

BENTHAM NEWS



BRIGHTER BENTHAM THIS CHRISTMAS

Bentham has a little extra sparkle this December as more Christmas trees and new fairy lights adorn the Main Street. Bentham Traders are behind the more festive look to the town. They have organised and financed the lights together with grants from Bentham Town Council and Craven District Council. It is hoped to add to the decorations further next year both in High and Low Bentham.



LATE NIGHT SHOPPING

There will be an evening for late night shopping on FRIDAY 13TH DECEMBER. It is hoped to make the evening into a festive

DECEMBER 1991

occasion. The shops will be open until 8pm giving an opportunity to shop for Christmas here in Bentham. Some of the special events planned include an open evening at the Village Bakery. They will be demonstrating some of the techniques of cake making and icing. In Main Street there will be Christmas music and a bran-tub for children. Bentham News will be having a stall to sell T-shirts, T-towels, pens, pencils, tax discs etc Bentham Round Table will be round and about in the Town. Baked potatoes, hot mince pies and crumpets will be on sale at the White Rose Cafe to refresh you while you shop.

VIP FROM THE ARCTIC!



Last but not least we hope that a guest of honour will arrive during the evening, so children watch out and make him welcome - he will be coming all the way from the North Pole!!

MERRY CHRISTMAS EVERYONE.



ISSUE 62

NEW ADULT AFTERNOON CLASS Craven College

Join a friendly informal group, studying the English Seaside, on Thursday afternoons, 1.30 - 3.30 at the Bentham Youth Centre, starting on January 16th for 10 weeks. Discover how the coast has been formed and how man has used it. Holiday resorts, particularly in Morecambe Bay, will be studied as will conservation by Enterprise Neptune and Heritage Coasts. For further details please call Joy Morgan 61406.



COUNTRYSIDE SOCIETY

Mr Gosling gave a most stimulating introduction to lichens. His excellent slides demonstrated the beauty of colour and form displayed by the wide range of lichens found in Britain. Because of air pollution, even here, we have nothing to match the lichens found in N.W. Scotland and Devon or Cornwall, where air purity is combined with high humidity.



BENTHAM & DISTRICT CAMERA CLUB

Bentham & District Camera Club held its first meeting of October in the Institute, Low Bentham when two Ingleton members Mr. Malcolm Culshaw and Mr. Chris Barnes gave a very interesting and entertaining demonstration on the development of slide film. They went through each process from taking the film out of the camera to the end product dried, cut mounted and screened. Members had the opportunity to ask questions at the end of the demonstration and it was very pleasing to see the final results.

Trains, boats and planes were just some of

the subjects at the second meeting, when the evening's theme was "A Story in Pictures". Slides and prints were shown by the members and the evening proved to be very entertaining. Other subjects included travelogues of Switzerland and Australia, Ingleton and the River Skiffare, and a subject named "Peter" which was a combination of local interest.

IMPORTANT NOTICE

December's WASTE PAPER COLLECTION will be held on Friday 13th December instead of the usual third Friday.

Bentham W.S.S. & N.S.P.C.C.

Our annual CRACKER SALE & COFFEE MORNING will be held on Saturday 7th December. There will be Christmas Crackers and gifts also cakes, plants and books to buy, together with competitions, tombola and a raffle. Father Christmas will be in his "Grotto" so come along and have some fun.

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TOWN COUNCIL

A full turn out for this meeting, with Councillors Bateson, Bloxham, Cowling, Dawber, Davies, Hewitt, Hurtle, Joel, Marshall, Preston and Telford, all present. District Councillor Pilkington and 12 members of the public watched the game.

CHRISTMAS PLANS GET THE GREEN LIGHT

Former Councillor Florence Richardson will make a guest appearance again in Bentham - judging the competition for the best Christmas display. The Traders' Association asked for a grant to help towards the costs of the street displays they are organising - £900 for the lights and the installation. The Traders have raised £440. Now then, calculators out! Do I hear £460? Someone remembered that £500 had previously been earmarked. There were no more bids from the floor and despite the Chancellor of the Exchequer clutching tightly at his purse strings, the hammer went down on the £500 after all.

NEW OLD TOLL BAR SIGN

The Council are to apply to Craven for a grant to restore the old Toll Bar sign showing tariffs for vehicles. Then when the Department of Transport adopt the continental method of road pricing, we'll only have to install a couple of pay booths.

IT'S A DOG'S LIFE

Craven have asked the Council to recommend the bye-laws it would like to have in force locally to curd dog nuisance. There were several options, ranging from the 'poop-scoop' (for pavements, grass verges, gutters) to the all-out dog ban (for playgrounds, sports fields and "enclosed sensitive areas"). Some Councillors were pessimistic about the effectiveness of any bye-laws. A small sub-committee will 'look into the matter'.

RIVER BANK EROSION

At a meeting of what seemed like hundreds

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of concerned organisations, it was agreed that if 'Bentham' can come up with the stone, the River Authority will carry out the job of restoring parts of the river bank. Sounds like a good deal to me - and besides, N.W. Water could do with a bit of good publicity round here.

HOW MUCH IS THAT MOWER IN THE WINDOW?

Whenever money has to be spent, two things happen. Councillor Davies sits back in his chair and gets his mouth into that famous 'NO' position. And the other is that a conscious effort is made to spend the money in Bentham. But do you still buy in Bentham if the mower you need is going to cost £100 more (of Bentham tax payer's money) than it costs in Carlisle? Councillors grappled with this moral dilemma for some time. Whoever draws the short straw will be dispatched to the local firm to see if some accommodation can be made. I think they've got him over a barrel - don't you?

- Bentham Cemetery's real name is "Butts Lane Cemetery" - it's official. - The residents of Yew Tree Close (the new houses behind Highfield Terrace in Low Bentham) want lighting. Craven say it's not their responsibility - it's the developers. So let's hope they manage to light up Yew Tree for Christmas too.

The next Town Council meeting is on Monday 2nd December.

Kate Steele

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AGE CONCERN

With winter fast approaching, our thoughts must inevitably centre around the Christmas period. We at Age Concern are no exceptions and our December programme for the Day Centre includes a number of seasonal events.

CHRISTMAS FAYRE

On Friday 6th December we are holding, in the Lower Town Hall, a Christmas Fayre, which will include a cake stall, a craft stall, a raffle as well as many other items of interest. The Craft stall will contain goods made by our Day Centre members. The Fayre will open at 1.30pm and there will be an admission charge of 50p which will include refreshments; proceeds will go towards the running costs of the Day Centre. Please bring your friends along.

CHRISTMAS DINNER

On Friday 13th December, members of the Day Centre will sit down to a Christmas Dinner followed by some musical entertainment.

CHRISTMAS TEA PARTY!!

On the following Friday, 20th December, members will hold their Christmas Tea Party which will include entertainment by the Surridges (musical duo) and the Methodist Youth Choir 'Jam'.

Age Concern North Craven hold two swimming training sessions for the elderly at Settle Swimming Pool each week, which are proving very popular and are very well attended. The sessions are on Mondays and Wednesdays 9.30am - 10.45am. They are however desperately short of helpers at these sessions, so if you feel you can be of assistance, please phone Benita Moore on 0729 840507.



