

BENTHAM NEWS



BENTHAM NEWS TAPED

Thanks to the initiative of Don Bridgewood, the 'Bentham News' will, as from this month, be taped for the enjoyment of the blind and the partially-sighted.

It is hoped that BN tapes will be available at the same time that copies of BN are being delivered, thus providing as good and prompt a service as possible to all in the community who want to have access to their free local monthly paper.

Initially 8 tapes will be made each month, and these are to be distributed to 'Burndale', Abbeyfield, 'The Ingleborough' and 5 individuals. If you know of anyone else who would like to be included on this distribution list please let Christine Hodson know (2 Harley Bank, Low Bentham Road, tel: 62251). For the future, Barclays Bank have agreed to sponsor this scheme by providing high quality tapes which can be re-used often.

So that the tapes are as interesting and enjoyable as possible, Don would like to use a number of different voices to record various items from the paper. Recording will take place during the week prior to publication. *Would you like to offer your voice and a small amount of your time, either each month or occasionally? Would interested volunteers please leave their names and details of when they would be able to help at 'Bentham Sportswear'.*

WOULD YOU LIKE TO FEATURE ON PAGE 3 OF 'BENTHAM NEWS'?

You can, by being elected on to the Town Council.

● Town Council elections take place on THURSDAY 5th MAY.

● To nominate yourself, just pick up a form from Reg Pointon, Springfield Crescent, High Bentham (tel: 61596).

● It costs nothing to complete and submit your nomination.

● You can stand for either Low or High Bentham whichever one you live in.

● **But hurry! The closing date for nominations is midday on THURSDAY**

CONTENTS:-

Fashion Extravaganza page 4
Citizens' Advice Bureau moves page 8
Letters pages 18 - 19
Health Notice Board page 20
Bosnia Update page 21
Easter Recipes page 23

APRIL 1994

ISSUE 90

NETBALL PRACTICES START

Everyone wanting to have a go at netball is welcome to come along to the High Bentham Playing Field on Wednesday evenings at 7pm. You're never too young, too old or too unfit; just give it a try, it's fun!



HIGH BENTHAM GALA

You will all be pleased to hear that the Gala will be going ahead, as usual, on Bank Holiday Monday, May 30th. Prize money for floats is increased this year to £30 first prize, £20 second and £10 third. There will also be special prizes for fancy dress of £10 first prize, £7 second and £3 third.

So, get your thinking caps on and see if you can win yourself or your group some extra cash!

Stuck for transport for your float? Don't be deterred, just ring Margaret on 61900 and she'll be able to help you.

Let's see if we can make this a bigger and better parade!

More Gala news in the May issue of 'Bentham News'.

HIGH BENTHAM W.I.

by Margaret Hayton

At the last meeting of High Bentham W.I. Janet Nelson gave an enlightening talk, with slides, about 'The North Country Housewife 200 Years Ago'. She explained how the lady of the house lived, worked and brought up her large family. There was a competition for an old kitchen utensil, which was won by Mrs. Margaret Hayton. The next meeting will take place on 7th April at 7.30pm in the LowerTown Hall, and will be 'A Patchwork Evening' by Pat Mann, and the competition will be for an unusual button. The May meeting will be on the 5th and will discuss resolutions, hear about Well Dressing and have a photo competition entitled 'Guess Which Baby'.

HIGH BENTHAM W.I.

High Bentham W.I. are organising a trip to a Fashion Show by 'Chirnsides' of Lancaster on Thursday 28th April, and IT'S **ABSOLUTELY FREE!!**

The coach will leave School Hill at 1.45pm, and Lancaster at 4.30pm. If you would like to go, please contact Mrs. A. Shallcross, 'Withens', Low Bentham Road. (tel: 61411)

St. MARGARET'S

Bright Hour members were recently guests of the Mothers' Union when Mrs. Self of Hornby came to tell members and guests about a journey to Madras in connection with Christian Aid. The talk was illustrated with slides showing the difficult conditions for the people trying to grow food on land which was either too dry or too flooded, and some of the projects made possible with funds from Christian Aid. The vote of thanks, given by Mrs. Calverley, was followed by a tea.

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TOWN COUNCIL

by Jean West

The Town Council meeting on 7th March 1994 was chaired by Mayor Telford, and councillors present were: Joel, Marshall, Jackson, Hewitt, Dowbiggin, Preston, Hurtley and Cowling. Also present were ten members of the public and District Councillor Pilkington.

LOCAL GOVT. REVIEW

Cllr. Pilkington reported that there had been overwhelming support in this area for the present two-tier structure to remain.

PARKING, ROADS & FOOTPATHS

Cllrs. Joel and Marshall have discussed parking with Spar and are working on some proposals to ease the problems.

NYCC will be hearing from the TC about the unsatisfactory resurfacing work on roads in High and Low Bentham.

Cllr. Marshall supported Duke Street residents in their complaints about the road surface and advised them to apply for a reduction in Council Tax. Cllr. Dowbiggin was concerned because the footbridge over the railway is so slippery, and BR are to be contacted.

MORE TOILET TALK

Various views about the siting and repair of the Public Toilets were expressed, and water leakage in the Gents TH toilet was also noted.

PANTO PROBLEMS

Various problems had arisen during preparations for this year's panto, and the conflicting needs of groups using the TH were highlighted. Cllr. Cowling was highly critical of the TC's relations with the Panto Group, and it was agreed that a meeting should take place between them and Playgroup, the Badminton Club, the Aerobics class and the caretaker to ensure agreeable arrangements for the staging of the 1995 Pantomime.

RECYCLING

CDC are launching the first phase of their Recycling Plan in April by siting 29 Mini Recycling Sites in the area. These will collect clear and coloured glass, paper and cans (both steel and aluminium). (How will this effect the recycling efforts already being made in Bentham, some of which also raise funds for charities?) The aim of the scheme, coupled with home composting, is to recycle 25% of household waste by the year 2,000.

OTHER BITS

It seems Indoor Bowling is proving very popular. The TH kitchen is to have 'No Smoking' signs and a gas lighter for the cooker. It seems the 'generous gift' to Low Bentham Primary School was to facilitate swimming lessons not to replace stolen items. It seems that £6 million p.a. is available for innovative rural development and CDC are to be approached for guidance on how some of this money could come to Bentham. National Spring Clean Week is from 15th-24th April (a 10-day week!) and Cllr. Atkinson is arranging various activities (anyone wanting to get involved can ring him on 61834).

