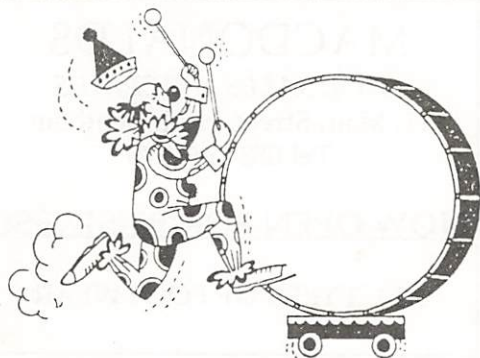


BENTHAM NEWS



BENTHAM'S VERY OWN HEAVY WEIGHT RECORD HOLDER DOES IT AGAIN!

Les Pilling, who recently competed in the European Drug Free Powerlifting Championships held in Belgium, gained first place and is now set to go to the World Championships being held in Vancouver, Canada in October.

Andy and Emma Willan, from Ingleton, who both won their classes in the recent championships will also be going. Les who is training hard for this event said "Thanks for all the local support".

We wish them all every success in October.

**DON'T FORGET YOU'LL BE WELCOME
AT THE BENTHAM NEWS COFFEE
MORNING, THIS SATURDAY 3 JULY.
SEE YOU THERE!**

JULY 1993

IT'S ALL HAPPENING IN LOW BENTHAM

If you're 18 or over - come on -
have a night out and let your hair down!

BAR-B-QUE AND DISCO

Marquee bar at the Punch Bowl, Low Bentham on Friday 9 July, 8pm till 1am in aid of Low Bentham Public Hall.

Tickets £4.00 from Sue Greenfield (61048), Sharon Haslam (62018), Sid Hogg (61087), Pridmore's and Pigtales.

LOW BENTHAM GALA SATURDAY 24 JULY 1.30PM

Procession sets off from the Car Park at 1pm. Come and see Paul Crone of Granada Television open the Gala!

Fancy Dress - all welcome - prizes for various classes. Obstacle course - team entries welcome. Five-a-side football. Variety of stalls, raffle, barbecue, coconut shy, etc. Car boots and trade stalls welcome. Disco in the Institute afterwards at 7.30pm.

A GOOD TIME WILL BE HAD BY ALL!

To book car boot space ring 62650 or 61949.

ISSUE 81

HIGH BENTHAM W.I.

The speaker at the June meeting was Mr. Brian Higgs of Carlisle, who took members and visitors on a most amusing and entertaining trip down memory lane.

The subject was "Yesterdays Shopping" which covered shopping habits, advertising and packaging over the last 100 years to the present day.

Our next meeting will be on 1st July and we shall be holding a coffee morning on the 31st July.

BENTHAM & DISTRICT CAMERA CLUB

The club's Annual Dinner was held recently at The Highwayman at Burrow after which the following annual trophies were presented:

Humphries Cup for 3 slides - Mrs L. Wright.

Illston Cup for Monochrome Print - Mr W. Hinde.

Humphries Trophy for Large Colour Print - Mrs V. Marshall.

Humphries Trophy for Small Colour Print - Mr N. Crellin.

Voucher for Best Single Theme entry - Mrs V. Marshall.

Clifford Bentham Trophy for Combined Themes - Mr P. A. Marshall.

Clapham Trophy for Highest cumulative score in all competitions - joint winner Miss M. Hodgson and Mr. N. Crellin.

The programmes for next season were distributed and the evening ended with a slide quiz depicting ordinary items viewed from very close up, excellently presented by Malcolm Culshaw and Clifford Bentham.

2

This was won by Derek Smith.

At the Annual General Meeting, Mr Roland Norvall retired from the position of competition secretary after 5 years of much appreciated assistance to the Club, he was succeeded by Mr Norman Crellin. All the other officers and the committee were re-elected. Prospective members are welcome to contact the Chairman, Mr Peter Marshall (tel Bentham 62512) for details of the activities of the Club during the coming year.

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51 MAIN STREET, BENTHAM, NR LANCASTER

TOWN COUNCIL

by Margaret Hayton

The meeting was chaired by Deputy Mayor Hurtle, with Councillors Marshall, Hewitt, Preston, Joel, Dowbiggin, Cowling and District Councillor Pilkington present.

BENTHAM TRAFFIC PROBLEMS

After Councillors met with the Road Safety Officer, we now have the much needed SLOW signs at Wenning Avenue, church and railway bridge, along with a suggestion for double yellow lines from bridge to church to prevent accidents in this blind spot. A mirror at Station Road junction is still on the agenda as is the footpath at Mount Pleasant. Will we ever get this?

Suggestions for a mini-roundabout at Robin Lane/Main Street junction, traffic calming strips at Pye Busk, more car parking signs and waiting restrictions at Midland Bank would also be a good help.

