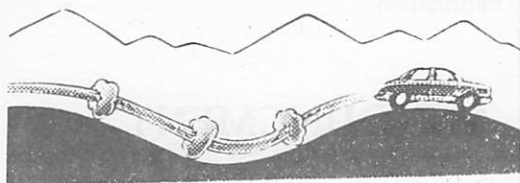


BENTHAM NEWS



ROMANIA '90

by John Chapman

As part of a team of twelve vehicles from the Yorkshire Dales, Bentham sent TWO 7.5 ton lorries to Romania at the end of November. A further vehicle from Bentham was contributed by Walter Tooby and crewed from Ingleton. The Bentham teams were:- Howard Luscombe, John Chapman, Colin Buckley, Peter Callus, Bob Caldwell and Mike Wynne-Williams.

For about six weeks before departure hectic fund raising was carried out in Bentham and surrounding areas - in all about £3,000 was raised - this money was used to purchase school equipment, medical goods, new clothes for babies and toddlers, and probably the largest single order ever placed from Bentham for products of the London Rubber Company! Part of the money raised was used to finance the two vehicles for fuel and ferry crossings, the drivers covered their own personal expenses.

Concurrently with fund raising, a very successful appeal was made to the community for goods and equipment to be distributed within Romania at an orphanage, hospital and village. The quantity and quality of response was exceptional - this was no jumble sale!! Donations included everything from clothing, children's toys, walking equipment for the infirm up to and including the proverbial "kitchen sink". All the clothes and children's toys were sorted and packed according to sex, age group and destination. The brunt of this onerous task was carried out by Ethel Campbell, Sandra Knight and Alison Parker to whom our grateful thanks are extended.

The two 7.5 ton lorries were organised by Howard Luscombe. Generous contributions to servicing, emergency spare parts and fuel were made locally which helped considerably to reduce the operating costs of the project.

Cont on page 4

*Happy New Year
to all our readers*

JANUARY 1991

ISSUE 51

BENTHAM & DISTRICT CAMERA CLUB.

At the first meeting this month, members were asked to bring three interesting pictures, prints or slides. There was a very good response with a very wide variety of pictures and some interesting comments.

The second meeting was the Pot Luck evening. This called for five prints or slides on a topic drawn from a hat at the last annual dinner. This was not so well supported as some members found their topic somewhat difficult and willingly paid the 10p fine, much to the delight of the treasurer. Nevertheless there were some interesting slides on such topics as carvings, wool, ruins, chimneys and many others.



The recent raffle for Low Bentham Playgroup was drawn on 13th December, the raffle winners were:-

1st Wac Carter - 21st March, Hamper.

2nd Alf Fiedel - 25th December, Hamper.

3rd Tom - 5th November, Perfume.

Many thanks to Mr E. Guillam for picking the dates. Thanks also to all the playgroup 'mums' for donating the goods for the hampers.

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DAILY DELIVERIES
FREE OF CHARGE

Open Evening at LUNESDALE HIGH.

Several parents were unable to attend the October 10th Open Meeting, some because they were not aware it was being held. All parents who are considering the secondary school for their children are most welcome to visit Lunesdale during the working day to judge for themselves whether or not Lunesdale might be the school they would wish to choose.

If the working day is impossible then the Head will be happy to arrange an evening visit. Please ring Hornby 21471 for further information.

ANNOUNCEMENT.

Conservation Volunteers (BCTV)

Following the letter in October BN, and sundry discussions resulting therefrom, it seems that for the time being the best way forward will be for volunteers in this area to join with some already established groups, whether in Lunesdale or the Yorkshire Dales. In a later issue, we shall give dates and details of various projects, on which local volunteers can collaborate.

St John the Baptist Church, Low Bentham.

Christmas coffee morning on Saturday 24th November. Our grateful thanks go once again to all those who contributed to our exceptionally successful coffee morning. The sum of £280 was raised. Special thanks go to Mrs Lister who baked the Christmas cake which was a prize for the 'guess the weight of the cake' competition. Well done everyone.



TOWN COUNCIL

Monday 3rd December 1990

In response to a request (yes, it's a good idea) I will name Councillors present at meetings from now on. A bit of poor showing at this one, however, both round the table and in the gallery: only 6 Councillors present (Bloxham, Cowling, Hewitt, Hurtley, Joel and Preston) plus District Councillor Pilkington. And as for the public, well, I'll just say that my bag of sweeties was hardly dented by the end. It was nice to have a visit from ex-Mayor Michael Mason taking up one of the 'commoners' seats at the back, even if he hardly had time to get comfortable. Surely one of the shortest meetings on record - it started at 7.35 and was all over by 8.13. Even Mr. Benthams arrived too late and missed it.

As Mayor Dawber was in hospital (hopefully for not too long) and Deputy Bateson was unable to attend, Councillor Joel was co-opted into the mastermind chair, and kept things moving apace.

TOWN HALL ITEMS

The 'Wenningdale Room' sign is now in place - no bookings have yet been made. The Panto Group are clearing their 'stuff' out from under the stage to allow more storage space. A couple of old mirrors from the dressing rooms have been sold at auction. Councillor Preston has ordered decorations for the entrance hall and the Lower Hall. The Camera Club will hang four photos of Benthams in the Town Hall - they will get £60 for the frames out of 'general expenses'.