ELECTION DAY IS MAY 5th!

Parish and District elections will take place in Bentham on 5th May. The next TC meeting, the last before the elections, is on Monday 11th April.

WILD BUNCH

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SARAH LOUISE

FASHION SHOW EXTRAVAGANZA

by Vi Christensen

On 8th April, at 7pm, in the Town Hall, there will be a Fashion Show Extravaganza to raise funds for the Goodenber Play Area.

Maxine Halstead will be showing her Spring Collection from 'Pigtails'. 'Pippa Dee' and 'Jumpers' are giving us a preview of their Spring and Summer wear, and 'Purple Hazel', from Settle, is bringing her collection of really way-out fashions for the more daring amongst us. Also, members of 'Age Concern' will show off their hand-crafted Easter bonnets.

ABSOLUTELY FABULOUS!

The finale of the show will be the rare chance to see Bentham's own budding designers' work. As we go to press, they are busy in their sweat-shops creating fashions from all the most unusual materials. Rumour has it that there is a radical move away from cotton and Lycra towards bin-liners and cling-film! So don't miss this exclusive opportunity to view an exceptional fashion show.

The show will be choreographed by Voirrey Wild, and music will be provided by Nicky Louth. Afterwards, there will be a chance to browse at various stalls, and refreshments consisting of tea, coffee, wine and cheese, will be served by Lorna Johnson. Tickets for the event can be obtained at 'Hairlines' and 'Pigtails': they cost £1.50 for adults and 50p for children.

BENTHAM SCHOOL NEWS



The half-term holiday was an opportunity for our highly successful senior footballers to travel further afield as they toured North Wales playing matches against schools in Rhyl, Llandudno and

Oswestry. Since then we have held our annual Prep Schools Cross-Country Championship, with teams of young runners coming from Prep Schools throughout the North West. We have also hosted an evening for our sixth formers and those from local schools to hear Mr Richard Skerrett, the Training and Project Manager for UCAS, talking about the entry procedure for universities, and have sent one of our pupils, Gail Dews, to take part in the popular television show 'Blockbusters'. We also entered a team in the Lunesdale Rotary Club Public Speaking Competition speaking on the subject of the morals of MP's.

RECYCLING: NEW CAN BANKS

Our community service volunteers who undertake the can collection scheme in Bentham as part of their Duke of Edinburgh's Award, have greatly appreciated the donation of the two can bins from Angus Fire Armour, which has greatly assisted the separation of steel and aluminium cans.



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NEW WRITING GROUP FORMED

All writers, whether of prose or poetry, are invited to take part in the newly-formed Ingleton Writing Group's monthly meetings. This group replaces the Ingleton Poetry Circle which ran for a year, and although friendly and stimulating, did not attract enough local poets to its meetings.

Lauraine Palmeri, who started both groups and has been published widely in small-press magazines as a poet and has been broadcast, anthologised and won competitions, hopes that the new group will draw more members.

It is to meet once a month on a Sunday at 2.30 in the afternoon at the home of one of the members. For further details and exact venue, please contact Lauraine on Ingleton 41328.

A POEM FOR EASTER by Olive Calverley

We celebrate, at Eastertide
Remembering the One who died,
Bringing hope of sins forgiven
Offering a Bridge to Heaven.
Jesus Christ our Saviour King
We, to Him, our Praises bring.
He is Lord and King of all
Wondering - at His feet we fall.

CASUALS

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BENTHAM TOURIST INFORMATION CENTRE

by Peter Marshall

At the recent AGM, Mr. Douglas Garlick, Honorary Manager for five years, during which time he successfully evolved the Tourist Office that we see today, retired so that he can devote further time to his other commitments in Bentham. Mr. Garlick was thanked for his dedication and effort, and a presentation was made to him.

The Chairman (Mr. T.B.Marshall) and Treasurer (Mr. J.G.Hall) were re-elected, and Mr. Peter Marshall was elected Honorary Manager for 1994. The Assistant Managers are Mr. L. Blundell and Mrs. R. Bridgewood, who will also assume responsibility for the volunteers rota. We are indeed grateful to all the volunteers who give their time to enable the Office to open for the whole season.

OPENING TIMES:

The Centre will open at Easter for the following times:

Good Friday 9.30-2.30;

Easter Saturday 9.30-3.00

Easter Monday 9.30-1.00;

Tuesday to Saturday 9th 10.00-12.30

From 30th April to 1st October the Centre opens for 6 days a week from 9.30am-4.00pm.

Please remember that this is YOUR Tourist Office, and our volunteers will be pleased to help you plan holidays away from Bentham as well as giving a welcome to visitors from other places who come to enjoy our delightful area.

HENRY'S Pyes Mill

Tel 61900.

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Sat 10am - 4.30pm.

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POST OFFICE NEWS

by the Postmistress - Benthams

From March 14th Fishing Rod licences, sold on behalf of the N.R.A., will be available from all Post Offices.

ROYAL MAIL / PARCEL-FORCE UPDATE

Many customers appear to be unclear about the different mail services available. In general if an item is posted by normal 1st class, 2nd class or Parcel Post, the P.O. will only pay compensation if the item is damaged or lost in transit, up to £25 for letters and £20 for parcels. Recorded Delivery service does not provide any insurance above these levels, and although a signature will be obtained on delivery, the item travels in the normal mail and will NOT be delivered any quicker. Any customers wishing to obtain a faster or insured service should use the following services:-

PARCEL FORCE COMPENSATION FEE SERVICE:- This does not provide a faster delivery, but provides insurance up to £150 for 65p, and up to £500 for £1.15.

ROYAL MAIL PRIORITY SERVICE:- This is a re-launched Courier Service for the business and private customer, which provides Next Day Guaranteed Delivery by 12.30pm for a fee of £2.70, plus postage. Additional insurance cover can be taken out for 30p to provide cover up to £500. Items up to a maximum of £2,200 can be insured for an additional fee.

ROYAL MAIL SWIFTAIR SERVICE:- This is for all overseas items and provides accelerated treatment in the UK and overseas for a fee of £2.70 plus postage.

