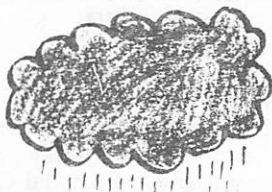


BENTHAM NEWS



BENTHAM POST OFFICE UNDER THREAT!!



E·R

The Royal Mail has announced draft plans to close the Benthams sorting office. This could threaten the long term survival of a Post Office in Benthams. Benthams people are encouraged to object to these plans by writing to:

David Higham,
Delivery Area Manager
Royal Mail House,
Junction Street,
Carlisle CA1 1AA.

Full story page 17.

WELL KNOWN YOUNG BENTHAMER IN COMIC RELIEF CHALLENGE

Mick Armstrong has surprised and delighted his many friends and customers by attempting to raise over £1,000 by cycling the 23 mile Three Peak route. Mick and his future father-in-law, Roy Monk of Newby, will complete the arduous route on mountain bikes on 7th March.

When asked, Mick said, "I decided to do it when I saw Comic Relief advertised on telly. The only thing that would stop us would be a foot of snow on top of Ingleborough!"

There is still time to help Mick reach his target by adding your name to his list of many sponsors. Lists can be found at Spar, The Black Bull, M & E's chip shop and, of course, at Armstrong's.

TRAIN RUMOURS PERSIST

Benthams News has heard a number of rumours that our train service is to be *increased* in the new spring timetable.

When approached by the Transport Users Consultative Committee, BR's regional managers denied any plan to make increases. But several local sources close to railway workers continue to insist that the number of trains through Benthams will be increased to 7 a day by late summer. Anyone out there know any more?

MARCH 1993

ISSUE 77

BENTHAM TRADERS ASSOCIATION

The Traders will be holding their AGM on Monday 15th March at 7.30pm at the Black Bull Hotel. The Association has enjoyed two very successful years during which much has been achieved. The Christmas lights and Late Night Shopping event are perhaps the most tangible to the Bentham public. It is possible that you may think that shopkeepers are the only prospective members for the Association, however Bentham Traders is open to ALL commercial enterprises in the Bentham District, whatever size or type of business. At the moment we have approximately 40 members from all parts of High and Low Bentham. If you are interested in joining please come on the 15th. We look forward to seeing many new faces at the AGM and you will be made very welcome.

ARTHRITIS and RHEUMATISM COUNCIL

A very successful slideshow was given by Mr. Bob Swallow on Thursday 11th February in the Methodist Schoolroom entitled "An Evening in Cumbria". He gave his highly entertaining show to a packed audience.

Sincere thanks are given to all who attended and gave their support to this our first money raising event of 1993. This enabled us to make a profit of £139.

Our next event is a coffee morning on Saturday 17th April, in the Town Hall.

ST. MARGARET'S MOTHERS UNION

The enrolling member welcomed Mrs Woods who told members about her visit to a small community in Uganda. Her son is doctor in charge of a hospital serving people from a wide area who walk many miles for treatment. Children come to be immunised, mothers come to have their babies, and other members of their family come to look after the patient. Mrs Wood described the difficulties caused through

2 lack of facilities which we take for granted describing the people as being "poor in material things but rich in spirit".

BENTHAM WOMEN'S SOCIAL SERVICES & N.S.P.C.C.

The AGM of the Bentham Women's Social Services and N.S.P.C.C took place at the Punch Bowl, Low Bentham on 9th February. Mrs H. King welcomed 24 members and friends and thanked everyone for their help and support during the past year. The secretaries and treasurers reports told of a busy and financially rewarding year with £3,060.26 having been sent to NSPCC Headquarters in London.

Bentham Women's Social Services has donated another £100 to the local community in 1992.

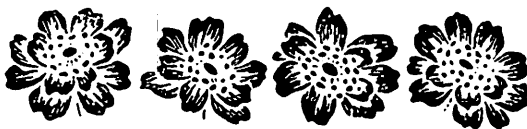
The officers were re-elected.

It was decided to have a House to House collection between the 19th and 26th April, a Fashion Show in May, a Craft Fair on 7th August and the Annual Cracker Sale on 27th November. The evening ended with a buffet supper.

LABOUR PARTY MEETING

The Labour Party, North Craven Branch, met at the Black Bull, Bentham on Wednesday 10th February. A questionnaire was drawn up, which will be circulated to all members to assist in the planning of future branch activities.

Members expressed great concern at the Post Office's proposal that the local sorting of mail should cease, with deliveries being made direct from the Lancaster office instead. This would cause a loss of income for the branches concerned, and could well cause closure of some of the smaller offices - e.g. Clapham, Austwick and Wray.



TOWN COUNCIL

The sight of three police officers, two of them in uniform, must have thwarted any notion of insurrection by the massive turnout of 21 members of the public. Faces round the table were: Councillors Bateson, Cowling, Dawber, Hurtley, Joel, Marshall, Preston and Telford together with District Councillors Atkinson and Pilkington.

But who would join them, to make up the recently depleted quota? Four people had 'put their names forward' (surely not what co-opting means?) and soon scraps of paper were being passed round the table like a Christmas party game. The end result brought Wendy Dowbiggin and Russell Jackson into the magic circle. Stan Telford was elected Mayor and Gerald Hurtley elected Deputy.

