

BENTHAM NEWS



OPEN GARDENS

For the last two years, the Henry Doubleday Research Association has organized a national organic gardens open weekend and have asked all their groups throughout Britain to take part. This year, on the 25th and 26th June, there will be organic gardens open all over the country. For the last two years the Bentham Organic Gardening Group and various other people have opened their gardens and we have had more gardens open in our small area than the rest of the country. This year six gardens, some large, some small, will be open. They are all well worth a visit. Teas, cakes and plants will be on sale at some gardens. All proceeds go to charity. The following gardens will be open as shown:-

Pam Kneill, Chapelhouse, Newby, near Ingleton, Sun. 26th June, 10am-5pm.
Dorothy Stubbs, The Gables, Low Bentham Road, High Bentham, Sun. 26th June, 10am-5pm.

Pauline Henry, Mill Farm, Wennington, Sat. 25th and Sun. 26th June, 10am-5pm.

Pat Gibson, The Weind, School Lane Wray, Sun. 26th June, 10am-4pm.

Jo Taylor, Marshes Farm, Wennington, Sat. 25th and Sun. 26th June, 10am-5pm.

Gardens will be sign posted. For details, please contact pauline on 21722, or Jo on 21776.

RURAL DEVELOPMENT COMMISSION ROAD SHOW

On June 14th Bentham Trust and the Traders Association are holding a joint meeting at which officers of the Rural Development Commission (RDC) will be explaining the scope of government support for businesses in rural areas like ours. Barbara Malpas will be talking about how the RDC works, Andy Tordoff, their small business adviser, will be talking about the range of grants for small businesses, Noel Bain will be talking about the RDC's village shops initiative, Stan Rucroft will talk about the small projects fund for voluntary organisations and Graham Frost will offer advice on funding for environmental projects under the Rural Action Scheme. All high quality information on how to attract cash for anyone involved in a project or with a business to start or run. The meeting is at 7.30 pm in the Black Bull's function room and EVERYONE is welcome!

CONTENTS

Town council....	page 3
Bullying	page 14
Letters.....	pages 8,9 & 10
Gardening column....	page 15
Recipes.....	page 23
Your good health.....	page 18
Bentham people.....	page 6

JUNE 1994

ISSUE 92

POST OFFICE NEWS

By the Postmistress, Bentham

During May three new services have been introduced by Post Office Counters which hopefully will be of benefit to customers.

British Gas Payments

Following a new National Contact with British Gas all types of payments for gas can now be accepted **free of charge** at all local Post Offices. This arrangement includes quarterly accounts, service arrangements and all Budget Plan schemes. Any type of payment slip including the words "Giro Transcash" or "Bank Giro" will be accepted free of handling charge.

Traveller's Cheques, Foreign Currency and Passport Forms.

(1) From 9th May selected Post Offices, including High Bentham, will be selling Traveller's Cheques and a range of 36 currencies on a pre-order basis. The service will cost a flat rate of 1% commission for cash payments, 2% for cheque payments with delivery within 4 working days from order. There is also a small fixed handling charge for each order.

(2) In conjunction with the currency service, High Bentham Post Office is also able to offer customers the full range of passport forms previously only available from main Post Offices. However, completed applications will still have to be either sent to Liverpool - for full passports - or presented at Lancaster, Skipton or Kendal main Post Offices, for 1 year British Visitors Passports. This facility, in the past, has been frequently requested by customers, and we trust the new service will be of convenience to local residents.

BENTHAM TOURIST INFORMATION CENTRE

By Peter Marshall

The Centre is now open for the summer season and our volunteers will be pleased to assist visitors and local people to plan their days out, or holidays elsewhere in the British Isles.

We now carry a stock of over 400 maps, books and leaflets describing walks, museums, country houses, theme parks and many other holiday attractions.

The Tourist Information Centre is open Monday to Saturday from 9.30am to 4.00pm until the end of September. Volunteers are there during these hours to help you - do please call in and see just what a wide range of interests can be catered for.

We have an efficient team of volunteers, but when our own holidays come along, or if we have any illness, we will require a few more people to call on to maintain our rota. Shifts are usually about two and a quarter hours. If you would like to know more about the duties involved, please contact the Honorary Manager, Peter A. Marshall, either at the Centre, or telephone Bentham 62512.

Apology

The Bentham News would like to apologise to The Hornby Drama Festival organizers for the omission of their article in May's issue. This was due to pressure on space.



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TOWN COUNCIL

By Kate Steele

There isn't much razzmatazz about a Town Council election in Bentham, (I didn't see anyone kissing babies, did you?) but a rare sunny day brought out an impressive 53% of the electorate. I think that *Bentham News* can take some of the credit for that, having publicised both the election and the candidates.

But now the count - held in Ingleton, much to the disgust of at least one of Bentham's Councillors - is over and this is how they fared. Wendy Dowbiggin topped the votes with a massive 770, followed by Jane Preston (512), Doug Baker (494), Bateman Marshall (483), Billy Joel (472), Jean West (440) and Margaret Hayton (439). They are joined by the Low Bentham Councillors Gerald Hurtley, Wilson Hewitt and Russell Jackson. A fourth Low Bentham Councillor will be co-opted at the June meeting.

Gerald Hurtley was elected Mayor and the customary snapshots were taken. Billy Joel, the first ever Mayor of Bentham, was elected Deputy, so providing him with the future opportunity of being Mayor in his 50th year in office for Bentham Town Council.

District Councillors Atkinson (fresh from his overwhelming victory) and Pilkington were also present, along with 14 members of the public.

NEW BLAZERS

So there they were, new blazers sitting proudly alongside the more worn ones of the old hands. Perhaps some of them were hoping for a taste of decision-making adrenalin, the cut and thrust of local politics, the buzz of democratic power. If so, they were disappointed. This meeting was a lacklustre affair, with members of the public straining to hear above the thud and beat of the step class overhead.

