

BENTHAM NEWS



FAREWELL SUMMER!

The successful Bentham Show, on the 4th September this year, traditionally marks the end of Bentham's summer season. Go along and have a good time bungee jumping, bike handling, dog showing and enjoying all the other activities on offer



WHAT'S NEXT?

Before the prospect of the nights drawing in depresses you, take a look at the wealth of evening classes being offered in Bentham this autumn. You could try Modern and Jazz Dance, Aromatherapy and Massage, Voice Development, Flower Arranging, Creative Embroidery and Badminton to name but a few. You will find details of all of these activities in this issue.

SEPTEMBER 1993

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- ♦ Bentham Panto - It's recruiting time again. Page 5.
- ♦ Ranter ill shock! Will he ever write again? See page 13 col 1.
- ♦ Lancaster postmark to go! Page 16.
- ♦ How to be a healthy vegetarian. Page 18. And some recipes to get you started. Page 19.
- ♦ What Bentham event during August was "exciting, fun, creative, noisy and interesting"? Answer on page 13 col 2.



ISSUE 83

SPONSORSHIP NEEDED

Robert Ellershaw (20), of Low Bentham, is competing in the World 1/2 Marathon Championships, in Brussels on October 3rd. Robert is raising funds for "Arthritis Care" whilst running and is looking for more sponsorship. If you would like to support this cause please contact Robert on 62078

ARTHRITIS & RHEUMATISM COUNCIL

Two of our youngest supporters yet, Helen Tebay (10) and Sharen Taylor (9) held a sale of Bric a Brac in Helen's home on 31st July and raised £16.32 towards our funds. We are delighted with their efforts on our behalf. Thank you both very much.

ARC are looking for a new treasurer to take office on the 1st October 1993. Anyone interested and able to undertake this most interesting and worthwhile task please contact Mr. W. Joel, Belmont, Station Road. Tel 61360.

BABY SITTING CIRCLE

We are a couple of mums with young children living in Bentham and we are familiar with the difficulty of affording babysitters. That is why we are starting this scheme. ITS FREE! It works on a voucher system instead of cash. All it costs is a little time in return babysitting now and then. For more details please ring Yvonne (62580) or Voirrey (62912).

HIGH BENTHAM W.I.

The re-organised branch of High Bentham W.I. has got off to a flying start. A coffee morning held recently raised approximately £200. This was followed with a trip to Leighton Moss, which was enjoyed by all who participated. We were shown a video, and then had a guided tour into some of the hides and we actually saw red deer with their young. This was rounded off with tea and cakes, which all went to make up a very interesting and enjoyable trip.

BEATING THE BOUNDS

This is a sponsored event for St. John's Church, Low Bentham on Saturday September 25th.

Did you know that "beating the bounds" literally means beating a child's head on a series of posts placed round the boundary? This was supposed to bring good luck and was carried out annually.

Would you like to join us to "beat the bounds" of Low Bentham Parish and perhaps bring a child!

The round trip is approximately 12 miles and there will be two sections each having walk leaders.

Starting places will be 10am from St. John's Church walking clockwise to Moonsacre and 2pm from Moonsacre, clockwise to St. John's Church. Sponsor sheets or tickets costing £2 for each section available from the Sue Ryder Shop or Church members. Further details from 61905.



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TOWN COUNCIL

by Kate Steele

August meetings are notoriously dreary and this one was no exception. Eleven members of the public turned up, although even the excellent new photographs couldn't keep two of them in their seats longer than half an hour. Councillors present were Bateson, Cowling, Hewitt, Hurtley, Joel, Marshall and Preston with Mayor Telford back in the chair. Councillor Atkinson attended and Councillor Pilkington arrived, from another meeting, in time for the winding up.

Old Chestnuts 1.

No doubt about it, the 'Local Government Structure Review' makes even the Maastricht debate seem interesting. No, it hasn't gone away, although Councillor Atkinson hinted that, whatever was decided, there probably wouldn't be enough money to implement it anyway. That, together with Councillor Marshall being convinced that whichever way it goes, Bentham will get nowt, ensured a speedy progress to the next item. In the meantime we are left wondering how much of our money has already been spent on this particular white elephant.

Old Chestnuts 2.

Questions about how well the Town Hall is managed have been circulating for some time, together with vehement assertions that it is managed perfectly well. Councillor Cowling has now produced what Councillor Marshall called a 'very controversial' discussion document. Councillor Joel thinks the whole thing is a waste of time. Nevertheless, it will be discussed at a separate meeting of the Town Hall committee.

Burton Footpath Row

Anyone who has been following the long-running saga of the so-called 'Burton Footpath' will be pleased to hear that the matter finally comes to a head on Thursday 9 September when Inspectors from the Department of the Environment will conduct a Public Enquiry in the Village

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Hall. This will establish once and for all whether or not there is a public right of way over private land belonging to houses at Burton Potteries. Councillor Marshall is disgusted that it has been arranged without any reference to the Town Council (Burton is within Bentham Parish) and Council voted to write to the DoE and tell them so.

Other Matters

The Mayor will attend either the Rev. Millard's leaving do, or the incoming Mr Patterson's inaugural, or both. Councillors are concerned about children from the new houses in Low Bentham going to school in High Bentham rather than their local. Councillor Marshall reminded Council that it would soon be time to buy daffodil and crocus bulbs and suggested that local school children should be asked to plant them around the town. He also suggested that Craven be asked to do something about the tatty surroundings to the toilets at School Hill. Prickly shrubs might be just the thing. Support your community bonfire, says the Fire Brigade -they are generally much safer (and more spectacular) than private ones. Bentham's will be on Saturday 30 November.

