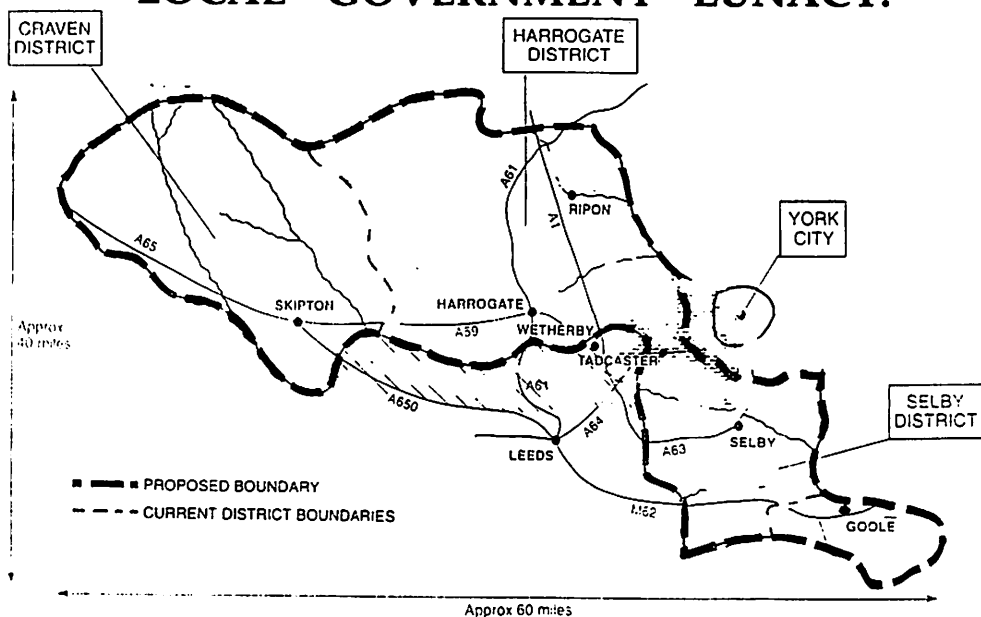


BENTHAM NEWS



LOCAL GOVERNMENT LUNACY!



The Local Govt. Commission's latest proposals are to join Craven, Harrogate, Selby and Goole in one council, together with gross reductions in councillors. Even by their own criteria this makes no sense, but there's little time to object - the deadline to do so is 7th March!

More about this lunacy and details of how to make your views known on page 12.

IT'S PANTO TIME AGAIN!

Bentham's annual panto is an amazing community event. It involves hundreds of people, some of whom are discovering they have talents that they never believed possible! This year the "Pied Piper" comes to town, or rather "The Town Hall", and no one should miss seeing him. Details of the event are on page 4 and in the diary.

FEBRUARY 1994

ISSUE 87

COFFEE MORNING THANKS

Bentham News' coffee morning on 15th January was really enjoyable. Plenty of our readers joined us in the Town Hall and £257.66 was raised. We would like to thank Marjorie Errington for donating the coffee and Phyllis Tomlinson for making it. Sid Hogg for donating the milk, Margaret Kay for helping with the raffle, and all those who donated home-made cakes. We thrive on your support! Thank you!

WHAT EVENT WERE THEY 2 TALKING ABOUT?

"I didn't know the Town Hall ballroom could look so lovely."

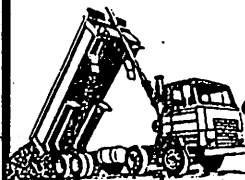
"The food was wonderful. How did they cook rice for 100 people?"

"We danced 'til midnight, and after."

"There were a hundred or so people there, from Bentham, Burton, Ingleton, Lancaster...all over."

"There was a friendly atmosphere - so many people helping, cooking, serving food, clearing up...it was quite special."

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The event was January's "Off The Wall", and it was a great success. Tickets sold out well before the event, and more than 50 people who wanted to come couldn't, which caused some consternation among the ranks of regular "Off The Wallers".

There's not much more to be said, other than it happened, it was great, and if you don't want to miss the next one on SATURDAY 19 MARCH you'd better get your tickets early! (Tickets from Jane 62277 or Tash at 'Hairlines' 61554).

DON'T FORGET VALENTINE'S DAY **MONDAY 14th FEBRUARY**

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ARRANGEMENTS.....
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CASUALS, 44, Main Street, Bentham.**

TOWN COUNCIL

by Jean West

Deputy Mayor Hurtley chaired the meeting on 3rd January 1994 and Councillors present were: Joel, Marshall, Jackson, Bateson, Hewitt, Dowbiggin and Preston. Also there were District/County Councillor Atkinson, 2 police officers and 9 members of the public.

CELEBRITY!

Cllr. Marshall reported that Bentham was in a recent edition of the 'Readers' Digest' along with Cllr. Cowling photographed at work in his home-based office.

'NOT ALL GLOOM AND DOOM'

Sgt. Cochrane explained the Parish Warden initiative, but some present expressed concern about the possibility of intimidation if one person undertook the job. Would a Neighbourhood Watch scheme help? There were complaints about the lack of prosecutions, verbal abuse and poor behaviour by teenagers, and bad parking near Spar (a member of the public complained of not being able to get out to work because of this). The Council said it was helpful to have a police presence at meetings, and hopes were expressed that they would continue to attend.

