countryside

Since the publication of Lord Haskins' report, the Local Government Association has been lobbying to ensure that the government response includes:

- ◆ A commitment to decentralisation of rural delivery
- ◆ Support for the role of local authorities as community leaders
- ◆ Cultural change in rural delivery arrangements with greater clarification of roles and responsibilities, greater engagement of local government in strategic planning and priority setting, and no loss of local government responsibilities
- ◆ Opportunities to trial new ways of working

Freedom of information

Public authorities hold information on a lot of the population and from the 04/01/05 you are entitled to ask the public authorities to disclose to you what information they hold about you.

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HIGH BENTHAM PLAYGROUP

By Rachael Faraday

Eleven intrepid Mums and Grandmas ventured to the top of Ingleborough on a Sunday in July. The weather was kind and to the surprise of some of us, we did survive! We also raised £325 and would like to thank very much all those who sponsored us.

Playgroup restarts on Tuesday 7th September at 1.00pm at our new location at Bentham Community Centre, Main Street. All children from 2½ years old are very welcome, please come along.

The Annual General Meeting will be held on Tuesday 14th September at the Community Centre. New committee members are needed so please support us. The photographer will be with us on Wednesday 22nd September from 8.00-10.00am at the Community Centre. Do you want photos of older children with pre-school children? Please ring Clare on 62104 to book a time.

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NEW SEASON OF WRAYFLIX

By John Millington

Hi Filmgoers!

It's good to be back. We are looking forward to seeing you during the film season this autumn and winter. I know, doesn't it come around so quickly!

As in the past two years, we are starting the film shows by showing Harry Potter and then Lord of the Rings. The film night this year has reverted to Saturday in response to popular request and all films will be shown at 8.00 p.m. Doors will be open from 7.30 p.m. onwards so that you can get a good seat, have a drink and have a chat, heigh ho! More a social event than just a movie, and of course we will have a break at half time, so you can carry on where you left off!

Saturday 11 September.

Harry Potter and the Prisoner of Azkaban. (Cert. PG.) Harry's third year at Hogwarts and his life is in mortal danger, yet again, this time more than ever!

Saturday 25 September.

Lord of the Rings: The Return of the King. (Cert. 12A) The Fellowship of the Ring prepare for the final battle for Middle Earth, meanwhile Frodo & Sam approach Mount Doom to destroy The Ring.

Although the cost of hiring the films has gone up in price, we have kept the price the same as it was 2 years ago, £2.50 for children under 12 and £3.00 for everyone else, how's that for value? You'll just have to buy more drinks and stuff to help us out, thanks. See you at Wray Village Institute then! Ta - Ta for now. **Tel: 015242 22095.**

**BENTHAM FARMERS
MARKET WEDNESDAY
8th SEPTEMBER,
8.30am - 2.30pm
CLEVELAND SQUARE**

FUN DAY AND SPONSORED WALK

By Pam Woof

Bentham Playing Fields Association (registered charity) in conjunction with Bentham Traders Association will be holding a sponsored walk and Fun Day on Sunday 19th September. The sponsored walks will follow the Bentham Heritage Trail. Participants can walk the full length blue route (9 miles) starting at 10.00 a.m., the pink route (5 miles) or the purple route (2 miles) both starting at 12.30 p.m.

Afterwards there will be a barbecue and other activities including the annual tug 'o' war competition on the playing fields! Tickets to walk will be £3.00 (children £2.00) but this fee includes a BBQ afterwards. A prize will be awarded for the person raising the most sponsor money. Entry and sponsor forms will be available from local shops and the Sports club. Even if you can only collect 4 sponsors it all helps to raise money for the playing fields. Last year 30 people or more enjoyed a sponsored walk to Spens Farm and the total amount of sponsor money raised was £1,300. Please help us to raise at least the same again to help cover the running costs of the Bentham Playing Fields for the coming year.

Annual Tug 'O' War Competition

Bentham Traders Association award a Trophy annually for the best Tug 'O' War team. Normally this takes place on Gala Day but this year the competition will be held at the Fun Day. If you would like to get a team together for this event please contact Dave Lewis on 63386 or let Pam at Bentham Sports 62001 know as soon as possible although entries will be allowed on the day. The tug 'o' war will take place around 2.p.m. Throughout the afternoon there will also be a tombola, a bouncy castle and other activities to entertain you. Anyone wishing to have a tabletop sale should contact Pam at Bentham Sports.

