

BENTHAM NEWS



COMMUNITY SPIRIT

Is it thriving or dying in Bentham?

The community spirit that is engendered in Bentham is something which is appreciated and valued not only by many of those who live here but also by visitors to the town.

Bentham is a special place to live in with its wealth of activities and talented people. At the start of a new year it is perhaps the time to reflect on what is needed from each of us to ensure that the quality of our community life continues.

In the natural order of things organisations go through cycles, they have their ups and downs, their times of enthusiasm and lethargy, and this is true of Bentham's organisations in 1993. While many are thriving others are struggling. As you read through this month's Bentham News you will see examples of both.

**Where will your energies be
focused this year to keep Bentham
buzzing?**



THE FIRST COFFEE MORNING OF 1993!

Come and join us!

Bentham News' coffee morning is on the 16th January in the Town Hall at 10am. If you just want to come for a coffee and a chat - fine! If we can assist you in recycling your unwanted Christmas presents, we are having a splendid gift stall which will enable you to do just this. Donations for the cake and produce stall will also be gratefully received.

Is this the end of Bentham
Gala?..... See page 6.

Is this the end of Cricket in
Bentham?....See page 4.

Honours for ex-Bentham
woman.....See page 11.

JANUARY 1993

ISSUE 75

Special Announcement 'Off The Wall'

from Sean Sanderson

Due to the increasing popularity of Bentham's Off The Wall nightclub, we have decided to make it a ticket only event for the food in order to avoid disappointing people. We had a huge response to December 5th's 'African' night, and had to turn people away for food. It also helps us keep the event running smoothly by knowing exactly how many to cook for. Tickets for the meal are £7 for members and can be bought from Tasha at HAIRLINES, Main Street or mail order (cheque and SAE) from Jane, 7 Goodenber Road. Tickets for food must be purchased AT LEAST ONE WEEK FROM THE EVENT.

The next Off The Wall is January 30th and features 'Whipping Post.' Get your tickets by Sunday January 24th please. For those just wishing to see the band turn up at 10pm and pay £2.50 on the door. Finally thanks to all of you who came to December 5th's OTW and made it such a special event. Happy New Year and keep on dancing!

WRITE ON



At 2pm on January 20th in the Youth Club, High Bentham, for two hours, will begin the first of ten sessions in *Creative Writing* for writers of stories and poetry at every level of attainment.

Organised by Lancaster University's Open Studies Scheme, the course will look to the works of established authors to impart inspiration and some idea of the requisite skills. However it will also provide ample opportunity for local writers to further and share their own work. It will be facilitated by local writer, Keith Dixon, tel 62688.

Fees: £29 for the waged,

£20 for those over 60,

£10 for the registered unemployed or disabled.

(Note: at the first session, it may be possible to adjust the times of sessions to suit the commitments of those attending)

INGLETON THEATRE GROUP

are holding a coffee morning at the Ingleborough Community Centre on Saturday 6th February at 10am - 12 noon.

Tickets for 'Snow White and the Seven Dwarfs' will be on sale so come early. There will also be Tombola! Raffle! Cake Stall!

Pantomime dates - March 3rd, 4th, 5th and 6th.

N.S.P.C.C.

Do you know what you are missing?

If you have not visited the N.S.P.C.C. 50/50 Clothes Sale held in the Parish Room (at the rear of St. Mary's Church Ingleton) on the first Friday in each month, then you certainly do not.

All the garments (for various ages, shapes and tastes) are in excellent condition and are on sale at extremely reasonable prices.

There is an exceptional stock of quality children's clothing including some items of school uniform. If anyone would like to take advantage of this venture, (up to four items accepted), please contact Mrs Margaret Bolton tel 41703 or Mrs Sue Fitzsimmons tel 41516.

**N.B. Next sale - Friday January 8th 1993
NOT New Year's Day.**



DEVELOPMENTS AT BENTHAM SCHOOL

The Governors have now awarded the contract for the extension and refurbishment of the old Rectory building to Brown & Whittakers of Ingleton.

The £1/4 million project will provide improved accommodation for boy boarders, careers room and sixth form social area as well as returning the entrance hall of the historic building to its original splendour.

Work is due to start at the end of December for completion by the Summer of 1993

TOWN COUNCIL

Councillors Bateson, Cowling, Hewitt, Hurtley, Joel, Marshall and Preston were present at this meeting, together with Councillors Atkinson and Pilkington and about 12 members of the public.

With Mayor Davies' resignation (he has left the district) and with Deputy Mayor Telford in hospital (get well soon, Stan), a swift bloodless coup installed Councillor Marshall in the chair for the night. And how the position suits him. Regular attenders at Council meetings can't have failed to notice that Bentham's 'elder statesman' commands a considerable amount of attention.

Which is, alas, not always the case with Councillor Atkinson. But at least he got to have his say early on in these proceedings, as he was - yes, you've guessed - off to another meeting.

HOUSING

In the absence of the man from Sanctuary, Councillor Atkinson explained that the Low Bentham housing development will be ready for occupation in June 1993. Two-bedroom houses will be rented for £49 a week and the three-bedroom ones for £56. The bungalows will be sold for £30,000 (75% of the equity). But who will get these 'low-cost' houses? Applicants must be local (but there is a long and complicated set of priorities) and Sanctuary will consult the Town Council to establish applicants' 'local connection'. Will this be like the famous 'cricket test'?

