

BENTHAM NEWS



BENTHAM SHOW

3rd September 1994

Forget sky-diving and bungee jumping. The main attraction at this year's 124th Bentham Agricultural Show will be a mechanical bull! So, all you frustrated cowboys out there, here's your chance to get in some practice for the rodeo!

This is in addition to all the usual attractions like stick-dressing, handicrafts, horticulture, the parade of vintage machinery and exhibition of farm animals. However, this year for the first time, there will also be a virtual-reality display. The intention, says Mr Bob Ervine for the show's organisers, is to provide entertainment but keep the show as a whole traditional.

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AUG 1994

HEY KIDS! DON'T FORGET THE PLAYSCHEMES!

By the Playscheme Committee

Don't forget this year's Playschemes which start on 22 August and run for 2 weeks. We're going ahead with Playschemes in both Bentham and Ingleton, and another piece of news is that we are providing lunchtime supervision at both venues. This has been made possible by a grant from the Training and Enterprise Council.

The charges remain at 50p per session, but if you want to stay all day including lunchtime (10am-4pm) it will cost £1.50. Bring a packed lunch. There will also be crisps and juice for sale.

Bring a parent, or person responsible for you, on your first session to sign your registration form. We're looking forward to seeing you.

For further information contact Lin Barrington (61034) or Vi Christensen (62688).



ISSUE 94

Bentham Footpath Group

By Maureen Ellis

If you decide to walk with the Bentham Footpath Group, be prompt. I missed an excellent Ribbleshead circular walk by ten minutes. Lairgill carpark was empty so I went instead to Moughton to do some botanising. I heard later that the walk followed the line of the Settle-Carlisle railway up and over Blea Moor, along the line of the ventilation shafts, and down to the top end of Dentdale, then round by Gearstones. The latter must have been an important staging post as the remote cluster of buildings is marked on all large scale road maps.

A tree of some 20 inches girth had been blocking the footpath in Moulterbeck Wood. As it was too large to be dealt with by members, it was removed commercially and paid for by the organisation. This work was done just in time for the family meet of 26th June, attended by about 28 people including children. It was a well planned and reconnoitred route, taking in many of the group's recent footpath improvements.

A future generation of walkers

Confidence seems to be growing in the use of local footpaths. Kay Piper deserves much of the credit for organising her curriculum walks for High Bentham Primary School, and so the future generation of walkers and

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their parents have benefitted. Members of the Primary School PTA organised a sponsored walk on the 17th June which followed the route, first used 8 years ago, up and round Burn Moor. Sponsorship money will be used towards the new amenity room they plan to build.

In Tatham Fells Parish 3 Parish boundary walks took place, to mark the centenary of local government. When the "Cross Bay" walk had to be cancelled because of illness of the guide, an alternative was sought and it was decided to follow the Turbary (peat) Road in Kinsdale up to Yordas Cave.

An active programme continues throughout the late summer and autumn.



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TOWN COUNCIL

By Keith Dixon

Chair: Mayor Hurtley. Present:

Town Councillors Baker, Hayton, Hewitt, Jackson, Joel, Marshall, Preston, West, Woof, District Councillor Pilkington, County Councillor Atkinson.
Apologies: Councillor Dowbiggin.

LENGTHY AGENDA

I have an idea that, among the many items discussed this month, were: the odd unpaid bill; who is to pay for the badminton court in the Town Hall to be repainted; loose slates on the Town Hall roof; the cost of moving the sub-station at Mount Pleasant; the possibility of twinning Bentham with Villeparisis, Paris, France; the possibility of purchasing land to the rear of the Co-op to extend Cleveland Square; and the pros and cons of removing or temporarily "locking-off" a water main in aforesaid square.

NOISY MEETING

But I can't be sure because the one item certainly *not* under discussion was that, for over two hours, all present had to endure such an ear-bashing from the step-class upstairs that it was hard to hear what was going on. It's been said before, but surely the Town Hall is not so fully booked that its management is forced to run step-classes back-to-back with - nay, *on top of* - Town Council Meetings!

INTERESTING ISSUES

If so, it's a pity because at least some of the issues arising were potentially interesting. For example, the question of adult education provision in Bentham, on which Mr Robbie Roberts from Craven College addressed the meeting.

DISAPPOINTED

Unimpressed with the college's record in this respect, the councillors, it seems fair to say, gave him a "rough ride". But Mr Roberts gave as good as he got, arguing that he cannot lay on more courses in Bentham

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because courses like word-processing and accountancy require the use of computers which in turn require a permanent home. Which Bentham cannot provide because the Wenningdale Room, Victoria Hall, and primary school etc, are unsuitable for reasons of security or cost. Said Mr Roberts, its best hope of doing so resides in a plan to convert the Youth Club as soon as possible.

ALMOST AS INTERESTING

Turning its attention to other matters, the council addressed the question of the removal of the sub-station at Mount Pleasant. NORWEB informs us it would cost around £35,000 to which NORWEB itself would be unlikely to make a contribution. Not much room for manoeuvre here, it seems. Maybe it's time for those who live in the vicinity of the sub-station to invest in lead pyjamas.

Then there was the matter of three new sets of waiting restrictions. Of most interest to most people perhaps, are those which are to consist of a single yellow line outside Armstrong's to restrict parking during the hours of 8am to 6pm, Monday to Saturday, and give westbound wagons a clear line of sight past the Post Office. Motion carried.

There was less agreement about the possible benefits of purchasing land from the Co-op to extend Cleveland Square even though it now appears that the Co-op *are* prepared to co-operate. (As, of course we would expect it to do!) This might just mean that its vans unloading would constrict the car-park instead of the High Street. "The benefit to us all," said Councillor Marshall, "would be minimal!"