VISIT OF POLICE SUPER

Superintendent Christine Hobster, Divisional Commander of G Division, Skipton, had come to introduce herself, talk about local police policy and answer any questions. After outlining her career in the force she described the changes being implemented from Skipton, including the proposed improvements in communications.

But the main improvement was the fact that she was there at all. In the old days, very little information was given to the public. Now it was recognised that the police needed their cooperation - not least because resources are stretched - and the best way of achieving this is to keep the public informed.

She was refreshingly honest about what could be achieved - with no possibility of an increase in establishment in the near future and, it seems, nobody wanting to be a bobby in Ingleton.

THE MEN FROM CRAVEN THEY SAY YES!

The police may not be able to work miracles, but Craven College can! Two new administrators had come to demonstrate.

Messrs Prescott and Blackwell have spent

3

several years learning to say 'everything is possible'. Yes - they were ashamed of Craven College's history of adult education provision in Bentham. Yes - everything would be different from now on. Yes - they would reduce the cost courses. Yes - it was very naughty not to reply to personal letters. And yes - whatever suggestion was put to them, they would consider it. Flying carpets to courses in Skipton - no problem!

AND ON A LOWER NOTE ...

Apparently there's a bit of a problem in the Gents toilet. It's been there for some time and it just won't go away. Councillor Marshall said it was only a matter of a few inches, but Councillor Preston seemed very keen on a site inspection. The urinal is too high for small boys to reach - what to do? Of course they could go in the cubicle - but one of them got stuck in there and anyway that creates, well, you know, a queue. And we can't have the Gents queuing, now can we? Why it would be like - the Ladies! After much mirth they decided to lower it.

What with one thing and another, it was 10 o'clock before we all got to go home. It's just as well that new members are not required to give maiden speeches - but perhaps that's something to look forward to. Come and hear them all at the next meeting - Monday 1st March.

Kate Steele

BILL HOULSWORTH

Time Served

PAINTER & DECORATOR

5, Lairgill,
High Bentham
Nr. Lancaster
TEL (05242) 62369





**Tourist
Information**



Mr Bateman Marshall (Chairman) welcomed volunteers of Bentham TIC to their Annual General Meeting, which was held recently at Wenningdale, by kind permission of Mr & Mrs Tomlinson.

The Treasurer, Mr John Hall presented a satisfactory financial statement which showed growth being maintained - thanks were expressed to Craven District Council and to Bentham Town Council for their grant support, without which it would not be possible to continue providing this service in the Bentham area.

In his review of the 1992 season, the manager Mr. Douglas Garlick stated that in spite of the indifferent weather and the effects of the recession, they had managed to maintain an overall increase over 1991 in visitor intake, as well as sales, which is essential in meeting ever increasing overheads. A pleasing aspect was the increasing support now being received from the local population.

ELECTION OF OFFICERS

Chairman - Mr. Bateman Marshall;
Treasurer - Mr. John Hall; Manager - Mr Douglas Garlick, Asst Manager - Mr Peter Marshall and Laurie Blundell; Minutes secretary - Mrs P. Tomlinson; Rota Secretary - Mrs Lorna Hartigan.

The TIC will be offering a limited service over the Easter period, opening on Good Friday (9th April) 10am - 3pm; Easter Saturday (10th April 9.30am - 3pm and Easter Monday (12th April) 10am - 2pm.

The Centre will open for the season on Saturday 1st May.

See the late Harry Ree's
collection of books - also on sale.

Plus meet the
Settle and District Newsletter Team!
4 March 7.30pm

Linton Court Gallery, Settle.
Art exhibition. Refreshments.

SPRINGFIELD BOWLING CLUB

The Annual General Meeting was held in the Town Hall on Wednesday 10th February - 20 members attended and the meeting was chaired by Mr. D. Garlick. The Treasurer, J. Greenwood, presented a statement of Income/Expenditure which indicated a satisfactory financial situation, which is necessary to meet proposed improvements to the Green and surrounding areas during 1993.

Officials and committee for the new season were elected as follows:-President & Secretary - D. Garlick; Treasurer - J. Greenwood; Asst Treasurer - R. Butterfield; Captain - Mrs E. Garlick; Vice Captain - Mrs H. Lister; Social Secretary - Mrs Dawber, K. Pladdy. J. Bainbridge, Mrs H. Lloyd, Mrs A. Butterfield, Mrs J. Denby and Mr R. Mason.

Subscriptions for 1993 will be £10 for playing members and £5 for under 16 members; £2 for Non playing (social) members. The charge for visitors will be £1 per playing session.

The official Opening Day is Saturday 17th April when there will be a Jacob Join Tea.

PIGTAILS

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*New stock for Spring from Wild Bunch -
Ton-sur-ton - Chica Loo and lots more.*

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BENTHAM SCHOOL NEWS

by W. Stockdale

OXBRIDGE SUCCESSES

2 pupils have received conditional offers of places at Oxford and Cambridge Universities for October 1993. HAROLD FAWCETT, currently Head Boy, hopes to go to Oxford to read PPE, and ALASDAIR PATON, a senior prefect, hopes to read Natural Sciences at Cambridge. The School is rightly proud of the success of these 2 pupils in a very competitive field.

VISIT BY LORD INGLEWOOD

Lord Inglewood, Member of the European Parliament for the North West area, was recently guest of honour at a sixth form supper. He spoke about the working of the European Parliament and answered questions about the Maastricht Treaty and the likelihood of a "fortress Europe" scenario.

