

BENTHAM NEWS



COME ON YOU TRADERS!!



There is a growing feeling amongst shopkeepers in the village that there should be a **TRADERS ASSOCIATION** in operation once again.

Sunday trading, the replacement of sewers in Main Street and organised trips to ASDA are just a few of the topics which have aroused discussion over recent weeks.

There will be a chance to air your views and discuss other matters on **FRIDAY 15th MARCH** at 7.30pm in the Lower Room of the Town Hall, High Bentham.

If you trade in either High or Low Bentham and the vicinity, and you care about the future of Bentham, come along and give your support to enable us to revitalise the **BENTHAM TRADERS ASSOCIATION** for the 1990's.



BENTHAM NEWS Coffee Morning.

On Saturday 9th March Bentham News will be holding their annual Coffee Morning. This annual event helps us to raise the much needed funds to enable BN to keep dropping through your door monthly.

We hope to see many of our readers dropping through the Town Hall door (not literally of course) to support us!

We hope to have stalls, raffle and of course a good cup of coffee.

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MARCH 1991

ISSUE 53

The AGM was held on 5th February at the Black Bull. Mrs H. King, chairperson, welcomed 18 members and friends and thanked all who had helped with events during the year.

The secretary and treasurer gave their reports of yet another busy and successful year with a record figure of £2,304.07 having been sent to N.S.P.C.C headquarters. The officers were re-elected.

A House to House collection will be held in April between the 8th & 15th, a Craft Fair in August and the Annual Cracker Sale in December.

The evening ended with a buffet supper.



St Margaret's Mother's Union.

St Margaret's welcomed Mr & Mrs Glazebrooke to their February meeting in the Town Hall.

Mr Glazebrooke described the work of the "Mission Aviation Fellowship", whose dedicated members fly medical staff, evangelists, church workers, project specialists and life saving supplies to remote parts of the world, which are inaccessible except by light planes able to land on very limited landing strips. Many of the members have left lucrative employment after experiencing a calling to do this compassionate work.

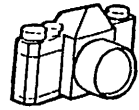


At the Bentham Conservative Association's AGM Mr T.B. Marshall was re-elected as President, Mr F. Davies, Chairman, Mr S.C. Dawson, Vice-chairman, Mr J.C. Hall, Treasurer and Miss S. Hodgson, secretary.

Elected to the committee were:- Mrs D.P. Currie, Mrs M. Marshall, Mrs M.E. Nicholson, Mr D.J. Schofield, Mr D.G. Stubbs, Mrs M.M. Wilman, Mrs E.M. Williams, Mr G. Williams and Mr R. Wood.

As always the officers and committee would be pleased to hear from anyone living in High or Low Bentham who would like to take part in their activities.

1991



Bentham & District Camera Club

The meetings this month have been taken up by the annual competitions.

There were 10 entries for the **Humphries Cup** for a set of three transparencies, the judge looked for variety of subject matter and content of the group. The judge was Mr G. Curwen, who gave a very full and fair appraisal of each group. The winner was Mr R. Norvell, 2nd Mr. Fellows and 3rd Mrs Pridmore.

The **Clapham Trophy** for a home processed colour print was won by Malcolm Culshaw

The **Illston Cup** for a black and white print was won by Bill Hinde, who also took second and third place.

The **Humphries Trophy** for a trade processed print was very well supported. This was won by Peter Marshall, 2nd Marilyn Gomm & 3rd joint was Valery Marshall and Malcolm Culshaw. The judge for these three competitions was Mr G. Walden, who gave useful comments and helpful criticism.



AGE CONCERN held a Coffee Morning in the Town Hall on Saturday 16th February, when the sum of £250.00 was raised, which will go towards the funding of the Day Centre.

Prize winners were Mrs R. Shuttleworth (fruit) Mrs Coulson (cake), Mrs Hodges (chocolates), Mrs Boyle (wine), Mrs J. Bargh (sherry), Mrs O. Shaw (Dinner Vou. cher), Miss M. Bradley (artificial flowers). The committee would like to thank all those who helped and gave their support.



TOWN COUNCIL

Monday 4th February 1991

Despite the cold weather, a good turn-out at this meeting, with all Town Councillors present (Bateson, Bloxham, Cowling, Davies, Dawber, Hewitt, Hurlley, Joel, Marshall, Preston, Telford) plus District Councillor Pilkington and 12 members of the public, including P.C. Kaye.

TOWN HALL ITEMS

Now that decoration of the downstairs rooms is complete, a quotation was accepted for decoration of the stairway and entrance hall. Blackout blinds will be bought for the Lower Hall for slide or film shows. The Playgroup will buy small tables and chairs: these can be stored in the Lower Hall. A more prominent sign for the Town Hall - with a possible contribution from Angus? - Councillors to come up with ideas.

PLAQUE FOR LOW BENTHAM PLAYING FIELD

This plaque is to acknowledge the gift of land to the Council by Mrs. Boothman. Councillors wisely rejected something plastic in favour of something carved out of stone. Quotes will be sought.

THE BOTTLE BANK

After much fuss the bottle bank has now been sited in a more suitable corner of the car park. Mr. Cottam, who passes there every day, has offered to let the contractor know when it needs emptying. A formal letter of thanks will be sent for this kind gesture.

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DISTRICT COUNCIL REPORT

Councillor Pilkington reported that more people will get Poll Tax relief next year - but only if they can use a calculator.

FOOTPATH CONTROVERSY

A letter had been received from a resident of Waterside Potteries, Burton, expressing concern at another application to 'reinstate' a footpath there. Councillor Marshall told the meeting that this issue had been fully investigated on a previous occasion when it was verified that no such public right of way ever existed at the site.

MORE CHOICE FOR PARENTS?

