

BENTHAM NEWS



BRITISH & EUROPEAN RECORDS FOR LOCAL MAN

Les Pilling, from Bentham, continues his amazing feats of strength by taking first place with no less than three British and European Records in the Senior British Drug Free Powerlifting Championships in Sittingbourne recently.

The incredible weights lifted were:

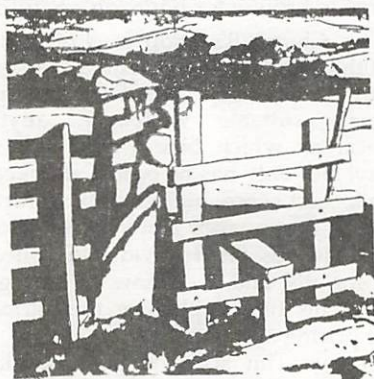
- ★305kgs SQUAT (British European Record)
- ★180kgs BENCH PRESS
- ★3101/2kgs DEADLIFT (BER)
- ★795KGS TOTAL (BER)

Les is now setting his sights on even greater weights and is travelling abroad in June to take part in international competitions. We hope everyone will join us in wishing Les every success. Bentham is proud of you Les!

WORLD RECORD FOR EMMA

Emma Willan (17) from Ingleton came second in the 70kg senior class with a Senior British and European squat record of 155kgs. She won the junior 70kg class with world records in all her lifts.

Andy Willan, Emma's father, came second in the 125kg class, despite the fact that he was recovering from an injured shoulder.



Rebuilt stile near Ellergill Farm.

FIRST PRIZE FOR FOOTPATH GROUP

Bentham Footpath Group has been awarded first prize in a national community footpaths award scheme. Read all about it on page 6.

GALA LIVES TO FIGHT ANOTHER DAY!

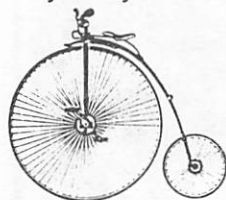
Despite fears that the popular Gala would not happen this year, as you will see on page 4, a number of Bentham groups have got together with the Playing Fields Association to run it again on Bank Holiday Monday, 31 May.

**"NOW THEN, WHAT'S THIS SMALL
BROWN ENVELOPE FOR?"**

The answer is on page 16.

SHOPS ROUND UP

by Lesley Barker and Shirley Brown



BYE BYE TIM!

Where oh where
will we get our
watch batteries and
those little bits and
pieces found
nowhere else in

Bentham, and where can we send our children to browse for hours on a Saturday?

Tim Churchill's shop is closing down on 30th April and we will all miss his helpful ramblings, whether on paint products, suitable wallpaper, anything electrical or which bike would suit little Johnny! Not only has he been a shopkeeper, in the loosest sense, but also a box office for Bentham Panto and many other worthy causes. He has also provided a collection point for BN and we know he has given freely of his time explaining the intricacies of our pricing system.

In true Tim style he does not know what he is going to do next, but he has lots of ideas and we wish him luck in whatever he chooses to do.

Editor's note: Whilst alterations are going on in "Tim's shop" during May contributions for the June edition of BN should be left at Lesley's, 7, Jubilee Buildings. Any problems about this please call Lesley on 62040 or Shirley on 61608 or contact any committee member. "Bentham Sportswear" are moving into the premises when the refurbishment is complete and have agreed to continue acting as our collection point.



BYE BYE FORSTER'S AND HELLO "MACDONALD'S"

After over 50 years Forsters have ceased trading from their popular shop in Station Road. Where will we all get our doillies, toys, enormous range of stationary and maps now that the Forsters have retired? We have all appreciated their hard work over so many years, and we will miss their kind and helpful contribution to our community. We hope that they are now able to enjoy a well deserved rest.

The good news is that Bentham is again to have a shoe shop and a shoe repair service. Craig Macdonald has completed a City and Guilds course in cobbling and is looking forward to opening for business soon in the premises that was Gills shoe shop.



Stonegate House Restaurant

Food made with imagination and Flair!

**SUNDAY LUNCHES
NOW £5.55 & under 10
years £3.00**

Private parties
Sunday Lunches
Weddings.

Rooms en-suite
with real wooden
four poster beds.



LOW BENTHAM TEL: (05242) 61362

TOWN COUNCIL

I was quite surprised at the sparse attendance by citizens. Only 7 attended. Almost all the Councillors were there.

STRONG LANGUAGE

The harsh words spoken by councillors about the decaying police situation were as strong as any I have heard in years of attending TC meetings. A stalwart Tory claimed that the response of the MP to our complaints was "totally inadequate". The mayor said it was a "shocking situation". The police were "well-paid and gave a worse service" said a Councillor. Unfortunately, nothing is likely to come of all this, as it is central government policy to run down policing in rural areas. The TC is writing (again) to the MP and to the Chief Constable. They were boiling over on this one.

POST OFFICE

More frustration over the possible loss of the Post Office. "Consultations are a mockery" claimed one District Councillor. A Councillor claimed that "like the police, this is a problem that goes back to Central Government". Again, there is little that can be done to affect policy which is made far away without local knowledge. One Councillor urged people to use the PO or lose it! For example, pay all bills there (free, no postage)! The TC will be maintaining a "policy of vigilance".

LOW BENTHAM HOUSING

The long awaited housing, promoted so successfully by several individuals in Bentham, looks set to be allocated. However, it will be rather expensive for people on low wages, but not for those on housing benefit. Yet another result of recent central government policy, according to our District Councillor, who was annoyed, but

helpless about the end result.

MISC

It looks like *handrails on Grasmere Drive* are less likely, as the steps don't meet the criteria for Craven handrails. There was a bit of argy bargy over whether Bentham News or "some kids" would distribute the *Craven College questionnaire* to discover what people in Bentham want. Will Craven College pay up? *The Footpath Group* was congratulated on its wonderful achievement (described elsewhere). Someone will see if there can be an unbreakable *manhole outside the PO*. Once again it was pointed out that there is a *serious speeding problem*, Wenning Bridge was mentioned. I wonder why the police don't bust a few speeders. It appears that the *local government re-organisation* is "getting to the stage of farce", according to our County Councillor (who was recently elected without any opposition). Anyone who has comments on the state of *public transportation* should contact Keith Cowling (62043). On a lighter note, it looks like there will be a campaign to plant some *daffodils and crocuses* in Bentham. It would brighten the place up and requires no central government collusion.

Tom Cahill

!!!HELP IS NOW AT HAND!!!

HANDYMAN / GARDENER AVAILABLE

Anything considered
NO JOB TOO SMALL

JUST CALL ON STEVE
05242 61827

GALA PROGRAMME 1993

This year Bentham Gala is being run by a number of Bentham Groups in addition to the Playing Fields Association. As usual it is on Bank Holiday Monday May 31st.

The procession will start from Cleveland Square at 1pm as on previous occasions and will be led by the Stonehouse Phoenix Marching Band who will also give performances during the afternoon.

