

BENTHAM NEWS

FLOODING AT THE GREEN IN LOW BENTHAM



On the 20th of September the Green, Low Bentham, and surrounding area, including a nearby house and road, was severely flooded. Craven District Council engaged a contractor with a remote operated camera to survey the culvert that runs under the Green. The culvert runs under the Green at an approximate depth of 3 metres, running underground for 100 metres to a depth of 10 metres where it emerges and runs into the river Wenning. Craven District Council found a serious blockage in the culvert.

The flooding occurs every time there is a prolonged period of rain and the area remains flooded for long time after the rain has stopped. Flooding has occurred recently four times in a five week period. The picture above, was taken on 23rd October, after the flood water of the previous days, had already started to recede.

A meeting to discuss possible solutions was held at the Green on the 25th October. Representatives from North Yorkshire County Council, Craven District Council, Bentham Town Council and members of the public attended the meeting.

RECIPES

By Doreen Park

Our recipes this month are due to the kindness of Mrs. Robinson, Banksway, who has given some lovely ones to me. The first batch is for veggie and healthy recipes. The fat making ones will be later, in time for Christmas!



Fried Onion Special (serves 4)

- 3 large Spanish onions, sliced and separated into rings.
- 3 tablespoons corn oil
- 1 large green pepper, seeded and cut into thin strips
- 1 tablespoon malt vinegar to taste
- 1 teaspoon sugar
- 1 teaspoon oregano
- ½ teaspoon made English mustard
- 2 tablespoons grated cheese, parmesan, gruyere or cheddar are suitable.

Heat the oil in a large frying pan, add the onions and fry gently over a low heat for 10-12 minutes or until limp and translucent, stirring frequently. Add green pepper and fry gently for 2 minutes. In a small bowl, combine the vinegar, salt, pepper, sugar, oregano and mustard, add to the pan and cook for 3 minutes, stirring well. Sprinkle the cheese over surface of dish, cover pan with a lid and remove from the heat. Leave to stand for 1 minute. Serve hot. (Good with meat, poultry, fish or as a filling for omelettes).

Hash Brown Potatoes

When you boil potatoes for another meal, why not make sure that you will have enough over to prepare this very tasty dish.

- 1¼ lb cooked potatoes
- 3 tablespoon plain flour
- 3 tablespoon whipping cream
- 1 small onion, finely chopped
- 2½ ozs butter
- 1 small green pepper, seeded and diced
- 2 diced tomatoes
- 3 spring onions, chopped

Dice the potatoes and put into a bowl and add flour, cream, onion, season with salt and pepper and mix well. Melt 1¾ ozs butter in a frying pan, add the potato mixture and press down firmly. Cook over low heat for 20 minutes. Cut the mixture into quarters and turn each portion using a fish slice. Don't worry if portions break up at this stage, press down again and cook for a further 5 minutes. Meanwhile prepare the topping. Melt remaining butter in a pan, add the tomatoes, pepper and spring onions and cook gently for 3-4 minutes, stirring, then spoon the mixture over the potatoes, cut into 4 wedges, serve hot. Good with hamburgers, sausages, fish fingers or grilled chops.

LUNESDALE ROTARY CLUB - YOUTH WANTED

By John Henderson

Correction. We provided the wrong age range for the article in the October issue of the Bentham News. It should have read "16½-19 years of age on 28th March 2005". Apologies for any disappointment.

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OCTOBER TOWN COUNCIL REPORT

By Bill Kennedy

Cllrs. Heigh, (Chairman), Adams, Birkbeck, Hurtley, Marshall, Reynolds, Stannard, DCllr Camacho and CCllr Ireton were present.

Town Council Website

The meeting started with an introduction to the Bentham Town Council website, by Ian Harrison. The site will be for use by the Cllrs and Bentham residents to ensure that the actions of the council are transparent and also to market the Town Hall. There will be an availability calendar for the Town Hall, outlining slots and forthcoming events.

Police Report

There were no police present. Concern was expressed at the length of time it took the police to attend an accident at Harden Bridge, and the Fire Brigade had had to direct traffic and try to provide first aid, until the other services arrived.

Highway Matters

The Parkfoot Road will be closed on 18th October 2004 for two weeks for bridge strengthening work but this period could be extended up to April 2005 in the event of unforeseen circumstances! Cllrs. suggested that the rest of the problems on the road should be resolved at the same time, as the road has already been down to one lane for more than six months. It would clearly make sense to do both jobs at the same time, rather than do one now and then close the road again later for another lengthy period.

There had been serious traffic congestion recently, caused largely by lorries delivering to the Co-op, and preventing articulated lorries from exiting from Station Road. The council resolved to write to the Co-op regarding this problem.

Footpaths

Cllr. Birkbeck presented a list of proposed changes to footpaths in the area from the Joint Access & Rights of Way Committee. The landowners involved have not yet been contacted as the committee wanted council approval first. The Cllrs decided that they could not agree to the changes which were suggested prior to the landowners being informed.

County & District Council Reports

CCllr. Ireton reported that the improvements to Tatterthorn Road end should be started before Christmas. Funding is now in place but final agreement needs to be reached with the landowner. The adoption of Wenning Avenue has stalled; there has been no response from United Utilities. The 20mph zone at Sedbergh Junior School is still under consideration.

DCllr. Hurtley commented on part of the Anti-Social Behaviour Act which allows police to disperse groups from an area, and any return to that area within 6 months can lead to arrest.

Town Hall Refurbishment

The council resolved that the loan from the PWLB should be progressed, that the YLCA & Craven DC be contacted for advice on VAT, that an F10 planning supervisor be appointed as soon as possible and that the architect be contacted regarding certification of sub-contractors and current Health & Safety requirements. When it came to other matters pertaining to the building works, the following applied; "in view of the confidential nature of the business to be transacted, it is advisable in the public interest that the public and press be temporarily excluded and they are instructed to withdraw"! This did not seem consistent with the transparency of its actions that the council talked about at the start of the meeting!

AOB

The "Welcome to Bentham" sign at Gillhead has been stolen. Cllr. Hurtley reported on recent severe flooding in Low Bentham and Cllr. Wills asked about the "Quiet Lane" signs.