TWINNING

Are we interested in twinning with a small town similar to our own in Portugal asks Tom Cahill? Are Bentham Traders interested, asks the Council? Perhaps we can find out for the next meeting. This could be a long drawn out project.

ELECTRICITY

Soon the electric poles will disappear, but not until BT Telephones have put the wires underground. Does this mean the street has to be dug up again?

CLEVELAND SQUARE WASTE

Should we have to pay for the rubbish to be taken away? Councillor Marshall says we are entitled to two free bins as ratepayers. Most of the waste is from the Market traders. Should we ask them to take it away with them or would they prefer to pay extra rent for this service?

SCHOOL SWIMMING: LOW BENTHAM

A slot at Hornby baths has been acquired but the cost is £700. The County will pay £205, so they need to raise the rest. Can the Council help? Yes, they will donate £75. Several years ago the children and residents collected for Bentham School Pool, thinking

3

they would be able to use it. Why can't they?

POST OFFICE

You are still able to get your giro cashed over the counter at the Post Office, even though you may have had a letter pressing you to get it paid into a bank, which means it will be 4 weeks in arrears. Is this another ruse to get the Post Office closed? Don't let it happen!

LOW COST HOUSING

Goodenber Road should have started in July, but has a question mark hanging over it regarding finance.

MISCELLANEOUS

- Les Pilling will represent England in the weight lifting contest in Belgium and Vancouver. The Council will donate £25 towards expenses as a gesture of good will.
- There are trees available for planting if we order them, but who will plant them as we no longer have any tree wardens?
- We will soon have some new photographs in the Lower Town Hall, thanks to Bentham Camera Club.
- Public lighting account has remained the same for the last three years at £415 per year.
- The Town Hall insurance has gone up nearly double. They will shop around and see if they can get it cheaper.
- The Caretaker is leaving so we have a job vacancy.

The next Town Council meeting will be on Monday 5th July.

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CONCERT REVIEW

from David Greenep

BACK TO THE LIGHT TOUR

from BRIAN MAY

This is to be a combined concert review of two dates which were on the 8th June at the Manchester Apollo Theatre and on the 9th June at Sheffield City Hall. Both venues were excellent as they were both all seated with surrounding balconys which meant that wherever you were you could see clearly. The doors opened at 7.30pm and the support band appeared around 8pm, Mr May came on stage, in full glory, at 9pm. During the next two hours we were treated to all his hits from his solo album 'Back to the Light' and also a number of songs from the Queen days.

Opening the show well is very important as it generally gets the audience "going", so he opened with Back to the Light, Tie Your Mother Down and Driven By You from the well known Ford adverts. He continued the concert with songs like Too Much Loving, Headlong Now I'm Here and Love of My Life.

Brian is now doing very well with his solo career after the tragic ending of Freddie Mercury's life and hopefully will continue doing so for a long time to come. If you get the chance to see him live, go, as it is one of the best concerts you will ever see with Cozy Powel appearing on drums.

Highly recommended 10 out of 10.

OFF THE WALL

by Jane Callus

'Off The Wall' enjoyed another wonderful evening on Saturday June 19th, when Dave and Leonie Pearce hosted a Midsummer Celebration at Sherwood House. The weather gave some cause for concern, but got nicer as the evening progressed. We enjoyed a short play, with fireworks from our resident pyrotechnican, David Clough, a great street band, The Real Macaws, and a delicious bar-b-que.

Stalwarts of OTW could still be seen round the bonfire, giving an enthusiastic rendition of 'Jerusalem' as the sun came up! Thanks to everyone for making this such a splendid occasion and to Dave and Leonie, for once again allowing us to invade their home!

HIGH BENTHAM C.P. SCHOOL'S 'AUCTION OF PROMISES'

After a week of "is it on or off", the Auction of Promises turned out to be a roaring success, raising over £1,300. Peter Bolton promised to paint a picture of someone's house, which went for £140 and other promises went for high sums.

Thanks must go to Val Barwise and Pam Collison, who worked so hard to make the event such a success. Well Done!

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BENTHAM YOUTH CLUB & PLAYScheme

from Vi Christensen & Sharon Haslam.

In belated response to Craven District's call for us to improve our local environments, the Youth Club proposes to have some of its members to paint a mural on the front of the British Legion Hut.

What this will look like will be decided by holding a competition, for 10 - 17 year olds, from Bentham, to design one.

So all you budding designers out there, get your imaginations going and post your designs to the Youth Club by the end of August. We are sure you can come up with something much better than what's there now!

The Advisory Committee will judge entries for the competition in September.

Have a nice summer. We hope to see everyone at the Playscheme running for 2 weeks from 16th August. Stephen Smith (our very own "beast") and Dawn Whittle (a student from St. Martin's) have been appointed Playleaders.

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CROWN GREEN BOWLING

Bentham Springfield Bowling Club were hosts to Ingleton, Burton in Lonsdale and Austwick on Sunday 6th June, when the annual inter club competition for the Homeguard Trophy took place. After a very keen and hard fought event, the home team came out winners with an almost maximum 182 points.