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Walter, Linda and Staff would like to wish everyone a
HAPPY CHRISTMAS
and a **PEACEFUL NEW YEAR**

Main Street
Bentham
61259

Main Street
Ingleton
41224



One of the members gave an interesting account of her life in Egypt and Northern India as a governess and companion. Mrs Duckworth also told of her pleasure in the Silver Jubilee celebrations for King George V and Queen Mary which were held soon after her return to this country. Mrs Newhouse extended the vote of thanks.

LIBERAL DEMOCRAT COFFEE MORNING

The Bentham & District Branch held a very successful coffee morning at the Town Hall on Saturday 19th October. It was well attended by members and supporters and visitors to the town. Bentham Councillors Ralph Atkinson and John Pilkington were there, and from further afield Councillors John Clapham from Ingleton and Claire Brooks from Skipton. Over £240 was raised from the raffle and the cake, plant, book and bric a brac stalls and a "guess the weight of the cake" contest was won by Olive Shaw.

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THE HALF WAY MARK

Robert is now half way through his Guyanan expedition and has had many adventures. Mosquitoes have been a vexation, as he'd expected, but one bite proved exceptional! The bite was not healing and someone remarked that it appeared to be moving! Open arm surgery by the group's medic revealed a fly larva growing in Robert's arm. He describes it as "long with funny things on its head"! The two entomologists from the Natural History Museum were very excited by the find and promptly claimed it for the Museum!

KAITEW FALLS

The high-light so far has been to reach the bottom of the Kaitew Falls, around which the jungle is so dense that no trail has been cut through it. Robert led a small group down there after their group leader had been slightly injured. Most of the local population of Amerindians don't remember white people reaching the base before. The last days around Kaitew were spent in a Guyanan Government house at the top of the falls, a welcome luxury after sleeping in the jungle. They have now trekked further south to Lethem on the Brazilian border where they are helping to repair the St. Augustine Missionary School. They will also be doing some medical work and will be looking for the Harpy Eagle.

SUNDAY LUNCHTIME PHONE CALL FROM BRAZIL

On Sunday November 10th they were able to take a small plane and fly into Brazil and Robert was able to phone home, much to the delight of his family.

Their last project will be to Karenambo to search for a "lost canal" and to put it on the map!

HOME FOR CHRISTMAS!

The final week will be spent in Georgetown before flying home on December 14th in time for Christmas.



TREE WARDEN'S REPORT



TREE PLANTING SEASON

November and early December is the best time to plant broad-leaved trees, but they can be planted up to early March.

You may have noticed posters and leaflets around Bentham publicising the Tree Council's National Tree Week which runs from 28th November to the 8th December. 50 trees for planting should have arrived by now. We are still looking for volunteers of all ages to help us with this.

If you are planning a planting scheme on your own land you may qualify for a grant from the Forestry Commission (for planting and management); the Ministry of Agriculture (for planting on farmland); English Nature (for conservation projects) or a charity or commercially sponsored award. If you don't want to bother with applying for grants, large amounts of small trees can be bought cheaply from a wholesale commercial nursery such as West Lancs at Leyland.

TIPS FOR SUCCESSFUL PLANTING

Small trees do not require staking but will need to be kept free of weeds and like all new trees protected from rabbits and stock. Larger trees can be bought locally at Roeburndale Native Tree Nursery near Wray. If you would like a price list contact me (Jude Pereles) on Bentham 61750. It has recently been shown that short stakes are of more benefit to trees than longer ones. This is because trees need to shake about in the wind to encourage strong trunk growth. The stake is just to anchor the root until it has recovered from being moved. Stakes should be removed and reused after 1 or 2 years and ties should be loosened to prevent damage to the bark of the tree. Planting native trees attracts wildlife and helps preserve the character of the land.

DISPLAY AT THE PRINT SHOP

This display provides information on how

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to plant trees of different sizes, tree species suitable for difficult sites, the wildlife value of native trees, a tree identification chart and (in case you need persuading) a poster and information about why we need to plant trees.

OAK TREE MEETING -

"WENNING OAK" CRISIS:-

I was invited to attend a meeting on 31st October on the future of the Wenning Oak. It was disappointing to be informed, by a professional tree expert, that the tree has terminal root damage, so whether or not the River Board and the land owners come to an agreement about the erosion problem, the tree is not estimated to survive longer than seven years.

If you would like to help plant trees around Bentham, have any suggestions about where they should go, or require any further information please contact the tree-wardens Jude Pereles 61750 and Terry Whitaker 62269.

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THE SNOW IS COMING



DISTRICT AFFAIRS



Ralph Atkinson, one of our two Liberal Democrat District Councillors reviews the month's issues at Craven District Council.

POLL TAX

Well!, budget time is round again and for the next few months we will be busy working out how to give you the services you expect, for the minimum amount of Poll Tax.

The Government has published its preliminary estimates already and these show a 6.3% increase over last year's estimate, ie. about a £10 a head increase on the tax. But (but! but! but! but!) staff have already been promised an increase of more than that and as local government is a labour intensive enterprise and the job of working out the new Council Tax will probably involve more staff - it's unlikely we'll be able to keep it down to that.

RUBBISH AND RECYCLING

Some of the end-users of recycled rubbish in South Craven are hogging the whole of the County discounts for themselves, meaning that the collectors (usually voluntary helpers) don't get anything for their pains. However, we've asked the County to look into this and try and ensure that voluntary organisations get their fair share.

The proposal to make Langcliffe Quarry into a tourist attraction may mean that it is closed (several years ahead of its time!) as a waste disposal tip. If this is so our rubbish from North Craven may have to be transported down to Skibeden Quarry near Skipton - at an extra cost of nearly £3 a head on the Poll Tax, and with the added effect of shortening Skibeden's life. We are exploring alternatives with the County Surveyor but good landfill sites are becoming a rarity. This can only result in increased costs for rubbish disposal - all the more reason we should recycle as much as we can.



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HOUSING AND THE HOMELESS

I note that homeless youngsters are now beginning to appear on the streets of Lancaster. Craven District Council would be interested in leasing some dwellings to house our own homeless. So here's an alternative for those of you who've been trying to sell your homes for some time. Enquiries should go to the Housing Manager.

The number of Right-to-Buy sales of Council Houses continues to fall - only 9 so far this year - the lowest figure since the scheme started some 10 years ago. However, the number on the housing list continues to rise, now well over half our total housing stock.

PLANNING

The new Planning and Compensation Act tightens up the laws on enforcement for unacceptable developments and increases the amount of fine from £200 to £2,000. However, it does not address the basic problem of unauthorised development. It is still possible to put up a building (or whatever) and only apply for planning permission after it has been erected. Provided that it is acceptable planning-wise, the planning authority has to grant permission retrospectively.

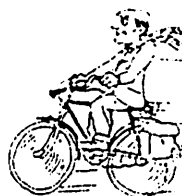
However, it is not now possible to repeat planning applications for two years after an unsuccessful appeal.

REVIEW OF LOCAL GOVERNMENT

The Government's proposed review of local government continues to raise Councillors' hackles. Both the County and Craven District agree that the present two-tier system is the best for this area. Unfortunately, the other district councils don't agree, so the outcome is very much in doubt.

INGLETON AMBULANCE STATION

It's good news that we have another newly trained para-medical at the new Ambulance Station in Ingleton. This was a much needed facility.