And that was that. Try as he might, Mayor Telford couldn't get anyone to come up with any more business, so we all went home at 8.30.

The next Council meeting is on Monday 6 September.

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OPEN ALL DAY EVERY SATURDAY

AGE Concern BENTHAM

INFORMATION DAY

An Open invitation is extended to ALL local residents of High and Low Bentham and immediate surrounding area to the INFORMATION DAY in the Town Hall

(Ballroom) on Friday 10th September between 2pm and 4pm. The purpose of this event is to acquaint people more thoroughly with the work of Age Concern and the services available to the elderly. A number of different organisations have promised to support us with their attendance on the day and will be offering free advice to any eligible members of the public seeking same.

Some of these organisations include:-

Gas Consumer Council - British Telecom - Bentham Health Centre - Airedale Community Health Council - Benefits Agency - Adult Community Education - Citizens Advice Centre - Cruse (Bereavement Care) - Craven Voluntary Action - North Craven Care - N. Y. Social Services - Victim Support - North Craven Age Concern.

Please come along with your friends and find out for yourselves what Age Concern is really about.

Entrance is free - Refreshments will be available.

With the expansion of Age Concern Bentham, we now require more Volunteer Helpers, to assist in the running of our Day Centre, which is open each Friday between 10am and 3pm. We operate a rota system, each tour of duty is of approximately 2 hours duration and comes round about once every six weeks. Obviously the more helpers, the less the frequency. If you are interested in helping, please contact any committee member or phone 62171 or 61930.

4 AGE CONCERN VACANCY

We have a vacancy for a suitably experienced person to organise and take responsibility for the activities of the Day Centre, held in the Town Hall every Friday from 9.30am to 3.30pm. Salary £25 per week. Applications for the position giving details of past experience, should be sent to DOUGLAS GARLICK, "ASHVILLE", SPRINGFIELD, BENTHAM (Tel 62171) to reach us no later than 11th September.

PLEASE REMEMBER THE AGE CONCERN COFFEE MORNING SATURDAY 11TH SEPTEMBER.



* * * * *

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* * * * *

BENTHAM PANTO GROUP NEEDS YOU!

The writing of our next Pantomime, "The Pied Piper of Hamelin" is now under way, and by early September, script writers, Anne Corrigan and Sue Watson will have the synopsis ready. The next stage will be to write the script and start looking for our cast.

We are an ever changing group, and it is lovely to welcome new-comers each year, and to keep many of our regulars too.

We do find, however, that we need more "new blood" on the technical side. Richard Knowles, our wonderful carpenter, is finding that sawdust affects his asthma and he quite fancies being in the panto again! Gareth Adams, our electronic wizard, is off to university, so we need a replacement expert to do the wiring and work the lights. Versatile Fiona O'Hare, who trains the dancers and plays in the band, wants to go ski-ing next February half-term - at last! (We've managed to prevent her from going for the last few years). So we need some-one who would love to work out at least four dances with children from 5 - 13+.

We'll also need more help with stage painting, costume design, dress making, publicity and production. Rehearsing and preparing the Pantomime is a great way of filling in the dark winter evenings after Christmas and by the time the Panto is over the snowdrops will be out!

If you feel you might be like to take on

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any of these vital tasks or want to help in any way we would love to hear from you.

Phone Margaret Cowling on 61764 or Jane Callus on 62277.

Who me!



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BENTHAM HEALTH CENTRE ALTERATIONS

from Dr. Sullivan

It is five months since the builders, Eglins, arrived at the Health Centre. There are about two and a half months to go. Despite the not-so-wonderful summer weather, the work is more or less on schedule and we are all, more or less, still in possession of our sanity; two facts which, I am sure, are not altogether unrelated. In fact, now that the roof is felted and water tight the alterations are progressing rapidly.

The new reception office and dispensary are being created at the moment. This is why the receptionists have moved to a temporary office in one of the new rooms on the left of the corridor as you come into the building. They will move back when their new office is ready towards the end of this month. The temporary office will then become a waiting room as the builders take over the old waiting room. The alterations here will take some time but they will be the last major disruption. Shortly after we are able to move back into the old waiting room, the building works will be completed.

We are still expecting to finish the alterations by mid to late November..... but watch this space.

Bentham Women's Group require a Child Minder for the begining of September, Thursday mornings between 10.30am and 12.30pm. Good rates of pay. Based at Bentham Youth Centre. Contact Miriam on 0756 700688 between 9am and 5pm.

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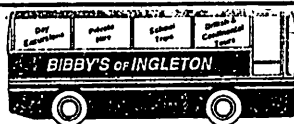
Tel (day) 05242 61782

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REFURBISHMENT AT ANGUS FIRE

BN has received a letter from Christine Chappell, Environment and Safety Manager at Angus Fire, pointing out that a recent report of activities at Angus Fire could have been misleading. Ms. Chappell makes it clear in her letter to Bentham Town Council that "there is currently a lot of construction work being undertaken in the Foam Plant. (which) will lead to short periods of increased smell and inconvenience to local residents. It also means movement of heavy vehicles on local roads".

