

BENTHAM NEWS

BENTHAM COMMUNITY BONFIRE AND FIREWORKS



This year's bonfire will take place on the 1st of November in the Bentham Auction Mart Yard.. Come and enjoy the friendly atmosphere of the Community Bonfire and the artistry of the firework display. Hog roast and other refreshments available.

Bonfire

The bonfire can be built from Thursday 30th October. Garden cuttings or wood is ideal but please do not dump tyres, builder's waste, glass or mattresses etc.

Lantern Procession

The lantern procession will start at 6.30pm from Cleveland Square and reach the Auction around 6.50pm. Main Street may be closed to vehicles for about 20 minutes. If you would like to make a lantern you can attend lantern making workshops, being held every day of half-term week at the Looking Well, 2pm to 4pm from Saturday 25th October. Children must be accompanied by an adult. If you want to take part in the Bonfire Drumming Band come to the Looking Well on Sat 25th October and 1st November at 10.30 am.

Entrance Fees

The entrance fee to the Bonfire and fireworks this year will be the same as last year - £2.50 for adults and £1.00 for children. This fee also applies to lantern bearers so please be ready to buy tickets from ticket sellers on the street to avoid a hold up at the Auction entrance.

Stewards needed

As on previous occasions we shall need numerous stewards and ticket sellers and would be grateful if any one willing to help would contact either Looking Well or Bentham Sports.

Bentham Traders Association Events in October

Murder Mystery Night October 11th

Is it Miss Scarlet with the dagger in the Town Hall or Colonel Mustard with the lead piping? Actually no one has any idea except the Murder squad who have been invited back once again to thrill us with another evening of intense investigations and a few red herrings! If you fancy a great night out book now. Twelve per table is required but if you can't find enough team members to fill a table don't despair ring Thomas Marshall on 62343

Jim Bowen and the Hot Rhythm Orchestra

Friday 24th October at 7.30pm in Bentham Town Hall. Don't miss out on the chance to see this group who have performed on the Q.E 2. Tickets £10 available from Bentham Sports. Hurry - tickets are going fast.

Christmas Festivities.

Santa will be coming to Bentham on two Saturday afternoons instead of a late night shopping this December. There will be lots of street entertainment and music. Watch out for information about Christmas in next months Bentham News.

WOMEN'S INSTITUTES

Low Bentham

By Jennifer Watkinson

In spite of poor weather conditions a successful treasure hunt was held. Teams set off from Low Bentham car park to Low Ghyl. Tantalising clues had been set by Philip and Linda Cressey. Members from Long Preston, our twin W.I., joined in the very close contest. Betty Atkinson, Christine Jennings and Kathy Ellershaw were in the winning team. Afterwards an appetising supper, made by Sylvia Brennand, and served by Low Bentham ladies, was enjoyed.

The next meeting will be on 16th October when Mr. Stanley Walmsley's talk will be on "Ringing Through the Changes". The competition is "a bell".

At the 33rd Produce, Arts, Crafts and Flower Arrangement Show, Low Bentham won the award for the Institute with most points. Mrs. Mabel Easterby won the Floral Art category and was the overall winner in all classes. Mrs. Sylvia Brennand achieved the same position in the Produce section. Afterwards the winners had their photographs taken with Dr. & Mrs. Brewster, who had presented the trophies.

At the Bentham Agricultural Show, the Institute came second in the co-operative class.

Don't forget - www.bentham.net

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High Bentham

By Sue Camacho

For our summer outing we hired the community bus to take us to New Butts Farm. We had a delicious buffet with some mouth watering desserts. Some of the more energetic members went for a walk before the meal while the rest of us had a good chin wag. Isobel Carr was in fine voice with the Karaoke machine and a quiz rounded off the evening.

Our speaker for the September meeting was Margaret Wilding, on "Garden Design". The pictures and designs of gardens were full of ideas we can incorporate into our existing gardens. The competition for a small flower arrangement was won by Doreen Park who also won the raffle.

LOW BENTHAM GALA

On Saturday 19th July the weather was kind to both locals and holiday-makers who enjoyed themselves at the the Gala. This was the first time it had been organised by the friends of Low Bentham Primary School and it could not have taken place without the support of parents, friends and local businesses and members of the Gala Committee, previously responsible for the event. Tim Stannard gave his usual fine performance at the microphone, the PA system having been kindly donated by Mike Pridmore, whilst Ann Winnery undertook both the opening of the Gala and judging of the fancy dress. Local businesses donated many prizes for the raffle, Maxine of Pigtails sponsored the "Stars in their Eyes" competition and Kidde Fire sponsored "It's a Knockout". We would like to thank all who helped in all sorts of ways. Money raised at the Gala will be used by Friends of the School to support the work children do in school. The Committee will be discussing ways of continuing to use the proceeds in the same spirit as the original Gala, to bring enjoyment to the wider community.

We invite you to an open meeting at the school on Thursday 9th October at 7pm. This is an opportunity for anyone interested in the future of the Gala to have their say.

SEPTEMBER TOWN COUNCIL

By Bill Kennedy

Prior to the meeting, Mr. J. Bolton, Head of care, Ridgeway Park School, Silverdale, spoke to councillors about the running of Ford House, giving details of the numbers of children, carers, approvals etc. He answered a number of questions and concluded by extending an invitation to councillors and members of the public to visit Ford House for a conducted tour.

New Councillor to be adopted.

The Mayor, Councillor Thomas Marshall, read out a letter of resignation from Cllr. Pengelly, and expressed his appreciation of the work he had done on behalf of the council. The vacancy should be filled by co-opting a new member. Nominations for co-option had to be submitted within 21 days, in writing to the Town Clerk.

Police. The crime statistics for August showed a decrease in crime although there had been a break-in at the Golf Club and a fracas at the Coach House. A disturbing element was the increase in road accidents, which is an ongoing concern. These have been caused mainly by speeding and often involve motor cycles. Concern was expressed by councillors about the continuing difficulty in contacting police to report incidents. A request was made for police presence on auction days, to help resolve traffic problems, particularly for the next month, when the auction would be very busy.

Highway Matters. County Councillor Ireton reported that the 30mph limit near Pye Busk would be extended further out on the Clapham Road, and the introduction of a 40mph area beyond that.

Local Flooding Issues. Cllr. Wills reported on a meeting he had attended of the Craven Flooding panel, attended by the Environmental Agency, North West Water Authority, Yorkshire Water Authority and N.Y. Craven Area Committee were represented. A further meeting has been arranged for 24th September at Bentham Town Hall. A tour of the Bentham flooding blackspots is to take place before this

meeting. There was some discussion about the apparent increase in flooding frequency, and it was agreed to await the outcome of the meeting.

Town Hall Modifications. Initial drawings for proposed modifications to the Town Hall were displayed. Meetings were arranged with Bentham Development Trust for later in September, to consider proposals for relocation of the Trust, the Tourist Information Office, etc to the Town Hall, with adequate provision for other users, mainly Age Concern. Some funding would be available through the Market Towns Initiative, provided that this was used by 31st March 2004.