5



ALUMINIUM CAN COLLECTION SAVED

The Duke of Edinburgh Gold Award group at the School will be taking over the can collection from the Scouts in High Bentham in March. They already administer the Low Bentham collection. The scheme is organised by Mrs J Ward (Bentham 61275).

"BUGSY MALONE" IN BENTHAM

The School is staging the ever-popular musical "Bugsy Malone" on 18, 19 and 20 March, at 7.30pm. Tickets are available from the school bursary (phone 61275 for details), and any unsold tickets will be available on the night.

TAXACTION

It is a well known fact that many people (particularly married women) pay too much tax. Either their investments are not tax efficient or they are not making refund claims. If you feel that we may be able to help, why not make an appointment for a **free of charge** consultation?

Bentham Insurance Consultants
Station Road, Bentham
61424



IT PAYS TO TAKE AN INDEPENDENT VIEW



FOOTPATH MATTERS

by Len Moodie

With St Valentine's Day just past, and the birds (according to ancient folk lore) having selected their mates (have you not heard them singing on even the dullest mornings recently!?) 1993 is already well inaugurated. There is also the miraculous resurgence of snowdrops everywhere: why is it that so many flourish along the banks of streams? Can they come from gardeners up-stream throwing garden "waste" into the nearest watercourse?!

WINTER REPAIR WORK

During the winter months, farmers have been attending to their walls and hedges, their gates, stiles and bridges. Pride of place this year must surely go to the elegant new footbridge on the path from Lowgill Methodist Church across the Hindburn to Over Houses. Some will raise eyebrows about the cost of the project, but at least it is good to see that some authorities are treating footpaths (and the things that go with them) with the respect they deserve.

WENNINGTON RIVER BANK SAVED

Another project deserving of appreciation is the refurbishment for some 400 yards of the roadside Wenning Bank along the B6480 at Wennington. A lot of canny, quiet, local initiative has been put into this for several years, though the job has been finished by AONB Countryside Management Service. Perhaps in time this footpath will be

6 extended to link up with the public right of way from Cravens Farm via Old Hutton to Old Wennington, and on to Clifford Hall.

POETRY OF LOCAL PLACE

NAMES

More individual improvements noted on local walks have been several new gates in the area of (the former) Ward's House, Mewith; an improved hand gate into the farmyard at Oak Bank (appreciated by those taking Walk No. 4 in "Shorter Walks Around Bentham"); also improvements to some of the stiles in the area of Four Score Acres, on the right of way across Clear Beck towards Russells (Is there not poetry in our local place names?).

ACTIVE 1993 AHEAD

Bentham Footpath Group looks forward to another active year. Future "Footpath Matters" will be contributed by a sequence of members, each reflecting their own views and discoveries on local footpaths.



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PUBLIC MEETING

"Coal Mines under Threat"

*Speaker from Lancaster and Morecambe
Miners' Support Group.*

**Monday 8th March at 7.30pm
at The Black Bull, Bentham**

*ALL WELCOME organised by North
Craven Labour Party.*



**BENTHAM SPORTSWEAR tel 62001
NEW England football kit now
available!!**

**UMBRO, REEBOK, HITEC,
SPEEDO, ADIDAS GOLF, for all
your sport & leisure needs
Spring stocks now arriving!!**

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 BANDS

First of all, apologies to you all for my promise last month that you would be informed of your bands by the end of January. The cause? As you might expect - computer failure! Anyway you should know by now.

Those of you who wish to appeal against your banding may do so as from April 1st. But a word of warning - some estate agents in the South are charging up to £80 for valuations to support appeals. As the guidelines for appeals haven't been published yet there is no reason to suppose that such valuations will be required. So be on your guard!

The tax itself is almost finalised now. Craven have agreed to their share of £63.50, and with 1,053.60 'equated Band D' properties in the town, Benthams precept of £13,500 works out at £13.21. At the time of writing the County haven't yet finalised theirs but we expect to do so on the 25th February and £435.17 is recommended. I don't expect any real difference because both District and County are right up against their capping limits. This gives a total of £511.88 for each of those mysterious Band D equivalents. As this allows for two persons per dwelling, the tax is equivalent to a Poll Tax of £255.94 or 15% up on last year. Of this the Chief Financial Officer reckons that the 10% is unavoidably imposed by Govt.

Benefits will be paid automatically to those who already receive them and reliefs given to those whose increase is greater than certain thresholds. Of greater concern is the erosion of our housing capital fund by the outrageous need to finance private housing renovations.

7

SUNDAY TRADING

Shopkeepers in Benthams and some of the villages have been alarmed by a recent Environmental Health Dept. survey on Sunday trading. Unfortunately it is our legal duty to enforce the Shops Act 1950 which everyone knows is a prime example of the law being an ass. Now the European Court has thrown back the responsibility on us. The Govt. are no help. Kenneth Clark in the House of Parliament has told us it is up to us "to assess the prospects of success and the risks of bearing the costs" - any of which, by the way, would fall entirely on our Council Tax! So far we've managed to avoid taking anyone to court but how long we can stick out I don't know.