In her letter to BN dated 4 August she states that "there will be no heavy vehicles due to the refurbishment in the near future, also the predicted short periods of increased smell were through June/July.... though it is still possible that there may be fugitive emissions at times during the remainder of the refurbishment which is due for completion by the middle of 1994". Ms. Chappell stresses that the long term aim of the refurbishment is to reduce the emissions.



BIBBY'S OF INGLETON

Winter Breaks!

11-14 Nov Paris Weekend £99
Nov & Dec London Weekends £86

Day Excursions!

12 Sept Cotswold Villages £9.50
17 Sept Harrogate Autumn Flower Show £5.50
19 Sept Scottish Lowlands/ Coastal Tour £9.50
21 Sept Blackpool or Fleetwood Market £4.00
22 Sept Carlisle £4.80
23 Sept Chester £6.00
26 Sept Fishing Heritage Centre, Grimsby £7.50

Departing from Bentham/Ingleton/Burton

For Details Ring (05242) 41330

Day excursion bookings can be made at
Village Pet Supplies, Station Road

COUNCIL CONCERNS

By County and
District Councillor
Ralph Atkinson.

REORGANISATION YET AGAIN!

First, thanks to all who turned up at the Town Hall on the 4th August, with over 30 present it was a good meeting. Then thanks to those who volunteered to distribute the questionnaires - if you haven't had one please get in touch. There's also a petition against a joint Craven/Harrogate in the Post Office to sign if you oppose that option - as most people do. In fact, the weight of opinion in favour of no change grows by the day. Let's hope the Commission will listen.

HOUSING

The development in High Bentham should have started by the time you read this, and the problems in letting the houses in Ingleton have also been sorted out. At least they haven't taken as long as the Low Bentham one to establish - and there're still problems there with selling the shared equity houses!

POLICE

The reactions to the Sheehy report rumble on. Although most people concerned approve Chief Constables getting more responsibility to fix their financial priorities, the proposals for much larger police authorities and less democratic accountability are causing a lot of worry.

COMPULSORY COMPETITIVE TENDERING

Despite growing apprehensions about the limitations of compulsory tendering, the Government are pressing ahead with CCT for white collar jobs in local government. They say that a significant proportion of architectural, engineering, legal, computing, financial and personnel services must be contracted out in the next two or three years, except for authorities which have had to reorganise - whether that lets us out I don't know?



7 HIGHWAYS

The transfer of the Highways Office from Ingleton is already costing me money, in the increased cost of telephone calls, but so far the service seems just as good. Long may that last!

After a long delay we have managed to get the vote restored to District Council representatives on the local Area Highway Sub-committees. Govt. removed this last year and all parties protested against the reduced accountability.

HUNTING

I missed the last County Council meeting as I was in London with a delegation to Sir George Young from Craven District Council on housing and renovation grants. On all accounts I didn't miss much. There was a 2 hour debate on whether to stop hunting on Council land. Despite Councillors getting very aerated the outcome was to leave it as present, with the decision being made by the tenants.

FLUORIDATION OF WATER SUPPLIES

Another subject which seems to get people very excited is whether small quantities of flouride should be added to our water in order to protect our childrens' teeth. To me the scientific evidence is not yet overwhelming but in any case both County and District Councils have supported the case against.

LESS EXPENSIVE FROTH!

The good news is that beer drinkers need fear less short measure. Last year the Trading Standards Officers tested 140 pints of beer in 70 pubs of which 86% were short as compared with 1991 when 123 out of 126 pints (97%) were short. The report doesn't say what they did with the beer afterwards!

"CANDIS"

Collector required
for Bentham area
Commission Paid.

Contact Steve on 0524 410712.

PUBLIC TRANSPORT

RAILWAY TIMETABLE

from 17th May 1993 to 3rd October 1993

LEEDS-LANCASTER.

MONDAY - SATURDAY

Leeds	Bentham	Lancaster
	0614	0650
0901	1032	1105
1301	1432	1509
1631	1801	1842

SUNDAYS

0914	1041	1117
1405	1532	1608
1705	1832	1902

LANCASTER - LEEDS

MONDAY - SATURDAY

Lancaster	Bentham	Leeds
0715	0756	0925
1125	1154	1324SX
1220	1252	1426SO
1522	1551	1724
1947	2016	2146

SX Saturdays excepted

SO Saturdays only

SUNDAYS

1355	1423	1550
1855	1923	2050
1953	2021	2150

BUS TIMETABLE

BENTHAM - LANCASTER

MON - SAT

Ing	0720	0920	1050	1150	1305	1450
1555	1653	1853				
H. Ben	0740	0940	1110	1210	1325	1510
1530	1614	1713	1715	1913		
L. Ben	0745	0945	1115	1215	1330	1515
1535	1618	1718	1720	1918		
Lanc	0825	1024	1154	1254	1409	1554
1615	1700	1758	1800	1956		

LANCASTER - BENTHAM

MON - SAT

Lanc	0752	0800	0810	0945	1045	1145	1300
1345	1445	1545	1630	1645	1745		
L. Ben	0828	0840	0855	1024	1123	1224	1338
1424	1524	1623	1708	1724	1828		
H. Ben	0833	0840	0855	1028	1127	1228	1342
1428	1528	1627	1712	1728	1828		
Ing	0900	0900	0912	1047	1146	1247	1401
1646	1747	1847					

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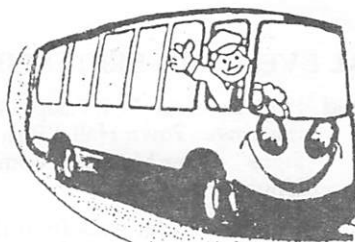
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WENNING BADMINTON CLUB

- ☆ Club nights begin on Tuesday 7th September at 7pm.
- ☆ Juniors begin on Wednesday 8th Sept at 5pm. And also
- ☆ Thurs 9th Sept 5.30pm
- ☆ Social Badminton begins on 9th Sept. at 7.30pm.