TRANSPORT

RAILWAY TIMETABLE

from 30th September 1991 to 10th May 1992

LEEDS TO LANCASTER TIMETABLE

Monday to Saturday

LANC	BEN	SKIP	LEEDS
0715	0744	0827	0921
1050	1119	1205	1249
1525	1554	1536	1725
1846	1915	1957	2041

Sunday

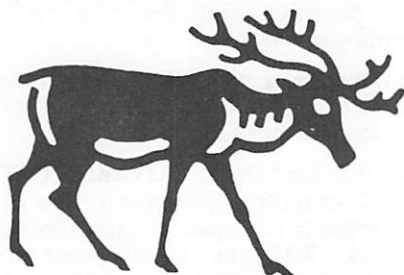
1651	1727	1810	1855
1926	1957	2040	2126

Monday to Saturday

LEEDS	SKIP	BEN	LANC
	0535	0613	0644
0825	0915	0955	1030
1233	1318	1357	1432
1633	1721	1800	1831

SUNDAY

1405	1451	1530	1601
1705	1751	1830	1901



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BUS TIMETABLE

BENTHAM - LANCASTER

MON - SAT

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	1254	1409	1554
	1615	1700	1758	1958		

LANCASTER - BENTHAM

MON - SAT

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

NOTES: SX Saturdays excepted. There are only 3 buses from Bentham to Lancaster on Saturdays. All the buses from Lancaster to Bentham operate on Saturdays except the 1445. No buses operate on Sundays between Bentham and Lancaster.

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FROM COUNTY HALL



By County Councillor Ralph Atkinson

HIGHWAY REINSTATMENTS

We've all been suffering from the current splurge of holes in the road. Better times are in view however. New arrangements put in train by Parliament are due in April. These will mean that the so-called statutory undertakers, Yorkshire Water, British Telecom and so on, will be entirely responsible for putting the roads back in order. At the moment they are only responsible for six months after the dig, with the results that we all know. After April they will be responsible for keeping to a National Standard which is now being agreed. Part of this standard will be that at least one person in each gang will have to have a certificate of competence, gained after proper training. The Highway Authority will only be responsible for inspection and monitoring. BT are already voluntarily working to these standards - as witness the good work along Robin Lane, Bentham and the other authorities will be brought in line after April.

HIGHWAYS: MINOR CAPITAL SCHEMES

A new formula has been accepted for according priority to minor works on the roads. This gives more weight to the accident factor. Along with this all schemes with less than 2.0 points have been dropped from the list. Fortunately, we've only lost the Bentham/Ingleton Road on this reshuffle. At present Lawna Brow on the A687 is 14th on the list for schemes costing less than £200,000; the Punch Bowl at Low Bentham is 16th and Mount Pleasant, Bentham is 17th - each with 2.5 points. The B6480 junction with Tatterthorn Lane is 4th on the list costing less than £15,000 and the corner of Manor Close is 19th on the Footway list and the Ireby Road is 23rd.

9 None of these schemes has had more than one accident in the last three years and compare with Menwith Hill on the A59 with 7 accidents which is top of the list. As a result none is on the present three year programme.

RURAL POLICING

I'm getting seriously concerned at the Chief Constable's proposals on policing our villages which are due to be put in place on 1st January. So far as our area is concerned this will consist of a team of police officers at Ingleton who will each be on an 8 hour shift system. Some of these officers will be resident in the area - some in the existing police houses - and some from outside. This means that only rarely will we know any of the constables on duty, with all the repercussions that may have on reporting, etc. This will be coupled with a new effort at decentralisation based on a new superintendant at Skipton (for the first time a lady - Christine Hobster).

I don't blame the Chief Constable - he's under extreme pressure from two points - a desperate shortage of police officers (the County asked for 280 extra in 1985 and so far has got less than a tenth of those, and a gross increase (35%) increase in the number of crimes, especially by criminals from outside the area.

Our response must be better support for the police - even if we don't know them personally - better reporting and more people willing to become Special Constables. On reporting - I'm trying to get the present phone-in system extended down to Ingleton or Settle. At the moment we have to pay for a call to Skipton (0756-793377) before we get patched in to the system and this costs 4 or 5 times as much as a local call.

LOCAL MANAGEMENT FOR SCHOOLS

As I reported in September all schools in our area - no matter how small - must go over to local management by 1994. There's a little light in the sky though - County are proposing a system of travelling bursars to go round the schools to help with the paper work. How this will work we don't yet know, but any help to our overburdened head teachers can only be welcome.



Small Business Column by Keith Cowling

A little good news this month on the local business and property front. The old Wenning Mill building on Wenning Avenue in High Bentham has been acquired by a company called Africa Link, who export a range of goods, especially machinery and mechanical equipment, to destinations across the African continent. The company is run by Frank Atkinson (son of the Atkinsons of Parkinson Farm) from a small office near Wray, from where contact is maintained with their Dutch Office and African customers. They plan to use the yard associated with their new Bentham

10 premises for dismantling equipment and packing it into freight containers. They also plan to refurbish the building in due course.

Having another company with an international business (besides Angus Fire) trading from Bentham is great news for a local economy so affected by the British recession. It should produce some much needed jobs for Benthamers and a clear incentive for other such dynamic small firms to set up here.

This month's 'Brighten the old place up' award must go to the recently re-formed Traders Association who have successfully combined raising £1000 with a lot of their own hard work to bring Christmas lights and late night shopping to Bentham. Congratulations!



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WEDNESDAY DECEMBER 18th

Grand Medieval Banquet £14.00 inclusive of 1/2 bottle of wine per person

Our Bistro will be open for Bistro meals and Pizzas

on

Christmas Eve and New Years Eve

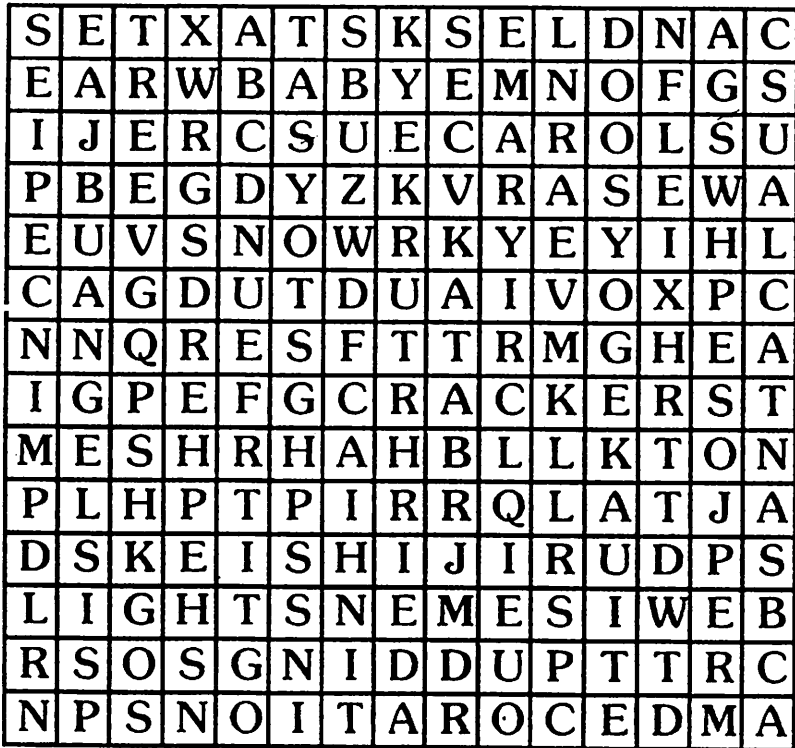
Take away Pizzas available

Bar Snacks also available.