ROYAL MAIL INTERNATIONAL RECORDED & REGISTERED SERVICE:- This is a new overseas service which provides either a signature on delivery for recorded items, or compensation up to £1,000 for registered items, although this level varies in different countries. Please check at the Post Office for international items.

The variety of services on offer can be

6 confusing, but please check that you are using the service most suitable to your needs. Leaflets on all Royal Mail and Parcel Force services are available at the Post Office counter.

Next month I shall be giving you details of a new travellers' cheque and foreign currency service which will be available at Benthams and other selected Post Offices from April 25th.

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DALEHEAD VETERINARY GROUP OUTSIDE THE AUCTION MART

NEW TIMES

Monday 4pm - 5pm

Tuesday 4pm - 5pm

Wednesday 5.30pm - 6.30pm

Thursday 4pm - 5pm

Friday 4pm - 5pm

For appointments and 24 hour emergency service please call:- **0729 823538**

COUNCIL CONCERNS

by COUNCILLOR
RALPH ATKINSON

WENNING AVENUE BATTLE LOST

After a battle, in it's last phase, lasting more than six years, we've lost the fight to get Wenning Ave. up-graded. Like the house buying chains, lose one link and the whole breaks down. We'd got promises of cash from Craven, NYCC, the Rural Development Commission, North West Water(owners of the road) and some of the frontagers. However, NYCC insisted on linking theirs to the further extension of the Industrial Estate which has turned out to be a bog and CDC has (rightly) refused to undertake the heavy costs of it's development. Also, the previous owners of the Industrial Estate, English Estates, had not secured proper rights of access.

SCHOOL MEALS' PRICES UP

NYCC Education Committee, under pressure from the Govt. to remove subsidies from as many of it's enterprises as possible and from the Council to trim it's overall budget, has decided to increase the price of school meals - for primary schools by 4p each in both January last and September and in secondary schools by 5% in January, April and Sept. These are still very good value for money but many parents are already prefering to give their children packed lunches. This reduces the numbers involved so making each schools provision less economic. As a result the service in several of our small schools is under threat.

COSTS OF CARE HOMES

In this area too we are severely restricted by Govt. provisions. The regulations say that 85% of the grants for care homes for the elderly must go to the private sector. Yet our homes cost on average only £272 a week, compared to up to £2,000 in the private sector and also our residents' carers don't get attendance allowance. This is a



7 very heavy and unfair bias against council run homes.

COSTS OF EDUCATION

For several reasons, including our many small schools and generally high standards, we are already spending some 8% more than the Govt. recommends on education. This means that we can't spend more of our Govt. restricted budget on other things, eg. road maintenance. Basically the reason is that Govt. allows us to spend far less on education per place than authorities do in the South East, and inner cities, for instance. Claiming that we also have extra costs because of our rural situation, we've been fighting this for years but so far we've got no joy.

COUNCIL ELECTIONS 1994

The four-year terms of several District Councillors, including Ellen Chapman in Austwick/Clapham, Carl Lis in Ingleton/Burton and myself, are up at the end of April. Elections are on 5th May, just a month before the European Elections on 9th June. So it's important that those needing them register for postal and proxy votes. The last time for doing this is noon on 15th April. Applications to the Elections Officer at Craven District Council or any of your councillors.

CORRECTION ON EXTRA POLICE

Our jugglings with police pension monies etc. will allow us to recruit 96 extra officers over the next three years, not 20 as I said last month.

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BENTHAM'S C.A.B. FINDS NEW HOME

The Bentham office of the Skipton and District Citizens' Advice Bureau is moving to new premises from Wednesday 13th April, when it will open for business in the Grasmere Room at the Health Centre, Bentham. One of the major benefits of the move will be that clients will no longer need to negotiate a steep staircase to reach the office, as the Grasmere Room is on the ground floor. It is hoped that this will make life easier for people with prams, pushchairs, large bags of shopping etc, and those who are not as nimble as they used to be.

The volunteers will be on duty each Wednesday afternoon from 1.30-3.30 and will be able to offer advice and information on a wide range of topics. When staff are unable to answer a problem themselves, they are able to call on the support of their colleagues at Skipton main bureau. Specialist staff are able to provide help and

support for welfare benefits and other financial problems.

BETTER SERVICE FOR DISABLED

The main bureau at Skipton is currently undergoing a major refurbishment programme. This is being done to allow the bureau to commence running the Disability Information Service in Craven (DISC), which aims to provide advice and information about topics of particular concern to house-bound people with physical disabilities. A wide range of information has been collected on matters such as holidays, adaptations to premises, benefits, employment etc. A telephone helpline will be available on Skipton (0756) 796631, specifically for the DISC service. The DISC advice worker, Pamela Osborne, will be available to visit people in their own homes if required. Although this service is based in Skipton, it is a service for the whole of the Craven area, and it is hoped that those living in the northern part of Craven will also make use of it.

GOAT GAP INN

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Friday, 15th April Burn's Supper

Delayed due to difficulty in catching the Haggis, the Haggis Hounds having had cat flu and could not hunt in the hills.

60's & 70's music by Eddie Swan and his light orchestra with Flo-resent on vocals.

Four course meal with McSween's Haggis, bashed neeps and chappit tatties. Optional dishes available to Sassenachs and Colonials on request.

Price of this extravaganza £15

Every Friday is **FREE MONEY NIGHT**, at present it stands at £120 and is waiting for someone to win, be in between 9 and 10p.m., it could be you.

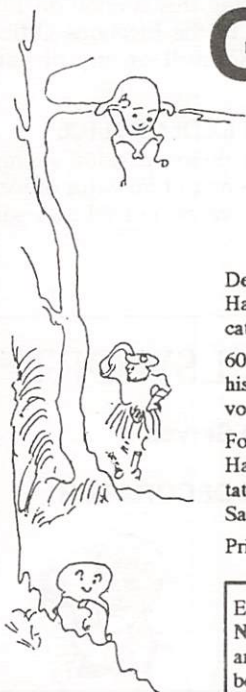
Friday, 29th April Silly Billy Olympics

Budding Olympians - we need you to compete in the following events:-

- Fastest pint
- Fastest pint through a straw
- Most dry crackers in 5 mins.
- Chin-ups on a beam
- Walk on bottles
- Press-ups on one finger?
- Drambuie and peanuts
- Head & heels in love with a stool

plus more in the Hangar Function Room
Prizes and T-Shirts for all winners

Come and try our exotic bottled beers from around the world. Special promotion on some beers during April.