STANDARDS OF LIVING

A study by the Joseph Rowntree Foundation has found that more than half of single pensioners fall below the "low cost standard of living" (which includes only those items regarded by most people as necessities). To achieve this "modest but adequate standard" a single female pensioner would need to have £75.25 disposable income per week after meeting housing costs!

HOUSING RENTS.

Council tenants may well be aggrieved by the increase of 7.75% in average rents (equivalent to an average increase of £2.27 per week) this year which is well ahead of inflation. This however, is exactly in line with the Government's guidelines, from which we depart at peril of significant penalties. If it's any consolation our rents are still slightly below those of our family of councils, ie. councils with similar conditions to our own.

DALEHEAD VETERINARY GROUP

**Branch practice at:-
1, Oak Terrace,
(next to the Auction Mart entrance)
FOR APPOINTMENTS
Tel 072982 3538**

PUBLIC TRANSPORT

RAILWAY TIMETABLE

from 28th September 1992 to 16th May 1993

LEEDS-LANCASTER.

MONDAY - SATURDAY

Leeds	Bentham	Lancaster
	0613	0644 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	1153	1326
1525	1554	1728
1930	1959	2123

SUNDAYS

1654	1723	1855
1956	2025	2159

DAY RETURNS FROM BENTHAM TO:-

LEEDS £7.20

SKIPTON £4.90

LANCASTER £5.60

BUS TIMETABLE

BENTHAM - LANCASTER

MON - SAT

Ing	0720	0920	1050	1150	1305	1450
1555	1653	1853				
H. Ben	0740	0940	1110	1210	1325	1510
1530	1614	1713	1715	1913		
L. Ben	0745	0945	1115	1215	1330	1515
1535	1618	1718	1719	1918		
Lanc	0825	1024	1154	1254	1409	1554
1615	1700	1755	1758	1956		

LANCASTER - BENTHAM

MON - SAT

Lanc	0752	0810	0945	1045	1145	1300
1345	hourly	until	1745			
L. Ben	0828	0849	1024	1123	1224	1338
1424	hourly	until	1828			
H. Ben	0833	0853	1028	1127	1228	1342
1428	hourly	until	1828			
Ing	0855	0912	1047	1146	1247	1400
1447	1646	1747	1847			

NO SUNDAY SERVICE


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FROM COUNTY HALL



BY COUNTY COUNCILLOR RALPH ATKINSON

SCHOOL CLEANING CONTRACTS

Invitations to tender have been issued for building cleaning contracts in all 13 areas of the County. The contracts will run for 4 years starting in May/June. The County's Direct Service Organisation has won the contracts for Harrogate and Northallerton. Let's hope there is less trouble with these contracts than last time.

REORGANISATION

The Local Government Commission is now considering all the depositions made to it for North Yorkshire and is expected to produce the first draft report by June. There appears to be a strong body of opinion supporting the present two-tier system, provided that steps are taken to improve the accessibility and responsiveness of the services.

EDUCATION BILL 1992

The County Education Committee having expressed serious reservations about the White Paper was very disappointed to see that these have not been taken into account in the Bill now published and they have written to all North Yorkshire MPs for support. In the main they object to two provisions of the Bill - setting up another authority, the funding authority, to parallel the LEA, which is a recipe for confusion, and preventing Grant Maintained schools from buying services from LEAs - even though they may be the best buy. North Yorkshire is proud of its education services and is trying, as far as possible, to keep it's high quality services. On the same theme we will also be tendering for the inspection of schools in competition with other

9 (private?) bodies which will help us to maintain our corps of specialist advisers.

YOUTH SERVICES

Thank goodness, the proposals to maintain the Youth Services which were the result of your prompt reactions to the news of cuts last year, are to be carried forward into the new financial year. The Youth Service is now to be combined with the Adult Education Service as a Community Education Service, so we can perhaps expect a greater emphasis on education.

1993/94 BUDGET

The original estimates have been cut by some 5% from £414.66 million to £396.42m in order to keep within the capping guidelines. This will mean cuts in some services, including discretionary grants.

POLICE

I'm afraid the response to our latest application for more uniformed police officers is again disappointing. This time the Home Secretary has said a straight "No" - not one extra police officer! This in the face of an 8% increase in total crimes in 1992 on top of a 13% increase in 1991. It's no wonder that the detection rate can barely be maintained at an unsatisfactory 31% - and for burglaries it's only 17%!!!! The theft of firearms is also extremely worrying - 105 stolen from legitimate holders in 1992, never mind those from people who didn't have firearms certificates.

The good news is that the Police are now recording response times (the time between the first call and the time of arrival) separately for rural areas as part of their efforts to improve services under the Citizens' Charter, and also giving people an estimate of their response time when an emergency call is made. Understandably they can't go dashing off in all directions when attending to other(perhaps more important) calls.



LOCAL EVENTS IN MARCH

- Mon 1st Town Council meeting 7.30pm in the Town Hall.
- Women's Fellowship at 2pm at "Tenby". Speaker Miss Angela Mills.
- Senior Bentham Youth Club - Health & Beauty Nite.
- Tues 2nd Baby Clinic at Bentham Health Centre.
- Wed 3rd NSPCC Monthly meeting at Lingfield, Robin Lane at 7.30pm.
- Guided circular walk round Oakhead, one of the walks from the "Shorter Walks Around Bentham" (5 miles) Leader Ken Walton (tel 62382). Please meet at Bentham Bridge at 12.30pm.
- Junior Youth Club - Lino Cutting.
- Fri 5th Young NSPCC domino drive and tea at High Bentham Primary School 4.30 - 6.30.
- Sat 6th Friends of Samaritans coffee morning 10am - 12 noon in the Town Hall
- Mon 8th Public meeting: "Coal Mines Under Threat", at the Black Bull 7.30pm.
- Senior Youth Club - Skipping.