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SEDBERGH JUNIOR SCHOOL

By Paul Reynolds

As always, the academic term has started with a great flurry of activity and not even the heavy rain of September was able to dampen the enthusiasm of our children. We welcomed 39 new pupils to the school in September, raising our roll to 113. We also welcomed Brian Williams as our new Director of Studies and Head of Science, Nic Miller as our new Head of Geography, Anne-Marie Swallow as our new Head of Art and Alison Williams who is covering for a term in the Pre-Prep department whilst Natasha Walsh is on maternity leave.

Summer developments included a resurfacing of our playground and netball courts with four new benches being provided by the Friends of SJS from proceeds of our Summer Fayre.

In late September we had our first ISI inspection and early indications from draft reports would suggest that the Inspectors were very pleased with many aspects of school life. A Friends of SJS Barn Dance raised over £150 in early October with parents dancing and reeling to the sounds of Striding Edge. Our first Exeat Concert proved to be most successful, revealing the wide range of musical activity at SJS where there is now a choir of 34 and over 65% of children play at least one musical instrument.

Sport continues to be a central part of our school life with SJS producing six rugby, netball and hockey teams on a regular basis.

The 1st XV are unbeaten and won a national competition, the Sedbergh Prep Schools Festival, in mid-September, beating the Oratory School from Berkshire, in the final.

As I write, we have just celebrated Harvest Festival at St. John's with an opportunity for both our parents and pupils to join in with our local church and as always, my sincere thanks to Nigel Thomas for inviting us to share in worship with the congregation of St. John's. On a lighter note, I am also delighted to report that no one was guilty of snoring their way through my sermon!

HIGH BENTHAM TOY LIBRARY

By Lynda Rushton

A coffee morning will be held on Saturday 6th November at the Community Centre from 10.00am till noon, to raise funds for more toys. The Toy Library is a registered charity run by volunteers to



provide a service to the community by supplying toys for hire - these toys are available to any one who has need to stimulate children up to 6 years old.

The toy library runs from 9.30-11.30am every second Tuesday and the dates are published in the Bentham News diary page, or can be obtained from the Health Centre or the Community Centre. New members are always welcome.

If anyone wishes to help, either at the coffee morning or during sessions, please ring Lynda on Bentham 62383.

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CRAVEN DISTRICT COUNCIL MATTERS

By Gerald Hurtley

Firework Legislation:

As the 5th November draws nearer, the number of incidents and general nuisance associated with fireworks increases. There have been significant changes to legislation with the Fireworks Act 2003 and the Fireworks Regulation 2004. New offences are as follows:

Regulation No 4:

No person under the age of 18 years shall possess an adult firework in a public place. So what is an adult firework? It is any firework other than caps, party poppers, sparklers, novelty match, cracker snap etc. A public place is any place to which the public have or are permitted access.

Regulation No 5:

No person shall possess a Category 4 firework – this covers fireworks for specialist use and may only be used by a professionally qualified/trained person, generally at an

organised public firework display.

The exception to regulations 4 & 5 include professional organisers or operators of firework displays, involved in the manufacture or trade, employed by the local authority for the purpose of putting up a display etc.

Regulation No 7:

No person shall use an adult firework during night hours (beginning at 23.00 and ending at 07.00 the following day) **except** during a permitted firework night or by local authority employee who uses the fireworks for the purpose of putting on a firework display for the local authority, or at a national public celebration or national commemorative event. The police are the enforcement authority for noise associated with fireworks. The permitted fireworks nights are:

5th November where the permitted time is extended to midnight

31st December where the permitted time is extended to 01.00 on the following day

Please remember it is an offence for any person to throw, cast or fire any fireworks in or onto any highway, street, thoroughfare or public place – you may be issued with a £80 penalty notice for disorder for this offence.

Flooding at the Green, Low Bentham:

Craven District Council has surveyed the drainage system by using a remote operated camera. The footage has shown a blockage which, during periods of heavy rainfall, is causing the water in the culvert to back up and flood the Green and surrounding area. The District Council is currently assessing what action to take to resolve the problem.

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INTERNATIONAL PIANIST TO VISIT SETTLE

By Judith Johnson

This season Settle Orchestra will be performing one of its popular Sunday afternoon concerts at Settle College (formerly Settle High School). Grace Huang, the celebrated pianist, will join the orchestra to perform Greig's Piano Concerto. The concert will take place on Sunday 14th November at 3.00p.m. Local composers feature in the concert. There will be two pieces by Arthur Butterworth, our Vice President and former conductor of the orchestra and two by Ernest Tomlinson of light music fame whose daughter is a flautist in the orchestra. Both these composers celebrated their 80th birthdays recently. There will also be short pieces by Johann Strauss the Elder and Dvorak.

Members of the audience will note the presence of many talented young players, notably two new double bass players who will be performing for the first time with the orchestra. Their tuition on rehearsal evenings has been sponsored by a legacy intended for this purpose by Jennifer Smith.

If you can't get to this concert there is a second chance to hear it at Clitheroe Royal Grammar School, Chatburn Road on Saturday 20th November at 7.30p.m. Tickets cost £7 (accompanied children are free) and they are available from High Bentham Post Office. This is bound to be a popular concert and to avoid disappointment it is advisable to purchase your tickets in advance.

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SCHOOL DINNERS – MORE PLEASE!

By Shirley Brown

There's only one place to be on a weekday at 12 noon – and that's the school hall of High Bentham County Primary School. There you can be among 130 happy, smiling, chatty children, all tucking into their school dinners. There's a caring, relaxed atmosphere, children queue up for more of their favourite dishes, and it's a pleasure to be amongst them. On my school dinner day, there were three other guests, and I think the children liked us being there. Meals need to be booked the day before on 61412.

I spoke to Alison Ward, Cook in Charge, and her assistant, Angela Faraday, after the meal. When Alison started work in the school canteen in January 2003, she was disappointed with the standard of frozen food being supplied by 'Initial', a supplier of convenience foods to caterers. She felt the parents and children were not getting value for money, the carrots "tasted like water", the reconstituted mash was tasteless and the meat was of a poor quality. So after discussions with the head teacher and her staff, it was decided to try sourcing fresh food as locally as possible and cooking it on the premises. This has meant more work for Alison, but she says "it's challenging, the food is better and much of it is freshly made".