Councillor Marshall, a Governor of Bentham School, proposed that the Council support an application to the County Education Department to reinstate the system of grants for North Yorkshire children to attend the school, thereby allowing parents more choice in their children's education. Councillor Bloxham expressed concern about the selection procedure: would only the brightest kids be accepted? And what effect would this have on the rolls, and therefore the funding, of local state schools? The Council voted to recommend the proposal with two votes against.

continued on page 20



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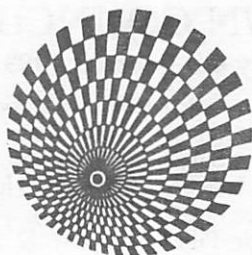
The TIC held it's AGM in the Methodist School Room on Thursday 31st January. Mr Peter Colley, Tourism Officer for Craven District Council attended and congratulated the Centre on achieving such good results in the Regional Tourist Board Assessment Scheme for TIC's during the 1990 season.

Officials for the 1991 season were elected as follows:-Chairman - Bateman Marshall, Treasurer John Hall, Manager Douglas Garlick, Administration Laurie Blunell, Secretary Isobel Joel, Social Organiser Phylliss Tomlinson, Rota Secretary Lorna Hartigan.

Funding the Centre was the main item on the agenda. Grants have been allocated by both Craven District Council and Bentham Town Council to help partially meet the very high overheads. In spite of this however, a substantial sum will still be required to enable the Centre to break even. It is hoped that this will be met by increased support from visitors, traders and local public alike.

The Centre will open its door on Easter Saturday 30th March and on Easter Monday 1st April from 10am - 3pm and operate full time for the season from Whit Saturday 25th May.

A coffee Morning has been arranged for Saturday 30th March at 9.45am - 11.30am.



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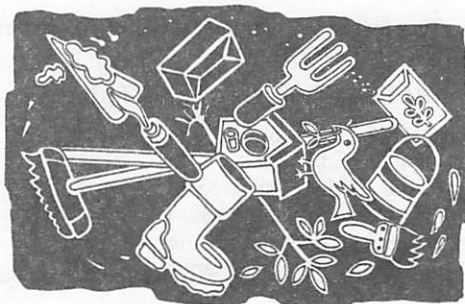
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GERTIE GREENFINGERS

The keen vegetable gardener wages a constant battle against plant diseases and pests in a search for bumper crops. Whilst an endless supply of expensive chemicals is readily available perhaps, like me, you would like to try a "greener" alternative this year.

COMPANION PLANTING

Organic gardeners have re-introduced the medieval practice of companion planting which makes use of a plants ability to repel pests from its foliage and resist disease: these benefits are then passed on to neighbouring plants. The health and wealth of your crops can be much improved by carefully choosing such partnerships.

FOR EXAMPLE - Nasturtiums planted next to broccoli will reduce aphids, broad beans next to gooseberries will control the caterpillar population, marigolds reduce fungal attacks on potatoes, garlic repels flies from onion and all types of beans will prosper if you plant sweet peas to attract pollinating insects, and borage planted amongst strawberries is reputed to produce much larger fruit.

Whilst I cannot pretend that this form of planting will completely eradicate all pests and diseases, I can say that this alternative to chemical control will achieve superior displays and flavours using methods which nature devised for herself long before man ever thought of them!



5 TIP OF THE MONTH.

Again a "green" alternative to chemical control for weed infested lawns. We all like to see a verdant weed free lawn but keeping it that way can be an expensive and time consuming exercise. I use lawn sand to control moss beneath the trees and a blob of common salt dropped in the centre of broad leaved weeds such as daisies and dandelions will kill them in a couple of days. Try it, you'll save money I promise.

DENNIS THORNBUR

Many Bentham folk will have been shocked and saddened to hear of the sudden death of Dennis Thornber, one of the two window cleaners working in Bentham. A former employee of Angus Fire, Dennis travelled on the train from Skipton, and was a familiar and cheery figure in Bentham streets. He could often be seen riding his bike with a long ladder balanced on one shoulder. Our sympathies go to his family in Bentham and Skipton.

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COMPETITION TIME!

We would like to thank the 8 people who entered our **FEBRUARY** competition. We have added their 50p entry fees (total £4) to our funds as the £5 cash prize was donated by a generous reader. The correct answers were; 1. 53 homeless, 2. 26 January 1991 & 3. Christopher.

The winner was J.LISTER of Furness Drive, High Bentham.

There are 3 questions in this month's competition to which the answers can be found by careful reading of the **FEBRUARY BN**.

1. Which walk was "specially recommended" in February?
2. What percentage of tree cover is there in Britain now?
3. Who was the "gentle, graceful Dove" in The Mysteries at Settle High School?

Put your answers on a piece of paper together with your name & address. Sellotape your 50p to it and hand it in at Tim Churchill's shop in Station Road. The first correct answer drawn out at midday on **SATURDAY 16 MARCH** will receive the £5 cash prize. The winner's name and the correct answers will be published in the next BN.

THE "WIN A VIDEO" ANAGRAM COMPETITION proved to be very difficult, so only attracted a small number of entries. However, these yielded one all-correct solution, so congratulations to the winner, who is **DAVID LUND** of Peace Villas, Main Street, High Bentham.

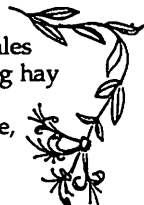
Many thanks to our reader who devised the competition; we always welcome new ideas and contributions to enliven our pages.



The following rhymes have been sent in to BN by T. Whitford.

SEATED AT SUNNY BANK FARM

The beauty of our lovely countryside,
as I sit and listen
to the rustle of the trees
and the call of the cuckoo,
curlew, sparrow, and finch
and many more enchants
the beauty of the hills and dales
the sound of machines cutting hay
for winter feed
a farmer's work is never done,
satisfaction his reward.



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DISTRICT AFFAIRS



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

POLL TAX

The final recommendations of the Policy and Finance Committee on the Community Charge were £304.88 plus the Parish Precepts. This will have been confirmed (or otherwise) by full Council by the time this column appears in print. This low amount (compare the national average of over £400) was made possible by careful management plus the Govts' Community Charge reduction scheme and £50,000 from balances. In addition any couple whose original rateable value was £184 or less, or single person whose RV was £71 or less will get reductions depending on the difference. This will affect a large number of our smaller cottages.