ANGUS FIRE PROVIDE TREE

Angus Fire have kindly provided the 15' Christmas tree and lights for the bottom of Robin Lane. It seems that the tree moved around Benthams a bit at first, but has now been wedged in firmly. Mr. David Winterburn, Angus' Personnel Manager UK, will judge the traders' windows on Thursdays 20th December at twilight.

3

GREEN NUISANCE?

It's all very well encouraging recycling by providing a bottle bank but not if it becomes a focus for noisy vandals. (We may all like the sound of breaking glass but not late into the night.) The contractor has been asked 4 times to move it further away from the houses - to Councillor Cowling's parking space?

HOMES AND POLL TAX

Councillor Pilkington reported that Sanctuary Housing Association have now identified the owner of the plot of land in Low Benthams where they hope to site low-cost housing. Homelessness in North Yorkshire has doubled since last year. Councillor Pilkington made another brave attempt to explain how next year's poll tax will be calculated, though even he admitted he was baffled. Government-recommended expenditure for the county has gone up by 50% to £370 million. But the grant they will give the county has gone down. Solution? Increase the poll tax of course! Will Tarzan come to the rescue in time?

AND FINALLY..

Question: What's the biggest growth industry in Benthams?

Answer: Coffee Mornings. Only 4 available Saturday slots left for 1991, so get your booking in fast!

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SETBACKS

On Monday 26th November, six optimistic bodies set off from Bentham anticipating a few days away from it all and a somewhat extended scenic drive of 4000 miles. By Dover Plan B was already in operation as we had missed our sailing by two ferries and the CB's had stopped working. Ingenious modifications carried out in Belgium enabled contact to be resumed, but only providing the horse box led and the second lorry was not more than 6 metres behind it.

By 1am on Wednesday morning we had reached the Austrian border to be informed that heavy vehicles could not move through Austria in the hours of darkness but, they did however release us at 5am to continue our journey.

We followed a route from Vienna towards Zagreb in Yugoslavia only to be delayed at the border for 9 hours due to a "work to rule" by Yugoslavian Immigration Authorities. The long trek to the Romanian border via Belgrade was well rewarded by magnificent scenery in the pass that separates the two countries through which the River Danube flows. Finally, at the Romanian border the remainder of the convoy arrived, and our path into Romania was considerably eased by the presence of interpreters who had come from Bucharest to work with us during our visit.

Following a welcome party and a considerable amount of local wine and schnaps that evening, we started to visit our destinations on the Thursday and distribute aid.

First call was at a hospital in Turnu Severin, where the conditions and standard of equipment would be unacceptable in the UK. We were allowed free access to all areas of the hospital including

The operating theatre whilst an operation was being carried out!

Next call was to an adjacent orphanage for children up to three years old. Again, appropriate goods were off loaded, and whilst the children appeared reasonably well fed, adequately clothed and healthy, clearly they lacked regular human contact and stimulation and were quick to respond to attention from their visitors.

We then departed for the village of Isverna, approximately two hours drive from Turnu Severin. This village is located in the foothills of the Transylvanian Mountains, the area is not dissimilar to the Lake District and is very scenic. The living conditions are probably similar to England 150 YEARS AGO, no running water or appropriate sanitation and very few of the amenities that we take for granted.

School equipment, clothing and other items to improve the quality of life within the village were unloaded that evening, after which we were entertained by the Mayor of the village to supper, a slide show of potholing in the area and Cabaret by local singers and dancers.



* INSURANCES *** INSURANCES *	
GOOD DRIVERS HIGH RISKS YOUNG DRIVERS AGRICULTURAL MOTORCYCLES COMMERCIALS	COMPUTER QUOTES OCCUPATION DISCOUNTS INSTALMENT PLANS
HALLAM & MARTIN 8-10 THE SQUARE INGLETON (05242) 41822	
* INSURANCES *** INSURANCES *	

Early Friday morning some of the party visited the local distillery which seemed to be the most important industry in the village and the gift of a water pump was made to the head brewer.

HOME SAFE AND SOUND

Some time was spent with the villagers following which the convoy departed in fits and starts for Yorkshire.

Unfortunately during the long crossing of Yugoslavia Colin Buckley became seriously ill with a respiratory problem and it was decided that he should be flown home from Vienna. However, at the airport, the medical centre refused permission and Colin was despatched to hospital. Happily, after five days of treatment he was able to fly home, and we wish him a speedy recovery.

With only five drivers, obviously the homeward trip was difficult, but eventually a safe return to Bentham was made in the early hours of Wednesday 5th December.

What did we learn from the experience?

FIRSTLY, that the generosity of people in the Bentham area is outstanding.

SECONDLY, that the Romanian people will clearly need support and aid for some time to come. Romania, following the Ceausescu reign, is a very poor country with a demoralised population. In future, it may be appropriate to target specific needs rather than general aid. One thinks of modern equipment at hospitals, schools, orphanages etc.

Probably the greatest impact can be made by people spending periods of time working alongside Romanians providing practical guidance and motivation. It is anticipated that in the next visit, planned for late March 1991, this will be emphasised.

FINALLY, so many people in the Bentham area contributed to the success of the trip that space would not permit everyone to be mentioned - from us all - thanks!

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AGE Concern

The committee of Age Concern Bentham wish to take this opportunity of thanking everyone, including the Town Council, Traders and the general public for their support during this past year, and to wish you all the very best of good health and fortune for 1991.

PLEASE NOTE that the Day Centre will be open as usual on the 4th January 1991.

LOCAL RAIL SERVICES.