TOWN HALL PROBLEMS

When the ladies of the W.I. arrived to set up their recent show, they couldn't use the stage because of all the stuff left on it. Several

3

hours were spent getting it into a fit state. Surely this is not right, Councillor Dowbiggin said. People paying to use the Town Hall expect to find it usable. Blame was laid at Panto and Playgroup doors. Ex-Councillor Cowling, invited to speak from the floor, thought it was up to the Council to manage the Town Hall effectively and not put the blame on others.

Councillor Marshall found the heating blazing away on a Saturday afternoon when no-one was using the Hall. These matters will be addressed at the Town Hall sub-committee meeting in July.

THE STATE OF THE ROADS

Putting new kerbstones up Goodenber Road is a waste of money according to Councillor Joel (other Councillors agreed), when black spots like Springfield are ignored.

Councillor Marshall has two photos of Duke Street looking like some poor country dirt road after a flood. Can't it be resurfaced? Apparently not - it's unadopted, just like Wenning Avenue and we got no joy there.

A reporter from the Craven Herald has attended Town Council meetings for the past year. Her shorthand skills were barely tested on this occasion.

The next Town Council meeting is on Monday 6th June.

The Samaritans

The recent coffee morning in aid of the Samaritans raised approximately £170.

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Bentham Tel 61317.

Summer Opening Times

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4 SHOW TIME

The six ladies who organise the show in aid of The Patient Care Fund at the Bentham Health Centre raised £252.35

They would like to thank Fiona, Dave, Tom and Jim for their participation, the W.I. ladies for the refreshments, Gareth Adams for the lighting and Addy for putting up with them during rehearsals and helping on the night. Thanks also to everyone who gave raffle prizes and of course to the audience for their support. If you enjoyed this, look out for the next performance.

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COUNCIL CONCERNS

BY COUNCILLOR RALPH ATKINSON

A NEW CRAVEN DISTRICT COUNCIL

The results of the recent election mean that Liberal Democrats will have two more councillors on the District Council. There will now be 11 Tories; 14 Liberal/Democrats; 3 Labour and 6 Independents (including one with decidedly Tory leanings!). So the Council is still 'hung'.

OUR BATTERED BRIDGES

As I reported last year we have over 1,300 road bridges in North Yorkshire and we're supposed to make these capable of taking 40 tonne lorries by the end of 1998. In the last three years, with the assistance of a special grant from Govt. we've managed to assess 287 of these (22%) and found that 134 (47%) have failed to come up to standard. With present funding levels we reckon we're able to assess the remaining 1,000 plus in time but won't be able to get them up to standard before 2007 - and that's without railway bridges! So, unless the funding is increased there's going to have to be a programme of weight restrictions - no bad thing in my view!

SPRING CLEAN DAY

This year's Spring Clean Day went off well with many groups helping to clean up the area. So thank you all who took part. However, I'm sad to record that High Bentham WI Ladies were less than pleased when the car park they had left beautifully clean was sprinkled with broken bottles the very next day!

CLIFFORD HALL WOOD UNDER THREAT

Thanks to the vigilance of one of our local residents a threat to the group of beautiful beech trees near Clifford Hall has been averted. Some will still have to go in the interests of good management but the bulk will remain and letting light in should improve the ground flora. The original proposal was to fell 118 trees, but protected

5

as they are by a Tree Preservation Order (fine up to £20,000 if breached) this has been reduced to 27. Now, with the offer of a grant from the Forestry Authority, a management plan has been instituted which should improve the all-round appearance of the wood.

ROAD CHIPPINGS AGAIN

Over the last six months I've had more complaints about the state of the roads than I've had before on any subject - including the dreaded Poll Tax. Surface dressing is an excellent and cheap way of sealing the road surface and providing improved skid resistance - if it works! The Deputy County Surveyor was given a hard time at Burton PC on the subject but even then didn't bring up an entirely satisfactory solution. If it was the weather - why aren't the roads in Lancashire equally affected? If the bitumen hardened too quickly because of the early frosts - why is it still sticky? If it was chipping sizes - why were all sizes equally poor? The answer still evades me, but you may be sure I'll be keeping a very close eye on the promised complete replacement this year.

NEW VICAR FOR ST. MARGARET'S

On Sunday 22nd May, the Bishop of Bradford, The Very Reverend David Smith, announced the appointment of a vicar for St. Margaret's Church, High Bentham. He is Canon John Michael Bearpark, presently vicar of St. Srephen's Steeton, and Chaplain at Airedale Hospital. Canon Bearpark and his wife Dorothy will be with us later this year. The induction is not yet arranged.

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BENTHAM PEOPLE



PERSONAL THANKS

Winifred Lawson appreciated enquiries concerning her illness, from her friends of High Bentham Methodist Church. Special thanks go to Mrs Gwen Whitfield for the beautiful arrangement of peach and lemon carnations, which brought much joy to her heart. 31 Banks Way, Bentham.

Marian Bradley would like to thank everyone, including Bentham trades people, for their generous support towards her Bosnian appeal. Again the response has been overwhelming. Thank you one and all.

William J. Joel wishes to express his thanks to all who supported him in the Town Council Election, and will endeavour to serve the people of Bentham to the best of his ability.

Jean West thanks all who gave her their vote on May 5th. Thanks also to all who voted. Great turnout Bentham.

Jane Preston would like to thank everyone who voted for her in the Parish Elections and Bentham News for their write up.

CONGRATULATIONS

To Debbie on your 21st birthday, June 8th. Mum, Mick and Ian.

Belated Birthday greetings to Mrs McGregor Wood, on her 90th birthday on May 15th, from Bentham News.

SERVICES

Bicycle repairs/maintenance - Ring Phil Leigh, Bentham 62377.

FOR SALE

Portable Electric Typewriter - £50. Phone 62252.

6

REGENERATION OF BENTHAM CIVIC TRUST TEAM REPORT

On the 22nd March the Civic Trust Regeneration Unit, (CTRU) presented the results of their six month study of Bentham to a packed hall of local people in High Bentham Primary School. The presentation summarised the main points of their work which involved over fifty interviews with local people and three public meeting and which is explained in more detail in their comprehensive report entitled '2020 Vision - a Regeneration Strategy for Bentham'.