HIGHWAYS

Councillor Atkinson has asked for a mirror to be installed at the Main Street/Station Road junction. Meanwhile, it's going to cost £500 to 'grade' the pavement outside the front door of the Town Hall. (Will that make it a Grade II Listed Pavement?) Councillors are still looking into creative ways to 'calm' the flow of traffic through the town - the fact that Robin Lane may have to be re-re-surfaced should work nicely there.

PARKING

Apparently, following the Council's 'get tough' message to local police, 20 people have been done for illegal parking. Which either raises the cost of a haircut to £22.50 or, alternatively, if you've been parking illegally for 20 years, makes the cost of parking about 2p per week.

LOCAL GOVERNMENT REVIEW

Craven have had only one letter from Bentham, and no-one turned up to a recent meeting. What I would like to know is: Will it make any difference whether we stick with the status quo or go for something more radical? Does anyone know what the difference will be? Does anyone care?

LATE GRANT REQUEST

Low Bentham Playgroup say their letter requesting a grant from the Council went astray and so could they please have the £150 they got last year? Was this Dodge No.94 to get money without going through Precept? Would it open the floodgates to unscrupulous playgroup leaders? We'll never know - only that the Council stood firm on their '£75 max. for requests outside Precept', despite vigorous protests from Councillors Cowling and Hewitt.

Two Councillor vacancies in Low Bentham will be advertised.

The first Council meeting of what I hope will be happy and peaceful 1993 for all my readers, will be on Monday 4th January.

Kate Steele

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SPORTS PAGE

A PLEA FROM BENTHAM CRICKET CLUB



We urgently need new members for the 1993 season. During recent years membership of the club has been falling. At our AGM the question of

whether we could raise two teams next season was discussed. It was decided that if cricket was to continue in Bentham, then we must endeavour to field two teams next season or face total collapse. So we would like to appeal to sporting people of all ages to give cricket a try and keep it alive in Bentham.

If interested please contact Bob Ellershaw on Bentham 62345.

TRIUMPH FOR PARKER AND Warburton!

BENTHAM HOMING SOCIETY held a very successful show at the Town Hall on December 12th. Dougy Ralph's excellent organisation and hard work attracted 254 entries and prizes were presented by the President, Carl Lis, to fanciers from Carnforth, Galgate, Milnthorpe, Lancaster and, of course, Bentham!



In fact Bentham's Parker and Warburton combo swept the board, not only winning classes for 100 mile young hens and 200 mile old hens, but also gaining 3 trophies for most points in the show.

BHS were particularly grateful for the financial support they received from local firms during these recessionary times.

The judges, all the way from Co. Durham, were most complimentary about the quality of the entries, and Bentham hospitality.

Classes were sponsored by:

ARC Northern (Ingleton Quarry)

Bob Cattley & Co (Mechanical Engineers)

Swan Bearing Factors (Lancaster) Ltd

Grove Hill Garage

John Bowker,

Pat Burns,

Polly Horn

Keith Parker.



A great show!! Thanks go to all club members, but especially to Dougy Ralph.

DALEHEAD VETERINARY GROUP

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AGE Concern

BENTHAM

ON THE 4TH DAY OF CHRISTMAS

A very successful Christmas Fayre when the sum of £173 was raised to meet the running costs of the Day Centre. We had a variety of stalls including an extremely good cake stall. Raffle winners were; Mrs Duckworth, Mrs F. Duthoit, Mrs D. Gudeon, Mrs E. Mitchell, Mrs L. Johnson and Mr. Jim Haigh.

ON THE 11th DAY OF CHRISTMAS

With the Day Centre looking decorative and seasonal, 70 pensioners sat down to a traditional Christmas dinner prepared by our own Pat Smith and served by volunteer staff. Cliff Machin thanked Pat and all the helpers for their hard work and the day was rounded off with everyone singing Christmas carols. Raffle winners were: Mrs Lee, Mrs M. Parker, Mrs E. Johnson, Mrs F. Burrows, Mrs E. Taylor, Miss M. Thornborough and Mr J. Townson.

ON THE 17TH DAY OF CHRISTMAS

Our friends from Age Concern North Craven held their Christmas dinner at Castleberg Hospital, 21 of our members accepted their invitation to attend. Pupils from Rathmell Priory School provided the entertainment, which was much appreciated.

ON THE 18TH DAY OF CHRISTMAS

A mere 25 hours later, we were welcoming the first of 80 members to our Christmas Tea Party. Before tea, we were visited by children from the Primary School who sang carols and following another excellent meal, the audience were entertained with a professional performance by The Surridges. Raffle winners were: Mrs M. Parker, Mrs Lee, Mrs P. Townson, Mrs M. Murphy, Mrs Shuttleworth, Mrs K. Townson, Mrs F. Burrows, Mrs B. Sharples, and Mrs E. Johnson.

A full programme of Christmas festivities has now been completed and, we hope, enjoyed by all our members.

AND THEN CINDERELLA WENT TO THE BALL!