TAYLORS

Ophthalmic Opticians

G. N. Theobald F.B.C.O.

Mount Pleasant House, High Bentham.

Open Wednesday 9am - 6pm

Tel 0524 32915 for an appointment

10

- Tues 9th Tatham Fells W.I. at 7.30pm. Mr C. Barnes - 'If you want to know the tempo ask a policeman'.
- Wed 10th Junior Youth Club - Lino Printing.
- Thurs 11th SILENT FUN AUCTION at Settle High School 7.30pm. Refreshments inc. jacket potatoes, wine or fruit juice £1.50. Please support your local school. Items for auction gratefully received. For collection and tickets ring Liz Neale Tel 41155.
- Sat 13th Ladies Circle coffee morning in the Town Hall 10am - 12 noon.
- Guided circular walk to Claughton Moor and Wray (7 miles). Leader Verena Smith (tel 61100). Please meet at Lairgill 9.30am.
- Vale of Lune Young Farmers annual "Muck Haul". Proceeds to go to Bentham Health Centre. For details ring James Bargh 61652.
- North Craven Labour Party, Jumble Sale, Ingleborough Community Centre, Ingleton at 2pm.
- Mon 15th Senior Youth Club - Making Masks.
- Tues 16th Angus Pensioners in the Town Hall at 2pm.
- Bentham & District Camera Club - Theme Competitions.
- Baby Clinic at Bentham Health Centre.
- Wed 17th Junior Youth Club - Out for a Meal.
- Thurs 18th Low Bentham W.I. in Victoria Institute, Low Bentham. Speaker Mr. K. Fossey "Pray Silence for the Toastmaster"

LOCAL EVENTS IN APRIL

- Sat 3rd St. Boniface's coffee morning in the Town Hall.
- Low Bentham Playgroup's Jumble Sale at Low Bentham Institute at 2pm. Refreshments, cake stall and raffle.
- Wed 7th Springboard are serving Cream Teas from 2.30 - 4.30 at High Bentham Methodist Chapel. Proceeds towards a Nimbus bed for Airedale Hospital in memory of Mr. Tom Mair.

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- Fri 19th **WASTE PAPER COLLECTION** at the Legion Hall 8.30 - 11am. Proceeds to NSPCC.
- The Countryside Society at Hornby Institute - Mr Mike Pearson (Forestry Commission)
- Sat 20th Social Democrats coffee morning 10am - 12 noon in the Town Hall.
- Sun 21st Mothering Sunday Service 10.30am at St. Johns, Low Bentham. Please return the Smartie tubes.
- Mon 22nd Parish Meeting in the Town Hall at 7.30pm. All organisations welcome to report on their activities.
- Senior Youth Club - Team games.
- Wed 24th Junior Youth Club - Games.
- Sat 27th **EASTER** coffee morning at High Bentham C. P. School 10am.
- St. John's Spring coffee morning in the Town Hall 10am - 12 noon.
- Sat & Sun 27th & 28th Weekend of Spiritual renewal led by Goldhill Baptist Church - Surrey at High Bentham Methodist Church.
- Sun 28th Guided walk over Hellfield Moor and Otterburn (9 miles). Leader David Asquith (tel 62619). Please meet at Ingleborough Community Centre Car Park 10.30am.
- Mon 29th Ewecross Historical Society Burton Chase - Mrs Mary Higham.
- Senior Youth Club - Parachute.
- Tues 30th Bentham & District Camera Club "Travel & Hobbies" by Club members.
- Baby Clinic at Bentham Health Centre.
- Wed 31st Junior Youth Club - Girls Nite.

ADVERTISING RATES

Payment must accompany advertisements to ensure publication.

STANDARD COMMERCIAL ADVERTISEMENTS

Local advertisers (Bentham, Burton in Lonsdale, Ingletton):

Boxed advert (one-eighth of a page)

£10.00 each insertion

Boxed advert on a standing order

£9.00 per month

Non-local advertisers:

Boxed advert (one-eighth of a page)

£15.00 each insertion

BENTHAM PEOPLE PAGE

Thanks and Personal Notices:

£1.00 per 10 words

Small ads:

£2.00 per 10 words

Additional features:

First line in bold type:

50p extra

Box surround:

50p extra

FLYERS / INSERTS

The *Bentham News* delivery service provides excellent coverage of the area for the distribution of flyers or inserts. Please contact the *Bentham News* Coordinator to discuss your requirements. Rates are as follows:

Business/Commercial: £100.00

Charitable services: £25.00

To place an advert in *Bentham News*, contact the Coordinator, Lesley Barker or any Editorial Committee member.

VILLAGE BAKERY

A & M Frost



The Square,
Ingletton,
Tel 61219.

Station Road,
Bentham,
Tel 41064.