After looking at the local economy, the local environment and the community network, the report makes clear that Bentham is not a town in crisis and argues that change has to be gradual and lead by the wishes of local people. It supports their view that Bentham should remain a town where people live and work, although it makes clear that tourism will continue to play an important part in wealth creation.

Recommendations

Among a wide range of detailed recommendations, there are proposals to attract an incubator scheme for small manufacturing companies, to set up a community 'tele-centre' for computer and telephone working, to develop a tourism strategy and to improve local training opportunities. Major projects are also proposed at School Hill and Market Square in High Bentham and at the Victoria Institute and the river bank in Low Bentham, along with many small environmental improvements throughout the town and the creation of conservation areas in High and Low Bentham. Community Transport, shared management of local community buildings and an enhancement of sports facilities are also flagged.

Funding The Work

The CTRU team explained during their presentation that the report will need to inspire local firms, local authorities and local people to work together to make some of its proposals happen if it is not going to prove to have been a waste of money. North

prove to have been a waste of money. North Yorkshire County Council and Craven District Council have already indicated that they would support the establishment of a local development trust in Bentham to start implementing the CTRU's proposals and have put £7500 into their draft budgets for this year for taking the project forward. These sums could lever three times their value from the Rural Development Commission, The Tudor Trust, the Training and Enterprise Council and English Heritage, which would be enough to fund an office and workers for the first year. At present the funders are considering the report and in the mean time Bentham Trust is taking forward a few of its smaller recommendations.

See The Exhibition

An exhibition of the recommendations of the study has been in the library and is now in the surgery. Bentham Trust hope to find a venue for displaying it in Low Bentham later in the month. Copies of the full report can be consulted in the library and surgery and can also be obtained from the Bentham Community Trust on 61764.

TOM CAHILL

The Editorial Committee of the Bentham News send all good wishes to Tom for a speedy recovery in Manchester Royal Infirmary, after his recent kidney transplant operation.

BURTON-IN-LONSDALE GALA

SATURDAY 4 JUNE 1994

Fancy Dress Parade 1.30 pm

from the Church

Opening 2.00pm

on Recreation Field

Events: *Small pet show* (sorry, no cats or dogs), *Lune Valley Jazz Band*, *John O'Gaunt Morris Men*, *Maypole Dancing*, *Punch and Judy*, *Bouncing Castle*, *Homemade teas*, *Duck Race*.

Bentham News Tapes.

To facilitate the collection of tapes, a Bentham News "Tapes Return Box" is located in the Health Centre. Recipients of the tapes may return them to the Health Centre if this is convenient for them. Bentham News wishes to express its thanks to the Health Centre for this welcome co-operation and to Don Bridgewood for his time and talent in providing this excellent tape service.



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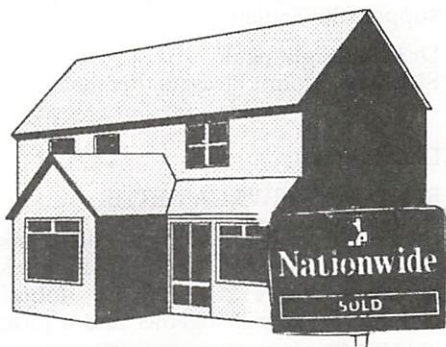
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YOUR LETTERS



Dear Bentham News,

"THE RESCUE OF MR BLOBBY!"

My daughter Christine, is three years of age. She usually wakens up before me. Recently one morning, she pulled back the bedroom curtains and said "Mummy, there's Mr Blobby", pointing towards the back fields. I smiled and went to the window to see what she had seen. Sure enough, there was a rather bedraggled, life size figure in pink, with bright yellow spots, slumped in the corner of a field.

We dressed and went to investigate. Poor "Mr Blobby" had lost his smile, which had fallen off in the rain and lay sodden on the ground. We picked him up (he was very heavy, being full of wet hay) and carried him to our house where we sat him on the front garden seat. He couldn't fail to be missed, sitting there for all who passed by to see. I hoped someone would come and claim him! I pinned his smile and his nose back on. As he began to dry out in the wind and sunshine, he looked a lot brighter.

While I was busy in the house throughout the day, I could hear passers by commenting on him. "Look, there's Mr Blobby" every child would exclaim, as they and their mothers stopped to stare in amusement.

Eventually we found out where he lived. He was recognised by Sue Park as being from the village of Wray, where they were having a scarecrow competition. A friend, Sue Pilkington, was driving to Wray the next day. We set Mr Blobby next to her on the front seat. Sue drove him to the village school where we hoped he would be recognised. He was (not surprisingly) and he was soon re-instated in pride of place with a large notice pinned on him. It said "Mr Blobby is back!" This was in time for the Wray Fair on the May bank holiday Monday. (I love stories with happy endings).

Gillian Ratcliffe



The Bentham News

I would like to thank all the people of Bentham for their generosity in supporting St.Francis Hospital in Zambia. I am vice president of The Friends of St.Francis and can assure all of you that the money is being wisely used.

I was also delighted to hear of the forthcoming meeting on Friday June 17th for "Local Action for Justice and Peace". Since coming to Bentham from Africa I have become increasingly aware that action taken by enthusiastic individuals or groups, in the developed world, can have a profound impact on those in less privileged parts of the world. May I make a plea for people to support this initiative.

Dr.Peter Nightingale
Fieldway, Mount Pleasant, Bentham.

Dear Editor,

BENTHAM NEWS CASSETTE

I would like to express my sincere thanks to everyone concerned in the making of the Bentham News Cassette. I found it extremely well put together and a pleasure to listen to.

I am sure it will be very much appreciated by the blind and partially sighted in and around this area.

Yours sincerely,
Kathleen Townson,
5 Wenning Avenue, High Bentham.