LOW BENTHAM C.P. SCHOOL SPRING TERM NEWS

The school topic this term has been 'Journeys', and we have studied movement, transport, migration, travel in the U.K., Europe and India. We have welcomed Dr. Davidson and Mr. Quinn from Lancaster University to talk to the children about journeys to Antarctica, the Himalayas, the Andes and other exciting parts of the world. We are grateful to Mr. I. Edmondson for his help in organising these visitors. We have also had interesting visits to Steamtown, Leighton Moss and Settle Police station.

WELL DONE, JOHN!

We were very pleased with John Hardiman who, together with his friends Ben Callise, Jenny & Sefton Bloxham and Eleanor Hanson, successfully took part in the recent BT Swimathon. John is currently collecting around £40 in sponsorship money for a range of charities - well done, John!

LOOKING FORWARD

We are looking forward to the summer term, a topic on the 'Natural Environment' and, hopefully, better weather to enable us to get out, study and work outdoors. If anyone has any cuttings, seeds or gardening expertise that they would like to share, or any 'minibeasts' they would like to bring in to show the children, we would be very pleased to hear from you on 61416!

SETTLE HIGH SCHOOL EVENTS TO SAVOUR

Leon Lewis of London is making a welcome return visit to Settle High at 7.30pm on Tuesday 19th April, after a very successful 'Gastronomic Tour of Europe' two years ago. He will be demonstrating Lebanese Vegetarian Cookery in his own inimitable style, and will follow this by serving a buffet meal. Proceeds from this event will sponsor a demonstration of 'Vegetarian Cookery Around Europe' on the next day for the school's Food Studies Department. Tickets cost £6, which includes a glass of

wine or fruit juice, and should be bought in advance. Please book yours for this highly entertaining and interesting evening from the school office (0729) 822451 or Liz Neale on 41155.

There will be dancing to the ever-popular Mark Kitto Band at Settle High School from 8pm to midnight on Saturday 30th April. Tickets for this cost £4, which includes a buffet supper and a bar, can be obtained by ringing the school (0729) 822451 or Sue Adams on 61182.

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NSPCC WASTE PAPER COLLECTION

by Caroline Woof

During the last 12 months the NSPCC have collected almost 55 tons of waste paper for recycling. This has raised £274.50 which has been sent to NSPCC Headquarters.

The committee would like to thank everyone who has taken, or sent, their waste paper to the Legion Hut each month for collection, including Bentham School who help during term-time as part of their Duke of Edinburgh Award Scheme. We hope that everyone will continue to save their waste paper, and encourage friends and neighbours to do likewise, in order to support our worthy cause.

Any extra help on collection mornings would be greatly appreciated.

LIBRARY OPENING TIMES

Monday	2pm-4.30pm	5pm-7.30pm
Tuesday	CLOSED	
Wednesday	1pm-4.30pm	5pm-7.30pm
Thursday	CLOSED	
Friday	2pm-4.30pm	5pm-7.30pm
Saturday	10am-12 noon	

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A BENTHAM NEWS GUIDE TO HELP YOU CELEBRATE ANNIVERSARIES IN STYLE

(taken from Whittakers Almanack 1994)

- 1 Cotton
- 2 Paper
- 3 Leather
- 4 Fruit & Flower
- 5 Wood
- 6 Sugar & Iron
- 7 Wool
- 8 Bronze & Electrical Appliance
- 9 Copper & Pottery
- 10 Tin
- 11 Steel
- 12 Silk & Fine Linen
- 13 Lace
- 14 Ivory
- 15 Crystal
- 20 China
- 25 Silver
- 30 Pearl
- 35 Coral
- 40 Ruby
- 45 Sapphire
- 50 Gold
- 55 Emerald
- 60 Diamond
- 70 Platinum



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front and rear derailleurs, pedals, mudguards etc. Mostly Shimano
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LOCAL EVENTS IN APRIL

- Fri 1st Bentham Footpath Group 8 mile walk to Uldale. Meet Devil's Bridge 10am. Leader: Jean Worth 21799.
- 'Unplugged' at the Black Bull with Jay Turner at 8.30pm
- Sat 2nd Low Bentham Playgroup Coffee Morning in the Town Hall, 10am-12 noon.
- Tues 5th Bentham Organic Gardening Group meeting. New members always welcome: please contact Pauline (21722) or Jo (21776).
- Wed 6th *Do you want to know about how to advertise on Bay Radio? Jill Weatherhead will be available to answer your queries at 12.30pm in the 'Black Bull'.*
- High Bentham Methodist Church - 'Springboard' are serving cream teas 2 - 4pm. Also for the children Face Painting and the best bran tub ever seen in Bentham! Proceeds to St. Francis' Hospital, Zambia.
- 7.00pm Netball Practice at the Playing Field
- NSPCC Monthly meeting at 'Lingfield', Robin Lane at 7.30pm

Listing for Local Events

Day.....

Date.....

Event.....

.....

Venue.....

- 12 Thurs 7th High Bentham W.I. 'A Patchwork Evening' & competition for 'An Unusual Button' at 7.30pm in the Lower Town Hall.
- Fri 8th Fashion Show Extravaganza at 7pm in the Town Hall to raise funds for the Goodenber Road Play Area. Tickets: £1.50 adults, 50p children from 'Hairlines' or 'Pigtails'.
- Sat 9th Burton-in-Lonsdale Bowling Club Jumble Sale and Coffee Morning at Burton-in-Lonsdale Village Hall, 10am-12noon. Admission 10p.
- Arthritis and Rheumatism Council Coffee Morning in the Town Hall from 9.45am-12 noon. Admission: 35p, includes coffee & biscuits. Home produce, bric-a-brac, tombola, raffle etc.
- Sun 10th Bentham Footpath Group 10 mile walk to Upper Uredale. Meet Ing. Community Centre at 9am. Leader: Barry Greenwood tel.42072
- Mon 11th Town Council Meeting at 7.30pm in the Town Hall - **LAST ONE BEFORE THE ELECTIONS!**
- NSPCC House-to-House Collection starts today and continues for 2 weeks.
- Tues 12th Methodist Bright Hour Bring & Buy Stall Meeting at 2.15pm. Speaker: Mr. Eric Brennand.
- Toy Library in the Youth Centre 10am-1.00pm
- Child Health Clinic at Bentham Surgery 1-4pm
- Tatham Fells W.I. at Lowgill Primary School at 7.30pm. A talk on 'Moths & Butterflies' by Mr. M. Staniforth, & a competition: 'Painted Butterfly'.