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HIGH BENTHAM C P SCHOOL NEWS

By Emma Cowgill, Sarah Dobson and Sharon Taylor (10 years old)

We have had a very busy half-term and thought you may be interested in details of the following events.

SPORTS DAY

We held the School Sports on Friday 17th June. We had several different races for each class. The captains were Sarah Dobson (blue), Lucy Taylor (red), Lee Marshall (green) and Paul Lister (yellow). The green team won, followed by blue, red and yellow.

SPONSORED WALK

On 19th June the PTA held a sponsored walk. Drinks were available at the checkpoints. We made over £1,000 to help pay for the new Amenity Room.

MUSICAL

On 21st June the school choir performed a musical called the 'Bumblesnouts Save The World'. Jane Callus and Mrs. Wheildon helped put the play together and rehearsed the choir. We sent a donation of £20 to the World Wild Life Fund. The choir will perform the play again for parents of the children in classes EW and KP on 21st July.

SUMMER MUSIC CONCERT

Tuesday 5th July marked the School Summer Music Concert. Performances were given on the recorder, flute, violin, guitar, trombone, keyboard and piano.

PTA SOIREE

A PTA fund raising Soiree was held at Mr and Mrs Horton's on the evening of 10th July. There was a buffet and lots of entertainment provided by parents and friends of the School.

SWIMMING GALA

The swimming gala was on 13th July. We were in the same teams as on Sports Day. The winning team this time was yellow, followed by blue, red and green. On the same day we had Open Evening when lots of parents and friends came to look at our School.

OTHER ACTIVITIES

Mrs. Piper has been on some of her walks, Mrs. Wheildon took her class to Beamish, and Mrs. Whitaker and Mrs. Warren's classes visited The Oasis Wildlife Centre and Leighton Hall. Mrs. Whitaker's and Mrs. Warren's classes laid on a Grandma and Grandpa's Tea Party on 12th July. The teachers and some of the PTA dressed up as waiters and waitresses for Mrs. Wobbles' Cafe. What a busy half-term!

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COUNCIL CONCERNS



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BY COUNCILLOR RALPH ATKINSON LOCAL GOVERNMENT REORGANISATION

I know! I know! Everybody's sick of the subject. It seems to drag on and on. The latest however, is that the Secretary of State has sent the whole thing back to the Commission for reconsideration - so goodness knows when it will end.

WORRY OVER DISTRICT COUNCIL 'LOSS'

A lot of unnecessary concern has been generated over reports in the press of a huge 'loss' by Craven's Building Repairs Organisation (DLO). True there has been very bad management and there is a shortfall of more than £200,000 but this is internal ie. the DLO's loss has been Housing's gain and there will be no charge on the tax payer. The whole thing has been thoroughly investigated by external auditors, there's been no argy-bargy and measures are in place to sort out the management. Also, the other four commercial organisations in the Council have been making good profits.

QUANGOS UPON QUANGOS

We are told of Government plans to create yet another quango - the Environment Agency - to overlook the National Rivers Authority, Waste Disposal Authorities and the Inspectorate of Pollution. More jobs for the boys or an intelligent attempt to coordinate? Who knows, except that it'll cost us.

POLICE COMMUNICATIONS

In addition to the outside telephone at Ingleton Police Station it looks as if we're going to get the long promised improvements in radio communications. It's a pity it had to wait until two officers were significantly injured because they couldn't call up reserves but we're very happy it's going to happen at long last. Also the police

are taking a serious look at the telephone system - so hopefully we soon won't get ignorant replies to our enquiries from York or Harrogate.

As for the Bobby-on-the-beat people are always asking for, the new initiative of Local Area Policing should help and we are also getting a few more officer appointments in Craven. Nationally there are 12% more uniformed officers than in 1982, the problem being that the demands on them have increased several fold in the same time. True they now cost a lot more but at 31p a day overall they cost less than our daily pinta.

SCHOOL TRANSPORT

Parents will be glad to learn that County is moving towards a policy of 1 : 1 seating on school buses, though when this will be complete on all buses is not yet clear. Also under serious consideration are support for existing operators of minibuses to fix seat belts, the provision of escorts where there are no senior pupil travellers and stricter age limits on vehicles.

COUNTY OLD FOLKS' HOMES

A recent conference supports the stance we have taken at County that the response to greatly increased standards, and hence costs, of residential and nursing homes for the elderly, is not necessarily closure. We've been forced to close some of course but increased occupancy and improved management have been reflected in greater popularity of the County homes and we look like saving the rest, or most of them.

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POST OFFICE PRIVATISATION ?

By Alison Wilken, Postmistress

HISTORICAL BACKGROUND

The Post Office is one of the oldest public service institutions in being, and has been providing mail services since the reign of Charles I - for over 350 years. During this time it has developed, grown, reorganised, modernised and survived the hiving off of some of its most profitable (banking and telecommunications) activities, to become one of the most successful postal administrations in the world. It has contributed over a billion pounds to the Treasury in the last decade, whilst still providing higher levels of service than several of its European counterparts. Each of the Post Office's three main subsidiaries (Royal Mail, Parcelforce and Counters) provides a universal service to all urban and rural communities, and despite the inevitable imperfections and foibles attendant upon all large organisations, the Post Office remains popular as well as resilient and effective.

SO, WHY PRIVATISE?

So, one may ask, why is it necessary for the Government to change radically the Post Office's basic structure? It did not mention the need to do so in its 1992 manifesto. It is aware that to make any major changes could be hugely unpopular. It has taken

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two years to come up with a set of complex and intrinsically contradictory proposals. The answer, as so often in recent years, is ideological.

COMMERCIAL FREEDOM STIFLED

The Post Office requires, and has for some years sought, the ability to provide new services in certain areas (eg. counter services, international mail and electronic mail) and also needs more capital to invest in its infrastructure. The DTI and the Treasury could easily allow the Post Office to do these things, but Michael Heseltine and his colleagues have not apparently been prepared to allow a public sector enterprise the element of commercial freedom it needs to prosper, for the benefit of all. This has caused serious frustration to senior Post Office managers.