In view of an approach made to us by some local residents about the reduction in rail services to and from Bentham, we wrote to the General Manager, Eastern Region, British Rail, York a letter of complaint reading as follows:-

Dear Sir,

We view with considerable concern the rapidly diminishing services on the Leeds/Morecambe line, which serves the community around Bentham, in particular the recent further reductions.

Our organisation provides a Day Care facility for the elderly people of Bentham and District and we are expressing the views of our members, the vast majority of whom have no transport of their own and have to rely on some form of public transport whenever they wish to travel. Road transport provides only a restricted area service and consequently we are reliant on the Rail service to give access to main line stations, thus enabling the elderly to maintain contact with family and friends from further afield. At present there is little or no co-ordination between the road and rail time tables nor can there be, particularly now the services are so decimated.

6

We would appreciate it if you could advise us the BR policy in relation to country services - in particular the future prospects of rail travel to and from Bentham.

We are attaching a list of names of some of our Day Centre members who have expressed to us their concern over recent reductions in train services.

Yours faithfully,

C. Machin (chairman)

D. Garlick (Secretary)

Below is the reply sent to us from British Rail.

Dear Mr Garlick,

Thank you for your letter about the Leeds/Morecambe service. This service is financially supported through the Public Service Obligation (PSO) grant from the Government which is being reduced each year. To meet our 1992 financial target set by the Government, we have had to look very closely at the resources used on all services, but particularly those in more rural areas. The service between Leeds and Morecambe falls into this category.

Although the Lancaster - Leeds service will be reduced from May 1991 I have tried to operate services at times which provide for most of the present journey opportunities and there will be a through service to Morecambe on Saturdays in the summer.

Thank you for writing, I am sorry I cannot be more helpful at the moment.

Yours sincerely

R.B. Cobbe,
Provincial Manager.

Editor's Note. We would like to encourage any BN reader who is concerned about the future of our railway line to follow "Age Concern's" example and write to British Rail.



DISTRICT AFFAIRS



Ralph Atkinson, one of our two Liberal Democrat District Councillors, reports from Craven District Council.

First let me wish all Bentham News readers a Happy and Prosperous New Year.

BETTER PLANNING PUBLICITY

After a lot of sweat we've managed to persuade the powers-that-be that we need better publicity for forthcoming plans. So, from now on we Councillors will get a copy of the weekly list of applications received which I'll post on the Town Council notice board.

POLL TAX

According to the Govt. we should be fixing a Poll Tax of £379 this year. At the moment this looks unlikely as both County and District committees are presently working hard to avoid such a high rate. However, ultimately it depends on how much RSG (Revenue Support Grant) we get. This varies enormously (and unfairly) between authorities. Just taking inflation into account, with no increase in services, a rate of about £320 is our best guess at the moment. Incidentally it looks very much as if double tax on second homes will soon be ruled out.

HOMELESSNESS

It seems out of context to most people to be talking of homelessness in this neck of the woods. But just because we don't see cardboard cities in our back alleys doesn't mean to say it's not a problem. In fact homelessness in Craven has more than doubled in the last two years - up from 22 families in 88/89 to 53 last year and 53 so far this year - and that's without single people, who aren't reckoned to be homeless.

7 A recent survey by the Joseph Rowntree Trust found the main cause of homelessness was the absence of 'affordable' houses, but I believe there's more to it than that. Family ties are weaker than they used to be and many an awkward teenager is thrown out after a quarrel. I know they're difficult to live with - we had one ourselves - but the rejection by family becomes rejection by society and has effects which last for life. Certainly more is needed than just a roof over their heads but that's what the Council has a duty to provide.

So the Council is having to cope with more and more homeless people - which means more and more on the Poll Tax. Daft! when you come to think that council houses are the cheapest way of handling this problem and we're practically prevented from building those. The present position is we have 2,000 council houses left out of an original stock of 2,600 and the waiting list is 1,650. There are less than a dozen empty and all these are being refurbished. Fortunately sales are down this year - to 10 so far! - from a peak of 98 in 1988/89.

NEW HOPE FOR WENNING AVENUE

Thanks to our Economic Development Officer we've managed to sort out a way of getting Wenning Avenue up to scratch for adoption by the County Council and have asked for £50,000 in next year's budget to do so. Let's just hope it doesn't get scratched in the budget exercise. Also, tho' Gravure Print's failure means some loss of jobs, the worst was last year and we are strongly pushing English Estates not to put their eggs in one basket again.

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SALE STARTS

SATURDAY 5TH JAN

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SHOPS AND SMALL BUSINESS COLUMN

Christmas Shopping

Once again Bentham's traders put on a wonderful display of lights and decorations in Main Street for the festive season, despite the Town Council's continued failure to offer any material contribution Beyond decorating the Town Hall. David Winterburn the U.K personnel manager of AFL carried out the judging of the Town Council's annual shop decorations competition and rosettes were awarded to the winners. See next month's Bentham News for details.

Enterprising Traders

The traders deserve particular acknowledgement for their fine effort this year, when many are struggling to cope with the new business rating charges and the restraining effect that high interest rates have had on the annual Christmas spending spree. Although these are national phenomena and traders everywhere, particularly in rural areas, are feeling the pinch, a number of recent shop losses in Bentham underline the fact that many would be more valuable as houses than they are as shops. All the more remarkable then that so many of our enterprising traders are able to invest in re-stocking, interior and exterior improvements and new displays, and even whole new shops.