'WE CAN'T AFFORD IT'

Finance seems to be a dominant theme, and a number of important issues are feeling the effects of lack of funds. Firstly, Cllrs. who inspected the Cleveland Square site confirmed that it was too expensive to dispose of the waste left by the market (mainly fruit and veg.) and it was agreed to demolish the compound. Secondly it was decided that the £500 needed to erect a street light near Cleveland Square was prohibitive. Thirdly, it would be too expensive to refurbish or resite the public toilets in the near future. Fourthly, Cllr. Atkinson reported that financial estimates for highways and transportation had been reduced, which means that less will be spent on road maintenance, a fact which concerned Cllr. Joel in particular. There may

3

be some improvements at the Punch Bowl and Tatterthorn Roads in 1994/5. And fifthly, the TC's insurance company will pay less than a quarter of the cost of repairing damage to the TH window and telephone.

BYE BYE DOG MESS!

Craven DC sent details of new, strict bye-laws which require anyone in charge of a dog to remove deposits from footpaths, roads and grass verges in all 30 mph limit built-up areas.

CLEAN AND TIDY

Cllr. Dowbiggin asked if coat-hanging facilities could be provided in the Town Hall. The Probation Service reported on recent Community Service completed in the area, with many jobs already undertaken and many more to be done. This year's Spring Clean Week is 18-24 April - do local groups want to take part? (Anyone interested should contact the clerk on 61596)

TWO CHEERS FOR CHRISTMAS?

Bentham was a cheerful place this Christmas thanks to the efforts of traders who decorated the street and their premises. Cllr. Preston had made a splendid effort to brighten up the Town Hall and Cllr. Jackson reported that late-night shopping had also been successful. The grand prize went to Barwise Bakery for the best decorated premises overall. But as we compliment ourselves on Bentham's Christmas cheer, perhaps we should remember that not everyone had such a cheerful time, and Cllr. Atkinson reported that there are currently 94 homeless people in Craven District.

The next meeting is on Monday 7th February.

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PANTO TIME AGAIN

by Margaret Cowling

February half-term is Pantomime time and the Pied Piper will be coming to town!

Our gentle hero, The Pied Piper (Nigel Bamford) will be battling against the wiles of the wicked Lord Mayor (John Hicks) and his unpleasant entourage of Rockall (Sarah Taylor) German Bight (Roy Denby) and Timothy Smith-Knoll Automatic (Stephen Hartford). He will be leading away the Town's Rats and the children and will be meeting Sgt Major Candy Floss (Ron Heatley) in the Land of Sweet Dreams.

We are happy to welcome two new ladies to our panto group, Liz Cartmell as the delightful Rosalinds and Christine Best as her mother, Mrs Lily Pickle.

As ever, our panto will be full of surprises. We all have a lovely time putting our pantomime together and we hope you will come along and enjoy watching it.

The Pied Piper begins on Wednesday February 16th and is on for four nights. Tickets can be obtained from Bentham Sportswear. All tickets for Wednesday cost £2.00. For other nights, tickets are £3.00, or £2.00 for children / concessions.

BENTHAM SCHOOL NEWS

The arrival of a new classroom building at Bridge House on Thursday 6th January travelling under police escort from Ripon, was probably one of the biggest loads through Bentham for some time and we apologise for any inconvenience that it may have caused. It has proved necessary because of the popularity of the nursery and junior department at Bridge House and it will provide an extra classroom, computer room and cloakroom facilities.

Upper Sixth Former and Deputy Head of School, Elizabeth Low, has gained a place at University College of Oxford to read Law. Liz lives at Lowgill and has been a pupil at Bentham from the age of 8.

At the start of the Spring Term the school welcomed two Australian girls,

Andrea Scott and Carolyn Bunton, they are helping out in Bridge House and Collingwood House respectively, for the next twelve months, between leaving Caulfield Grammar School in Melbourne and starting University in 1995. A new addition to the full time teaching staff is Mr Siew Chiang Lim who joins the school from Malaysia to teach maths and be a house tutor in School House.

Parents' Association German Night is on 5th February, The Old Scholars' Reunion on 12th March and the school musical on the 17th/18th/19th March.

J. McManus M.B.P.S

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picture by

Laura Wilcock

BENTHAM FOOTPATH GROUP

by Maureen Ellis



North Yorkshire farmers are robust people who go out in all weathers of necessity. The Bentham Footpath Group meets in nearly all conditions and it is rare for a walk to be cancelled due

to snow or rain: this happened on the Tuesday after Christmas when the Lune Valley walk had to be called off. It had been realized before the cancellation that some re-routing to higher ground was desirable and an excellent walk was planned from Crook O Lune, through Caton to Claughton Fell (Clay Pits) Fenwick Arms, Farleton, Camp House ending up along the Wenning to Hornby. The valley was already flooded and when further rain plus snow fell a decision was made to defer the walk until May.

There had been a foretaste of wetness and snow in an otherwise excellent walk before Christmas, starting at Low Bentham car park and going up over the new bridge to Robert Hall, Perries, School Hill, Meggs onto Thimble Hall and back to Low Bentham.

The cancelled Christmas walk would have gone through Caton, a town much in the news recently. The Caton Rights of Way Group has won first prize in a national competition to create a walk suitable for older people, in order to allow age groups to mix in outdoor activities. The walk goes partly along the old railway track and should be open by spring. There are plans in the group to create paths with stiles suitable for wheel chairs. It is important for the able bodied to remember that the exhilaration of the outdoors with its sights, sounds and smells, is not theirs exclusively.