If you are keen on football you can look forward to watching a 5 a-side football tournament and there are lots of side shows for your entertainment, including a tombola, face painting, plate smashing, a bouncy castle and many more. In addition to all this, there will be craft marquee and trade stands on the field and Fairground rides for all ages.

The traditional Fell Race will be a major event of the afternoon together with the Black Knights Parachute Team, who will be descending from the skies, on to the Gala Field, hopefully!

Children, if you enjoy a challenge, have a go at the treasure hunt and later on come for some fun at the children's disco held in the marquee after the Gala has finished.

The Grand Finale is not to be missed! 1,000 ducks will be racing down the Wenning. Buy your duck from one of the shops in the town as soon as possible. First prize duck is £50, second prize is £25, and third prize is £10.

**DON'T MISS BENTHAM GALA -
MONDAY 31ST MAY**

4

BENTHAM SHOPS

By Keith Cowling

Building Societies compete very successfully with the banks these days, and 'Which' magazine regularly awards its 'Best Buy' category for current accounts to Building Society products. Bentham is well served by Building Society agencies, but it was sad recently to see that the Halifax withdrew their agency from Ogilthorpe Sturton and Gillibrand, due to low turnover. This will inevitably force Halifax customers to travel into Lancaster.

Luckily, Ogilthorpe's have been able to persuade Bradford and Bingley, who some people will remember used to be in Bentham, to re-open an agency and to invest in the provision of full computer terminal facilities. This means that cash paid in with them will be credited the same day, unlike other agencies in Bentham who rely on the post. It is very good to see that at least some building societies are committed to maintaining a good service network in rural areas.

White Rose Restaurant



Main Street, Bentham.

** Lunches * Teas **

*Evening Meals **

** Homemade Cakes & Puddings*

*Our Speciality **

(LICENSED) TEL: 05242 61696

P.E. & C. THORNTON

General Builders - Approved Roofing Contractors.

FIBREGLASS FLAT ROOFING SYSTEM.

20 year Guarantee

FREE ESTIMATES & SURVEYS

ALL TYPES OF BUILDING REPAIRS

BARN CONVERSIONS, ETC.

Tunstall House, Tatham, Lancaster. LA2 8PR.

TEL 05242 62507.

B.B.A.
approved
product



999 POLICE FILE

by Inspector John McCann

Following re-organisation I have now taken over from Christine Longmore, and writing this column will be one of my more pleasant duties! As promised in last month's edition of BN this month's topic is alcohol and drugs.

ALCOHOL

In contrast to the unlawful possession of drugs generally, the possession and consumption of alcohol is a lawful activity. However its abuse can lead to the all too common sight of disorder in the street, fighting and general hooliganism. Alcohol is also a major cause of road accidents. Figures show that a third of all drivers killed had drunk more than the legal limit. The legal limit is 80 milligrams of alcohol in 100 millilitres of blood, but you should not make the mistake of estimating the number of drinks that will mean as it will be different for different people. The best advice is DON'T DRINK AND DRIVE.

DRUGS

We have all seen on national TV some of the massive seizures of illegal drugs by customs officers and police. The frightening thing is that this may only be the tip of the iceberg. Not only can drug taking be extremely hazardous to health, but it can lead the user into a life of crime in order to fund the habit. Whilst, fortunately, we don't have anywhere near the problem experienced in big towns and cities, we must remain vigilant and educate our

5

children about the harmful effects of drink and drugs. If you suspect that your child is involved in drug taking, talk to your family doctor or the school. If you are suspicious about anyone attempting to sell drugs, contact the police immediately.

For further information on alcohol and drugs call in at your local police station and obtain the pamphlet "Practical Ways to Crack Crime".

CRIME UPDATE

Since the last 999 Police File the following crimes have been committed in Bentham. 1. Two large stone spheres have been removed from gateposts in Robin Lane. 2. A burglary in Collingwood Terrace where cash was taken from a tin.

Don't forget the new Ingleton Police phone number is 41217. If you think anything is suspicious, report it!

Editor's Note (To help renew your faith in people):

A Bentham resident who recently mislaid his wallet containing a considerable amount of cash, contacted the local police in the vain hope that it might have been found. In fact it had been handed in, complete with the contents untouched, by another Bentham resident.



R. & M. WHEILDON

PROFESSIONAL PLUMBER & HEATING ENGINEERS

WORK CARRIED OUT ONLY BY QUALIFIED STAFF

Consult us for:-

- * Central Heating Installation, Natural Gas, Color, Oil.
- * Suppliers & Installation of Rayburn cookers & Central Heating Boilers.
- * Bathroom & Shower fitting.
- * Boiler Servicing & Maintenance
- * Living Flame Gas Fire Specialist.

Visit our showrooms & inspect our range of Living Flame Gas Fires, Heating Appliances & Accessories
SHOW ROOM OPEN 9 - 5 Tues, Wed Fri, 9 - 12 Sat.

PERSONAL ATTENTION AND QUALITY ASSURED

10 Stonegate, Low Bentham, Lancaster, LA2 7DY.

TEL 05242 62330 for FREE ESTIMATES



BENTHAM FOOTPATH GROUP

The award to Bentham Footpath Group of first prize £1,000 in the 1992 Esso - sponsored,

B.T.C.V. organised Community Footpaths Award Scheme, came as a welcome surprise a few weeks ago. Through BENTHAM NEWS we wish to thank all volunteers, whose efforts, both greater and lesser, contributed to this success. The event was attended by considerable press coverage, and we were glad that emphasis was given to the collaborative nature of the achievement, involving local land owners and statutory authorities, as well as "users" of the footpaths.

During the year, besides the usual guided walks, some 24 stiles were repaired or rebuilt (one a ladder stile); 3 simple "sleeper" footbridges were installed; 2 sets of steps up steep banks were constructed, as well as 1 self-closing hand-gate. We were glad to see that our footpath initiative seemed to have some effect more widely, as various other improvements were undertaken independently, and mostly to a very reasonable standard.

A further programme of some 35 tasks has been launched for the current year. All last year's volunteers have received details, and we expect many will be turning out again. No doubt there are others in the community, or in the neighbourhood, who would be glad to offer their services for one day (or part of a day) a month: further information and application forms can be obtained from Bentham Post Office, or Bentham Print Shop.

Some members are asking whether some part of the award could be used to carry out a permanent, or addition, to the existing footpath network, we should be glad to hear feasible suggestions.

from Len Moody

DOCTOR FORCED TO USE TOY STETHOSCOPE

Between 2 home visits at 10.30 pm on 15th April and 5.30 am on 16th April, when Dr Nightingale was "on call", his car had its window broken on the rear passenger side and his medical bag, containing emergency drugs and equipment, was stolen.

The car was parked on the drive near the road at his home in Tatterthorne Road, High Bentham.

He had to use his son's toy stethoscope to examine the patient he was asked to see early that Friday morning. It apparently worked well! However, it would have been much more serious had he needed any of the stolen equipment on that occasion.

If anyone can help trace Dr Nightingale's medical bag and its contents, please get in touch with him at the Health Centre.