CHRISTMAS WORDSEARCH

Find 20 things associated with Christmas



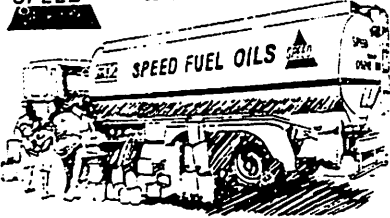
The answers to this puzzle will be printed in the January edition of BN.



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VANDALISM IN OUR TOWN

It seems sad that for each person intent on making Bentham a cleaner, prettier and better place in which to live and fetch up children, by trying to provide all the amenities that any community could wish for, sports facilities, youth club, entertainment for ALL ages, etc., that there is an element intent on ruining the efforts of these people who give their time, on many occasions, voluntarily.

A recent spate of joy riding has been experienced on the sports field. Apparently on mischief night a vehicle was driven on to the field, the fence was removed from round the cricket square and the vehicle was driven round the square leaving large cuts in the pitch, the football pitch suffered the same treatment. The same thing also happened the following Saturday night. The pleasure anyone derives from such acts escapes me.

The recently appointed Tree Wardens have also experienced vandalism. The trees which were due to arrive for National Tree Week arrived early. After consultation with a number of residents at the top of Goodenber Road, most of whom were in favour of the trees, four were planted. A number of volunteers including children planted the trees on Saturday 23rd November. Between the hours of 11pm and 6am on Sunday 24th November the trees had been vandalised.

Is sad the word for it?

POULTRY SHOW RESULTS

At the recent poultry show held in the Town Hall there was fierce competition, from far and wide, for the coveted cups and red rosettes the first prize winners recieved. The overall exhibits were of a very high standard and exhibitors came from as far away as Preston, Otley, Blackpool as well as local entrants.

Trophy winners were as follows:-

C & W Cup for BEST IN SHOW - R. Pye
D. Redhead Cup for Best Soft Feather - R. Pye
F. Godson Cup for Best Hard Feather G.D. Fell.
R & M Robinson for Best Barred/Buff Rock - J. Swarbrick.
T. Ashmore Award for Best Ornamental - J. Swarbrick.
A. J. Swindlehurst for Best Plate of Eggs - T. Hill.
R.S. Bannister for Best Modern - R. S. Bannister.
J. Townson Cup for Best Leghorn - J. P. Walmsley.
R. Ramwell Shield for Best Wyandotte - M & J Fawcett.
J.A. Will Plaque for Best Juveniles - D & P Shaw.
B & F Staveley for Best Ancona - T. Heginbottom.



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Stationery

Humbrol paints

Watch batteries &

straps fitted



**BENTHAM AGRICULTURAL
SOCIETY
ANNUAL GENERAL MEETING
7.30pm**

**Tuesday 3rd December
1991
In the Low Bentham Institute
Everybody Welcome**



The White Rose

Licensed Restaurant

Main Street Bentham 61696

*** Good Food ***

*** Warm Welcome ***

*** Homemade Cakes And
Puddings Our Speciality *
* Outside Catering ***

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**A
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P
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R
T
S**

**LONG & SHORT JOURNEYS
BOOK EARLY FOR CHRISTMAS
NO NUMBER TOO SMALL**

05242 62391

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FOR SALE

Boys Raleigh "Mini Mustang" mountain style bike, 16" wheels, suit approx. age 4-7, volcanic orange paintwork, with stand, approx. 18 months old, sturdy bike in good condition £55.00 ono.

Fisher Price musical doll's cot 19" long. V.G.C. £5.00

Mothercare folding doll's buggy. V.G.C. £4

Doll's bath & accessories 19" long plastic. V.G.C. £3.00

All telephone Hardiman on Bentham 62072.

Syd Parkinson, 1 Pye Busk Close, sends Christmas Greetings and Best Wishes for a healthy and happy New Year to all his friends in Bentham. He will not be sending Christmas Cards this year.

**FRIEZE CENTRE
OFF LICENCE**

Christmas Goodies.....
Gateaux Cheesecakes, Quiches,
Sausage Rolls, Ice Cream, Pastry,
Cocktail Sausages, Mini Pies,
Vol-au-Vents, Cranberries,
Ducks, Chickens, Turkeys,
Raspberries, Melon Balls,
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KING STREET BENTHAM

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LOCAL EVENTS IN DECEMBER

- Sun 1st 3pm St. John's ADVENT CAROL SERVICE
- Mon 2nd TOWN COUNCIL 7.30pm in the Lower Town Hall.
2pm St. John's Women's Fellowship "Party Time" at Tenby, Low Bentham Road.
- Tues 3rd A Bentham Shorter Walk - to Burnmoor and the Big Stone (5 miles). Leader Colin Chapman (Tel 62326). Please meet at Bentham Bridge 1pm.
N.S.P.C.C. Monthly meeting at Lingfield, Robin Lane at 7.30pm.
- Wed 4th Vale O Lune YFC, Whist Drive at Wray Institute
- Fri 6th Age Concern Xmas Fayre in the Lower Town Hall 1.30pm. Admission 50p including refreshments. Everyone Welcome.
- Sat 7th BFG Conservation Project. Improvements to Footpath in Moulterbeck Wood, volunteers will be notified. Meet Moulterbeck Wood Farm 9.30am.
Good Shepherd Church Christmas coffee morning 10.30 - 12.30 in the Old School, Tatham Fells. Father Christmas is coming.

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(NIGHT) 05242 62054

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14 Sat 7th

N.S.P.C.C. Christmas Cracker Sale and coffee morning in the Town Hall Ballroom 10am - 12 noon.

Good old blues from the "Front Rooms Blues Band" at the Horse & Farrier.

'Stevie Gold' Instrumental / Vocal at the Black Bull.

Mon 9th BENTHAM TRUST steering group in the Town Hall 8pm.

Tues 10th Horse and Bamboo Theatre "The Wish" at Hornby Institute 7.30pm.

Wed 11th Peg-leg starts at the Horse & Farrier Christmas Season Specials.

"Take Two" at the Coach House.

Thurs 12th "Ocean World" an Ecological Musical at Settle High School 7.30pm.

"Soup N'sing" and Carols at High Bentham Methodist Church at 7.30pm.

Fri 13th "Ocean World" at Settle High School 7.30pm.

WASTE PAPER COLLECTION at the Legion Hall. 8.30am - 11am. Proceeds to N.S.P.C.C.

Sat 14th OFF THE WALL "Feast of Fools" Medieval Banquet and knees up 8pm in the Town Hall.

"Ocean World" at Settle High School 7.30pm.

Don't Miss "After Hours" at the Horse & Farrier.

Sun 15th 10.30am St John's "CHRISTINGLE" Service in aid of the Children's Society.

Afternoon walk to Scaleber and Clifford Hall (5 miles). Leader George Pickett (tel 61288). Please meet at Low Bentham Car Park at 1pm.

Sat 21st Return of the youthful brilliance of "Looking Back" at the Horse & Farrier.

'Sharon Lynn' female vocal at the Black Bull.