Why we need your support

The refurbishment of the pitches and the new changing facilities are due to be completed this month. Money for this has come from

Sport England, the Countryside Commission and the Football Foundation as well as from our own funds raised by the Bentham Sports and Social Club on behalf of the B.P.F.A. We now have to ensure that we maintain these new facilities to a high standard and this is likely to cost around £5,000 per annum. New play equipment for children under eight will be installed soon thanks to a grant from the York and North Yorkshire Community Foundation. We still hope to find grants in the near future for a skate park and to resurface the tennis courts. If any one would like to join the Playing Fields committee please contact Pam Woof on 61387.

HUSH, HUSH, WHISPER WHO DARES?

By John Neal

With apologies to Christopher Robin, Bentham Theatre Group will be "plying their wares" and so keeping alive the one-year-old tradition of the autumn festival, remembered with affection in last month's Bentham News.

The group was part of last year's festival with performances of Agatha Christie's "And Then There Were None". In October they will be providing more laughs than chills with the Philip King farce "See How They Run".

The Town Hall refurbishment that seems to have knocked the stuffing out of this year's festival means the play's performance will be down the road apiece, in the Victoria Institute at Low Bentham. A different stage means a different challenge for the stage crew and a smaller hall means you'll have to get in early for tickets when they become available at Bentham Sports.

The move down the hill will, no doubt, be welcomed by Low Benthamites, but the group is anxious that their "Dad's Army" 1940s romp of a play doesn't become the year's best kept secret in Bentham at large.

"Loose Talk Costs Lives" may have been a saying on everybody's lips some years ago, but as far as "See How They Run" goes, the more loose talk the better! And here's to next year's autumn festival in a better, brighter Town Hall?

ENJOYABLE 20TH CANCER CARE CONFERENCE

By Ann Holden

The theme of the conference was "Together we can" and this was demonstrated right across the activities of the next four days. Six hundred of us attended, twice as many as in previous years. We had excellent accommodation with en-suite rooms. There was a great atmosphere throughout and what a variety of activities there were to join in.

Every day we joined in a welcome group where you would discuss anything that was relevant to your home group or the conference. It was a wonderful chance to get to know each other and glean fresh information. There were over forty information workshops from which you had previously chosen three. On Saturday, students from the nearby beauty college came to give us a manicure or facial, very relaxing and enjoyable. Entertainment was

provided, nightly quizzes, discos and unexpectedly we had the delight of seeing "REAL" MEN with experience of cancer on stage in slightly more than can be seen in their calendar for 1905 (a la Women's Institute). Saturday evening was Gala night and all 600 hundred of us were transported by stage coach (not literally, I mean the bus company), free of charge to Manchester United banquetting suite to enjoy a champagne dinner and dance. Then there were speeches from people such as Lyn Faulds Wood and Professor Karol Sikora - they spoke of the progress taking place in the care and cure of cancer.

All good things have to come to an end though and sadness and joy mingled together as we hugged and exchanged addresses. Oh yes, "Together we can - overcome". Maybe you will be encouraged to join us next year, and/or join us on Mondays at 1.00pm at the Looking Well for lunch. You will be most welcome. Finally, thanks to the Health Centre for their help with the costs.



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POLICE REPORT

By PC Adrian Hayes

Several months ago I reported that there had been a problem in our area of addresses being targeted with the intention of stealing high value or performance cars. Recently a house in High Bentham was burgled and it is strongly suspected that this was done with the intention of stealing the keys to then steal the car parked outside. On this occasion the offenders were unable to find the keys. Please ensure that you do not leave your car keys lying around near to doors or where they can be seen. If you should see anyone acting suspiciously or if you have any information as to who may be responsible for these types of crime please contact us or call crime stoppers on 0800 555 111.

The banks are now in the process of despatching new chip and pin cards to account holders. There have been several reports recently of cards being intercepted in the post and then used fraudulently throughout the country. Please keep a close check on your accounts and report any suspicious transactions to your bank immediately.

I recently prosecuted a youth riding a moped between Ingleton and Bentham carrying a pillion passenger who was not wearing a helmet. This occurred during the early hours after the pubs had closed. On the same evening I saw two other mopeds in similar circumstances but due to attending an emergency call I was unable to stop them. On speaking to my colleagues they have also witnessed the same but have also been unable to stop them. The youths concerned

are making their way home from the pubs in Ingleton. At this time of day the roads are still busy with cars, often travelling at excess speed and it is only a matter of time before there is a serious accident. The implications for those pillions riding without any form of protective head gear or clothing is obvious. Any one caught in these circumstances, rider or pillion, can expect to be prosecuted.