In the evening at a dance organised by Cliff Machin and Joe Gornall, a presentation of £70 was made by Cliff to Doug Garlick (Treasurer of Age Concern Bentham), collected from the dancers. In thanking them for their generosity, he stated that the sight of dancers enjoying themselves evoked, for him, memories of 'days gone bye' when the same ballroom was filled with local dancers not only supporting the functions but also enjoying themselves. He recalled that several well known broadcasting bands had been engaged in those days to play for dancing in what was then and still is one of the best ballrooms in the area. He felt this was now an opportunity for the local community to rekindle some of this spirit and support ballroom dancing in Bentham.

BEWARE

Just a word of caution to all local inhabitants. We have heard that some bogus collectors have been calling at houses in the Bentham and Ingleton areas perporting to be raising funds for AGE CONCERN. We can catergorically state that these people did not have either permission of the police to carry out a door to door collection (which they need) nor the permission of Age Concern. If you have reason to suspect any individuals on such a mission please report the matter to the police.

The committee of Age Concern Bentham wish all of you the Compliments of the Season!

BENTHAM TAXIS

05242 - 62511

PROPRIETORS

J.R. and N.H. EASTWOOD.

BENTHAM GALA - THE FINAL CURTAIN

Despite valiant attempts over the last six months to generate interest in 1993's Gala, the lack of response to date means there will almost certainly be no Gala. Once it has been discontinued it is difficult to see what would happen to revive it, certainly if the present level of concern is any indicator.

For many years past the Gala has been run by Bentham Playing Fields Association, often with the enthusiastic support of people who had no direct interest in the facilities provided by the Playing Fields. Last year there were a number of resignations from the Gala sub-committee which meant that the workload is now too heavy for those remaining.

The Gala is the principal fund raising event for the Playing Fields. If this is lost then the facilities cannot be maintained and the cost to the clubs using the field will increase. The event has been offered to local organisations so that they could run their own stall or side shows to generate funds for themselves, whilst at the same time paying the Playing Fields a relatively nominal rent for the pitch. Unhappily this has produced no positive responses.

A meeting will be held in the clubhouse at 8pm on Wednesday 13th January at which a decision will be made as to the future of the Gala. If you wish to see the Gala continue please try to attend or contact Colin Woof (61387) or Ken Robertson (61285).

New Councillors

Low Bentham voters are having to make up their minds about new Town Councillors. Two of their Councillors have resigned recently because of other commitments and the Council needs to find two new Low Bentham Councillors to replace them. If there is to be an election, 10 registered voters from Low Bentham will need to write to Craven District Council before the end of January to request one. If there is no written request, however, the remaining Councillors will co-opt two new members, who could be from either High or Low Bentham. In this case, anyone from Low Bentham with strong views about who should represent them should lobby members of the Town Council.



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DISTRICT AFFAIRS

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



COUNCIL TAX

As everybody's wondering what band they're in for the Council Tax we've arranged for every householder to be circulated this month. I'll be appealing as soon as I can (April 1st) as we've been put in a band above neighbours in similar houses and well above the insurance value of the house.

Basically the average tax (Band D - houses worth £51,000 - £88,000 eg. most of Pye Busk), will be twice the Poll Tax as it allows for two persons per household. However, one-person households will lose out as they only get 25% discount. Houses in A - C bands (eg. most Goodenber Road) will pay less and those with houses in E - H bands will pay more. There'll be discounts for students, disablement relief and housing benefit as at present.

It's likely that the average tax will be close to the Govt's estimate of £494 (ie. equivalent to £247 Poll Tax, compared with £217 this year) because of the low value of properties in the District and the County's difficulties with finance (see my County column). We'll try and keep it as low as possible at District but as we're only responsible for 20% of it that won't have much influence.

SERVICES

Although they're no longer Council matters I get a lot of enquiries about services so I think it's fair to include comments about them in my column. As a comparison it may interest people to know that though our electricity consumption for the year was exactly the same as last year it cost 6.5% more. I can't compare gas consumption as

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they've changed it from therms to cubic metres but it cost 3.3% more. However, despite using the telephone 6.3% more it cost 6.5% less, ie. the cost per unit fell by 11.3%. Water rates were 7.8% more, despite being on a septic tank.

LOW BENTHAM HOUSING SCHEME

The latest completion date for the Low Bentham scheme is June 1993. There will be 3 two-bedroom houses and 2 three-bedroom houses for rent and 4 two-bedroom bungalows for sale on the basis of shared equity. Shared equity means that you buy part of the house - up to a maximum of 75% and if and when you leave it will be sold and you'll recover the same proportion of the sale price. This is to stop the first buyer making all the profit without advantage to future buyers. All allocations will give priority to local people or people with local connections. Applications should be made either to the Town Clerk or in the usual way to Craven District Council Housing Department.

COMPULSORY COMPETITIVE TENDERING

The Govt. are now extending CCT to professional services in local authorities. This will include legal, financial, personnel and administrative services. As you know I have long supported competitive tendering but I believe that in many ways it is being taken too far. Although there are some efficiency bonuses there are also negative effects. When tenders are screwed down to the last half-penny not only do we lose loyalty and good will but also flexibility, so that when extra effort is needed or when emergencies arise people are not prepared to put themselves out.

RECYCLING

I was sorry that nobody was able to take over their can collection efforts from the Scouts. The final clean up brought over £70 so it was very worth while. The escalating costs of land fill and the loss of the Langcliffe tip mean that, quite apart from the desirable environmental effects, we'll have to redouble our efforts to reduce our waste production by recycling.

HONOURS FOR EX-BENTHAM WOMAN...

