

BENTHAM NEWS

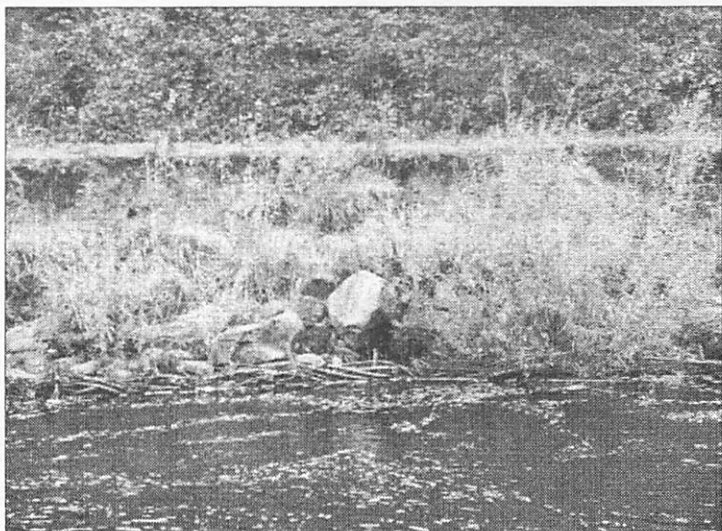
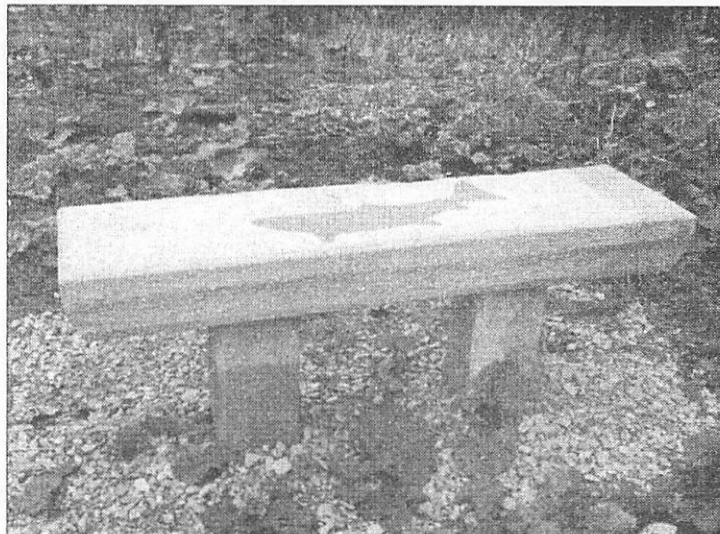
ANGLERS WORK TO SAVE RIVERBANKS

By Shirley Brown

A number of good ideas have come together in the last few years to bring about some exciting and important changes along the banks of the River Wenning. One idea was that the Bentham Angling Association (BAA) wanted to honour the memory of Edwin Jackman, who lived for fishing and who ran the club for over 50 years, and inspired generations of local anglers. Another idea was linked to concern about erosion of the riverbanks.

Mike Ramsay, who is a life member of the BAA as well as a member of the Lune Habitat Group, along with other active committee members, was concerned that the 5,000 or so trees that had been planted over the years had not survived. They realised that when the fields where stock graze went right down to the river, inevitably the animals

Continued on page 32.



WOMEN'S INSTITUTE

High Bentham

By Doreen Park

At the October Annual General Meeting Mrs. M. Hayton was re-elected as president, Sue Camacho as secretary and Chris Lewis treasurer, with five other committee members.

In her address, Mrs. Hayton complimented members on winning the silver tray at Bentham Show for most points in the domestic and handicraft sections and gaining four places at the Federation Show at Garstang recently. She thanked everyone for making last year such a good one and outlined coming events, including the group carol service which will be hosted at St. Margaret's, High Bentham, on 11th December. The Christmas party will be on 4th December and a dinner is to be held at New Butts in the New Year.

At the close of business Mrs. Isobel Carr amused members with a poem. This was followed by supper prepared by the committee, and then a very keen game of beetle with the winner on each table receiving a prize. The competition winner was Hilda King and Janet Bargh won the raffle. At the next meeting on 6th November, the topic will be "Christmas with a difference" by Mrs Margaret Hayton and the competition will be "A decorated candle". All welcome.

Low Bentham

By Jennifer Watkinson

Katrina Gill, the local Dog Warden, was welcomed by the president. Enthusiastically she described her job and answered members questions. There are 74 parishes to patrol which involves driving about 600 miles a week in her "dog warden" van. She visits Bentham once a fortnight. Hopefully another warden will be appointed soon, enabling isolated areas to be patrolled. Besides collecting stray dogs and combatting dog fouling, she gives educational talks to school children. She is able to issue £50 fixed penalty fines but hasn't the same powers as the

RSPCA. Since commencing her job three and a half years ago she has reduced the number of stray dogs she collects by half, to about one or two a week. Dogs without tags are taken to designated kennels at Colne and are kept for seven days before being re-homed.

Competition winners were Linda Cressey, Mrs. Sylvia Brennand and Mrs. Mabel Easterby.

Several members attended the Autumn Council Meeting at the Great Yorkshire Showground, where they enjoyed hearing the guest speaker, former BBC royal reporter, Jennie Bond. Twelve members had a fun evening at the Superbowl in Morecambe. Afterwards everybody enjoyed their meal at Finnigans on Broadway.

The secretary went to the "champagne & pearls" evening at the cinema at Harrogate for the premiere of the Calendar Girls film. As well as a glass of champagne, she received a box of chocolates and a souvenir programme. At the next meeting on 20th November, Mr. A. Webster will talk about "Bridges of the Lune Valley". The competition is "An old cookery book".

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OCTOBER'S TOWN COUNCIL

By David Johnson

Five Cllrs. were absent namely, Cllrs Barnes, Birkbeck, Lloyd, Stannard and Ireton.

Police. The police did not attend. A report was received about vandalism to a light in Wesley Close. The police were to be asked to keep an eye on the situation. Later in the meeting the Cllrs. decided to ask the police to watch out for cases of under-age drinking at the tennis courts and under Wenning Bridge. One Cllr. reported that he had been approached by youngsters who wanted him to purchase alcohol for them from the shops.

Highways. The Cllrs. are to make a detailed check of all the gullies to try to help alleviate flooding problems. Cllr. Heigh said that the contractors who had resurfaced Summerhill had covered all the stop taps and fire hydrants. She had also received a request for the pavement to be raised near Barwise shop to help the elderly dismount from buses. The Cllrs. spent a long time discussing parking near the bowling green and on the brow of the hill on Robin Lane. Everyone agreed that these locations posed the threat of an accident because the visibility is very poor. They recognised that on-road parking at these locations was perfectly legal and that the parked vehicles slowed traffic but they thought it may be possible to create a no parking section on Robin Lane to provide a pull in and also to encourage residents to park on their drives. They decided to write to the Highways Authority for suggestions. Apparently the verge on Mill Lane Low Bentham is covering a tarmac surface and some gullies and the Cllrs. decided to ask the District Council to remove it.

Flooding Issues. Cllr. Wills gave a summary of the problems relating to Lairgill and Church Beck. Improvements are to be made which will involve excavating and banking the streams. A contractor has been found and work should commence shortly.

Wesley Place progress has been made on improving the property. A lead tenant has been appointed and once he has been approved then two more tenants will be selected.

Election. The District Council wrote to book the Town Hall for an election to fill the post vacated by John Pilkington on Thursday 13th November.