POLITICAL CONSIDERATIONS PARAMOUNT

Hence the publication of the Green Paper on 30th June, with its preferred option of selling off 51% of Royal Mail and Parcelforce and yet retaining Post Office Counters in the public sector. This latter is probably due more to the political need to be seen to be guaranteeing the widespread network of Post Offices, rather than to any logically thought out strategy. Similarly, the political sensitivity of the issue, arising from the fact that the Post Office is a unique organisation, means that there are several references, in the Green Paper, to the need for the privatised Royal Mail and Parcelforce to provide and maintain all the basic postal services which the public currently enjoys, to the continued use of the Royal cypher and to the continued exemption of postal service from VAT.

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POSSIBLE LOSSES FROM PRIVATISATION

The Government's preferred proposal is to split up and sell off part of a successful public corporation, place the primary emphasis on commercial considerations, and, despite the promised guarantees,

leave a large question mark over many of the services we, particularly in rural areas, now take for granted. For example, uniform pricing of letters could be threatened as could every day delivery to every address; Royal Mail ties with Counters could be loosened with a resultant impact on the viability of certain post offices, and accountability to parliament would be reduced. There are pointers to what could happen in other former public sector industries, e.g. BT was formerly part-privatised but the government then sold off its remaining shares; the guarantee for uniform British Gas pricing has gone. British Gas showrooms are being closed. VAT has been imposed on fuel. Water price increases have been criticised as excessive.

SO WHAT SHOULD BE DONE?

The Green Paper is a consultative document, and all involved parties (which means EVERYONE as the Post Office belongs to us all) have until the end of September to put their views to the Government, to MP's and other opinion formers. If you agree that the Post Office, as a whole, should remain in the public sector but with increased powers through a relaxation of current Government rules, and this option IS included in the Green Paper, IS feasible, and IS both the simplest to adopt and the only one really guaranteeing the future of the Post Office services as we know them today, then write to your MP, to Michael Heseltine, to your councillors and to the press supporting this option. If you use the 'Stand By Your Post' postcards to do this, please remember to include your address.

The Government has occasionally changed its mind (the recent BBC proposals are a case in point) so seek NOW to persuade them that the Post Office is, like the BBC, a valuable public service that works best within the public sector and should not be dismantled.

Act now - tomorrow could be too late!

WOULD YOU LIKE TO LEARN HOW TO USE A COMPUTER?

By John Perry

From September, Lancaster and Morecambe College will be running an RSA CLAIT (Computer Literacy and Information Technology) course on Tuesday evenings from 7-9pm at the Town Hall, Benthams.

Class size is strictly limited to 12 places so early application is strongly advised. For further information contact Student Services, Lancaster and Morecambe College, Morecambe Road, Lancaster, Tel (0524) 66215 ext 237.



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PODIATRY

Foot Care for the Year 2000.

By *Mr.C.J.Ferguson, State Registered Chiropodist/Podiatrist*

Have you ever thought about a career in one of the professions supplementary to medicine? This article aims to inform you about a profession that until recently was called Chiropody and which is in the process of changing its name to Podiatry. This in part is designed to indicate the advances that have been made within the profession and to use a title which is recognised in countries other than the United Kingdom

So What is Podiatry?

The podiatrist is a specialist in the medical team who is responsible for the care of the foot.

Why have a specialist in foot problems? Perhaps the need for a specialist indicates that the foot is a complex structure that if not cared for can, and often does go wrong. The foot is also a structure which, since it is attached to the leg, can be affected by general medical and surgical conditions. The podiatrist therefore, as a specialist practitioner, offers a comprehensive foot health service for conditions affecting the foot and lower limb.

The podiatrist plays a major role in the care of the diabetic and rheumatoid arthritic patient; and the neuropathic, oedematous, ischaemic and pre-gangrenous and ulcerative foot.

Not surprisingly as a part of ageing, the body is more likely to develop disease and deformity, which is either local to the foot or may affect the foot in a certain way. Maintaining mobility and comfort in the elderly population is both rewarding and enjoyable. Areas of specialist podiatry include bone and joint surgery, care of the diabetic, rheumatoid and ischaemic foot, care of the handicapped and chronically sick, sports injuries of the lower limb, biochemical and gait assessment and orthotics.

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Podiatrists are trained to analyse biochemical dysfunctions of the foot and lower limbs, which can affect both posture and gait and to also treat acquired and congenital deformities in the young and acute and chronic athletic injuries. Some podiatrists are employed by professional sports associations, providing treatment for club players and athletes.

The screening of school children for established and potential foot problems is an important aspect of the work of a podiatrist. Toddlers and young children provide the podiatrist with the opportunity to undertake active foot health education and promotion. Like many other health care professionals the podiatrist is developing preventative health care initiatives which include general foot health and footwear advice.

Many conditions treated are under local anaesthesia, such as ingrowing toenails, benign soft-tissue tumours and corns. Podiatrists are able to develop their surgical skills yet further, by taking post-registration training leading to qualifications that allow them to undertake bone and joint surgery of the foot. Many treatment regimes may be undertaken by the podiatrist, including prescription of corrective and functional orthoses (these are devices that are worn inside the footwear which will compensate for abnormal foot function and allow the foot to function in a normal manner), topical chemotherapy, cryotherapy, electrosurgery, ultrasonics and other physical therapies, specialised dressings and exercise therapies.

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SUMMER HIGHLIGHTS AT SETTLE HIGH

By Christine White and Shirley Brown

PET CHARITY!