For those riders who are still only provisional licence holders here is something to think about. New licence holders are disqualified from driving and required to re-sit their test if they get 6 points in their first two years of holding a licence.

Think of the future

The majority of those riding mopeds are only provisional licence holders who I am sure will eventually want to learn to drive a car. Have you thought of how you are going to do that if you have had your licence revoked? Also, how much more do you think you are going to have to pay for insurance if you have been disqualified?

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ADVICE FROM THE SURGERY

By Abigail Daley

PODIATRY

Your feet and diabetes

If you have diabetes, it is important to look after your feet. This information will give you the basic advice on caring for your feet.

Good glucose control, keeping to a sensible diet, regular exercise and not smoking decreases the risk of developing the following complications.

Reduced blood supply

Your blood vessels can "fur up" and become blocked. This can lead to damaged skin not healing easily. This, in turn, increases the risk of infection.

Loss of sensation

Damage to the nerves of the feet is called **neuropathy**. When damage occurs it can lead to either uncomfortable or painful feet, or loss of sensation which makes the feet numb. You may be at risk of injuring your feet without realising it.

Not everyone with diabetes will have foot problems, but it is important to look after your feet.

- ♦ Wash your feet daily.
- ♦ Test the Temperature of the water with your elbow as sensation may be reduced in your feet. Dry carefully in between your toes but avoid rubbing the skin.
- ♦ If you have dry skin, apply moisturising cream, but do not apply it between the toes.
- ♦ Inspect your feet daily, noting any breaks to the skin, or anything unusual. Use a mirror for the sole of the foot.
- ♦ If you find a minor cut, cover it with a dry dressing or plaster. If there is no improvement within 48 hours, seek medical advice.
- ♦ Trim or file your nails regularly, taking care not to cut them too short. If you have difficulty managing to cut your nails, see your Podiatrist.
- ♦ Wear well fitting shoes. They should be foot shaped – the correct length, width and depth.
- ♦ Do not wear tight socks, tights or stockings. Check that the seams do not rub and avoid wearing garters.

- ♦ Check inside shoes and socks daily for rough areas and loose objects.
- ♦ If you have corns and callouses don't use corn plasters or callous removers. For treatment of these, see your Podiatrist.
- ♦ Do not walk barefoot.

Seek Medical Advice

It is important to seek medical advice if you experience any of the following:

- any colour change in the skin of your leg or foot.
- any discharge from a crack in the skin, a corn or beneath a toe nail.
- any swelling or throbbing in any part of your foot.
- any sore that fails to heal.

This information appears in a publication of Craven, Harrogate & Rural District Primary Care Trust & Harrogate Health Care NHS Trust leaflet "Foot Notes"

The number of missed appointments last month was 69.

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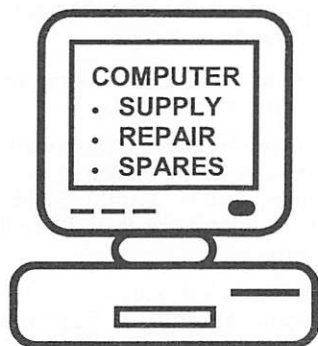
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LOCAL EVENTS IN SEPTEMBER

Wed 1st NSPCC monthly meeting at Lingfield, Robin Lane, 7.30pm.

High Bentham Playgroup at the Community Centre, 1.00-3.00pm, and every Wednesday.

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

Thu 2nd Looking Well, 7.00-8.00pm, Tai Chi (beginners), and every Thursday.

High Bentham W.I. 7.30pm, at the Methodist Schoolroom - "Antiques and their value".

Bentham Arts Forum meeting at the Byres, 7.30pm.

Fri 3rd Looking Well, 6.00-9.30pm, Black Library Wargaming Group, over 11s, and every Friday

Sat 4th Looking Well, Exhibition opens of paintings and drawings by Jean Davey; reception from 1.00-4.00pm, all former students of Jean's most welcome.

Bentham Show, something for all the family - all day at the showground, Low Bentham Road.

Mon 6th Looking Well, 1.00-3.00pm, Cancer Support Group drop-in session, and every Monday.

Town Council meeting at the Upper Room, Victoria Institute, Low Bentham, 7.30pm.

Tue 7th Looking Well, 2.00-3.00pm, Tai Chi, and every Tuesday.