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THE BLACK BULL

LATE NIGHT SPECIAL

Julian and Ann would like to thank all the kindness and generosity shown to them on the birth of their daughter Lara Charlotte born on Wednesday January 5th at 10.50 in the morning.

Congratulations to Arthur Capstick who will receive a prize of a bottle of whiskey for guessing Lara's weight correctly at 7lbs 6ozs. High Bentham Playgroup will receive £100, being the monies raised from the guess the baby's weight competition.

We would also like to thank all our customers for making our Christmas and New Year celebrations tiring, yet highly enjoyable.

Special thanks to Kate, Gail, Neil, Angela, Steve, Anne, Karen and Rose for their hardwork over this busy and expectant period.

An ode to
**"THE GREAT STONE OF
 BENTHAM"**

by Jean W. Roberts

Great mystic stone of Bentham
 a sight to see so rare,
 'Pon moors come many people
 to gaze at you and stare.

You're nothing of man's doings
 folk'll recognise and know.
 You weren't implanted by man
 on earth down here below.

Did you fall out of the sky
 as a meteor to earth?
 Or was it in the Ice-age
 you had your form and birth?

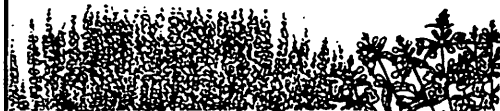
As landmark now of Bentham
 you stand mysteriously-
 Not as blot on the landscape
 but something that all should see!

**6 HYPNOTIST BACK BY
 POPULAR DEMAND**

Following his recent success at the Town Hall, Alan Bates, the hypnotist, is back by popular demand.

He will perform at Bentham Town Hall on Saturday March 5th at 8pm. Tickets £5 from the Black Bull.

He is currently touring the North West taking in the main theatres. Last year Alan performed for the Royal Family of Brunei and recently for the High Sheriff of Cheshire. During the show Alan will be looking for about 20 willing volunteers: when hypnotised they could end up as Ken Dodd's Diddymen, swimming in shark infested waters, speaking the Martian language, ballet dancing and a whole lot more. So come along and enjoy the show!!



Your buildings, house contents and car are insured. Surely that's all you need for peace of mind. But ask yourself - do you really have sufficient cover?

Procter House Insurance Services can help you assess all your insurance needs and point out areas where you may need extra cover. For example, do you need health insurance, commercial insurance, personal accident insurance or a policy to cover your caravan, boat or your pets?

This month we're running a competition. There are 10 types of insurance in this wordsearch which you can get through Procter House. See if you can find them. Bring your completed entry form to our Bentham office before January 31st. There's a bottle of wine or a box of chocolates for the first correct entry pulled out of Mike Preston's hat!

The 10 types of insurance are.....

M	O	T	O	R	C	Y	C	L	E
O	J	X	P	S	C	D	O	K	R
T	B	U	I	L	D	I	N	G	S
O	K	E	H	E	A	L	T	H	B
R	N	G	E	S	Q	Z	E	V	O
H	R	M	P	C	J	M	N	D	A
I	N	D	E	M	N	I	T	Y	T
O	L	W	T	W	Y	F	S	G	R
C	O	M	M	E	R	C	I	A	L
M	A	C	A	R	A	V	A	N	H

Name.....

Address.....

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Tel No.....

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COUNCIL CONCERNS

from Cllr. Ralph Atkinson



COUNCIL HOUSING

As part of the Gov't's programme to 'encourage' councils to hand over their housing stock to Housing Ass. (HAs) we've been told to impose a minimum rent increase of 7.5% - on average about £2.50 a week. This doesn't take into account the extra costs of repairs and maintenance - last year an average of £660 per house. Whatever the final rents they will still be well below those of equivalent HA properties because of the reduced grants to HAs, and hence their need to raise capital on the commercial market.

RIGHT TO BUY

As forecast, the number of council houses sold last year was well down on average. So the capital gained by the Gov't's increased allowance was minimal and we are now back to being able to use only a quarter of capital gained from these sales. The rest going into largely sterile reserves.

DIFFICULT BUDGET DECISIONS

Unlike some councils in the south we are going to maintain our police and emergency service budgets but the losses due to police retiring will mean fewer "bobbies on the beat", not more, as so many people would like. We've also struggled to maintain our allocations to schools and community care. At Craven, thanks to easier budget limits, we are going to be able to maintain services at their present level. At County, however, things are looking serious. Cuts will fall heavily on road maintenance and minor works, etc.

WINTER GRITTING

The succession of frost/rain/thaw days since last October have placed a heavy load on this year's budget for Winter Maintenance. Each year we budget for an average of £2.1 million based on the usual

7 winter. We'd already spent that by Jan 1st and it looks as if the £350,000 extra we've managed to scrape up won't last us through. Any over spends will have to come from next year's already reduced maintenance money. So we can look forward to another year of holes in our roads.

GOOD NEWS ON ROAD ACCIDENTS

The total number of road accidents was down by nearly 4% in 1992 from 3,500 to 3,170; fatalities dropped by 12.8% and serious injuries were down 3% - according to the annual report. Over 70% of all casualties were vehicle drivers or passengers and 44% of them were between 16 and 30 years of age. Quite apart from the suffering and tragedy caused, the direct cost to the community is high - over £98 million in 1992! Human error or impairment is the most significant cause, being a factor in over 95% of accidents, whilst physical road factors only figured in 18% of accidents.