The club President, Douglas Garlick, presented the Trophy to the winning team captain, Mrs Eunice Garlick and congratulated all the competing teams on the high standard of play. An excellent afternoon tea was provided by lady members of the home club.

The Springfield team consisted of Eunice Garlick(captain), Eric Holt, Dorothy Rose, Jack Dawber, Hilda Lister and Gordon Denby.

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TAKING THE REINS

by Keith Dixon

"Inspirational" was how Keith Dixon described the two day event held recently in Bentham. Read his report below and see what you think.

On 15th and 16th June at the Black Bull in High Bentham representatives of local authorities, interest groups and residents met to investigate what, if anything, could be done to influence and control the process of change in Bentham.

These meetings took the form of a seminar addressed and led by The Civic Trust Regeneration Unit, a body which takes the role of impartial but expert adviser and intermediary. They focussed on the problems, possibilities and opportunities of life in Bentham.

SWINGS AND ROUNDABOUTS

On the, admittedly rather long, list of problems discussed were: - the tendency of District and County Councils to forget about Bentham's needs because of its geographical remoteness from the centres of power; - the considerable dependence of its workforce on a single major employer, Angus', especially since the decline of farming; - a transport infrastructure which has large lorries bringing congestion to the main street, without encouraging passing trade; - the consequent probability of losing even more shops; - the lack of an adequate community centre.

And yet, the long list of problems was matched by almost as long a list of benefits: - more than forty organisations, representing a pool of human resources unusual in a town of its size; - several sites offering potential for interesting development; - its lively character as a working town; - the largely unspoiled beauty of its setting.

POSSIBILITIES FOR CHANGE?

Most people agreed that, whatever changes might be implemented, they should allow Bentham to retain its character as a working town. There was no enthusiasm for following say, Settle's or Kirkby Lonsdale's

6 example of encouraging further growth of tourism. Beyond ensuring that Bentham offers adequate facilities for its existing tourists - predictable shop-opening hours, for example - other avenues of economic regeneration could be explored.

WHAT NEXT?

As part of this strategy for 'Managing Change' the Civic Trust proposes to conduct a feasibility study. Offering 75% of the cost, they expect to get the remaining 25% from a local source. Having secured this funding, they will set up a temporary office in Bentham and will be available for discussions with interested individuals and groups. Representatives of the Trust will then seek to develop a long-term plan for addressing Bentham's problems by looking to its opportunities.

This is a long-term project requiring patience. In this regard, Bentham is already indebted to the few who, despite little encouragement in the form of tangible results over the past three years, have kept the idea alive. Among them are some of the original members of a group which proposed to set up a Bentham Community Trust - Brian Cowling, Councillor Keith Cowling, Pauline Hill, Cathy Johnson, Vicki Mulligan and Irena Pritchard, as well as Marion Horton of the Yorkshire Rural Development Council.

The meetings were well attended, with a turnout of some seventy people. A good start, despite notable absences from among town councillors and traders. No doubt in the future even more will want to have a say: in the interests not just of a small vocal and articulate minority but of Bentham as a whole.

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COUNCIL CONCERNS

by County and
District Councillor
Ralph Atkinson.



COUNTY POLITICS

Well! As some of us warned, Labour Councillors were so offended by the Liberal Democrats attempt to take all the chairs they jumped into bed with the Tories to defeat us. The result was the most unpleasant and acrimonious debate I've ever heard at County (too many taking their cue from Parliamentary behaviour!). The most unsatisfactory outcome was that chairs should be elected at each committee meeting for the duration of the committee only. This will result in lack of continuity and putting much more power into the hands of officers. Let us hope it won't last too long and a more sensible arrangement will eventually arise.

REORGANISATION

By the time you read this the first recommendations of the Local Government Commission on the future shape of our 'district' will have been published. At the moment the likeliest scenario - judging by the announcements for Cleveland, Derbyshire and Durham - is for combined districts. This may mean the combination of Craven and Harrogate with the resulting increase in local tax and the urban/rural split. The consultation period is until 12th September and there will be a meeting to discuss the recommendations at Bentham Town Hall on 26th July at 7pm. I would appeal to everyone both to attend the meeting and to write to the Commission with their ideas - because it is going to affect all of us. The address to write to is: The Local Government Commission, Dolphyn Court, 10/11, Great Turnstile, Lincoln's Inn Fields, London WC1V 7JU. After all the presentations and all the time and money spent on preparing these by members, officers and consultants I still reckon the present two-tier system is the best compromise.

7

BUSINESS SUPPORT

The County Council has a wide range of business support schemes, ranging from small grants of a few hundred pounds to individual start-up schemes, contacts with European and other markets, to contacts with investors with several million to invest. Despite the present business climate not all of these are as fully utilised as they might be. Those interested should contact the Industrial Development Section at County Hall (Mr.inglis) or in case of difficulty, myself.