Affordable Housing. Rural Business Homes Ltd. wrote saying they were interested in building affordable housing in Bentham. Some Cllrs. agreed to meet them informally to assess the potential.

Planning. The Council again recommended the refusal of planning permission for both planning applications to develop Bridge House. They remain concerned about safe access and asked the clerk to see if the District Council still uses the rule of three dwellings per access. The Council raised no objections to the proposed deviation of the footpath at Mewith Head Farm.

A Seat has been vandalized at Lane Foot and the Council decided to see if it can be repaired. This led to a broader discussion about such seats. Some readers may be interested to know that the Council would welcome offers of seats which could be placed at scenic points.

Dog Fouling. The dog warden is being pressed to start bringing prosecutions against the minority who cause problems for the general public. She has the authority to issue £50 fixed penalties.

Canon John Bearpark will preach at the Civic Service to be held at St. Margaret's on 2nd November at 6.30 p.m. This will be the final event of the Autumn Festival. Everyone, including councillors, of course, is very welcome.

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BENTHAM & DISTRICT PET RESCUE

By Val Marshall

By the time you read this we shall just have had our final Book Sale of the year, which will hopefully have been another good one as it is our last fund-raising opportunity until next February. Many thanks to all of you who have so kindly donated books for these regular events – and of course to our customers. In 2004 we are arranging four sales throughout the year, including two each lasting over a full week.

Bonfire Night is imminent which gives much fun for young and old alike, but not for our animals. They are terrified of all the bangs, which seem to get louder every year. There are ways of helping them to cope, primarily by making sure that cats and dogs are shut in and cannot escape. It is a good idea to turn the volume up on a radio or television as loud as you can stand it, because continuous loud noise does not frighten them as much as sudden bangs. Also, try playing with your pets to keep them occupied and to

take their minds off the outside distractions.

Every year after Bonfire Night our telephone (Bentham 62512) rings several times asking if anybody has reported finding a cat or dog which has got out and run away. Indeed, sometimes we are lucky and receive calls from people who have found a pet hiding under a bush too terrified to come out. It is a shame that November 5th seems to stretch out sometimes over weeks, causing frequent problems for pet owners. Perhaps we should start a petition for more colourful fireworks rather than noisy ones!

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CRAVEN DISTRICT COUNCIL MATTERS

By Gerald Hurtley

Election of a District Councillor for the Bentham Ward

Nominations are being sought for a District Councillor for the Bentham Ward. If two or more nominations are received an election will take place on Thursday 13th November.

Craven District Council Meetings

The Council is to introduce set periods during Council Meetings for:

Question time of the Leader/Chairman

General questions to enable members to raise issues affecting their ward

Leader's report for bringing issues to the attention of members

Member champions' reports. This is in addition to the period already set aside for questions from members of the public.

Update on Drainage Problems

Roadside gullies are to be identified and mapped out to allow inspections and those requiring clearance will be cleaned out to try to alleviate the flooding problems. This work has already started and one gully on Pye Busk was found to be totally blocked; this has subsequently been cleared.

Dog Fouling

Craven District Council is to take a firmer stance on the issue of dog fouling in the area. Patrols will target the worst areas and fixed penalty notices will be issued to dog owners who allow their dogs to foul.

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YOUR LETTERS

Dear Sir,

Over the last two years I have been cycling to work on a regular basis.



The initial plan was to do this as a means of improving my fitness and losing weight (fat chance). As it happens I have discovered that I enjoy cycling and now do a lot, both on and off road, just for pleasure. There have been only two incidents involving other road users that have left me irritated about their behaviour towards me, but these are very far from being my usual experience. The majority of drivers that pass me treat me with courtesy, care and consideration and consequently I feel much more confident about using the road than I had initially thought.

However, over the last few weeks it has been hedge trimming time. My first puncture, caused by a one inch thorn, was inconvenient and cost me a new inner tube as

the amount of damage was beyond repair. The second was somewhat less pleasant as I was rounding the bend on the main road at the bottom of the hill into Low Bentham, when another single thorn caused my tyre to completely and rapidly deflate. Loss of control, that caused me to end up on the wrong side of the road at about 25mph, could easily have proved fatal.

Conversations with other cyclists have shown that I am far from alone in having had thorn induced punctures but I also discovered two motorists whose tyres have been punctured and have needed to be replaced at considerable cost.

I am certain that the hedge cutters have not deliberately chosen to cause this damage but it does not take a genius to work out that this is likely if no serious attempt is made to keep the clippings off the road, or to clean up afterwards. Can I ask for a bit more thought please?

Yours faithfully,

John Corrigan, Lakeber Drive, Bentham.

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CEMETERY MATTERS

By Reg Pointon (Town Clerk)

About three years ago a commemorative wall was erected at the Town Council Cemetery. It incorporates thirty plain-faced stones, on which 7" x 4" bronze plaques, suitably inscribed with details of a beloved relative, can be mounted. The ashes can be buried or scattered at an appropriate position. At present there are just two inscribed plaques and another reserved space on the wall. Anyone who would like to have further details of how they could use the commemorative wall, should contact the Town Clerk, Reg Pointon at 25 Springfield Crescent, High Bentham, LA2 7BD, or by telephone on (015242) 61596.

Incidentally, a donated seat situated on the right hand side of the cemetery under a tree, requires attention, but unfortunately the metal nameplate has become obliterated. Any information about the donor of this seat would be much appreciated, and again, please contact the Town Clerk.



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By Dominic Lunt

I am taking part in a race known as the Marathon des Sables, or Marathon of the Sands, in April. The Marathon of the Sands is known as the "Toughest footrace on earth". It involves covering a distance of around 140 miles across the Sahara desert carrying your own food and equipment. The harsh terrain and the extreme temperatures make for an extremely strenuous race, placing great demands on the body.

I am running on behalf of Yorkshire Cancer Research, which is the largest independent regional medical charity in the UK. The money they raise goes towards work which is invaluable in the prevention and treatment of cancer. Most of us know someone who has been affected by cancer. I have a minimum target of £5,000 to raise and hope to get more, so any donations that you are able to make would be really appreciated and will help an excellent cause.

If you feel able to support me/(Yorkshire Cancer Research) you can contact me on 0131 4774970 or 015242 63179 - mobile 07940 001308. Donations can be made either by cheque payable to Yorkshire Cancer Research or (by cash) to 9 Stonegate, Low Bentham. Or alternatively, by sponsorship/donations directly to Yorkshire Cancer Research through the following web page: www.justgiving.com/desertdom

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GARDENING PAGE

By Joyce Knapp

As we roll into November the weather, hopefully, will have turned much colder and growth in the garden will have drawn almost to a halt. It is at this time of year, when most of the leaves have fallen from woody plants, that we can begin looking at tidying up some of our fruiting canes and bushes.

Anyone who grows cultivated blackberries will know that they can quickly become a tangled mess of thorny stems. There are two ways in which we can help prevent this happening, the first being to select and plant a thornless variety such as Merton Thornless. The second is to understand and use the most effective method of pruning and training. This simply involves removing all old, fruited stems at their base and tying in the remaining stems to form a fan along a supporting fence or framework. It may also be necessary to remove any poor or weak stems that are crowding the plant and are unlikely to produce much fruit.

At this time of year we are likely to be producing lots of woody garden waste as we cut back a variety of plants including blackcurrants and summer fruiting raspberries and this can be disposed of in one of two ways. The first is to donate it to your local bonfire where it can benefit a whole crowd of people. The second is to put it through a shredder and return it to your plot either as a mulch on a shrub border or perhaps to make paths through the garden.