Business Studies students at Settle High School have been investigating the way in which charities work, and part of the GCSE module required students to organise a fund-raising event for a 'pet' charity. The students chose the RSPCA and arranged a 'Wear What You Want' day at school. For a small donation, students were given permission to come to school in clothes of their choice. Students couldn't resist the chance to get out of uniform and the event was a tremendous success, raising £100.

HARRY REE

The Third Harry Ree Celebration Lecture has been held, with Phil Watson (Principal at Groby Community College in Leicestershire) giving an inspiring lecture on the theme of 'Shared Values and Comprehensive Education'. This annual lecture seems a very appropriate way to remember Harry Ree, a leading figure in the movement for comprehensive education and a governor at Settle High School for many years. He is not forgotten!

CAJUN EVENING

Staff members, Jenny Sanderson and Viv Tywang, and a team of Year 10 Food Studies students, organised an innovative and very enjoyable Cajun evening for 130 people at the North Ribblesdale Rugby Club. Considerable research had to be done into Cajun culture to prepare for the evening, work that will be assessed for the Food Studies GCSE. Louisiana delicacies were cooked by Head Chefs, Emma Ramsay and Darren Monks, and there were some local youngsters (Lyndsay Wright, Karen Halstead, Lee Gill, Catherine Lawson and Lesley Dixon) in their team. A highlight of their culinary efforts was a beautiful iced fruit bowl - fresh fruits frozen in the shape of a freestanding ice bowl! Some students

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left Settle at 4am to buy flowers from the Wholesale Market in Blackburn! Viv Tywang said after the event, 'We feel it is very important to give the students a real life situation to deal with...they had 130 hungry people to feed and had all the responsibility for making the evening work. They did very well and we're very proud of them.' A video of the event, which is also part of the GCSE assessment, was made by David Wright and Michael Simpson. The stunning Mardi Gras backdrop, the work of art teacher, Peter Huby, was much admired.

(Editor's comment: Education wasn't this much fun when I was at school!)



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LOCAL ACTION FOR JUSTICE AND PEACE

By (Fr.) Pat Smythe

As reported in the July issue of Bentham News an exploratory meeting was held in June to consider if there was anything to be gained from attempting a measure of co-ordination and co-operation between local groups and individuals concerned about matters of justice, peace and "the integrity of creation". The meeting was representative of the local community and agreed that:

1. All existing efforts should be sustained and encouraged.
2. A leaflet providing information about the range of voluntary organisations committed to these causes, should be produced, indicating local contact persons where possible.
3. An annual "calendar" of local meetings, fund raising events and other initiatives, should be prepared for general circulation.
4. Quarterly or twice yearly meetings would be convened on subjects of shared interest, with specialist input. It was stressed that everyone should be made to feel welcome to come to such events and an open invitation to every member of the public would be given. The first would be in late summer/early autumn.
5. Between each of these gatherings a smaller meeting would take place to consider progress and attend to further detail. The first of these was arranged to take place in the Wenningdale Room of Bentham Town Hall on Friday 29th July. It was hoped that a representative of each active local group would be able to attend.
6. The concern should include not only the well being of the human family, but the "integrity of all creation" i.e. animal welfare and environmental issues.

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7. Included in the list of areas in which collaboration was immediately possible and could be effective, were:

- The use at local charitable meetings and events of produce distributed by Fair Trading Organisations,
- Joint action in the matter of Third World debt,
- Co-operative response to Crisis Appeals
- Group Participation in letter writing on behalf of Prisoners of Conscience.

8. The view was also expressed that joint concern should include issues of local welfare as well as situations abroad.

As a start, anyone who can provide information about Voluntary Organisations engaged in work for Justice and Peace, especially those with local branches, is invited to get in touch with me so that it can be prepared for copying and circulation.

A leaflet with some basic information is immediately available on request.

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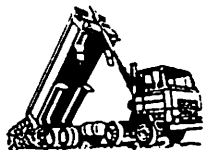
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Tribute to Muriel and Ken Horner

By Maureen Ellis, Hawkshead Farm, Keasden.

Ken Horner was a regular attender at the Bentham Cattle Mart - a well respected farmer who died in June.

We bought Hawkshead Farm because of the curlews; one August afternoon 26 years ago, along Keasden beck they were in full flight. We didn't meet Muriel and Ken until two months later when we were moving in. Ken was laying grit on the track and he looked up, smiled and stood aside for us to pass.

This first meeting said a lot. A tidy hard working farmer who nevertheless always made time for people even if they were outsiders. Contact prospered between our two families, at first at the level of buying milk and eggs from them, and then through our respective children.

Muriel was forthright and friendly. As a farmer's wife she was always there. With the seasons she sold us gooseberries and damsons and at Christmas a hand reared turkey. Her young daughters, Margaret and Barbara, initiated our children Charlotte and Christian into egg rolling on Easter Monday. Sadly Muriel's heart deteriorated long before her time and she died at home some 12 years ago.

Ken continued to run a neat and tidy farm and to give us advice on the sheep we owned. Last year I decided to put a post box on the gate. Ken came out to see what I was up to and he realised he'd just the right drill bit to finish the job. He brought the most delightful well oiled variety of large bits I'd ever seen, all wrapped up in a cloth. Of course one was just right and we finished the job together.

Ken's death is a sad milestone in our lives and our sympathy goes to his family and friends.



LOCAL EVENTS IN AUGUST

Tue 2nd Bentham Child Health Clinic at "The Surgery", 1pm-4pm.

Bentham Organic Gardening Group meeting. All interested are welcome, please contact Jo on 21776 or Pauline on 21722. Group meeting on first Tuesday every month.

Wed 3rd NSPCC Monthly Meeting at Oxenforth Green at 7.30pm.

Sat 6th Craft Fair and coffee morning in the Ballroom at the Town Hall, 10am-12.30pm. In aid of the NSPCC.

Tue 9th Tatham Fells Women's Institute meeting at Tatham Fells Old School at 7.30pm. "Summer Expedition" Competition - Penknife.