At the end of January over 80% of the Poll Tax had been paid. We are still anticipating 4% of non-payers which tho' it still has to come off next year's bill is very much less than the national average.

NATIONAL NON-DOMESTIC RATES

This year's multiplier is 38.6p in the pound, ie. 10.9% above last years.



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7

HOUSING

I am sorry to report that Council House rents will increase by an average of £4.50 a week as from April. This is due to several factors - inflation, more to be put aside for repairs and maintenance and the effects of the Housing Benefit system, whereby tenants paying full rent subsidise those on benefit. It's Job's comfort I know but we have kept rents lower than most authorities for a long time - last year our average weekly rent of £21.62 was 8.8% below comparative authorities.

Owing to the right-to-buy and restrictions on re-building (only 10 built in 1990/91!) we now have less than 2,000 council houses in the district - which, with over 1,000 on the waiting list doesn't give those desperate for houses much hope.

STREET CLEANSING

As reported last month street cleaning will be the responsibility of the District Council from April this has meant nearly £200,000 extra on the district budget. However, as there will be an equivalent saving on the County budget this hasn't made much difference to the Poll Tax.

FOOD SAFETY

Another extra responsibility for district councils are the new, much higher, standards under the Food Safety Bill. This will mean a much closer supervision of food outlets and about £16,000 on the budget for extra staff and training.

SUNDAY TRADING

A great deal of concern has been expressed about the new Sunday market at the Auction Mart. Because of the anomalies of the law, Craven District's policy on Sunday trading is only to take action where complaints are received. The law on what traders may or may not sell is so complicated that no general advice can be given, but I have a list if anyone wants to see it. Also, the act says traders must exhibit a notice saying they are open on Sunday, for what items and at what hours.



ROBIN HOOD: BENTHAM'S PANTO AT THE TOWN HALL

By Keith Cowling.

Seeing Bentham's community performance juggernaut hit the stage, you could not fail to be impressed at the scale of inventiveness and range of local talent that the Panto Group teases out of the town every year. Again this time the programme contained over a hundred names, which means that around 5% of the population of Bentham are involved in some way! The show, started in 1980 by local mums as 'something for the kids over Christmas', has now grown into an annual extravaganza recognised by Yorkshire Arts as one of the best of its kind.

This year's show produced another crop of first-time talent. Chris Ratcliffe's inspired performance as 'Sir Guy of Gisburn' worked brilliantly with Dave Pearce's character acting skill as the Sheriff of Nottingham. As the two main baddies they brought real professional quality to some sequences of Patrick Colton's carefully crafted scripting. Good performances too from Lynda Burns, Steven Harford and Bonnie Mitchell as Maid Marion, Little John and Friar Tuck, and from Jane Callus and Bob Sloan (who with old-timer Sue Morphet formed the trio of comedy villains). Chris Rosier played the Town Crier and Anne Corrigan contributed a brilliant Julie Walters take-off in her role as 'Amnesia', the mediaeval fitness club receptionist. Tim Crosskey, a newcomer to Bentham got a job, a flat and part in the panto all in one week! The skills of these new performers were mixed with those of Bentham's seasoned panto stalwarts into a memorable show. Once again the childrens' performances were especially well done and in keeping with the group's record of clever use of our talented youngsters; and the sets, lights, music and effects, like the pony and the skateboard routine, often achieved professional standards.

Seeing the panto from the audience for the

first time in eleven years (you get a sabbatical after ten shows...) I got a clearer impression of the amount of energy that a small town needs to find to put on a production of this scale, and a new respect for those whose regular commitment to live theatre in Bentham has made the show such a durable event on the calendar. However, although I longed to be on stage with the performers and I realise that criticism may seem a bit like sour grapes, there were some noticeable areas where the show failed to live up to the standards that it sets for itself. In particular I noticed a fair bit of out-of-tune singing this year besides the intentionally flat Alan a'Dale (or perhaps we always sound like that). In a more general sense the audience was often left wondering what the show was really about. Obviously each panto starts from a traditional story which gets adapted by the script writers and cast, but the diet of slapstick and corny jokes, although important ingredients, is often so unrelenting that one longs for a bit of pathos, romance, sadness or real drama to leaven it with. Similarly this year, with the exception of a few references to the Poll Tax, the opportunity to analyse and comment on local issues was almost entirely missed. And the show still suffers from scenes with impenetrable script, which when combined with dubious french accents and the poor acoustics in the Town Hall ballroom left a lot of us mere punters at a bit of a loss...

Never mind, the kids still loved it ...oh no they didn't!...oh yes they did!....

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FROM COUNTY HALL



Our County Councillor Ralph Atkinson reports:

THE COUNTY BUDGET

The battle over the odd £1 million savings from Education goes on - many thanks to those who responded to my invitation to call - (universally in favour of retaining the money in education I may record!)

Whatever the result of this battle the County budget will be significantly below the Govt's. estimate, thus enabling us to keep your Poll Tax one of the lowest in the country. Incidentally the breakdown of the Govt. estimate is 48% on education, 12% on social services, 17% on police and fire services, 5% on highways and 18% on other services. Of this 9% will be paid directly for services, 62% by central government grants and the rest (29%) from the Poll Tax. This is a much greater proportion of local government finance than on the old system (45%), making rather a nonsense of Govt's. claim of greater accountability.

FINANCE

I was very surprised to learn that NYCC was also involved in the business of interest rate future transactions. However, they did stop in autumn 1989 immediately doubts were cast on the legitimacy of the practice. After a loss of £50 in 1988/89 a profit of £42,250 was made in 1989/90.

Otherwise the annual external audit was fairly complimentary. It is impossible to audit all our many businesses every year, so this year the audit was confined to the fire service, the North York Moors and the new direct service organisations for caretaking, cleaning, highways and vehicle

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maintenance. Except for minor procedural criticisms all came through with flying colours - this doesn't clear the cleaning service from it's practical difficulties though. Nearly £5 million was saved by value for money reviews including £548,000 on energy saving. Property was valued at £1.4 m. mostly for education, but insufficient attention is being paid to maintenance.