- Wed 13th-Sat 16th Hornby Occasionals present Gilbert & Sullivan's 'Ruddigore' at the Hornby Institute at 7.30pm. Tickets: £3 (£1 children). Definitely worth seeing!
- Wed 13th Netball Practice at the Playing Field at 7pm.
- 15th-24th National Spring Clean Week.
- Fri 15th WASTE PAPER COLLECTION at the Legion Hall, 8.30-11.00am. Proceeds to NSPCC.
- The Countryside Society in Hornby has a Demonstration of Greenwood Turning by Paul Girling at 7.45pm.
- Young Farmers' Social Event in the Town Hall.
- Sat 16th Summer Playscheme Coffee Morning in the Town Hall from 10am-12 noon. Cakes and tombola.
- Tues 19th Angus Pensioners' Association AGM followed by whist & dominoes. All welcome.
- Settle High School hosts a Lebanese Vegetarian Cookery Demonstration by Lean Lewis of London at 7.30pm. Tickets: £6 from (0729) 822451 or Liz Neale on 41155.
- Wed 20th Netball Practice at the Playing Field at 7pm.
- Thurs 21st Low Bentham W.I. monthly meeting at 7.30pm in the Victoria Institute. Speaker: Mr.L.Foden 'Hanging Baskets, Troughs & Tubs'. Competition: 'A Petite Flower Arrangement'.
- Fri 22nd Bentham & District Camera Club: Competition with Holme & Long Preston Clubs.
- Sat 23rd Bentham Footpath Group 10 mile walk to Slaidburn & Dunsop Bridge. Meet Lairgill at 9.30am. Leader: Frank Yates tel. 61375

- Sat 23rd Low Bentham W.I. Coffee Morning in the Town Hall, High Bentham from 10am-12 noon.
- COFF THE WALL in the Town Hall. 8pm for a St. George's Day Dinner & 10pm for dancing to the 'Swamp Dogs'. Tickets: Tash at 'Hairlines'.
- Sun 24th North Craven Heritage Trust: Concert by the Craven Camerata at St. Alkelda's Church, Giggleswick at 7.30pm
- Tues 26th Toy Library in the Youth Centre 10am-1.00pm
- Child Health Clinic at Bentham Surgery: 1-4pm
- Bentham & District Camera Club: Cave Rescue Photography.
- Wed 27th Netball Practice at the Playing Field at 7pm.
- Thurs 28th High Bentham FREE W.I. trip to Fashion Show in Lancaster. Coach leaves School Hill at 1.45pm. Contact Mrs. Shallcross tel: 61411.
- Fri 29th **BENTHAM NEWS PUBLISHED**
- Sat 30th Tourist Information Centre Coffee Morning in the Town Hall from 9.45-11.30am.
- Dance at Settle High School to the Mark Kitto Band from 8pm-midnight. Tickets: £4 from (0729) 822451 or Sue Adams on 61182.
- LOCAL EVENTS IN MAY**
- Thurs 5th **TOWN COUNCIL AND DISTRICT ELECTIONS**
- High Bentham W.I. in the Lower Town Hall at 7.30pm. Resolutions and Well Dressing. Competition: 'Guess Which Baby'.
- Fri 6th 'Unplugged' at the Black Bull at 8.30pm with Jim Couza.

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baked
bread**

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MAIN STREET, BENTHAM

SPAR

RECORD REVIEW

by David Greenep

MARILLION - 'BRAVE'

Marillion release their first concept album, and do it very successfully, with a wide range of emotions expressed in one hour of music. Marillion have been around for about 15 years, releasing albums like 'Fugazi', 'Misplaced Childhood' and 'Clutching at Straws', and putting singles out over the years including 'Freaks', 'Lavendar' and 'He Knows You Know'. The group have been through a lot of changes in the 90's, with court battles as Fish, the original lead vocalist, left the group and went solo, and Steve Hogarth joined. With Hogarth they have issued two albums, 'Season's End' and 'Holidays in Eden', both of which did quite well in the album chart.

'Brave' is a concept album based on a young girl running away from home because her father has been sexually abusing her. She wanders aimlessly about, without thinking or talking. Has her life just begun, or is it over already? 'Brave' is a very beautiful, exciting, vibrant 90's piece of work, and it asks some important questions, like 'WHAT DO YOU BELIEVE IN?', 'WHY DO YOU BELIEVE IN IT?' and 'WHY AREN'T YOU AFRAID?' 'Brave' has something to say to all of us. Steve Hogarth pulls this deep, touching subject off extremely well with soulful and powerful vocals, and often over-indulging in grandeur with pompous classical moments. For me the strongest songs on the album are 'Living With The Big Lie', 'Runaway' and 'Hard As Love': these songs sum the album up perfectly. **PLAY IT LOUD WITH THE LIGHTS OFF!** I give Marillion's 'Brave' 10/10 - one of the better albums of the year.

Quotes from the Marillion tour programme:

" 'Brave' is pure fiction, not a word of truth is there. But then, who can tell the difference these days, that's what it's really all about."

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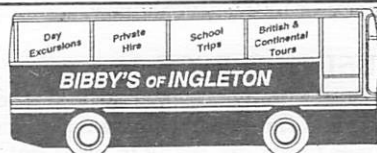
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30 July 8 days Torquay £269
28 Aug 7 days Newtonmore £259
17 Sept 8 days Isle of Wight £249

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Concert/Theatre

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18 Oct "Phantom of the Opera" Manchester £35
14 Dec Cliff Richard in "Heathcliff" £39

Day Excursions

Sat 23 April Harrogate Spring Flower Show £5.50
Sat 7 May Spalding Flower Parade £10
Sun 8 May Cotswolds in Springtime £10
Wed 11 May Carlisle Shopper £5

Pick up a leaflet at Village Pet Supplies,
Station Road, Bentham

GARDENING PAGE

by Jo Taylor, Bentham Organic Gardening Group

GET PLANTING!