If you wish to produce a very early rhubarb crop then November is the month to lift several strong roots and expose them to a frost for a few days before planting them close together in boxes of light soil. The soil should be moist and the boxes kept in a warm place and covered with sacks to keep out the light. If a temperature of 13 to 24 degrees C is maintained the sticks should be ready for picking in six to eight weeks. Any crowns forced in this way will have been severely weakened and should, therefore, be disposed of after cropping.

By Charlie Robin



In Bentham, the MTI/BDT environmental enhancement project got under way in May 2002, with the clearing out of the long bed by the cemetery approach. A small number of existing shrubs were uncovered and to these have been added a considerable number of plants donated by local residents. These should be well established by next year and should nearly fill the border, helping to keep out the weeds. This is however, quite a long bed and there is plenty of space for more plants, so if you are dividing or throwing out plants, please let me know through the Trust office and I will be glad to recycle these plants.

The Gateway Sign areas, four in number, also needed attention. They have been cleared of long grass, brambles and nettles and small beds made for colourful annuals and spring bulbs. They have been bright and cheerful all summer. The intention, time permitting, is to extend the area of mown grass, especially around the benches and bus stops, on the road between High and Low Bentham. I am now in the process of planting spring bulbs which will naturalise in the cleared areas and verges.

The station has also received attention. Wall boxes were planted with pelargoniums and the shrub bed cleared. This was planted with left over bedding plants this year but the plan is to stock it with small shrubs and perennials in the future. Again, donations have been planted here, including a small philadelphus and a rose.

The final area to be weeded was the School Hill or Millennium garden. Originally planted for low maintenance, it is now possible to consider a more high maintenance approach. I would be pleased to hear from anyone who has any ideas on how to develop this focal point in Bentham.

Thank you to all those of you who have already donated plants and to those who have stopped to pass on a word of encouragement or advice. This is much appreciated and is always welcome.



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CHANGES AT LANGDALES

By Bill Kennedy

Geoff Langdale reports that following 11 years of carrying out business as a sole practitioner, he has decided to incorporate his business as a Limited Company, and more importantly, introduce additional expertise and resources into the business.

From 1st October 2003, Carl Parton and Nick Moore of BCS (North West) Limited, two well known, well respected and experienced local accountants, became, along with Geoff, Directors and Shareholders of the new Company, known as Langdale BCS Limited. Geoff will be Managing Director of the new company and has made a long term commitment to remain as such, thereby ensuring that day to day activities are seamless, and the knowledge, experience and confidentiality of client financial concerns are maintained. Geoff has assured clients that they will continue to receive his personal attention and that of the staff here in Bentham.

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SURGERY NEWS - NHS GOES THROUGH PROFOUND EVOLUTION

By Jane Burnett

I am grateful to "MIND" for this description of the NHS.

"The value of its work cannot be presented adequately, for it lies in the suffering it has relieved, the diseases it has cured, the happiness and the usefulness of the lives it has prolonged. These are matters not measurable by arithmetic.

Its value may perhaps be realised from a negative aspect, by asking what would have become of the patients if there had been no NHS to receive them".

My Grandfather was a GP in Lincolnshire, he retired 50 years ago, fearful, as were most of his profession, of the health revolution introduced by Aneurin Bevan in 1947. Looking back to the kindly man I remember as a child, I find it hard to believe that he was opposed to the introduction of the infant National Health Service, but perhaps it is more understandable when put into the context of uncertainty and change. Today, we experience change again, as the NHS undergoes the most profound evolution in its history. Health Centre based Primary care will shortly be the responsibility of the new Primary Care Trusts, which will interpret and implement central government policy locally, and decide what services, are offered and where. It is suggested that GPs and

nurses develop special interests (as they do informally now) and their skills may be pooled and shared among several Health Centres, but how will this work in rural areas which have special issues of transport and isolation, and favour easily accessible local resources? The current buzz word is "choice", but how does it relate to country people? - confused?

Rural priorities and needs are different from those in urban areas, and we have representatives from Craven working to make sure our voice is heard within the Harrogate and Craven PCT, to which we belong, and on the Bradford Mental Health Board which looks after our adult mental health services.

Countries without a health service open to all, regardless of means, envy us with good reason. Let us hope that descriptions of the NHS like the one above remain always applicable, and then perhaps we need not fear change as much as my grandfather's generation did. We will keep you posted.

Number of missed appointments this month: 49.

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BENTHAM OUT OF SCHOOL CLUB GOES MAD!

By Lynda Rushton

Bentham Out of School Club has decided to go mad, (for a few nights only). We would like to offer your child to bring a friend along to the club for free! If your child attends the club either on a regular basis or on a "one off" occasion, then on the dates below your child can bring a friend along free for one hour. The friend is to be collected at 4.45pm, however, if the child wishes to stay longer or you would prefer a longer period then our normal charge of £1.30 per half hour will apply after 4.45pm. If you are interested but would need further details then please get in touch.

Bring a friend dates are Thursdays 13th, 20th and 27th November 2003. It is a great offer, use it!

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WRAYFLIX

By John Millington

Friday 7th November.

Tigger the Movie (U)

Tigger is back, the difference is he is now officially stealing the show. A film for all ages, very enjoyable and lots of fun. Doors open 7pm.

Friday 21st November.

The Pianist (Rated 15)

An Oscar winning and inspired piece of film-making that is stunning to watch because it is so real and moving. A Jewish classical musician struggles to survive the destruction in the Warsaw ghetto during the Nazi's reign of terror. Music was his passion. Survival was his Masterpiece. Doors open 7.30pm.

Friday 12th December. We are very sorry but we are unable to show a film on this night.

Friday 26th December.

Rabbit Proof Fence (PG)

A true story set in the stunning Australian outback. Kenneth Branaugh is evil incarnate and the three young aboriginal girls who survive a gruelling trek home 1500 miles across Australia are brilliant in their roles. Don't be disappointed, I already have tickets booked for this film which is being shown as a result of popular demand. Doors open 7.30pm.

Friday 9th January.

Pirates of the Caribbean. The Curse of the Black Pearl.(PG)

Prepare to be blown out of the water. Johnny Depp and Orlando Bloom make this film

explode on to the screen. The pirates try to lift an ancient curse, but whose blood is spilt.....Doors open 7 p.m.

Friday 23rd January.

The Shipping News (15)

Kevin Spacey, Julianne Moore and the wonderful Judi Dench star in this film set in Newfoundland. Doors open 7.30 p.m.

As our regular customers know, you will be given a warm welcome at our cosy cinema in Wray at the Village Institute where there is a 12' x 10' screen, with six speaker surround sound. We have a licensed bar and you can also buy soft drinks, popcorn etc. There is always a friendly atmosphere and a chance to catch up on the news and gossip. Oh and you also get to see a film! Entrance costs a measly £2.50 for children under 12 and an equally measly £3.00 for adults, but if you become a member, we give you £1 discount off a series of films. To book, or for further details, please contact John Millington by telephone on 015242 22095, or by email at johnmilly@hotmail.com Look forward to seeing you!

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LOCAL EVENTS IN NOVEMBER

Sat 1st Bentham Footpath Group walk, Penyghent, 5.5 miles, Leaders T. & J. Connolly 42129. Meet at Lairgill at 9.30am.

Age Concern coffee morning at the Town Hall, 10.00am-12.00noon. 