Dear Sir,

We would like to say a very big "Thank You" to the AGE CONCERN and all the committee for all their help. We could not have done without them. It has been a very traumatic time for us these last few weeks.

Also thanks to you for all the help you have given to us.

Yours truly,

Geo.E.Clarkson,
37 Banks Way, High Bentham.

Dear Bentham News,

A 'big' thank you to the people of High Bentham for their tremendous vote of confidence in me at the Town Council election for High Bentham.

I was overwhelmed and honoured at the response and I will do my utmost to serve you well. Please, do not hesitate to have a word with me when you see me around the town if you have a matter that the Town Council can help you with.

Thanks to Bentham News for your article on all the candidates in the May edition of the paper. It was an excellent idea and a real help both to the candidates and to the public in making them aware of the nominations and the election itself.

With thanks,

Wendy Dowbiggin

9

Dear Sir,

Local Action For Justice And Peace

Practically every day we are confronted on our T.V. screens or in our mail, with the urgent needs of those who are distressed by hunger, poverty, homelessness and disease, throughout the world.

No doubt many people hereabouts are already trying to respond to these needs, which have a variety of causes, as best they can. The most effective action, of course, is that which is undertaken in association with others.

Recently a group of our parishioners expressed the view that it might be helpful for all those who live locally and are concerned about such matters, to meet and share ideas. Accordingly, the Wenningdale Room in Bentham Town Hall has been reserved for this purpose on Friday June 17, from 8.00pm. Anyone who sees something to be gained from such co-operation is cordially invited.

If there is an encouraging attendance then those present can determine the frequency, location and subject matter of any subsequent gatherings. In general terms the aim would be to foster co-operative action on behalf of the human family and the planet on which we live.

Yours sincerely,

Patrick A Smythe, Parish Priest.

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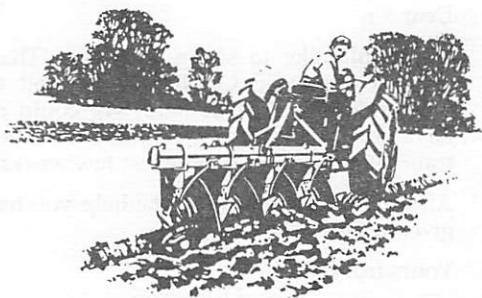
LETTERS CONTINUED

Dear Benthams News,

I wonder how many people enjoy playing cards but seldom find the time to so. I enjoy games of bridge and cribbage when visiting friends in other parts of the country but rarely find the opportunity in Benthams. I resolved to do something about it. I would like to invite anyone who likes the company and intellectual exercise of card playing to join me on the evening of Thursday 23rd June in the Black Bull to play bridge (mainly), but also bezique, piquet, rummy or whatever anyone fancies.

I imagine it as a kind of 'course bridge' evening in which people could feel perfectly free to admit the gaps in their knowledge and experience and 'bend' the rules within the confines of fun and sociability. So why not bring your old pack of cards and family book of card games and join me.

Keith Cowling



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11 USE IT OR LOSE IT

from Keith Dixon

"Use your organic loaf" is the message this month from Barwise's Bakery, Main Street, High Bentham. Barwise's is the only producer for miles around, of an organic loaf. The costs of producing it are becoming increasingly unprofitable, they say, with the result that if customers don't use it, they will lose it.

This is because 100% wholemeal flour is dearer than other flour. Also, since 1st Jan 1993, the cost of producing a loaf they can advertise as "organic", has to include that of obtaining a certificate from the National Association of Master Bakers and the Organic Food Federation. This guarantees that it is made with 100% wholemeal flour, that it contains no inorganic additives and that it involves much stricter controls over the manner of its production.

This means that the organic loaf may be a few pence dearer than other loaves (in Barwise's, 65 pence as opposed to 52 pence for an ordinary wholemeal loaf) but if there is any truth in the findings of a recent study of men who eat organic food, it may be of correspondently greater benefit. The study, in the *Independent* on Sunday, 8th May 1994, revealed that male "consumers of pesticide free food...had sperm counts twice as high as the average - at about the same level as normal for everyone before the mysterious decline (in sperm count) began". Say no more. Support your organic loaf or it may not be all you lose. Invest in the organic loaf for Bentham's future.

BILL HOULSWORTH

Time Served

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LOCAL EVENTS IN JUNE

- Wed 1st Bentham Footpath Group walk, Greystonegill (4 miles) Leader Verena Smith tel 61100. Please meet at Bentham Bridge at 6.30pm.
- Thurs 2nd High Bentham Women's Institute meeting at 7.30pm in the Lower Town Hall. "Bee Keeping" - John Windsor. Competition - A cookery item using honey.
- Sat 4th St.Margaret's Coffee morning
- Sun 5th Bentham Footpath Group walk, Dentedale (7 miles) Leader Tom Connolly. Please meet at Lairgill at 10am.
- High Bentham Methodist Church, 10.30am & 6.30pm, Chapel Anniversary. Speaker Mr W.D.Parkinson.
- Tues 7th Angus Pensioners Association, summer outing to Llandudno. Hope you completed the form.
- Bentham Child Health Clinic at "The Surgery" 1pm-4pm.
- Wed 8th Labour Party Meeting - phone 62050.
- Fri 10th Black Bull Hotel, 8.30pm - "Unplugged", Chris Newman and Moira Ni Chateasaige.

Listing for Local Events

Day.....
Date.....
Event.....
Venue.....

Please complete and return to Bill Kennedy
1 Lakeber Avenue, or hand in at Bentham
Sportswear Shop.

Tatham Fells Women's Institute at Lowgill Primary School at 7.30pm. Mrs Ann Drew - "Fabric Painting". Competition:- Home-made and attractive fruit drink.

- Sat 11th Bentham Footpath Group walk, Fox's Pulpit (9 miles) Leader Jean Worth tel 21799. Please meet at Lairgill at 9am.

Toy Library in the Youth Centre 10am-1pm.