Bentham has reason to be proud of one of its ex-residents. GARETH PIERCE, the daughter of John and Peggy le Webb, who were headmaster and headmistress of Bentham Grammar School from 1946 - 1966, once named in the "Guardian" of 30th December 1992 as one of their nominees for New Year's Honours. They nominated her for "her tireless services as solicitor for the wrongly convicted. She has acted in nearly every important miscarriage of justice case, most recently in the Cardiff Three Appeal."

In addition, in the same newspaper, Helena Kennedy, barrister and QC, named Gareth Pierce as her "Woman of the Year". She "has been at the heart of many of the miscarriage of justice appeal cases" and "works quietly and with incredible commitment."

Reprieve for Creamery

By Keith Cowling

Hopes are high that Wensleydale cheese making in Wensleydale will survive. Hawes Creamery was closed earlier this year by its previous owners, Dairy Crest (the commercial arm of the Milk Marketing Board), who seemed intent on moving all Wensleydale cheese production to Longridge in Lancashire! But strength of local opposition has convinced them to sell it to a locally based consortium for £300,000. Now plans are being made to start production again of Yorkshire's most famous cheese and to secure more than 50 local jobs.

"BEAUTY AND THE BEAST" comes to Bentham.

Rehearsals start in earnest this weekend for Bentham's huge community production of Beauty and the Beast, which will be performed in the February half term (Wednesday 24th - Saturday 27th).

Acting rehearsals begin on Friday 8th January at 7pm in the Youth Club. Please come along if you asked for an acting part. There are still a few parts left for people who haven't signed on already, so drop in if you are interested.

Children who want to dance should meet on Sunday 10th January at 2pm in the Youth Club. If you have any queries about the Panto please ring Margaret Cowling on 61764.

COSTUMES - Pantomime costumes may be hired. Please contact Pam at Bentham Sportswear tel 62001 or Janette tel 62377.

ANGUS FIRE LTD CONTRIBUTE TO COMMUNITY LIFE

Thanks must go to Angus Fire Ltd who this year not only supplied ALL the Christmas trees that decorated the Main Street, but also contributed £215 towards the new Christmas lights in Station Road, together with a handsome £180 contribution towards the Community Bonfire.

Thank you Angus's, and especially Mr. David Winterburn, Group Personnel Manager.

VILLAGE BAKERY

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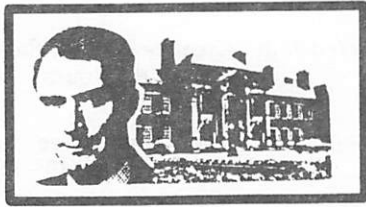
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FROM COUNTY HALL



BY COUNTY COUNCILLOR RALPH ATKINSON

HERE'S WISHING YOU ALL A HAPPY AND (MUCH MORE) PROSPEROUS NEW YEAR

POLICE

Last month in the latest of several consultations with the Police hierarchy I'm now satisfied they are taking our problems in North Craven seriously. Superintendent Christine Hobster, now back in charge after a protracted illness, is very much in command. Some temporary improvements she has made already, such as mobile telephones for officers to use in our radio black spots, and others are promised next financial year, such as patching our telephone calls to Ingleton station through to Skipton at the cost of a local call and realigning hill top masts to eliminate the black spots. All public telephone kiosks in the area are now identifiable by the police operator and as a result of suggestions I made a year ago a touch-screen system of identifying place names is to be started (tho' unfortunately in York). However, there's not much Supt. Hobster can do about numbers as these are fixed by the Govt. and the whole county is short. But, despite desperate shortages of finance (due in part to the police murder this year) she is sending us Inspector Christine Longmoor back (to Settle) to reinforce the lads.

HIGHWAY REINSTATEMENTS

It'll be no surprise to the observant that the resurfacing material on Robin Lane is not up to standard and the whole job will have to be done again. As it's the fault of the suppliers it won't cost us anything and is scheduled for early spring. The Town

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Council and I have asked for a mini-island at the junction with Main Street to slow up the night time joy riders to be put in at the same time.

Hopefully, the curse of uncoordinated road works will be at an end from next year. The much delayed Roads and Streetworks Act will be in force from January 1st, under which we have the authority and the staff to coordinate such works. Seeing as there were over 11,000 street openings a year it will be quite a task.

OVERLOADED LORRIES

In order to find out the facts a scheme to weigh lorries was established in the York area in 1990. Of the 8,000 odd vehicles weighed in the last 2 years 25% were found to be overloaded and 700 were convicted. Overloading has, of course, important effects on road wear and safety, eg. stopping distances.

NEXT YEAR'S FINANCES

Working out the forecasts for next year's budget has been difficult as there've been so many changes in County responsibilities. In particular Community Care has been added and Further Education taken away. However, taking into account the small increase in salaries allowed by Govt. we had estimated an overall total of £399.5 million. Now the Govt. has produced their estimate, which is £392.0 million, or £7.5 million less. This means that either we have to make savings of this amount in an already lean budget, or cut services, or risk getting capped.

'PRIVATISATION' OF WASTE DISPOSAL

The above process will not be helped by the fact that the setting up of a separate company to manage waste disposal as demanded by Govt. is costing £2.5 million more than anticipated. This will mean finding an extra half million next year. Although this is partly due to better environmental protection it is also due to the extra costs of providing top management for the company.