This is the time of year we fanatical gardeners just love - planting time! If you haven't already got your broad beans, garlic and onion sets in the ground, then do so. I prefer to start my broad beans off in the greenhouse to prevent mice digging them up and eating them, and I also do this with peas, sweetpeas, french beans and runner beans. Peas could now be started off in the greenhouse along with the sweetpeas. Try planting in old loo roll tubes cut in half - they'll disintegrate in the ground and it saves pots. I've got some early lettuce sown and they're about 3" now. I put some in the greenhouse last year and it was great to have early fresh lettuce. You could also do this with a few radishes. Potatoes are chitting and getting ready, and in April brassicas can be sown either directly into the ground or in the greenhouse.

TRY USING FLEECE

I like to get things going early if I can, although this can present its own problems. Sometimes things are ready to plant out but the weather isn't good enough, then the greenhouse is overflowing and I'm stuck! So, I've taken to using environmental fleece, it seems to keep the frost off very well. I prefer to use it with some wire cloche frames rather than just laying it on the plants as having air space in between works better. Fleece can be obtained locally or by mail order.

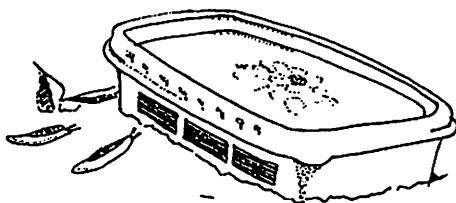
PLANTING SEEDS

People often ask, 'How deep do you plant seeds?' and 'When do you plant them?'. A general rule for seeds is to plant them the depth of the size of the seed, ie. broad beans are approximately 1" long so plant them 1" down, and so on. Do read your seed packets as they will give you the correct information for each seed type. But remember that most seed companies are in the South and the

16 information they give about when to plant is, we have found, usually too early by 2-4 weeks depending where, how high up or windy your garden is.

HOW TO DEAL WITH SLUGS

There is nothing so soul destroying as nurturing seedlings, planting them out and then finding the next day they have all been eaten by slugs! I've tried just about every trick I've heard about but only a few work. Holly leaves are a very good deterrent although they are too prickly to work comfortably with. Beer traps work to some degree and I have collected 20 or more in one night, but the best way I have found to



(Old margarine containers make good beer traps)

deal with both slugs and snails is to just pick them off. I go out at dusk when the little devils are just coming out to eat, and collect them. If I do this as many evenings as I can during one week, it seems to keep them down for the year. Now you say, 'What do you do with the ones you have caught?'. Well, I throw them over the wall into the field, but not everyone has a handy field and my friends laugh and say that they'll just crawl back again. Well, if they do it seems to take them until the next Spring! Another way to dispose of them is to drop them into a bucket of salt water. I don't like using slug pellets as some kill birds and hedgehogs as well as slugs, and others are based on aluminium sulphate, but the choice is yours.

Bentham Organic Gardening Group meets on the first Tuesday of the month. For place of meeting phone either Pauline on 21722 or Jo on 21776. New members are always welcome.

BENTHAM PEOPLE

THANKS

Bill Hambling would like to thank all who supported his sponsored swim. Over £300 was made, and was donated to Bentham Health Centre and Settle Swimming Pool.

*** **

Dr's Story, Walker, Sullivan and Nightingale would like to thank everyone who donated to the 'Extra Care Fund'. Generous donations have now enabled them to fully equip a separate ECG room with an ECG machine. These thanks go on behalf of all the patients who have already, or who will benefit from this facility.

*** **

Many thanks indeed to all who attended, helped in any way or gave donations to the Christian Aid Lent Lunch. A grand total of £322.67 was raised at this event.

FOR SALE

'The Pied Piper of Hamelin' videos have been very successful, and will still be available until the end of April for those of you who haven't bought your copy yet. They are on sale at 'Tooby's' for £4.99, of which £1 per video goes towards Bentham Panto funds.

SERVICES

PIANO TUNING, repair and reconditioning. Tel: S. Duncan on 62532.

ANNOUNCEMENT

BENTHAM TRADE DIRECTORY

Due to unforeseen circumstances, the publication of the Bentham Trade Directory has been delayed. It is hoped that it will come out later in the year.

GOODBYE DOUG!

From all the lads at Bentham Fire Station, and his friends in and around Bentham.

In March Sub-Officer Doug Baker left the Bentham Fire Station after 22 years' service to the community. He will be missed by all the lads who served with him.

Doug became Sub-Officer seven years ago, after having been a Leading Fire Fighter for several years. He has worked hard over the years, going on many courses and organising training at the Bentham Station, and also going out on fire calls day and night. Doug received the Queen's Medal for Good Conduct and Long Service after 20 years' service. He also works for Angus Fire Armour, and hopefully will be there for a few more years.

We would like to wish him good luck for the future.

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YOUR LETTERS



Dear Sir or Madam,

Having recently been shown a copy of issue 89 of the Bentham News, I feel compelled to write to you regarding an article written by a certain Keith Dixon on shopping in the area.

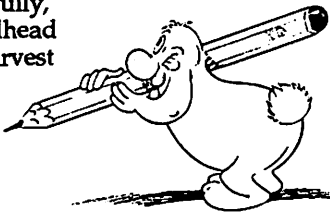
His only comment about us was a jaundiced reference to the cost of maple syrup. I would like to point out to Mr. Dixon that maple syrup is a very expensive commodity and, although it probably can be bought cheaper elsewhere, he fails to mention the fact that we sell it in a very attractive stoppered bottle.

I wish Mr. Dixon had not allowed himself to be deflected by the maple syrup and had found time to wander around our butchery, deli, cheese and bakery counters, where he would have found a large range of quality foods at prices similar to supermarkets and, in some cases, cheaper.

We have already established a good local following of people from Bentham, Ingleton, Burton and elsewhere, who come for their regular food requirements and some of the more luxurious items that cannot be found elsewhere in the area.

In view of this, and the fact that we are a new business in the area, I would have thought your self-appointed shopping guru would have had something more constructive to write about us.

Yours faithfully,
Richard Halhead
Country Harvest
Ingleton



Dear BN,

I would like to send my grateful thanks to the teachers, parents and children of High and Low Bentham Primary Schools, who collected and donated books to be sent to Vitez School in Bosnia. I asked for their help in response to a letter by Sgt. McCracken, Coldstream Guards, who is part of the UN force out in Vitez. He wrote to the daily press asking for books to assist the children who, despite all the troubles, were managing to get to school. The schools are short of books to help them learn English.