Reports from other Organisations

The report from the Development Trust gave details of the new Bentham Brochure and the progress on the toposcope project. It included a schedule of events for the Bentham Autumn Festival which will take place from 24th October - 2nd November and urged community support for the festival. The report also included details on the Community Transport/Taxibus Service & Stationlink Service, and outlined plans for a Bentham Heritage Trail, with potential funding from the Local Heritage Initiative.

District Councillor Pilkington reported on the Government's proposals that all Town and Parish Councils should have their own website by 2005.

Planning Applications. Among the planning applications was one for cutting down some protected trees and crowning others at Highcroft Road, by the developers. Considerable concern was expressed by members of the public, as some of the trees are about 100 years old, that they were part of our heritage, and should not be destroyed just to enable the developer to make more money. The councillors agreed to object to this application.

(Editor's note) I understand that the council was too late to object to this application, as the 14 days in which it could object had already expired. Furthermore, the developers had already had a meeting with the planning department, of Craven District Council during the week prior to the town council meeting, and had reached agreement with CDC about what trees could be cut down.

WALKS WORLDWIDE LEAVE BENTHAM

By Felicity Hey

After three years of arranging travel itineraries and fascinating holidays for clients in the U.K. and overseas, Bentham tour operator Walks Worldwide have just packed up and gone travelling themselves - to Ingleton! Mike Wynne and his team of sales consultants and administrative staff have outgrown their office premises above the HSBC Bank, and have re-located to 12, The Square, Ingleton, on 26th September.

The new premises are in the former Nat West building in the centre of the village and will provide a welcoming and informative centre for customers old and new. Says Mike "We have been made very welcome in Bentham and have enjoyed being based there, but this opportunity to have a shop front in a major tourist centre and to meet potential clients face to face was too good to miss.

NEW COURSES AT CRAVEN COLLEGE

By Sue Mneu

Craven College is able to offer two new courses at Millers Court this autumn. "Move On" in Literacy and "Move On" in Numeracy are for those people who wish to improve their literacy and numeracy skills up to GCSE level. Learners can sit the National Tests and gain accreditation at Level 1 or Level 2, which is equal to a GCSE. The good news is that these courses are absolutely free and we can also offer a free crèche.

We live in an increasingly complex society in which employers expect to have a literate and numerate workforce. If we want to obtain decent jobs or promotions we need to have appropriate qualifications. In everyday life we are expected to cope with complex forms, letters, manage our finances and much more. Parents often wish to help their children at school but find the National Curriculum difficult to cope with. These courses will help you with all of these things and in addition you will find that learning can be fun.

Craven can also offer Basic Computing Courses free through a European Social Fund programme so if you want to try your hand at word-processing, the internet, spreadsheets etc., these courses are for you.

If you are interested in any of these courses, contact Sue or Joan on Bentham 61474. Sue is Centre Manager and Joan is the Development worker. They will help you with your enquiries and give you more information and advice.

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CRAVEN DISTRICT COUNCIL MATTERS

Data Protection Scam

There is evidence that documents about the Data Protection Act are being sent to businesses in the Bentham area. The letter is from an organisation called Data Protection Agency Services or something similar. A payment of £95 is requested for registration with the Office of the Information Commissioner, the Government body who run and enforce data protection. Prosecution is threatened if the registration fee is not paid. You can check with the Office of the Information Commissioner on 01625 545745 to see if you do need to be registered under The Data Protection Act at a charge of only £35. The Office of Fair Trading is looking to take action nationally against these companies. They have taken some injunctions against them for their misleading advertisements and are now asking for further evidence to take contempt of court proceedings. To this end any businesses receiving similar documents is asked to complain to the Office of Fair Trading: Michelle Vaughan, Misleading Advertising Unit - CRE2E Office of Fair Trading, Fleetbank House, 2-6 Salisbury Square, London, EC4Y 8JX Tel 020 7211 8338; Fax 020 7211 8429. As well as enclosing the documents received it would be helpful to also include:

- ▶ Date documents received
- ▶ If you are willing to allow the OFT to use the letter in legal proceedings
- ▶ If you are willing to give a statement to the OFT
- ▶ In your own words why you feel the documents are misleading

Update on Drainage Problems

A solution to the flooding at Butts Lane is still being considered. Two blockages have been found in the Wenning Avenue area. One has been cleared and Craven District Council is seeking estimates to have the other cleared and any necessary repairs carried out. The Council is to clean out the part of Lairgill Beck that flows through Council land and discussions are to be held

with the other landowner involved. The appropriate way of clearing the blockage on Main Street is still being considered. Further investigations are taking place to determine how improvements to the drainage system at the rear of Bentham Industrial Estate can be carried out. The District Council has made arrangements for sandbags to be stored and delivered locally. Requests for sandbags will need to be made through Environmental Health Department.

Recent Planning Applications

08/2003/3498 Corstophine & Wright Hills Erwin Limited, White Cross, South Road, Lancaster, LA1 4XQ. *Erection of new light industrial workshop units, demolition of existing buildings and erection of 23 new dwellings at Low Mill, Mill Lane, Low Bentham, Lancaster.*

Note: Outline planning permission has already been given - this application is for the detailed layout and design.

08/2003/3543 D H Design Architects, Pells Byre, Hophouse Lane, Kirkby Lonsdale, Carnforth, Lancashire, LA6 2EH. *Demolition of existing garage and rebuilding to form double garage and link to existing outbuilding which is to be converted to a utility room with a covered link to the dwelling at Greta Mount Farm, Burton In Lonsdale, Carnforth*

08/2003/3546 Bentham Golf Club, Robin Lane, High Bentham, Lancaster. *Alterations to existing building to form machinery store.*

08/2003/3548 Grove Hill Flat, Station Road, High Bentham, Lancaster. *Change of use of first floor residential flat to provide additional treatment rooms and craft workspace for existing ground floor business.*

08/2003/3561 Ashworth Burke Partnership, 3 Castle Gate, Clitheroe, BB7 1AZ. *Agricultural building (for wild flower/rare plant nursery) at Battersby Farm, Mewith, High Bentham, Lancaster.*

08/2003/3566 Andrew Durham, 68 Otley Street, Skipton, North Yorkshire, BD23 1ET. *2 no. Detached dwellings at Bridge House, Main Street, Low Bentham, Lancaster.*

08/2003/3567 Andrew Durham, 68 Otley Street, Skipton, North Yorkshire, BD23 1ET. *Alterations to existing buildings to form 5 dwellings at Bridge House, Main Street, Low Bentham, Lancaster.*

HEALTH CENTRE REPORT

By Liz Lloyd & Kate Wild (School nurses and health visitors)

The facts of lice

The start of a new school year often brings a surge of phone calls to our office enquiring about head lice. Young children in close contact with each other, whether at home, school or in the playground, provide an ideal opportunity for these creatures to move from head to head.