LOCAL EVENTS IN JANUARY

- Tues 5th Bentham Baby Clinic at the Health Centre.
- Tues 12th Bentham & District Camera Club presents an Audio-Visual Presentation by Mr. Derek Smith.
- Bentham Methodist 'Bright Hour' at 2.15pm.
- Wed 13th Save the Gala meeting at 8pm at the Sports Club.
- Fri 15th The Countryside Society's AGM and members' Evening A Grand Nostalgia Trip, to celebrate our 21 years. RSPB film, The Lune Valley (1970) and other members' views and memorabilia.
- WASTE PAPER COLLECTION at the Legion Hall 8.30 - 11am. Proceeds to N.S.P.C.C..
- Sat 16th BENTHAM NEWS COFFEE MORNING at the Town Hall 10am - 12 noon.
- Sun 17th Guided walk, another of the walks from the 'Shorter Walks around Bentham' around Boiling Well (5miles). Leader Margaret Marshall (tel 61272). Please meet at the Horse and Farrier at 1pm.
- Mon 18th Bentham Homing Society AGM at 7.30pm in the Sports Club.

- Tues 19th Angus Pensioners meeting at 2pm. Mr Peter on Heraldry.
- Bentham Baby Clinic at the Health Centre.
- Wed 20th Creative Writing class begins at 2pm in the Youth Club (details on page 2).
- Sat 23rd Youth Club coffee morning in the Town Hall 10 - 12 noon.
- Mon 25th Ewecross Historical Society, in the Lower Town Hall at 7.30pm. Tatham v Wright: a Lune Valley soap opera. Miss Emmeline Garnett.
- Tues 26th Bentham & District Camera Club presents 'A Story in Picture' by club members.
- Fri 29th FEBRUARY BENTHAM NEWS PUBLISHED.
- Sat 30th Guided walk to Hardacres and Skew Bridge (9 miles). Leader John Pilkington (tel 61757). Please meet at Lairgill 10.30am.
- PANTO GROUP coffee morning 10am in the Town Hall. Panto tickets on sale for the first time!
- OFF THE WALL in the Town Hall 8pm for dinner 10pm for dancing (details on page 2).

LOCAL EVENTS IN FEBRUARY

- Mon 1st TOWN COUNCIL MEETING 7.30pm in the Lower Town Hall.

Listing for Local Events

Day.....

Date.....

Event.....

Venue.....

Please complete and return to Lesley Barker
or hand in at Churchill's

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11 PUBLIC TRANSPORT

RAILWAY TIMETABLE

from 28th September 1992 to 16th May 1993

LEEDS-LANCASTER.

MONDAY - SATURDAY

Leeds	Bentham	Lancaster
0903	1030	1102
1303	1430	1506
1633	1803	1832

SUNDAYS

1405	1530	1601
1705	1830	1901

LANCASTER - LEEDS

MONDAY - SATURDAY

Lancaster	Bentham	Leeds
0724	0754	0925
1125	1154	1324
1525	1554	1728
1930	1959	2123

SUNDAYS

1654	1723	1855
1956	2025	2159

BUS TIMETABLE

BENTHAM - LANCASTER

MON - SAT

Ing	0725	0920	1050	1150	1305	1450	1550
1653	1853						
H.Ben	0740	0940	1110	1210	1325	1510	
1530	1609	1713	1715	1913			
L. Ben	0745	0945	1115	1215	1330	1515	
1535	1613	1718	1918				
Lanc	0825	1024	1154	1254	1409	1554	
1615	1650	1758	1956				

LANCASTER - BENTHAM

MON - SAT

Lanc	0752	0810	0945	1045	hourly until
1745	1630	1645	1745		
L. Ben	0828	0849	1024	1123	hourly until
1624	1711	1728	1828		
H. Ben	0833	0853	1028	1127	hourly until
1627	1711	1728	1828		

NOTES:

No buses operate on Sundays between Bentham and Lancaster.



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BENTHAM TAXIS

05242 - 62511

PROPRIETORS

J.R. and N.H. EASTWOOD.

BENTHAM PEOPLE



PERSONAL THANKS

As one who benefits from the services provided by the Age Concern and Meals on Wheels volunteer drivers, may I take this opportunity to thank them for giving their time and cars to help those less fortunate through out the year. I am sure I speak for many others who also benefit. Doris Lowe.

Mr & Mrs Marsden, Mount Pleasant, wish to thank everyone who helped with and expressed concern about the recent damage to their property. All is now well. A happy New Year to you all.

The family of the late Mrs Marsden would like to thank all their neighbours and friends for all their kindness during their recent bereavement. Best wishes for the New Year to you all.

Billie and Lizzie Armstrong wish to thank friends and relatives for their many Christmas cards and greetings.

Springboard would like to thank everyone who supported the two fund raising events that we recently held; the Flower Arranging Demonstration and the Fashion Evening were both very enjoyable.

FOR SALE

Cassette tape holder for Volvo 340 series car. £1.50 tel 61596.

KINDLING WOOD £2.50 per large bag. FREE DELIVERY tel 05242 61229.

SERVICES

Childminder has vacancies. Please contact Sue Park Tel 05242 62099.