HIGHWAYS

This month we see the last of our local Highways Office at Ingleton and the Divisional Surveyor, Chris Craven, all in the interests of "rationalisation". Chris and his staff have served us well in the last few years and I for one will be very sorry to see them go. This means our nearest contact is the Highways Office in Skipton, and the man to contact is Barry Gill at 0756-793344.

EDUCATION ACCESS POINT

Although the Education Office at Skipton has also been 'rationalised' we have at least maintained a toe-hold in North Craven. By the time you read this the Education Service will (I hope!) have set up a weekly, half-day office in Castle Hill, Settle. The hours? 10.00am to 1.00 pm on Tuesdays only. For any further information ring Skipton 0756-792427.



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THE RANTER

This month we are deep into summer's soporific comeliness, where long days unwind with idle contentment under a warm azure sky. However, for those of you who are still in Bentham, don't go without your vest on!

The Ranter has interrupted his exotic holiday to bring you up to date on the latest developments in the fast growing areas of 'customer belligerence' and 'community mean spiritedness'.

It has been interesting to note the moderate turn-out for the horse fair. Like the England football team, the build up and pre-match discussion in the pub prove to be more interesting than the actual event. With a little foresight and basic community planning the horse fair could have been a good little earner for Bentham organisations. Sadly, Bentham appears to have lost its 'bottle' and become swamped with suburban uptightness and middle aged, lawn mowing - car waxing - mean minded prejudice.

How long before the early retired start placing little bowls of violets in the public phone box and the crappers on school hill! Lord save us from gentrification. In the fight back against country tweeness I would like to congratulate Councillor Marshall on the quality and strength of his slurry tank since the 'tank carting' season began last week. In the battle against suburban values - I love the smell of slurry in the mornings - "It smells of victory!"

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EVERYTHING FOR BUILDING

I the meantime, if the state of England's cricket has left you dispirited, go and see a team that play entertaining matches on most Saturdays and Sundays. They have a few dedicated deck-chair supporters on the boundary who regularly enjoy a relaxing afternoon in the sun with a few drinks. This is Bentham's best kept secret when it comes to a pleasant weekend activity. So - stop polishing the car and get down to the sports field and develop the art of relaxation. You could try playing the game if you can't relax that much in one go.

What happened to the pub cricket teams that used to play occasional matches on a summer evening? Perhaps England would play better if they too could bat with one hand and hold a beer bottle with the other.

So it's goodbye from Weston-Supermare. When I return home I shall be investigating why the breweries are allegedly 'watering down' the beer. And - 'who actually buys the lace underwear in Fisher's window?'



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LOCAL EVENTS IN JULY

Fri 2nd 'Unplugged' at the Black Bull at 8pm. - Singers Night.

Sat 3rd BENTHAM NEWS coffee morning in the Town Hall at 10am.

Open Garden for the N.S.P.C.C. at Parkinsons Farm 10am - 4pm.

The Countryside Society, Lords Lot, Capernwray Woods for flowers and dragonflies. Meet at car park on Gressingham to Borwick Road at 1.30pm.

Mon 5th Town Council meeting at 7.30pm.

Step with Heather 10 - 11am. In the Lower Town Hall.

Women's Fellowship, closing meeting of this session.

Step & Tone at Town Hall. Ring Heather 61008 to

Bentham Youth Club - rounders.

Tues 6th Child Health Clinic at The Health Centre 1pm - 4pm.

St. John's First Aid course in the Lower Town Hall. Ring Lin if interested, on 61034.

Bentham Community Trust meeting in the Wenningdale Room at 7.30pm. Everyone welcome.

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10 Wed 7th

Bentham Organic Gardening Group meeting at The Grange, Low Bentham Road, at 7.30pm.

Bentham Youth Club - Trip to Heysham.

Fri 9th

Come Dancing in the Town Hall. 7.45 - 10.45pm. Admission £1.20.

Legs, Tums & Bums, Bentham Town Hall.

Sat 10th

Settle Blind Association coffee morning, in the Town Hall, 10am to 12 noon.

Guided circular walk round Dumb Toms Lane, this is one of the walks from 'Shorter Walks Around Bentham' (5 miles). Leader Deborah Pickett (tel 61288). Please meet at Lairgill 6.30pm.

Sun 11th

St. John's, Church Families Party at the Institute at 3pm. Mark Underwood's farewell organ recital at St John's at 7.30pm.

Mon 12th

Burton in Lonsdale Horticultural Society Open Gardens Evening at Mr & Mrs E. Mason, Lowgill, Wray. Tickets available 61544 or 61343.

Bentham Youth Club - video night.

Step (with a creche), 10am - 11am. phone Heather to book.

Step & Tone 6.30 - 8pm in the Town Hall. 61008 to book.

Tues 13th

Tatham Fells W.I. at 7.30pm. subject Mrs Barbara Whitehouse 'Reflexology'.