Thurs 11th Bentham Footpath Group walk, Crummack Dale (7 miles) Leader Gerald Amos - 51621 - Please meet at Lairgill at 10am.

Fri 12th Modern and Old Time Dancing in the Town Hall, 7.45pm-10.45pm.

Family Bar-B-Que and disco at The Punch Bowl, Low Bentham, 7-11pm.

Sat 13th Arthritis & Rheumatism Council coffee morning in the Town Hall 10am-noon. Usual stalls and tombola and raffle

Mon 15th Deadline for September edition of Bentham News

Tue 16th Bentham Child Health Clinic at "The Surgery" 1pm-4pm.

Thurs 18th Low Bentham Women's Institute. Meet our "Twin" W.I. at Anchor Inn, Gargrave for a bar meal.

Fri 19th Waste Paper Collection at the Legion Hall 8.30 - 11.30am. Proceeds to NSPCC.

Sat 20th Burton-in-Lonsdale & District Horticultural Society open show and children's sports, at the Endowed School, Burton-in-Lonsdale. Show 2pm-5pm. Sports 2.30pm.- 3.30pm. Admission 40p, children 10p.

Bentham Footpath Group walk, Horton/Cow pastures (10 miles) Leader Frank Yates - 61375 Please meet at Lairgill at 10am.

Sun 21st Bentham Horticultural Society Open Annual Show in Town Hall 2pm-5pm. Schedules from Mrs. S Holden, 109 Lancaster Road, Carnforth.

Mon 22nd Bentham Playscheme in the Youth Club, 10am-4pm.

Tue 23rd Bentham Playscheme in the Youth Club, 10am-4pm.

Wed 24th Bentham Playscheme in the Youth Club, 10am-4pm.

Footpath Group Quarterly meeting for all members in the Town Hall at 7.30pm.

Thurs 25th Bentham Playscheme in the Youth Club, 10am-4pm.

Fri 26th Bentham Playscheme in the Youth Club, 10am-4pm

Listing for Local Events

Day.....

Date.....

Event.....

Venue.....

Please complete and return to Bill Kennedy, 1 Lakeber Ave, tel 62492, or hand in at Bentham Sportswear, Station Road.

- Sat 27th Low Bentham Horticultural Show in the Victoria Institute, Low Bentham, 2.00-4.30pm.
Modern and Old Time Dancing in the Town Hall, 7.45pm-10.45pm.
St. John's Coffee morning in the Town Hall 10 - 11.30am.
- Sun 28th Bentham Footpath Group walk Long Preston/Newton Moor (5 Miles) Leader David Asquith - 62619 - Please meet at Lairgill at 1pm.
- Mon 29th Bentham Playscheme in the Youth Club, 10am-4pm.
- Tue 30th Bentham Playscheme in the Youth Club, 10am-4pm.
- Wed 31st Bentham Playscheme in the Youth Club, 10am-4pm.

LOCAL EVENTS IN SEPTEMBER

- Thurs 1st High Bentham Women's Institute, 7.30pm in the Town Hall. "Living History" by I.L.Jones. Competition - Prettiest piece of old lace.
Bentham Playscheme in the Youth Club, 10am-4pm.
- Fri 2nd Bentham Playscheme in the Youth Club, 10am-4pm.
Bentham News published.
- Sun 11th Collector's Fair/Fleamarket, Lower Town Hall, 10am-3.30pm. Refreshments available.



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committee.

DOWN MEMORY LANE

"The Plaques"

From Henry Garlick

One of my first jobs on leaving school was to collect the rents at Wenning Avenue and Mayfield, Bentham. The properties were in the hands of a firm of solicitors in Lancaster. The rents for Wenning Avenue were two shillings and nine pence, and the concretes on Mayfield were three shillings and sixpence per week. My commission for collecting these was ten shillings (50p) for the 36 houses.

Since I knew most of the tenants, my job seemed easy money, but that was not the case, for whilst some folk had little difficulty in paying, the rest were unable to pay. The rule was that anybody six weeks in arraers was asked to leave. I never had any commission left because heart-breaking stories forced me to pay the rent for tenants who were experiencing hard times. I called on one tenant whose only furniture was wooden onion boxes. The old man, who was quite a character, had only one eye. He told me he lost the eye at birth as the woman assisting his mother had knocked the candle over and whilst grabbing the baby accidentally pushed her finger-nail into his eye, thus causing the loss of the eye. I asked him how he knew this, and he replied "my mother told me so." My job was to tell him he had six weeks' rent arrears and that he would have to leave. The old man then told me that if I would wait until his daughter (who was working in the Weaving Sheds in Chorley) came, she would clear the arrears, but he wasn't sure when she'd be coming. Being new to the job I hesitated, and the old chap went into the cold, damp kitchen and returned with a parcel covered in dust. He said, "I have been unlucky all my life. I was deported from Canada as a vagrant, and things never seem to go right for me." He unwrapped the parcel containing what he said were treasures that he was loath to part with. My interest increased as he remarked, "I will let you have these if you will let me stay on a while longer."

The parcel contained two plaques, one of Lancaster Castle and the other of St. Mary's Church, Lancaster. "They are made in Bohemia" he claimed, and sure enough they were stamped 'Made in Bohemia H M & Co, 1617 and 1338'. The treasures were now mine and I agreed to enter three weeks' rent in his book.

Next door the old couple were sat in a neat, comfortable home, everything spic and span. The rent lay on the table, half a crown and a silver threepenny bit. "How's that for a rent book?" they said, and I thumbed through the pages which showed that they had never missed paying their rent over the years. "This is a credit to you", I said. The old couple then asked me what my package was, so I told them the full story. "Let's have a look at them", they asked. I was worried about dropping dust on their lovely green chenille tablecloth, but they didn't seem to mind. I proudly displayed the treasures, the two plaques, 'Made in Bohemia'. "Why, the old bugger got those off the tip this morning!" they exclaimed.