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ENTERTAINMENT

NOT TO BE MISSED - "An Evening in Cumbria" presented by Bob Swallow in aid of the Arthritis and Rheumatism Council, on the 11th february at 7.30pm in the Methodist Schoolroom £1.50. Tickets available from the committee.

Learn Tai Chi Chuan - Craven College

Beginners' class starts 14 January, 7.30-9.00, High Bentham Primary School. Every Thursday night. Cost as for Craven College classes. For further information, ring 61403.



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NEW COMPANY OFFERS HELP TO SMALL BUSINESSES IN BENTHAM

We're all aware of the current difficult commercial climate being experienced by many businesses, both locally and nationally. Much discussion is taking place within government and its trade departments on how to tackle the problems; how to generate an improved economic climate – it's refreshing to report in this month's issue that at least locally one new business has been launched, partly to help in solving the need for an improved business climate.

Langdale (*Chartered Accountants*) is a newly established financial management consultancy, with objectives primarily aimed at providing small businesses with the skills expertise, experience and knowledge normally associated with large organisations.

Geoff Langdale, the company's Managing Partner and originator of the business, said in a recent interview, "For many years I've been aware that small businesses have lacked the creative input to their financial management that 'big company'

experience can bring, and consequently help them to succeed and develop more efficiently and profitably."

It is an interesting concept as the natural tendency of a small business or one that is just starting-up is to buy those accounting services that are the 'cheapest' or sufficient to meet the demands of the law, when in fact, greater knowledge and experience can indicate different actions, or systems, which would in the long term improve efficiency and profitability.

So often, figures are produced either for planning the start of a new business, or at the end of a fiscal year for an established business, which are 'understood' only by the accountant who has prepared them, and subsequently by those organisations who are to receive them. Throw some 25 years of commercial and industrial experience at the objectives of the figures and possible solutions/ideas can result in a better business position than was first considered possible.

Geoff Langdale is a Fellow of the Institute of Chartered Accountants and has significant experience, at senior level with small and large companies concerned with such industry sectors as manufacturing, distribution, retail, farming, construction and haulage etc. ●

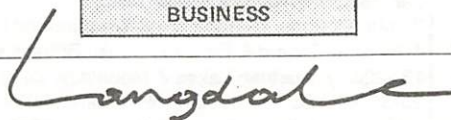
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Help yourself to Health

STRESS

Stress affects different people in different ways. A good explanation of what stress is would be to imagine an overload being put upon the body systems. This can lead to a variety of problems usually starting with exhaustion from lack of sleep following emotional stress.

To start with the more *exhausted* you become the more energy you may appear to have - this is the "buzz" from your body's adrenalin. Then *tiredness* can set in or a feeling of "running to stay still" or never being in control.

Other common signs include rapid breathing, queasy stomach, tense muscles, head aches, irritability, poor appetite, loss of interest in sex and general illness.



BEFORE
WORK

FINISHING
TIME

The Cold Research Centre tell us that people who are stressed are six times more likely to develop a *cold* and certainly stress is a factor in many medical conditions.

If all this sounds familiar, take heart as short term stress can usually be dealt with. Much of our stress arises from a needless effort to get the approval of others. How often do you say "I have to" or "I've got to"? Try not to do everything and be everything to everybody - get priorities right.

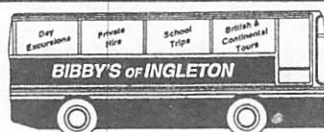
Here are a few guidelines to help you look at the stresses in your life and maybe 1993 is the year you decide to do something positive about it.

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- ✓ Start with a *list* of the *demands* on you and put them in order of *priority*. Deal only with the things you feel you can do something about.
- ✓ Tackle *one problem at a time* until its complete. Try not to tackle other peoples problems - listen and help them to sort out things themselves.
- ✓ *Learn to say no* and pass onto others those jobs which can be done by others.
- ✓ Make *time* and *space* for yourself every day.
- ✓ *Plan routines* for mealtimes, exercise, sleep and quiet times and make those times *important to you*.
- ✓ Try not to harbour grudges or try to be perfect. Things do go wrong in life.

If you are becoming overstressed, admit it to yourself and seek help. Talk to a trusted friend or relative, your GP or Health Visitor, a counsellor, alternative therapist, or the Samaritans.

Christine Hodson
Health Visitor



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NOWBOOKING

FOR 1993 HOLIDAYS

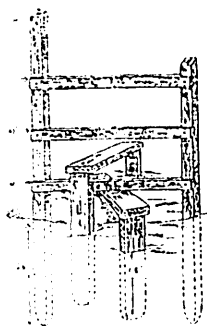
- 15-18 April Norwich & the Norfolk Broads £129
- 20-24 April Amsterdam & Dutch Bulbfields £229
- 3-9 May Falmouth, Cornwall £245
- 27 May-2 June Connemara & West Ireland £269
- 4-10 June Dinard & Emerald Coast, Brittany £295
- 13-22 July Austrian Lakes & Mountains £409
- 25-31 July Boumemouth & New Forest £239
- 8-15 August Black Forest of Germany £339
- 4-10 Sept Inverness, Loch Ness & Highlands £259
- 23 Sept-2 Oct Classical Italy-Lake Garda £375
- 23-29 Sept Killarney & Kingdom of Kerry £289

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FOOTPATH MATTERS



At the end of seven years' operation, the Bentham Footpath Group can reflect on a certain measure of achievement. As Len Moody bows out from his post of General

Secretary (although continuing as Chairman) he looks back on another successful year.