Local Asset

It is easy to forget how much village traders contribute to community life, employing young people, offering special help to the elderly, producing endless raffle prizes for local good causes, offering places to meet our neighbours and hear the local gossip, providing free window display space for local posters, and crucially for us at Bentham News, keeping up the vital advertising support that allows us to bring everyone a free local newspaper each month. And all this is on top of the unparalleled range of service and choice in shopping that we Benthamers tend to take for granted. How many other towns of 2300 people can boast a shopping centre of 40 shops and a new arcade?

Support your Local Shop

In 1991 Bentham News is launching our own 'SUPPORT YOUR LOCAL SHOP' campaign with a monthly SHOPS AND SMALL BUSINESS column and a monthly 'honourable mention' for the best examples of local improvements that 'BRIGHTEN THE OLD PLACE UP'. We will also be encouraging the Bentham Traders Association to become more active again and the Town Council to do more to support this vital role of our local shops.



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FROM COUNTY HALL



Our County Councillor Ralph Atkinson reports:

WHITE OUT ACROSS THE COUNTY

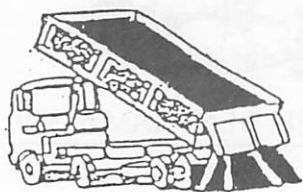
On the blizzard weekend of the 7th-10th December our snow clearing crews were out continuously from the Friday night. The problem was not so much the snow fall as the drifting and crazy drivers - I myself met an unlit car on my side in a white out on Newby Moor and our crews have legions of stories - sight seers getting stuck, cars following ploughs so that when the ploughs were blocked in they couldn't turn, etc. The crews did a grand job in the circumstances. The cost(to date) £250,000!

POLL TAX

Although the District Councils collect the Poll Tax it is the County Council which is the principle spender. Despite the Govt's setting the Standing Spending Assessment some 40% above last year's we are trying to keep the spending down to inflation only - in practice the Poll Tax looks like being some 25% over last years - due largely to reductions in Govt. grants.

HIGHWAYS

Our new surface in Main Street, Bentham, is threatened again as the sewers are to be replaced next year at a total cost of nearly half a million. As the excavations will extend from the Horse and Farrier to Mount Pleasant with extensions up Goodenber and down Station Road it looks as we're due for another extended period of traffic problems.



9 I managed to retain Mount Pleasant on the priority list by the skin of my teeth. All Schemes with less than 2 points have now been chopped - which means we've lost the Punch Bowl - but (thanks to our pressure) Mount Pleasant had just been pushed up to 2.5!

THREE PEAKS PROJECT

Those of you who reckon that Councillors don't earn their money (what money?) may note that the Three Peaks Committee had their annual tour of inspection on 23rd November - yes that bitterly cold Friday! More than half the members attended and we walked over Ingleborough and half way up Pen-y-ghent. The results on the paths are excellent and tho' something will have to be done about the duck-boarding(temporary!) on High Lot which I descended mostly on my behind, the recovery of the grass cover is nothing short of fantastic. Incidentally, thanks to heavy lobbying by our officers, next year's grant to the park is better than we expected (Govt. pay 2 thirds, County 1 third of the cost) so we're pretty sure we've enough to cover the project for it's final year (£173,000).

ACCIDENT REPORT

This month brought a very interesting report on accidents involving pedestrians from Birmingham City Council which I have asked officers to follow up. According to this most accidents occur on streets near the victims home, mostly on minor roads and mostly to children from disadvantaged homes. Street parking is a major factor, half the drivers and a third of the victims referred to visibility problems due to parked cars. In almost every case the police put the main blame on young people running into the road without looking often from between parked cars. Another major factor in fatal accidents to 15-19 year olds is drinking - not so much by the driver but by the victim! A word to the wise?

A Happy and Prosperous New Year to all my readers.



LOCAL EVENTS IN JANUARY 1991

Wed 2nd Bentham Footpath Groups guided walk around Lowgill (4-5 miles) led by Barbara Harrison (tel 62462). Meet at Lairgill for transport to Lowgill at 12.30pm.

Fri 4th Popular Kendal Band "The Cuckoos" at the Horse & Farrier.

Sat 5th BLUE PETER "Bring and Buy" for Romania in the Lower Town Hall.

Sun 6th 3pm United Service at St John's to mark the beginning of the Decade of the Evangelists. An Epiphany CAROL SERVICE. All Welcome.

Mon 7th 2pm St John's Women's Fellowship at "Tenby" Low Bentham Road. Subject "Sharing our Treasures".

TOWN COUNCIL Meeting at 7.30pm.

Tues 8th Bentham & District Camera Club "Composition" by Mr. Peter Osborne.

Thurs 10th Methodist Church - Illustrated talk by Doreen Collingham on her work in Nigeria. 7.30pm.

Fri 11th The Best of Blues from "Front Room Blues Band" at the Horse & Farrier.

Tues 15th Springfield (Crown Green) Bowling Club AGM in the Town Hall at 7pm.

Fri 18th WASTE PAPER COLLECTION at the Legion Hall 8.30 - 11.00am.. Proceeds to N.S.P.C.C.

Sat 19th 7.30pm Celebration at St Mary's, Ingleton. Speaker: Rev'd Eric Townson.

Youth Club Coffee Morning 10am til 12noon in the Town Hall.

Sun 20th Bentham Footpath Groups guided walk around Ribbleshead and Blea Moor Tunnel (8 miles). Led by Pauline Hill (Tel 61060). Meet at Lairgill for transport to Ribbleshead at 10.30am.