12

PLANS FOR BENTHAM SHOW

A packed meeting of the Show Committee made a good start on the arrangements for this summer's event. The Show is to be held on the first Saturday in September in the same field as last year. Lots of new attractions are being planned along with many old favourites. To help make the show big success the committee holding a coffee evening on the 14th May along with other fund raising events. Lets hope for a fine day on the 7th of September.

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BENTHAM PEOPLE

PERSONAL THANKS

Thank you to all who supported the coffee morning at Mr & Mrs Bainbridges. £428 was made toward a Nimbus bed in memory of Tom Mair.

Jack Lister wishes to thank relatives, friends and neighbours for the gifts and good wishes he received during his recent hospitalisation and for their kindness to Hilda during this time.

Angela and Michael Jackson wish to thank everyone who sent their kind thoughts and cards following the sudden death of their mother Betty on the 27th January.

Pauline and Paul Burns and family wish to sincerely thank relatives and many friends for the comforting cards and letters received following Tony's sudden death. Also thanks for the donations to the British Heart Foundation.

OBITUARY

RICHARD ANTHONY BURNS
By Stanley Wilkinson Jnr.

The sudden passing of Tony was a great and tragic loss to all of us who knew him, his wife and son, his family and his many, many friends. We are now left with memories of a jovial character, who was in the very true sense of the word, a showman. Tony could talk to you, hold you captivated and then deliver a punch line that would result in laughter upon each and every occasion you met him. The world will be a lesser place without him, a man with a gift to make you laugh - laugh with you, about you and more importantly, laugh about himself.

I once stood up and spoke about Tony upon the occasion of his wedding. My role was as best man and my speech would rate as average. Two weeks earlier Tony had been best man at my wedding. Within two seconds of his speech (mostly ad lib) he

had people laughing uncontrollably and in the palm of his hand. A hard act to follow, Tony was a natural. I have submitted this small memorandum on behalf of myself and all Tony's many other friends due to his sudden passing. I think Tony would not want us to mourn for too long but to remember him as he was as a larger than life character whose very presence radiated laughter. He had a host of songs which could burst forth at any time, ranging from Blue Suede Shoes to Jerusalem. A rare, true friend.

FOR SALE

Stable manure for composting. 10 bags £3 delivered locally. Tel 62176.

BIRTHDAY'S

Belateo Happy Birthday to our Clerk to the Council, Reg Pointon who recently celebrated his 70th birthday.

Birthday greetings to Charles Cowgill who attained the splendid age of 90 last month.

SERVICES

B & R TAXI - Direct travel to all airports. Benthams 62391. Prop. B & R Guy.

HERBAL MEDICINE. Mary Swale B.A. MNIMH is now practicing in Kendal. For information about herbal medicine and appointments, telephone (05242) 62049.

WANTED

Fully qualified and registered acupuncturist wishing to practice in Benthams one day a week, seeks premises (private or commercial). Treatment room must have a sink. Telephone 61403.

HEALTH NOTICEBOARD

by Christine Hodson, Health Visitor

IS

LOVE

ENOUGH?

If you are looking after someone who can't manage without your help, then you are a carer. You may never have thought of yourself as a carer - just parent, daughter or son, husband, wife or friend. Caring can begin at any age either suddenly or develop slowly. At some time it will affect us all.

All carers share a need for information - practical, financial or general advice.

Caring is stressful both physically and mentally so the need for support in a

caring relationship is important. On MARCH 8th in the LOWER TOWN HALL 11am - 3.30pm there will be a photographic display called 'IS LOVE ENOUGH?'. Why not come and talk to myself or Ann Smythe (Carers Resource N. Yorks) about caring.

There will be refreshments, kindly provided by Age Concern and their Monday afternoon session is open as usual. This event is open to any carer whatever age or need.

(Refreshment donations to Age Concern)



COMMUNITY CARE ACT - comes into effect 1st April 1993.

All money for community care, e.g. paying for Social Services, residential care etc. will be paid through the Social Services dept., not through the Local Authority or the DSS. The Social Services, Health Services and voluntary groups will continue to support people who need extra care at home and in their communities. All the services aim to work together to provide the best service for people from the available resources.

WHAT HELP IS THERE FOR OLDER PEOPLE IN BENTHAM?

Health services: Doctors, nurses, health visitors, specialist mental health nurses, physiotherapists, dentists, chiropodists, occupational therapists and hospitals.

Social services: Home Care Service (used to be Home Help), team for the elderly (social workers, workers for the blind and deaf), aids, talking books etc., day care facilities (e.g. Greenfoot, Settle).

Voluntary services: Many, including Age Concern, Meals on Wheels, self help and church groups.

WHERE TO FIND HELP

It is hard for us to know where help is needed. People worry that if they do ask for help they may be forced to go into a "home" against their wishes. But this is not the case - community care is about providing support for people to continue to live independently in their OWN HOMES. So please do not hesitate to ask for help or advice.

Contact: Health Services: Via Bentham Health Centre, tel 61202. Social Services (Skipton): 0756 700300.

cont. from page 13

ACCOMMODATION

Flat to let - Bentham tel 61387 for details.

EMPLOYMENT

The Courteous Cleaning Company require part-time staff due to the constant increase in their workload. For further details ring Marion Robertson 05393 31866 any time.

SERVICES

NEED HELP WITH HOUSEWORK? The Courteous Cleaning Company has been working in the Bentham/Clapham/Settle area for almost two years. Should you require any help with your cleaning please call Marion Robertson 05393 31866 at any time.