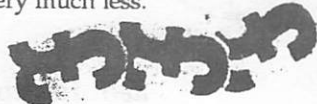
ROADS AND HIGHWAYS

The accident report for 1989 is just out - delayed by staff shortages! This underlines what we all know - that it is the very young and the elderly who are the most vulnerable and young men on motor cycles the most vulnerable of all. It also illustrates the difficulty of getting road improvements in this part of the county when accidents are a prime part of the equation for change, eg. the A65 shows only 1.03 accidents/km compared with 2.68/km on the A1. Our area showed a 16% increase in accidents, from 592 in 1988 to 685, which we have to set against our declared target of a 33% reduction by 2000.

Staff shortages come into minor improvements too. At present there are 67 schemes for investigation in Area 3 including 5 hereabouts - parking in Main St. High Bentham, the one-way system in Ingleton, school crossing lights in Burton, a pedestrian crossing in Ingleton and lining at the New Inn, Clapham - many of these just can't be attended to in the next 6 months. However, we are promised that the drainage in Thornton Lane and at Summerlands in High Bentham will be started in the next months.

CALLING THE POLICE

I'm afraid that the answer to my enquiry about the costs of calling the police from this area was that in the interests of efficiency and a 24 hour service this was a better system. In fact though it costs individual callers substantially more to call Skipton (0756-793377) than their local police station, the costs to the poll tax payer are very much less.



Millers Court

10



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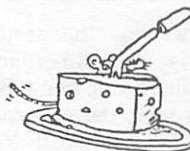
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REGULAR EVENTS

HIGH BENTHAM PLAYGROUP at the Town Hall 9.30am - 11.30am. Monday, Tuesday, Thursday, Friday. Telephone 62077 (Mrs D. Taylor) for further details

LOW BENTHAM PLAYGROUP at the Victoria Institute 9.30am-11.30am on Tuesday & Thursday. All children from babies to school age welcome.

EWECROSS HISTORICAL SOCIETY in the Town Hall last Monday each month.

TUESDAY CLUB in the Lower Town Hall First Tuesday each month 1.30-4pm.

TUESDAY CLUB in the Lower Town Hall 2nd Monday in the month 7-10pm.

MOTHERS UNION 2nd Tuesday in the Month in the Lower Town Hall 1.30pm

INDOOR BOWLS Every Monday 1.30pm.

KARATE Tuesdays and Thursdays 6-9pm in the Lower Town Hall.

KARATE

14 WEIGHT WATCHERS every Wednesday 6-9pm in the Lower Town Hall.

ANGUS FIRE ARMOUR OAP's 3rd Tuesday each month 1-4pm in the Lower Town Hall.

SCOUTS - Wednesdays 5.30-7pm in the Scout Hut in Duke Street.

BURTON IN LONSDALE W.I. - 1st Thursday in the month.

Send details of your regular activity to be included in this column.

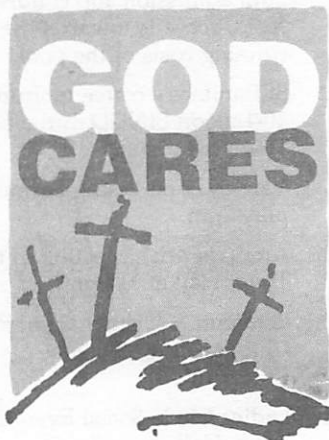
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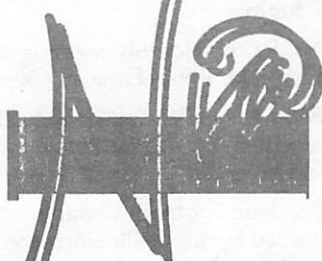
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SATURDAY 23RD MARCH
7.30 PM



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LOCAL EVENTS IN MARCH

Sat 1st	Night of Irish music at the Horse and Farrier with Lancaster's 'Bush Band'.	Sat 9th	BENTHAM NEWS COFFEE MORNING at 10-12noon.
Sat 2nd	Bentham Footpath Group, as an advance contribution to ENVIRONMENT WEEK , collects litter along Dumb Tom's Lane. Meet at 2pm at the lay-by near the Ingleton Road. Ladies Circle coffee morning in the Lower Town Hall 10-12noon. BINGO in the Lower Town Hall at 7pm.	Sun 10th	10.30am Mothering Sunday Service at St John's led by the Women's Fellowship.
Sun 3rd	Bentham Footpath Group's guided walk, part of the Upper Wenning Circular, from Bentham to West Borranhead via Mewith Head (8 miles) leader Verena Smith(Tel 61100). Meet at Bentham Bridge at 11am. "A Taste of Europe" evening at Settle High School. Food & Music tickets £2.50.	Wed 13th	Entertainment at the COACH HOUSE by David Foley.
Mon 4th	"Springboard" are holding a clothes show given by STUDIO DEE, proceeds to:- St Francis Hospital Zambia. (See page 21 Feb BN). St John's Women's Fellowship at "Tenby" at 2pm. TOWN COUNCIL Meeting at 7.30pm.	Thurs 14th	OPERATION RALEIGH AUCTION for Robert Cowling at Settle High School. 7pm viewing from 6.30pm.
Tues 5th	N.S.P.C.C. Monthly meeting at Lingfield, Robin Lane at 7.30pm.	Fri 15th	WASTE PAPER COLLECTION at the Legion Hall 8.30am - 11am. Proceeds to N.S.P.C.C. The Countryside Society in Hornby Institute subject "Butterflies" by Mr J.D. Mounsey. Blues from 'Built for Comfort' at the Horse and Farrier. TRADERS MEETING
Wed 6th	Bentham & District Camera Club meeting "Federation Battle" at Garstang Art Centre.	Sat 16th	High Bentham C.P. School P.T.A. Easter Fair & Coffee Morning in the school at 10am. Ingleton Swimming Pool's Mammoth Annual Jumble Sale in the Community Centre. at 2pm admission 10p children free. Proceeds towards the running costs of the pool. St Boniface's coffee morning 10-12noon BINGO in the Lower Town Hall 7pm. Vale of Lune Young Farmers' play 7pm.
Thurs 7th	Bentham Footpath Group's guided Spring walk along the banks of the Wenning (4 miles) leader Sheila Hodgson (Tel 61045). Meet at Lairgill car park at 1pm.	Mon 18th	Annual Parish Meeting in the Town Hall at 7.30pm.
Fri 8th	'The Section' at the Horse and Farrier.	Tues 19th	Bentham & District Camera Club meeting "Theme Competition"
		Wed 20th	Ladies Circle Social Event in the Town Hall.
		Thurs 21st	BLACK BULL entertainment:- Paul Sondell-vocalist. Low Bentham Womens Institute

subject "Goats Cheese" by Mr Hill. Competition "A Cheese Dish." 'Mr Music' himself Colin Ainsworth at the Horse and Farrier.