Head lice can't jump, swim or fly, but are marathon runners scurrying from head to head in search of new breeding grounds. They don't care if hair is dirty, clean, short or long, permed or dyed. Adult females lay 6-8 colourless pinhead sized eggs a day which are literally glued onto the hair strand and very difficult to remove. Once hatched, head lice babies have another survival tactic up their sleeves. They take on the colour of the "hosts" hair, making detection of them quite difficult.

Although head lice do not pose a health problem, they are a real nuisance as the itching they cause may lead to disturbed sleep and concentration in young children.

Because they are so prevalent, the best way to stop infections is for all families with children to check their heads regularly (once a week if possible) using detection combing. The following points may be useful:-

- ▶ Wash hair and apply conditioner
- ▶ Comb hair with a wide toothed comb to remove tangles

▶ Using the detector comb, comb through all the hair making sure that the comb touches the scalp.

This will take about 10-15 minutes to do properly but if the hair contains lice they will come out on the comb. Dipping the comb in hot water now and then removes lice easily.

Done regularly and properly, this process not only detects head lice but also removes adult lice before they take up residence and start breeding. If the infestation is quite heavy (over 10 adult lice) an appropriate insecticide recommended by your Health Visitor, School Nurse, GP or Pharmacist may be required.

Keeping lice under control in our children's hair can be a time consuming, back breaking and uncomfortable process, but if we all try and do it. Hopefully the prevalence of these pesky nuisances may be reduced. Good luck!

Missed appointments this month 50.

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GOING DOWN LIKE TEN-PINS

By Margaret Cowling

Rehearsals are going well and the cast is disappearing fast as Bentham Players get ready for their festival production of Agatha Christie's "And Then There Were None" on 30th and 31st October.

Ten characters begin the play but fall one by one to the prey of a homicidal maniac on a remote island. Each character has been responsible for the deaths of others in the past. They've escaped the long arm of the law but not the wrath of a lone avenger.

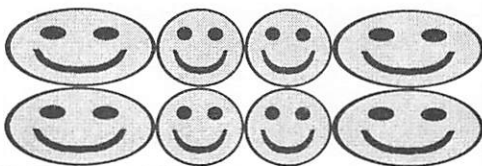
Rehearsals have been one long "hello and goodbye" as the actors and actresses fall by the wayside. The fun has been to withhold the script scene by scene for the cast to feel the suspense of it all. "Early bath or do I get to reach the final curtain?" - that has been the big question.

The audience will join in the fun (if that will be the right word on such spine chilling

evenings at the Town Hall) when they'll be able to mark their card as to the identity of the murderer and win a prize.

The set designers are putting their heads together to create a house that stands half way up a rock cliff on the lonely island, a search for the props that bring about the various deaths of the victims is well under way and a calligraphy expert has been called in to write the children's rhyme, "Ten Little Soldiers", which spells out the avenger's wicked plan.

Tickets are available at Bentham Sports - £5 and £3.50 concessions. Refreshments will be provided - but they will not include smelling salts. Judging by the mayhem on stage though, it might well be a question of "Is there a doctor in the house?" Book early to avoid disappointment!



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Dear Bentham News,

I wonder how many of your readers read the article in the national press recently stating that North Yorkshire Police are introducing twice weekly sessions of Japanese Shiatsu massage to reduce stress at the Tax Payers expense. Is this where our Poll Tax Policing is going? And when Bentham is grid locked on a Wednesday are they sitting in a tilting chair in a darkened room with relaxing music in the background while a masseuse (who is being paid £20-£60 an hour) works on their necks, backs, hands and arms?

I for one feel like deducting £60 from my Poll Tax next time round to help relieve my stress at having to pay.

Name and address supplied.



Dear Bentham News,

We should just like to thank all our customers and friends for their kindness, good wishes and gifts, upon our recent departure from the shop and from Bentham. It was quite overwhelming and very touching. After nearly eleven and a half years we felt it was time for us to move on but, no doubt, we shall be coming back from time to time and hope we can catch up with everyone again.

We have already had the strange experience of visiting our local greengrocer up here and actually having to buy things but we'll get used to it! We also hope that the people of Bentham will continue to support, and give their custom to the new owners, the Butterfields, to whom we wish every success. It is the small shops which help to give vibrancy and a sense of community to places like Bentham and where we now live. Please don't lose it.

Yours,

Nigel and Beverley Bamford.

GREEN CLOSE SURGERY KIRKBY LONSDALE

By Dr. P.J.I.Hall

We would like to give patients advance notice of the dates for our flu clinics this autumn.

Last year, because of lack of space in the surgery, we used the Institute at Kirkby Lonsdale to carry out a large clinic and this year we have decided to do the same at Hornby.

Dates and Times

Kirkby Lonsdale Institute

Wednesday 8th October 9.30 - 12.30

Tuesday 4th November 9.30 - 12.30.

Hornby Institute

Monday 13th October 10.30 - 12.30.

We will be offering flu vaccinations to:

→ everyone over the age of 65 or who will be over 65 by the end of December 2003. Also people under the age of 65 who, because of their other medical condition, are considered at greater risk should they catch the illness. These include:

→ people with diabetes

→ people with respiratory problems such as asthma

→ people with heart problems.

Please ring for an appointment to:

Kirkby Lonsdale 71210

Hornby 21216.

We hope that by providing three different days and dates for the clinics everyone should be able to attend one of them, but for at risk patients who work we are able to offer some late appointments at the surgery; please ring for details.

We will be able to offer some flu vaccinations to people outside the age category and not considered to be at risk under the categories which are listed above, but it will depend upon the number of vaccines that are left. We won't know how many there are spare until after the final clinic, so please ring after Monday 10th November and we will try to accommodate you.

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Wednesday 29 October
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Thursday, 30 October
BLACKPOOL & ILLUMINATIONS
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*

Wednesday, 5 November
CARLISLE SHOPPER - £7.00

*

Sunday, 9 November
SUNDAY LUNCH
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£15.00 inclusive

*

Thursday, 13 November
BOLTON SHOPPER - £7.00

*

Thursday, 20 November
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SHOW - £7.50

*

Sunday, 23 November
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FUN FOR BABIES AND TODDLERS AT LOOKING WELL

By Edna Watt

From October, our Baby Buddies session will no longer be on a Monday. It will merge with Mucky Buckets, our play session for parents and under threes taking place on Wednesday afternoons from 1.30 to 3.30 pm. Parents of young babies can choose to have a quiet cosy time in the cottage, join the lively Mucky Buckets session, or mix a bit of both. A quiet area will be available for younger babies in the cottage next door, where there are facilities for heating bottles, food and nappy changing. Please do not feel obliged to arrive at the beginning and stay to the end as we appreciate that babies and toddlers do not run to a set timetable. We are a relaxed informal group and new members will be very welcome. We ask for a £1 donation to cover costs.

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WINTER RAILWAY TIMETABLE

By Pauline Hill

The winter railway timetable began at the
end of September. Trains from Benthams are
now as follows:

To Skipton and Leeds

Mondays to Fridays: 0743, 1108, 1345, 1728,
1953.

Saturdays: 0843, 1108, 1345, 1728, 1953.