Lowgill Sheepdog trials at 8am, Fancy Dress 1pm, Football 4.45pm & Sports 6.30pm. Venue Tatham Fells. Contact 61620.

St.John The Baptist, Low Bentham. Music for a summer Evening - a concert 7.30pm.

- Tues 14th Tatham Fells Women's Institute at 7.30pm at Tatham Fells Old School. Mrs Ann Drew - "Fabric Painting" and the competition:- Home made and attractive Fruit Drink.

- Wed 15th Cake Stall in aid of Bentham Play Scheme outside the Coach House from 10am. For more details phone Lin Barrington, tel 61034.

- Thurs 16th Low Bentham Women's Institute Members Night in the Victoria Institute at 7.30pm.

- Fri 17th Waste Paper Collection at the Legion Hall, 8.30-11am. Proceeds to NSPCC.

- Sat 18th Friends of Tatham Fells School coffee morning in the Town Hall 10am-12noon. Cake Stall.

- Mon 20th Bentham Badminton Club A.G.M. at 8pm in the Black Bull.

- Tues 21st Bentham Child Health Clinic at "The Surgery" 1pm-4pm.

Toy Library in the Youth Centre 10am-1pm.

- Wed 22nd Shelter annual Coffee Morning

at 10.30am, "Burncroft" Robin Lane Benthams. Bring and Buy - Cakes welcome - Children welcome.

Sat 25th Methodist Church Coffee Morning 9.45am-11.45am.

National Organic Gardening Weekend. For details on Open Gardens, ring Jo on 21776 or Pauline on 21722.

Clearbeck House, Higher Tatham, Garden Open 11am-5pm

Sun 26th Benthams Footpath Group walk, Family Ramble (4 miles) Leader Anne Dobson tel 61210. Please meet at Benthams Bridge at 2pm.

Clearbeck House, Higher Tatham, Garden Open 11am-5pm.

St. John The Baptist, Low Benthams, Sunday School Festival & Prizegiving.

LOCAL EVENTS IN JULY

Sat 2nd Bible Society Coffee morning, 10am-11.30am in the Town Hall.

Benthams Footpath Group walk, Ribblesdale Circular (7-8 miles) Leader Geoff Huddart tel 61700. Please meet at Lairgill at 10am.

Tues 5th Benthams Child Health Clinic at "The Surgery" 1p-4pm.

Toy Library in the Youth Centre 10am-1pm.

Wed 6th North Craven Heritage Trust. W.R.Mitchell's Annual Field Day: "Wensleydale", assemble at Ashfield Car Park, Settle at 9am.

Thurs 7th High Benthams Women's Institute meeting in the Lower Town Hall. "Poetry, Punch and a Plate". Bring your favourite poem.

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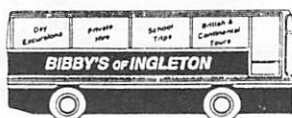
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17 Sept - 8 day Isle of Wight - £249

18 Sept - 13 day Heart of Italy - £449

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London Weekends - Nov every weekend £89

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12 Nov - Tom Jones, Blackpool - £38

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13 July Gt Yorkshire Show, Harrogate -

£6

20 Jul - Carlisle - £5

Pick up a leaflet at Village Pet Supplies
Station Road, Benthams**BULLYING - the
invisible problem**

Bullying can take place anywhere, at any age - nurseries, primary schools, secondary schools, through to out of school activities, youth centres, neighbourhood conflicts and the workplace. It causes fear and distress for the victims, stigma for the bullies, despair for their families and distress for those who witness it. Bullying eradicates self esteem and self value, undermining peace of mind and self respect from child to adulthood, but is perhaps felt at its keenest and most damaging in the school environment.

With this in mind, we have asked Jan Tommany and Lyn Lindop from Grange Park in Poulton near Blackpool to speak at a meeting on:

Tuesday June 21 at 7.30pm**in the Youth Centre in High Benthams,**

to tell us how they, as a community, have responded.

Lyn and Jan are local residents and mothers, who work in a voluntary group "Parents against Bullying", which was set up in 1991. Please come along and contribute to the discussion. All ages welcome.

P. Hill and P. Linklater

Gardening Page

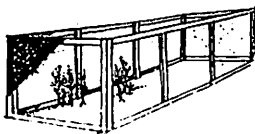
By Jo Taylor



GET PLANTING

June is here. We've had such a cold wet start to summer, but with the hopes of better weather I've put out my runner and French beans, with a fleece around them in case of an unexpected frost. Courgettes are out too, but are covered. With the cold winds of late, I feel they need to have a protected start. Courgettes like a very rich soil in which to grow. I know quite a few people who plant them directly onto their rotted compost heap.

Now is also the time to protect Brassicas from cabbage root fly. You can do this by placing a 4" square of old carpet or lino around the base of each plant. Carrots need to be saved from carrot fly and as these are a soil borne pest, crop rotation is important. Carrot fly can't fly higher than 2" so if you can make a fine mesh barrier, 2' 6" high, they will have difficulty getting at your crop.



Carrot fly barrier

I'm a lazy gardener and hate having to weed the same patch over and over again. It seems pointless. So I use a mulch. This year I'm using mushroom compost. My soil is poor and needs feeding and fibre, so this will do the job for me. You have to be careful where you get the mushroom compost from. Some mushroom growers use really nasty chemicals, but some don't. So ask the mushroom grower what he uses in or on the mushroom compost. A different mulch I've tried this year is cocoa shells. It's supposed to repel slugs, so I've use a bag of it around my hostas. It looks good on the ground, and once thoroughly wet forms a solid mass.

15

FOOTPATHS OVER THE RAILWAY.... ARE THEY LEVEL OR DOUBLE CROSSINGS ?

BY Keith Cowling

Walkers along the Wenning and Camp Field may have noticed the recent timber structures erected by British rail to prevent trespassers on the line between the two footpath crossings, and wondered why these places have been chosen for such attention, when other local crossings have been ignored.