Due to the generosity of Bentham's parents, children and teachers, I have been able to dispatch a box of 120 books to Bosnia, all I had to do was to pack and post them. What an amazing, lovely selection of books they were. Many, many thanks to all of you for all the thought that went into the giving.

Jean West
7 Lairgill
High Bentham



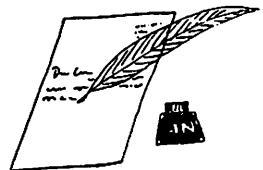
Dear Editor,

I must take exception to the remarks made by Jean West (in last month's TC Report) apropos parking in Bentham Main Street.

The fact is that white separating lines indicate two-way traffic, thus parking on the South side of the street constitutes obstruction. Traffic travelling Eastwards is often forced onto the pavement at both Brown and Whittaker's, and Jackson's forecourt by Westbound vehicles failing to give way to those having right of way i.e. going up hill.

As for her excuse that these conditions solve speeding offences, this is irrelevant as there are speed restriction signs at the town limits. As speeding is against the law, it is up to the powers that be to enforce same.

Yours faithfully,
G.R. Gilroy
Braeside
Cross Lane
Low Bentham



Re: The Longstaffe Educational Foundation

Any time now the Trustees will be meeting to decide how to distribute the £3,200 or so income of this old local charity, which was meant to help the poorer members of the community, not the comfortably off.

In recent years, I do not think that the poor have been helped at all. £1,900 each year, for 7 years, has gone to pay part of the school fees of a pupil at Bentham Grammar School, who comes from a family who are comfortably off. (No poor family could take up such an offer as they would need to pay the rest of the fees and all the school extras.)

The remainder of the Foundation's income, £1,200 a year, has been left in the account over these years, breaking charity law which lays down that all income should be paid out each year.

Yours sincerely,
Philippa Linklater
Riversdale

Wenning Bridge, High Bentham

OBITUARY

FLORA MACDONALD

by Sheila Hodgson

Flora Macdonald died on 16th February 1994 at the home of her daughter, Jean, in Warwickshire, not a fortnight after her ninety-ninth birthday. Old Benthams will remember that she lived at Springfield, and worked at George Angus for many years.

Following her retirement from George Angus, and until reaching the age of 80, she spent long periods as secretary/companion to the actress Sonia Dresdel, who she had met during the war years when Sonia played Portia in a touring company production of 'The Merchant of Venice' at Bentham Town Hall.



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HEALTH NOTICEBOARD

By Christine Hodson

HOW HOT IS YOUR BATHWATER?

During the last year there has been an increase in the number of people receiving scalds and/or serious burns from their bathwater, particularly elderly people and young children. It is recommended that the main boiler is set at no more than 54C.

Run cold water into the bath before the hot, and always supervise young children in the bathroom.

PLANNING A BABY



If you are planning to have a baby it is very important to take FOLIC ACID before conception. Folic acid is a B vitamin and is found in green leafy vegetables, fresh or frozen brussels sprouts, green beans, fruits

like bananas, oranges and grapefruit, and yeast extract, fortified cereals and wholemeal bread. It is available in tablet form from your GP and is responsible for the healthy growth of the baby's cells during the first TWELVE WEEKS of life. The recommended dose is 400 micrograms (400mcgs) a day every day for the first 12 weeks. Folic acid helps to prevent the risk of spina bifida in the baby. If pregnancy was unplanned start taking folic acid as soon as pregnancy is confirmed up to 12 weeks. An information leaflet is available from the Surgery, or speak to your GP or Health Visitor.

TETANUS

The group of people most at risk of contracting tetanus are active elderly women, particularly gardeners. It is advisable for people to check that they are immunised. Elderly men are less at risk as they were immunised during National Service, but as for all people, a booster is recommended every ten years.

STOP SMOKING

5 WEEKS COURSE
12.30 - 1.30 EACH THURSDAY
BENTHAM SURGERY

STARTS
14th APRIL

BREAST EXAMINATION

Recent research in Oxford has highlighted that more breast cancers are discovered by self-examination than by screening. Women with breast cancer who had detected the problem themselves through regular self-examination, were more likely to be well and healthy six years later than those who didn't. Women should regularly examine their breasts each month ideally two weeks after their period has finished. Many breast lumps are not cancerous, but anything which feels or looks different should be checked by your G.P.

BOSNIA UPDATE 3

by O.G.W.

The story of two young Bentham men serving in H.M. Forces in Bosnia continues.....

Well, the lads are still hard at it, and neither of them received the dreaded brown envelope, but more about that later. Rob and his crew, as usual, have been involved in a variety of jobs. Diving into a lake to recover some equipment, working on strengthening culverts and bridges to allow the passage of Norwegian Leopard tanks on the way to secure an airfield for aid flights at Tusla.

INSURANCE CLAIM HASSLE

The next task was working on building accommodation at a new base at Orasac, known to the troops as 'Church Pond'. Here they were involved in a serious accident; a space heater fuelled by petrol exploded in their quarters. Three lads were badly burned, one who received very serious burns was flown back to Woolwich Military Hospital in London. They lost all their personal and military equipment in the fire, and are now involved in a complicated hassle over their claim with the insurance company. The company want photographs of the lost equipment taken both before and after the fire, plus all receipts! *How many readers of 'Bentham News' could supply that sort of information in a town in peace time?* The insurance company want it from soldiers in the middle of a war! All the soldiers are advised to insure their kit before leaving the UK for Bosnia.

TENSION EASING?

Gavin has been involved in supplying newly arrived Dutch troops with special equipment as well as vehicle recovery on Route Triangle, mostly in bandit country around Prozer Lake, Gorney Vacuf to Vitez. Tension in the area is easing a little, although there is still quite a lot of vicious fighting going on despite the Sarajevo ceasefire.

IS OUR COUNTRY GOING BARMY?