Sundays: 1836, 2030.

To Lancaster & Morecambe

Mondays to Fridays: 0622, 0934, 1134, 1534,
1806.

Saturdays: 0719, 0934, 1134, 1534, 1806.

Sundays: 1613, 1831.

Full timetable leaflets are available at the
Tourist Information Office, the Library and
the Post Office.

HORNBY DRAMA GROUP

By Hilary Strickett

Hornby Drama Group will be presenting a
two act play "A Christmas Carol" on 27th,
28th and 29th November. Full details will be
in the November edition of Benthams News.

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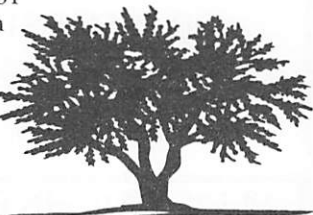
**TREE PLANTING
WEEKENDS IN
OCTOBER**

By Jen Stocks

Following my article in last month's BN, here is some further information for people wishing to help plant trees above Lowgill at Ivah Great Hill.

Directions from Bentham. Go up Slaidburn Road and take the second right after the Great Stone into Ringstones Lane. Follow this through 2 gates (please leave the gates as you find them) for approximately three quarters of a mile before taking first right for

Lowgill. Ivah Great Hill is 400 yards along on the right. For more details please contact 07833 777996.



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EATING OUT IN BENTHAM

If eating out locally is something we enjoy, we're almost spoilt for choice here in Bentham. From the Byres at one end of the Main Street to the Horse and Farrier at the other, there are no fewer than eight eateries inviting us to sample their culinary delights. Between them they cater for all tastes and pockets: traditional Sunday roast, good value at the Coach House - and equally traditional, popular fish 'n chips at the "Chippy". All four pubs offer good and varied menus while The Nosebag, in addition to the daily fare, provides regular gourmet experiences with its Bistro Nights.

When something more exotic is fancied, try Asian Spice where you may eat in or take away, whilst the Peacock House tempts our Oriental palates.

A brief review on eating out locally would be far from complete without including Low Bentham, where two pubs provide yet more options. As well as traditional pub lunches, the "Posh Nosh" on Wednesdays at the Punch Bowl is deservedly popular and very good value.

BISTRO NIGHTS AT THE NOSEBAG



Cooler days and darker nights are drawing in, and this seems to make it a better time to consider eating out. With the demands of work and family, it is not often that we get the opportunity to treat ourselves, so why not plan now and book a table at one of the Bistro Nights. The basis for the menus is simplicity and seasonal ingredients, and these, combined with a relaxing atmosphere, can help to create a lovely evening out.

Bringing their own wine to complement their meals is a firm favourite for regulars at the Bistro Night. You can call in anytime to check out the dates and look at the new menus. Sarah and Bartolo will give you a warm welcome.

The Nose Bag Bistro



37 Main Street Bentham Tel: 015242 63150

Menu

Starters

Caramelised Pears with a Pear and Stilton Salad
Salmon fishcakes with a Dill and Cucumber Dressing
Duck Breast with an Orange Salad
Paté Maison with Melba Toast

Main Courses

Rump Steak with a Tarragon Sauce
Roast Cod with a Black Olive Crust
Lemon Chicken on a Fresh Basil Mash
Saffron Pasta with Garlic and Roast Vegetable with Preserve of Lemon

Desserts

Mango and Lime Tart Brulee
Chocolate Cambridge Cream
Hazelnut Baked Plums with an Orange Cream
Cheeseboard
Tea/Coffee and Chocolate

THE COACHHOUSE

Main Street, High Bentham 015242 62305

Monday Nights are

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STEAK

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tomato.
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Sauces i.e. pepper, stilton, diane
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Vegetarian dishes available.

Sweets available from £1.50.

To book a table or reserve a table call
Paul or Ann on 62305

LOCAL EVENTS IN OCTOBER

Fri 3rd Looking Well, 6.00-9.00pm, Black Library Wargaming Club, over 11's, and every Friday.

Sat 4th Bentham Footpath Group walk, Forest of Bowland, 7 miles, leaders S. & J. O'Brien 62609. Meet at Lairgill 9.30am.

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

Sun 5th All Age Harvest Festival, St. Margaret's Parish Church, 10.00am. Proceeds to Christian Aid.

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

Town Council meeting at the Town Hall, 7.30pm.

Tue 7th Bentham Craft Group at the Community Centre, 10.00am-12.00noon, and every Tuesday.

Looking Well, 2.00-3.00pm, Tai Chi and Womens Support Group, both every Tuesday.

Bentham & District Bible Society Action Group meeting at High Bentham Methodist Chapel, 2.15pm. and 7.30pm. Guest speaker Rodger Smith, Southport. All welcome.

Bentham Arts Forum 7.30pm at the Byres.

Wed 8th Looking Well, 1.30-3.00pm, Mucky Buckets and Baby Buddies together. Parents and under 3s play session, and every Wednesday.

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

Thu 9th Senior Citizens' Supper and entertainment at the Methodist Schoolroom, 7.00pm.

Looking Well 7.00-9.00pm. Emmaus A guide to the Christian faith. An open evening featuring "Rock Eternal" - a slide show by Anthony Smith. Bring & share supper. All welcome.

Open meeting at 7.00pm for all interested in Low Bentham Gala, past, present or future, at Low Bentham Primary School.

Clapham Village Hall - "Dance easy sequence" 7.30-10.00pm, £1 includes tea/biscuits. Every Thursday.

Fri 10th Age Concern at the Town Hall. Liz Whitfield "Spinning Plates".

Local Action for Justice and Peace open meeting on the environment "Waste not-want not", at the Town Hall, 7.30pm. Refreshments.

Sat 11th Springfield Bowling Club coffee morning at the Town Hall, from  10.00am-12.00noon.

Sun 12th 10.30am, St. John's Parish Church Harvest Festival - Family Service with Sedbergh Junior School Choir. Proceeds to Christian Aid.

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

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

LISTING FOR LOCAL EVENTS

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

Event.....

Venue.....

Contact Tel. Number.....

Name.....

Please complete and return to the Sports Shop, Main Street, High Bentham.