ALL NEW MEMBERS VERY WELCOME
for further information ring:-
T. Dobson on 61210 or
T. Marshall on 62163.



ANGUS PENSIONER'S OUTING GATESHEAD / DURHAM

9th September 1993

pick-up timetable

0750 Over Kellet (Green)
0805 Hest Bank (Station)
0810 Morecambe (Shrimp only)
0825 Lancaster (Dalton Square only)
0835 Caton (Station Hotel)
0845 Wray (bus stop)
0850 Wennington (Green)
0900 Low Bentham (Hillside Rd & Sun Dial)
0910 Angus Works
0915 Lakeber Drive
0930 Ingleton (Community Centre & New Village)

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LOCAL EVENTS IN SEPTEMBER

- | | |
|---|---|
| <p>Thurs 2nd High Bentham W.I. 7.30pm in the Lower Town Hall. "Pub Signs" -Peter Marshall. Comp - Unusual Beer Mat.</p> <p>Guided circular walk from the 'Shorter Bentham Walks' round Boiling Well (5 miles). Leader Len Moody. (tel 61128). Please meet at The Horse and Farrier at 1pm.</p> <p>Fri 3rd "Unplugged" at the Black Bull 8pm. Admission £2.50 - Singers Night.</p> <p>Sat 4th BENTHAM SHOW</p> <p>St. Bonifaces coffee morning in the Lower Town Hall 10am - 12 noon.</p> <p>Tues 7th Bentham & District Camera Club "60 Degrees South" Mike Treacy in Antarctica.</p> <p>Wed 8th North Craven Labour Party branch meeting at The Black Bull at 8pm.</p> <p>N.S.P.C.C. Monthly meeting at Lingfield, Robin Lane at 7.30pm.</p> <p>Fri 10th Age Concern Information Day in the Ballroom of the Town Hall. 2pm -4pm. Various organisations will be in attendance offering help and advice. Everyone Welcome. Refreshments available.</p> <p>Sat 11th Age Concern coffee morning in the Town Hall 10am - 12 noon. High Bentham Methodist Chapel Harvest Supper at 6.45pm. Speaker Miss Ruth Cuffe.</p> <p>Guided circular walk to Ingleton Falls and Turbary Road. (10 miles). Leader Frank Yates (tel 61375). Please meet at Lairgill 9.30am.</p> | <p>Sat 11th Grand Jumble Sale at Wray Institute at 2pm. Admission 10p. In aid of Lower Tatham P.C.C.</p> <p>Sun 12th Bentham Traders Association "Collectors Fair & Flea Market" in the Lower Town Hall. 10am - 4pm. Refreshments available.</p> <p>High Bentham Methodist Chapel 10.30am Family Harvest. 6.30pm Rev. N. Paterson.</p> <p>Tues 14th Tatham Fells W.I. 7.30pm. "The real value of your Jewellery" Mr & Mrs Bernice Ogilvy.</p> <p>Child Health Clinic at the Health Centre 1pm - 4pm.</p> <p>Thurs 16th Low Bentham W.I. A visit to "Oysterber Pottery" followed by a potato pie supper. Members please meet at the Victoria Institute at 7.30p.m.</p> <p>Fri 17th WASTE PAPER COLLECTION at the Legion Hall 8.30am - 11am. Proceeds to the N.S.P.C.C.</p> <p>Sat 18th Christian Aid coffee morning in the Town Hall 10 - 11.30am.</p> <p>Sun 19th Bentham Horticultural Society Chrysanthemum and Dahlia Show 2 - 5pm.</p> <p>Tues 21st Bentham & District Camera Club - "Aspects of Photography" by Mr. Hodgkinson of Barnoldswick.</p> <p>Wed 22nd BENTHAM PLAYING FIELDS AGM. 8pm at the Sports Pavilion. All welcome.</p> <p>Sat 25th Tourist Information coffee morning in the Lower Town Hall 10am - 12 noon.</p> <p>Sat 25th St. John's Church, Low Bentham - Sponsored Walk - "Beating the Bounds" 10am from St. John's or 2pm from Moonsacre. (see article on page 2 for further details)</p> |
|---|---|

ADVERTISING RATES

Payment must accompany advertisements to ensure publication.

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

Boxed advert (one-eighth of a page) £10.00 each insertion.

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BENTHAM PEOPLE PAGE

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Business / Commercial £100.00

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To place an advert in BENTHAM NEWS contact Jane Callus on tel 62277 or any member of the editorial committee.

Sun 26th Guided circular walk via Burrow - Tunstall (8 miles). Leader Geoff Huddart (tel 61700). Please meet at Leck Church at 10.30am.

Low Bentham Chapel Harvest at 2pm. Speaker Mrs Norris.

Mon 27th Ewecross Historical Society in the Lower Town Hall 7.30pm. "Lancashire Witches" Dr. Michael Mullet.

Orton Male Voice Choir at Low Bentham Chapel at 7.30pm.