The children are obviously enjoying it, and more and more of them are enjoying a hot midday meal. On Fridays children take home the menu for the following week, then on Mondays they choose which days to have school dinners and which to bring a packed lunch. They sit at the same tables whatever they're eating, there's no segregation of the packed lunch children, and because they have some choice, there is less waste. Alison



organises a 4-week rota and this changes every half term. Every day there are choices for the main courses, and jacket potatoes are always available. Menus have to conform to County Council guidelines, but within these Alison has free rein to devise her own menus, and is keen to provide as much choice as she can. She works to a tight budget to provide a two-course meal for £1.50 (£2.50 for visitors), but as she only has to break even and does not have to make a profit she feels she can offer very good value for money. Alison is serious about the food too, and takes care of children who have special diets, such as vegetarian, non-dairy, peanut allergy etc.

Fun!

The 4 MSAs (Midday Supervisory Assistants) help things to run smoothly and also enter into the fun. They dress up at Christmas and Halloween, birthday children get a balloon and every Friday is a Funday when children sit on the floor to eat picnic style, and have their food (including home-made cookies and fresh orange drinks) from a bag, which they love. Favourite dishes are spaghetti bolognese and sausages. The meat is supplied by Bentham's G&J Butchers, and Alison is always interested to hear from local suppliers, although she is prepared to go as far afield as Lancaster to get good value fresh produce. One little girl told me this was better than dinners at home, so Alison, well done.

BENTHAM & DISTRICT PET RESCUE

By Val Marshall



We wish to thank all of you who supported our Annual Quiz, which this year sold a record 911 copies. Of these, about 100 entries were sent in and they included 14 all-correct answer sheets, with several near misses. This demonstrates that although we have been accused of having "warped or evil minds" when it comes to being involved in quizzes, we are not the only ones! As a result of this success, after paying for prize money and printing costs, we earned £825, which will be a great help to us during the winter months.

The winners, after a computerised random draw, were as follows: 1st. Madeline Hodgson of Ingleton (£20), 2nd. Mr. J.Gibson of Windermere (£10), 3rd. Mr. G.C.Taylor of Crook (£5). The £5 Lucky Draw went to Jean Claughton of Clapham. Answer sheets have been sent to all those who requested them, but if anyone is still struggling with it and getting fed up, we can put them out of their misery! Work has already started on the 2005 Quiz which will be published next June after it has been consumer tested by our family.

We are delighted to report that Patrick, who originally rescued the cat caught in a gin trap, has now given her a permanent home in which she seems to be bossing everyone around. The kitten season is now virtually over, but we were astonished to hear that two tiny ginger kittens, no more than 5 weeks old, were spotted dumped beside the road near Rathmell in mid-October. These were saved by a kind family and are now with us. How can people just abandon these young cats and leave them to die, when a telephone call to us or another animal rescue would result in them being taken in for future rehoming?

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By Leanne

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COLLECTING SHOTGUN CARTRIDGES

By Raymond Metcalfe

Many of us will have collected something during our lives, even if it was only stamps, when we attended school. I had a period when I first collected stamps and later coins. I gave up collecting these in 1970 when I stored them in the loft, where they have remained over the years. Now I cannot see why I had any interest in them, yet I realise that they were very helpful in learning about other countries. Other people collect items such as buttons, keys, pen knives, coffee pots etc., all of which appear uninteresting to me, but obviously give great pleasure to the collectors.

About the time when I gave up collecting stamps and coins, I became interested in collecting loaded shotgun cartridges, both old and new. I obtained them from shooters, past and present, who had a few "lying around" for years. I did not pursue this hobby with any vigour until about 10 years ago when I started to appreciate the variety to be collected. They varied from gunmakers own cartridges to cartridges sold by ironmongers who, incidentally, were able to have their own name and address printed on them, provided they sold enough.

Going back 60 years, nearly all the towns had their own gunmakers or premises from which cartridges were sold. Just imagine the vast number of outlets across the British Isles. The cartridges were sold in various sizes, the most popular being 12 - 16 20 bore and also .410. Other sizes were 4 - 8 - 10 - 24 - 28 and 32 bore, adding endless variation to a collection. Manufacturers changed the colour and artwork to advertise progress made in cartridge cases and components.

Because of the interest in cartridge collecting, the United Kingdom Cartridge Club (U.K.C.C.) was formed. Meetings of members take place quarterly at various locations around the country, where members can exchange information and sell/buy or exchange cartridges. The UKCC

also produces a quarterly journal where members can advertise cartridges and shooting memorabilia. Members are encouraged to provide material for the journal.

There is a book called "Collecting Shotgun Cartridges" by Ken Rutterford, which covers a large proportion of the cartridges ever made in this country and is used as a reference by most collectors. Cartridges were manufactured in millions and the majority were used, but from my experience quite a number of old ones still exist. Cartridges today are made mainly with plastic tubes which came into use in the late 1950s and were made alongside paper cases until the late 1960s. I realised that due to the large number of plastic cases in my collection, I should concentrate on the older paper tube cartridges. So the plastic tube cartridges were used while out shooting! Please realise that to collect loaded shotgun cartridges you must have a current shotgun certificate.

If you know of any available paper case cartridges for sale, then I would be very interested to hear from you. If you are a collector, perhaps you could give me a ring with a view to exchanging information. Contact Raymond Metcalfe, Gargrave, 01756 749728.

Below are a few examples of local cartridge suppliers, none of which exist any longer.

Dawsons ironmongers, of Settle and Bentham. Fawcett, Gunmakers of Kirkby Lonsdale, with a cartridge called "Lunesdale". Manby Bros., High Street, Skipton with an orange cartridge called the "Manby Special".

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BENTHAM TRUST NEWS

By Lin Barrington

Now that the Tourist Information Office season has finished, our opening hours are changing for the winter and the Trust office will be open from 10am - 1pm from Monday to Friday. Opening during mornings only will give me the afternoons to concentrate on some of the urgent jobs I need to do - things like grant applications, accounts, sending out and paying invoices and so on.

I know a lot of people in Bentham don't really know what we do at the Trust. At the moment, I'm the only one working here and I work full time (we also employ Pauline Hill and a number of drivers for Bentham Community Transport, and Rob Eastwood as GoCars car club manager). I spend quite a lot of time giving people snippets of information; I try to always give visitors or telephone callers at least a contact name or phone number.