Sun 22nd 3pm St John's "CAROLS BY CANDLELIGHT"

Family service at High Bentham Methodist Church at 10.30am.

Carol Service at High Bentham Methodist Church 6.30pm.
Everyone Welcome.

Xmas Party Nite at the Horse & Farrier with the "John Verity Band".

Tues 24th Christmas Eve 11.30pm St John's FIRST COMMUNION of Christmas.

'Brian Young' Guitar / vocalist at the Black Bull.

CHRISTMAS DAY 10.30am St John's
Family Worship followed by shortened Holy Communion.

Christmas Day Service at High Bentham Methodist Church 10.30am.

BOXING DAY 'Steve Martin' return of popular guitar / vocalist at the Black Bull.

Sat 28th Christmas / New Year Walk:- Bentham - Clapham Station circular (8 miles). leader Len Moody (tel 61128). Please meet at Bentham Bridge 10.30am.

The one and only "OWTER ZEDS" at the Horse & Farrier.

Sun 29th Carol Service at High Bentham Methodist Church 6.30pm.

LOCAL EVENTS IN JANUARY 1992

5TH 10.30am St John's Family Service with Epiphany Carols.

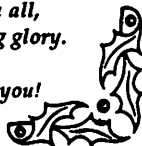


TOM GUY BARBER'S SHOP

*Get yourself a three peice suite,
An be all cosied up.
You'll never get a better buy,
So pop along and don't be shy.*

*I know two lads,
Stout and true and kind.
Take your old one out of way,
An' leave you with peace of mind.*

*Merry Christmas to you all,
I'll see to your crowning glory.
Best of luck for '92,
All the best from me to you!*



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WE WOULD LIKE
TO WISH
ALL OUR CUSTOMERS A

MERRY CHRISTMAS

&

HAPPY NEW YEAR

CHRISTMAS CLOSING

FRIDAY 20th DEC

REOPEN

THURSDAY 2nd JAN

EVERYTHING FOR BUILDING



REGULAR EVENTS

AGE CONCERN DAY CENTRE Fridays in the Lower Town Hall from 10am.

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

HIGH BENTHAM TODDLER GROUP downstairs in the Town Hall on Tuesdays and Thursdays 9.30am - 11.30am 50p per session. Babies to 21/2 year olds welcome.

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.

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

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

BEAVER SCOUTS Thursday 5-6pm.

16 **CUB SCOUTS** Thursday 6-7.15pm.

BURTON IN LONSDALE W.I. 1st Thursday in the month. Phone 61544 (Mrs Burke) for details.

NORTH CRAVEN LABOUR PARTY Meetings on 2nd Wednesday each month at 7.45pm. (tel 61402 for details)

LIBRARY OPENING TIMES.

MON 2 - 4.30pm & 5 - 7.30pm

TUES CLOSED

WED 1 - 4.30pm & 5 - 7.30pm

THURS CLOSED

FRI 2 - 4.30pm & 5 - 7.30pm

SAT 10 - 12 noon.

WINTER OPENING TIMES FOR SETTLE SWIMMING POOL.

MONDAY CLOSED ALL DAY

TUESDAY 3.30 to 7.30pm

WEDNESDAY 12.30 to 6pm

THURSDAY 7 to 8.30am (ladies)

8.30 to 10am (adults)

FRIDAY 2.00 to 7.30pm

SAT & SUN 10.30 to 5pm

DELIBERATE ERROR?

Anyone who noticed that the picture of Ingleborough on the front page was upside down on the last issue and thought that we had made a mistake in the course of a hurried, last minute page make-up were completely wrong!

The drawing is, of course, a reflection in a pond of the original view (ahem!).

E.C.B. PROMOTIONS SHOPS CLEARANCE SALE UPSTAIRS in the TOWN HALL

Ladies O/S fashions, Baby/childrens wear, Computer software, cassettes/CD's, brassware, pottery, CONED wool.

EVERY Wednesday 9am - 4pm

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BY THE WAY

a report by Len Moody.

A few months back, as some of us were walking on the north side of Low Bentham Mills, we attempted to puzzle out the large sign now rapidly disintegrating, which can just be made out to advertise:

Spun Silk REAL SILK From The Cocoon

Questions arose such as:-

Where did the raw silk come to Bentham from?

Were there actually colonies of silkworms here?

What processes were involved in the spinning?

Where was it sold?

Why did it come to an end?

How many people were employed here? etc. etc.

One of those walking, it appeared, knew quite a bit about the silk mill and those who used to work in it, and a few days later produced two items of great local interest, which admirably counterpart the Pafford's scholarly work Employer and Employed, Ford Ayrton & Co Ltd, Silk Spinners, with Worker Participation, Leeds and Low Bentham, 1870 -1970, which everyone interested in the history of Bentham, especially Low Bentham, must know.

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The first was a beautifully printed and illustrated pamphlet Spun Silk (Undated though clearly post-World War 2), published by the British Silk Spinners Association, which answered many of our questions.

The second was a Low Mills, Employees' Handbook, which must have been produced some time after the death of Mr R. C. Ford in 1964. The handbook included a short history of the firm up to that date; Rules to be observed by employees; details of the Profit-Sharing and Co-Partnership Scheme which had been started as early as 1919. The character and enterprise of the Ford family, with their Quaker sense of social responsibility, has obviously left a lasting impression on the community, both at High and Low Bentham. Most challenging of all these relics of the past, perhaps, is the aerial view of the Low Mills in their hey-day (also reproduced in Johnsons & Boltons', Bentham in Times Past 1983), showing the orderly layout, surrounded by gardens and allotments, which one wonders whether we shall ever be able to restore.

Some further enquiries pursued after studying these pamphlets brought to light, from another representative of former times, a selection of the informational and instructional pamphlets with the title Spun Silk Yarns, produced by Ford Ayrton between 1935 and 1951, a sort of forerunner of Bentham News!



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Health Notice Board

YOGA EVENING CLASS

For several years an evening class for Yoga has run. This September there were not enough people, and so the class was disbanded. We hope to find 2 more people who would like to participate and hopefully the class can restart after Christmas. It is run on Thursday night (term-time only), at Ingleton Middle School, 7.30 – 9.15pm. Tel: C. Hodson on 62251

COT DEATHS

Recently information has been released on studies looking at "cot deaths". It is now advisable to never let your baby sleep on their stomachs – and to frequently check that your baby is not too hot when they are asleep. Despite many years of research into cot deaths the cause is sadly all too often unknown.

HELP TO STOP SMOKING

In a town called Bentham, nestled between hills people tried to stop smoking with gum and pills. Along came a support group to meet their need. Giving support and advice to help "kick the weed". Is smoking a habit and have you a morning cough? Has the time come to stop; have you had enough? Lungs will be cleaner – you will glow with health. And at £2.10 for 20, pockets full off wealth!

For more information about the 5 week course starting in January leave your name at reception, Health Centre or ring Christine or Judy Park on 61202.

HAVE A HAPPY, HEALTHY AND SAFE
CHRISTMAS

Christine Hodson - Health Visitor

THE PUNCH BOWL LOW BENTHAM

**Wish all their customers a Merry
Xmas and a Happy New Year**

3 course Xmas Lunch served in the bar
Tues- Sat from 10th December, £4.95.