Industrial Estate, High Bentham, Lancaster
AGRICULTURAL & HIGH PERFORMANCE
TYRE SPECIALISTS

Road & rally tyres, All makes of NEW & REMOULDED
car tyres, motorcycle tyres, Wheel balancing,
wheel alignment, Batteries, Tyre safety checks

BENTHAM (05242) 61409



BENTHAM SPORTSWEAR tel 62001

*Shirts, Shorts and Swimwear
Tennis Racquets, Shoes & Balls
Cricket whites, Shoes and Accessories
Lycra Shorts & Cropped Tights
Garden Games*

COUNCIL CONCERNS

Well! I suppose it was inevitable. As a result of it's success - the Bentham News now has so many contributors that they've had to cut me down to one page and 500 words. Many thanks to BN for putting up with me for so long and thanks to my many readers for their appreciation of my efforts. The retitled page will now contain a mix of news of both councils.



COUNTY ELECTIONS 1993.

Most of my readers will now know that I've been re-elected to the County without contest. Frankly, I've got mixed feelings about not having to fight an election. On the one hand knocking on 2,500 odd doors in three weeks is an exhausting business, on the other it is very rewarding, for there's no better way of finding out what's going on in the ward and the welcome you give is always heart warming. Anyway many thanks for your renewed trust - I must be doing something right!

NATIONAL POLICE REORGANISATION

I know a lot of people are worried about the rising rates of crime and the struggle the police are having to contain this. So I'm happy to report that the Conservative-led, Association of County Councils is supporting our stance on the Home Secretary's new proposals, and taking a strong line on local accountability.

CARETAKING AND CLEANING CONTRACTS

The bad news is that the contract for cleaning and caretaking County Council buildings - Ingleborough Community Centre and the schools - has been awarded to a company from Surrey. Almost inevitably this will mean cuts for they must have bid below the County's tender. Whether this will be in hours or wages (or both) we don't yet know. However, they do have a good reputation from Dorset CC and

they will be establishing an office in the area. I still stick by my remarks to the Craven Herald - that the end result of always accepting the lowest tender will be that we'll end up with a monopoly and standards will suffer.

RECORD RENOVATION GRANT

You'll remember my opposition to the Govt's removal of the top limit on renovation grants back in 1990 - at last they've listened to our pleas and put a limit of £50,000 on these from 1st April. This has come just too late for one grant of £164,000. Of which Craven DC had to pay £41,000 or about £2.00 per Council Tax payer! Now we also have to pay 40% of the total (instead of 25%) but complaints to the Minister remain unheard.

THE LAW ON SUNDAY TRADING AN ASS

The other topic of the month on CDC was the Sunday Trading Laws. Now the European Court has rejected our requests for it to be made subject to their regulations, the ball is back in our Govt's court. So we are obliged to prosecute those that break this complicated and foolish law. The snag being that if we do so and an appeal is allowed, we, that is you and I, have to pay the costs!

by Councillor Ralph Atkinson



**To improve the approach to
your property contact**

R & S BRADSHAW

Tarmac Contractors

Commercial & Domestic

FREE ESTIMATES

05242 61840

Insured & C.I.T.B. Qualified

AGE CONCERN BENTHAM

by Cliff Machin

Last month's report outlined some of our services and activities here in Bentham, this month I will give further information about the services available here and in North Craven.

HOME AND HOSPITAL VISITING

We try, if at all possible, to visit our over-60's when they are ill. Unfortunately we do not always know when people are ill, so please let us know if you have a friend or relative who would welcome a visit. We also send greetings for birthdays and anniversaries if we know about them; once again, please let us know!

INSURANCE, TAXATION, LEGAL ADVICE ETC.

A qualified advisor is available most Fridays at the Day Centre to offer confidential advice on these matters. Age Concern's own insurance scheme offers very favourable terms and is worth enquiring about.

INFORMATION PUBLICATIONS

These are issued by Age Concern, Help the Aged and Social Services and are freely available for perusal at the Day Centre.

THE AGE CONCERN SHOP

This is based at Settle and is flourishing, so please visit it when in Settle. The shop welcomes gifts of good quality clothing, bric-a-brac, books, records etc. We are happy to forward such gifts to Settle if they are brought to our Day Centre.

SWIMMING

There are two sessions each week for the over 60's run by Age Concern at Settle Pool.

RELIEF CARE AND CARER SUPPORT

The Relief Care Service was launched on May 1st last year at Settle, and a Carer Support Group meets on the third Wednesday each month at 2pm. Guests

8

speakers, including doctors, health visitors and occupational therapists, are invited to join the group in the informal "coffee and chat atmosphere". If you would like to know more about this much-needed service please contact: Jane Shaw, Relief Care Co-ordinator, Age Concern, Watershed Mill, Settle. BD24 9LR. tel 0729 825111.

HOME DECORATING

"Decorators Anonymous" have now completed their second project and a third task is in hand. Well done!

THIRD ANNIVERSARY

At a recent committee meeting it was decided to put back the celebrations until mid June, not May as reported last month.

Would you like to be an Age Concern Volunteer?

We need volunteers in Bentham for:

- Help in the Day Centre
- Escort help on outings
- Help with home decorating

If so please call in at the Day Centre or phone 61930.

J. FISHER & SON

Tel Bentham 61349

Men's Suits

Made to Measure

Large Selection of Clothe To Choose From

Open All Day Saturday

BILL HOULSWORTH

Time Served

PAINTER & DECORATOR

**5, Lairgill,
High Bentham
Nr. Lancaster
Tel 05242 62369**



SETTLE HIGH SCHOOL NEWS

from Christine White

The summer term started with a visit from Danish students, part of an ongoing programme of links between the High School and Ordrup Gymnasium near Copenhagen, students from Settle visited Denmark before Christmas and now they are returning the hospitality.

Students raised £432.18 during their Blind Date, Non-Uniform Day and Sponsored Three-Legged Day and will divide this between Comic Relief and Cancer Research Charities.

The High School Band played at the official opening of the exhibition at the Ingleborough Community Centre on 24th April. Suitably garbed they played a selection of the hits of Buddy Holly, Elvis Presley and the Beatles. Their conductor, Roger Attwood, said they were delighted to have had the opportunity of playing in Ingleton where many of the band had attended Middle School.

BUMPER CHEQUE FOR RESEARCH

At the recent coffee morning organised by Arthritis and Rheumatism Council, £373.86 was raised. On this occasion a cheque for £750 was presented to ARC by "Candis", a magazine to which many Bentham people subscribe. If ARC are able to claim the tax back on this the total will be about £1,000: a very generous donation.

Thanks go to all who made this event such an outstanding success, to Sid Hogg who donated a crate of milk and to all the committee for their trojan service.

9

ST. JOHN THE BAPTIST CHURCH NEWS

from Mrs D. Pidgeon.

KEEPING IN TOUCH

Let us start with the good news that our Organ Appeal Fund has reached, even surpassed its target, so a big thank you to all who have contributed. The Organ arathon in February raised almost £900, the Smartie Tubes £400 and the coffee morning £225. By the time this appears in print we shall also have had a concert. We are most grateful for all this financial support.