The Trust manages Bentham Tourist Information, so I do my best to make sure we've got a wide variety of brochures about Bentham and district and other areas of the country, plenty of bus and train timetables and so on. I also fill in when volunteers can't do their shift, or when we haven't managed to fill the volunteer rota.

Bentham Community Transport is one of BDT's initiatives and takes up quite a bit of my time. It's my job to make sure the minibuses are OK, provide drivers and send out bills. We also run a service bringing patients in to the surgery so we have volunteers who have to be contacted and arrangements made for each trip. There's

the Taxibus to organise (by the way, the fares are similar to bus fares) and funding to be found, bills to be paid etc. for another Trust initiative, GoCars car club. I hope that in years to come, we will be able to 'grow' Community Transport and make it fully self-financing. By the way, we always need new drivers, and if anyone would like to help with looking after the buses I would be very grateful for your help.

For the last few months I have been working on another Trust project, our plan to lease the station building from Network Rail. Once we have leased it (I'm raising funds for legal fees at the moment!), we will refurbish the building, and we hope to have an office for Bentham Community Transport, a radio station (see Peter Rollinson's article) and a drop-in for young people run by Churches Together there.

The Trust's AGM is going to be held on 1st December, so we hope to see members there, and if anyone wants to join the Trust (there's no charge!) come in and see me at the Community Information Office on Station Road.

BENTHAM BROWNIES

By Alison Hanson

This year is the 90th anniversary of the founding of Brownies in the world. One of Bentham Brownies leaders, Pat Henderson, has recently completed a 13,500ft parachute jump and has collected £75 in sponsorship which she has given to Bentham Brownies. Thanks to Pat and all those who donated so generously.

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GARDEN PAGE

By Joyce Knapp



By November we are likely to have lifted most of our summer vegetable crops to store indoors ready for use during the long winter months, when the price of vegetables is at a premium. Some root vegetables, such as beetroot, carrots and swede can be lifted and stored in boxes in a frost free garage or shed until they are needed. Other crops, like runner and french beans and calabrese, may need to be blanched and frozen soon after picking, as they would, otherwise, deteriorate rapidly in storage.

Once all the early vegetables have been harvested and suitably stored we can turn our attention to the late, or winter, crops. These may include winter cabbage such as January King which will produce large, crisp, red tinged heads that can be picked from November through until January. This variety is known to be frost resistant and has the added advantage of being less prone to damage by caterpillars than its summer counterpart. Another vegetable that can be harvested now is the leek, 'Alora' being a particularly high yielding variety that can be harvested from November through until March, from a late-April sowing.

If you intend to start a new bed of raspberries, November is a good time as the soil will still hold some of its summer warmth enabling the plant's roots to establish before winter sets in. Raspberry canes are usually sold in bundles of ten and should, ideally, be spaced about 18" apart when planted in a row. Generally, it is best to select a Scottish variety as they will be sufficiently hardy to produce a good crop in our area and the variety 'Glen Prosen' fruits particularly well. It is important to prepare the ground thoroughly before planting. After removing all traces of perennial weed, we need to dig quite a deep trench, incorporating plenty of well rotted farmyard manure to provide sufficient nitrogen to help build the new canes. Once planted, all the canes should be cut back to six inches to encourage the growth of new shoots from the base. These shoots will produce fruit in their second year, so patience is required.

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POLICE REPORT - TAKE CARE WITH BANK & CREDIT CARDS

By PC Adrian Hayes

Over the coming months many of you will be receiving replacement chip and pin cards for your bank and credit card accounts. We have received several reports recently where new cards have been intercepted in the post and fraudulently used. Please keep a close check on your accounts and report any spurious transactions to your bank immediately. Never give details of your PIN number over the phone. The banks would never ask for this information. If you receive such a call just put the phone down and check with the bank yourself.

Take care when Christmas shopping

While on the subject of bank cards, I would like to take this opportunity to remind you all to take extra care when out shopping over the Christmas period. Nationally there are still instances occurring of cash machines being targeted to obtain cards and PIN numbers. Before using any cash machine check it carefully first to ensure that nothing has been attached to it. If it has, do not use the machine and report it immediately to either the bank, store or the police. Be aware of people around you when using these machines and take steps, such as shielding your card with your hand to ensure that your PIN number is not being compromised.

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WOMEN'S INSTITUTES

High Bentham

By Doreen Park

At the Annual General Meeting all the present officials were re-elected, in the presence of the V.C.O. Mrs. Hazel Short. Mrs. Sue Camacho gave the Secretary's report, outlining the very busy year the institute has had, with members taking part in two shows, exhibiting their work, theatre trips, visits to Federation Council meetings and many more W.I. functions plus a wide variety of speakers in the year.

Mrs. Hayton then reported on her year as President, informing members of her enjoyment in representing them. She told members that after this year it might be time for a change.

Mrs. Chris Lewis then read the financial statement which showed a happy balance. The meeting was then addressed by Mrs. Short, but before her talk she congratulated the committee on all the activities which had been carried out, and specially congratulated Mrs. Lewis on her budget, both for the commitment to providing things for the members and the encouragement and plans for the coming year and stressed that members should bring a friend or neighbour to come and see what a go-ahead lot we are. Mrs. Short then gave a brief address on Lady Denham, the founder of Denham College.

Mrs. Hayton reported that the market stall had raised £154 for funds and that a Tea Party in aid of Air Ambulance was to be held on 29th October in the Community Centre. She said that good wishes had been sent to Hilda King, wishing her a speedy recovery. The evening closed with the Catering Secretary, Pat Henderson, serving Cornish Pasties and peas, followed by cakes and tea.

Low Bentham

By Jennifer Watkinson

Mrs. Christine Jennings, the president, introduced Mr. Edward Lawton, a professional musician and woodwind teacher, who gave a talk with musical

illustrations. He gave a brief history of the oboe and then went on to describe his career. At the age of 14 he began to play the clarinet in a military band playing to the troops in Italy. After the war he started to play the oboe and attended the military band school at Twickenham, reaching the rank of band sergeant. After retirement he played in an orchestral ensemble. He then played several popular classical oboe solos for us and concluded the evening by playing music by Bizet and Dvorak.