Exhibition of New Art by Bentham Arts Forum at the Community Centre, 10.00am-6.00pm.

Lantern Procession, 6.30pm from Cleveland Square.

Bonfire and Fireworks from 7.00pm at the Auction Mart.

Sun 2nd Civic Service at St. Margaret's, at 6.30pm.

Mon 3rd Looking Well, 1.00-3.00pm, Cancer Support Group drop-in and every Monday.

Town Council meeting at the Town Hall, 7.30pm.

Tue 4th Looking Well, 2.00-3.00pm, Tai Chi and Womens Support Group. Both every Tuesday.

Bentham Methodist Bright Hour in the Schoolroom, 2.15pm. Speaker Mrs. L.Parker.

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

Wed 5th 50/50 Sale at Bentham Community Centre, 9.30-11.30am. Details from 61800.

Looking Well, 1.30-3.00pm, Mucky Buckets and Baby Buddies. Parents and under 3s play sessions, both every Wednesday.

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

Thu 6th Looking Well, 10.00-11.00am, Ball Play for toddlers at the Community Centre, and every Thursday.

Bentham Footpath Group walk, Clifford Hall, 4 miles, leader K.Piper 61077. Meet at Lairgill at 10.00am.

Looking Well Cottage, 7.00-9.00pm, Emmaus - a guide to the Christian Faith, and every Thursday.

High Bentham W.I. 7.30pm at the Town Hall "Christmas with a Difference" Margaret Hayton.

Bentham Arts Forum meeting at the Byres, 7.30pm.

Clapham Village Hall, Dance Easy Sequence, 7.30-10.00pm, and every Thursday.

Fri 7th Looking Well, Indian Winter Exhibition open - throughout November.

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

Sat 8th NSPCC coffee morning and Christmas Cracker sale at the Town Hall  Ballroom, 10.00am-12.00noon.

Wesley Guild, visit of Wray Young People, Methodist Schoolroom 7.30pm.

Tue 11th MENCAP, AGM at 8.00pm at Ingleborough Community Centre - refreshments.

LISTING FOR LOCAL EVENTS

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

Event.....

Venue.....

Contact Tel. Number.....

Name.....

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

- Tue 11th & 25th Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.
& 25th High Bentham Toy Library at the Community Centre, 9.30-11.30am.
- Wed 12th Looking Well, Alzheimer's Carers Support Group 7.30-9.00pm. Folk music with Glenda and Barbara.
& 26th Citizens Advice Bureau at the Surgery, 1.30-03.30pm.
- Thu 13th By-election for Craven District Council, Lower Town Hall, all day.
- Fri 14th Bentham Footpath Group film show in the Town Hall at 7.30pm - Katmundu. by P.Parrott.
Christian Aid AGM at the Methodist Schoolroom 7.30pm. Film of work of Christian Aid. All welcome.
- Sat 15th Tatham Fells School  coffee morning at the Town Hall, 10.00am-12.00noon.
Copy deadline for December edition of Bentham News. Please get your copy in as early as possible.
Whittington Village Hall 7.30pm. A. Bennett's "Talking Heads". Contact 015242 71103
- Sun 16th Bentham Footpath Group walk, Local Villages Trail, 5.5 miles, leader C. Crellin 61881. Meet at Lairgill 9.30am.
- Mon 17th Burton-in-Lonsdale and District Horticultural Society AGM followed by slides and Jacob's Join Supper, in the Village Hall at 7.30pm.
- Tue 18th Bentham Methodist Bright Hour, 2.15pm at the Methodist Schoolroom. Speaker Mrs. C.Wightman.
- Thu 20th Bentham Agricultural Society AGM at 7.30pm in the Wenningdale Room, Town Hall.
Low Bentham W.I. at the Victoria Institute, 7.30pm. "Bridges of the Lune Valley" by Mr. A. Webster.
- Fri 21st Waste paper collection at Lairgill Car Park, 8.30-11.00am. Proceeds to the NSPCC.
The Countryside Society meeting at Hornby Institute, 7.45pm. "The Kent Estuary" by Colin Patrick. Visitors are most welcome £2. Light refreshments available 20p.
- Sat 22nd Bentham Agricultural Society coffee morning at the Town Hall 10.00-11.30am. Raffle, cakes etc. 
- Sun 23rd Craft Fair at the Town Hall, all day.
- Mon 24th Ewecross Historical Society meeting at the Town Hall 7.30pm. An illustrated talk by John Innerdale "The Care and Repair of Historical Buildings in Craven". Visitors welcome £1 including tea and biscuits.
- Tue 25th Looking Well, 6.30pm Pioneer Projects Ltd. AGM.
- Wed 26th Bentham Development Trust AGM at the Town Hall, 7.30pm.
- Fri 28th Bentham News published.
- Sat 29th St Boniface's coffee morning at the Town Hall, 10.00am-12.00noon. 
Wesley Guild, visit of Wilf Capstick and Friends from Newbiggin-in-Lune, Methodist Schoolroom 7.30pm.
Church of the Good Shepherd, Lowgill 7.00pm. Period music by candlelight. Tel 63095.

TAXIBUS NOW IN OPERATION

By Neville Chant



The Taxibus and Stationlink service came into operation on 20th October and, no doubt, you have already seen the smart Mercedes 8-seater on the streets. The service meets trains at Settle, Giggleswick and Clapham stations through the day and then operates timetabled routes throughout the area between trains. Three local drivers have been recruited and trained by Bentham Community Transport, which operates the service on behalf of North Yorkshire County Council. The contract has been awarded for two and a half years and is designed to plug some of the gaps in our meagre Public Transport services. Further details and timetables are available from Bentham Development Trust and we look forward to seeing you and to meeting some of your transport needs. This service is operated

over and above our 'Call-a-Car' scheme and our minibus hire.

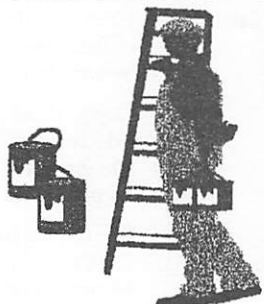
On Tuesdays and Thursdays the Taxibus links up at Ingleton with the 581 service run by Kirkby Lonsdale coaches, and you can use your ticket on both buses. If you need any help with identifying what journeys would be suitable for you, please contact us on 62753 or call in at the Bentham Trust office and speak to Lin or Pauline. Fares are set at a rate comparable to other local buses.

We appreciate that the Taxibus and Stationlink will not suit everyone's needs, and would be interested in your comments on improvements which could usefully be made. North Yorkshire County Council intend to run the service as it is until next Spring, and then to consider what changes we might make to improve the service.



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ALZHEIMER'S FUNDRAISING

By Sue Clements

Thank you to all the residents of and visitors to Bentham who so generously supported the Alzheimer's Carer Support Group fundraising event at Looking Well on 27th September. Special thanks to the Looking Well team and the Methodist community. The event raised £167.57 and will provide events, trips and nice things for carers of people with varying types of memory loss.

LOGS LOGS LOGS

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NOTICE TO ADVERTISERS

Because of the demand for advertising space in the BN the committee has reluctantly decided to limit size of advertisements so that the largest advertisement which can be accepted will be a half page. This will be effective from January 2004. Any advertiser wishing to have a larger space will be able to have a flier (insert) up to A4 in size, with the proviso that only two such fliers will be allowed in any one month.

The alternative to this would have been to increase the cost of advertising, thus reducing the demand, and although it is more than ten years since advertising prices were increased, the committee felt this would have been inappropriate. We trust that this will be acceptable but if you have any queries, please contact our co-ordinator, Bill Kennedy on 015242 62492.