"GOOD NEWS"

All this is just a means to an end, that the Church may continue with its task "to preach The Good News of Jesus", and we are now preparing for a special outreach to Bentham. The Barn Dance and Families afternoon were happy occasions and we look forward to the Blackpool Trip and barbecue. Most especially we hope and pray that many will come during the Mission Week to hear what the "Good News" is all about - we certainly need some in our world today.

WOMENS FELLOWSHIP

For their April meeting, the members spent the afternoon with the residents of Burndale. They provided a musical tour round Great Britain with traditional songs accompanied on the flute, along with items from "Mission Praise". Each resident received a small gift, with flowers for the ladies, and the afternoon was rounded off with chatting over refreshments.

Financial Management for Business

Langdale

CHARTERED ACCOUNTANTS

G.W. LANGDALE, F.C.A.

LANGDALE

CHARTERED ACCOUNTANTS

COATES BARN, SPRINGFIELD, HIGH BENTHAM, LANCASTER, LA2 7BA. TELEPHONE (05242) 62372



THE INTERVIEW

by Tom Cahill

This month BN talks to Phil Wright, owner of Grove Hill Garage.

I wasn't born in Bentham, but in Melling Nursing Home. I've always lived in Low Bentham, since 1953, except when we lived in Springfield Crescent for five years when we were married. *What do you like best about Bentham?* I like the village itself. Nice quiet market town. Always got along well with the people in Bentham.

If you could live anywhere on earth and money were no object, where would you live? Probably Florida, I've been there once. I'd like to live on the beach in a house. I suppose I'd get bored with the sun and that, but I'd take my chances.

What sort of music do you listen to? I like the Beatles. People like Phil Collins and the Bee Gees, Paul McCartney. I have most of the Beatles albums.

What's your favourite walk in the parish? Down by the river. I've always liked that, from Low to High Bentham and back.

What's your favourite viewpoint? Up on Burn Moor, from the Big Stone, looking this way. On a crisp nice day it's lovely. Takes a lot of beating. I look and pick places out. Some days Ingleborough looks nearer to you than others. An old fellow told me if it looks near it's going to rain.

If you could spend a million quid to improve Bentham, what would you spend it on? A racetrack up on the moors, a circuit. I'd love to spend it on that, get Bentham on the map more.

Favourite vegetable, fruit and pudding? Potatoes (jacket), apples and apple pie.

What two books would you take on your desert island? Probably a car magazine, but it wouldn't last long. I think I would take a racing or rally car book with me.

What comments do your friends or visitors make about Bentham? The people I

meet here all say how good Bentham is. They like coming here, the countryside. I have an uncle who came up all the way from down south to live here.

What do you think are the most serious problems facing Bentham? Things for young ones to do. Teenagers. Getting them a local interest. The older end, they've got more sense and they know what they want to do, whereas the young ones don't. I think if they're sport minded, it helps them a lot. It doesn't cost a lot. You can do it locally.

What's the most unusual car you've worked on? We've had a Lanchester in here. An old fellow used to live down near Parker's shoe shop. He brought it in for an MOT every year. Really well put together. We had a Rolls Royce in here, for an MOT.

What is the most enjoyable part of your job? I think meeting people. And obviously doing a good job. We want to make a good job, and want people to come back again. Lot of these people in towns will just take their money, and they're not bothered if they see them again. We are, we want to see them again. If you do start charging people ridiculous prices, word gets around in a small village.

If money were no object, what car would you drive? I'd like a Ferrari. A Testa Rossa. I've had a go in one. I've been used to driving a few rally cars, some cars with power. But it had some power did that thing. I guess for around here, your average size Discovery or something like that, so you can see over the hedges.

What other job would you like to do? I'd like to be a full-time racing driver. Rallying, but I wouldn't be bothered really. But rallying is my first dream, always has been.

What's the simplest advice you can give someone to look after their car? Keep it regularly serviced! (laughter)

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	1154	1324
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	0725	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	hourly until 1847	

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

NORTH CRAVEN LABOUR PARTY

COFFEE MORNING with DAVID
BOWE

member of European Parliament for
Cleveland and North Yorkshire.
Saturday 15th MAY 10 - 11.30am

LOCAL EVENTS IN MAY

12

- Sat 1st Tourist Information Coffee Morning in the Town Hall.
- Mon 3rd Guided Circular Walk round Thornton and Hunts Cross, (8 miles). Leader Barry Greenwood (tel 42072). Please meet at the Ingleborough Community Centre at 11am.
- Plant Sale at Holly House, Hornby 2pm - 4pm.
- St. John's Women's Fellowship 2pm at Tenby. Speaker Sue Gilmore from Capernwray.
- Tues 4th A visit by Bolton Male Voice Choir to High Bentham Methodist Church at 7.30pm. Buffet supper to follow.
- Bentham Organic Gardening Group meet at Jo Taylor's, Marshes Farm Cottage, Wennington at 7.30pm. (tel 21776)
- Bingo at the Black Bull - upstairs - 7.30pm. Proceeds for Craven Wanderers Junior Football.
- Wed 5th NSPCC Monthly meeting at Lingfield, Robin Lane at 7.30pm.
- Youth Club AGM at 7pm. Parents especially welcome.

Listing for Local Events

Day.....

Date.....

Event.....

.....

Venue.....

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

- Thurs 6th Arthritis and Rheumatism Council Sponsored Knit at 7pm. in the Methodist Schoolroom.
- High Bentham W.I. First meeting of the newly formed Women's Institute, 7.30pm in the Lower Town Hall. Details on posters.
- Fri 7th UNPLUGGED at the Black Bull Hotel at 8pm with singer/songwriter Jez Lowe, tickets £2.50. Call 51537 for further details
- Men's tennis match against Kendal 6.30pm.
- Sat 8th Conservative Association coffee morning in the Town Hall.
- Mon 10th Town Council meeting in the Wenningdale room at 7.30pm.
- Men's tennis match against Windermere A at 6.30pm
- Low Bentham Chapel Anniversary - Carnforth Salvation Army at 7.30pm.
- Tues 11th Burton in Lonsdale and District Horticultural Society Annual Coffee Evening with entertainment in Burton Village Hall at 7pm.
- Bingo upstairs at the Black Bull at 7.30pm. Proceeds for Craven Wanderers Junior Football.
- Tatham Fells W.I. 7.30pm. Mrs Margaret Ogden 'Yorkshire Monologues'.
- Baby Clinic at Bentham Health Centre.
- Bentham & District Camera Club AGM.
- Thur 13th Annual meeting of the Lancaster and Skipton Railway Joint Action Group. Address by BR manager Mr. Serro in the Lower Town Hall. All invited.