The institute was very successful at the two shows it entered. At Bentham it came second in the co-operative class and at the Ingleborough Group Show the president was presented with two cups for the most points awarded at the show and for the most points in the pot plant section. Mabel Easterby received the silver candlesticks for being the individual winner with the most points. Twelve members spent an enjoyable evening playing bowls at the Superbowl in Morecambe and afterwards had an excellent bar meal at the Black Bull, Brookhouse.

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EARLY COPY DEADLINES!

By Bill Kennedy

Would all those who submit articles, diary dates and advertising please note that the copy deadline for the December, January and February editions of the Bentham News will be earlier than usual. Copy deadline will be the 12th, and NOT the 15th of the month.



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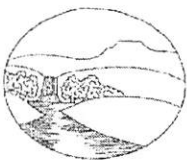
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LOCAL EVENTS IN NOVEMBER

- Mon 1st** Bentham Footpath Group walk, Levens/Prizet/Helsington, 8½ miles, leader B. Sim 61106. Please meet at Lairgill 9.30am.
- Looking Well 1.00-2.15pm, Cancer Support Group, drop-in and lunch session, and every Monday.
- Town Council meeting at the Victoria Institute, Low Bentham, 7.30pm.
- Tue 2nd** High Bentham Playgroup, 1.00-3.00pm at the Community Centre, and every Tuesday.
- Looking Well 2.00-3.00pm, Tai Chi, and every Tuesday.
- Looking Well Cottage, 2.00-3.00pm, Women's Support Group, and every Tuesday.
- Wed 3rd** High Bentham Playgroup, 1.00-3.00pm at the Community Centre, and every Wednesday.
- Looking Well 1.30-3.00pm, Mucky Buckets and Baby Buddies, parents and under 3s play session, and every Wednesday.
- NSPCC monthly meeting, 7.30pm at Lingfield, Robin Lane.
- Thu 4th** High Bentham W.I. 7.30pm at the Methodist Schoolroom. "Miniature Portraits" by Jennifer Buxton.

- Thu 4th** Looking Well, 7.00-8.00pm Tai Chi, and every Thursday.
- Looking Well, 3.00pm Cancer Support Group swimming at Swallow Springs.
- Clapham Dance Club, 7.0-10.00pm, Old Time-Easy Sequence dancing. £1.50 includes tea and biscuits. And every Thursday.
- Complementary Therapy Taster Sessions, 6.00-7.30pm, Bentham Community Centre.
- Bentham Arts Forum, 7.30pm at the Black Bull.
- Fri 5th** Age Concern, 10.30am at the Masonic Hall. Card Bingo.
- Looking Well 6.00-9.30pm, Black Library Wargaming group, over 11s, and every Friday.
- Sat 6th** NSPCC coffee morning and Christmas Cracker sale, Masonic Hall, 10.00am-12.00noon. 
- Wesley Guild, Shepherds Choir, 7.30pm, Methodist Schoolroom, and also on 27th.
- Looking Well 12.00-3.00pm, lunch to celebrate National Lottery 10th birthday. See p 23.
- Tue 9th** Bright Hour, 2.15pm at the Methodist Church, speaker Mrs. Jean Fawcett.
- Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.
- High Bentham Toy Library at the Community Centre, 9.30-11.30am.
- Wed 10th** Looking Well 10.30am-1.00pm opening of Arts & Crafts Exhibition.
- Looking Well Cottage 7.30-9.00pm Alzheimer's Disease Carers Support Group social meeting.

LISTING FOR LOCAL EVENTS

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

Event.....

Venue.....

Contact Tel. Number.....

Name.....

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

- Wed 10th Citizens Advice Bureau at the Surgery, 1.30-3.30pm.
- Thu 11th "Cumbrian Contrasts", a Bob Swallow audio visual production, Westhouse Village Hall, 7.30pm. £4. Tickets from Ron 42291, Dorothy 41048 or Chris 61579.
- Fri 12th **Copy deadline for December edition of Bentham News.**
Age Concern at the Masonic Hall, Bentham Praise Ladies Choir.
- Sat 13th St. Boniface's coffee morning at the Masonic Hall, 10.00-11.30am. 
Bentham Playing Fields Association - opening of new development, 12.30pm viewing, 1.00pm official opening by J. Alderson, Chairman CDC.
- Sun 14th Bentham Footpath Group walk, Catterall/Claughton on Brock, 7½ miles, leader S. Robinson 62326. Please meet at Lairgill 9.30am.
Remembrance Sunday Service at St. John the Baptist Church, Low Bentham 4.00pm.
- Mon 15th Burton-in-Lonsdale Horticultural Society A.G.M. 7.30pm at the Village Hall.
- Tue 16th Bentham Agricultural Society A.G.M. at Low Bentham Institute, 7.30pm.
- Thu 18th Low Bentham W.I. 7.30pm at the Victoria Institute. A cheese and wine tasting with staff from Booths.
Bentham Footpath Group walk, Wennington Ridge, 6 miles, leader N. Dove 21557. Please meet at Lairgill 9.30am.
Complementary Therapy Taster at Bentham Community Centre 6.00-7.30pm.
- Fri 19th Waste paper collection at Lairgill car park, 8.30-11.00am. Proceeds to NSPCC.
Age Concern - David Johnson "Alaska" slide show.
- Sat 20th Bentham Agricultural Society coffee morning, 10.00-11.30am at the Masonic Hall. 
- Sun 21st St. Margaret's Parish Church, joint service 10.00am. Christian solidarity worldwide by Antony Smith.
- Tue 23rd Bright Hour at the Methodist Church 2.15pm. Mrs. A. Green and Mrs. A. France.
Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.
High Bentham Toy Library at the Community Centre, 9.30-11.30am.
- Wed 24th Citizens Advice Bureau at the Surgery, 1.30-3.30pm.
- Fri 26th Bentham Cricket Club Disco/Presentation Night, Golf Club 7.30pm Tickets from Fly, Angela & Chinky.
Wesley Guild at Methodist Schoolroom 7.30pm. S. Joel & friends.
Christmas Bingo at Victoria Institute, 7.30pm. For transport contact Lin at Bentham Community Transport on 62573.
Age Concern - Kay Piper making Christmas Cards.
- Sat 27th MENCAP coffee morning, Masonic Hall, 10.00-11.30am. 
Footpath Group walk, Barbon/Bullpot, 7 miles, leader T. Burnett 63481. Please meet at Lairgill 9.30am.
- Mon 29th Ewecross Historical Society 7.30pm at Masonic Hall. Talk by Mr. Tom Lord on "Walls".