ADVERTISING RATES FOR THE BENTHAM PEOPLE PAGE

Thanks and personal notices £1 per 10 words.

Small Ads £2 per 10 words.

15

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999 POLICE FILE

by Acting Inspector Christine Longmore

Here's the first of a regular column about crime and police matters that affect Benthams, and I hope it is informative and useful to you. Our Press Officer at HQ is currently designing a suitable logo for the column, so watch this space!

FEAR OF CRIME

Fear of crime can make life a misery for many people. Sensational press reports of particularly horrific crimes of violence can lead people to think such crimes are happening on a much bigger scale than they actually are. The physically weakest and most vulnerable members of our community, such as women and the elderly, may feel at high risk of becoming victims of serious physical violence. I have talked to some elderly people in Benthams who lead restricted lives under self-imposed curfews, as a result of this anxiety. In this and future articles I hope to put the FACTS into perspective, and give some useful tips about ensuring your personal safety.

SOME FACTS ABOUT CRIME

The FACTS are that YOUNG MEN aged 17-28 years are the group most likely to suffer from crimes of violence. This is not highlighted enough in the press because "shock horror" stories of violence against women and the elderly make more sensational news.

The FACTS are that there have been very few violent offences in Benthams. Of the 15 reported crimes in 1993 there have been 2 involving violence and both were alcohol related. These were committed AGAINST YOUNG MEN BY YOUNG MEN. So you can see that Benthams is a safe place to live.

SO, WHAT TYPE OF CRIME IS OCCURRING IN BENTHAM?

You guessed it! The majority is car crime. There have been 5 thefts from cars and 2 cars stolen from Benthams this year. It only takes seconds for someone with a little knowledge to break into a car, and some car owners make it easier for them by leaving their cars unlocked, or by leaving attractive and expensive items on show inside the car.

USEFUL TIPS TO PREVENT CAR THEFT

1. Always lock all doors and close all windows.
2. Remove the ignition key EVEN when the car's in your own garage or when stopped for petrol.
3. Fit an immobiliser or an alarm for extra security.
4. Do not leave driving documents in the car as this helps the thief to sell it.
5. Use a lockable fuel cap and locking wheel nuts.
6. NEVER leave any valuables on display inside the car; take them with you or lock them in the boot.
7. Park the car where it can be seen, and at night make sure it is in a well-lit area (how about fitting a security light on your driveway?)
8. Watch out for strangers showing an interest in a car. Dial 999 for police straight away.
9. Get your windows etched and push down aerials when you leave the car.

THE POLICE NEED YOUR HELP

If you see anyone acting suspiciously, note their description and write down their car registration number. Phone 999 immediately. The police who patrol Benthams need your help to help prevent car crime. Should anyone want more advice on crime prevention then please contact the police.

NEXT MONTH: Tips on personal security and an update on police matters in Benthams. (Incidentally, the other 6 crimes in Benthams this year were counterfeit currency offences and other property thefts).

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POST OFFICE NEWS

by Alison Wilken, Sub-Postmistress
THREAT TO RURAL POST OFFICES

At the end of January the Royal Mail announced draft plans to remove the sorting office from Bentham and other local offices. This would result in the loss of a local service and also put some rural Post Offices at serious risk of closure due to the loss of substantial proportions of their salaries. Such a plan would also appear to fly in the face of previous statements by the Post Office and the government that they are committed to maintain the level of rural services.

Since we feel that it is in all our interests to try and maintain local services in Bentham we have decided to fight this proposal along with fellow sub-postmasters in Ingleton, Wray, Austwick, Clapham and Kirkby Lonsdale. So far we have met with Mr. Curry MP and encouraged all residents to register their views about this decision with either their MP, the Chairman of the Post Office Board or David Higham, Manager, Royal Mail, Carlisle.

At this stage it is vital that objections to the proposal are made as strongly as possible by as many residents as possible, either by individuals or group letters.

Thank you to all those residents who have expressed their support so far. Any news that we receive about the situation we will write about in a future Bentham News. In the meantime we will continue to try to raise public and governmental interest in the proposed closure and its likely effect on rural communities.

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BENTHAM CHAPEL FAMILY WEEKEND

by Gillian Ratcliffe

There are constant reports in the media that 'the family' is under threat - breaking down of family relations and a 'sense of community'. Well I don't think this applies to Bentham, either within chapel life or in Bentham as a whole.

As evidence of this, Bentham chapel got together for a pre-Christmas 'family weekend'. The aim of this was to get to know one another better and to have a good time, as God intended family life to be. We all stayed at a lovely guest house in Grange-over-Sands, overlooking Morecambe Bay, and despite a very wet weekend, the season's drifting mists created a soft, restful panorama across the bay. We dined on good food, and each mealtime we played 'musical tables', getting to know new people at each meal over 'table talk'.

During the day, we all undertook a variety of activities including exploring Grange, visiting a large duck pond (very popular with the children), walking to Cartmel to visit the priory, going to Ulverston or Kendal Leisure Centre, or just spending quiet times at the guest house. On one walk, Nigel Wilson was seen pushing his wife Cath in her wheelchair, with great speed and energy up the hill, both with big grins on their faces!