- Fri 14th** Mens' tennis against Windermere at 6.30pm.
- Sat 15th** Guided circular walk from Ribbleshead (8 miles). Leader Frank Royston (tel 41725) Please meet at Ingleborough Community Centre at 10am.
North Craven Labour Party coffee morning in the Town Hall. 10am to 11.30am.
- Sun 16th** This Sunday only at St. John's 9.15am Holy Communion (BCP) and Celebration for the Mission.
- Mon 17th** Wenning Badminton Club AGM at 7.30pm in The Black Bull. Everyone welcome.
Fashion Show by Casuals in the Town Hall at 7.30pm in aid of NSPCC.
- Tues 18th** Bingo upstairs at the Black Bull at 7.30pm. Proceeds to Craven Wanderers Junior Football.
- Thurs 20th** Footpath Group Quarterly Meeting to be held in the Town Hall at 7.30pm. Anyone interested please come.
Low Bentham W.I. monthly meeting in the Victoria Institute at 7.30pm. Speaker Mrs Ann Peake on "Quilling".
- Fri 21st** WASTE PAPER COLLECTION at the Legion Hall 8.30am - 11am. Proceeds to NSPCC.
Bentham & District Camera Club Annual Dinner and Presentation of Trophies.
Mens' tennis match against Wanderers at 6.30pm.
- Sat 22nd** Burton in Lonsdale & District Horticultural Society coach trip to the Henry Doubleday Research Association Gardens at Ryton, near Coventry. Non-members welcome. For more information please contact Mrs M. Robinson. Tel 61343.

- Sun 23rd** Guided circular walk from Barbon via Bull Pot (7 miles). Leader Tom Connolly. Please meet at Barbon Village Hall at 10.30am.
The Countryside Society outing to Gait Barrows, Silverdale, led by Dr. Jennifer Newton. Please meet at Hornby Car Park 1.45pm.
- Tues 25th** Bingo upstairs in the Black Bull at 7.30pm.. Proceeds to Craven Wanderers Junior Football.
Baby Clinic at Bentham Health Centre.
Harry Ree lecture at Settle High School 7.30pm. Professor John Tomlinson's subject "Social Individuality" tickets from 0729 822451.
- Fri 28th** Mens' tennis match against Lancaster 6.30pm.
- Sat 29th** St. John's coffee morning in the Town Hall.
- Mon 31st** BENTHAM GALA The Procession starts at 1pm from Cleveland Square.

LOCAL EVENTS IN JUNE

- Fri 4th** Bentham News published.
- Sun 6th** High Bentham Methodist Chapel Anniversary 10.30am - 6.30pm. Speaker Mr Brian Davies. Soloist Mrs Sylvia

Rachels Cycle Surgery

Rachel C. Murton

- * Qualified Cycle Mechanic (City & Guilds)
- * Full Service and Repairs
- * Reconditioning of Second Hand Cycles
- * Free collection & Delivery

**PARK COTTAGE,
DEER PARK LANE,
HORNBY.
Tel (05242) 21763**

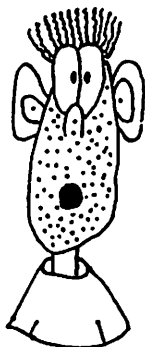
HEALTH NOTICE BOARD

CHICKEN POX

A very infectious disease with an incubating period of 15-21 days. Often there is a slight fever for 24 hours and then the spots start to appear. The blistery spots dry up after 2 to 3 days and become crusty. The infectious stage lasts 6 days or until the blistery spots stop appearing.

Children are generally not ill during the "spotty" period and will respond well to generous applications of Calamine lotion. Spots in the mouth may be more troublesome and may need medical advice. Baths with bicarbonate of soda added help spots dry and heal. Adults usually have a more severe form of illness.

Chicken pox will give lifelong protection against the illness, but herpes zoster (the chicken pox virus) can cause shingles in adults.



SHINGLES

The chicken pox virus attacks a nerve and causes searing, knife-like pains along the nerve path. A few days later the skin above the nerve will develop itchy blisters. They heal in a week but the nerve pain can last for several weeks. Contact GP for advice and treatment.

HAND, FOOT AND MOUTH

This viral infection is NOT to be confused with foot and mouth in cattle. It can be

mistaken for chicken pox as it starts with a mild illness lasting a few days combined with a rash. This develops into blistery spots on fingers, toes, and feet. Mouth ulcers are also common. This illness only lasts a few days.

FIVE HEALTHY FOOD FACTS

- ③ Kiwi fruits (chinese gooseberries) contain large amounts of Vit C and are reputedly good for constipation.
- ② When taking iron tablets they are absorbed better if taken with a Vit C drink, ie. orange juice.
- ③ During the pre-menstrual period divide daily meals into 6 and eat little and often. It is thought eating little and often keeps the blood sugar levels (energy levels) constant, which helps to reduce PMS symptoms.
- ④ Pregnant women are advised not to eat liver, soft cheeses (not cottage cheese) or soft yolks of eggs. Liver contains large amounts of Vit A believed not to be good for the baby. Soft cheeses made from unpasteurised milk contain a harmful bacteria called listeria. Egg yolk may have salmonella which can cross to the unborn baby.
- ⑤ Reducing the amount of red meat and coffee in your diet can help arthritic pain.

Christine Hodson
Health Visitor

PROGRESS HEALTH CENTRE

The alterations to the Health Centre began just before April, and as you will see in passing, the Health Centre car park has been turned into a builder's yard. Some of the offices are already out of commission whilst they are being refurbished, and this has caused some alteration to surgery times, because we are down to two consulting rooms. In the next six weeks the consulting rooms themselves are to be refurbished. Ample notification of any alteration to surgery times will be given.

Drs. Story, Walker, Sullivan & Nightingale

15
PEAK FITNESS

Classes start week beginning April 26th

Monday	STEP & TONE WITH FLEXIBANDS (Weights optional) <i>Phone Polly</i>	6.30 - 8.00	Bentham School Gym
--------	--	-------------	--------------------

Tuesday	STEP BODY TONE WITH FLEXIBANDS <i>Phone Heather</i>	6.30 - 7.30 7.30 - 8.30	Ingleton Middle School Gym Ingleton Middle School Gym
	STEP STEP <i>Phone Polly</i>	6.30 - 7.30 7.30 - 8.30	Settle High School Settle High School

Wednesday	STEP & TONE WITH FLEXIBANDS (Weights optional) <i>Phone Heather</i>	7.30 - 9.00	Q.E.S., Kirkby
	LEGS, TUMS & BUMS (Bring a towel)	6.30 - 7.30	Bridge Hotel, Ingleton

Thursday	STEP (Weights optional) STEP & TONE <i>Phone Heather</i> STEP & TONE STEP & TONE <i>Phone Polly</i>	6.15 - 7.15 8.00 - 9.30 6.30 - 7.45 7.45 - 9.00	Ingleton Community Centre Hornby Institute Settle High School Settle High School
----------	---	--	---

Friday	LEGS, TUMS & BUMS with Flexibands <i>Phone Heather</i>	6.15 - 7.15	Bentham Town Hall
--------	---	-------------	-------------------

This is a case of suck it and see!

Bookings taken from 19th April
Classes must be booked in advance
24 hours notice of cancellation to be given
Following weeks class to be paid for in advance

Heather
05242 61008

Mats provided

Polly
05242 71954

WHAT TO PUT IN YOUR SMALL BROWN ENVELOPE AND WHY!