Bentham Footpath Group walk, Stainforth Force/Hoffman Kiln, 5 miles, leader Dorothy Stubbs 61430. Please meet at Lairgill 9.30am.

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

High Bentham Playgroup at the Community Centre, 1.00-3.00pm, and every Tuesday.

Wed 8th Looking Well Cottage, 7.30-9.00pm, Alzheimer's Disease Carers Support Group social meeting.

Enrolment evening at Craven College, Millers Court. Meet the tutors.

Sat 11th Friends of Low Bentham School coffee morning at the Community Centre, 10.00am-12.00noon.

Bentham Footpath Group walk, Lupton circular, 6 miles, leader D. Chamberlain, 21436. Please meet at Lairgill at 9.30pm.

Car Boot Sale organised by Town Council, at Cleveland Square, from 8.30am. Pitches £5.

The Nonsuch Singers in concert at All Saints' Church, Burton-in-Lonsdale, 7.30pm. Tickets £6 (includes glass of wine and nibbles), from the church; Chris 61579; Ella 61730; or Alice 61107.

Wrayflix - see page 6.

Tue 14th Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.

LISTING FOR LOCAL EVENTS

Date.....

Time.....

Event.....

Venue.....

Contact Tel. Number.....

Name.....

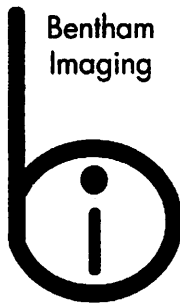
Please complete and return to the Sports Shop, Main Street, High Bentham, by 15th of month.

- Tue 14th** High Bentham Toy Library at the Community Centre, 8.30-11.30am.
High Bentham Playgroup AGM 8.00pm, Community Centre.
Low Bentham Badminton Club at Sedbergh Junior School, Juniors 6.30-8.00pm. Adults 8.00-9.00pm. See page 26.
- Wed 15th** Citizens Advice Bureau at the Surgery, 1.30-3.30pm.
Scottish Country Dancing at Ingleton Community Centre, children 6.00-7.00pm, adults 7.30-9.30pm, and every Wednesday. Contact 61672.
Copy deadline for October edition of Bentham News.
- Fri 17th** Waste Paper collection at Lairgill car park, 8.30-11.00am. Proceeds to NSPCC.
- Sun 19th** Bentham Footpath Group walk, "Changing moods of Dentedale", 9½ miles, leaders V. Smith and J. Harrison, 61100. Please meet at Lairgill at 9.15am.
- Thu 23rd** Bentham Footpath Group walk, Furnessford and Lowgill, 5 miles, leader K. Piper, 61977. Please meet at Low Bentham Car Park at 9.30am.
- Fri 24th** Lancaster & Skipton Rail User Group Annual General Meeting, 7.30 at the Masonic Hall.
Macmillan Cancer Relief - World's biggest coffee morning in the Chapel room, Burton-in-Lonsdale, 12.30am-12.00noon.
- Sat 25th** Christian Aid Harvest coffee morning in the Methodist Schoolroom, 9.45-11.30am.
High Bentham Methodist Church Harvest Quiz and Hot-Pot supper at 7.00pm. Ring 61046 for details.
- Sun 26th** High Bentham Methodist Church Harvest Services at 10.30am and 6.00pm.
St. John's, Low Bentham, a 10.00am service on the work of the South American Missionary Society, with a guest speaker.
- Mon 27th** Ewecross Historical Society meeting at the Masonic Hall, Grove Hill, Bentham, 7.30pm. Talk by Dr. Andrew White on Lancaster's historical "Music Room". See page 25.
- Tue 28th** Workers Educational Association autumn lectures start at Clapham Primary School at 7.00pm. Lecturer Dr. Rob David of Kendal. More details from 015242 51323 or 51324.
High Bentham Toy Library at the Community Centre, 8.30-11.30am.
Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.
- Wed 29th** Citizens Advice Bureau at the Surgery, 1.30-3.30pm.
- Fri 1st Oct** Bentham News published.

COFFEE MORNING VENUES

Please note that while the Town Hall is closed for refurbishment, local organisations wishing to have their coffee mornings promoted through this diary page, should complete the coupon and leave it at the Sports shop. It is important to advise readers of the venue. Thank you.