- Wed 15th Copy deadline for November Bentham News.
Citizens Advice Bureau at the Surgery, 1.30-3.30pm.
- Thu 16th Low Bentham W.I. Mr. Stanley Walmsley "Ringing through the Changes". 7.30pm at Victoria Institute.
- Fri 17th Waste paper collection at Lairgill, 8.30-11.00am. Proceeds to NSPCC.
Age Concern at the Town Hall - the Looking Well writing group - "Daffodils and other Fish".
Arthritis & Rheumatism Council Annual General Meeting at Methodist Schoolroom 7.30pm. Speaker Rev. N. Thomas.
Bentham Footpath Group Annual General Meeting at Bentham Town Hall, 7.30pm.
- Sat 18th MENCAP coffee morning at the Town Hall, 10.00-11.30am. Raffle, cakes, etc. 
Looking Well Open Day, 11.00am-4.00pm. Please call in and comment on our plans for the future.
- Sun 19th Bentham Footpath Group walk, Ribblehead, 6 miles, leader A. Bargh 41228. Meet at Lairgill/Chapel-le-Dale 9.30/10.00am.
- Mon 20th Burton-in-Lonsdale & District Horticultural Society - "The Flora of Malhamdale" - slide show by Peter Sharpe. Village Hall at 7.30pm.
- Thu 23rd Looking Well, Harvest Lantern Procession.
- Fri 24th Bentham Traders Association-Hot Rhythm Orchestra & Jim Bowen at Town Hall ballroom, 7.30pm. Tickets from Bentham Sports.
Age Concern at the Town Hall-Dominoes.
- Sat 25th High Bentham Playgroup coffee morning at the Town Hall, 10.00am-12.00 noon. 
Drumming workshop at the Community Centre, 10.30am-12.30pm - towards Bonfire Band.
Bentham & District Pet Rescue book sale at Watershed Mill, Settle, 10.00am-5.30pm.
Wesley Guild - Visit of Wray Young People, Methodist Church 7.30pm.
Looking Well, Lantern Making Workshop 2.00-4.00pm and all week.
- Sun 26th Craft Fair at the Town Hall all day.
Bentham & District Pet Rescue book sale at Watershed Mill, Settle, 11.00am-4.30pm.
- Mon 27th Ewecross Historical Society at the Town Hall, 7.30pm. "The history of navigation" by Mr. Christopher Oxborrow. Annual membership £5. Visitors welcome - £1. Incl tea/biscuits.
- Tue 28th Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.
High Bentham Toy Library at the Community Centre, 8.30-11.30am.
- Wed 29th Kirkby Lonsdale Brass Band Concert 7.30pm at the Town Hall. Tickets £5 from the Trust office.
Citizens Advice Bureau at the Surgery 1.30-3.30pm.
- Thu 30th and Friday. Bentham Players present "And then there were none" 7.30pm at the Town Hall. See page 7.
- Fri 31st BN published.
Age Concern at the Town Hall. Halloween Party.

GARDENING PAGE



By Joyce Knapp

Now that October has arrived most of the vegetable crops from the kitchen garden will have been harvested, dried and gathered in for storage. Onions and root crops such as beetroot, carrots and turnips will keep for some time in a frost free place like a garden shed. Other crops, including french and runner beans, summer broccoli and cauliflower will keep better by being prepared, blanched and frozen until required.



Once the last of the summer cropping vegetables have been removed for storage, we can turn our attention to preparing the ground for next year's crops. All plant debris can be removed and put on the compost heap and any supports can be taken down, cleaned and stored under cover if space allows. We then have a choice of forking over the ground and leaving it open to the elements during winter or we could add a layer of organic matter, e.g. well rotted farmyard manure or garden compost and cover the whole area with a layer of black plastic. Covering the ground in this way has several benefits, not least that it stops valuable plant nutrients being washed away by winter rains.

October is a good time to make out orders for any bush, cane or tree fruits which we intend to buy. The plants may not become available until much later in winter, but by ordering early we have a much better chance of getting hold of exactly the varieties we select. We can also prepare the site in readiness for their delivery and this can include anything from removal of existing plants to simply digging over the soil before adding some bulky compost or manure. One word of warning - when planting new trees or bushes during the winter months we must take care not to put them into frosty soil as this will risk seriously damaging the roots and may even cause the plants to die.

By Eleanor Fisher

It has been such an excellent gardening summer, with a good balance of hot sun and rain. Although some plants have had an early season, there are many good plants still looking their best, with the staying power to flower on through October, right up until the frosts.

Dahlias have really relished the warm weather, and two varieties with rich dark purple foliage have been particularly good - 'Bishop of Llandaff', tall and stately, with intense scarlet flowers, and the shorter 'Fascination' with beautifully shaped mauve pink semi-double flowers. This last variety has been grown in a large pot on the patio to minimise slug damage, an experiment that has worked well. There is also an excellent annual seed strain of dark foliaged Dahlias called 'Redskin' from Suttons.

Cosmos, an easy annual with large single flowers and soft ferny foliage, has been in flower continuously since early July. Its height makes it a good plant for extra colour in a shrub or herbaceous border. The half hardy annual Rudbeckias last well into the autumn, with rich golden and mahogany brown flowers. Both of these are excellent for cutting.



Fuchsias continue to be in prolific flower, and a plant of Fuchsia 'Mrs. Popple' has reached at least 5 feet - this is a totally hardy variety with large crimson and purple flowers, always colourful and reliable. Rather similar in shrubby habit and equally long flowering is the Cape Figwort, *Phygelius*, with narrow tubular flowers ranging from dark red to yellow. Watch out for a beautiful lemon yellow bush between the Benthams on Low Bentham Road, and a rich red peeping over a wall at the bottom of Harley Bank in Low Bentham!

The old hardy *Chrysanthemums* are just coming in to flower in shades of yellow, rust, pink and red, perfect for October flower arrangements. Their slightly fusty rich smell is completely evocative of the autumn season.

CHURCHES PAGE

St. Margaret's

By Rev. Nigel Thomas

Greetings. This month **CHURCHES TOGETHER
IN BENTHAM** the Church remembers one of its best loved

saints, Francis of Assisi. The son of a wealthy cloth merchant, young Francis embraced a life of poverty, preaching, labouring and serving the needy. Committed to a life lived out in Christian community, his vision became the Order of St. Francis recognized today. Many stories surround Francis, his preaching to the birds, his taming of a wolf, his receiving the marks of the wounds of Jesus. Whether true or legendary it matters little, the passionate love of Francis for God and all God's creatures lives on.

In our avaricious and wasteful world we need Francis more than ever. From his famous prayer, "Canticle of Brother Sun", comes the line "Praised be my Lord for our Mother the earth, who sustains us and keeps us". Francis could well be the patron saint of ecologists. Sensitivity and respect towards Creation will inevitably flow from acknowledging a Creator, a God who cares passionately for everything created. This is not New Age Fantasy but the stuff of serious scientific research and it shows Francis, amongst others, to be relevant for us today.

If you care about our beautiful world enough to deepen your appreciation of it you would do well to pick up some of the prayers of Francis, giving thanks to a loving Creator for the very gifts of life. Love and Peace. Nigel.

St. John's

By Diane Chant

St. John's has been represented at two local events: at Low Bentham Street Market where a bric-a-brac stall raised £137 for Christian Aid, and in the Churches Together tent at Bentham Show. Following the show, thoughts naturally turn to Harvest, an important time in any farming



community. "All good gifts around us are sent from heaven above", so we offer our thanks in our Family Service on 12th October at 10.30am. Do join us - everyone welcome.

High Bentham Methodist Church

By Olive Calverley

Rev. Roger Fox challenged us in his first sermon "What is the main spring of your life - is it work; family; home; sport - or is it Christ Jesus?"