St John's First Aid course in the Town Hall. Ring Lin on 61034, if interested.

Thurs 15th

Low Bentham W.I. 'My Year as High Sheriff of Lancashire' by Mr J. R. Holt.

- Fri 16th **WASTE PAPER COLLECTION** at the Legion Hall 8.30am - 11am. Proceeds to N.S.P.C.C.
6.15 - 7.15pm Legs, Tums & Bums in the Town Hall. 61008 to book.
Bentham Youth Club - disco.
- Sun 18th The Countryside Society Sandscale Haws, Dalton in Furness for dune flowers, esuary birds etc. Meet at National Trust car park at 10.30am.
- Mon 19th 10 - 11am Step (with creche). 61008 to book.
6.30 - 8pm Step & Tone in the Town Hall. 61008 to book.
- Tues 20th Bentham Community Trust meeting in the Town Hall at 7.30pm.
Child Health Clinic at The Health Centre 1pm - 4pm.
- Fri 23rd 6.15 - 7.15pm Legs, Tums & Bums in Town Hall.
- Sat 24th Mothers' Union coffee morning 10 - 11.30am in the Town Hall.
- Sun 25th Guided circular walk via Barking Bridge (6 miles). Leader Len Moody (tel 61128). Please met at Lairgill at 1.45pm.
- Mon 26th 10 - 11am Step (with Creche). 61008 to book.

6.30 - 8pm Step & Tone in Town Hall. 61008 to book.

Fri 30th 6.15 - 7.15pm Legs, Tums & Bums in Town Hall.

BENTHAM NEWS PUBLISHED

Sat 31st High Bentham W.I. coffee morning in the Lower Town Hall 10 - 11.30am. All welcome.
Come Dancing in the Town Hall 7.45 - 10.45pm. Admission £1.20



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BULLETIN FROM ST. JOHN'S.

When we last went to press, we were preparing for Mission Week which took place in May. All the events of that week were well supported and many people heard the Good News of Jesus Christ. We are grateful to those who came to lead the Mission and to all who put in so much prayer and effort in preparing for it.

Alongside that, our church life continues as usual. Our spring coffee morning raised almost £200, so again a big thank you for all help and support. Our church is becoming a popular venue for concerts: in April the Craven Camerata and in June, "Music for a Summer Evening" provided by local talent.

Those with different talents hope to take part in the "It's a Knock Out" competition. An important date for your diary is the afternoon of SUNDAY 11th JULY: a summer party with a difference for all our baptism and Sunday School families at the Victoria Institute, and in the evening, 7.30pm in church, our organist, Mark Underwood, will give a farewell recital before leaving us to read music at Liverpool University. Everyone is most welcome to attend.

Any disappointed readers who have noticed that there is no "INTERVIEW" this month, will be pleased to hear the series will continue in August.

HEALTH CENTRE ALTERATIONS

from Dr. Ralph Sullivan

So far so good. The alterations are progressing according to plan and to schedule.

As everyone who has had to find their way into the building in the last three weeks will know, the old front entrance was cut off by the building works on 7th June, and a long term "temporary" entrance is in use. You get to it from the footpath between Grasmere Drive and Goodenber Road. It leads down a long corridor to the old reception office and waiting room, which are still in use.

The builders are now completing the foundations of the new extension. Over the next four months the new building will grow up around and above the old. Meanwhile it will be "business as usual" for us until we reach the stage when the reception office and waiting room are to be refurbished, in about two or three months time. At that point, first one then the other will be moved to temporary accommodation within the building; but more about that when the time comes.

Again we apologise for any inconvenience we are causing people using the health centre or Grasmere Drive whilst the work is in progress.

FOR SALE Singer 457 electric sewing machine. Zig-zag, double needle, etc. £50 ono. Bentham 61632.

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BENTHAM PEOPLE

SERVICES

University student, 19, home for the summer, experienced nanny, seeks babysitting or child care work. Call Emma 61608.

PERSONAL THANKS

I wish to thank family and friends, Stan and Viv, who made my 40th birthday party, the best night of my life, also many thanks for the lovely cards and presents I received. Love n kisses, Chell.

The family of the late "Lizzie" Armstrong would like to thank friends and relatives for their cards, sympathy, kindness and for their donations to Bentham Health Centre. Thanks also to neighbours at Wenning Bridge and on Collingwood Terrace. Grateful thanks to dr. Sullivan, the District Nurses, the home helps and Brown and Whitakers for their kind and courteous attention.

BIRTHS

Tony and Marina Harrison would like to thank everybody for the cards, presents and best wishes received on the birth of their daughter, Imogen Sian born on the 12th May, a sister for Amber.

BIRTHDAYS

Happy 60th birthday Jim, July 8th. With love Jean and gang.

SERVICES

Private domestic help available, arrangements to be negotiated. Tel 61661.

WORD PROCESSING - C.V., Thesis, Reports, Accounts - Tel 05242 61072.