SHEEP MARKS GUIDE

By David Johnson

Peter Marshall has kindly given me a copy of the Benthams & District Sheep Marks Guide printed at the Ingleton Greta Printing works in 1932. He found the copy on the internet auction site 'ebay'. It lists all the farms and farmers in the area between Caton, Chipping Hellifield and Horton together with the horn burn and tar letters for each farm. I believe the book was used to identify stray sheep and return them. I thought readers would be interested in the Benthams section which lists 72 farms. In the area covered by the book there were 707 farms. I am sure the total is far less today. Here are the entries as printed, (I think some of the farms are mis-spelt):

Ashton & Son Bracken Hill,
Alston Thomas Bowker House,
Atkinson John Lane Foot,
Armstrong M. Lane House,
Alderson Joshua Fleet Green,
Bargh George Ridding Lane,
Bargh James Waterscales,
Batty Thomas, Kirkbeck,
Bainbridge Roger Brook House,
Brennand W. Bell View,
Bargh William Thornber House,
Bateson Barker Gill Head,
Butterfield R. Bank Head,
Garter William Gill Farm,
Carr George Egerton Lodge,
Capstick James Lane Head,
Carter George Ellerbeck,
Clapham E.T. Lane House,
Capstick J.W. Summerfield,
Clapham J.C. Lower Hardacre

BENTHAM RADIO MAY FAIL.....

By Peter Rollinson

Benthams Development Trust has been working on an application to Ofcom for a licence to run a Community Radio Station. Based at the Railway Station in Benthams, the radio would broadcast over a 5-10 kilometre radius, reaching out as far as Ingleton, Clapham and Hornby. At first broadcasting would be three days a week, Friday, Saturday and Sunday between 8.00am and 6.00pm.

Content would be community based so giving anyone in the area a chance to host their own programme "on air", for voluntary organisations in the area to promote themselves, for local business to advertise, for really local news and views and for town/village councils to reach out to their citizens. But, and it is a big but, Ofcom requires evidence of strong local support before they will grant a licence and judging from the poor response to the open meeting on 12th October, this support is not there. Applications have to be submitted by 20th November so the Trust will not do so unless it has received substantial support, in writing, well before then.

Even just broadcasting for three days a week will need regular management, so anyone interested in acting as station manager, or helping in any way, should also let the Trust know. Letters should be sent to Benthams Development Trust, Station Road, High Benthams.

CHRISTMAS SHOEBOX APPEAL

By Peter Phillips

Just a reminder that shoeboxes for the Operation Christmas Child Appeal should be brought to the Methodist Church on Friday, 5th November between 1 p.m. and 4.30 p.m..

Anyone is welcome to help sort the boxes and if you have any problems with filling yours we have many items generously donated by various people. Benthams Primary School will also be collecting their boxes on the same day.

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HORNBY BRIDGE CLUB ON THE MOVE AFTER TWENTY-FIVE YEARS

By Chrissy Harte

As from Wednesday, 3rd November 2004, duplicate Bridge evenings will be held every Wednesday from 7.00pm to 10.00 pm at the Castle Hotel, Hornby. This relocation is for an indefinite period while the Hornby Institute undergoes renovation and refurbishment.

Bridge play is held in a relaxed but structured environment, allowing up to 25 boards to be played each session with computerised results produced by end of play. New members and visitors are always welcome on any Wednesday and, if required, a partner can be arranged through the Club's founder and President, Mrs Jean James, on 015242 21450. Annual membership costs £6 plus 50p per session played, while visitors pay £1 table money.

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POST OFFICE NEWS

Christmas is Coming!

By David Alder

Last Posting Dates For Christmas

Leaflets are available from Post Offices giving last posting dates. Most dates for surface mail abroad ended in the last week of October, but you can post airmail items until the first week of December - later for some destinations.

Royal Mail Special Delivery Service

The basic special delivery service now guarantees next day delivery by 1.00pm and not noon as before. There is still, however, a 9am option, for a higher fee, and Parcel Force Express still also offers a range of morning options for very urgent items.

Christmas Postage Stamps

These are available from Tuesday 2nd November. The theme this year is Father Christmas. Special airletters are also available. Stamp books are available both for first and second class Christmas stamps. As in previous years there is a competition for customers involving the purchase of first class postage products.

Christmas Catalogues

Post Offices will be stocking gift catalogues through which customers can order a range of gifts (Post Office and non-Post Office products) between 1st November and 31st December.

There will be more information in next month's Bentham News.



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BENTHAM PEOPLE



Personal Thanks

Marian, Peter, David and Amanda

wish to thank all their friends and family who have shown their love and support during Jimmy's final months. Thanks also to Revd. Nigel Thomas and Joe Morphet for a very dignified and moving funeral service. Special thanks to all who attended and to everyone who sent the lovely cards and flowers, and donations for Ward 20, R.L.I. amounting to £125.

Thanks

Martyn and Helen Philipson would like to thank Ken Duke for sending them the Bentham News every month since they retired to Spain two and a half years ago. Happy birthday on 14th.

Alan Robshaw wishes to thank family, friends and Slipped Disc customers for all the help and support after a recent stay in hospital. Thank you all for the many cards, flowers and kind thoughts. I'm now on the road to a full recovery.

Wanted

Shotgun cartridges, collector would like to buy any number of old paper or glass cased cartridges. Ring Raymond Metcalfe, Gargrave 01756 749728.

AGE CONCERN BENTHAM

Cook wanted to provide 60 lunchtime meals on Fridays for Day Centre.

For further details please contact Mary Hartley on 015242 62373.

Advertising Rates

Bentham People Page

Please note that the rates for this page are as follows:

"Thanks" notices, Birthdays, Congratulations etc, 10p per word.

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

For Sale

Woodburner, LRG Canopy style, with back boiler. £350.00 o.n.o.. 015242 22217 (day) 62405 (evening).

Horse manure for composting, 10 bags £5.00. Well rotted £1 per bag, delivered locally. 62176.

Pine round table and four chairs, £50, pine coffee table £40, Hotpoint Fridge/Freezer £80 o.n.o. Bentham 61443.