With your Bentham News this month should be a small brown envelope. We are asking our readers to help us meet our productions costs by making a donation if they wish.

Each copy of BN costs 27p to produce and we are able to meet some of our costs from advertising. We have recently received donations from some of the local organisations who use our pages throughout the year. At the time of writing we have had donations from 25 of the 62 organisations we have contacted. This totals over £400 and receipts and our thanks have been sent to each one, but we also wanted to mention this generosity publically because without their written and financial contributions BN would not exist.

WHY IS BENTHAM NEWS FREE?

The BN editorial committee feels strongly that BN should be a community service, provided to all who live and work in Bentham. Charging for the paper would change this as BN would no longer reach everyone. BN is produced largely by voluntary effort, but we do pay our co-ordinator, Lesley Barker, and we have printing and other production costs, so each month our outgoings are about £450. Quite a large amount to have to raise EACH month!

So although the paper is FREE to you we always need and welcome donations. It is interesting to calculate that if everyone donated £3.24 a year then all our financial problems would be over!

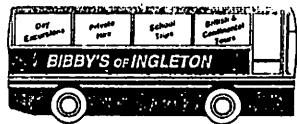
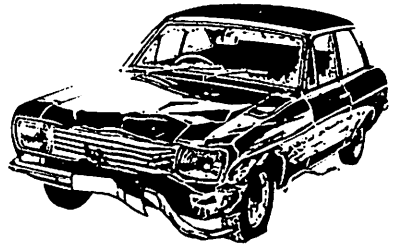
If you would like to make a donation to BN please do so using the envelope provided. This will be collected during the first week of May by either your usual deliverer or a committee member. If no-one calls to collect your envelope you could deliver it yourself to Lesley at 7, Jubilee Buildings, Main Street, High Bentham.

Many thanks for your support.

POLICE APPEAL FOR WITNESSES

On Thursday 22nd April between 6.30pm and 7.45pm, a vehicle reversed into a stationary vehicle which was parked on Wenning Avenue opposite the junction with Hillcroft. The stationary silver grey Seirra was damaged on the driver's door and the offending party drove off without stopping.

If anyone is aware of a vehicle which has been damaged on the rear lights recently please contact PC 503 Scaife at Ingleton Police Station. Tel 41217 or (0756) 793377.



BIBBY'S OF INGLETON

NOW BOOKING FOR 1993 HOLIDAYS

- 13-22 July Austrian Lakes & Mountains £409
- 25-31 July Bournemouth & New Forest £239
- 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

Mid-week Excursions

- Wed, 5 May - Kendal £3.60
- Tues, 11 May - Bolton £5.00
- Wed, 12 May - Carlisle £4.80
- Tues 18 May - York £5.50
- Weds 19 May - Knaresborough/Harrogate £4.80

All Departing from
Bentham/Ingleton/Burton

For Details Ring (05242) 41330

Bookings can be made at
Village Pet Supplies, Station Road

YOUR LETTERS



Dear Editor

Having noted your recent comments about Craven College promises, I wonder if all your readers know that from 1st April 1994 they will become independent of North Yorkshire County Council with their Further Education funding coming from Coventry to support all examination courses.

The Adult Education leisure or recreation classes will continue to be funded from County Hall, Northallerton through the newly created Community Education department (Adult Education has wed the Youth Service). As that marriage has been a bit rushed, Craven College will continue to provide leisure and recreation classes possibly for the next twelve months.

This temporary situation is not ideal. However the County Council envisages local management committees working with Community Education staff providing the Adult Education and Youth Service, so may be Bentham, Ingleton and Settle could form a District and manage our local situation. For this to happen County Hall would need to accept the district as a viable unit able to meet the local needs. They would also need to know we are interested.

Yours sincerely

Alan King

Ingleborough Community Centre.

DALEHEAD VETERINARY GROUP

Branch practice at:-

**1, Oak Terrace,
(next to the Auction Mart
entrance)**

FOR APPOINTMENTS

Tel 072982 3538

Dear BN

On Friday April 16th, I lost my wallet whilst riding my motorcycle from Bentham to Ingleton. There was a considerable amount of money in the wallet and I literally gave up hope of some how finding it intact. Whilst searching for the wallet on Saturday morning, I saw a police car near my house and decided to report the loss to the policeman in the car. When I spoke to the constable, I was more than surprised to notice that he had my wallet in his hand, and was actually looking for me in order to return the missing item to me. Apparently my wallet had dropped out of my pocket whilst I rode past Bentham Co-op and a lady found it and reported her find to the police.

I would like to thank the constable who returned the wallet to me and I would particularly like to thank Mrs Taylor of Springfield Terrace for her honesty and integrity in pursuing the course of action she did.

Yours sincerely

A.J. Barker,

Parkinsons Cottage,
High Bentham.

GOOD NEWS FOR BENTHAM

MISSION '93 May 15th - 23rd

- ✧ **Sat 15th** Treasure Hunt & BBQ - 6pm onwards starting from High Bentham Methodist Chapel (alt wet prog.)
- ✧ **Tues 18th** - Men's Supper plus speaker John Boyers, Hon. Chaplain to Manchester United Football Club.
- ✧ **Wed 19th** - Ladies Salad Buffet with speaker Shirley Richardson in charge of commercial services at Lancaster Infirmary at Methodist Chapel at 7.30pm.
- ✧ **Sat 22nd** - Celebration at High Bentham Town Hall at 7.30pm.

BENTHAM PEOPLE



PERSONAL THANKS

Eileen Lister would like to thank everyone for the cards, flowers, plants and good wishes after her recent operation.

Brian and Marian Parker would like to thank David and Lorna Johnson, Pat Smith and all relatives and friends who have helped and supported them during Marian's illness and also, more recently, helping them move to their new address.

"Springboard" would like to thank everyone who helped, in any way, to make the Cream Teas Afternoon such a success. We raised £205 towards the Nimbus Bed Appeal.

Angie Earnshaw would like to say thank you to everyone for the lovely flowers, cards and best wishes received recently. Mini skirts here I come!

ENGAGEMENTS

BRAYSHAW - SAVAGE Kate and Dave would like to thank everyone for the lovely cards and gifts received on their engagement. Thank you to Ann and Julian for the buffet. P.S. Out of interest how many people have got the first copy of Bentham News November 86.

LISTER - HARTLEY Gail and Tom would like to thank everyone for the lovely cards and gifts received on their engagement.

SERVICES

WORD-PROCESSING C.V. Thesis reports, accounts. Tel 05242 61072.

EMPLOYMENT

Part-time technical assistant required to sell bikes. Wednesdays and Saturdays initially, from late May/ early June. Knowledge of bike maintenance/ repair important. Please ring Bentham Sportswear tel 62001 for further details.

PERSONAL THANKS

Marian Bradley would like to thank everyone who donated to her collection for Bosnia.