Wanted! Toys and games for the children's creche at the Women's Drop-in Centre in Bentham. Please phone Sharon on 62044 or Vi on 62688.

WANTED

Any spare copy of David Johnson's book "Bentham in Times Past" please tel 61430.

The Arthritis and Rheumatism Council, Bentham & District Branch, are in need of a Treasurer for the year 1994. Anyone willing to accept this appointment, please contact Mr. W. Joel, Tel 61360.

Settle High School need volunteers for the parents / teacher's annual cricket match and rounders match on Wednesday 14th July at 6.15pm. Please contact Sue Adams tel 61182. refreshments provided.

FOR SALE

1 pair of "Colt" riding boots (long). Size 2, good condition £10. tel 62254.

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YOUR LETTERS



14

Dear BN,

Some of your readers had a free show recently when one of our customers drove a Unimog tractor onto the moors and became helplessly stuck. With the help of one bulldozer and two winches it finally emerged from the bottomless bog.

What particularly impressed me was how helpful and willing were so many of the local people. Indeed since our company moved to Bentham we have been very impressed with the community spirit.

As a gesture of our goodwill and thanks (none of the helpers at the "Scene of the Sinking Mog" would accept payment) we would like to make an offer to the Bentham Community. We have made available £250.00 to any group or individual for a worthy project within the community.

We will be most attracted to ideas with good environmental impact for a brighter and greener Bentham but will consider all ideas.

I look forward to any suggestions.

Yours sincerely
Frank Atkinson,
Africa Link Ltd,
Wenning Avenue,
Bentham.

Dear Bentham News,

In reply to Mrs Gilroy's letter last month, I heartily agree about the difficulty of creating any sort of garden in public places these days.

It fills me with horror to see lovely flowers being picked, thrown down and trampled on by humans of all ages, also dogs.

As to the problem of dog messes, don't blame the dog, it's the humans who must take the blame.

If people cannot afford or do not wish to carry a poop-a-scoop, there are always plastic bags that we get dozens of these days. It is so easy to use these as a glove over the hand and then turned inside out after cleaning up, then it can be carried home to be disposed of.

There is no excuse for the disgusting mess left everywhere one looks these days. Just make sure you have a plastic bag

Dear Editor,

Last night I read the Ranter's column in the June edition of the Bentham News, then turned out the light and went to sleep. (It wasn't worth losing sleep over!!)

This morning we opened our shop to customers at 8am. We finally closed the door at 5.40pm having served our last customer with a smile and a bit of chat at 5.31pm. By the time we had finally cleared up it was 6pm, walk the dogs, mow the lawn and make a bit of something to eat, it was approaching 8pm. That just leaves a few minutes to write this letter before we head off for bed.

The doors will be open tomorrow at 7am by which time we will have been to the wholesale market to obtain the best possible produce, (market stall traders arrive much later than us and get what's left over.) Once again we will stay open until 5.30pm and the two day cycle will be repeated.

If the Ranter does want us to stay open until 7pm or 8pm like his/her beloved Sainsburys we will gladly pay our staff to do so provided we can charge Sainsbury prices!!! (including the "generous discounts on selected produce" - they don't mention the generous premium on everything else!!!).

However I suspect our staff, having divested the Ranter of all his/her liquid assets, would spend the rest of the time twiddling their thumbs or anything else they could get their hands on to twiddle.

The answer therefore, dear Ranter, is simple - get yourself out of your pit a few minutes earlier in the morning and you can squeeze our peaches for as long as you like!! Yours faithfully,

Nigel and Beverley Bamford.
Bamford's Fruiterers and Florists,
Bentham.

everytime Fido goes a walk, just in case!

Its no wonder dogs are "bad news" these days. I think that tag should be applied to a lot of non-caring humans. from "A dog Owner" name and address supplied.

CHRISTIAN AID

The House to House collection held in May 1993 raised a total of £705.74. many thanks to all who helped and supported.

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COME AND LOOK ROUND

15

POLICE REPORT

from Inspector McCann.

CRAVEN CRIME LINE

The Craven Crime Line is now up and running and several calls have been received and enquiries are on going with information given. The system is there to help us to help you so give us your support.

A reminder of the number 0423 539729.

WORD OF WARNING

Now that we are having fine weather please be on your guard for thieves who sneak in the front door and steal your handbag whilst you are in the garden. Always keep your doors locked. If you see someone who you think is acting suspiciously, be a good neighbour and call us.

CRIME UPDATE

✦ 26th May - A theft from a vehicle occurred in Low Bentham Road, Low Bentham. Stolen from the vehicle was a Phillips radio cassette and two tapes, Simply Red and Black Box.

✦ 30th May - A yellow Ford escort van was taken from Springfield Crescent, High Bentham. It was later found abandoned on the Clapham to Bentham Road.

✦ 8th June - A theft from a vehicle occurred in Highfield Terrace, Low Bentham. Stolen from the vehicle was a masonry drill, this was later recovered by the police.