Every month, there have been at least three guided walks, almost all well supported. The group has also collaborated with other bodies with common interests, and there is evidence that there has been an increase of appreciation and use of local footpaths and rights of way. Every walk, in an area such as we are fortunate to live in, becomes a memorable event: of special interest was the Family Rambling Day outing to Greta valley, enjoyed by walkers of all ages.

FOOTPATH CONSERVATION

Our secondary programme, now a year old, under the auspices of the British Trust for Conservation Volunteers, has steadily progressed: 30 different tasks were completed to an elegant and substantial standard (rebuilding of stiles, provision of handholds, construction of simple footbridges, steps on steep banks, etc). Members contributed to a Projects Fund to help finance these improvements, and we also acknowledge a grant from SHELL 'Better Britain Campaign' and practical help from our Highway Authority (North Yorkshire County Council). We have also appreciated the cooperation of various farmers and landowners in carrying out these tasks. It's good to see quite a number of them making improvements on their own initiative and to high standards of countryside management.

LOOKING AHEAD

As public policies on footpaths and rights of way are confirmed, it is clear that what we have been doing locally is in line with such initiatives as the Public Footpaths Partnerships, in which collaboration is encouraged between local authorities, landowners, and 'user-groups'. Our experience - perhaps even our example - will be put to good use in the future.

ORGANISATION

Since our annual meeting at the end of October, several changes have been agreed, although our chief consideration has been to maintain continuity. We are lucky that Carol is continuing as Secretary of the guided walks, and that Julie will continue to manage the 'Adopt a Footpath' scheme (with staunch help from Charlie). Thanks also to Colin for dealing with way-marking. Amongst the newcomers we welcome Ken Walton as our Bentham News contact and Geoff Huddart to deal with Footpath Problems. Above all, we look to David Stubbs who is cheerfully shouldering several responsibilities, and shall give him all the support we can.

NEWCOMERS

We are always glad to welcome newcomers on any of our walks, and happy if later they decide to become regular members of the Group. Subscriptions remain at £2 per family and they should be given or sent to David Stubbs, The Grange, Low Bentham Road. During the past year, membership has increased to 137 families.

ENVOI

Having expressed a wish to hand over as General Secretary, I am sincerely grateful to those who have taken on additional jobs to make that possible. It has been a pleasure, and also some kind of privilege, to lend a hand in the refurbishment and opening up of

continued on page 16

A "THANK YOU" CHRISTMAS POEM

by Audrey Lister

In memory of Mrs Audrey Lister.

*I wish you peace at Christmas,
And hope we all stay free,
From aches and pains
From breaks and strains,
From coughs and sneezes,
And other diseases,
From racing hearts,
And upset tums,
Might be constipation,
Or the runs,
From aching heads
And feeling queer,
Because of too much Christmas cheer.*

*I hope your telephone won't ring,
Except to give you glad tidings,
I pray you sleep the whole night through,
Without someone disturbing you,
I want us to remember,
That you have loved ones too,
And hope that through this holiday,
They'll see lots more of you,
I'd like to wish you all that's best,
And thank you for the year near passed,
For kindly care,
For all you've done,
Though tired and weary, you go on.*

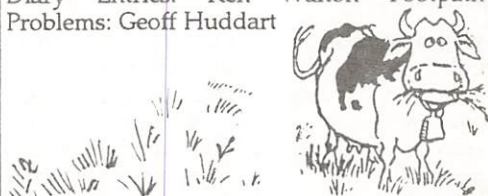
*So peace be with you this Christmas time,
Through the New Year coming too,
For all your dedication,
I give our thanks to you.*

*God Rest You Merry Gentlemen
And of course, the ladies too.*

continued from page 15

Bentham footpaths: the many memories and friendships it has given rise to have been an ample reward. Having been asked to continue in the role of Chairman, I shall remain in touch, and with such committed walkers and workers expect to see continued progress, and - who knows - perhaps developments at present undreamed of.

OFFICERS Chairman: Len Moody
Treasurer, Membership Secretary and Conservation: David Stubbs Guided Walks Secretary: Carol Crellin Adopt a Footpath: Julie Procter Waymarking: Colin Clapham Diary Entries: Ken Walton Footpath Problems: Geoff Huddart



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LETTERS



Dear Benthams News

With respect to last month's letter about the SPAR planning application, I think we have a bad case of 'shooting the messenger' because you don't like the message.

I was present at the Council meeting where the application was discussed and the BN report accurately represents the tenor of the discussion, including some sarcasm about parking. There was heated debate about the issue with some councillors strongly supporting the expansion of a local business. However the majority, whilst not wishing to discourage extra local employment, felt that road safety was more important.

Whatever the merits of the case, it is not Kate Steele's fault that she informed the Benthams public about this discussion. Indeed, BN has helped to improve public awareness of council matters, with a reporter there at every meeting. This increases councillors' sense of accountability and makes them very careful when taking planning and other decisions.

I'm sure BN will start having trouble recruiting and keeping its volunteer reporters if they have to suffer such unreasonable personal abuse for reporting what OTHERS have said and done. And then we would all be the losers!