Each person must decide what the focus of ones life is to be. Jesus said "Seek first the Kingdom of God and His righteousness - Follow me". St Paul wrote to the Philippians "For me to live is Christ, to die is gain". When Jesus becomes the main focus of each life, others will see the difference. Choose now whom you will serve.

St. Boniface's

By Alison Hanson

5th July 2003 was a great day for celebration. It was Father Angelo Phillips' Anniversary of Ordination to the Priesthood. Over 300 invitations were sent out to family, friends, fellow priests, parishioners and former parishioners and as replies returned, it was soon obvious that St. Boniface Church would not be big enough to house everyone. So it was with great delight that the offer from our fellow Christians in the Methodist Church to use their church, was accepted. A true example of Churches Together.

Churches Together in Bentham

By Eluned Russell

It is harvest time and we give thanks for the richness and diversity of the world's resources and for the gifts of imagination and skill which enable us to use them effectively. In our rejoicing it is important we remember the millions of people who do not have access to these resources and so cannot realise their full human potential. We need to ensure that everyone has a proper share of the earth's riches. Then we can truly celebrate the harvest.



P.A.T.S. ON THE BACK FOR AGE CONCERN

By Neville Chant

Drivers of the Age Concern and Community Transport Minibuses have undergone training in the last two years and have been awarded MiDAS Certificates. But what about the passenger assistants or escorts - those willing volunteers who look after the passengers, making sure they are comfortable and safe?

Well, a training course has now been devised for them too and volunteers from Age Concern Bentham were some of the first in the country to take part. The course was co-ordinated by Bentham Community Transport and tuition was given, free of charge, by Mr. John Lloyd of Low Bentham to whom we are very grateful. Shown in the picture with their PATS (Passenger Assistant Training Scheme) Certificates are l. to r: Joan Clapham, Heather Brennand, Margaret Hartley, Marjorie Kidd, Mary Hartley and Diane Chant. Also awarded Certificates but not available for the photograph were David St Pierre, Ros Elliott, Beryl Tuohy, Jean Taylor and Lin Barrington.

CRAVEN AREA FORUM MEETINGS

Press Release

Craven District Council will be holding its autumn round of Area Forums across the District in October this year. This is your opportunity to let the District Council know your views, to talk to and put questions to individual officers of Craven District Council and other partner agencies.

There will be representatives from the Police, The Police Authority, North Yorkshire County Council, Yorkshire Dales National Parks Authority, The Primary Care Trust as well as Craven District Council there to answer your questions.

The North Craven Area Forum will be at Ingleborough Community Centre, Ingleton, at 7.00pm on Tuesday 21st October. The agenda for the meeting is being compiled and the Council would welcome your views on what should be included in the agenda. Please forward suggestions for the agenda and/or written questions to Laura Richardson, Craven District Council Offices, Granville Street, Skipton BD23 1PS, Tel: 01756 706211. e-mail lrichardson@cravencd.gov.uk

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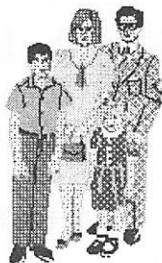
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BENTHAM PEOPLE



Personal Thanks

Jenny Denby would like to thank family and friends for their expressions of sympathy during the recent loss of her husband Gordon. A big thank you to the local District Nurses and Marie Curie Nurses for all their help during Gordon's illness.

Thanks

Bryan and Daphne Taylor sincerely thank their family, relations and many friends, for support and help, get well cards and good wishes, received during Bryan's stay in Lancaster and Victoria Hospital, Blackpool, following "heart surgery" operation. Thanks also to local Nurses. Pleased to say he is now home and making good progress.

Rob and Michelle Piper would like to say a big thank you to everybody for all the lovely cards and gifts received on the birth of their daughter, Sophie, born on 13th August, and to all the family for their help and support over the past weeks. We couldn't have coped without you. Thanks.

Congratulations

To Martin, Yasmin and Spencer on the birth of "Travis James", born Monday 8th September. Well done! Love Tony, Marina, Amber, Imogen, Ayrton, Stephen, Ryce.

For Sale

Snooker table, 6' x 3' with stand, complete with balls, cues etc. £40.00. Tel: 62254.
Hay for sale £2.50 per bale. 62966.

Services

All joinery work undertaken. No job too small. Contact Chris French 015242 62164.

Left & Found

A black Adidas coat size 28/30 with initials on the label, has been left for some time and a black (could be child's) Timex Marathon watch found on path at the Community Centre, Main Street, Bentham. (61800).

Lantern Procession, Bonfire, 1st November

Moose and Sue of the Byres would like to inform the people of Bentham and surrounding areas, who attend the event on Saturday 1st November, that the toilets in the Byres are available for use free of charge. Apparently last year some youngsters were charging £1 each to use the facilities. This was not done at our request.

HASH BROWNS UNDER NEW MANAGEMENT

From this month Hashbrowns will be under the management of Malcolm and Sally Preece.

Mick and Liz would like to say a big thank you to all their customers, family and friends who have supported them over the past years, not forgetting our staff, Margaret and Janet who have been very loyal. They would also like to wish Malcolm and Sally all the very best for the future and hope that you will support them as well. Thank you.

Tatham Fells CE (VC) Primary School

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Closing date for applications: 15th October 2003.

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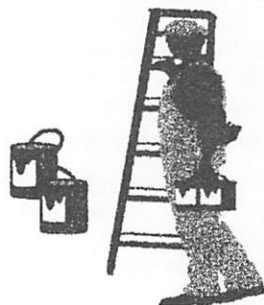


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David Bargh and Chris Hall presented the Chairman of the Bentham Playing Fields Association Peter Rollinson with a cheque for over £700 in September. The money was raised by a sponsored walk of the 3 peaks. Many thanks go to all who contributed and especially Dave and Chris for walking the 24 miles in under 10 hrs. to make it possible!

The project so far.

A new training pitch and under ten's pitch has been created out of the boggy land below Pye's Mill. The new and existing pitches have been drained and re-seeded ready for next spring. This completes the construction phase of the first part of the refurbishment project for the playing fields. Sport England and the Market Towns Initiative have funded this phase of the project as well as the Sports Club, Playing Fields Association and local fund raising initiatives. The next stage will be a new shower block and floodlighting for the training area but this awaits the go ahead from the Football Foundation who will be the major funders for this part of the project. Phase three in 2004/5 will be to create a skateboard park and resurface the tennis courts but funding has still to be found for this.

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RECIPES

By Doreen Park

Here are a few different fillings to tempt your taste buds for packed lunches for school or work.



Apple & Date

Peel and core one large eating apple and put this, with about four dried dates, through the mincer or food processor. Mix and moisten with the juice of half a lemon.

Carrot & Marmite

Spread a slice of bread with a little marmite and add finely grated raw carrot. Cover with a slice of buttered bread.

Cream cheese, honey and nuts

- 3 ozs cream cheese
- 1 level teaspoon honey
- 1 oz toasted chopped nuts
- a little grated orange rind

Mix all the ingredients together and spread on wholemeal bread. It is very good as an open sandwich.