CHARITIES THANK YOU

The Christian Aid coffee morning in September raised £162. Thanks to all who supported us.

Thanks to all who supported St. Margaret's gift day in early October when £240 was raised for church funds.

Many thanks to everyone who helped and contributed to the recent NSPCC street collection which raised £53.56.

WRAYFLIX

By John Millington (015242 22095)

Doors will be open from 7.30 p.m. onwards and we will have a break at half time.

Saturday 6 November.

Sooby Doo 2. Monsters unleashed. (Cert.PG.)

They came. They saw. They ran. The gang investigates the plans of a masked villain who is planning to take control.

Saturday 20 November.

My Big Fat Greek Wedding (Cert.PG)

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BENTHAM FOOTPATH GROUP ANNUAL LAKE DISTRICT WEEKEND

By Tony Burnett

Thirteen members braved a wet weekend forecast to assemble at the summit of Whinlatter Pass at a remarkably early hour on Saturday 2nd October.

Whinlatter Forest Park

Then followed a walk through the Whinlatter Forest Park with stunning views across Bassenthwaite to where Skiddaw lurked, blotted out by driving rain. The rain held off long enough for the party to look down on The Bishop, that white painted rock above Thornthwaite, and to get a wonderful view from the summit of Barf (468m).



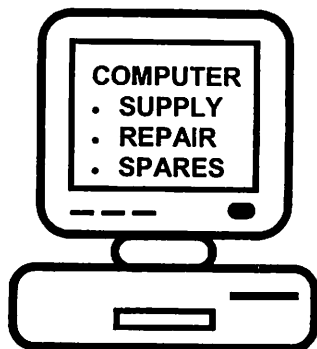
The next summit, Lord's Seat (552m) was attained only with a really mighty struggle against a raging gale; no one stopped on the top, thankful only to drop down into the shelter of the forest again. A very pleasant evening in a comfortable hotel in Cockermouth followed with an impromptu birthday celebration thrown in .. no guesses whose!

Ennerdale Water

Sunday's walk around Ennerdale Water went very well and it was not until the party was within sight of the hostelry at Ennerdale Bridge that the rain and gales blew in once more. A welcome lunch break allowed everyone a respite and the walk back to Bowness Knotts car park showed Ennerdale Lake at its turbulent best, white horses and spray being driven relentlessly.

Once again the whole weekend was admirably well organised by Adrian and Jill - how do they keep it up? Although Adrian claims that they are running out of lakes to be walked around we suspect that next year's trip will be just as rewarding. Our thanks to them yet again.

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IEEE

LOOKING WELL NEWS

By Alison Jones

Looking Well Helps to Celebrate 10 Years of the National Lottery

We invite you to join us for a Healthy Lunch at Looking Well to help celebrate the National Lottery's 10th Birthday on Saturday 6th November. We are using the occasion to launch our new recipe book of soups and give all those people who never get into Looking Well a chance to see what we do and find out about our plans for the future. Lunch will be served at 1.00 and we will be open from midday to 3.00pm. See you there!

Recalling all Crafty Folk

Just a reminder to all you creative people out there, that our exhibition of crafts will take place upstairs at Looking Well from Wednesday 10 November until mid December. Please bring your exhibits along from Wednesday 3 November so that we can get them displayed. If any of your creations are surplus to your own needs, perhaps you would like to sell them and donate the proceeds to Looking Well Building Fund.

New Art Class

Jean Davey is starting a new painting and drawing class on Wednesday mornings from January. Her classes are very popular and places are filling fast. If you would like to book a place, phone her on 015242 51321.

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shire sign. Take 1st right at
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ends take Wennington
Road, 2nd turning on right
then take 1st turning on
left.

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BENTHAM SURGERY ANNOUNCES NEW ARRANGEMENTS FOR WEEKENDS

By Rachel Clay

From 1st October 2004 we changed the way we look after patients outside of normal working hours. Responsibility for 'out of hours' care has been transferred from the practice to the Primary Care Trust.

What does this mean?

From 8.15am to 6.30pm Monday to Friday the surgery is open as usual and deals with all routine and emergency calls. From 6.30pm to 11pm Monday-Friday, and Saturdays, Sundays and Bank Holidays between 8am-11pm North Yorkshire Emergency Doctors will be based between Bentham and Settle as at present. The service can be accessed by telephoning the surgery on 015242 61202 as at present.

Mobile Emergency Service

Starting from 1st November 2004 from 11pm-8am seven days a week there will be a mobile emergency service operating between Bentham, Settle and Skipton. You will be able to contact the service in the same way. Although the doctor may be based in Skipton, you would not normally be expected to travel for more than 30 minutes to see a doctor. If you are too unwell to travel, a doctor will arrange to visit you at home.

What if I have any questions?

If you would like to know more about this, please write or speak to Shirley Macdonald, practice manager, or ask one of the doctors.

What if there are any problems?

If you experience problems accessing medical care outside our normal working hours, then in the first place contact Shirley Macdonald. We will then forward any concerns to the Primary Care Trust.

During September people failed to keep appointments on 69 occasions. If you are unable to keep an appointment, please notify the surgery as soon as possible, so that someone else can be fitted in.

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LOOKING WELL CANCER SUPPORT GROUP

By Jean West

Recently Barbara Shuttleworth and I attended an event in Harrogate for cancer patients, their families and friends that, along with others from the Craven and Harrogate districts, we had been very much involved in planning. The Looking Well Cancer Support Group had its own stand displaying the hooky and peg rug, banner, post cards and, our latest addition, a tea towel, all bearing the slogan "In the Same Boat".

Speakers include "Calendar Girls"

The day began with speakers. First was Dr Andrew Clark, medical director of CHARD, then Christine Clancy and Tricia Stewart who are two of the "Calendar Girls" and then Keith Nowell and myself, both patients, explaining why we'd got involved. Jamie Spencer, a patient who now works for Macmillan, then gave ideas for starting a group, and the final speaker was Margaret Le Beau from Yorkshire Cancer Network, an organisation with whom the Looking Well group has been involved from the start.

After this there were five workshops with twenty people in each. It was heartening to see quite a few men taking part and airing their views, positive and negative, about both services and treatments. Points that were made were brought back to the main meeting.

The final event of the day was a question

and answer session with a panel of both professionals and patients. The day was very successful with people staying on chatting the event, and hopefully some really positive ideas will come out of it and result in improved services.