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PUPPY POINT

By Sue Whiteley

Play with your puppy has many benefits including use as a motivation and reward in training, particularly when training him to come back when called. Firstly you have to create a strong desire in your puppy to want a toy and to play enthusiastically with you. Choose a toy that he finds exciting, like a ball on a rope. Keep this out of reach when not playing. Several times a day, when your puppy is excited, at home comings, before meals or a walk, make a big thing of getting the toy out and play with it as if you are having fun. Tease him with the toy until he really wants to play. Then play together briefly for just a few seconds to begin with, but stop while he still wants more. Gradually increase the play time and play in more distracting places. If puppy knows he might be in with a chance for an exciting game when you call him, he will be more inclined to come back when you call him.

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BENTHAM PEOPLE

Thanks

Doreen Park would like to thank Family & Friends for cards and presents received on her 70th Birthday; special thanks to Richard and Pauline for the Concorde experience. She would also like to thank all the W.I. members and friends who are providing her with the goods to continue raising money for North West Air Ambulance. The total to date is £355.

Kay, Aid and Maisie Watts. We would like to say goodbye and thank you to all our friends in Bentham for the happy memories which you have given us in the 8 years we have been here. We will take them all to our new home in the midlands. We will miss you all, please keep in touch.

Jim and Hannah Guy would like to thank family and friends for their help, cards and good wishes during Jim's stay, first in Blackpool Victoria and then Lancaster Infirmary.

Maggie would like to thank all friends in High and Low Bentham for help in finding her cat Tinker Belle, a much loved puss, now at home.

Dawson, Peter and Ann wish to thank all concerned for kindness, good wishes and cards received during Peter's recent illness. Many thanks.

Births

Pat and Leslie Jackson are glad to announce the early, safe arrival on July 13th of their grandson Toby. Home from hospital on August 12th, a precious son for Anne and Phillip.



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CHARITIES THANK YOU

The Abbeyfield coffee morning held on 23rd June was a pleasant occasion that raised over £100. Angela Robertson would like to thank local traders who donated raffle prizes, Mrs. Greenfield for her wonderful baking and all those who attended and helped contribute to a successful event.

"FIFTH WEDNESDAY" MARKET

By Jo Burton (Town Clerk)

The Market Committee decided, and it has been agreed by the Town Council, that every month that has a fifth Wednesday will have a free market on that day. This is to encourage charity stalls. The first will be on 29th Sept. and the next will be 29th Dec.

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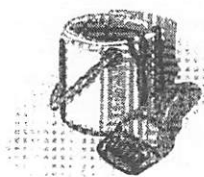
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BENTHAM FOOTPATH GROUP

By Maureen Ellis

In this month's column, I have thoughts of past, present and future. It was quite rightly suggested to me by one of the Bentham News Committee that reports of past events were not only tantalising because one might have missed something particularly appealing but it was also rather a provincial style of reportage, and I saw the point.

The Past

However for September I cannot resist eulogising about, and savouring the past a little; and perhaps it is timely as a new four month programme is printed. There have been evocative evening strolls by the lively beck and rivers of Bentham and also further afield; a slowly paced flower walk with plenty of time to search books and brains for the name of 'that flower'; great striding out walks in the highest fells of Yorkshire and to quote a long time member of the group 'good companionship'. The latter has revealed lots of humour, including the revelation that one leader re-reads his map and re-lives his day in a refreshing bath when he gets home, 'that's why I have a waterproof map' he says - 'sometimes I fall asleep and the map falls in the water'.

The Present

At a personal level, in the here and now, I both revel and rack my brains as I plan



possible leadership of future walks; what about trying to repeat the Limestone Link walk that one of the founder members organised some years ago and that I so enjoyed the other day with a couple of old friends; or thinking of an April walk in the Lythe Valley to see damson blossom; or an Art walk when Maiden Bridge Gallery holds one of their exhibitions, or even in June when the increasingly popular Lunesdale Art Trail takes place? Thoughts to conjure.

The Future

The future of the BFG is healthy, the walks are well attended, well planned by the leaders and varied in timing and venue. Clear notices of events posted by one of the programme secretaries attract non-members, even people who are staying locally, from as far afield as Spain and France. Next summer as agreed at the last open meeting of members, the summer evening walks will revert to 6.30p.m so that people have time to get to Lairgill after work.

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Dear Sir,

May I use your pages to thank the various shopkeepers and publicans who have helped with collecting sponsorship for my recent Lands End to John O'Groats bike ride in aid of "Christies against Cancer". Currently I have collected just over £400 but it looks as if the final total will be well over £600. I propose to send the cash off at the end of September when I should have seen all my personal sponsors. Should any of your readers wish to add to this total they can leave donations at Tom Guy's emporium over the next few weeks.