Mock crab

- ¼ lb skinned tomatoes, or small tin tomatoes
- 1 tablespoon breadcrumbs
- 1 oz butter
- 1 oz grated hard cheese
- 1 small egg
- seasoning

Beat tomatoes to a pulp, add crumbs and butter and cook slowly in saucepan for a few minutes. Add the grated cheese, beaten egg and seasoning. Stir until it thickens. Can be potted and will keep for a day or two in the fridge.

Tuna and cream cheese

Mix equal amounts of tuna (or tinned salmon) and low fat cream cheese. Moisten with a little thick yoghurt. Beat until smooth, season to taste, spread between slices of bread and add a little watercress on top before putting the top slice on.

Tuna & curry

Beat a tin of tuna with a little butter and add a good half teaspoon of curry powder. Spread between slices of bread.

TOOBY'S OCTOBER MADNESS

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BENTHAM & DISTRICT PET RESCUE



By Val Marshall

Many thanks to all who visited our stall at the very successful Street Market in Low Bentham. On a lovely day and with lots of customers, we all enjoyed ourselves finding new homes for donated bric-a-brac. The event raised just over £100 for our funds. Bentham Agricultural Show was not so lucky with the weather and the rain in the morning meant that we had to hide with our tombola in a corner of the main marquee. Many of the visitors had a little flutter, even though, initially, children were winning perfume and ladies picked out numbers earning them soft toys! However, the law of averages worked out in the end and most folks won something - even if it was only a pen!

Our "Colour Quiz" attracted over 580 participants, of whom 135 sent in their

sheets for marking. The quiz was seen by many to be easier than normal, a fact confirmed by us receiving 30 fully correct entries. A computerised draw awarded the prize money as follows: 1st (£20) Miss M.Blades, Crook, near Kendal; 2nd (£10) Mrs. B.Mackie, Preston; 3rd (£5) Emma Brown, London; lucky draw (£5) Mrs. A.Grundy, Caton. A lady from London sent in a photograph of her busily studying the quiz whilst on a Russian aircraft en route between Thailand and Moscow - and a Yorkshireman from Bradford inserted a note to say that he hoped our postal delivery had woken us up to make up for the sleep he had lost trying to answer the quiz questions! Work has already started on our 6th Annual Quiz for distribution next June. Meanwhile, at the sanctuary, last month's four kittens have now got new homes, but another batch, this time a mother and her 5 little boys, will be ready for homing soon. Further details can be obtained from our Secretary. Please remember our Book Sale at Watershed Mill, Settle on the 25th/26th October.



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BENTHAM COMMUNITY CENTRE IS ALIVE

By Lynda Rushton

The following groups have started back or are continuing and they all need support, in any way that you can give: Bentham Out of School Club, Brownies, Toddlers, Karate, Youth Club, Toy Library, The Chat Room, Craft Group, Gospel Group, Ball Play, Theatre Group, Tai Chi (special needs), and the Credit Union (Furniture and 50/50). The community centre supports small groups run by the community for the community with support from the community of Bentham and surrounding area. The groups cover a wide age range and all but one are dependent on volunteers to carry on running. Can you give support?

Bentham Community Centre is a registered charity which is run by local people. Money has been obtained over the past few years to renovate and restore the old Quaker Meeting House to the standard it is today. But this would not have happened without the help of volunteers and lots of them. The building now has to sustain itself by the hiring out of rooms. The hire costs are kept as low as possible because most groups do not get outside funding and rely on membership to pay their overheads. (Can you see a pattern?) The community centre is a great asset to Bentham and is available for anyone to use. We are now on the web as well www.bentham-com-centre.ik.com with listings of events, staff members etc.

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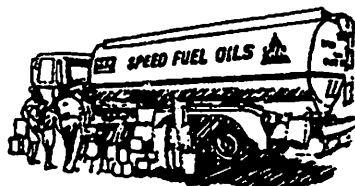
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FOOTPATH MATTERS

By Dorothy Stubbs

Tuesday 26th August, Tom and Joyce led 21 of us around the Stocks Reservoir area. After the long dry spell the water level was low, but we saw no evidence of the submerged village. A picnic lunch was enjoyed in Slaidburn, boosted by ice creams from the cafe. Weather was mixed, varying from mist to warm sunshine. A good day!

Catrigg Force was Gerald Amos's choice on 7th September. 10 walkers enjoyed the splendid views over this beautiful limestone area.

Our annual Lakes weekend away took us to Bassenthwaite. Adrian Leigh planned and ably led us on both days. An early start saw 14 of us in Bassenthwaite village by 9.30am. Little did we realise how tough the day would be...for myself, a gap of 45 years since last climbing Skiddaw was certain to be harder. We climbed and climbed and then still more until we had reached 3153 feet. Wow! That lunch stop was never more welcome. A stiff breeze kept us cool as we huddled together within a rough stone enclosure. Looking down on so many high mountains gave us such a sense of achievement. The sight of 2 mountain bikers made us wonder how they had reached that height. I smugly thought that the descent would be a doddle compared to the ascent. How wrong can you be? In future I shall study the close contour lines with more care. The steep scree down was unbelievable. With muscles taut and faces grim we gingerly edged down. One slip would have caused a domino effect. Some preferred to slither on bottoms, but whichever method we chose, we all made it, relieved and exhilarated. I felt so privileged to have been able to experience this challenge. Once in our hotel in Cockermouth, bathed and fed, we appeared almost normal, but tended to walk rather in the style of lame ducks or possibly very new mothers. Sunday's challenge was a mere 13 miles



around Bassenthwaite Lake, mainly low level and flattish. Our thanks to Adrian for all his hard work and inspiration in organising a splendid weekend, with excellent company, beautiful weather and the most fantastic scenery imaginable. We are already training for September 2004!

Annual General Meeting

Bentham Footpath Group AGM is to be held in the Lower Town Hall on Friday 17th October at 7.30 p.m. prompt. Following at approximately 8 p.m. there will be an open meeting to which all are welcome. An illustrated presentation will be made by British Waterways about the Lancaster Canal past, present and future. This will include well advanced plans to re-open the canal up to Kendal. The speakers are Waterway Manager Debbie Lumb and Marketing Manager Claire Chapman."

OUT OF SCHOOL CLUB

The Bentham Out of School Club is holding a fund-raising coffee morning on Saturday 1st November at the Community Centre from 10am-12noon.

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PUPPY POINT - ARGH!

By Sue Whiteley



Every puppy needs to learn a *Good Start* word, which means "stop what you are doing, you are about to make a mistake". You should teach your puppy to respond to a word such as "no" or "argh". This word is used to interrupt behaviour, which cannot be ignored e.g. jumping up onto the kitchen worktop. This is not used to tell your puppy off, or punish him, as puppies don't know what is right or wrong. All you are doing is educating him so that he knows what behaviour is not acceptable. You must also teach what is right, not just what is wrong. When you have interrupted him you must reward him for stopping, or get him to do something good so that you can reward this. As he goes to put his paws on the kitchen worktop, say "Argh" to interrupt what he is doing. When he looks at you, call him to you and reward him for coming. He learns it is nicer to be with you and being on the worktop is not allowed. If you tell him off when he comes to you, he will associate it with the last thing he did, which was to come to you. Don't end up with a confused puppy who wants to avoid you! For information about the "Good Start" puppy class, contact Sue Whiteley, 015396 21946.