Contributors are reminded that we need a contact name and telephone number with every article submitted.



THE OAKROYD BAKERY

Tel 61219



More awards for our top quality products – this time in the North West Producer of the Year Competition for our Ginger Pudding and Blueberry and Lemon Pudding. Try them for yourselves! Just the job for cold autumn nights!

Do call and see us – we'll be pleased to see you



EWECROSS HISTORICAL SOCIETY - 90 SLIDES IN 90 MINUTES

By Jean Butler

More than 70 people packed into Bentham Town Hall on Monday 29th September to hear Mr. David Johnson open the winter season with a splendid illustrated talk on "A Century of Bentham". Ninety slides in ninety minutes are what he promised the audience at the start of the evening and these were interspersed with interesting stories and anecdotes recorded by native Benthamers.

The slides, beginning with aerial views of High Bentham, taken in 1929, scenes of the swimming club by the weir, the holiday camp, silk mills, street views and old buildings long demolished were fascinating and David's commentary most absorbing. It was a popular and enjoyable start to the Ewecross winter programme.

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PRINCE'S TRUST HELPS CRAVEN YOUTH-YOU CAN TOO

By Sophie Pattani

Young people living in Craven are set to benefit from greater assistance from The Prince's Trust now that a new member of staff has started working in the area. The Prince's Trust aims to make opportunities available for disadvantaged young people aged from 14 to 30, through a series of initiatives. Help may take the form of loans, grants, mentors or training for individuals or groups of young people who are struggling due to difficult circumstances such as unemployment, lack of qualifications, homelessness or financial problems.

Programmes of support include funds for unemployed 14-25 year olds whose employment or training ambitions are severely affected by lack of funds. The awards vary from £50 to £500 and must be linked with assisting the young person into education, employment or training.

The popular Prince's Trust Business Programme of low interest loans, grants and business advice has helped over 70 young people start up in self-employment in the Dales area. Unemployed young people (18-30) who have a business idea but who lack either the funds or the confidence to go it alone can approach the Trust for assistance.

VOLUNTEERS

If you have a few spare hours each month and would like to make a difference to a local young person's life, then you may like to consider becoming a Trust volunteer. We are looking for Volunteer Business Mentors, Development Award Assessors or Panel Members. Volunteers need to be modern thinking and good humoured with sound business or life experiences and empathic towards young people. Volunteers can choose to work closely with a young person or to join a panel to assess funding applications. Anyone wishing to know more about opportunities with The Prince's Trust can call me, the Dales Outreach Co-ordinator, on 07717-488542, or write to me at 41, Gargrave Road, Skipton, BD23 1QA.

BENTHAM PEOPLE

Thanks

Cliff and Norma Oldfield would like to thank family, friends and neighbours for all their support, lovely cards and flowers received during Norma's stay in hospital.

Christian Aid. Many thanks to all who helped to raise £193 (gross) for Christian Aid Funds, at the coffee morning on 20th September. Kathleen Goldsack.

Reg Pointon & Kathleen Salrein. Following the resignation of Mr. John Pilkington from Craven D.C. we would like to acknowledge the service/work he expended on behalf of the community of Bentham and district during his 20 years in office.

Congratulations

Abbott & Bangert. Congratulations to Gillian and John on your engagement on 6th October 2003. Love and best wishes from both families. XX

For Sale

➤ Horse manure 10 bags £4. Well rotted 80p bag. Delivered locally. 62176.

➤ 1 x 0-6 months baby car seat - £40. Turns into rocker seat. 1 x sofa bed, double - £80. 1 x oval/round table, extends - £50. 6 x chairs - £5 each. Tel 015242 62676.

➤ A1 Drawing Board and stand with drafting head. £50. Tel: 62254.

Services

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



MacMILLAN COFFEE MORNING THANKS

By Jill Peel

On 26th September fifty three people attended the MacMillan world's biggest coffee morning in the Chapel room at Burton-in-Lonsdale. Vikki and Paul of the Punch Bowl donated freshly baked biscuits. Generous donations were received from those unable to attend and a total of £286 was collected and has been sent to the charity. Sincere thanks to all who supported this annual event.

CHURCH OF THE GOOD SHEPHERD, TATHAM FELLS

By Edward Mason

Our Christmas coffee morning will be on 6th December, in the Old School. at 10.30am. We hope to raise funds for the Church by selling our own Christmas Cards, in packs of 5 or 10, showing the stained glass window above the altar. There will also be available a video "A year in the Fells" - a nostalgic view of the early 1980s. This would make a good Christmas present. It will be available from Wray Post Office and Tooby's in Bentham and Ingleton.

All the proceeds are for the Church of the Good Shepherd.

For more details, or to order your cards or video, contact 015242 61382 or 61843.

MENCAP THANKS

The recent MENCAP coffee morning raised nearly £200 for MENCAP funds. The organisers would like to thank those who supported and helped in any way.

LOWGILL LAMB

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New season lamb ready now.

½ lamb packs, ready jointed, weighing 20-25 lbs.

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Contact Roy on 015242 63141

LOOKING WELL NEWS

By Alison Jones

A New Home at Last!

Hopefully by the time you read this we will be on our way to buying the Freezer Centre (further down King Street and next door to Looking Well Cottage). This is the first stage of a two phase process which will see us owning the building by January 2004 and refurbishing and opening it by the time our lease ends in 2005. We need to raise a total of £400,000 for the whole project and have already secured funding towards the purchase from the Market Towns Initiative, Yorkshire Forward, Craven District Council and the charity's own funds. We are starting a programme of fund-raising and will officially launch the Building Fund on Saturday 6th December. If anyone has any fund-raising ideas, or can help in any way, please get in touch.

Deep Relaxation Techniques

This 10 week course will introduce you to simple, practical deep relaxation techniques and an understanding of how they work. An ability to relax, at will, is a valuable life skill that can lead to a feeling of general wellbeing with the added benefits to personal health and relationships. Deep relaxation is particularly effective in reducing physical tension and uncomfortable emotions, like anxiety, and can help you effectively manage stressful situations. Courses will run, depending on demand, on a Tuesday evening, a Friday morning or Friday afternoon in Looking Well Cottage. The course is free of charge to unwaged and £35 to waged. Please contact Lynda or Nikki at Looking Well or telephone 015242 62672 if you are interested.

Indian Winter Exhibition

Enjoy the warmth of this exhibition starting on 7th November, open Monday to Friday 10.30 - 4.30 (except Thursdays) and most Saturday mornings throughout November. The exhibition will include paintings by Gill Barron and photographs by Kevin Watt.

SEDBERGH JUNIOR SCHOOL

By Paul Reynolds (Headmaster)

The start of term saw 100 pupils at Sedbergh Junior School, with 40 new pupils joining. Stepping Stones Nursery remains as busy as ever. We have said farewell to our first leavers, last year's Yr8 (28) who mostly moved up to the Senior School. Of the leavers, Callum Greenall learned during the holidays that he had achieved Grade 8 with Distinction on Tuba and we wish him well in Sedbergh's CCF Band.

Not surprisingly, with the rapid expansion in numbers we also welcomed several new members of staff: Julia Rollings (Jnrs & Girls Games), Paula Usher (Nursery & Pre-Prep Assistant) and Peter Dobson (Science).