Tues 22nd Bentham & District Camera Club "Humphries Cup" Judge Mr G. Curwin.

Fri 25th Lancaster Blues Band "Wise Guys" at the Horse & Farrier.

Sat 26th Wesley Guild 7.30pm Methodist Church visit of "The New Life" singing group.

Panto Group coffee morning. Buy your tickets here!!!

Mon 28th Ewecross Historical Society in the *TOWN HALL- New venue*

Thurs 31st Tourist Information Centre AGM in the Methodist School Room (side entrance) at 10.30am. All interested welcome.

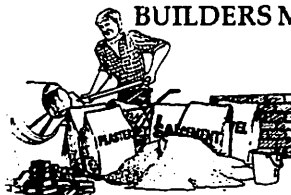
Bentham Footpath Groups guided circular walk via Clifford Hall and Boiling Well (4-5miles) led by Margaret Marshall. Meet at the Horse & Farrier at 1pm.

LOCAL EVENTS IN FEBRUARY 1991.

Sat 2nd 10-11.30am St John's Coffee Morning in the Town Hall.

Sun 3rd BLOOD DONOR sessions in the Town Hall ALL DAY.

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GREEN COLUMN

I try to be green. I am often not sure what this means or what I should do (precisely) in my everyday life to stop environmental destruction. The mundane focus of this column is how I tried to be "green" while I got my new house fixed up and decorated.

The roof insulation and draught-stripping is going well. Recent wind and rain have revealed some gaps. Filling these gaps where heat is lost is crucially green. I have noticed that many houses in Bentham have no insulation in the roof, and virtually no draught stripping. It always angers me that no British government has truly embraced extremely cheap, job-creating, energy conservation policies. *Everyone* in Britain should have their house insulated, by local people, for free. Now it has to be done by individuals, subject to their individual budgets.

The (formerly western) German city of Hamburg is having to reassess its waste disposal system in the light of unification. In the old days, it exported over 800,000 tonnes of solid, sludge and hazardous waste to the schonberg landfill site in East Germany; now, however, this site is likely to be closed - or at least more strictly controlled - as a result of higher environmental standards.

Choosing the roof insulation was quite tricky. I'm not sure I got it right. A green person has to think of the manufacturing process and its effect on the environment. And whether the insulating material would be thrown away if not used for insulation. And whether the insulation is dangerous to put in or have in your house. And whether the source material (say, sand versus oil) can be used without environmental damage. For starters! Oh...and how well the stuff actually insulates per pound spent. In fact, as with all of these green choices, the whole process is a fiendish plot to make life more complicated, to have to bother about more things. This assumes that you can find accurate information. By the way, I used CFC free, closed cell polystyrene on the roof and recycled fire-proofed paper on the flat bits.

When it came to covering the attic insulation, it seemed like there was no alternative (that I could afford) to chipboard. Chipboard is known to give off formaldehyde over time (from the glue that holds the chips together). In Germany formaldehyde is seen as such a serious health hazard that they are tearing down schools built with chipboard and rebuilding them (so I was told by a German friend). So I used chipboard.

Loaded goods vehicles account for 80,000 times more road wear per vehicle than cars...Even the Americans know that you can't make a profit from mass transportation.

Radio Four, "Going Places", 22-11-90

If every child in Britain threw away one crisp packet, the trail of litter (of each packet placed end to end) would reach from Lands End to John O Groats.

Education Guardian, p8, 20-11-90

The last little problem we'll mention this month is light-bulbs. I had done my sums concerning the life of the bulbs and the electricity they use compared to ordinary ones. I would almost certainly be better off buying these new expensive energy-saving bulbs (some American power companies give the new bulbs to customers so that the power company can save money). But...the new bulbs don't work with dimmer switches. I always fancied dimmer switches, for those moments when you want the lights to be lower. So back to traditional light bulbs in some rooms. The new bulbs are better in places where you turn on the lights once or twice a day and leave them on.

What I will try to do in this column is present dilemmas (and sometimes resolve them!) for someone trying to be green, like me. So far I have learned that I don't always make perfectly green choices (although my wall colour is green). The choices are often complicated and difficult, requiring time and knowledge. And the green choices often seem to cost me more money (who exactly *should* pay is an important question). But it still seems clear that sooner or later we (not merely "the experts") have to wrestle with these complicated choices. Wanna wrestle?
Tom Cahill



HENRY GARLICK ESSAY COMPETITION RESULTS

Congratulations to all those who entered for this competition, submitting essays titled "What Benthams Means To Me". Mr. Garlick was particularly impressed with 2 entries, so has decided to divide the £10 prize between them. Therefore cheques for £5 have been dispatched to: DEBI BRAYSHAW and JAYNE LAWSON.

These 2 essays were quite different and presented contrasting teenage views of life in Benthams. Perhaps extracts from each will be printed in a future BN.

EDITOR'S NOTE: We would like to thank Mr. Garlick for his generous offer of this prize, & would like to encourage anyone else who has an idea which might stimulate a response from Benthams people which might enliven our pages to get in touch.



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Much hard work had gone into bringing this play alive to Bentham audiences, which numbered over 50 each evening. The audiences seemed to enjoy both the play, & the pleasant ambience of the Lower Town Hall.

YOU CAN'T KEEP A GOOD PANTO GROUP DOWN!