Sat 23rd Bentham Footpath Group's guided afternoon walk from Bentham to Wennington, via Robert Hall and Blands (8miles) leader Charlie & Julie Procter (Tel 61654). Meet at LOW Bentham car park at 1.30pm. Old Tyme Dance with "Singalong" at Settle High School. Tickets £3.00. Ring Bentham 61764 or school. Liberal Party coffee morning 10-12noon Methodist Youth Club Social Event(evening).

Sun 24th 10.30am Holy Communion & distribution of Palms at St John's.

Mon 25th Ewecross Historical Society-Agriculture in Ingleton 1660-1680 by Miss B. Capstick

Tues 26th HOLY WEEK SERVICE at Bentham Methodist Church 7.30pm. speaker Mrs J. Mansergh. Wed 27th High Bentham C.P. School - Indoor Ice Skating. 11am - 4pm. Everyone welcome.

Thurs 28th MAUNDY THURSDAY 7.30pm Holy Communion at St John's. EASTER MEDITATION and Holy Communion at Bentham Methodist Church 7.30pm.

Fri 29th GOOD FRIDAY 10.30am Devotional Service at St John's. GOOD FRIDAY SERVICE at Bentham Methodist Church 10.30am. speaker Mr. Brian Fawcett.

Sat 30th BLACK BULL live entertainment. Tourist Information Centre Coffee Morning in the Town Hall 9.45-11.30am. Stalls and raffle.

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Sun 31st

EASTER DAY at St John's. 8am Holy Communion, 10.30am Gift Day morning prayer and short Holy Communion.

LOCAL EVENTS IN APRIL

Mon 1st

Easter Monday at the BLACK BULL:- J.D.James- vocalist.

Bentham Footpath group's guided Bank Holiday Walk from Giggleswick to Rathmell Common for notable viewpoint of Whelpstone Crag (9 miles) leader Len Moody (Tel 61128). Meet at Lairgill car park 10am (If offering or requiring lifts), or Giggleswick Station 10.30am. (NOTE: reasonable train connections to Giggleswick from either Lancaster or Leeds and intermediate stations seem feasible: consult appropriate timetables)

Thurs 4th

BLACK BULL- Gail Force- female vocalist.

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Mrs Audrey Lister of Hillside Road, Benthams has sent the prayer below hoping it may bring comfort to some people in these troubled times.

*"Dear Lord, send down the healing rain,
so barren land can yield again.
Send water from those cruel blue skies
and wash those flies from sad brown eyes.
Let cracked brown earth turn soft and green
make food to grow where none is seen.
Let those poor children laugh and play
instead of starve and waste away.
We ask, who don't know hunger pain,
Dear Lord, send them your healing rain."*



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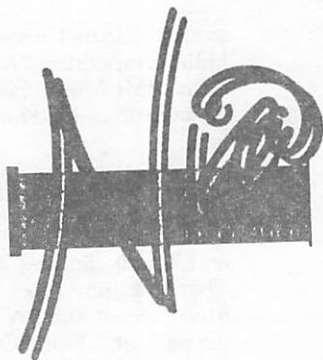
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NIA

On Saturday 23rd March there will be a concert in the Town Hall of an exciting, energetic, sincere professional by the name of NIA.

Since her debut, in 1987 on the Christian Music scene, NIA has toured three European Countries and extensively throughout the UK.

The beauty of NIA's musical style is her concern for quality of lyric and melodic music. Her energetic rock songs relate to the young and complement her haunting ballads which broadens the span of her audience to all ages.

NIA's desire to communicate the truth of her Christian faith to everyone in her audience. Come and listen to a 'Welsh lass' who can sing! 7.30pm in the Town Hall, tickets available at the door.

The Countryside Society

The Countryside Society held its AGM recently. After the business meeting was concluded Mr W. Elliott showed slides of Cornwall, Devon and some of the Yorkshire Dales with local views.

Mr Keith Woods showed "Flowers of Ben Lawers", there were also slides of mountain landscapes around Loch Tay showing the variations the soil. Slides of mountain flora were also shown, some exclusive to the area, Yellow Mountain Saxifrage, and Starry Saxifrage, Snow Gentians, Alpine Forget-Me-Not and Grass of Parnassus.

YOUR LETTERS



Dear Editor,

Please may I draw the people of Bentham's attention to the new Taxi-Mini bus service which is now in operation, despite the efforts of a certain person or persons to disrupt or kill this new venture, i.e. by removing our advertising posters from pubs and shops.

We will continue to offer 24 hours' service, seven days a week.

Yours sincerely,
Barbara and Ray Guy
B-R Taxi-Mini Bus Hire,
1 Mayfield Rd., High Bentham.

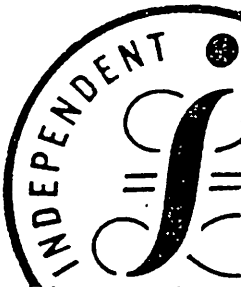
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Dear Bentham News,

I recently had a wonderful visit to your town, and I would like to tell you how Bentham appeared to me, a stranger from Hamburg, Germany.