Parties by arrangement Tel 61344

SID HOGG

**would like to wish everyone a
Merry Christmas and a Happy New
Year.**

**Telephone Bentham 61087 for all
your dairy requirements this
Christmas.**



PRECEPT MEETING

On the 18th November the Town Council met to discuss and agree upon the budget for the financial year 1992 - 93. The evening was full of lively debate and discussion resulting in a final precept of £14,000.

This was made up of
£8,500 - Bentham Town Hall
£4,500 - Grants to local applicants
£1,000 - Street Lighting

This amount is less than the current year by £1,500, which will mean 75p less poll tax per person.

In Craven we all pay the same basic rate of poll tax plus an amount decided by the Town Council when they decide on the precept of monies. This current year £7.51 poll tax has gone directly to Bentham Council. Because there are approx. 2,000 chargepayers, every £2,000 more that Bentham Town Council spends costs each chargepayer another £1. We do not have access to some services provided by County i.e. day nurseries. Therefore the strong commitment Bentham people have to their voluntary and local groups, be it playgroup, football team or scout group, need the continued generous support and encouragement of the Town Council in providing that extra financial boost.

Would you rather pay an extra £1 on the poll tax and see £2,000 spent in Bentham? It may keep your playgroup open, it may repair the Scout hut roof, it may help in

19 numerous ways to provide you, your children and grandchildren, with those amenities and activities which give a better quality of life here in Bentham by providing those "extras" which we can all enjoy.

"What do the people of Bentham want their money spent on?"

The Town Council would like to know.

Grants awarded were as follows:-

£1,000 to Low Bentham Institute
£550 to High Bentham Playing Fields,
Citizens Advice Bureau, Bentham News.
£200 to Scouts
£125 to Low Bentham Playgroup
£100 to Community Bonfire
£75 each to High Bentham Playscheme, Age Concern, Craven Wanderers AFC, Footpath Group, Traders Association, Youth Club.
£50 each to High Bentham P.T.A., Friends of Low Bentham School, Bowling Club, Bentham Play Project.

The Council has £700 available for grants applied for during the financial year 1992-93. This means that there is still £700 of the Council's grant allocation waiting to be claimed.

Finally a word for hopeful grant applicants next year. A balance sheet giving details of income and expenditure is essential to support an application. It could make the difference between £75 or £500!

BN will be publishing a more detailed explanation of how our local authority services are funded in the New Year.

CASUALS

44, MAIN STREET, HIGH BENTHAM
TEL 61707

Ladies & Gents wear, Underwear, socks etc.

A good selection for the Festive Season.

Sizes 12 - 30

WHY NOT GIVE A GIFT VOUCHER FOR CHRISTMAS? FROM £2 UPWARDS.

Come and look round. Late night shopping Fri 13th. ALSO in the Town Hall on Wednesdays.

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BENTHAM PEOPLE



PERSONAL THANKS

Mrs Minnie Taylor of Burndale House, Bentham would like to take this opportunity to say thank you to everyone for her beautiful cards, flowers and presents celebrating her 105th birthday.

Mrs Peggy Collins sincerely thanks all her family and friends for the beautiful cards and gifts she received, also the surprise party for her 60th birthday. She warmly thanks everyone involved for making it such a happy and enjoyable occasion.

Mrs Oldfield would like to thank the fire brigade, Mrs Woodhouse, Mrs Frankland, Miss Moss and Mr Dixon and son who came to her rescue when she had a chimney fire.

Jean West would like to thank everyone who sent cards, kind messages and gifts during her stay at Lancaster Infirmary.

Miss Fay Faulding would like to thank all the kind friends who sent cards, gifts and messages during her recent illness. Also many thanks to Barbara Mason and Miss Dale of Burton in Lonsdale, who gave a home to her dogs, and to Enid and Edwin Yates who took her into their home to convalesce and gave her such excellent care.

Through BN I would like to say thank you very much, both personally and on behalf of High Bentham Playgroup, to Bentham Traders for supporting our Christmas Extravaganza for the last four years. We appreciate your generosity and kindness. Sue Dixon on behalf of High Bentham Playgroup.

20

Bentham, Ingleton and Burton MENCAP would like to thank those brave souls who turned out to support their Christmas coffee morning, held in the Town Hall, despite the wintry conditions. A total of £96 was raised for MENCAP funds. Raffle prize winners were Mesdames Duthout, Pointon, Metcalfe, Murphy & Higgin.

Happy 80th Birthday to Mrs Freda Magoolagan for November 30th. Love from Jim and Jean.

Billie and Lizzie Armstrong would like to wish relatives, friends and neighbours A MERRY CHRISTMAS and A HAPPY NEW YEAR.

WANTED

LARGE glass fish tank, need NOT be air tight, for hamster! Tel 62377.





THE PEACOCK HOUSE

We would like to thank all our customers who pay their greatest support to the PEACOCK HOUSE.

We would like to convey the knowledge that all the meals we have on the menu are of the same quality and presentation which you would have in a traditional Chinese Restaurant.

All our FRESH ingredients are bought daily and are only of the BEST QUALITY

At our customers request, there are now selected dishes which are at specified LOWER prices. So the price is RIGHT!

OPENING TIMES
SUN, TUES, to THURS 5.30 - 11.30pm
FRI & SAT 5.30 - 12.00

To save waiting time, order by telephone on Bentham 62777.

The Management & Staff wish you a Merry Christmas & a Happy New Year!

MORE BENTHAM PEOPLE!

FOR SALE

Salopettes and anorak, RED, 152cm, age 11/12 £5. Tel 62377.

Concrete coal bunker approx 9/10 bags. £15. Tel 61434.

BMX bike. Suit 5-7 years, Good condition, recently overhauled. £35. Tel 62251.

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CHRISTMAS POULTRY - Geese, Ducks, Capon chickens. Orders being takenTel Bentham 61445.

M & V Fleming, Time served joiner. Doors, windows etc., supplied and fitted. Fourlands, Bentham 05242 62025.

INGLENOOK FISH & CHIP SHOP, INGLETON 41195. WINTER OPENINGS:- Tue/ Wed 11.45 -1pm & 5pm - 8pm.

Friday 11.45 - 1.30pm & 5pm - 11pm.
Saturday 11.45 - 1.30pm & 5pm - 10pm.
Sunday from 1.30 depending on the weather. Freshly made Pizzas available.

Registered childminder will have vacancies commencing January '92. Tel 62666.

Registered childminder has one vacancy. Tel 62428.

Piano Tuition, Specialist Piano Tuning, Piano renovations. FREE ESTIMATES tel Shelley 62532.

EVENTS

Vale of Lune YFC Christmas Whist Drive is to be held at Wray Institute on Wednesday 4th December at 7.30pm. Funds from the raffle to go to the Wray School extension.