Seventeen days of cycling gives the opportunity to meet many interesting people and witness some rather strange events like the wheelbarrow race in Golspie which made the ones we used to have here look like the picture of respectability and sobriety. This all took place whilst I was stopped for my breakfast!

Two pieces of advice to others contemplating the same trip:

- Bear in mind that there is only one train a day from Wick that will get you home on the same day and it leaves at 6.29am.

- The easiest way to deal with Devon is to pick up your bike and swim round it!

*Yours faithfully,
John Corrigan.*



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SOUTH CRAVEN COMMUNITY ACTION

By Elaine Owen

Carefree Scheme

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No matter how much you love someone, caring for them 24 hours a day takes its toll. Sometimes people feel guilty about asking for help. They may feel that this shows a weakness on their part, but it is quite the reverse. In order to cope you need breathing space to re-charge your own batteries.

The following is a selection of comments from some of our users about the service we provide.

- It kept my life fairly normal under difficult circumstances during my husband's final illness.
- It enabled her to stay in her home for much longer.
- It gives me liberty to make an appointment on my own behalf.
- Just a couple of hours with no responsibility is like taking a fortnight's holiday.

Relief Carers Needed

Therefore the purpose of this article is twofold.

1. To publicise our service - we care and we are free.

2. To invite applications from potential relief carers who wish to give a few hours each week to helping people.

If you are interested, please contact Elaine Owen or Caroline Crabtree on 01535 634588, at South Craven Community Action, Community Office, The Bungalow, Holme Lane, Cross Hills, Keighley, BD20 7RL for further information concerning the Carefree Scheme.

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LUNE VALLEY SQUARE DANCE CLUB

By Barbara Kemp

How many of you already know that there is a Square Dancing Club in the Lune Valley and that we meet every Friday evening at the Victoria Institute in Caton from 7.15pm to 10.15pm? The club is looking for new members and we would like to invite everyone to come along and join us on either the 1st, 8th or 15th October, when we can demonstrate what square dancing is all about and even have you dancing. These three evenings will be free of charge and will include tea and biscuits half way through the evening.

Square dancing can be done by anyone at any age. Although it is basically a couple activity, the Lune Valley Club welcomes anyone over the age of 16, couples or single, it doesn't matter as we all dance with each other. Square dancing is done in groups of eight and involves changing partners all the time so it is more of a team event! If you think you have two left feet then think again! There is no fancy footwork involved and our experienced Callers will teach you what to do all along the way. All you have to do is listen closely to the Caller and do what he tells you to do.

One of the benefits of square dancing is that it is good healthy exercise. As well as being an antidote to depression it promotes overall fitness, cardiovascular conditioning and burns off calories. Above all, it is good fun and we laugh a lot, which is the best medicine of all.

Alternatively, you might like to attend our Charity Hoe Down, in aid of North West Air Ambulance, which is to be held at the Halton Community Centre, Low Road, Halton, on Saturday 25th September, at 7.30pm, when we will be including square dancing (amongst other things) and you can have a go at it. In any case, you will be most welcome to our club nights. We look forward to seeing you in a "Square". For more information call Joan on 01524 848446 or Barbara on 01524 61900.

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LOOKING WELL NEWS

By Alison Jones

New Building Update

Thank you to everyone who has supported our fundraising events which have raised £1,500 towards the refurbishment of the old freezer centre. We are delighted to report that we have received a big boost in the form of a £65,000 grant from Arts Council Yorkshire. We are very grateful to all the people in Bentham who have helped us and to the Arts Council as we have now got the ball rolling and hope we will be able to get further funding on the strength of it. If anyone has any ideas for future, local fundraising, please get in touch as we have still a long way to go.

The plan is to start building work in December and move Looking Well in October 2005. Aaron Robshaw has made a scale model of the building and how it will look inside. You can see it either in the Looking Well office window on Main Street or on display at the Looking Well.

Harvest Time

As autumn approaches we start to plan the Harvest Lantern Procession when primary school children visit older and housebound residents with their lanterns, songs and pots of jam.

Any donations of mini jam jars and spare damsons or plums would be gratefully received. Phone Looking Well (62672) or call in Monday to Friday 10.30am-4.30pm.

CALLING CRAFTY FOLK

By Kay Piper

Calling all crafty folk. Do you knit, sew, crochet, embroider, rug-make, toy-make, do patchwork, tapestry, macramé or any other handicraft? Would you like to display your creations during November at the Looking Well?