As always, the term is a busy one, with children involved in several Choral Concerts (the main School Concert is on 21st November), fieldwork trips, trips and a full sports programme. The first lecture of our term series for the Yr7 & 8 pupils will be given by Mrs. Karen Mercer concerning Pump Aid, a charity helping bring fresh water to those facing drought and disease in Africa. Later Yr7 & 8 will head to Preston to watch Macbeth.

SJS has also decided to conquer the three peaks! The first, Whernside, was climbed on 8th September - we are hoping the weather holds for the next two.

The boys and girls are proving tough opposition on the sports field, with the First XV unbeaten. In addition to the wide range of sports and coaching available to our pupils we are delighted to again welcome the community with the weekly badminton club in the Sports Hall.

Perhaps the best measure of our success though is reflected by over 100 visitors at our recent Open Day.

Finally, an especial mention for Ashley Hill (Yr6) who has become the English National Skiing Champion in his category - a remarkable achievement - who I look forward to seeing on the slopes on the annual SJS trip to the Alps.

FOOTPATH GROUP AND MAPS

By Maureen Ellis



A recent walk started from Low Bentham and took the track up past Robert Hall, and that prompted thoughts of my past and present reading. Those that walk the countryside can be map readers or explorers or more probably both. Most people have done some armchair travel with a book but there are those that do it with a map, and maybe later they translate it into actual adventure. The same applies to cycling. There is nothing pleasanter than bowling along a side road with an ordnance survey map propped on the handlebars and noting the items of interest recorded on the map. Some topography is obvious and may be natural or man made, other features such as a huge pile of boulders may need people's memories or actual research to yield answers and then there is much hidden beneath the surface. Maps will tell us a lot besides the footpaths we choose to walk on but they all depend on the purpose of the map and the quality of the surveying.

I recently attended a two day course at Lancaster University on Maps and bought some of the books written by the lecturer. Before the course I thought of maps in terms of the various Ordnance Survey maps and road atlas but now I am more aware of the development through the ages. Reading a chapter on county maps I realised I had a reproduction copy of Saxton's 1577 map of Lancashire, inherited from my father, hanging on the wall. I got it down to have a proper look for the first time ever and what

should be on it but Robert Hall. These early county maps had no roads or tracks shown. A few years before I had become aware of Ogilby's road maps, on which Lawkland Hall is marked as the York to Lancaster highway went past it in 1675. Robert Hall is connected with Cantsfield as it was built in the early sixteenth century by John Cantsfield, the estate having been granted to him for services of a knightly nature by Lord Monteagle of Hornby. Both Robert and Lawkland Halls have priest holes as the north west of England was a stronghold of the catholic faith in the troubled religious times of Elizabeth I.

Maps have become more accurate in some ways as surveying has improved but it has to be remembered that they, like everything else, are finance driven. Not everything is shown on present day OS maps that was previously there, not because it has disappeared but because there has been a choice to leave it out. Long may Robert Hall feature on our walking maps.

Ref: Paul Hindle "Maps for Historians".

Sue Jones

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PUPPY POINT - WHIZZ, BANG!

By Sue Whiteley

To help prevent your puppy becoming frightened of fireworks:

→ Play a specially designed tape or CD daily to puppies from 3 weeks of age whilst they are eating and playing, to familiarise them to various noises e.g. "Sounds familiar", "Sounds soothing". They will be less likely to be fearful of these noises when they encounter them for real.

→ Don't take your puppy outside if you are likely to encounter fireworks.

→ During fireworks keep your puppy in a happy mood by playing lots of games or doing some brief, easy training.

→ Set a good example yourself by appearing happy and unconcerned.

→ Separate your puppy from other dogs that are frightened of fireworks.

→ Don't fuss or try to reassure your puppy if he is scared or he will think this is the right way to behave.

→ Don't punish your puppy for being scared; as he will feel even worse.

→ If your puppy seems very happy and relaxed with the fireworks in the distance from the house you could go outside, play games and "ooh" and "ahh" in delight at the fireworks.

→ If your puppy shows fear with fireworks or any other loud noises, get help from your Vet. If left untreated the fear will get worse and other noises and things will also begin to cause fear.

→ It is better to actively help to prevent your puppy becoming frightened of anything in the first place!

For more information on "The Good Start" puppy class contact Sue Whiteley on 015396 21946.



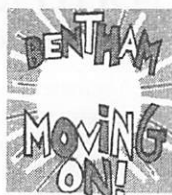
SMALL PROJECT FUND STILL HAS £5,000 AVAILABLE

By Bill Kennedy

There is still £5,000 funding available under the Market Towns Initiative Small Project Fund scheme. Grants of up to £1,000, which have to be match funded, can be made for suitable projects, to local organisations (not individuals). The closing date for applications is 31st December so if your organisation is thinking of applying, please make sure that you act in time.

So far we have had 36 applications and 31 of these have been approved, with a total of £19,734.05 granted to date, leaving a balance of £5265.95.

If your organisation or group has a project pending, and you want more details of how to apply, please contact me at the Development Trust on 62343 or just call in and see me.



ADVERTISING RATES

Local Advertisers

Benthams, Burton-in-Lonsdale, Ingleton - Boxed Ad one eighth of a page £10. Other sizes pro rata. series rates (prepaid) for 6 or more insertions 10% discount.

Non-local Advertisers

Boxed advertisement one eighth page - £15.

Flyers and inserts negotiable depending on size, design, printing etc.

Normal commercial rate £100.

Benthams People Page Thanks, Birthdays etc 10p per word. Items for sale wanted, sits vacant etc 20p per word.

Advertising must be prepaid, when booking, and must be booked by copy deadline - 15th of month prior to publication.

To place an advertisement in the BN contact 62492 or call in at Benthams Sports.

YOU NEED A DALES RAILCARD!

By Shirley Brown

The Dales Railcard offers a flat fare of just £3 for all travel on both the S&C and Leeds to Morecambe lines starting on Saturday 1st November and running through to Saturday 31st January 2004. This year Christmas and New Year are included, but please check train times over the holiday period.

You are eligible for a Dales Railcard if you live in postcode areas LA 2,5,6 or 10. The card costs just £10 and is valid for one year from date of purchase. It allows a one third discount on all fares, and up to 2 children, aged 5-15, can travel for a flat fare of £2 each per railcard holder. You can use your railcard to save money on all tickets on both the Settle-Carlisle and the Leeds to Lancaster/Morecambe routes.

To get your Dales Railcard, apply at the railway stations in Carlisle, Settle, Appleby, Skipton or Carnforth. Or, write to Dales Railcard Offer, FREEPOST CE747, Appleby in Westmorland, CA16 6ZZ with proof of your address and identity (e.g. photocopy of driving licence) and a £10 cheque made payable to Arriva Trains Northern.