Well... as far as external appearance is concerned, I am used to different things in Hamburg, and I really believe that I am spoilt. In my house, for example, everything is white and light, sparkling and twinkling, and when the sun shines through the windows of my dining room, I can hardly keep my eyes open because the light dazzles them. After a few days in Bentham, I understood why I chose this kind of decoration in my house. Human beings need light. But here in Hamburg one needs to express light and individuality in a different way than in a northern English town. Here you have to do it externally, because it is rarely possible to express it through communication. In Bentham, the streets, the buildings, the surroundings look much darker than here, closer to nature, quiet and almost plain. The brilliance is in the people: I could not tell you who I liked most, but what I admired was the light, the energy and the individuality of all the characters I became acquainted with during my short visit. And what really affected me was the warmheartedness that I experienced wherever I went. The way the lovely woman in the greengrocers served me could really cause me to become a vegetarian! I have never been anywhere else in the world (and I have done a lot of travelling) where I felt so welcomed. I have never seen such cohesion in a small community, and what impressed me most was the way that people in Bentham are aware of how special their town is. It really is a magic place, and when I found myself in a quiet hour walking along your river thinking about my life, I realised that I would have to re-define the word 'richness', and to think again about the things in life that are really important.

I would like to send my thanks to everyone I met for welcoming this stranger.

Sarah Ewigleben-Prasad.



SHOPS AND SMALL BUSINESS COLUMN

by Keith Cowling

Over the last month, Bentham's traders have been vocal in their opposition to the new Sunday market at the Auction Mart and to the recently introduced weekly minibus service to ASDA in Morecambe. In the current recessionary climate retailers are experiencing reduced trading levels everywhere. What appeared to be a few lean months before Christmas is now turning into a very thin time indeed. Small shop keepers are therefore understandably anxious about any erosion of their customer base. Stallholders in the Wednesday market unanimously signed a petition to the Town Council complaining about unfair competition from the Sunday market and the Council wrote to the Auction Mart to voice the widespread concern.

We might perhaps wish for new businesses to take more care about encroaching on established traders (who are generally pretty careful not to compete too blatantly with each other), and for a little more consultation to take place. But competition is the name of the game these days, and however bad their position, local traders will not win any friends just by complaining about it. It does seem, however, as if the external pressures may help to put some life back into the moribund Bentham Traders Association, which will be good news for all of us if it produces some creative ideas and

long term investment in the health of our local shopping centre. An exploratory meeting is planned for next month (see diary).

Paradoxically, both of the current 'problems' for shops could possibly provide new business opportunities if the will existed to take them. There is no reason, for example, why the minibus service could not bring shoppers from Morecambe (or anywhere else) to sample the delights of Bentham shops, or even perhaps provide a delivery service for surrounding villages and outlying farms. And as long as the Sunday market remains essentially a car boot sale, other shops could benefit from an influx of Sunday visitors.

On the other hand our local shops should get our support because the town will be a poorer place for all of us if they were not there. The recent snow and disrupted communications were a stark reminder of this!

Yes folks it's 'Use it or Loose it time!'

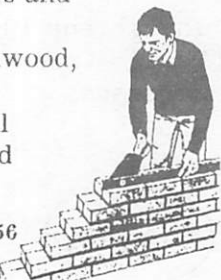
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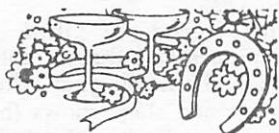
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BENTHAM PEOPLE



WEDDING

Congratulations to Alan and Micheala on their Valentines Day wedding. From all at the Horse and Farrier.

PERSONAL THANKS

A special thank you to Mrs W. Fleming, Mr & Mrs Jones, relations, neighbours and friends for their kindness during my stay in hospital. Alf Feidel, 1, Cheapside, Low Bentham.

CHILDREN IN NEED - many thanks to Stan and Viv, Brun's and Wildmans for raffle prizes, Mags, Chelle and Chris Guy for their collection. A total of £302.50 was raised. Many thanks from Mags and Chelle at the Farrier.

"MRS MOP SERVICES" - This service is now under new management. Your new proprietress is Mrs Marion Robertson. I would like to thank all my customers and staff, who over the past two years have used the service. Many have proved to be good and loyal friends. I trust that in the future Marion will continue to run a useful service to the community and I wish her every success. Yours in gratitude Mrs Gillian Ratcliffe.

A 10 week basic course in **ORGANIC GARDENING** starting on Tuesday 9th April in the Wenningdale Room at 7.15pm. For further details ring Bentham 62578 evenings.



SMALL ADS

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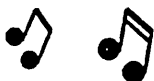
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JOHNNY ONE-NOTE'S RECORD REVIEWS



Here are this month's reviews to help you get over the Brit awards!

CHRIS ISAAK/WICKED GAME (LP/CD/ CASS)

CHRIS ISAAK is the last person you would expect to see in the Top 40 - not a dance beat in sight! ISAAK comes somewhere between Elvis and Roy Orbison. His music consists of laid-back, country-tinged ballads. Some may say that David Lynch is responsible for putting ISAAK in the charts, but personally I think he fills a gap in the charts that has needed filling for some time. (8/10)

HAPPY MONDAYS/THRILLS'N'PILLS AND BELLYACHES (LP/CD/CASS)

I reviewed this album just before Christmas after just a few listens, but don't feel I gave it the full attention it deserves. This is definitely the best album to come out of the dance/indi scene. It sets new sights for other bands, and gives new hope to the people who feel music has gone as far as it can go, and can now only repeat itself. This is an album not to be missed. (10/10)

AND FROM DR. MELLO.....

THE DREAM WARRIORS/AND NOW THE LEGACY BEGINS

THE DREAM WARRIORS are Capital Q and King Lou, and following after groups like The Jungle Brothers, De La Soul and A Tribe Called Quest, look set to be the next big thing in rap. What is unusual about the duo is not just the fact that they are based in Canada rather than in America, but their incredible mixing of jazz with hip-hop. Their first 2 singles, "Wash Your Face In My Sink" and "My Definition Of A Boombastic Jazz Style" are like nothing which has been done before. "Voyage Through The Multiverse" and "Twelve-Sided Dice" are unearthly travels through space and the human mind, whereas "Follow Me Not" and the new single "Ludi" are enjoyably lightweight.