Tues 28th Bentham Methodist Bright Hour - Open Meeting. 2.15pm.

Child Health Clinic at the Health Centre 1pm - 4pm.

Wed 29th Craven College Evening Class. FLOWER ARRANGING at Burton in Lonsdale Village Hall 7.30 - 9.30pm. Tutor Jane Burns - C&G and Further Ed: Teaching Cert.

Thurs 30th Craven College Evening Class. CREATIVE EMBROIDERY at High Bentham Primary School. 7.30 - 9.30pm. Tutor Anne Burrow C & G and Further Ed: Teaching Cert.

LOCAL EVENTS IN OCTOBER

Fri 1st Age Concern Annual General Meeting in the Lower Town Hall at 2pm.

BENTHAM NEWS PUBLISHED

Sat 2nd Springfield Bowling Club coffee morning in the Town Hall. Usual Stalls etc.

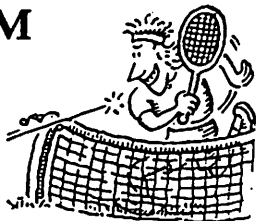
Bentham Organic Gardening Group meet on the first Tuesday evening in each month. All interested welcome. Contact Jo on 21776 or Pauline 21722.

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BENTHAM TENNIS



KENDAL AND DISTRICT LEAGUE, MEN'S DIVISION 1

Although at the time of writing the final league table has not been published, Bentham have completed their fixtures. The outcome for Bentham was satisfactory in that a safe, if unexciting, middle of the table position was secured. The league was won by Wanderers from Ulverston.

Bentham won eight and lost six of their fourteen matches. They were aided in this by starting with five successive home matches. However, the usual thin resources were even more depleted this season, with the loss of one of the team's strongest players in recent years through the dreaded tennis elbow. Needless to say, in your correspondent's all too lengthy experience, the weather was the worst he can remember.

The highlight was two four nil victories against Lancaster (Lune Road) but generally insufficient rubbers were gained from the stronger teams.

Players (with number of appearances in brackets) have been: John Bell(12), Colin Brown (13), Ken Robertson (13) Roger Alston (7), Simon Hicks (4), Ben Roberts, (1), Dave Worthington (1), Andy Whittaker (1) one match defaulted.

JACKSONS OF BENTHAM

TEL. 05242 61389
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You might be forgiven for thinking
that April was the
month of the shower
or July, or August!!
In fact it's **SEPTEMBER!**



12

ALTERNATIVE HEALTH COURSES FOR AUTUMN IN BENTHAM.

Pam Brittain and Martin Allsop live on Ilkley Moor, with hats they tell me, in winter. They run a Hydropathic Museum, Tea Rooms with all home baking and a small holistic course centre.

They are now bringing their courses to Bentham.

COURSE ONE - Cellulite and Slimming

Learn professional knowledge on how to detoxify (cleans) the body with Diet, Aromatherapy and Beauty Therapy. Use it in your own home to loose the lumps and bumps and save on expensive treatments.

COURSE TWO - Introduction to Aromatherapy and Massage.

Learn various massage techniques including Lymphatic Drainage to detoxify the body, Shiatsu, Neuromuscular and reflexology movements.

Learn how to diagnose minor health problems through the Face, Nutrition, Oriental Philosophy of Yin and Yang and Do in exercises to enhance vitality in the body.

Anatomy and treatments to use with massage are included in the course.

Courses given by Pam Brittain C.J.B.T.A.C. credit, B.A.B.T.A.C. Qualified Aestheticienne, Aromatherapist and Beauty Therapist.

Enrolment Tuesday 7th september at Bentham Town Hall 1.30 - 3.30pm or 7 - 9pm.

Cellulite and Slimming 21st September 1.30pm - 3.30pm.

Introduction to Aromatherapy and Massage 21st September 7 - 9pm. £10 on enrolment then £2.30 each week for 10 weeks.

For details contact Pam Brittain, Holistic Courses Office, Cross Cottage, 20, Church Street, Giggleswick, Nr Settle. Tel 0729 825526.

GOODBYE RANTER!

Dear Bentham News,
May I take this opportunity to thank all those people who showed such kindness during Mr. Ranter's recent bout of apoplepsy. He has not been 'sectioned' under the mental health act, as was originally thought, but has been warned to take complete bed rest for several weeks. I would like to thank the workmen and the Electricity Board for extracting Mr. Ranter from the JCB machine he had commandeered on Main Street, before he could do himself any serious harm. (And for dropping the charges.) Mr Ranter has been under a lot of pressure from the Poll Tax office, and the constant road works seemed to push him over the edge.

I would like to express my gratitude to those who sent cards and well meaning gifts during this difficult time. Particularly kind, I thought, were the peaches from Mr. Bamford and his staff at the greengrocers. Also the special recipe sausages (only £1.36 per lb available most days) sent by Mr. Coates.

I regret that Mr Ranter's careless actions have resulted in the need for re-painting and painting most of the pubs in High Bentham. Well done Mr. Burns for acting so promptly to regenerate the exterior of your pub to its former glory, following my husband's unfortunate excesses. I thank you all for, your understanding during these trying times.

Yours faithfully

Mrs Ranter,

'Dunranton', Duke Street, High Bentham,

13 ANSWER: BENTHAM PLAYScheme!

Each year there's some doubt as to whether the Playscheme will actually happen, because it does require lots of voluntary effort, careful organisation and some cash. Luckily it did, thanks largely to the background work put in by Lin Barrington and Vi Christensen. They obtained grants from Bentham TC, The Playing Field Association, NYCC, NY Social Services and High Bentham PTA, and also raised funds through a coffee morning. "It's a Knockout!" competition and a barbecue.