Mr. ALAN BATES
DEMONSTRATES HIS EXTRAORDINARY SKILL IN THE
MYSTERIOUS ART OF

HYPNOTISM

The return of ALAN BATES to
Bentham Town Hall on
Saturday 5th March at 8pm.
After show disco and late bar.
Tickets £5.00 from The Black
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POLICE FILE 999

by Sgt. David Cochran

Belated New Years Greetings to all subscribers and to members of the community. Now that we have unwrapped our Christmas presents perhaps we should take steps to ensure they remain with us. Marking your property and advertising the fact by means of a sticker in your window will help. All those new bikes want post coding - do it now otherwise it may be too late.

The following figures represent crimes recorded locally in Benthams between 15.12.93 and 12.01.94

- Burglary - (non-dwelling) - 1
- Theft from vehicles - 2
- Shoplifting - 1
- Other thefts - 1

VIGILANCE DOES PAY

In a recent incident a person was seen to steal two coats from a shop. The suspect drove off in a lorry and the description passed to the local police. This was circulated to neighbouring forces and within 45 minutes the suspect was apprehended in Lancashire and the property recovered. A man has been charged and is due to appear at Ingleton court. This is a good example of working in partnership with each other.

At a recent Town Council meeting the subject of special constables was raised. We desperately need to recruit more officers from within the local community. If you are between 18 and 50 and would like to help by working with us in the Ingleton area why not think about joining. I am the Special Constable Liaison Officer for Skipton Division, so if you would like to know more, give me a ring on 0756 793377.

Following the Town Council meeting I have been invited to address a public meeting with regard to policing in your community. The meeting will take place in Benthams sometime in the near future, and be advertised, so please come along.

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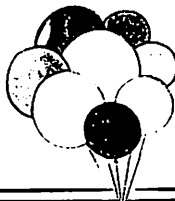
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The Return of the

Bentham Quiz

compiled by Tom Cahill

A few years ago, some readers may remember, *Bentham News* published a series of questions based on the data in the 1981 Census. Recently, with the help of Robin Flowerdew (Thanks Robin!) of the Geography Department at Lancaster University, we have got a good deal of the information from the 1991 Census (it takes a bit of time for them to compile it all and publish it). In this first report we summarize some of the data that was recently compiled (from the Census Data) by the Craven District Council for their recent report on Bentham. In later editions of the quiz we will extract information, trivial and controversial, from the actual Census returns.

Please keep in mind a couple of points as you sit around fires and pubs arguing and guessing. When the question says "now" or "is", we are talking about the actual data as obtained on Census Night 1991. And be sure to read the questions carefully, as sometimes the information is given or makes more sense as an *absolute number* and sometimes as a *percentage* (of the total number). You'll see what I mean if you read carefully. One last warning, "Bentham" refers to the civil parish of Bentham which includes, for the purposes of the Census, both High and Low Bentham as well as the farms and hamlets around Bentham that are not obviously Wennington, Clapham, Burton, Ingleton or other towns.

**Answers to the questions will
be in the next *Bentham News***

1. What is the total population of Bentham? As a guide, the population in 1971 was 2732 and in 1981 it was 2617 (*Bentham Guide* says it was 2616 in 1981, disagreeing with Craven District Council by one person, so even this is not such a certainty).

2. How many households (the total number) are there in Bentham? Don't ask me for the *exact* Census definition of "household", but maybe you remember it from filling in the form. Its probably obvious.

3. What *percentage* of households (not the total, but the proportion) have no dependent children in them?

4. What *percentage* of households have a pensioner in them?

5. What *percentage* of households have only a pensioner or pensioners in them?

6. What is the *percentage* of households that are "owner-occupiers"?

7. *How many* second homes and holiday homes are there in Bentham (the total number of the both together)? Again I won't go into the exact way that the Census defines such categories because I don't know.

8. What *percentage* of houses in Bentham are in Bands A-C of the Council Tax list (that means someone thinks their value is less than £68,000)?

9. What *percentage* of households have no car at all?

10. *How many* people resident in Bentham were born *outside* the UK?

11. *How many* Bentham residents were born in Scotland?

12. *How many* Bentham residents under the age of 20 are "economically active" (roughly speaking that means "working", as far as I can make out from the Census definitions)?

Next month we have more questions (and answers!) on such hot issues as how people get to work, what sorts of jobs they do, the sorts of housing we have in Bentham, employment in general and other pieces of information you were always wondering about.

LOCAL EVENTS IN FEBRUARY

- Fri 4th** "Unplugged" at the Black Bull at 8.30pm presents "Old Rope String Band"
- Sat 5th** St Margaret's coffee morning in the Town Hall 10am - 12 noon.
- Sun 6th** BLOOD DONOR SESSION. All day in the Town Hall.
- Mon 7th** TOWN COUNCIL meeting at 7.30pm in the Wenningdale Room.
Youth Club - Baking for coffee morning.
- Tues 8th** N.S.P.C.C. agm at Oxenforth Green, Tatham at 7.30pm. All interested welcome.
Suit Yourself - Homeopathy with Amanda Bingley. At the Youth Club 1 - 3.30pm.
Tatham Fells W.I. at Lowgill Primary School at 7.30pm. Speaker: Graham Rennie. Subject: "Stick Dressing"
Bentham & District Camera Club - "Humphries Cup for slides. Judge Mr. Graham Curwin.
- Wed 9th** Springfield Bowling Club AGM in the Lower Town Hall at 7.30pm.