18 This debut album has everything for rap fans, from the heavy drumbeat of "Missing Channel" to the P-funk of "And Now The Legacy Begins". It samples everything from Tom-Tom Club to Count Basie, and is certainly one of the best and most unusual rap albums so far. (9/10)

BLAST FROM THE PAST.....

THE JIMI HENDRIX EXPERIENCE - AXIS/BOLD AS LOVE

The legend of JIMI HENDRIX still continues to influence both young and old alike. His flamboyant taste in clothes, wild image and stage shows (he used to set fire to his guitar!) gained him wide-spread popularity during his lifetime. However, his sudden death in 1970 has led to increased interest in his short career and speculation into what he might have done had he lived longer. HENDRIX is well-known for his intense guitar solos, some of which would last for hours in 'jamming' sessions, however what is often forgotten is his outstanding song-writing ability.

AXIS/BOLD AS LOVE was the Experience's second album, and includes some of their finest songs.

'Little Wing', and 'Spanish Castle Magic', and 'Castles Made Of Sand' are obvious high points on the album, but other songs, although not as outstanding, are just as effective. 'If Six Were Nine' is cutting in its attack on prejudices and 'Little Miss Lover' shows him in his true rocking style. My personal favourite is 'One Rainy Wish' in which he does the impossible in capturing the delicate sound of falling rain on an electric guitar. (9/10)

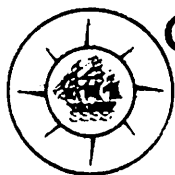
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NIGHT'S OUT - SHOPPING



Operation Raleigh

19

OPERATION RALEIGH - AUCTION

by ROBERT COWLING

As I reported in December's BN, I will be going to Guyana, in South America, this Autumn, with **OPERATION RALEIGH**, an organisation which enables young people from different countries to work together on conservation and research projects and community tasks.

However, my place on the Expedition is on the condition that I raise £2,600 towards Operation Raleigh's funds, as their projects are very expensive to set up. To raise some of this money I plan to hold an AUCTION, and would be very grateful for any items you could donate, such as:

cookers, washers, fridges, record-players, tape recorders, pictures, ornaments furniture, lawn-mowers, sports cars, motor boats (only joking!) However, anything that you have which is in good condition, and which is lying around with no immediate use, would be very welcome.

Items will be auctioned off in a "Games Show" style event at which you will not only be able to buy back items you have donated, but you can also win a prize in an exciting show-case final!

The auction will be in **SETTLE HIGH SCHOOL HALL** on **THURSDAY 14 MARCH** at 7 o'clock. Items can be viewed from 6.30pm.

Any unsold items, or those too small to auction, will be sold at **Bentham Town Hall** on another occasion, so **NOTHING WILL BE WASTED**.

If you have any items to donate, please contact me at **SANDWOOD, LOW BENTHAM ROAD** (opposite the Police House) or phone 61764.

MANY THANKS!



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OTHER BUSINESS

- Councillor Cowling felt it was time Benthams had a tree warden: someone who's prime responsibility would be to encourage tree planting, maintenance and protection. Anyone interested? And what about a dog warden?

- Councillor Marshall reported that the Badminton Club were not happy at being asked to change their fixtures at very short notice, to accommodate the Panto booking. Perhaps the Panto Group could: a) give more notice of their dates, or b) incorporate a badminton match scene into the production.

- Councillor Preston reported that there had been many objections from local market traders to the recent 'Sunday market' held at the Auction Mart. Is it a car boot sale or a market? Is it legal? Does Benthams have a Market Charter? The Council agreed to write to the Auction Mart expressing concern before approaching the Local Authority.

- An "In Committee" (ie. closed to the public) meeting will be held to discuss the Council constitution, Town Hall charges, market rates and wages.

- Councillor Marshall suggested a Benthams bid for ... no, not the next Olympics ... the Antiques Roadshow. The Town Clerk will recommend us to the BBC.

Forthcoming meeting dates:

Town Council - 4th March

Parish Meeting - 18th March

Town Council - 7th April

Kate Steele



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REMEDIAL MASSAGE

Massage is mentioned as a form of treatment in the earliest medical records and its use continues down through history. Hippocrates (460-380 B.C.) described how massage assisted in the healing of a dislocated shoulder.

The training in Remedial Massage includes an in-depth study of anatomy, physiology, osteology (bones) and myology (muscles). Consideration is also given to the "whole person" in assessing appropriate treatment, i.e. body type, personality, type of work, diet, exercise, etc. because our emotions can effect our physical condition, eg. a tight neck and shoulder muscles can result from working under a lot of pressure or when we are worried.

Massage treatment may be helpful in a vast variety of situations and is suitable for all age groups. A qualified therapist is well aware of the conditions in which massage should NOT be used, although it is always best to consult your doctor first, prior to treatment.

"Fifteen years ago, three months after having a baby, I started having severe back pain. Since then, I have tried many treatments, conventional and alternative. Therapeutic massage has proved the most helpful."
Stella Longland - the Soft Furnishing Workshop.

Although treatment is commonly sought for pulled muscles and sprained joints, it has proved beneficial in pain relief for terminally ill patients, migraine sufferers, restored the use of limbs in stroke victims, reduced blood pressure and relieved fatigue. Some mothers have found it soothing for young babies, given restless children a good night's sleep, and in this day and age of such full and busy lifestyles, many adults have found it a great relief from stress too! It is strongly recommended by the Arthritic Association.

Adhesions from injuries or surgical operations can be eased away by massage treatment. In the case of "pulled" muscles, more often than not, a problem has been building up for months, if not years. "Normal" muscle fibres have a regular pattern, but when there is an injury, the body is

21

automatically in such a hurry to heal itself, that the muscle fibres repair in an irregular pattern and are sticky. This attracts other deposits and an "adhesion" is formed. If not treated, adhesions continue to build up and eventually can cause pain and restriction in movement.