Yours sincerely

Sue Bloxham,
Green Head Farm,
Low Benthams

Dear Benthams News

We would like to express our thanks to the people who put up the Christmas lights, they really cheer the place up.

from
John Corrigan and Aiden Watt

17

Dear BN,

Re: Jacksons advert in the last BN.

There are some females who can DIY out here!

Janette Richardson.
Kinnian, Benthams.



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Have you visited your local branch of North Yorkshire County Library recently? The library is in the old school at High Bentham (next door to the present county primary school), and Mrs Hannah Campbell, who is in charge there, will be pleased to welcome you on a Monday, Wednesday or Friday afternoon or evening, or on a Saturday morning.

The library offers a selection of fiction books ranging from romances, westerns and thrillers to classics and modern literary novels. There are also factual books on many topics including biography, travel and history as well as practical subjects such as gardening and cookery. Books in large print are provided for those who find difficulty in reading print of normal size.

Children of all ages from toddlers to teenagers will enjoy using the library. You can encourage your children to acquire the reading habit by reading aloud to them from an early age and the library can provide picture books for this purpose, as well as easy to read books for children just learning to read for themselves and all kinds of stories and information books for fluent readers.

The library has over 6,000 books in stock, and is constantly receiving both new books and book exchanges, so that even regular readers can find something fresh on the shelves. What is more, all the 1.5 million books which form the stock of the whole of the County Library are available to readers through the request service. The charge for this service is only 50p (with a concessionary rate of 30p for the over 60's and others) and the library can supply you with a particular book whose author and title you know, or a book on a particular

18

subject which is not represented on the shelves.

It's easy to join the library and it's FREE! All you need is some proof of your name and address, such as your driving licence or pension book. (For children a parent's signature is needed) You may borrow up to six books at a time (children - three books) and then keep them for up to three weeks.

As well as books to borrow there are encyclopaedias, directories and other reference books and leaflets in which you can look up all sorts of information, both general and local - so whether you need to find an address to write to, the solution to a crossword clue or some other material for the latest school project the library can help you.

The library opening times are:

Mon 2.00-4.30 & 5.00-7.30pm

Wed 1.00-4.30 & 5.00-7.30pm

Fri 2.00-4.30 & 5.00-7.30pm

Saturday 10.00-12.00

Telephone 05242 61388

Residents of Low Bentham, Thornton in Lonsdale, Burton in Lonsdale and other places outside the village receive a fortnightly service from the mobile library: for details of stopping places and times please ring the Craven Area Library HQ at Water Street, Skipton tel 0756 793751.



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by Doreen Park

Two new gingerbreads to try

CLAREMONT GINGERBREAD

- 1lb plain flour
- 2 tsps bicarbonate soda
- 2 tsps ground ginger
- 2 tsps ground rice
- 8 ozs butter
- 8 ozs demerara sugar
- 2 tblsps dark treacle
- 1 egg beaten
- 1 tblsp milk

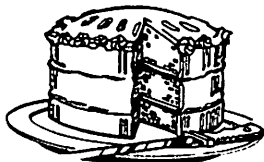
Sift the flour, carb soda and ginger together and stir in the ground rice.

Put the butter, sugar and treacle in a pan and heat gently, stirring until the butter has melted and the syrup dissolved.

Remove from the heat and stir in the dry ingredients, beat in the egg and milk.

Turn into a greased 8" square tin and spread into the corners.

Bake in a pre-heated moderately hot oven 200c/400f gas mark 6 for 30 minutes.



APPLE GINGERBREAD

from Mrs D. Pickett and tested by D. Park

- 3 ozs butter or marg
- 3 ozs demerara sugar
- 3 ozs golden syrup
- 1 small tblsp black treacle
- 6 ozs SR flour
- 1 tsp ground mixed spice
- 1 tsp ground ginger
- 1 beaten egg
- 1/4 pint unsweetened apple puree made from 1 medium cooking apple.

Melt the butter, sugar, syrup and treacle together in a small pan.

Allow to cool.

Sieve the flour, mixed spice and ginger into a bowl, beat in the syrup mixture, apple puree and lastly the beaten egg.

Pour the mixture into a greased 9" by 5" loaf tin and bake in pre-heated oven 350f/180c gas mark 4 for 50 minutes.

Allow to cool before turning out.

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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, Ken Robertson, Kate Steele, Jean West, 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.

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

20 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 Town Hall at 2pm. Enquiries Mrs Field 61084

St John the Baptist, Low Bentham.

From 1st September 1992 until further notice. 1st Sunday 9.15am, Holy Communion (BCP), 10.30am Family Service. 2nd Sunday 10.30am, Holy Communion.(ASB) 3rd Sunday 10.30am Morning Prayer with Holy Communion (BCP). 4th Sunday 10.30am Holy Communion.(ASB) 5th Sunday 10.30am Morning Prayer with Holy Communion.(ASB)

St Boniface Catholic Church.

Saturday 6.30pm. Sunday 9.30 a.m. (also 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 Springboard 7-10 years Monday 6.15pm. Breakout 11-13 years Wednesday 7.00pm. JAM 14 plus Friday 7.30pm.

Methodist Church, Low Bentham.

Afternoon Service 2pm. Friendly Hour 2nd Thursday each month 2.15pm

Religious Society of Friends, Quakers.

Meeting for Worship, Sunday 10.30am. Enquiries - Ring the Clerk on 62933. All Welcome.

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