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AGM

25 November at 6.30 pm

Looking Well, King St

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BIBBY'S OF INGLETON

EXCURSIONS

Thursday, 13 November

BOLTON SHOPPER

£7.00

*

Thursday 20 November

**HARROGATE KNITTING &
STITCHING SHOW**

£7.50

*

Sunday, 23 November

TRAFFORD CENTRE MANCHESTER

£9.00

*

Wednesday, 26 November

CARLISLE SHOPPER

£7.00

*

Sunday, 21 December

CHRISTMAS LUNCH & DRIVE

Kearton Guest House Thwaite

£16.50 Incl

HOLIDAYS

11-14 December £189

**VALKENBURGH & COLOGNE
CHRISTMAS MARKETS**

*

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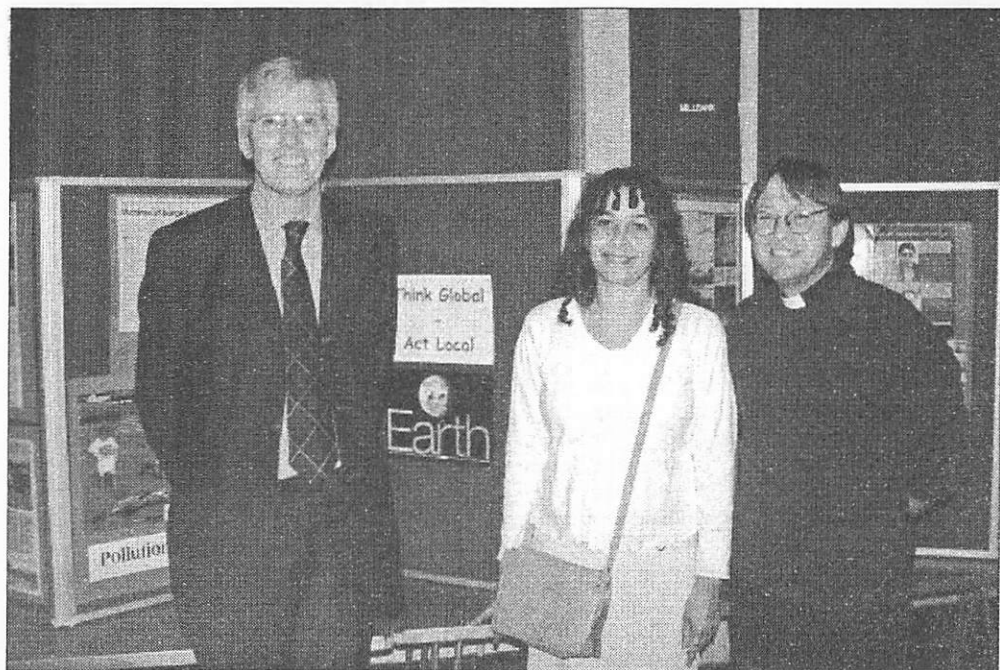
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LOCAL ACTION FOR JUSTICE AND PEACE

By Stephen Dawson

Bentham's contribution to One World Week was an evening entitled "Waste not, Want not" with speakers from Sellafield and ARROW (Action to Reduce and Recycle Waste). Nicola Escott and Del Ellis of ARROW gave a remarkable account of how their campaigning group was formed. Lancashire County Council approved a landfill site near their village which attracted hundreds of birds, millions of insects and the wind blew all manner of waste across the countryside.

ARROW persuaded the Council to introduce targets for recycling household waste. Independent researchers visited the person in the home responsible for putting the bins out, usually a woman, and explained how paper, cans, plastics and garden waste would be collected on the same day each week. Such an approach led to between 50 and 75% of waste being recycled. The number of refuse lorries was reduced and the resources allocated to re-cycling.

Evidence from France, Germany and California revealed re-cycling rates of over 75% though some countries impose fines to achieve this. Certainly more could be done in Yorkshire especially if Craven Council collected all the different refuse on one day and explained its system face to face. Incineration is often proposed as an alternative to re-cycling and landfill. The dangers of this became apparent when tonnes of ash were deposited on nearby cow pastures and milk contaminated with dioxins had to be poured away. We were convinced that more re-cycling should be done. ARROW showed that arguments about lack of time and space in the home for all different boxes were just excuses.

Nigel Moncton of Sellafield gave a spirited defence of nuclear energy. We are all addicted to energy, and some overdose on television and computers. The way forward is to use and dispose of nuclear materials safely and apply the same monitoring to, yes you've guessed it, landfill and incineration.

Pictured above are, left to right, Del Ellis, Nicola Escott and Rev. Nigel B. Thomas, in front of one of the displays at the meeting.

SIERRA LEONE – final stage

By Staff Sgt Gavin West

These are some highlights from Gavin's final 3 months in Sierra Leone.

Diamond Territory

We continued with another early start, up north to Yengema and the Connaught region, which is famous as the Sierra Leone diamond mining area, and the cause of widespread fighting with both rebels and the government forces trying to control it. President Charles Taylor, in neighbouring Liberia, had supplied the rebels with arms in exchange for diamonds.

We decided to travel through the mountains and sent the wagon the long way round via Bo town, and this proved to be a wise decision. The road was what you would expect, a real jungle single track, riddled with water-filled potholes. There were many precarious log bridges where it was advisable to walk and guide the land rover from a safe position.

Certain parts of Yengema resemble a lunar landscape with water-filled craters, mounds of sand and armies of ant-like diggers as far as the eye can see. We are offered diamonds round every corner, but fortunately we had done our homework and knew that all we were being offered were surface diamonds. These are poor quality green, brown or yellow diamonds found about two feet under the surface. The quality diamonds found in Sierra Leone are usually eight to ten feet down, and are clear, red or blue.

We were entertained in the officers' mess by the brigade commander. When I say 'mess', I mean three thatched huts, a small bar and a 1960s' generator powering the satellite for the English premiership football matches. We passed another sleepless, hot, steamy night, being dive bombed by mosquitoes. In Yengema, where the workshop is located, there is a tree full of small yellow weaver birds. They are totally left alone by the soldiers because they are a sign of working prosperity, which is quite apt.

Drunk Officers and Noisy Frogs

Next day we had another long drive to Makeni, where we found quite a few problems. The two officers in charge, knowing we were on our way, had legged it. Apparently they had been more concerned with drinking potato and palm wine and stealing the soldiers' rice rations, than working.

That night there was a refreshing tropical storm with amazing lightning displays, and whilst sitting on the balcony something strange happened. We were joined by lots of frogs. We thought it odd that frogs didn't like rainwater, so tried to shoo them off, but the local gate guard said, "Leave them and watch". So we sat there watching the frogs around our feet and the frogs watching us. Our bright lights were attracting all the mosquitoes, bugs and beasts, and the frogs just flicked their tongues and enjoyed an evening meal. When they started to investigate our sleeping accommodation we decided it was too much, but couldn't get rid of them as they were very athletic and there was no door on the building so we couldn't shut them out. Next day it was back to Freetown for the heaven-sent gifts of running water and air conditioning.

Emotional Farewell

Leaving Sierra Leone has been a very emotional experience. My Sierra Leone Army men and their families gave me a farewell party at which I provided the drinks and nibbles as they have nothing. They presented me with two lots of tribal dress, one a beautiful green with golden embroidery, and each of my twenty men made a speech that I had to reply to. I have come to realise how grateful the people are for what we have tried to do here. It has been an amazingly different experience and has given me some insight into African ways and culture. I have become fond of many of the people, and just hope that peace will remain with them as they struggle with everyday survival.

For information about local organisations, visit the Bentham website
www.bentham.net

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BENTHAM NEWS ANNUAL ACCOUNTS AVAILABLE

By Ken Robertson

The 2002 annual statement of accounts was recently presented to the committee showing a deficit of normal overheads over income of £170; however reserves were depleted by a further £1,500 as donations were made to Bentham Community Transport (£500), Bentham Playing Fields Development Fund (£350), The Pre-School Playgroup (£300) and David Llewellyn (£300 for MacMillan Appeal). This was possible because there had been no serious demands on funds for up-dating technology (unlike the current financial year).

Anyone wishing to receive a copy of the accounts should contact Ken Robertson on 61285.