- Fri 11th** Youth Club Disco.
- Sat 12th** Youth Club coffee morning in the Town Hall 10am - 12 noon.
Valentine's Dance in the Ballroom at the Town Hall. Live Band. All welcome.
- Tues 15th** Angus Pensioners meeting in the Town Hall at 2pm. Speaker: Mr Chris Stott. Subject: K. Shoes video and talk.
TOY LIBRARY at the Youth Club.
Suit Yourself - Yoga (bring loose clothing) at the Youth Club 1 - 3.30pm.
- Sun 13th** Guided walk - Giggleswick Scar (8 miles). Leader Verena Smith (tel 61100). Please meet at Scar Top Garage at 10.30am.
- Tues 15th** Child Health Clinic at 'The Surgery' 1pm - 4pm.
Bentham & District Camera Club - Theme Competitions - judged by members.
- Wed 16th** Bentham Panto. The Pied Piper in the Town Hall 7.15pm. Tickets from Bentham Sportswear. ALL tickets £2.00.
- Thurs 17th** Bentham Panto. The Pied Piper in the Town Hall 7.15pm Tickets from Bentham Sportswear. Adults £3.00 children / conc £2.00.
Low Bentham W.I. meeting in the Victoria Institute Low Bentham at 7.30pm. Speaker: Mr. Richard Woodall. Subject: Home Cured Hams, bacon and Cumberland sausages
- Fri 18th** Bentham Panto. The Pied Piper in the Town Hall 7.15pm. Tickets from Bentham Sportswear. Adults £3.00 children / conc £2.00.
The Countryside Society in the Institute at Hornby at 7.45pm

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- Fri 18th **WASTE PAPER COLLECTION** at the Legion Hall 8.30 - 11am. Proceeds to N.S.P.C.C..
- Sat 19th **Bentham Panto. The Pied Piper** in the Town Hall 6.15pm. Tickets from Bentham Sportswear. Adults £3.00 children / conc £2.00.
- Mon 21st **Youth Club 5 a-side football.** Bentham v Settle.
- Wed 23rd **Quarterly meeting for all members** in the Town Hall at 7.30pm.
- Youth Club - Video Night.**
- Sat 26th **Bentham Methodist Church Wesley Guild Family Night** at 7.30pm. Visit of Bethel Young People.
- Town Hall Awareness coffee morning** 10am - 12 noon. Come and look round your Town Hall.
- Homing Society Presentation Dinner & Disco.** Golf Club 7.30pm-12.30am. Tickets £10 from Karl Akrigge.
- Guided walk - Moulterbeck - Burnmoor (7 - 8 miles)** Leader Colin Clapham Tel 62326. Please meet at Bentham Bridge at 10.30am.
- Mon 28th **BENTHAM NEWS OPEN MEETING** in the Wenningdale Room at 8pm.
- Youth Club - tasting / smelling competition.**
- Ewecross Historical Society meeting** in the Lower Town Hall at 7.30pm. Subject: "Romans in the North West". Speaker: Dr. David Shotter.

LOCAL EVENTS IN MARCH

- Tues 1st **TOY LIBRARY** in the Youth Club.

- Mar 1st **Suit Yourself at the Youth Club** - Screen Printing, Posters for Fashion Show.

Child Health Clinic at "The Surgery" 1pm - 4pm.

- Thurs 3rd **High Bentham W.I.** in the Lower Town Hall at 7.30pm. Speaker: Mrs Janet Nelson. Subject "A North Country Housewife 200 years Ago". Competition: An old kitchen utensil.

- Fri 4th **Bentham News published.**
- Organic gardening group meets** the first Tuesday each month. Please ring Jo 21776 or Pauline on 21722 for details.
- Hornby Drama Group - Play Reading for Pleasure** on Wednesday evenings at 8pm in the Hornby Institute. All very welcome contact 0524 770919.

JACKSONS OF BENTHAM

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bargain prices this month - ask for details

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Bentham**

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we are now back to normal
hours.**

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Watch this space for a future event.**

cont from the front page

MORE LOCAL GOVERNMENT LUNACY!

by Ralph Atkinson

The latest report of the Local Govt. Commission makes it pretty clear the County Council is a dead duck. More's the pity! That leaves us with 'unitary' or 'one tier' authorities, i.e. one body to deal with all our council services. Be that as it may, the proposals for Craven make no sense at all. Despite the strong opposition from both Craven and Harrogate they now propose to link up Craven and Harrogate, adding, of all places, Selby and Goole.

GOOLE? WHERE'S THAT?

Efficiency won't be helped by the geography (well over 2 hours to drive end to end) and no trunk roads except via Leeds or York. The other main criterion, community identity, seems to go out of the window. What do we have in common with Harrogate, never mind Selby (with its coal field) and Goole (with its port)? To "increase local accountability" they propose to slash the number of councillors! In this ward this would mean cutting councillors from six to two. As at present we do about 100 odd hours a week between us this is impossible.

HOWEVER, ALL IS NOT LOST!

The Commissioners make specific mention of Craven and the possibility of cross boundary links. It is important to make your feelings known, so in order to do this, please write, *before 7th March*, to either MP David Curry, the Secretary of State concerned, or John Gummer, both at The House of Commons, London SW1A 0AA.

A copy of the Commission's report will be in the Library, or if you wish to know more please contact me on 61834.

The following poem was submitted by a group of local youngsters who were contemplating Further Education. They have asked to remain anonymous!

THE TRIALS AND TRIBS OF F.E.

Doing my UCAS form, mustn't be late
Must be in before closing date.
Had the interview, it was great
All I can do is sit and wait.
The letter arrived, got a place
Everyone said, "It'll be ace!"