I still have those two plaques, not because I think they have any monetary value, but because they represent my first lesson in survival. If anyone who is stony broke can pull off a stunt like that, then, to my mind, they deserve to survive in a world where one's wits are the only things one can truly depend on.



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Tuesday 4pm - 5pm

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Thursday 4pm - 5pm

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Bentham Horticultural Society

By Mrs S Holden

An extraordinary General Meeting was held in the Town Hall on 10th July. Members discussed whether the society could continue in view of the shortage of helpers and dwindling membership.

It was pointed out that there were very few local exhibitors and local interest had waned. Other members felt that the shows attracted exhibitors from a wide area and local support was not essential. It was decided that two shows should be held this year and the position reviewed at the Annual general meeting in November.

The Secretary/Show Secretary tendered her resignation and Mrs.S.Holden agreed to take over from Mrs Shallcross.



High Bentham Women's Institute

By Margaret Hayton

Members enjoyed an evening of favourite poems with an interval for punch and a Jacobs Join. The August meeting will be an outing on the Lancaster Canal including cream tea. Please contact a committee member if you haven't booked.

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YOUR GOOD HEALTH

By Christine Hodson (Health Visitor, Bentham Surgery)

BLOOD PRESSURE

What is blood pressure?

The circulation of blood around the body requires pressure to maintain normal circulation. The heart is the main pump for the blood supply but is not a continuous pump. The heart beats and then relaxes.

Each heart BEAT produces a surge of pressure in all the arteries throughout the body. This is called the systolic pressure. Each time the heart RELAXES the pressure drops. This is called the diastolic pressure.

How is it measured?

Blood pressure is measured by using a sphygmomanometer. A cuff is wrapped around the upper arm. Attached to the cuff is a rubber balloon which inflates the cuff to stop the blood getting down the arm. The level of inflation will be above the systolic (or surge pressure). When the air is slowly released from the cuff and the heart pressure surges a thumping sound is heard through a stethoscope placed over an artery on the arm. This is the systolic reading. When the heart relaxes the thumping sound disappears and this is the diastolic pressure.

What is normal?

Blood pressure varies between people and also varies depending on emotion, time of day and activity. Doctors make allowances for these. We all have our own individual blood pressure. It should have a top pressure less than 160 (systolic) and a lower resting pressure lower than 90 (diastolic).

How can I tell what my blood pressure is?

The only way to tell is to have your blood pressure checked by the GP or practice nurse. An appointment can be made easily at the surgery for a check, and it only takes a minute.

What if it is high?

High blood pressure, known as hypertension, often goes undetected as most people have no symptoms. It is dangerous to have untreated high blood pressure. The most serious condition caused by high blood pressure is a stroke. Many people with strokes do not have any symptoms before the stroke occurs. Other related conditions are heart attacks and kidney problems.

What if it is low?

Low blood pressure, is known as Hypotension. Many people have low blood pressure which causes them no problems. However occasionally it can cause people to faint. Low blood pressure can also occur in severe shock or as a result of losing a lot of blood, but in both cases medical advice should be sought.

Is there any treatment for high blood pressure?

There are a large number of blood pressure lowering tablets available. Your GP will carefully monitor your health and blood pressure. The aim is to gradually lower a high blood pressure to within a more normal lower limit. Side effects from these tablets are unusual and even though it is a long term commitment to taking tablets, you should be perfectly fit and well.



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RECIPES

Do

- take tablets as prescribed
- report any suspected side-effects
- have blood pressure checked regularly

Don't

- forget your tablets
- run out of pills
- start other tablets (e.g. for arthritis or a cold) without asking your GP first.

Is there anything else I can do?

There is no reason to alter activities, driving or change a normal routine. There are other factors associated with high blood pressure which can be addressed and may help to reduce the blood pressure, without tablets. Other factors associated with high blood pressure are :- Smoking, drinking, being overweight and leading a stressful life.

What about high blood pressure during pregnancy?

Pregnancy has an important effect on blood pressure. It usually lowers during the first three months but then may rise later in the pregnancy. It is monitored very carefully during this time and individual advice given. A sharp rise in blood pressure combined with other medical symptoms can be warning factors for a condition called pre-eclampsia. If this happens the pregnancy would be monitored for the safety of baby and mum.

What should I do now?

If you haven't had a recent blood pressure check - get one done. (The nurses at Benthams are expecting a rush!)

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By Doreen Park

As a lot of readers and listeners know, I go every Sunday on a Bibby's coach trip. And when a lot of women get together the topic is usually food!!! Here are two favourites from Mrs Mattison of Burrow. The first was a firm favourite with her guests when she did bed and breakfast.

Muesli

- 8 ozs hazelnuts (I chop them fine in a coffee grinder)
- 1 1/2lbs rolled oats
- 4 ozs chopped almonds
- 8 ozs wheat flakes
- 1 lb seedless raisins
- 4 ozs soft brown sugar
- 4 level tablespoons dried milk
- 1 level teaspoon salt
- 2 tablespoons Horlicks

Mix all together in a bowl and keep in an airtight container.

Pork casserole with Black Pudding

1 spare rib chop per person

In a casserole place alternate layers of sliced potato and onion. Season each layer with salt and pepper. Place chops on top and put a slice of black pudding on top of each chop. Add water or stock just to cover the potatoes and cook for 1 1/2 - 2 hours in a fairly slow oven.

J. McManus M.B.B.S

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RECORD REVIEW FISH - SUITS



By David Greenep.