1990 should not be allowed to pass without some mention of a delightful event which occurred in the Town Hall on 16/17 November. This was Bentham Panto Group's production of "GREEN FORMS", a one-act play by local playwright (& sometime star of "Spitting Image") Alan Bennett. It may be presumptuous to refer to Alan Bennett as "local", but as he is now spending far more time in Clapham he's not that far away!

The small cast did him proud. Moments of both pathos & humour were well-portrayed. MARGARET COWLING, as the spinster Doris, (hardly recognisable with her prim hair-style, pursed lips & frumpy appearance) oppressed by her elderly mother, & SUE MORPHET as Doreen, equally oppressed by her nouveau riche pretensions & her wimpish husband, & PAUL MORPHET (no relation!) as the one-armed handyman-cum-union rep. Sue, (whose phone conversation was a tour de force) & Paul, (whose irritation at the time-wasting & complaining of the 2 women office workers, & annoyance with the pointlessness of much of his job) ably portrayed aspects of office life which many of the audience found all too familiar. Many recognised the moving about of seemingly useless pieces of paper, "Green Forms", as part of a familiar office ritual.

Funny, but also menacing, the play moved along at quite a pace to the arrival for the last line of the play delivered by BONNIE MITCHELL (every inch the executive in 15 denier tights and padded shoulders!). Hers was a moment of high drama. Helping backstage and with publicity were GERRY HOLMES, BONNIE MITCHELL & BRIAN COWLING. KEVIN McSHERRY directed the play with sensitivity as well as taking a non-speaking part.

And now it's 1991 and the Panto Group are here again bringing Bentham their very own version of "ROBIN HOOD". You may ask, "How Do They Manage To Keep Going, Year After Year?" The answer lies somewhere in the fact that they combine using the experience and talents of seasoned performers with the introduction of newcomers. The newcomers in their turn become the stalwarts of future years. Anyone and everyone who wants to get involved is encouraged to do so, however great or small the contribution they feel able to make.

So, this year's Panto is "ROBIN HOOD". The story line is familiar, and you'll recognise your favourite characters. LOOK OUT FOR A WONDERFUL, AMAZING "MY LITTLE PONY". With more children than ever on stage this is a treat not to be missed. The performances are during half-term (13-16 FEB) & tickets first go on sale at the PANTO COFFEE MORNING ON SATURDAY 26 JANUARY. They cost £3, £2 for concessions & £1.50 for children.

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1233	1354	1436
1533	1654	1745
1633	1754	1830
1933	2054	2125

SUNDAYS

1409	1541	1613
1709	1841	1913

Lancaster	Bentham	Leeds
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WEEKDAYS (Mon - Sat)

0721	0756	0924
0926	0956	1124
1144	1217	1351
1526	1555	1725
1844	1913	2038

SUNDAYS

1352	1423	1551
1853	1923	2051

BUS TIMETABLE

BENTHAM - LANCASTER

MON - FRI

H. Ben	0745 0940 1110 1210 1325 1510
1530 1610 1713 1913	
L. Ben	0750 0945 1115 1215 1330 1515
1535 1615 1718 1918	
Lanc	0830 1024 1154 1245 1409 1554
1615 1700 1758 1958	

SAT

H. Ben	0745 0940 1110 1210 1325 1510
1615 1713 1913	
L. Ben	0750 0945 1115 1215 1330 1515
1620 1718 1918	
Lanc	0830 1024 1154 1254 1409 1554
1658 1758 1958	

SUN

H Ben	1115 1815
L Ben	1120 1820
Lanc	1207 1907

LANCASTER - BENTHAM

MON - FRI

Lanc	0752 0810 0945 1045 hourly until 1745
L. Ben	0828 0849 1024 1123 " 1824
H. Ben	0833 0853 1028 1127 " 1828

SATURDAY

Lanc	0752 0810 0945 1045 hourly until 1745
L. Ben	0828 0849 1024 1123 1224 1323 1424 1623 1724 1824
H. Ben	0833 0853 1028 1127 1228 1327 1428 1627 1728 1828

SUNDAY

Lanc	0950 1650
L. Ben	1032 1732
H. Ben	1037 1737

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HOMOEOPATHY

Homoeopathy is an effective and scientific system of healing which assists the natural tendency

of the body heal itself. It recognises that all symptoms of illness are expressions of disharmony within the whole person and it is the patient who needs treatment, not the disease. Homoeopathic medicine was developed in the 18th Century by a German doctor Samuel Hahnemann. He called this approach to healing the sick homoeopathy meaning "similar suffering", from the Greek-homoeos = similar, pathy = suffering. Like Hippocrates, 2000 years before, Hahnemann realised that there were two ways of treating ill health; the way of opposites and that of similars.

An example of opposites is to treat insomnia by giving a sleeping pill to induce an artificial sleep. This may involve large or regular doses of a drug that can cause side effects or become addictive. Using similars in a case of insomnia means giving the person a minute amount of a specially prepared remedy that can, in large doses, cause sleeplessness, but in this form stimulates the person's healing system to bring itself back into order. The person then sleeps naturally. A remedy can only be called homoeopathic if it is given because it is similar to the person's state. All the remedies work by acting as catalysts to the body's own healing powers. Many complaints heal themselves, but if the system is impaired, blocked or sluggish it cannot seem to identify the problem and overcome it. By giving something which is similar to it we are offering the system a chance to use the remedy as a blueprint or clear picture and enable it to see what is wrong and how to go about repairing itself as best it can.