The evenings were full of entertainments of all kinds. On Saturday, Caroline Millard organised an impromptu concert with poetry reading, light-hearted sketches, singing and dancing till midnight. All too soon the night was gone.

The Rev. John Millard led an informal morning service on the Sunday, with communion and contributions by various people.

I'm sure next year we will be getting together once again for another 'family weekend'. But meanwhile, our prayers are that more of the love will continue to flow as we get to know one another on a day to day basis back here in Bentham.



A THANK YOU TO BENTHAM'S BLOOD DONORS

Generous hearts were trumps on Sunday 7th February 1993 when 155 local folk responded to the appeal to give blood donations in the Town Hall that day.

For 15 donors it was a very special day. Memorable in particular for Mr. Edward Thistlethwaite who gave his 50th donation. He was presented with his 'Gold' Award and tie by Dr. Farrugia in recognition of his splendid achievement. Demonstrating equally their loyalty and dedication to the work and aims of the Service were several other donors who will be receiving their awards during the next few weeks.

Achieving the 'Silver' Award for giving 25 donations to date were:- Mrs Christine Ely, Brian Preston, Trevor Dobson, Mrs Linda Bentham and John Galvin.

To receive the 'Bronze' Award for giving their 10th donation that day will be:- David Johnson, Keith Brenand, Andrew Stavely, Christopher Ware and Tracey Cockerton.

The day was equally memorable for 4 other donors who were welcomed into the session, giving at this time their first of what is hoped many donations and the start of a long and valued association with the Service.

BLOOD USES

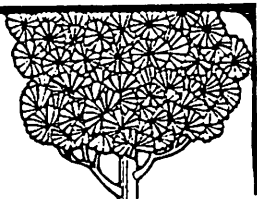
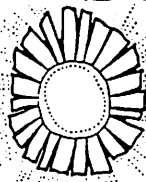
By this time the blood donations collected

18 that day will have long been used for very many different purposes:

- *Direct transfusion during major surgery;
- *Volume restoration after a sudden haemorrhage following perhaps a car accident;
- *The preparation of concentrated red cells for the treatment of Rhesus babies - babies born with a jaundiced condition.
- *The platelets in donations can be extracted and concentrated platelet transfusions given to leukaemia patients following therapy treatments.
- *The separation of plasma for the subsequent treatment in burns units where it is used for volume replacement or in serious injury cases until compatible blood of the same group of the patient is available.
- *A seriously burned patient may require the equivalent of 40 - 50 blood donations.
- *The treatment and relief of the haemophilic condition is dependent entirely on the extraction of a substance known as Factor VIII. It can take up to twenty donations to produce one treatment for a sufferer.

Thanks to you we can make a little go a long, long way.

We shall look forward to meeting you all again on the 8th August 1993.



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RECIPE PAGE

by Doreen Park

HUBBLE BUBBLE RECIPE ERROR IN FEBRUARY BN Unfortunately half the recipe was missing! Here it is! (better late than never!) Lightly beat the eggs with the milk, salt & pepper. Pour into dish. Cover top with remaining potato slices. Bake in pre-heated moderate oven (350 F, Gas mark 4) for 45 minutes or until the eggs are set. Delicious!

CHEESE AND SWEETCORN

FLAN

- 6 ounces shortcrust pastry
- 5 ounces grated cheese
- Half ounce butter
- 1 small chopped onion
- 3 ounces streaky bacon (de-rinded and chopped)
- 7 ounce can sweetcorn - drained
- 2 beaten eggs
- Quarter pint milk
- 3 Tablespoons cream
- Salt and Pepper

METHOD:

Mix 2 ounces of the cheese into the pastry until well combined. Roll out dough & line a 7 inch flan ring.

Melt butter in frying pan and fry onion and bacon until onion is softened.

Remove from heat and stir in sweetcorn, eggs, milk, cream and seasonings.

Mix well, and add remaining cheese.

Pour mixture into pastry case.

BAKE: pre-heated oven (200 C, 400 F, Gas Mark 6) for 30-35 minutes or until the filling is set and the pastry golden brown.

BANANAS POACHED IN CIDER

- Half pint Cider
- 1 ounce brown sugar
- 2 Tablespoons lemon juice
- 4 large bananas, halved lengthways
- Double cream
- Chopped nuts to decorate.

METHOD:

Put the cider, sugar and lemon juice in a wide pan and bring to the boil, stirring to dissolve the sugar. Boil for 5 minutes.

Add bananas, cover and simmer gently for

19 5 minutes, turning once. Turn bananas and cider syrup into serving dish. Cool, then chill. Serve topped with cream and nuts.

A PLEA FROM OUR COOKERY EDITOR

I would like all Bentham News readers to know that I cannot try every recipe that appears on this page. As stated previously, I collect ideas and recipes from travelling around which sound interesting, they are not all from my kitchen. Just before Christmas on the way home from London I bought a book by The National Federation of Women's Institutes containing 650 recipes. I read through it and gave you one for a gingerbread. One reader rang me about this particular recipe because she thought it was wrong. I have since made it myself, and it turned out more like a parkin, and I wasn't too impressed! I would ask any of you who have tried and tested recipes which you would like to share to let me know. We can then print them and all enjoy your favourites. Recipes can be left at Tim Churchill's shop for collection.

THIS IS YOUR PAPER, YOUR RECIPE PAGE, PLEASE USE IT!

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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 Benne't, 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.

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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