✦ 12th June - A cream coloured caravan with a maroon stripe down the side was stolen from Lairgill Car Park. It is an Abbey Crusader 15 feet, 4 berth 1981 model.

✦ 14th June - Between 1800 on the 12th June and 0730 on the 14th June a vehicle was broken into whilst parked on Mill Lane, Low Bentham. Stolen from the van was a Uniflex 110v electric drill in a red plastic box.

Did you witness any of these crimes or have any useful information, if so please ring Kipton (0756) 793377.

HIGH BENTHAM GALA REPORT

from Pam Woof

Despite appalling weather conditions of the Bank Holiday Weekend High Bentham Gala went ahead - with a few alterations!

The craft marquee unfortunately could not stand the storm force winds and collapsed on Monday morning. This did not put off some of the craft people however. Many thanks to Mr. Holden, Mrs Seabrook, Mrs Whalley and Faith Wilson for braving the elements in their makeshift home created from covered trailers.

The Black Knight Parachute Team, obviously couldn't make an appearance and the Bouncy Castle would have blown away if inflated but nevertheless there was plenty to do. The football tournament and fell race went ahead as normal and was enjoyed by all participants. There was plenty to do inside the Sports Pavillion and so the afternoon was by no means a failure.

Another casualty of the weather was the Duck Race. The river was in flood on the day and far too dangerous for ducklings to swim! It was postponed until the river was fit for the event.

DUCK RACE 11th JUNE.

A small group of spectators hung over the bridge to watch the race. The water was flowing quite fast so the ducks arrived rapidly after setting off!

The winners were as follows:-

1st No 503 'Branty' Mrs Farraday

2nd No 123 'Rosie' Mrs E. Sandreson

3rd No 573 'C'mon Thomas' Lucy Warburton

Last but not least was No 491 'Speedy' John Hardiman.

This month's "Brighter Bentham Award" goes to John & Susan Pilkington for the new dry stone wall round their garden. And well done Ned!

Runner up this month is Craig Macdonald for removing the whitewash from his new shop window.



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AGE CONCERN

from Cliff Machin and Doug Garlick

Age Concern is now a well established and popular organisation in the district. It's success is largely due to the loyalty and perseverance of a relatively small but dedicated management team. Until recently we retained the services of most of the founder members, and this has played a significant part in creating the necessary stability.

Regrettably, time marches on, and changes became inevitable.

Our first major change came a few months ago when our founder treasurer, RUTH GARRETSON, resigned for health reasons. Ruth was responsible for laying down the sound financial foundations which will undoubtedly serve well into the future. In addition, Ruth's home and hospitality were often freely available to us for fund raising events and meetings. Thank you Ruth! We miss your friendly warmth, and wish you and Bob every happiness.

Another, more recent loss, concerns our founder catering chief, PAT SMITH. Pat's voluntary contribution to the work of Age Concern has been unique and immeasurable. Her mustering efforts in providing tasty and nutritious meals every Friday for upwards of forty five people, has been a gargantuan mind boggling task in itself. Not content with that, Pat is always the first to contribute home baking to most of our charitable organisations for their coffee mornings. Further, Pat has been a one woman befriending service and helpline to many of us, young and old alike, making her one of the best known personalities in Bentham.

However, increasing arthritic discomfort and domestic commitments have been sending out alarm signals to Pat - and to us - that the time has come to encourage her to take a well-earned rest, and concentrate on "relaxing" in that delightful garden she has created and loves so much. Bless you Pat! We (all of us in Bentham) can't thank you enough!

We know that it would be impossible to replace Pat's voluntary efforts - as we

said at the outset, Pat is unique. We are pleased to announce that Mrs Maureen Irving at The Coach House has agreed a contract to supply meals every Friday at the Day Centre. Maureen knows that Pat is going to be a hard act to follow, and we all wish her every success.

SIX MONTHLY PROGRAMME

The new programme taking us up to the end of the year is now available at the Day Centre. Once again Vi has produced an interesting variety of activities which includes talks, quizzes, a clothes sale, a garden party, a cream tea and a coach outing to Southport, Fleetwood and the Lake District (the recent afternoon coach trips to Kendal and district, and to Leighton Hall were popular and well supported).

We are grateful to all those who contribute their services, or homes and gardens for our benefit.

We are also indebted to the dancers who attend "Come Dancing" in Bentham. As a result of their raffles at the dances Doug was presented with a further donation of £100 to our funds. Thank you!

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YOUR GOOD HEALTH

Christine Hodson
Health Visitor



The summer sun is here and with it the desire to obtain a perfect golden suntan. A suntan acquired safely, slowly and sensibly isn't all bad despite a lot of recent coverage in the press.

YOUR SKIN "tans" depending upon your genes and the speed of your tan depends on how recently the skin last saw the sun. It is not true that you have to burn before you tan. Signs that skin has burned include hot painful skin, redness and tautness. Less severe burning could be indicated by pink or red colour of the skin. Damaged and burnt skin flakes off.