Morale in Britfor plummeted in the last few weeks with all the lads wondering, "Will I get the brown envelope that means just one thing - redundancy?" Quite a lot did receive them, and far greater numbers in Northern Ireland got the same treatment. The Belgian and French troops serving in Bosnia are given big pay increases while ours get the sack. Just when I think our government can sink no lower, they astound me and do far worse. Only they could send the best soldiers in the world into very dangerous situations, and then make them redundant in the middle of a tour of duty. They follow this up by announcing that they are paying a famous advertising agency more than £2 million to run a recruiting campaign for the Armed Forces. Does it make sense to you?

LATEST NEWS

The last news we had was that the weather was starting to warm up in the daytime, and that the Croats are withdrawing a lot of heavy equipment through TSG, while laughing and exchanging banter with our lads for the first time.

Maybe there is some hope for a sort of peace - that is our hope for all the people.

J. McManus M.B.B.S.

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POLICE FILE 999

by Sgt. David Cochrane

The following figures represent crimes committed in the Bentham area in February:

- 2 burglaries
- 3 thefts of vehicles
- 1 theft from an unattended vehicle
- 1 assault
- 3 incidences of criminal damage

ORGANISED CRIME

Following two separate nights which accounted for the greatest percentage of crime, vehicles which had been stolen from Merseyside were found abandoned in the village, and subsequently those vehicles which had been stolen from Bentham were traced back to Merseyside. This suggests an organised effort by a team from that area.

TELL US WHAT YOU'VE SEEN!

Unfortunately on at least two occasions the offenders were actually seen committing the crime. On one occasion the owner of a car disturbed thieves who were breaking in during the early hours of the morning, but the matter was only reported to the police at breakfast time. In a second incident offenders were seen by a neighbour, pushing a car from a house. Again this happened in the early hours and it was not reported, only coming to light during subsequent investigations. If the police are to successfully combat crime, they do need to be told of suspicious incidents at the time that they are observed. Phone the police at Ingleton (41217) or Skipton (0756-793377) at any time.

HOW TO HELP REDUCE CAR CRIME

You can assist the police in reducing crime. As a vehicle owner, wherever possible ensure that your vehicle is secured in a garage. Time after time we find that vehicles are left outside on the street or on the driveway while the garage remains empty. The reason? It's easier and quicker to just pull up rather than park the car safely away in the garage. If it is not possible to put the car in a garage, then

make sure that no valuables are left in the car. Fit your car with some additional security, such as a crook lock.

EDITOR'S NOTE: *A recent local burglary clearly illustrates the point made in the Police column, that reporting suspicious events as they occur can make all the difference.*

AFTERMATH OF BENTHAM SPORTSWEAR'S BURGLARY

by Pam Woolf

Thank you to all those vigilant residents who happened to see something suspicious happening on the night of our most recent burglary on the 31st January, 1994. A stolen car was spotted being driven away from Goodenber Road. This was immediately reported to the police, who responded, little knowing that it was about to play a part in the burglary. Another witness reported the same car driving down Station Road without lights, and then returning at high speed to stop outside the shop. A third witness then saw the burglars actually breaking into the shop. This was also immediately reported to the police, who were at the scene in 11 minutes. It was because they had been alerted early in the sequence of events that they could arrive at the scene of the crime so promptly.

CAR CHASE

Lancashire police trailed a car towards Carnforth, but without success. Unfortunately the cars used were all stolen, so the thieves kept their identities secret. They left behind a trail of damaged vehicles and stolen property in various locations.

It gave us considerable consolation to know that those who had been in the vicinity of the crime, responded so positively, and although no one has been arrested so far, the police came within minutes of catching the villains. I hope it never happens again, but being realistic, in these times of government-restricted budgets, we have to keep watch for ourselves within our neighbourhood. Thank you, once again, all those who acted so promptly.

EASTER RECIPES

by Doreen Park

Eggs and Easter seem to go together, so here's some tips for making the perfect omelette.

With care, anyone can master the art of omelette-making. Delicate handling is needed, but a little practice perfects the knack. Have everything ready before beginning to make the omelette, including the hot plate on which to serve it - an omelette must never wait, but rather be waited for!



PLAIN OMELETTE

Allow 2 eggs per person.

Whisk them just enough to break down the eggs. Don't make them frothy as over-beating spoils the texture of the finished omelette.

Season with salt and pepper.

Place the omelette pan over a gentle heat, and when hot add a knob of butter and grease lightly.

Pour the beaten, seasoned eggs into the hot fat, and stir gently with the back of the prongs of a fork, or a wooden spatula, drawing the mixture from the sides to the centre as it sets, and letting the liquid egg from the centre run to the sides.

When the egg has set, stop stirring and cook for a further minute, or until golden underneath and still creamy on top.

23

Tilt the pan away from you slightly, and use a palette knife to fold over a third of the omelette to the centre. Then fold over the opposite third. Turn the omelette onto a warmed plate with the folded sides underneath, and serve at once. Do not overcook, or the omelette will be tough.

SOME SUGGESTED FILLINGS:

HERBS: Add 1 teaspn of mixed dried herbs, or 2 tablespns of finely chopped fresh herbs (parsley, chives, chervil or tarragon) to the beaten egg mixture before cooking.

MEAT: Add 2 ounces of chopped meat (such as ham or tongue) and 1 teaspoon of chopped parsley to the egg mixture before cooking.

FISH: Saute 2 ounces of prawns or shrimps in melted butter in a saucepan with a squeeze of lemon juice. Then put this mixture in the centre of the omelette before folding.

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EDITORIAL INFORMATION

BENTHAM NEWS is published at 'Asperlands', 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.

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.

THE FINAL COPY DATE FOR PUBLICATION IS THE 15th OF EACH MONTH.

Every effort is made to ensure that information contained in the paper is correct. However **BENTHAM NEWS** is an open access paper and views and opinions expressed are not necessarily those of the editorial committee. The committee reserves the right to edit contributions, including letters. Please note that although we are willing to withhold names on request, names and addresses must accompany all items for publication.

BENTHAM NEWS is printed at LOGO LABELS, Main Street, High Bentham. Tel (05242) 62180.

CHURCH SERVICES

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

SUNDAY 8am Eucharist. 10am Parish Eucharist & Junior Church. **WEDNESDAY** 9am Eucharist. Mothers Union 2nd Tuesday each month 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). 10.30 Family Service. **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.

Religious Society of Friends, Quakers.

Calf Cop, Low Bentham.

Meeting for Worship, 10.30am on 2nd and 4th Sundays. All welcome. Any enquiries please ring 62365.

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