Fish is a singer songwriter who just keeps going no matter what drags him down, either no support by radio or just stupid put downs by magazines. The first single released from Suits was "Lady let it lie" which sadly didn't do much in the charts and faded away. The album was released in a number of formats, including double album, picture disc and picture disc CD. These are now on the Dick Bros label, which is Fish's own label from his Lothian studio. "Suits" is a very deep album about peoples encounters with the business men of their world who either who either screw you for every penny or ruin your life. In Fish's case it was the split from Marillion. This often causes problems because Fish is still wallowing in this fiasco that once was and should go back to writing lovesongs like "Kayleigh" and "Lavender" which most critics think he is better at. Sits is a very well made record with songs like "Bandwagon, Pipeline and Rawmeat" which all have excellent lyrics and also keep the distinctive sound of "Fish and Marillion" in the earlier albums. So if you like them this would suit you. This album and songs from the likes of "Vigil, Internal Exile" and songs from the "Mirror" are currently being toured in a special accoustic show that is getting great reviews for a change. Fish-Suits definitely gets maximum marks for yet another brilliant album. Personally I think he is one of the best around and hopefully he will keep on fighting to top the charts.

This is the last of the reviews by David Greenep. We are grateful for his contributions and the time and effort he put into them. They have been very popular, particularly with our younger readers. We would like to continue to publish music/record reviews, so if you would like to have a go, please contact any member of the editorial committee.

BENTHAM TRADERS ASSOCIATION

A car treasure hunt organised by Thomas Marshall was a great success finishing at the Stonegate House restaurant for an excellent buffet supper. Anyone wanting a trading stand in our tent at Bentham Show please contact Margaret on 61707 or 61900. Our next event is a collector's fair and fleamarket on Sunday 11th September in the Lower Town Hall.

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BENTHAM PEOPLE



Personal Thanks

Lance Clark and Family would like to thank all their friends and neighbours for kind expressions of sympathy, cards, letters and donations to the Church Of The Good Shepherd, Lowgill. Special thanks are extended to Dr. Story.

Thanks

Thanks to all who supported the Bible Society coffee morning, which realised £155, helping to provide God's Word for God's Work worldwide. Miss E Towler, Area Action Group.

Congratulations David on gaining your B.Eng. Degree. Love Teri and Adele.

For Sale

Gents white Falcon racing bike, 23" frame, 12spd. £80 o.n.o. Tel 74373.

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FAMILY BAR-B-QUE & MARQUEE

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The Punch Bowl, Low Bentham

SPORTS NEWS

From Janette Richardson

Netball

By "The Umpire"

The competitive season is over but there are still practices on Wdenesdays at 7.30pm.

Wenning v Addingham

Holidays and injuries depleted Wenning's squad for this away fixture. If only all their shots at goal had gone in Wenning would have won! Addingham were the better team on the day finishing up comfortable winners, the final score being Addingham 39, Wenning 23.

Wenning v Matchmakers

Matchmakers from Skipton were made up of 6 good players plus a goal attack over 6 feet tall! Even our leaping Laura couldn't reach her fingertips. Ingrid, perhaps aware of her last appearance this season, made some incredible shots at goal, which the visiting umpire congratulated her on. The final score was Wenning 20, Matchmakers 44.

Cycling

Phil Leigh took a team of 4 riders to Aviemore, Scotland, to compete in a two day race of four stages. Two riders were from Lancaster, one of whom, Chris Golightly, is a grandson of Betty Richards.

The weather was excellent and the team acquitted themselves very well, coming second overall, out of 15 teams from Scotland, Ireland and England.

LOW BENTHAM BADMINTON CLUB

Welcomes players of any standard.

Club night Tuesdays 7.30pm.

from 6th September in
Low Bentham Institute

GARDENING PAGE

By Roy Pallit

By now, hopefully vegetable gardeners should be eating wonderfully fresh produce. Alright, it may not be the British Standard size potato and maybe there will be some pest damage, but at least the gardener will know what has been applied to the crops. In order to keep the cropping period for as long a period as possible ask a neighbour to pick peas, beans, tomatoes and courgettes, if you are going on holiday.

During August carry on sowing to provide salad crops later in the year. Chicory, Chinese cabbage, land cress, chop suey greens and Arctic King lettuce can still be sown. If you haven't tasted some of these salads, get sowing now and give them a try!

If you grow herbs cut them back to within an inch or so of the ground this month, protect from frost and new growth should be available for winter picking.

Provided the lawn is growing well and is not scorched and dry, scarifying is well worthwhile. This will lift creeping weeds such as buttercup and bugle and remove dead "thatch" from the soil surface. The creeping stems can then be cut with the mower, drainage will be improved and young grasses emerging from the soil will not suffer competition. I find it easier to cut the lawn first, scarify and then cut again. It's quite time consuming and will produce some brown areas but these will be short lived. (If you have any significant bare patches, now is the time to reseed.) Plenty of organic matter will be produced



20

by your labours and the lawn will soon look better for the scarification. Chemical controls for lawn problems gives me cause for concern if only considering what the wild birds are having for breakfast.

Start Composting!

Now is the time of year when there is plenty of material available for composting. Try to ensure that the mixture has neither too much soggy matter, i.e. grassclippings, or too many woody constituents. Grass clippings mat together and exclude air whilst woody materials leave large gaps within the heap. The correct mixture will ferment rapidly raising the temperature enough to kill most weed seeds. This stage of the composting process is best done in volumes of about a dustbin full, or more if possible. Try to use a container which will conserve the heat generated. Give the compost a good mixing up after a week to re-activate the breaking down process and when the heat has diminished transfer the contents to a New Zealand box or one of the proprietary composting bins, for further breakdown over the next few months.

The use of worms bins is becoming popular. With a home made bin this is an inexpensive means of producing a superb material which can be used as top dressing, compost or liquid fertilizer. This system is particularly useful for the recycling of kitchen waste.