LONG TERM affects of damaged skin through sun burning is an early ageing and wrinkling of skin with a leathery, thick appearance, age spots and permanent freckles. A malignant melanoma is a sinister skin cancer which untreated can be deadly. 1000 people a year die from skin cancer, but caught early 97% can be cured. **MELANOMA** is a **DARK MOLE** which grows with a reddish or **IRREGULAR OUTLINE**. They **ITCH**, and can **BLEED** or **OOZE**.

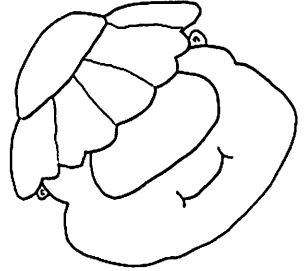
Cancer research has identified facts to prevent melanomas.

- 1 Being exposed to intense sun only occasionally ie. 2 weeks abroad without skin protection.
- 2 Fair/pale skin which doesn't tan but burns easily
- 3 Sunburn in children can trigger problems in adulthood.
- 4 Severe sunburn in the past.

The good news is that prevention does work and **SUN CREAMS** do work.

18 CHILDREN AND BABIES

- Have thinner skin and are more sensitive to sun.
- Use a high protection cream. Apply frequently and particularly in or near water.
- Use a cream on cloudy days.
- Wear wide brimmed hats and T-Shirts at all times (includes U.K).
- Babies under 6 months - **KEEP OUT OF THE SUN.**



ADULTS

- Follow instructions on the sunscreen.
- Use a sunscreen cream and re-apply every 2-3 hours.
- UV sun can penetrate glass, cloud, water and fine fabrics.
- Water + concrete do reflect UV rays.
- Watch sensitive areas - nose, ears, soles of feet, nipples, and top of the head (if hair thin).
- Some medicines may make skin sun-sensitive, eg. antibiotics - check with your GP/Pharmacist.

AFTER SUN

Keep the skin moist after sun to delay peeling and prolong your tan. Happy Sunbathing, Happy Holidays. Happy babies wear hats.

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FOOTPATH MATTERS

from Maureen Ellis

Where else would you find out where salmon leap, see bison, and stride out from one small valley to another in good company? The answer is, of course, Bentham Footpath Group. Lungs full of fresh air, muscles pleasantly stretched, and thoughts that are the beginning of new trails in themselves: walking trails and trails of the mind

One way of walking is to go for the bigger stuff, enjoying the extensive views from the top. Footpath walks have a different quality, and there is a place for both:

✦ The leader will have reconnoitered the walk, and linked paths in an unusual way, perhaps pushing out from the valley and low ridges on to open moor. From a vantage point a distant goal may be seen, - a viaduct or village. The leader's own enthusiasm, and the interweaving pattern of information from others in the group provides a story telling quality. In the Lune Valley it was of gigantic willows and the derelict ferryman's house in the distance.

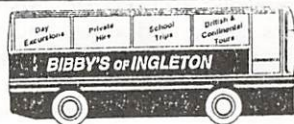
✦ Fairly obviously footpaths follow ancient tracks which developed a link between ancient farms. People on the walk often lived on the farms. Another local group, a sub-section of the North Craven Heritage Trust is also a treasury of information.

✦ Wild life abounds and although it's difficult to combine bird watching and brisk walking, the dash of a goosander or the

lumbering flight of a heron cannot be missed. However, the sight of bison at Cloughton Hall was, to say the least, unexpected. One learns there is a maple native to this country, and it is cultivated at Middlewood Ecological Centre, and as conversation turns to tree talk one finds out where saplings can be bought.

✦ As stiles are climbed and bridges crossed, talk is of the conservation aspect of the Group: keeping footpaths open and in good shape requires diplomacy, liaison work and skill in building good looking and sturdy stiles. Functional yet sensitive to the landscape are the requirements of stiles and bridges. The Lancs County Council footbridge over the Roeburn replaces stepping stones and a holding rope.

✦ People need people and this group is a good humoured mixed one. It's easy to talk to one person and then another, or to walk alone just looking and listening, smelling or feeling the earth on which we live, and the particularly special bit of it around Bentham.



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- 18 July Scenic Mystery Drive £6.60
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BENTHAM NEWS is published at 7, Jubilee Buildings, Main Street, High Bentham by an editorial committee consisting of Tony Bennett, Shirley Brown, Tom Cahill, Jane Callus, Keith Cowling, Christine Hodson, Ken Robertson, Kate Steele, Jean West, Pam Woof and our co-ordinator Lesley Barker.

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For information please contact Lesley on Bentham (05242) 62040, or to place an advert in BN please contact our advertising manager Jane on Bentham 62277. Items for publication can be left at Bentham Sportswear, Station Road or at the house.

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BENTHAM PEOPLE PAGE

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