Homoeopathic remedies cannot cause side effects or become addictive. Only a minute amount of the original substance is used and this is then prepared using a unique method called potentization. The result is the remedy which carries the molecular pattern rather than material of the original substance.

Homoeopathy can be used to treat all age groups with all manner of symptoms mental, emotional, physical, acute or chronic conditions. It is not necessary for the person to be able to talk. A skilled practitioner using careful observations can treat babies, small children, the disabled or very elderly etc. An increasing number of vets are using homoeopathy to treat animals. It is even useful for plants.

An initial consultation may last from 1 to 2 hours. The practitioner obviously needs to know as much as possible about the person, both in themselves and their symptom, so that a remedy may be chosen that most closely matches them. Many people use homoeopathy today (encouraged perhaps by the Royal Family, who it is said, carry a kit of first aid remedies whenever they travel abroad). To find out more about this fascinating and useful alternative medicine there are some excellent books written available from local health shops, or you can write to the Society of Homoeopaths, 2 Artizan Road, Northampton NN1 4 HU and ask for a register of professionally qualified practitioners in the area and a helpful leaflet. Please enclose a SAE.

Amanda Bingley MCH RSHom.

Amanda Bingley practices professionally in Bentham and Lancaster. She qualified in 1984. Her training included a post-graduate course in Bombay at the Homoeopathic Hospital. She now teaches homoeopathy to student practitioners at the Northern College of Homoeopathic Medicine in Newcastle. Other training includes humanistic and primal psychotherapy.

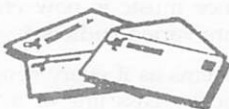
LETTERS.

Dear Sir,

Please may I through your letters page, thank all the residents of High Bentham, Clapham, Wennington and Giggleswick who, this summer, were so willing to answer my questions about their use of public transport. The purpose was to help me in writing a final year Geography dissertation, the aim of which was to find out the extent to which communities on the Morecambe /Leeds railway line rely on it as a transport link.

I have now completed the study and submitted it for marking. If anyone is interested in having a summary of results would they please send me a SAE.

Yours sincerely
Andrew Forster.
Furness College,
Lancaster University.



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17 COMPETITION TIME!

We would like to thank the 6 people who entered our **DECEMBER** competition (you stand a good chance of winning if you enter this local competition!) We have been able to add £3 to our funds as the £5 prize was donated by an over-enthusiastic committee member.

The correct answers were: 1. 4 days per week 2. Isverna 3. Ruthless Rap Assassins' "Killer" Album.

The winner was Mrs. B. Wright of Hillcroft, High Bentham, & she has received the cash prize.

There are 3 questions in this month's competition, & the answers can be found by careful reading of the **DECEMBER BN**.

1. What is the name of the new development with an entrance next to "Fishers"?
2. Who will fit you a free plug if you spend over £10 in their shop?
3. How many restaurants were involved in the **CHRISTMAS CRACKER's** launch year, 1989?

Put your answers on a piece of paper together with your name and address, sellotape your 50p to it & hand it in at Tim Churchill's shop in Station Road. The first correct answer drawn at midday on **SATURDAY 19 JANUARY** will receive the £5 cash prize. (Anyone interested in donating this, either anonymously or to get some valuable publicity?) The name of the winner and the correct answers will be published in the next issue of **BN**.

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JOHNNY ONE-NOTE REVIEWS 1990

Dr. Mell-O and I have indulged ourselves this month by looking back over 1990, and here we offer our **RECOMMENDED BEST BUYS**. We would like to state that although we have been tempted by offers of large sums of money from both recording stars and companies, what follows is a completely impartial review!

10 BEST LP's

1. Sinead O'Connor: "I Don't Want What I Haven't Got." 2. Lou Reed & John Cale: "Songs From Della." 3. Happy Mondays: "Thrills, Pills & Belly Aches." 4. Was Not Was: "Are You Okay?" 5. Beautiful South: "Choke." 6. Deee-Lite: "World Clique." 7. Prince: "Graffiti Bridge." 8. The Cure: "Mixed Up." 9. James: "Gold Mother." 10. Tom Petty: "Full Moon Fever."

10 BEST SINGLES

1. Primal Scream: "Loaded E.P." 2. Primal Scream: "Come Together" (Andy Wetherall Mix) 3. James: "Come Home" (Floodgate Mix) 4. Boy's Own: "Raise" 5. The Cure: "Never Enough" 6. Was Not Was: "I Feel Better Than James Brown" 7. Adamski: "Killer" 8. New Order: "World In Motion" 9. Bob Geldof: "Great Song Of Indifference" 10. Happy Mondays: "Step On"

THAT WAS MY SELECTION & THIS IS DR. MELL-O's:

10 BEST LP's

1. Deee-Lite: "World Clique" 2. The Soupdragons: "Love God" 3. A Tribe Called Quest: "Instinctive Travels" 4. Rolling Stones: "Hot Rocks - Greatest Hits" 5. Public Enemy: "Fear Of A Black Planet" 6. The Fall: "Extricate" 7. Happy Mondays: "Thrills, Pills & Belly Aches" 8. Prince: "Graffiti Bridge" 9. Sonic Youth: "Goo" 10. The Pixies: "Bossanova"

18 10 BEST SINGLES

1. Deee-Lite: "Groove Is In The Heart" 2. Primal Scream: "Loaded" 3. The Soupdragons: "Mother Universe" 4. The Fall: "White Lightening" 5. KLF: "What Time Is Love?" 6. The Dream Warriors: "Wash Your Face In My Sink" 7. Was Not Was: "Papa Was A Rolling Stone" 8. The Soupdragons: "I'm Free" 9. Jesus Jones: "Real Real Reel" 10. The Cure: "Never Enough"

Following its growth during the 80's, **DANCE MUSIC** has quite definitely made a great impression in the popular music of 1990. The emergence of numerous 60's revivalists from Manchester, rock/dance crossover by the likes of the Soupdragons and Primal Scream, monster rave hits by KLF, Adamski & LFO and the inevitable continued development of rap, all show that dance music is now enjoyed by a wider & more varied audience.