The Playscheme ran for 2 weeks in August, and was blessed with good weather which meant some activities could take place at the Playing Field, by the river and in the Main Street (as those who saw the magnificent monster procession on the final day were witness to!). A highlight for 40 people was the coach trip to Lightwater Valley, and there was also a disco party on the last afternoon. The craft sessions attracted the interest of both girls and boys and were very creative. Life-size monsters were painted, procession costumes prepared, papier-mache models made - the Youth Club was a hive of activity as the children aged 7 - 15 worked on their various projects. In all there were 590 attendances by the 65 children.

Enormous potential for chaos! Who held it all together? Stephen Smith (from Bentham at present studying at Lancaster & Morecambe College) and Dawn Whittle (from Blackpool at present studying at St. Martins) proved to be popular and effective playleaders. They were helped by Emma Brown (a Benthamer presently studying at Middlesex University), Roxanne McTasney (a parent who only moved here this summer) and other volunteers. The energy and enthusiasm of all the helpers was infectious and much appreciated by all the children and parents who found the Playscheme such an enjoyable part of their summer. When all the bills have been paid there should be a small surplus available to help make next year's Playscheme happen. To quote one parent: "I've never seen a crowd of kids looking so happy" - let's hope it's possible to repeat this happy experience next year.

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appointment**

YOUR LETTERS ¹⁴



Dear Benthams News,
I feel seriously misunderstood.

Mr. Barker, on last month's letters page, accuses me of delusions of self-importance. Yet it is because I take the view that no individual's or group's opinion is more important than any other's that I concluded my article in July's issue of BN with an invitation to anyone with an interest to join in the debate. The alternative, as I see it, is that changes in Benthams may come about in spite of them.

As to "a small and articulate minority", by this I meant not myself and my "intellectual associates", but those who attended the Civic Trust seminar in June. Few of these will see themselves in this light. Some of them I am happy to call my friends but 6 times as many were mere acquaintances. As for the charge that I think a majority of people in Benthams are inarticulate, this is not the case. I simply wanted to advertise an opportunity for them to be articulate, and in matters that may intimately concern them.

Change or no change? Things will change in Benthams even if we do nothing. They have already changed. Consider the decline in the number of its local farms and closure of shops and businesses. The message which emerged from the seminar in June was not that we should seek to instigate change for its own sake but that we should seek actively to manage change. We should all have a voice in this. However, whether we choose to exercise our prerogative is up to us. To this extent, as an instance of someone exercising his own prerogative, Mr. Barker's letter is very welcome.

Finally, should anyone wish to see a more detailed account of the outcome of the seminar in June with a view to expressing their own feelings about it, I understand that copies of the Civic Trust's Regeneration Unit's "Draft for Discussion" are available

for perusal at The Town Hall, Tom Guy's shop, the Victoria Institute, High Benthams Post Office and the Public Library.

Yours sincerely
Keith Dixon.

Dear Sir,
The delightful irony of this letter being published is that its author will not see it as the Benthams News has never been delivered here since I moved in.
Yours in hope of better things.
John Corrigan,
10, Millers Court, Benthams.

An observation for BN
What a gem!

I cannot help noticing that 'The Ranter' is an anagram of Ratner! He and Gerald have another thing in common, they both peddle crap.
Name & Address supplied.

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Sat Sept 11th Lower Town Hall
Children 12am to 1pm £2.00 each
Adults 1.30pm to 3.30 £5.00 each
Ring Mary Lea Clapham 51537 to book
or turn up on the day

NEW CLASSES

Weekly Modern/ Jazz dance classes begin
Monday 6th September at Low Benthams
Institute - all are welcome.

4.30 - 5.15	6 - 8 years
5.45 - 6.45	13 - 16 years
6.45 - 7.30	9 - 12 years
7.30 - 8.30	adults

Also proposed - Adult Ballet - Tuesdays pm.
Tap, Ballet & Spanish Dance classes continue
as normal. Enquiries 42286.

BENTHAM PEOPLE

PERSONAL THANKS

Winifred J. Lawson would like to thank most sincerely everyone who has made her feel so welcome at High Bentham Methodist Church, and for the New Home cards and lovely flowers. 31, Banks Way, Bentham.

I would like to express a word of thanks to everyone who sent me cards, letters and flowers during my stay in Castleberg Hospital. Also thanks to the people who visited me. Thank you one and all. Miss Marian Bradley, 9, Collinwood Terrace.

LISTER - Eileen, Albert, Clive & Gail wish to thank everyone for their kind messages of sympathy during their recent sad loss. The Ingleborough Nursing Home for all their kindness and loving care given to Eva. Rev. Nigel Kinsella for his kind words and service, Brown and Whittakers for kind and efficient funeral arrangements. Ann, Julian and staff at the Black Bull Hotel for the excellent buffet.

Grateful thanks to Debbie & Angela for their kindness in getting me off the floor after 14 hours through the night. Also thanks to Mona & Elsie for kindness & shopping. Jennie Richardson, Cherrytree Cottages, Bentham.