If the items you display are surplus to requirements, perhaps you would like to sell them for Christmas presents and the proceeds could go to the Looking Well building fund. If, like me, you enjoy creative crafts but produce more items than you can use, donating them to a good cause seems a good idea. Perhaps you would like to come along to the Looking Well on Wednesdays (that's open day for anyone to pop in for a cuppa and a chat or creation session). I'm there from 11am to 4.30pm making things myself. I would be pleased to see you and work with you or feel free to pop in for a chat initially and see what goes on.

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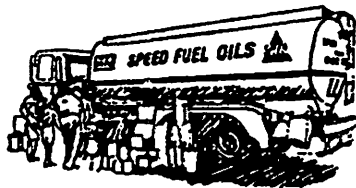


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EWECROSS HISTORICAL SOCIETY

By Jean Butler (Secretary)

The society has had some enjoyable events this summer and a good turn-out of members on each occasion, in spite of the weather.

The full day tour of Mottes and Baileys in the Lune Valley was our wettest experience but Mrs. Joyce Scobie, Chairman of Sedbergh Historic Society, had much to tell and led us gallantly on. It was disappointing that rain and low cloud obscured the distant views from the vantage point on the last Motte visited, high above Sedbergh. There our tour ended and we returned home thoroughly soaked but well satisfied with the day. What a contrast to the fine and sunny afternoon spent in Roeburndale last summer, when the views from Outhwaite were magnificent.

In June we played host to 20 or so members of Holme History Society who came for a tour of Bentham, led by our member, David Johnson. They appreciated David's talk and also the cream teas we provided. The visit is to be reciprocated next summer.

In May we spent a morning in and around Malham village with Mike Spence of the Malham History Group and after lunch Jill Sykes took us walking on Malham Moor to view the remains of monastic sheep pens.

Finally, at the beginning of August, 15 members enjoyed a most interesting and informative evening walk around Kirkby Lonsdale with Mr. David Smail.

Now we are almost at the start of the winter season and, with the Town Hall undergoing alterations, we have a new venue for our meetings. The difficulties in finding a room large enough to accommodate our numbers have been overcome and we shall meet until further notice, by kind permission of the Freemasons, at the Masonic Hall, Grove Hill, Bentham.

The programme begins on Monday 27th September with a talk by Dr. Andrew White on Lancaster's historical "Music Room". On Monday 25th October there will be an illustrated talk by Walter Johnston on "Lady

Anne Clifford" and on Monday 29th November Tom Lord of Winskill Farm, Langcliffe will talk on "Walls".

Each of these meetings begins at 7.30pm followed by tea and biscuits. The membership fee for 7 winter meetings and 3 summer outings, remains at £5; visitors pay £1 each. We look forward to welcoming members, both old and new.

LOW BENTHAM WOMEN'S INSTITUTE

By Jennifer Watkinson

Mrs. Joan Gilroy very kindly volunteered to arrange members' night. Very efficiently a two hour tour to Broughton Hall, which is not usually open to the public, was arranged. We were met on arrival by Mrs. Jean Wyatt, the housekeeper and family friend who took us into the huge conservatory, where Mrs. Gilroy produced a variety of soft drinks and biscuits from her large wicker trunk.

After accidentally being locked into this room, Mrs. Wyatt took us into the hall where she gave us a brief history of the house. The regency house, which is the family home of the Tempest family, has 70 rooms and 125 windows, has had a direct male line for 31 generations, claims to be the premier London and Lancaster Gillow house in the country. The present owner is a very successful business man and is able to restore his home to its former glory. Mrs. Wyatt then escorted us round the ground floor, visiting numerous beautifully decorated and furnished rooms, including the newly restored chapel. We were allowed to sit on the antique chairs whilst our knowledgeable guide spoke to us. Afterwards we went to Bizzie Lizzie's, in Skipton, for a meal.

Ten members joined Clapham W.I. for a circular walk along the flooded River Ribble from Stainforth to Langcliffe. Afterwards a pleasant meal and drink were taken in the local hostelry.

*In a manner of speaking, they say
Old women should sit and go grey.
But the book of our lives
Says we're other than wives
And can live to the full every day.*

LOW BENTHAM BADMINTON CLUB



By Julie Bridgeman

Low Bentham Badminton Club will resume playing on 14th September at Sedbergh Junior School, Low Bentham.