Future Events in Benthams

With a Macmillan grant, we are planning a programme of art activities for Monday afternoons at the Looking Well. Activities will include making Christmas cards and decorations, peg and hooky rugs, banners and painting glass. We also provide reduced rate complementary therapies and organise swimming sessions at Swallow Springs.

Watch the Benthams News for details of all our activities, and please do come and join us if you, or someone close to you, are coping with cancer. The Monday drop-in is from 1pm to 3pm in the Looking Well cottage, and there is always a friendly welcome and the offer of soup or a cuppa. If you would like further information, please ring Alison (64929) or Jean (62132).

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Dear Editor,
I visited both the Benthams recently on a trip of nostalgia as my grandparents lived on Main Street, Low Bentham, and I have very happy memories of holidays spent there. The family name was Burlow and grandma's maiden name was Wilson. I have a family photograph of the Wilson family taken outside Town End Farm, Barbon. Grandma was the eldest of eleven children, seven girls and four boys - her name was Alice, born in 1868. I would be interested to know if there are any descendants still living in the area. I am John Wilson Burrow's daughter.

Thank you.

Yours truly,
S. Bolton.



relatively short time. True, it is only a very small lesion just by Police Yard, due to the need for a water connection. But just the same, surely it's not beyond the scope of human ingenuity to foresee planning requirements six months in advance.

When, I wonder, will the next retrenchment be found necessary?

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What a pity I'm not a betting man. If I'd taken my own odds, I'd be rather better off today! As I predicted, the newly laid tarmac in Main Street has been disturbed within a

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SPRINGFIELD BOWLING CLUB

By Marjorie Hudson



Saturday 18th September was President's Day, and last competition of the season. Mary Lawson, President, gave and presented lead crystal vases to the winners and silver photograph frames to the runners up.

Ladies winner - D. Rose, runner up - D. Chant.

Mens winner - T. Bates, runner up - R. Bosworth.

Mary also provided a lovely tea, with lots of good food, on a very enjoyable day.

HIGH BENTHAM C.P. SCHOOL NEWS

By Mrs. Boocock

Volunteer helpers in school

We welcome volunteers into school to help in classrooms. So if you would like to come in for a morning and afternoon each week then please ring the school on 61412. You will need to have a Criminal Records Bureau check. We do appreciate the extra help.

Lantern procession

The children in Class 4 have been making lanterns with artists from the Looking Well and also writing a song and producing music with Leo. They all thoroughly enjoy this event and taking part in the procession. They have been making bread in school with Mrs. Binns and Mrs. Tierney.

Fund-raising

The PTFA is organising a Book Fair from 17th November each day for a week at the end of school in the school hall. On Monday 6th December the children from school will be joining Father Christmas carol singing around Bentham and collecting money for the school.

Interactive whiteboards

A very big thank you to the Traders Association for raising money for the school to purchase an interactive whiteboard. As reported in the Bentham News last month, they had a golfing event and social evening which raised about £900. The LEA has also given each Primary School a £1,000 grant towards the cost of a board. We are getting quotes at the moment and hope to have a board fitted soon.

JOHN GAUGHAN IN CONCERT

John Gaughan, who sang with Herman's Hermits in the 70s, will appear in concert at the Methodist Church at 7pm on 12th December. Details in next month's BN.



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100% PASS RATE FOR BENTHAM STUDENTS

By Joan Giddings

Last year's "Move On" courses for numeracy and literacy at Miller's Court, Bentham, were extremely successful. Almost 20 certificates were achieved by learners over the year and the pass rate for those taking the National Tests at Levels 1 & 2 was a fantastic 100%. This compares with the national average of 67.7% for literacy and 71.6% for numeracy. Learners said that their confidence in Maths and English had improved greatly as a result of the courses. Many students have now enrolled on further courses, including full GCSE qualifications.

Craven College is again offering the literacy and numeracy "Move On" courses at Miller's Court this autumn. The literacy workshop will be held every Thursday from 1.00-3.00pm and the numeracy every Friday from 1.00-3.00pm, for 15 weeks. There is also a numeracy workshop on Thursdays at Ingleton Community Centre from 7.00-9.00pm for those who can't come during the day. These courses are for 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 free.

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 these things and you will find that learning is fun.

Craven can also offer a range of computing courses that are free for people who are members of voluntary organisations. So if you want to try your hand at word-processing, the Internet, spreadsheets etc. these courses will be available at no cost. If you are interested in any of these courses contact Sue, Ann or Joan on Bentham 61474.

PRESENTATION EVENING

By Marjorie Hudson

On Tuesday 5th October we had our Presentation Evening at Bentham Golf Club. The meal was very enjoyable and the cups and trophies were presented to the various winners and runners up of the season's competitions.

The highlight was the presence of Mr. John Bainbridge and his wife, Martha. John has been in hospital for some weeks, and only returned home the weekend before, but he was determined to attend the dinner. After the presentation we had the raffle and then dominoes. One of the booby prizes at dominoes was won by Mr. Terry Bates, who is leaving for warmer climes and we wish him lots of luck.

On 9th October we had our end of season coffee morning, at the Masonic Hall. It was good to see so many of our regulars there so thank you very much for all your support.



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INDIAN FEAST AT ASIAN SPICE

By Dave Lewis

On Monday 27th September the newly decorated and refurbished Asian Spice Restaurant, Main Street, Bentham, held its first "home cooking" event. Instead of the usual menu a set meal was prepared which represented Asian cooking at its best. Mohammed T. Ullah and his staff started their preparations early in the day and began

serving customers from 5 p.m. In all 87 people enjoyed this dining experience with the last orders being taken at 10.30 in the evening. Amongst the many delicious dishes, a flaming Balti Tikka was served to each table.

Mohammed and his staff are going to repeat this format on Tuesday 26th October. Many people have already booked their tables, including myself, and by the time you read this we hope to have enjoyed another wonderful evening.

BENTHAM NEWS is published at "Latharna". High Bentham, by an editorial committee consisting of Marie Ammundsen, Shirley Brown, Judith Johnson, Peter Phillips, Ken Robertson, Jean West, Pam Woof, and our co-ordinator, Bill Kennedy, who can be contacted on telephone 62492 or email wak7935@tiscali.co.uk 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.