If you are not yet an organic gardener, remember that it is possible to garden successfully without the use of dubious chemicals. Want to know more? Join your local friendly group of organic gardeners.



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A Poem for August

"Vote of thanks from a pensioner"

Thanks to all the people who make our lives
so sweet,

Who cut the grass and plant new trees
and keep the roadside neat.

To the men who paint our houses
Or keep the windows clean

And those who sell the food and drink
Or mend the farm machine.

Thanks to those who tend us
When we are sick and ill

Who come out in the early hours
And never send a bill!

The home helps and the nurses
Who are there in time of need
To help the old and mothers,
We thank them all indeed.

But there are unknown helpers
Who offer friendships hand
Or spend their time in praying
For folks in distant lands.

There are some who watch the newsreels
Then go down on their knees

Opening up a lifeline
To God above - who sees!

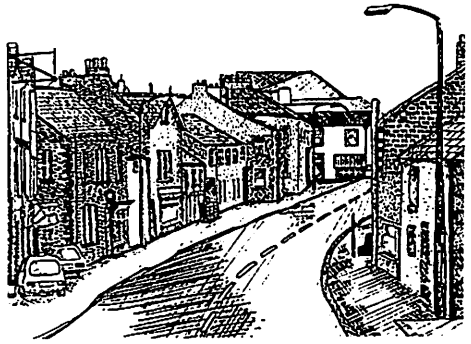
Our world is full of helpers
So once more I would say
Thankyou for your kindness

Today and every day.

And to those who do not care
Who litter up the street

We would ask "Please take it home
And keep our village sweet!"

(Name and address supplied.)



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YOUR LETTERS



Dear Sir or Madam,

I find it hard to fathom out Brian Cowling's outburst in last month's Bentham News. So Keith Cowling didn't get elected. If one guy gets more votes than the next guy then the first guy wins: so what? That's democracy for you.

I think it was Winston Churchill (it would be, wouldn't it?) who said that democracy was yhe best of the worst forms of government, or something like that. The "people" are not always so grateful to those that have served them well. The aforementioned Churchill was one, who was defeated by Labour by a landslide in 1945 after guiding Britain through its darker hour. Antiquity also illustrates how noble public servants have been shabbily treated.

It was Miltiades' victory at Marathon that saved the fledgling democracy of Athens and by extension, western civilisation. The Athenians saw it fit, however, to ostracise Miltiades gor no reason, it seems, other than jealousy. Ten yaears later, Cimon of Athens suffered the same fate although historians considered him a bon homme in the mode of kenneth Clarke and a patriot to boot, even though he was exiled. Similarly, Pericles, who commissioned the buildings on the Acropolis, was also ostracised (although his ostracism was rescinded after a typical volte-face by the Assembly). One could also mention Scipio Africanus Major who served the Republic of Rome impeccably for years during the second Punic war. He too was exiled; perhapsthe Senate didn't like his long hair.

I voted for Keith Cowling but if more people wanted otherwise then that's what you get from our political system. So cheer up Keith! You're in honourable company. Things could be worse: just thank your

lucky stars you're not spending 20 years on some remote spot on the Black Sea as did the politicians of Ancient Athens.

Thomas Carlyle postulated the idea of society being run by God inspired heroes and heroines, just as in the book of Judges. Does anyone think that this form of government would be best for Bentham? Perhaps we have budding Deborahs, Samsons or Gideons in Sunday School ready to take up the mantle. Bentham, your idols must fall, your pagan temples must crumble and your ignorance must not go unpunished!

Yours,
Chris Ratcliffe, 28 Lakeber Drive,
High Bentham.



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11	Aug	Eight Lakes Tour
14	Aug	City of Bath
16	Aug	Guisborough Market &
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18	Aug	Southport Flower Show
21	Aug	North Norfolk
21	Aug	Mystery Drive in Vintage
Coach		
23	Aug	Blackpool
24	Aug	Granada Studios,
Manchester		
24	Aug	Carlisle
25	Aug	York
26	Aug	Leyburn Market &
Hawes Creamery		
28	Aug	Scottish Rambler

Concerts

23	Oct	Daniel O'Donnell, Liverpool
12	Nov	Tom Jones, Blackpool
26	Nov	Daniel O'Donnell, Blackburn

EDITORIAL INFORMATION

BENTHAM NEWS is published at 'Latharna', High Bentham by an editorial committee consisting of 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.
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Marathon Walk

By Nora Woolman

Bernard Williams and Michael Wright successfully completed their marathon walk from Bentham to Lancaster and back on Sunday 19th June. When all the sponsorship money (for the Arthritis and Rheumatism Council) is collected we will announce the amount. Thanks to Bernard and Mike for their magnificent effort, and to their sponsors.

Well done lads! Hope the muscles have stopped aching!



FIRST AID IN BENTHAM

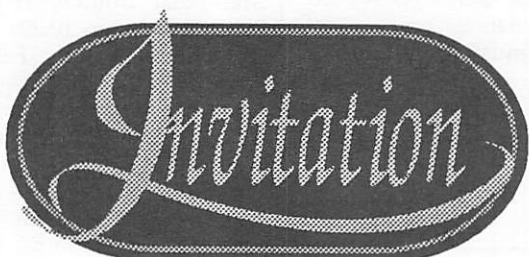
By Lin Barrington

We've now held two 10 week First Aid Courses at the Friends Meeting House In Low Bentham leading to the St.John Ambulance Certificate in Public First Aid. The topics covered included resuscitation, dealing with burns, choking, bleeding and broken bones, and how to put on dressings, bandages and slings. Sounds grim, doesn't it? But in fact, everyone thoroughly enjoys it thanks to our teacher John Wright.

There will be another course starting on Thursday 22nd September. If you'd like a place on it, or want to know more, please ring Lin Barrington on 61304.

Don't just turn up, as places are limited to 15. The cost will be £25-£30.

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