I would like to thank family, friends and neighbours for all their best wishes, cards and lovely flowers sent during my short stay in hospital. A special thanks to Katie Louth who gave up time to sit and make a lovely card. Edie Campbell.

FOR SALE

ELSAN for caravan. Excellent condition £12. Tel 61596.

ADVERTISING RATES FOR THE BENTHAM PEOPLE PAGE

Thanks and personal notices £1 per 10 words.

Small Ads £2 per 10 words.



B & R TAXI

* New to B & R Taxi's
CLASSIC Car for WEDDINGS

Minibus also available
TEL BENTHAM 05242 62391

THE RANTER

Bentham Traders will be relieved to learn that The Ranter has lost interest in shopping (due to a personal, short term, cash flow disorder) and will be spared the indignity of being told how to run their businesses by a local half-wit.

However, more serious matters now need to be addressed. In a recent edition of BN it was proposed that a replacement for the Bentham Horse Fair should be developed in order to top up the town's social calendar. Whilst reading Councillor Atkinson's report in last month's BN the solution to our dilemma leaped from the page. I would like to propose the inaugural "Bentham and District Mid-summer Dog Turd Fiesta". I would suggest a pleasantly warm weekend in July would be appropriate - provided that the Town Hall has not already been booked. Entries in all classes to be registered no later than 9am on the day. I shall be nominating 'Atkers' and 'Pilkers' plus other local celebs, who have shown expert knowledge and long term interest in this subject, to act as judges. So good luck - and may the most mindless dog owner win!

In the meantime the subject of a proposed mayoral board for the Town Hall seems to be generating much support. Having witnessed the council meeting at which this "reign-glorifying" scheme surfaced, it is in danger of going through unopposed since no councillor has the nerve to speak up in front of a row of ex-mayors. I believe that 'council tax' payers' money is

for the community, rather than those who serve it!

It has been disappointing to learn of the imminent closure of another of Bentham's shops. Churchills has sold a variety of goods over the years and served our community well. Paradoxically - Tom Guy is rumoured to have traded for over 30 years on the strength of one and the same hair style, and remains successful enough to close up for holidays for a week leaving 'The Ranter' banging on his door in urgent need of a nostril trim prior to an important civic engagement. Aye - there's the rub.

Correspondance with 'The Ranter' should be addressed to BN.



WILD BUNCH

C
O
C
C
O

PIGTAILS

baby & childrens wear,
Main St. Tel 62417.

NEW for summer

TON-SUR-TON

shorts tops leggings

Open ALL day Saturday.

C
H
I
C
A
-
L
O
O

SARAH LOUISE

THE COMPLETE BUILDING SERVICE WITH A REPUTATION BUILT ON QUALITY



C.M. SLINGER & SONS LTD

EXPERTS FOR:-

HOUSES - OFFICES - INDUSTRIAL UNITS - SHOPS - HOTELS ETC.

• TILING & SLATING • NEW ROOFS & ROOF REPAIRS • BUILT-UP FELT ROOFING • GUTTERING / CHIMNEY WORK

STORM DAMAGE, INSURANCE AND GRANT WORK WELCOME

ALL OUR WORK IS FULLY GUARANTEED AND CARRIED OUT BY TIME SERVED, QUALIFIED, TRADESMEN
FOR IMMEDIATE PROFESSIONAL, PERSONAL ATTENTION CONTACT

BENTHAM (05242) 61333

51 MAIN STREET, BENTHAM, NR LANCASTER

ESTABLISHED 1820

SUMMER PLAYSCHEME

by Lin Barrington

Playscheme this year will run from the 16th to 27th August. Steve and Stephanie were very successful playleaders last year, and were asked to lead the Playscheme again this year, Stephanie is having a baby in June (very inconsiderate of her!) so we will be looking for two playleaders to take their places.

HELPERS NEEDED!

We got our knuckles rapped by the Social Services Department last year for not having enough helpers. Under the 1989 Children Act we should have an adult child ratio of 1 to 10. We are going to try to get some helpers from Craven College and Lancaster and Morecambe College but we really need more help from parents. Anyone aged 18 or over who would like two weeks' experience on the Playscheme would be very welcome to get in touch.

We are writing to local businesses and societies to ask for financial support. A coffee morning will be held in the Town Hall on the 19th June, and a sponsored "It's a Knock Out", possibly with a barbecue, is being planned for June too.

So please lend us your support. If you could help in any way please phone Lin on 61034 or Vi on 62688.

FIRST AID CLASSES IN BENTHAM?

by Lin Barrington

Some time ago I was sitting on a bus reading a notice in front of me about short courses run by St. John Ambulance. The aim of these courses was to show as many people as possible how to resuscitate someone who had stopped breathing.

I thought the course seemed a good idea, and instead of having good intentions and not following them through, I wrote down the phone number on the notice and eventually went to a 'Breath of Life' course in Morecambe which lasted two hours and was surprisingly interesting.

It seems to me now that learning First Aid could be an unexpected source of confidence building. Since my son was born, I've run through various disasters in my mind: What if he breaks an arm or a leg, burns himself badly, or, worst of all, stops breathing? Would I know what to do? Who would I ring first? Should I move him?

The people at St. John Ambulance are positively keen to pass on their knowledge. As they say, they could need help themselves one day. They would be happy to come out to Bentham to teach First Aid if there were enough interested people. I would like to learn more First Aid, but don't want to trek to Morecambe if I can help it. So if anyone would like to learn, please phone me (Bentham 61034) and we'll see if we can organise something in Bentham.



CASUALS

44, Main Street, High Bentham.

Tel 61707.

Ladies and Gents wear

Underwear & socks

WE STOCK LARGE SIZES

WELL WORTH A VISIT

HENRY'S

**Pyes Mill off Station Road,
Tel 61900.**

**HOUSE CLEARANCES SECOND HAND
FURNITURE AND BRIC-A-BRAC**

Open Wed, Fri 12 - 4.30pm

Sat 10am - 4.30pm.



from Douglas Garlick

During the past winter the Centre has been completely restocked with all the latest leaflets covering places of interest, attractions and resorts locally and throughout the country. In addition, we have an extensive range of Ordnance Survey Maps, Guides, including the locally produced 'Walks around Bentham' and 'Shorter Walks around Bentham' plus a range of holiday brochures for holidays in the UK.

The ever popular Yorkshire Dales National Park - Free - Newspaper 'The Visitor' 1993 edition is now in stock. This is not only useful to visitors but also to local residents as it includes a wealth of information, so please come and collect a copy whilst stocks last. At the same time might I suggest you collect a copy of Craven Events 1993 pamphlet which details all the main events due to take place in the Craven area this year.

Although we have a range of literature 'second to none' there are bound to be times when stocks run out, should this occur we have a large selection of reference books at our disposal and our volunteer staff will help with any query. We currently offer a local accommodation booking service and copies of our Bentham & District Accommodation lists are available at the Centre for you to send to your friends and

relatives, should they require accommodation when they come to stay. Up to date Rail and Bus timetables are also available - we always endeavour to carry a range of both local and national timetables and where we do not have copies of a particular timetable, we have available our reference copy of the National Rail and Bus Gazeteers.