It seems as if every song at the moment has a heavy bass line or a rap somewhere in it and consequently some bands have been subjected to a lot of criticism. However, this dance fever hasn't meant all groups have adopted the same sound. Dance rhythms and attitudes have been fashioned to improve existing styles, which has resulted in some very interesting and creative records. Dance music will continue to change and grow into the 90's, which is potentially a very exciting prospect. Who Knows? By the year 2000 we may be listening to covers of Glen Miller records with a thumping bass and rap!

We vote for BEST BAND OF 1990: HAPPY MONDAYS and BAND TO WATCH FOR IN 1991: PRIMAL SCREAM

GET OUT THERE AND SPEND THOSE CHRISTMAS RECORD TOKENS!!



BENTHAM PEOPLE.

I wish to thank all my many friends and relations for their get well cards, gifts and letters, also their valuable help when I was in hospital and since my return home. Heartfelt thanks.

Mrs Annie Willan.

As I was not at home at Christmas may I wish all my friends a Happy and Prosperous New Year.

Mrs K. A. McGregor Wood.

Winifred, Andrea and David wish to say thankyou to all who helped them that Sunday morning and for all the cards, letters, flowers, thoughts and prayers received in their very sad loss. Also for the generous donations given to the Physiotherapy Dept of the Royal Lancaster Infirmary.



Barbara and Peter Nightingale wish to thank everybody for their kindness and generosity following the birth of their son Christopher on 23rd November 1990.

Dr Nightingale penned the poem below and thought it might be appropriate at this time of year.

Despair, pain and grief,
May cause a soul to weep,
But one universal cry of hope,
All parents in their hearts may keep.



After months of waiting and hours of pain,
To hear that sound
Brings the deepest pleasure.
A mystical noise of new life,
All hearing it can treasure.
For every new life
Revealed in this way,
Let us plead that those mouths
No cruel things will say.
May the joy brought
By the first cries through life endure,
Loving words from new lips
The World's suffering may cure.

SMALL ADS.

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Anyone who needs back copies of BN for their collection contact Keith Cowling Tel 62043 (before I chuck them all out)

FLOWER ARRANGING for 10 weeks in the Ingleborough Community Centre. The first class starts on Tuesday 8th January 7.30 - 9.15pm. For further information call Jane Burns on Bentham 61081.

CREATIVE EMBROIDERY in High Bentham County Primary School 7.30 - 9.30pm. Tutor Anne Burrow Telephone Kirkby Lonsdale 71775.



C of E Children's Society box opening for last year amounted to £173.88. Grateful thanks to all contributors.

EDITORIAL INFORMATION BENTHAM NEWS is published at 7, Jubilee Buildings, Main Street, High Bentham by an editorial committee consisting of Tony Bennett, Shirley Brown, Tom Cahill, Keith Cowling, Wendy Dowbiggin, Debbie Garman, Jill Matthews, Ken Robertson, Pam Woof and our co-ordinator Lesley Barker.

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Small ads and announcements: £1 for every 20 words, payment **MUST** accompany each item to ensure publication.

For all information, including advertising rates, listings and subscriptions please contact Lesley Barker on Bentham (05242) 62040. Items for publication can be left at the house or at Churchill's shop during opening hours.

THE FINAL COPY DATE FOR PUBLICATION IS THE 15TH OF EACH MONTH.

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, including letters. Please note that although we are willing to withhold names on request, names and addresses must accompany all items for publication.

BENTHAM NEWS is printed at LOGO LABELS, Main Street, High Bentham.

CHURCH SERVICES.

St Margaret's C of E, High Bentham.

SUNDAY 8am Eucharist. 10am Parish Eucharist & Junior Church. WEDNESDAY. 9am Eucharist. Mothers Union 2nd Tuesday each month in the Legion Hall at 2pm. Enquiries Mrs Field 61084

St John the Baptist, Low Bentham.

1st Sunday 8am, Holy Communion, 10.30am Family Service. 2nd Sunday 10.30am, Holy Communion, 3pm Village Hall. 3rd Sunday 9.15am Holy Communion, 10.30am Praise Service. 4th Sunday 10.30am Holy Communion, 2pm Village Hall. 5th Sunday 10.30am Worship & Holy Communion.

St Boniface Catholic Church.

Saturday 6.30pm. Sunday 9.30am & 11.15am, Easter to September 30th. Holy Days 10am & 7.30pm. Week day services, see times in the porch.

Methodist Church. High Bentham.

Sunday Worship 10.30am & 6.30pm. Junior Church 10.30am. Fellowship Meeting Tuesday 7.30pm. Bright Hour 2.15pm. alternate Tuesdays commencing the 2nd October. Breakout 11-13 years Wednesday 7.00pm. JAM 14 plus Friday 7.30pm.

Methodist Church, Low Bentham.

Sunday Services & Sunday School, 10.30am. Afternoon Service 2pm.

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