Walking along a railway line can have its dangers. No one wants to encourage children to play near one, but it is ironic that after years of poor train service and lack of investment in our station, we new "no trespassing" signs and grids are placed across the track. The track barricaded off has a wide verge where local people have safely exercised dogs for years. A right of way may have been created despite the warning of trespassing on the new signs. Can any older locals remember using the track side walk?

It would be charitable to assume that British Rail has our safety at heart, but I can't help seeing the looming shadow of privatisation behind this activity. Is British Rail going in for some token of "risk management" to limit insurance liability of new private owners? I suspect it may be identifying land with commercial value. The barricades mean that this walk amongst the great burnett flowers and wild raspberries will soon be sold, like the rest of the rail network, to the highest bidder. I think we should be told.....

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"Picture Gallery Now Open"

High Bentham W.I.

By Margaret Hayton

The May Meeting included a discussion of Resolutions which was followed by a slide show by Mr.D Dafforn on "Well Dressing"

Next Month's meeting is on "Bee Keeping" by Mr. John Windsor. The competition is:- A cookery item using honey.

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16

Low Bentham County Primary School Spring Fair

There was an excellent turn-out for the Spring Fair at Low Bentham school which raised in excess of £300. The funds will be used to enhance the children's activities with new equipment.

Attractions included a tombola, bouncy castle, pony rides and various stalls and refreshments. A bar 6-9 was also held, organised by the Gala committee at which this year's queen and entourage were chosen. They are: Queen, Allison Pearson; King, Mark Dixon; Attendants, Fiona Hewith, Victoria Hurtle, Lisa Stephenson, Courtney Lister; Page, Rikki Hodgson. Mrs Milward expressed a vote of thanks.

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AGE CONCERN BENTHAM

From Clifford Machin Chairman.

Proposed Opening of Second Day Centre

In view of the undoubted success of our Friday Day Centre we have been invited by North Yorkshire County Council Social Services Department to give urgent consideration to the opening of the centre on an additional day. In view of this expression of confidence in our organization, and the offer of financial support, we will open a second Day Centre on Mondays in Bentham Town Hall from 11th July. The pattern of the day will be similar Friday's Centre.

We rely entirely on the guidance of the users of the Centre and ballot them regularly to ascertain the popularity or otherwise of the various activities, function and services. We will open the Monday Centre at 10am with a "drop-in" for tea or coffee until about 11.30am. All "over 60s" and friends or relatives, are welcome to enjoy the friendly warm atmosphere which has become the hallmark of Age Concern Bentham. Between 9.30 and 11.30am our 12 seater passenger vehicle operates a collection service bringing our less able bodied members to the Centre. From 11.30am until lunchtime our organizer leads a session of exercises to music, designed to assist the flexibility of joints and muscles ravaged by years of wear and tear. The range of exercises has been approved by the Health Centre.

At about noon a hot two course meal, is served to about 50 to 70 members, by a team of volunteer helpers. Quite a number of the meal recipients are referrals from the Health Centre. Meals are also taken out to those members who are housebound through illness.

The afternoon programme covers a wide range of activities including crafts, talks, quizzes, dominoes,

17

monthly coach outings, theatre visits, entertainers etc., closing with tea and biscuits and a last opportunity to exchange the week's news before everyone wends homewards.

We have a dedicated management committee of eight who are on duty most Fridays. They are ably supported by a team of voluntary helpers on rota one week in four. Two helpers are on duty from 9.30am to 1pm, followed by another two till about 3.15pm. Their duties involve helping with the coffee, tea and lunch - in the kitchen or at tables.

VOLUNTEER HELPERS NEEDED

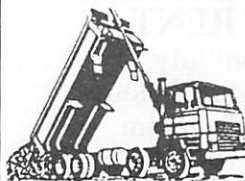
In order to successfully operate a second Day Centre we do urgently need to recruit more volunteer helpers. If you feel you can give about three hours once a month, on either Mondays or Fridays, between 9.30am and 3.15pm, we would be very pleased to hear from you. We also need relief drivers for our Disabled Passenger Vehicle. Drivers must have a clean driving licence and experience of driving this kind of vehicle. If you feel able to assist in any way please contact any of the following:- Clifford Machin (05242-61930), Douglas Garlick (05242-62171), Rosalie Elliot (05242-42013), Age Concern North Craven (0729-823066), or please leave your name address and phone number at Bentham Health Centre. Thank you!



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YOUR GOOD HEALTH

By Christine Hodson, Health Visitor.

"The Head Lice are back in Benthams"

Once again there are head lice in the community. It is not dirty or unclean to have head lice as they prefer a clean healthy head and are quite at home on the hair of any member of the family, young and old. Treatment is currently available at the surgery or can be purchased from the chemist.

What to look for.

Nits - white, pinhead-sized empty egg cases which are glued onto an individual strand of hair.

Live Lice - Approximately 2mm long, a small dark insect-type creature, which can move very fast through the hair by "swinging" from strand to strand, with its strong clamp-like front claws.

Itching - only starts to occur when when lice have been on the head for at least 2-3 weeks.

Prevention.

1. Comb hair with a fine comb when wet.
2. Keep long hair tied back.
- 3 Check hair at least once every week.
4. Do not use insecticide lotions, creams or soap to prevent lice, as they will not give protection against catching them.
5. To prevent and localise the spread of the problem, please tell all your close contacts, family friends and school.
6. Treat as soon as possible.

Please seek help and advice from the Health Visitor or GP if needed.

TO RENT

From July,
4 Bedroomed House
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For Details - Tel 61748

ENJOY FRUIT AND VEG



Fruit and vegetables are an important part of a balanced diet - they contain fibre and lots of vitamins and minerals which help to keep you healthy. They are low in calories and can be quite

filling. Coming in lots of varieties and tasting good, they don't have to be expensive.

Vegetables don't have to be tasteless pale and mushy. Try them steamed, microwaved, stir fried with only a little oil, or cooked in only a small amount of water. Frozen vegetables are just as good as fresh and don't go mouldy or need a lot of preparation. Canned vegetables are a good standby, particularly tomatoes, sweetcorn and tinned beans of all varieties, not just baked beans.