The Centre is now open daily (excluding Sundays) from 09.30 - 16.00 hours - we are here to serve the public; both visitors and local residents. We look forward to a really good summer and trust that you find the service available from your local TIC to your satisfaction.



Pet Owners

Make life a little easier. Why have the hassle of going to the shops and carrying heavy pet food home? You can now have free delivery to your door!

I run a mobile petfood business and can supply a quality range of competitively priced petfoods with free delivery.

You can contact me, B I Kennedy, on 05242-62492, for a price list and other details.



10% off first order

Trophy UK



BROWN & WHITTAKER LTD.

NEW beautiful
ZAPF dolls

NEW Cavendish
French jewellery

Cards and gifts

Bentham
61214

Ingleton
41293

BARON BOLLIGREW THWARTED IN INGLETON

a review by Margaret Cowling

Shortly before Easter, Ingleton Middle School presented "The Thwarting of Baron Bolligrew" adapted by Chris Leeming (Deputy Head) and Christine Best (Head of English).

The story-teller, Ruth Linklater, was clear and confident. David Dawson was truly dashing and heroic, while Kate Buckley proved a formidable adversary. Gerald Mort was hilarious as the bumbling villain and was well supported by Dean Metcalfe and Graham Helly. Cara Pearce acted her clever, wicked part brilliantly and there was a magical scene where she and her accomplice, beautifully played by Joanne Clark, wove their evil spell. Jeni Rowe was equally good and made the most of her fabulous magpie costume.

Michael Potts played his bossy part well and was particularly effective in the funny scene where he made his knights play musical chairs. He provided an effective contrast to the sickly sweet Smoothe played by Esther Coates. Also splendid were Hazel Preece, John Mark Frankland, Rachel Emmott and Lorna Taylor as disgruntled knights. Francis Teer really looked the part as the sea captain while Sally Best charmed us all.

Staunch support came from the poor peasants, Rebecca Lovell, Stephanie Robinson, Zoe Towler, Tracy Coates and Zoe Harrison. Fiona Butters tackled her part well and there was a fearsome, flashing-eyed dragon (last seen at Benthams Panto!) made by Jacqui and Kit Twyford. Susie Frankland struck terror into us all as the dragon's voice. Alison Houlsworth wiggled provocatively and Sam Roberts was effective and well drilled.

The play was linked by several amusing songs written by Chris Leeming and sung by Jonathan Langford, Anna Yates, Hannah Towler, Mandy Booth, Lindsey Stephenson, Sarah Tallon, Emma Hird and Mark Macaulay. Nicholas Langdale was the trumpeter. William Holmes-Davies, the special effects expert, set off some vital explosions and Robert

Eastwood and Mark Wills helped with the lighting.

The play was exceedingly well-rehearsed which gave the children confidence with their words and actions. They acted and sang with such energy and enjoyment that all who attended the performances could not fail to enjoy themselves too.

This play was produced at Settle High School several years ago and marked the revival of play productions there. I really hope that it will do the same for Ingleton Middle School. It was great, please can we have some more?



**Splash
Out**

on your bathroom

with

**JACKSONS
OF BENTHAM**

TEL. 05242 61389

FAX. 05242 62285

**BAMFORDS
OF BENTHAM**

For

High Quality

Fresh Fruit &

Vegetables



Cut Flowers & Plants

Wedding Flowers in

Fresh or Silk. (Bouquets &

Headresses also for hire)



Main Street, Benthams. ☎ 61904

ALBUM REVIEW

from David Greenep.

DAVID BOWIE

BLACK TIE WHITE NOISE

David Bowie is one of the biggest selling artists of all time with numerous albums and singles which have all hit the charts at one point. David Bowie born David Robert Jones changed his name in 1966 because he was often being mistaken for David Jones who was in the charts at that time with the extraordinary group 'The Monkees'. Every Bowie album is different and you never know quite what to expect. Once again he has changed his style into a mix between Jazz, Blues, and Dance which does sound very good. Over the past few years Bowie has been part of a group called **TIN MACHINE** who have produced a couple of albums in the hard rock category with very strong guitar riffs and heavy drum beats. Tin Machine did alright but it was said that record sales were bad and Bowie's wealth had to bail them out, which I think is nonsense as they were both excellent albums and even better live.

BLACK TIE WHITE NOISE has had one single released so far, which was 'Jump they say' that reached number nine in the UK charts and was liked by most critics. David Bowie has filled their album with some excellent saxophone playing and unusual sounds combining to make some great songs like 'Jump they say', 'Miracle Goodnight' and a cover version of Morrissey's 'I Know It's Gonna Happen Someday'. David Bowie has gone through the years from Ziggy Stardust to Aladin Sane which he all ended in 1990 with 'Sound and Vision Greatest Hits' album and then the Sound and Vision Tour which was one of the best concerts I have been too, a very professional gig where he said it was the last time he would be playing his old songs.

I gave **DAVID BOWIE - BLACK TIE WHITE NOISE** 8 out of 10. If you are a true Bowie fan, you'll love it.



HORNBY DRAMA FESTIVAL 1993

The Hornby Drama Festival of One Act Plays will be taking

place in Hornby Institute at 7.30pm on Thurs/Fri/Sat the 13th/14th/15th May 1993. There will be a variety of plays presented by local groups including Benthams School. Tickets £2.50 adults £1.50 children or £4 for a season ticket for all three evenings, will be available at Lamb's Garage Hornby and at the door. We look forward to your support during the Festival.

The Museum of North Craven Life is holding a Jumble Auction at Victoria Halls, Settle, on Saturday 8th May. The Auction will start at 2pm, the doors will be open from 1pm. Coffee, tea and biscuits will be available. The proceeds will go towards the cost of mounting an exhibition, jointly with Craven Conservation Group, of 'The Wild Flowers of North Craven' which will open on Saturday 22nd May.

GROVE HILL GARAGE

Station Road, High Benthams

SERVICING & REPAIRS,
MOT's, SPRAY BAKE OVEN,
INSURANCE WORK, TYRE &
WHEEL BALANCING.

Tel (day) 05242 61782

(night) 05242 62054

VILLAGE BAKERY

A & M Frost



The Square,
Ingleton,
Tel 41064

Station Rd,
Benthams,
Tel 61219

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.

BENTHAM NEWS can be sent anywhere in the UK for an annual subscription of £7, or anywhere in the world for £12.

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

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.

Payment must accompany advertisements to ensure publication.

STANDARD COMMERCIAL ADVERTISEMENTS

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

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:

Small ads: £1.00 per 10 words
Additional features: £2.00 per 10 words
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.

ARMSTRONG'S of MAIN STREET, BENTHAM

TEL 05242 61229

ARE PLEASED TO BE ABLE TO OFFER ALL THE SERVICES FOR PAINT AND WALLPAPER ETC. PREVIOUSLY OFFERED BY TIM CHURCHILL OF STATION ROAD.

WATCH OUR WINDOWS FOR SPECIAL OFFERS