→ Juniors, Tuesday from 6.30-8.00pm, 14th September until 24th May 2005, £25 for the season.

→ Adults, Tuesdays 8.00-9.00pm, 14th September until 22nd March 2005. We will need to cover £20 for the hour, this is split between the players on the evening.

Please park on the school's car park and don't drive down the main drive.

All abilities are welcome at both sessions. If you have any queries or require further information please feel free to ring Julie on 62276.

SPRINGFIELD BOWLING CLUB



By Marjorie Hudson

On Saturday 24th July, the Lister Shield was the order of the day, donated by Hilda Lister in memory of her husband, Jack.

This was an open competition which was well attended and again, the weather was one of the main contenders, starting off very well, ending with a cool wind and lots of fleecy jackets. Having said that, it was a very good afternoon. The final was between Tom Davies and Cliff Rosier, the winner being Tom Davies.

On Sunday 1st August we had a new event, for male club members only, the Tom Davies Trophy. Hurray, it was a beautiful day, I would even say too warm for some. In a closely contested competition the final, between Roger Bosworth (a new face on the block) and guess who? Tom Davies, who won with a score of 21-19.

The President, Mrs Mary Lawson, presented the cup in lieu of Tom Davies.

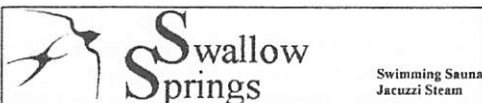
JONAS SOCIETY OF ROMANIA

By Lyn Cox

The Jonas Society of Romania is a small registered charity which gives aid to 2000 people, all of whom are either handicapped, or have a handicapped person in their family, and who are still struggling after the ravages of the Ceausescu regime, to make a living.

We are holding a Coffee Morning and Bring and Buy - Bake Sale on Saturday 4th September from 10.00am until 12.00noon at the Hornby Institute, to raise funds to help provide them with self-help equipment such as sewing machines, electric saws, ploughs, seeds, medicines and medical supplies. Please put this date in your diary and come and find out more about the society.

Any enquiries should be made to Lyn Cox, Hornby 21736 or Thelma Bennett, Hornby 22499.



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AREA FORUMS

By Carl Lis

Area Forums provide an opportunity for you and other local residents to participate in community matters. They provide an important link between the District Council, other organisations that provide public services and the public. Last year over 200 people attended the Forums in the Craven District. We hope this year to welcome along even more people. Please help by encouraging friends and neighbours to come with you to a Forum.

What is an Area Forum?

It is an open meeting at which you can:

- Hear about plans of the Council and other organisations that affect your area
- Raise concerns or ask questions about public services in your area
- Make suggestions about how your area can be improved
- Meet and get to know other people who live and work in your area
- Find out about things happening in your area
- Say what you think should be done to improve your area

Who goes to Area Forums?

- You - the public
- Local councillors and council officers who come to Forums to hear your views to provide additional information
- Guest speakers from agencies such as the Police, the Crime Reduction Partnership and North Yorkshire County Highways

What is discussed?

- Transport needs
- Traffic problems
- Dog Fouling
- Planning issues
- Crime
- Litter
- Overgrown hedges
- Play areas and much more

The next local Area Forum will be at Ingleborough Community Centre on Thursday 7th October at 7.00pm.

BENTHAM & DISTRICT PET RESCUE



By Val Marshall

It has been another busy month taking in abandoned cats and their kittens. How can people do this? However, they are now all doing well and are ready to go to good homes. The mother cats are all young, with lovely temperaments and have now been spayed - some of them are only kittens themselves. Any enquiries to Val Marshall on Bentham 62512 please.

Our Book Sale in the new premises at Watershed Mill, Settle, was a great success. Although smaller, we earned enough to pay for the neutering of all these mother cats and to help some O.A.Ps with their vet bills. We hope to have our last Book Sale of the year over there in late October, so please watch out for our posters. In the meantime, we look forward to meeting our regular supporters at Low Bentham Street Market and Bentham Agricultural Show.

We have been told that some people believe we receive grants to help to pay our monthly expenses which amount to about £600 - this is in fact (regrettably) not true. We have to earn all this money with our own efforts and we are grateful to our helpers who kindly give their time and expenses free, and to all those who support our work with donations of cash, books and food. Please all keep up this generosity as we are a local registered charity with no national organisation behind us.

Cleveland Market Square

CAR BOOT SALES

Saturday 11 September

Saturday 2 October

Pitches £5. 8.30am Start