Fruit is liked by most people. It makes a suitable snack, pudding or part of a main meal. Try adding chopped fruit to breakfast cereals or porridge, or experimenting with hot puddings. Tinned fruit can work out cheaper than fresh fruit for an instant pudding. Stew dried fruits like apricots or prunes and serve with yoghurts, custard or rice, or use dried fruit in lunch boxes. Fruit Salads can be delicious and the range is huge. Try Doreen's exotic salad (recipe page) for something appetizingly different.

A.: excellent leaflet called "Enjoy Fruit and Veg" is available from the Surgery and Bamford's shop. It includes recipes, storage hints and general information.



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refreshments in the village.

Sat.4th June 2-8pm Sun 5th 11am-6pm

SONGS FOR A SUMMER EVENING

Fri 3rd Jun 7.30pm in the church.

FESTIVAL EVENSONG

Sun 5th Jun, 6.30pm

Programmes £2.50 Children £0.50

Details from Mrs. E Cottam 21658.

SKIPTON and RIPON LABOUR PARTY

North Craven Branch

North Craven Labour Party had their monthly branch meeting in Low Bentham on Wednesday 11th May.

Chairman Kevin McSherry outlined campaign plans for the forthcoming Euro-Election on 9th June. The Labour candidate is Bernard Regan and he will be in the area on Monday 6th June to meet constituents.

Social events include a barbecue on Sunday 26th June at Terry Whittaker's, Low Bentham, and a quiz night in September.

Members were shocked and saddened to learn the following day of the sudden death of Labour leader, John Smith.

The next meeting is on Wednesday 8th June - enquiries to Bentham 62050 please.



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BENTHAM SCHOOL NEWS



This month is proving to be a very exciting one. The Junior School is moving from Bridge House, which it has now outgrown, to the larger Moonsacre, where there will be more space for the Nursery, Infant and Junior classes and better facilities from September for the younger boarders. The Senior Boarding Girls from Collingwood and Ford will move into Bridge House in September, with the addition of 20 new single study bedrooms. This will allow them to make greater use of the facilities of the main school. The contract for the new building at Bridge has been awarded to local builders, Brown & Whittaker Ltd.

The Duke of Edinburgh Award scheme is keeping many pupils busy at the moment - Bronze, Silver and Gold expeditions are taking advantage of the better weather to spend their weekends under canvas on the hills. The younger pupils are eagerly awaiting their 1st form trip to Coniston to enjoy a combination of outdoor pursuits and fieldwork.

At the recent Hornby Drama Festival the school performed three short plays by Samuel Beckett. In the final adjudication the three performances were awarded grades A, A, and A-.

Staff and pupils will be busy helping with the Bentham 10 mile road race on June 26th when there will be a car boot fair run by the Parents' Association. This will be on the school field, weather permitting, starting at 9.00am with refreshments, including a barbecue. So spring clean the garage and bring along your unwanted items!



BENTHAM FOOTPATH GROUP

By Maureen Ellis

Walks continue and a new programme has just been printed. There is something to suit everyone, from an evening walk of three miles to a ten miles Saturday walk.

The walks are enjoyable and very well attended by young and older members, and often by their visitors, especially during the summer. A recently well-grafted walk much enjoyed by Len Moody was reported to me. Billed as Slaidburn to Dunsop Bridge, Frank Yates lead the 10 mile walk starting in the valley of the river Hodder. From Newton, taking a westerly direction, Knowmere Manor came into view but before reaching it there was a change of direction to Farrowfield, Hodder Bank and Dunsop Bridge. Names are intriguing, and none more so than Beatrix, which was the next goal, with the backdrop of Beatrix Fell. The leaders of the Bentham Footpath Group show a great deal of ingenuity in constantly producing, as if out of the hat, something different such as this one for Frank.

The summer and autumn programme is tantalizingly full, with for example, a walk each weekend in October. Earlier in the summer there are evocative names, to tempt anyone into their boots, such as Fox's Pulpit and Knight Stainforth/Feizor.

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999 POLICE FILE

By Sergeant David Cochrane

The crime figures for the area for the month of April are:-

Burglary (dwelling) 2
Burglary (non-dwelling) 6
Theft from vehicles 10
Theft of vehicles 3
Other thefts 4
Criminal damage 1
Total crimes 26

A particularly nasty crime of burglary occurred over the weekend commencing Saturday 16th April, when persons entered a bungalow on Low Bentham Road, after the elderly occupant had been taken to hospital. They entered by using a brace and bit to drill into the window frame and stole a number of items of good quality. This included a pair of solid silver candlesticks, a silver pin cushion in the shape of a boot, a doll over 100 years old, wearing the original dress, off white in colour, other items of antique value, and over £300 in cash and pensions. If anyone recalls seeing anything suspicious, please contact us at Ingleton. Your call will be treated in confidence.

As can be seen by this month's crime figures, theft from vehicles is on the increase. The majority of cars attacked belong to visitors particularly on fine sunny days, and at weekends. Your assistance would be greatly appreciated. Please keep your eyes and ears open and note down any suspicious vehicles or persons seen loitering near to parked and unattended cars.

Finally, as the fine weather continues, out comes the garden furniture. A lot of this is valuable. Theft of stone troughs and ornamental pieces has increased over the years. Again, if you see persons loading up such items into the back of a vehicle, take a note of the number, and let us know.



MUSIC FOR A SUMMER EVENING

By Alison Hawkey

Saturday 11th June at 7.30 pm will be another opportunity to enjoy the musical talents of many of our community. Last year the church in Low Bentham was full of people as the children of St John's Junior Church, young people, St John's singers and flautists, guitarists and even a dancer, gathered to present an evening of musical excellence.

This year there will be a varied programme, with faces new and familiar, young and old. Do come and join us and you will be assured of a warm welcome and a chance to share in the skills of our many musical friends and neighbours.