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We will be open until 8.00pm on
FRIDAY 13TH DECEMBER**

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**Large range of sports shoes and boots
(children and adults)**



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Ski Jackets	29 .99
Ski Gloves and Hats	2 .99
Ski Tube Socks	3 .99
Walking Socks	3 .99
Leisure\Sports\Golf Socks	1 .99

Replica Rugby Jerseys	19 .99
Lonsdale Jerseys (with tube)	24 .99
Leisure Shirts	4 .99
Shell Suits (Childrens)	24 .99
Shell Suits (Adults)	24 .99
"Lycra"	8 .99

Weight Lifting Equipment	1 .00
Cycle\Weight Lifting Gloves	5 .99

	prices from £
Adidas Golf Shoes	39 .99
Adidas Golf Bags	28 .99
Adidas Golf Clothing	19 .99
Golf Ball\Accessories	0 .15

Football Supporters Items	
Team Teddies	1 .99
Scarves\Hats\Gloves	1 .99
Mugs, Tankards	1 .75
SHoe Bags	3 .99
Stocking Fillers	1 .50

Walleys\Wristlets\Bumbags	1 .50
Rucksacks and Holdalls	4 .99

If you can't find anything suitable, what about a gift voucher?

FREE KEY RING WITH PURCHASES OVER £5.00

BONFIRE SUCCESS

Despite atrocious weather an estimated 600 attended the first all Bentham Community Bonfire held at the rear of the Auction Mart. A selection of Guys were judged and an impressive firework display celebrated the event.

Our thanks to the organisations from both High and Low Bentham:- Angus Fire, Bentham Golf Club, Bentham Methodist Church and Springboard, Panto Group, High Bentham C.P. School, Low Bentham C.P. School, High Bentham Playgroup and Toddlers Group, Playing Fields Association, Scout Group, Bentham Traders Association, Youth Club, Low Bentham Gala Committee, St Bonifaces and Bentham Town Council without whose financial assistance the whole event could not have taken place.

Plans are already afoot for 5th November 1992.

Many thanks to all those people who

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supported the venture by turning out on such a bad night and to the stewards for overseeing the safety aspects.

There will be a meeting at the Sports Club on Wenning Avenue at 8pm on December 9th to discuss the future organisation of the event. If you would like to assist in the smooth running of this community venture or to express your views then your attendance would be welcomed.



The Editorial Committee would like to thank the people of Bentham, and surrounding area, for their continued support over the past year. It is only with your support and contributions that BENTHAM NEWS drops through your door each month.

MAY WE ALSO WISH EACH AND EVERY ONE OF YOU A MERRY CHRISTMAS AND A HAPPY NEW YEAR..

PIGTAILS

**Babies and Children's Wear
Main Street, High Bentham 62417**

**From birth to teenager
We have the choice
For boys and girls
At a reasonable price.
We sell Ergee, Double Dutch
& Chica- Loo
So please call in we'll
Welcome you!!**

CHRISTMAS GIFTS

**Hats, Gloves, Socks,
Tights, Nightwear, Party
Dresses, Jumpers, Shirts,
Musical bibs and lots,
lots more**



Late night shopping FRIDAY 13th!!

MARY THORNBOROUGH

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Open ALL day Saturday

*Don't know what to give for Christmas!
Then let me help.
I have a wide variety of gifts,
At a wide variety of prices!*

*Purses, jewellery, ELLE stockings,
underwear, nightwear,*

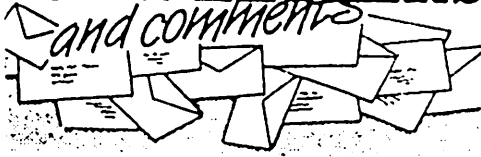
Knitting packs made to order from £4.99

*Handkerchiefs, ladies wear by Sasperella,
fabrizio, dukes.*

3/4 coats from £22.99 & lots, lots more.

**'A very happy Christmas
and New Year to Everyone'
Mary**

YOUR LETTERS



Dear Fellow Benthamites,

By the time you read this letter most of you will have heard something about "The Bentham Trust".

I've only been to one meeting so I'm not sure of the official rules and regulations etc. What I do understand is that this is something we should all be interested in as Bentham people.

It is not just another specialist club, it is not specifically for the young, the old, the infirm, the sportsman, the trader, it is for everyone, it is all encompassing, it is for everyone who cares about Bentham - those who, live here and who work here. If we work together we can achieve many goals. Ideas discussed so far are tidying the banks on the approaches to Bentham -refurbishing the public toilets, utilising empty buildings - these affect all of us.

The idea is that you tell the Trust what you want to happen, but then come along and find out how you can help to achieve this - not just sit back and wait for others to do the work. Obviously there are exceptions, the sick and infirm, but even these can forward ideas etc.

The Trust needs people from every walk of life- don't wait to be invited personally, just turn up and find out what's going on. If you live in Bentham and care about your village come along and support the Trust -otherwise you can't complain about things not getting done. **NEXT MEETING**
Wenningdale Room-Town Hall on
Monday 9th December 8pm.

Yours sincerely

Ruth Garretson
Seat Hall Barn, Bentham.

Dear Editor,

We would like to design a new logo for our School Brochure and have decided to organise a competition with the hope that

we will receive some interesting ideas. If you are interested, please deliver your designs to School before 7th January 1992.

The rules are simple. It is open to anyone, with classes for our own school children, students from other schools and adults. The design must not exceed 14cm by 12cm and you cannot use more than three colours (black counts as a colour.) There is no entry fee and any number of designs may be submitted. Please put your name, address, telephone number and age on the reverse of the design. Book tokens will be awarded to the winners of each section. The copyright of any designs used will become the property of the school.

Yours sincerely

David Johnson, Headmaster.

High Bentham County Primary School.

Dear Readers,

We would like to express our thanks to all the people - customers or otherwise - who recently contributed to a "nebuliser fund" for Bentham Health Centre. The "fund" started as donations as an alternative to funeral flowers, following the recent death of Peter's father, Fred Smith. The simple "bar-top" collection generated generous donations, but the bulk of the monies raised, final total £500, was generated by a sponsored walk suggested by Black Bull regular Bob Weir.

The walk started from Lancaster Baths and finished back at the Black Bull, High Bentham on Saturday November 2nd. Bob was joined by his wife Kath, David Savage,



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Tyres, Wheel Balancing, Wheel Alignment,

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Industrial Estate, High Bentham, Lancaster

Peter Smith (the landlord), Jill Marshall and Margaret Harrison.

They were actively supported by Bentham Taxis, who donated the trip to Lancaster, and by Jackson's Builders' Merchants, who provided T-Shirts and hats.

Unfortunately no-one donated new feet and walking sticks for the post walk hobble!

After consultation with Bentham Health Centre, the monies will be spent on the required number of nebulisers, and any surplus will be added to the existing fund for an E.C.G. machine for Bentham. Once again many thanks to all contributors and especially to the walkers and their sponsors. Peter & Jen, Mine Hosts.

The Black Bull, High Bentham.



Dear Bentham News,

All the Horse Fair's present troubles are because it now happens in Appleby Week, and so it attracts crowds of 'amateurs' and hangers-on who only come here because they don't want to go home while Monday. They are nothing to do with the Horse Fair tradition, and would be better off at Butlin's (except the Fair's cheaper).

When Bentham Fair was first revived in 1982, it fell on the following Saturday, the traditional date, "Saturday nearest to Midsummer's Day". This is ten days after Appleby, when all except the serious professional horsemen have gone back home. The first few Fairs were quiet (well, quiet-ish) and friendly, the right size for this town. There was plenty of trade and fun. People got acquainted. No fuss, no bother: the Fair just came and went.