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HIGH BENTHAM CPS

By Mrs. C.A. Boocock, Headteacher

Rules for use of multi purpose sports facility

Below are the rules that were drawn up to maximise the use of the all weather pitch at our school. Unfortunately during the last couple of months we have experienced a lot of misuse of this area. Not only has damage been done to school property but also residents have been disturbed by youths misusing the area. The police have been called on numerous occasions. Therefore the Governors are looking into the cost of installing CCTV cameras.

There should be nobody using the pitch after 7.00pm. Only those who have been authorised are allowed to use the area. Application forms are available from the school. Please ensure that you contact the school so we can update our bookings timetable from last year.

These rules have been drawn up to maximise the use of the facility by the community and minimise the disruption to local residents. In drawing up this guidance we have consulted with the LEA representatives and the local police.

▶ The pitch is available free of charge. A charge will be made, however, for any damage caused through misuse.

▶ All groups using the area must have some form of adult directly responsible for that group. A contact number(s) must be made available before the pitch is booked. A list of users must be supplied.

▶ Access to the facility will be withdrawn if there is consistent unacceptable behaviour. This includes incidents of smoking, drinking alcohol, drugs, fighting, shouting or swearing.

▶ Other groups using the area without following the above procedures will be considered as trespassing and due procedures will be put in place.

▶ Bookings are made through the school office. Collecting and returning of the key is the responsibility of the assigned adult.

▶ All groups using the area are responsible for arranging their own insurance against injury.

▶ The area must be left in good order with all rubbish, debris and sports equipment removed.

▶ Any problems with the pitch must be reported immediately to the school on 015242 61412.

▶ Any decision about access to the area is handled by the Headteacher of the school and is not open to appeal.

Remember, this is not a playground for general use. Any unauthorised use will be reported to the authorities.



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BENTHAM FOOTBALL CLUB

By Louise France

Due to draining and re-development of Bentham Football Pitch, the club is moving for one season, down to the old Low Bentham pitch near the Punch Bowl Hotel, which hasn't been played on for 42 years. We play at Low Bentham by kind permission of the Hewitt family.

Gail Lister has given permission for the teams to change and shower at the Punch Bowl. We thank her for her help and kind generosity.

A tremendous amount of work has gone into preparing the pitch and we would like to thank the Hewitt family, Willy Wright, Chris Brownsword and Colin Woof for lending their mowing machines, Russell Jackson and Mick Wilson for lending us their rollers and the team members for their hard work in marking the pitch and making it playable.

Mr. Phil Wright has again kindly sponsored a new kit; R.& M. Wheildon have provided shower equipment and several local businesses have given financial support. Sedbergh Junior School permitted the team to use its sportsfield for pre-season training. For all the help given we are extremely grateful.

Our first home match will be on Saturday 4th October, kick-off at 2.00pm. Why don't you come along and support our team, perhaps have a pre-match meal at the Punch Bowl, or a post match drink and chat?

LOOKING WELL

By Alison Jones

Looking Well is an arts based Healthy Living Centre set up in 1997 by local Bentham people. It is managed by Pioneer Projects, a local charity and is funded by sessional bookings, donations and grants. Our main source of funding at present is the New Opportunities Fund. We run a programme of weekly activities (see diary page) and people are welcome to drop in when we are open (10.30 to 4.30 weekdays except Thursdays, some evenings and Saturday mornings). There is always a friendly welcome and a cup of tea and we would like to show you what we do. This month we have an exhibition of eye-catching "Healthy Messages" which include posters by John Angus and Alison Jones and banners by local people. We also have pictures of Looking Well activities on display and we would like your comments on our plans for the future. Our lease finishes in 2005 and we are in the process of finding a new home. It is an important time for us and we would like as many people as possible to contribute to the process.

Art and Craft Sessions

The Cancer Support Group has received funding from Bentham MTI for arts sessions on Monday afternoons (2.00 - 3.30pm). They are doing hooky rugs and lanterns this month. Anyone can come to the session but we ask for a donation of £2.50 for non members. If there is any particular art and craft activity that you would like to learn, let us know as Nikki Johnson is planning to start an arts session on Saturday mornings.

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SUN SHINES ON FAMILY FUN EVENING

By Marie Colyer

A huge thank you to everyone who came along to support the Goodenber Play Area at the very first Family Fun Evening on Friday 15th August. The sun shone, music pumped and the barbeque sizzled as families had picnics and the kids swarmed over the playground having a great time.

The purpose of the evening was to raise awareness of the issues around running the playground including how running costs are covered entirely from fundraising and donations, and that annually it costs about £1000 to keep up the maintenance, insurance payments and health and safety inspections on the playground. We received generous offers of help with fundraising and litter picking on the night which were all very welcome. As a bonus the raffle and barbeque raised a total of £36 towards the annual costs.

The small volunteer committee is continuing to fight the fundraising battle to ensure that the playground can be kept open, with the next event a soup stall at Bentham Bonfire Night on Saturday 1st November, and further stalls planned for High Bentham Christmas Shopping Days on Saturday 6th and 13th December. We thank you in anticipation of your support of Goodenber Playground at all of these events.

Anyone wanting to make a donation towards the running costs of the playground or offer any other kind of support please contact Lin Barrington at the Bentham Development Trust Office ph 61030.

NEW BUS SERVICE STARTING SOON

by Lin Barrington

Bentham Community Transport is pleased to announce that a Settle Stationlink and North Craven Taxibus service will be starting soon. It is hoped that it will be operating by the end of October provided the relevant licences are in place.

The Taxibus will provide journeys for several villages either side of the A65 with links to Settle and Giggleswick stations, especially for peak commuter trains. At other times, these communities will be provided with additional services including journeys into Settle on Tuesdays and Bentham on Wednesdays for market days.

The vehicle is an 8 seat Mercedes Vito, which has the capacity to carry two wheelchairs, and has funding to run until March 2006. The taxibus is being funded through the Government's Rural Bus Challenge Competition following a successful bid by North Yorkshire County Council.

The service will be publicised widely, so look out for more detailed timetables. If you have any queries, please contact Bentham Community Transport on 62753 - leave a message on our answering machine and we will phone you back.

BENTHAM PLAYING FIELDS ASSOCIATION

The Annual General Meeting of the Playing Fields Association will be held in the Sports Club at 7.30pm on Monday 20th October. If you are at all interested, please come along as the association needs the support of the community.

BENTHAM NEWS is published at "Latharna", High Bentham, by an editorial committee consisting of Shirley Brown, Diane Chant, Judith Johnson, Peter Phillips, Dorothy Pidgeon, 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. The Bentham News is printed by Pica Design & Print, Low Bentham.