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SPORTS NEWS

CYCLING

By Janette Richardson

Sholto Haggart was 11th in the Liverpool Century Road Race over 82 miles, and was also 11th in the Stockton Wheelers 25 mile time trial in 56.08 minutes. In the Circuit of Dolphinholme he was 8th of the 80 riders. Well done!

RUNNING

Jill Adam and Janette Richardson ran in the Kirkby Lonsdale 12 mile event in a time of 1hour 44 minutes. Burton-in-Lonsdale's Guy Woolnough came 16th overall and there were over 300 competitors. Verity Woolnough took part in the 2 mile race and finished 32nd in 17:05 minutes.



NETBALL

By the "Umpire"

Wenning v Addingham Although this was Wenning's first match of the season, all the practice at 7.30pm on Wednesdays, could be seen to pay off. In the first quarter Addingham had the edge, leading 12-3. Wenning then produced their "Joker"; allowing Laura Widdup on the court turned the match and Wenning were only 23-20 down with one quarter to play. As is often the case in competitive sport, there was more aggression in the last session. Wenning, losing by 31-25, can be well satisfied with their team effort. Ingrid, as usual, got most of the cheering from the spectators, due to her incredible shooting skills!

Low Bentham Institute

Barbecue & Disco in Marquee at The Punch Bowl, Low Bentham, Fri 8th July 8pm-1am
 Tickets £5 Over 18s only
 Tel Bentham 61048 or 61087

22

Record Review



By David Greenep

Pink Floyd - The Division Bell

Pink Floyd originally started back in the sixties. The main band members were Syd Barrett and Roger Waters. It produced the album "Embryo" which is still popular today but often hard to find. After Syd Barrett left to go solo, Dave Gilmour joined the band and later it probably had the most recorded album ever. This was "The Wall" and the same happened with the "Dark side of the Moon", which is still in the US charts. Since "The Wall" there have been more changes to the groups line up. Roger Waters left to go solo and released albums like "Pros and cons of hitchhiking" and more recently "Amused to death" which have all done well. This left three members of the group, Dave Gilmour, Nick Mason and Richard Wright, who are still going strong with the "Division Bell" that entered the charts at No1.

The threesome have been outstanding with "A momentary lapse of reason" and the live album, "Delicate sound of thunder". This album is typical Floyd. Dave Gilmour is coming up to retiring age but still plays the guitar like a young man with fresh new ideas. I like this album but personally I feel that their best period was when Roger Waters weirdness and originality gave the songs life. Personal favourites on the album are "Keep talking" with some of the smoothest guitar playing you'll ever hear, and "Wearing the inside out". This is dark, moody and rather strange. Pink Floyd are often known for being depressing, boring or dull, but I feel that these guys have very strong feelings.

I give Pink Floyd -The Division Bell, 10 out of 10 because it is 100% Pink Floyd, without a fault, and I hope they keep playing till they drop.

MUSIC
MUSIC
MUSIC

RECIPES

By Doreen Park

In conjunction with Christine Hodson, here are some Healthy Eating Recipes to tempt your palate.



LENTIL ROAST

- 8 oz lentils
- 2 tablespoons oil
- 2 onions
- 2 large tomatoes
- 1 large cooking apple
- 2 oz breadcrumbs
- 1 teaspoon sage or mixed herbs
- salt and pepper

Soak lentils overnight in enough water to just cover them. Next day cook lentils in same water till soft, beat smooth. Heat oil in pan and fry finely chopped onions gently until soft. Peel, core and finely slice the apple, skin and chop the tomatoes. Add both to the onion and fry till soft. Add this to the lentils with breadcrumbs, beaten eggs, herbs and seasonings. Bake at gas 5 - 375F for about 50 minutes. Serve as a main course with green vegetables, gravy or tomato sauce.

SUNSHINE FRUIT SALAD

- Juice of 2 large oranges.
- Juice of 1 lemon.
- 2 tablespoons Cointreau, Grand Marnier or other liqueur (optional)
- 8 oz strawberries, hulled and halved
- 2 large peaches
- 2 large bananas
- 2 passion fruit or pomegranates

Put the orange and lemon juice in a serving bowl and then stir in the liqueur. Add the strawberries. Cut the peaches in half, remove the stones and slice the flesh. Peel and slice the bananas. Cut the passion fruit or pomegranates in half and scoop out the flesh with the seeds. Add the prepared fruit to the strawberries and fold gently to coat with the juice. Serve chilled.



WALK THIS WAY

By Jane Reas

How often do you hear the remark, "We live in the middle of such beautiful countryside but we really don't get into it as often as we should"? How often do you hear someone say "I'd love to help but I really don't have much spare time"?

Did you know that at High Bentham C.P. School, music tuition, childrens medicals, one-to-one teaching and staff breaks are all taken in the same small room? Like to kill three birds with one stone? On Sunday 19th June, The PTA have organised a sponsored walk through the beautiful countryside around Bentham, to raise funds to finance the building of an extra room for the school. If however, sponsorship is not your cup of tea, you could buy a "Walk Ticket" and support us in that way.

Tickets or sponsorship forms can be obtained from the school, any committee member, or by contacting Bentham 62162.

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EDITORIAL INFORMATION

BENTHAM NEWS is published at 'Latharna', High Bentham by an editorial committee consisting of Tony Bennett, Shirley Brown, Tom Cahill, Jane Callus, Keith Cowling, Keith Dixon Christine Hodson, Ken Robertson, Kate Steele, Jean West, Pam Woof and our co-ordinator Bill Kennedy who can be contacted on 62492.

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 Callus on Bentham 62277. Items for publication can be left at Bentham Sportswear, Station Road. Please also include your name and telephone number. 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.

CHRISTIAN AID

The recent door to door collection for Christian Aid raised over £800.

SHELTER

Annual Coffee Morning

at



"Burncroft"
Robin Lane

10.30 am Wednesday 2nd June.

Bring and Buy. Cakes Welcome.

Children Welcome.