This was how the original revivers intended it to be. The old horsemen, many of whom came here as lads to be hired for haytiming, and who have great affection for Bentham, feel as upset about the recent downturn in the atmosphere of the Fair as the rest of us. Things only started getting out of hand when the date was brought forward. Doing this increased the income from rents, but the Fair people did warn Bentham & District Farmers' Auction Mart Co. Ltd what would happen. It has. The present situation, with crowds of irrelevant "holiday makers" hanging around bored

25

from Wednesday onwards, is in nobody's best interests; and the traffic gets ridiculous. Under the Charter of 1307, the Fair can only be stopped by Act of Parliament. The Auction could close their yard, but horsemen would still be entitled to run horses in the street, and to camp at random. So, if the Fair is once again to be a credit to Bentham, it must be got back under sensible control. The chief problem nowadays is; too many people, for too long. There is a simple solution. It is: postpone the Fair by a week, and don't open the gates till 5pm on Thursday. The Auction are, I believe, considering this anyway. If they do it, they will lose half the rents, but will certainly gain the gratitude of us all.

Well, why not try it next year, just to see if it works? (And if it doesn't, you can all come round and shoot me!)

Yours sincerely

Gill Barron,

Old School House, High Bentham.



BRUNS'S



**Christmas is coming,
The goose is getting fat.
Please put a penny (or more!)
In Brun's's hat.**

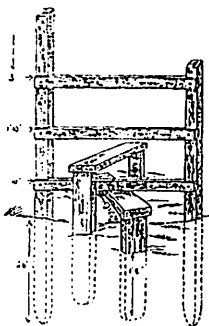
**ALL "PENNIES" WILL BE
DONATED TO
BENTHAM NEWS**

***FREE deliveries of your Christmas
Fare!!***

***Place your orders now to avoid
disappointment.***



FOOTPATH MATTERS



variety of both local walks ("Shorter Walks Around Bentham"), and further afield (for example - part of the Ribble Way around Settle, Roeburndale and Smeer Hall, Dent Valley (low ground), Tatham Fells - Botton Head, the new Limestone Link from Arnside to Kirkby Lonsdale, the Lune Valley and Pendle Hill). Anyone still wishing to join the Group is welcome (Subscription only £2 per family) and they

Bentham Footpath Group's programme of guided walks for the six winter/spring months is now in operation, and includes an interesting

26 should contact the General Secretary tel 61128 or any of the leaders
£600 from "SHELL"

As a subsidiary activity, the Group is now setting up a programme of volunteer conservation projects for the improvement of local footpaths, and is becoming affiliated to BTCV (The British Trust for Conservation Volunteers). We have recently been encouraged in this move by the receipt of a grant from the SHELL Better Britain Campaign of £600 towards the reconstruction of stiles and steps on "Shorter Walks Around Bentham". Work already completed consists of 3 new stiles on the Ellergill footpath between Burrow Barn and Doctor's Hill, Low Bentham. Any individuals or groups (not necessarily walking members) interested in giving some time to this work, please get in touch with Carol Crellin (Tel 61881).



**SOMETHING SPECIAL
FOR
SOMEONE SPECIAL
AT**

**BROWN & WHITTAKER
MAIN STREET
BENTHAM & INGLETON.**



A Merry Christmas and a Happy New Year to all

RECIPES

Here are some different things to do with poultry.

CHICKEN WITH HONEY

- 3 tblsp honey
- 1 tsp dry mustard
- 1 tsp salt
- 1/2 tsp pepper
- 2 tsp soy sauce
- 1 3lb oven ready chicken
- 1/4 pint chicken stock
- 1/4 pint white wine
- 4 oz green grapes (halved & de-seeded)
- 5 oz plain low fat yogurt

METHOD

- 1, Place the honey, mustard, salt, pepper and soy sauce in a small basin and mix well.
- 2, Spread the mixture over the chicken and place in a roasting tin and add the stock.
- 3, Roast in a pre-heated oven Gas mark 6 electric 400f for 60 - 75 minutes basting occasionally.
- 4, Carve and arrange on a warmed serving dish, keep warm.
- 5, Pour the wine into the roasting dish and stir to mix in the juices, bring to the boil and add the grapes, check the seasoning, stir in the yogurt.
- 6, Pour over the chicken and serve.

TURKEY MEAT LOAF

- 1 medium onion peeled and chopped
 - 4 oz shelled walnuts, chopped
 - 1 1/2 lbs raw turkey meat, minced
 - 6 oz wholemeal bread crumbs
 - 1tblsp Worcestershire sauce
 - 1/2 tsp chopped fresh mixed herbs OR 1/4 tsp dried mixed herbs
 - 1 tblsp chopped parsley
 - 1 egg salt and freshly ground black pepper
- GARNISH** 15oz can unsweetened apricot halves, drained

METHOD

- 1, Blend all the ingredients together with plenty of salt and pepper.
- 2, Spoon the mixture into a well greased 2lb loaf tin and cover with greased foil.

3, Bake in a pre-heated oven Gas mark 4 electric 350f for 1 1/2 hours.

4, Cool in the tin for about 30 minutes then turn out and allow to become quite cold. 5, Arrange some of the apricots over the top of the meat loaf.

Any apricots left over maybe used in a salad served with the loaf.

DUCK WITH ORANGE

- 3 oranges
- 4 duck breasts, skinned
- 1/2 oz root ginger, peeled & finely chopped
- 2 tblsp sherry
- 1 tblsp red wine vinegar
- salt and freshly ground black pepper
- 3/4 pint chicken or duck stock
- 4 oz polyunsaturated margarine (optional)

METHOD

- 1, Pare the rind of one of the oranges and cut into needle shreds. Blanch for 20 seconds and set to one side.
- 2, Lay the duck breasts in a dish with the juice of 2 oranges, the ginger, sherry, vinegar and half of the needle shreds. Season well with salt and pepper, marinate for up to 2 hours.
- 3, Peel the remaining orange removing all the pith and cut into segments, retaining the juice.
- 4, Bring the stock and all of the marinade to the boil in a saucepan stirring in the segments and the juice.
- 5, Lay a piece of wet greaseproof paper in the steamer compartment and arrange the duck breasts on top, cover with tight fitting lid and steam over the stock for 20 minutes. Check the liquid level frequently and add more boiling water or stock if necessary. 6, Remove the duck and keep warm while you finish the sauce.
- 7, Work the stock in a blender and rub through a sieve, reduce by boiling rapidly until rich and syrupy. Lower the heat, whisk in the margarine bit by bit (if using) until you have a creamy sauce.
- 8, Taste and adjust the seasoning.
- 9, Arrange the duck on warmed plates pour over the sauce. Garnish with the remaining needle shreds and parsley.



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, Christine Hodson, Jill Matthews, Kate Steele, Pam Woof and our co-ordinator Lesley Barker.

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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. 3rd Sunday 9.15am Holy Communion, 10.30am Praise Service. 4th Sunday 10.30am Holy Communion. 5th Sunday 10.30am Morning Prayer with 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 servcies, 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 8pm.

Methodist Church, Low Bentham.

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

Religious Society of Friends, Quakers.

Meeting for Worship, Sunday 10.30am.

VILLAGE BAKERY

Alan and Marion Frost invite you to the Bakery Friday Dec 13th 5pm-7.30pm for sampling demonstration and sales.

Station Road
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The Square
Ingleton 41064

**ALAN COATES****BUTCHER**

Station Road

Bentham 62433

*Wishing everyone a very**Happy Christmas*