* * * * *

Started the first term, met loads of new chums,
But all of us still miss our mums,
It seems more relaxed compared to last year
All we seem to do is drink loads of beer.
The first term has ended, it wasn't that bad
Surprisingly I'm looking forward to seeing mum and dad.

* * * * *

In the second year now, things getting heavy,
So much work on there's no time for bevvy.
Exams coming up, feeling the strain,
But no real urge to go home again.
Will it be worth it? Most say yes,
All I do is make an educated guess!

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BUS TIMETABLE (from 23 August 1993)

Monday - Saturday

Ingletton	H. Ben	L. Ben	Lancaster
0720	0740	0745	0825
0920	0940	0945	1024
1050	1110	1115	1154
1150	1210	1215	1254
1305	1325	1330	1409
1450	1510	1515	1554
-	1530	1535	1615 SH
1555	1614	1618	1700
1653	1713	1718	1758
-	1715	1720	1800 SD
1853	1913	1918	1958

SH School holidays only, Not Sats.

SD Schooldays only

Lancaster	L. Ben	H. Ben	Ingletton
0752	0828	0833	0900 NS
0800	0836	0840	0900 S
0810	0849	0855	0912
0945	1024	1028	1047
1045	1123	1127	1146
1145	1224	1228	1247
1300	1338	1342	1401
1345	1424	1428	1447
1445	1524	1528	- NS
1545	1623	1627	1646
1630	1708	1712	- SD
1645	1724	1728	1747
1745	1824	1828	1847

NS Not Saturdays

S Saturdays only

SD Schooldays only

NO Sunday service to Bentham

TRAIN TIMETABLE

(4 Oct. 1993 - 28 May 1994)

Monday - Saturday

Leeds	Bentham	Lancaster
-	0614	0650
0901	1032	1105
1301	1432	1509
1631	1801	1834

Sunday

1405	1530	1609
1705	1829	1903

Monday - Saturday

Lancaster	Bentham	Leeds
0715	0756	0925
1125	1154	1324
1522	1551	1724
1947	2016	2146

Sunday

1647	1716	1850
1951	2019	2151

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BOSNIA '94

by O.G.W.

The lads in Bosnia tell me that time flies, as they are on constant call-outs and working all sorts of hours. The season of peace and goodwill arrived with a prearranged ceasefire. So the Moslems launched a major offensive in the Vitez area, the Serbs intensified the shelling of Sarajevo and the Croats carried on as normal. A lot of aid routes were closed so the work load on the troops eased a little for a few days.

CHRISTMAS "GUNFIRE"

Christmas Day at TSG began with the officers and SNCO's taking round "Gunfire" at 6.00 hrs for the lads. "Gunfire" is tea spiced with rum or whiskey - an old army tradition. Later in the morning a carol service was held and the local HVO tried to drown out the sound of singing by discharging their weapons in the air. So the lads sang louder! Gavin said later, "The Croats soldiers were all playing with their Christmas presents - new AK47's with lots of ammo."

Heavy snow began to fall later in the day and this quietened them down. It also meant that it was up to the mountains again for Rob and his section on snow clearing duties. The road from TSG climbs from 2,000ft to over 5,000 ft at Redoubt camp, so it's a major task.

When the convoys began to roll again Gavin and his crew were detailed to follow a Moslem aid convoy through the mountains. Despite warnings, the wagons had no snow chains and some were towing trailers. It took them eleven hours to cover 32 kilometres and sixteen went off the road, so the recovery crews spent a busy day.

"OPERATION GRAPPLE"

In his latest letter he said "I am sitting up at the mountain camp at Redoubt waiting for the first call out of the day, there are 20 convoys on the road travelling North and South"

The media give little or no coverage to the RE or REME and they are the units that make "Operation Grapple" work. They build the roads, bridges, operate quarries,

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keep all the vehicles operational, all the technical support, and the RE run the British Army Post Office to keep the mail flowing for the troops.

LETTERS FROM HOME

There are no doubt many ex-service people reading this who have received letters from home while serving in jungles, deserts and thousands of locations all over the world through BFPO - I bet that has revived a few memories. How about some reminiscences for Bentham News?

So what do we see on TV? Any of the work I have mentioned previously? No. It's Paddy Ashdown and other politicians riding in a tank out on "fact finding missions", and achieving what?

Well, Rob is home for a few days leave with Jenny and little Sam, so it's Christmas all over again, and Gavin is hoping for a few days at the end of the month.

A safe return to all the troops.

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YOUR GOOD HEALTH

It is likely that we will all experience constipation at some time or other as it is a common complaint, and yet something that responds well to self help and simple remedies. In a normal healthy person frequency of habit can vary from twice a day to once every few days.

There are 26 feet of intestines inside an adult; 21 feet of small intestine and 5 feet of large intestine - sometimes known as the colon. The intestine walls are made of muscles which squeeze and relax. This squeezing action moves along the digesting food stuffs. Various processes occur as the food is absorbed and digested. The final waste product is expelled down the toilet some 24 -36 hours after eating it.

FIBRE. Fibre in the diet is important to keep the motions bulky, enabling them to move along the gut smoothly. Fibre rich foods include fruit, vegetables, wholemeal bread, rice, pasta, bran and wholewheat cereals.

FLUIDS. Drinking plenty of fluid every day is important to help the body digest food, keep the motions soft and aid the absorption of food from the intestines into the bloodstream. Foods high in fibre will absorb a lot of fluid. This is why it is important to drink plenty every day.