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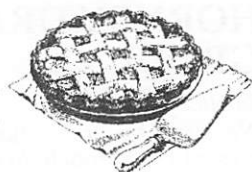


015242 42048 THORNTON STATION YARD, INGLETON, via CARNFORTH, LANCs

RECIPES

By Doreen Park

At this time of year root vegetables are always a good standby, and are cheap and plentiful.



Turnip Pie

This is an unusual way of serving turnip and it is delicious. Wash 4 new turnips and put them into plenty of boiling water, slightly salted. Allow to boil for about half an hour or until they are nearly cooked. Take them out of the water, peel and cut into thin slices. Put into a pie dish and sprinkle with a little salt and pepper. Add a teacup of milk and cover with breadcrumbs and a little grated cheese. Put the dish in a moderate oven until nicely browned on top.

Vegetable Roly-Poly

- 3 carrots
- 3 parsnips
- 1 small turnip, all grated
- 3 sliced potatoes
- 3 sliced tomatoes
- a little gravy powder or crumbled oxtail suet crust

Roll out the suet crust fairly thinly and sprinkle over with gravy powder. Then lay the grated carrots, turnip and parsnip over the crust and place the sliced potatoes on top. Add a layer of the sliced tomato. Salt and pepper to taste. Roll up in a cloth and boil for two and a half hours. Serve steaming hot with a little good gravy.

Vegetable Hot Pot

- 3 large onions
- 1 small green pepper
- 1 good sized aubergine
- 4 tablespoons cooking oil
- 1 lb ripe tomatoes or a 14oz can
- 1 clove garlic
- 1 teaspoon sugar
- 1 bay leaf and/or half teaspoon basil
- black pepper

Cut the onions into chunks, dice the green pepper into very small pieces and the aubergine into a half to one inch cubes. Skin and roughly chop the tomatoes. Crush the garlic. Heat the oil in a large heavy based pan and turn the onions over in the oil for a couple of minutes. Add the pepper and aubergine and mix well. Then add the tomatoes, garlic, sugar, salt, bay leaf, basil and a good grating of black pepper. Cover tightly and simmer very gently for at least half an hour. An hour is not too long with this dish. Serve with rice, pasta or crusty bread. Particularly good with an omelette or cheese soufflé and it also reheats well.

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**HORNBY DRAMA
GROUP**

By Hilary Strickett

We shall be "on stage" again when we present The Farndale Avenue Housing Estate Townswomen's Guild Drama Society' production of "A Christmas Carol". This is a comedy/farce in which a Townswomen's Drama Society is confronted with every nightmare that can (and often does) confront amateur drama groups.

Backstage problems abound; lines, entrances and exits are confused or forgotten, while some of the actresses display their mutual dislike of each other both on and off stage.

Our curtain up will be at 7.30pm on Thursday, Friday and Saturday, 27th, 28th and 29th November. Tickets (£3.50 adults; £1.50 children) will be available at Hornby Post Office and at the door. We look forward to starting the Christmas celebrations with you at the end of November in the Hornby Institute.

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Our Good wishes to all for the Coming Year

SPRINGFIELD BOWLING CLUB

By Dorothy Rose

The bowling season is over, the last competition being President's Day on 20th September. Heather Brennand, President, provided prizes and the provisions for tea. The ladies helped to make sandwiches, sausage rolls, cakes, trifles and other sweets. Although there was some rain the games were played and we enjoyed the eats and each other's company.

The cup winners this year are as follows:

Garlick Cup - winners T. Davis and G. Lawson.

Lister Shield - winner D. Rose.

Cardus Cup - winners T. Bates and E. Hewitt.

Runners up T. Davis and N. Chant.

Jim Bush Cup - winner D. Rose, runner up M. Lawson.

Rose Bowl - winner H. Lister, runner up D. Chant.

Butterfield Cup - winner C. Rosier, runner up B. Webb.

Challenge Cup - winner C. Rosier, runner up T. Davies.

President's Day - Ladies - winner M. Hudson, runner up M. Ashton.

Men - winner T. Bates, runner up T. Davies.

LOW BENTHAM BADMINTON CLUB

By Julie Bridgeman

If any adults are interested in playing badminton between 8pm and 9pm on Tuesdays at Sedbergh Junior School, beginning in January, please let me know on 62276, by the end of November. The cost is £19 per hour for the hall which has four courts so subs will be sorted out when we know how many people want to play.

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BENTHAM FOOTBALL CLUB

By Louise France

We played our first home game on our new ground on Saturday 4th October, beating Grange 5-1. The scorers were:- Stewart Ralph (2), Daniel Ellershaw (1), Kieran Spencer (1) and Chris Hodgkinson (1).

On Saturday 11th we were at home again, with hat tricks from Eric O'Hare and Chris Hodgkinson giving us a 6-0 win against Halton.

We would also like to thank Lee of the Black Bull for all his help and support last season.

MacMILLAN - BENTHAM F.C.

By Copey & Lou

On Saturday 4th October we held a fund-raising event in the Town Hall and we would like to thank everybody for all their help and support. We all had a brilliant night and raised £1,574.26. Many thanks to the following:

Lee Ellis of the Black Bull for all his help with organising the bar; Dave Wildman for the lighting; Nicky Louth for the disco; Moose and Sue from the Byres for helping us when we ran out of change; Ruth Green for helping with the cleaning up; Amy's, Hairlines and the Black Bull for selling tickets; and Mike and Dot for the £163 they donated to the fund, which was money they collected at the bar, before they retired. Last, but not least, to the people of Bentham and their friends, without whom we couldn't have done it.

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ANGLERS WORK TO SAVE RIVERBANKS

(Continued from front page)

would either eat or trample on the young trees and other plants and shrubs, thus undermining the banks. If the riverbanks were to be protected, clearly another approach was required.

The ethos now is that of bio-diversity, guiding nature and using fencing and appropriate planting to protect the riverbank and allow wildness to develop. Fencing and planting along the river banks requires the co-operation of the various landowners, and the project on this stretch of river has been made possible because of the generosity and far-sighted community spirit of John and Val Sedgwick from "Staggarth".

The work began about 6 years ago, and since then local anglers have obtained match funding from the Market Towns Initiative, and together with Bob Whitfield and his gang from the Environment Agency, have erected attractive wooden fences, cleared spaces and planted willows, oak, alders, hazel and blackthorn. The result is that the trees are becoming established, the banks have stabilised and already wild flowers that have not been seen on these banks for years are returning. A feature that has been particularly successful is the willow weave living banking, which you really need to see to appreciate fully. It traps debris that over time is converted into a substantial bank that provides a brilliant habitat for wildlife. This year there have been sightings of five pairs of kingfishers, an amazing achievement.

And in a beautiful spot on the river bank a stone bench crafted by local stone mason, Dave Shaw, complete with a carving of a leaping fish, has been erected. This magnificent bench, which will be dedicated to the memory of Edwin Jackman, now stands beside the river he loved - a fitting tribute.

The work to preserve and protect the River Wenning continues, and anyone who wants to find out more about it can contact Mike on 62041. Much of this work, which includes plans for more stone benches, will form part of the planned Bentham Heritage Trail. This is a joint Market Towns Initiative/Bentham Development Trust project. The Heritage Trail will have about eight information boards, located at appropriate places, giving an account of various aspects of Bentham's heritage. More stone benches, similar to the one pictured on the front page, will provide a resting place for walkers. The project should be complete by March if the funding bid is successful.

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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**, which should be handed in to Bentham Sports by the copy deadline, the 15th of the month prior to publication. The Bentham News is printed by Pica Design & Print, Low Bentham.