I would like to thank most sincerely brothers, sisters-in-laws, nephews and nieces, cousins and friends for all the get well cards, messages, letters, flowers and gifts during my stay in the RLI and at Stonecross Nursing Home after major surgery. I am now home and making positive but slow progress. I find it is exhilarating to belong to such a united family. Alan Taylor, 12 Gillingate, Kendal.

Thank you family and friends for the nice presents / cards sent on my birthday. Also thank you Carol, Helen, Jo for their help with the party arrangements on 23rd July 1993. Justin Park.

Mr & Mrs Reid of Burbles Gill, Bentham would like to congratulate Vanessa and Stuart on their engagement. Best Wishes for your future. With love from All the Family.

WANTED

Cheap large upright bike. Ring Robert on 61764.

SINGERS wanted for next musical production in Hornby, March '94. rehearsals begin 17th September 7.30pm in Hornby Institute. For details ring 21579.

FOR SALE

Stable manure for composting 10 bags £3. Delivered locally 62176.

PET PORTRAITS - Original framed or unframed paintings of your beloved pet. Ideal gift for Christmas. Prices from £15. Ring Vykky on (05242) 41995.

Janet and Michael Collins would like to thank all of the good folk in Bentham for their kind wishes, cards and prayers whilst Michael was in hospital. Bless you all, Michael and Janet.

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

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Mount Pleasant House, High Bentham.

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POST OFFICE MATTERS

from The Postmistress

1. FUTURE OF DELIVERY OFFICE

It would appear that Bentham is to retain its sorting office for the foreseeable future. This is good news although no long term guarantees have been given. Thanks are due to all those who supported the retention of this local facility. Eternal vigilance will however probably be required!

2. MICK RAMSAY

Mick Ramsay who has worked as a postman at Bentham for 11 years - in recent years on the Mewith delivery round - retired from the Post Office on 31st July. We are sure all his customers will join with us in wishing him well for the future.

3. POSTAGE RATE INCREASE

Readers will probably have heard that the Post Office has applied for an increase in the standard rates of postage from 1st November. The proposals are currently with the Post Office Users National Council and further details will follow once the increase has been agreed.

4. SALE OF GAS KEYS

A NEW SERVICE FOR BENTHAM!

Gas keys for the prepayment of gas through specially adapted meters (provided free by North West Gas) will be on sale at High Bentham Post Office from 1st September.

16 5. END OF LANCASTER POSTMARK

At present letters posted in Bentham are given either a 'Lancaster and Morecambe' or 'Bentham, Lancaster' postmark. From autumn, possibly as early as the beginning of September, posted letters presently processed at Lancaster, will be processed at Preston and will in the main bear a 'Lancashire and South Lakes' postmark. This represents the end of an era but also marks the increased use of machines to sort letters. The use of postcodes, therefore, becomes more and more important.

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CONCERT REVIEW

from David Greenep

**U2 - ZOOTOV TOUR - LEEDS
ROUNHAY PARK 14/8/93.**

U2's ZOOTOV TOUR is covering their last two albums, *Actung Baby* and *Zooropa*, which I reviewed in last month's issue of BN. *Zooropa* is a Mini TV Station that is set up under a 248 foot by 80 foot stage. During the show there are live transmissions both received and broadcasted, with numerous satellite channels being picked up and played on the three large screens and the countless small screens.

The crew consists of 180 roadies in 10 buses and a 40 seater chartered jet. Even though there are 180 roadies they still needed help from 200 locals to move 1,200 tonnes of gear from 52 articulated trucks. The gear takes 40 hours to build and is fitted with aircraft warning lights, as it is 110 foot high.

The doors opened at four o'clock and the show started at six with two support groups, U2 finally came on stage at 8.30pm for their 2 1/2 hour show. They played some old songs like 'Angel of Harlem' and 'Desire' in a special acoustic set. Most of the new songs were played on the main stage with the full effect of screens, lights and Bono's flamboyant stage performance.

An extraordinary show that you'll never forget and it definately gets a 10 out of 10.



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YOUR GOOD HEALTH

from Christine Hodson

THE HEALTHY VEGETARIAN

It is currently known that 1 in 10 British people are now entirely vegetarian or don't eat red meat. Increasingly young people aged 13 - 17 are enjoying a more vegetarian style of eating.

Eating well and healthily, the vegetarian way, can sometimes be difficult, particularly in families where only one person chooses this way to eat. Thankfully most food shops do stock an increasing range of meat free protein rich foodstuffs.

These include:-

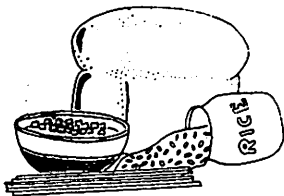
FROZEN FOODS i.e. vegburgers, prepared main meals,

DRIED FOODS i.e. TVP (Textured Vegetable Protein), Sosmix for sausages,

BEANS AND PULSES, dried and more conveniently pre-cooked in tins.

THE FOUR STEP GUIDE TO A WELL BALANCED DIET

1 PROTEIN - Other sources apart from the above are:-



Whole Grain based foods like bread, oats, rice, pasta and macaroni and soya products.

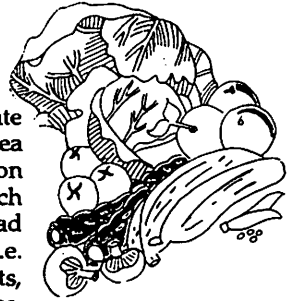
Nuts & Seeds - Cashews, peanuts, walnuts,

sesame seeds etc. (Not for the under 5's - risk of choking)

Dairy - Milk, cheeses, eggs, yogurts etc.