EXERCISE. Exercise will help prevent constipation as a regular gentle activity, such as a daily walk, keeps all muscles, external and internal, toned up. This also encourages the blood supply and muscular activity of the gut to be healthy.

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SELF HELP FOR CONSTIPATION

BABIES

- 0-6 months - see G P or health visitor
- 6mths-1yr. - increased drinks. Give pure fruit juices diluted $1\frac{1}{2}$ with water.
- increase fresh fruit and vegetables in foods
- try prune juice as a drink
- give a wholewheat cereal eg. Weetabix.

CHILDREN

- aim for a fruit meal/snack twice a day
- kiwi fruits. Dried fruits soaked are good sources of fibre.
- wholewheat and wholemeal foods
- add bran to savoury and sweet pancakes
- fruit juice ice lollies.

ADULTS

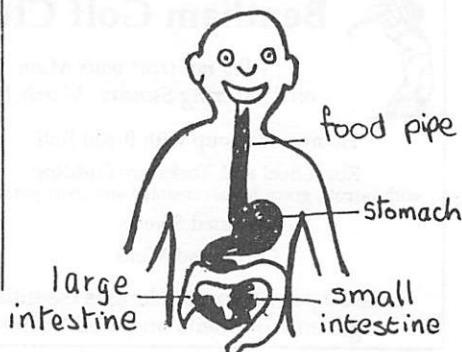
- all the above ideas
- take more gentle exercise
- take a gentle laxative.

Seek medical advice if constipation becomes troublesome and/or

1. There is any bleeding from the back passage or on the motions.
2. Laxatives not effective
3. There is abdominal pain
4. You have a known bowel disorder
5. It is accompanied by weight loss.

In a normal healthy person the root cause of most constipation is dietary and delaying or not obeying the natural urge to go the toilet. This regular habit is a normal part of all our lives - everyone must "go" to keep healthy and feeling good.

Christine Hodson - Health Visitor



RECORD REVIEWS

by David Greenep

COVERDALE - PAGE

Two of the most recognised names in Hard Rock, David Coverdale and Jimmy Page have teamed up for this exceptional collection of songs with the quickest guitar playing you will ever hear. David Coverdale is better known as the lead singer from Whitesnake and reknowned for loud rock and soft ballads from albums like the 1987 "Slip of the Tongue" with hit singles including "Here I Go", "Fool for Loving You" and "Is This Love". Coverdale joined Led Zeppelin guitarist, Jimmy Page, the man behind a song that always tops the greatest hits charts and pub juke boxes, "Stairway to Heaven", only one song from the history of Zeppelin but sadly the only one remembered. This unusual combination made the album with great ease with the sound of endless accoustic and electric guitars especially on "Shake My Tree", the first song on the album which opens with a very fast accoustic piece and then breaks out on full electrics which is similar to that on another song, "Easy Does It". The whole album keeps to the same rhythm, which is fast and loud with excellent lyrics. There are a couple of jazzier songs "Pride and Joy" and "Feeling Hot", that are more light hearted and fun.

This album was released in early 1993 but seems to have dissappeared already and I think it needed more of a hearing as I give Coverdale - Page 10 /10 , and it deserves more. It is 12" of solid rock, enough to get rid of any headache.



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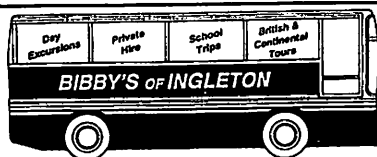
by Margaret Hayton.

Several years ago, whilst living in the south, our President, Joy Morgan, did a scrap book project for her local W.I. Joy became so interested in her chosen subject that she researched into it further. The result was Gertrude Jekyll - "A Remarkable Woman" which provided us with an interesting talk with slides. The competition for a photo or postcard of a garden was won by Mrs M. Hayton.

ST MARGARET'S M.U.

The enrolling member welcomed Mrs Jean Fry from Ingleton, who spoke about a "spiritual spring cleaning" to make room for God, as one of our New Year resolutions.

Mrs Andrews thanked the speaker. The AGM was held immediately after the meeting. The officers and committee were re-elected and a hostess rota was drawn up.



BIBBY'S OF INGLETON

1994 Coach Holidays

- 11 March London Weekend £86
- 14 April Paris Weekend £107
- 14 May 7 days Dunganvan £269
- 22 July 6 days Isle of Man £229
- 19 June 10 days Austria £339
- 23 July 9 days Switzerland £375
- 30 July 8 days Torquay £269
- 4 August 9 days Rhine Valley £345
- 28 August 7 days Newtonmore £259
- 17 Sept 8 days Isle of Wight £249
- 18 Sept 13 days Italy £449
- 2 Oct 6 days Bundoran, Co. Donegal £209

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BENTHAM PEOPLE

PERSONAL THANKS

PATRICKSON - Arthur and Eva wish to thank most sincerely, relatives and friends for the congratulations and good wishes they received on their anniversary.

THANKS

The amount collected from the Children's Society boxes was £225.00. Many thanks to all who contributed.

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WEDDING ANNOUNCEMENT

Christopher Andrew Maycock and Salome Ruth Titterington were married in Jamaica on Christmas Eve. Salome attended Bentham, Ingleton and Settle schools. She was employed at the Low Wood Hotel, Windermere as Assistant Head Housekeeper. The couple's future home will be in Germany.