It is surprising the number of people who don't know what it is to completely relax; important to the well-being of the body. One of the main benefits from massage is that it induces relaxation, and therefore has a preventive role as well as one of healing. When muscles are tense, the blood flow is restricted, therefore toxins from metabolic waste

"I tried massage when I was feeling very despondent about my rheumatism and the after-effects of a slipped disc. After the first treatment, I left feeling positive about finding relief - without the aid of anti-inflammatory tablets, pain killers etc. Massage treatment has proved to be beneficial on an on-going basis."

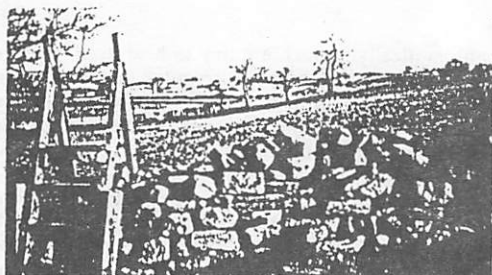
cannot be cleared away properly and our bodies can become "sluggish" and less resilient to illness. Massage affects all the systems of the body - the nervous system, respiratory, digestive and circulation systems. By relaxing the soft tissues, the blood can more readily do its natural job of bringing oxygen and nutrients to the tissue cells and carrying away the waste products. When muscles are toned in this manner they are less likely to suffer physical injury, and if the body is clear of toxins the immune system is more ready to fight off illness and disease.

New patients are asked to give relevant medical details and during the treatment patients are covered with warm towels and blankets. Each treatment lasts approximately half an hour. Patients do sometimes experience a degree of discomfort after the first treatment, but this soon subsides.

Depending on the type and severity of the problem, it is important to have a course of treatments rather than just one or two: just because the pain has subsided doesn't mean that the healing process is complete! It is then advisable to continue treatment on a regular basis, whether it be once a month, two months or six months.

Marilyn Gomm

Marilyn Gomm currently practices in Remedial Massage in Low Bentham. She did part of her training on a full-time course in British Columbia, Canada, and completed it at the Northern Institute of Massage, Blackpool. She is an Associate Member of the London and Counties Society for Physiologists, a Registered Charity for the promotion of research, education and training into the science and art of Remedial Massage.



FOOTPATH MATTERS.

by Len Moody

Despite variable weather, there have been few disappointments over our winter walks, and indeed much pleasure, and, can one say, 'revelation'? - for those who have turned out. On the morning after the December Blizzard, we enjoyed some amazing wind and snow sculptures along the flanks of Ingleborough, overlooking Chapel le Dale; the post Christmas walk to Clapham was comfortably completed, though we appreciated the hospitality of a Wenningside Barn, and the Flying Horseshoe, before facing the biting winds for the return journey to Bentham; for once we made an unfortunate decision in cancelling the January Lowgill walk, as the wet morning was followed by a beautiful sunny afternoon. Apologies to anyone who was really disappointed. A notable successful outing in January was from Ribbleshead over Bleamoor tunnel and back along the Dales Way - no word of complaint was heard although poor visibility blotted out all the views. Special commendation to Pauline Hill and her assistants, who were leading the walk for the first time and had reconnoitred the route with great care. In contrast the Burnett's walk over Farleton Knott in February was visually everything which might have been hoped for amidst extensive snow-clad landscapes in all directions, and curiously shaped limestone pavements which just call for a return visit.



The programme of walks for May- October is already in preparation, and suggestions or offers to lead walks should be made to Carol Crellin (Tel 61881) as soon as possible. Most of our walks take place between Bentham and neighbouring districts, but we plan a few which take us further afield, especially if members have discovered something new which they wish to share with the rest of us.

ENVIRONMENT WEEK

Please remember, we shall be collecting litter along Dumb Tom's Lane, and other nearby roads, if there are enough volunteers, on Saturday afternoon, 2nd March, meeting in the lay-by near the Ingleton Road.



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RECIPES

By Doreen Park.



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STUFFED LETTUCE

Ingredients

2 firm hearty lettuce
1/2 lb finely chopped cheese
small carton cottage or cream cheese
2 tblsp mayonnaise or cream
1 small grated onion
2 tomatoes chopped fresh herbs as available

Method

Remove outer leaves from lettuces until the firm compact heart is reached. Wash the outer leaves, slice off the top of the lettuce heart and scoop out the centre. Blend together cheeses mayonnaise or cream, grate the onion and chopped centre of the lettuce. Pack lettuce cavities with this, chill for 1-2 hours, then using a sharp knife, cut the lettuce into slices and serve on a plate which can be lined with the outer leaves of the lettuce. Decorate with tomatoes sliced and sprinkle with chopped fresh herbs as available. Serve with honey and mint dressing.

23

HONEY & MINT DRESSING

Thoroughly combine together the following:-

1 tblsp fresh chopped mint optional
1 tsp concentrated mint
1 tblsp clear honey
1 tblsp cider vinegar
1 tblsp olive oil
pinch of salt black pepper.

GNOCHI

Ingredients

1 pint milk
1 bayleaf
4 oz semolina
4 oz grated cheese
1/2 tsp any mustard
grated nutmeg
salt & pepper
1.2 oz butter

Method

Heat the milk and add bayleaf when boiling. Sprinkle on the semolina stirring until thick, cook gently for 3-4 minutes and then remove from the heat. Add 2 ozs of the grated cheese then the mustard, nutmeg & seasonings. Turn mixture on to a large flat wetted plate and spread to a depth of 1.2". Leave until quite cold and then cut into rounds using a 1 1/2" wetted cutter. Place rounds in rows overlapping (like roof tiles) in a shallow dish. Sprinkle with the rest of the grated cheese and dot with the butter. Place under a moderately hot grill for 15-20 minutes until crisp and golden. Serve with tomato sauce and green vegetables.

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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. Springboard 7-10 years Monday 6.15pm. Breakout 11-13 years Wednesday 7.00pm. Jam Club 14 plus Friday 7.30pm.

Methodist Church, Low Bentham.

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

Religious Society of Friends, Quakers.

Meeting for Worship, Sunday 10.30am.

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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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.

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