2 IRON - Iron deficiency (anaemia) is common and we all need to eat plenty of iron rich foods. It is known that iron deficiency is no more common in vegetarians than in the general population. Vit C rich foods i.e. citrus fruits and some vegetables, enhance iron absorption by the

body - whilst phytate found in coffee and tea can reduce iron absorption. Iron rich foods - all pulses, bread and fortified cereals i.e. cornflakes, dried fruits, e.g. apricots, prunes, sultanas, dark green vegetables, almonds, cocoa, chocolate, parsley and egg yolk.



3. CALCIUM - Good sources include (low fat if possible) cheese and milk products, tofu, bread, spinach, parsley, nuts and edible seaweeds.

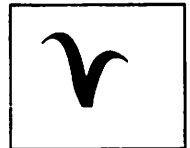
4 VITAMIN B12 - Vit B12 is important to keep our 'nervous' system healthy. It is available from meat but for non meat eaters the main natural source is from yeast and moulds. Food sources are cheese, eggs, milk, yeast extract (Marmite), soya milk. It can be taken as a supplement. Vit B12 deficiency is rare and usually results from a very restricted diet.

For certain groups of people i.e. the vegetarian, infant or toddler, athlete, diabetic, elderly person, pre-conceptually or pregnant women extra advice may need to be sought.

I have a range of leaflets, advice sheets and recipes relating to vegetarianism at the Health Centre.

for further information contact The Vegetarian Society, Parkdale, Dunham Road, Altrincham, Cheshire. WA14 4QG

Look out for the Veg. Society symbol on foodstuffs.



RECIPES

from Doreen Park

In conjunction with our Health Page here are some ideas to help you try today's leaner, fitter lifestyle.



YOGURT & MINT SOUP

- 10 ozs plain yogurt (Low Fat)
- 1/4 pint tomato juice
- 6 fl ozs skimmed milk
- 1 clove garlic, peeled and crushed
- 1 tblsp chopped mint
- 1/2 cucumber, peeled & finely chopped
- salt & freshly ground white pepper

Place the yogurt and tomato juice in a bowl and mix together thoroughly.

Stir in the milk, garlic, chopped mint & cucumber.

Add salt and pepper to taste.

Transfer to a soup tureen and chill for 2 hours. Garnish with mint. (Serves 4.)

FRENCH BEAN & TOMATO CASSEROLE

- 2 tblsp sesame seed
- 1/2 lb french beans topped and tailed
- 8 ozs courgettes, trimmed and sliced.
- salt
- 1/2 oz polyunsaturated margarine
- 2 onions, peeled and sliced
- 1 - 2 cloves garlic, peeled and sliced
- 1 1/4 lbs tomatoes, skinned, deseeded & chopped
- 2 spring onions, trimmed & chopped
- freshly ground black pepper
- 8 ozs mozzarella cheese, thinly sliced
- few sprigs fresh herbs to garnish

Dry fry the sesame seeds for about 1 minute, until they are lightly browned, shaking the pan frequently, set aside.

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Blanch the beans and courgettes in boiling salted water for 3 minutes, drain.

Melt the margarine in a pan and add the onions and garlic and fry gently for 5 minutes until soft.

Stir in the tomatoes, bring to the boil and cook uncovered for 15 minutes until thickened.

Stir in the spring onions, season with salt and pepper then add the drained beans and courgettes.

Lightly grease an ovenproof dish and pre-heat the oven to moderate (350f or gas mark 4)

Spoon a layer of bean and tomato mixture into the bottom of the dish. Cover with layer of cheese, then another layer of bean and tomato mixture. Continue with these layers until all the ingredients are used up, finishing with a layer of sliced cheese.

Bake for 30 -35 minutes.

Sprinkle over the sesame seed and return to the oven and bake for a further 5 minutes.

Serve hot garnished with sprig of fresh herbs. (Serves 6)

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EDITORIAL INFORMATION

BENTHAM NEWS is published at 7, Jubilee Buildings, Main Street, High Bentham by an editorial committee consisting of Tony Bennett, Shirley Brown, Tom Cahill, 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 all information, including advertising rates, listings and subscriptions please contact Lesley on Bentham (05242) 62040. Items for publication can be left at the house, or at Bentham Sportswear, Station Road, High Bentham.

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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. Tel (05242) 62180.

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CHURCH SERVICES

St. Maragret's C of E, High Bentham.

SUNDAY 8am Eucharist. 10am Parish Eucharist & Junior Church. WEDNESDAY 9am Eucharist. Mothers Union 2nd Tuesday each month in the Town hall at 2pm. Enquiries Mrs Field 61084.

St. John the Baptist, Low Bentham.

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

St Bonifaces Catholic Church

Saturday 6.30pm. Sunday 9.30am (also 11.15am, Easter to September 30th). Holy Days 10am & 7.30pm. Week day services, see times in the porch.

Methodist Church, High Bentham.

Sunday Worship 10.30am & 6.30pm. Junior Church 10.30am. Fellowship Meeting Tuesday 7.30pm. Bright Hour 2.15pm alternate Tuesdays. Springboard 7 - 10 years Monday 6.15pm. Breakout 11 - 13 years Wednesday 7pm.

Methodist Church, Low Bentham.

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

Religious Society of Friends, Quakers.

Meeting for Worship, Sunday 10.30am. Enquiries - Tel the clerk on 62933.

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