VALENTINE

Love you 'til the seas run dry! RW from EH

A J Collinge
FBCO, B Sc (hons), M Phil

K Stott
FBCO, B Sc (hons)



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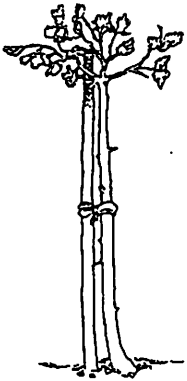
GARDENING PAGE

by Pauline Henry
Bentham Organic Gardening Group

The garden has had a long, cold winter's rest. Now we must start preparing for the new season.

It is time to sow the earliest annual seeds, but first, are all the seed trays and flower pots clean? It is so easy just to stack them away dirty every year and forget to give them a good scrub. With a little water, Jeyes Fluid and effort you can prevent passing on old bugs and infections to your new sensitive plants.

These early seeds must be sown under glass. I usually try to stagger my sowings so that they are not all ready for pricking out at the same time. It doesn't always work as, of course, some plants germinate quicker than others and they tend to catch up with each other.



If there is no frost in the ground, now is a good time to feed and mulch all well established borders. Never mulch on top of frosty ground - it will only delay the warming up process. Also, mulching at this

time of year saves a lot of digging, because as the worms become more active, they will take the compost down into the ground for you. This means that the roots of your established plants need not be disturbed with the fork just when they are preparing for their new season's growth.

Any new bushes, shrubs or fruit trees that were not planted in the autumn should be put in now to give them as early a start as possible, but again, be sure that there is no frost in the ground. I find it useful to keep a sack full of good compost in a frost free place and I use this to put round roots of new shrubs etc. (to keep them warm). I also try to give them a sprinkle of bone meal to help them on their way.

Old bushes and shrubs may need tidying up a bit. Stand well back from them and look at the shape. Cut out any dead or very old wood and trim back any straggling branches or shoots. It is much easier to do this while there are no leaves to contend with.

Another job is to check that anything that is staked is still alright after the winds of winter. Any plants that have worked their stakes loose should be untied, re-staked and re-tied, being careful not to damage the roots when replacing the stake. (old ties are very good ties).

As soon as the snowdrops begin to wilt they can be divided into smaller clumps. This is best done while they are 'in the green' unlike most other bulbs. I usually re-plant five or six bulbs together into new places and very quickly they multiply into large clumps again.

The B.O.G.G. meets every month on the first Tuesday evening. Anyone is welcome to come along. Telephone 21776 or 21722 for further information.

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TWO VEGI PIES

MUSHROOM and ONION PIE

FILLING

- 1 oz butter or margarine
- 1 tblsp oil
- 6ozs onions thinly sliced
- 1 large carrot, coarsely grated
- 6ozs mushrooms sliced
- salt & pepper
- 1/2 tsp dried oregano
- 1 large egg, beaten
- 4 tblsp milk

PASTRY

- 4 ozs wholemeal flour
- 2 ozs SR flour
- 1 tsp salt
- 2 ozs lard or white fat

GARNISH

- watercress and tomatoe slices

TO MAKE THE FILLING

Melt the fat with the oil in a frying pan and fry the onions until softened, add the carrot and mushroom and cook for a further 3 minutes.

Season well with salt and pepper, add the oregano then remove from the heat and cool.

TO MAKE THE PASTRY

Mix the sifted flours and salt together then rub in the fat until it resembles breadcrumbs.

Bind the dough with cold water. Roll out the dough and line a 9" flan tin or ring. Spoon the mushroom filling into the pastry case.

Beat together the egg and the milk and pour over the top.

Bake in a pre-heated moderate oven (200c / 400f gas mark 6) for 35 - 40 minutes or until the pastry is golden brown and the filling firm.

Serve hot or cold garnished with watercress and tomatoes.

SAVOURY ONION PASTY

OATMEAL PASTRY

- 3ozs SR flour
- 1/2 tsp salt
- 3 ozs fine oatmeal
- 2 ozs mixed magarine and lard
- beaten egg or milk to glaze

FILLING

- 8 ozs spring onions or 1 leek cut into 1/4" slices
- salt and pepper
- 1 large bacon rasher, rinded and diced
- 1 oz cheese grated
- 1 egg
- 1/4 pint milk

Sift the flour and salt into a bowl mix in the oatmeal, then rub in the fat until it resembles breadcrumbs. Bind together with cold water.

Divide the dough in half and roll each half into two rounds. Use one round to line a 6" sandwich tin or baking dish.

Sprinkle the spring onion or leek over the bottom of the pastry case and season well with salt and pepper.

Scatter over the bacon and cheese mix together the egg and milk and pour on top.

Place the second pastry round on top and pinch the dampened edges together to seal.

Decorate the top with dough trimmings and brush with beaten egg or milk.

Bake in a pre-heated hot oven (220c / 425f gas mark 7) for 10 minutes then reduce heat to moderate (180c / 350f gas mark 4) and continue baking for 50 minutes or until the pastry is golden.

Serve hot or cold.

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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.

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

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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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.

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 at 2pm. Enquiries Mrs Field 61084.

St. John the Baptist, Low Bentham.

1st Sunday 9.30am Parish Communion (ASB), **2nd Sunday** 9.30am Morning Prayer. **3rd Sunday** Parish Communion (ASB). **4th Sunday** 9.30am Holy Communion (BCP). **5th Sunday** 9.30am Parish Communion (BCP).

St Bonifaces Catholic Church

Saturday 6.30pm. **Sunday** 9.30am. 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.

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