

BENTHAM NEWS



AUTUMN GOLD

By Keith Dixon

Feeling back-endish? What better way to spend the autumn evenings than in improving your skills? From September, Lancaster and Morecambe College will offer courses in computer programming on Tuesday evenings at the Town Hall in the Wenningdale Room. For further details, call Student Services, Lancaster and Morecambe College, on 0524 66215.

Then, from the week beginning 12th September, Craven College will offer a ten-week course in book-keeping on Tuesdays between 7.30 and 9.30 pm, and a twelve week course in ecology and recreation on Saturdays between 9.30 am and 2.20 pm.

You may enrol for either of these two courses either at Ingleton Community Centre on Thursday 8th September between 10 am and 12 am (alternatively, between 3 pm and 9 pm) or at the first meeting. For more information, call June Lockley on 0729 822384 or Robbie Roberts on 0756 791411. Book early to avoid disappointment.

Finally, Community Education in Bentham, for the autumn, covers a wide range of practical courses. These commence on Monday 19th September. Details of the courses, fees and venues are on page 19 of this issue.

RIDE THE BENTHAM BULL

By Keith Cowling

Attractions at this weekend's 124th Bentham Show include a challenge to stay on the mechanical rodeo bull plus all the usual stands, displays and competitions. Good weather has been booked and proceedings start around 10 am. See you there....



Contents

News Shorts	Page 11
Tooby Success Story	Page 16
Your Letters	Page 18 & 19
Gardening	Page 20
Bentham People	Page 21
Sports News	Page 22

BENTHAM GUIDES AND BROWNIES

By Alison Hanson

After talking to a newcomer to Bentham who took her daughter to Caton every week to attend the Brownie Pack there, because they didn't know that Bentham had its own, I thought that perhaps it was time to let people know that we are alive and kicking!

Brownies are 7 - 10 year olds and Guides are 10 - 16 year olds and both groups meet every Thursday evening during school term time in the Youth Club. Brownies meet from 6.15pm to 7.30pm. and Guides from 7.00pm. to 8.30pm.

Activities during the year have included making lanterns for the Bonfire procession; a visit to Settle to watch the Christmas pantomime; a Quiz night with other Guides, Brownies and Rainbows from the Settle district; rounders match; a barbecue and performance of four short plays, which raised money for the World Wildlife Fund. Two of the Guides have just returned from an International Camp (See their report below)

In September there will be 23 Brownies which means that the pack will be almost at its full capacity of 24. A waiting list is in operation. For further information contact Alison Hanson on Bentham 62159. The Guide numbers are quite low at the moment so if there are any girls aged 10 or over who are interested they should contact Linda Cressey on Bentham 61861. Anyone interested in starting a Rainbow

2 unit for girls aged 5 - 7 years should contact either of the above numbers. No experience is necessary.

International Guide Camp - Dales '94.

By Eleanor Hanson and Heidi Spencer

From 30th July until the 6th August there was an international Guide camp at Broughton Hall near Skipton. Over 600 girls were there from North Yorkshire West Division and about 50 Guides and Guiders from abroad. Two Guides went from Bentham and camped with Long Preston and Hellifield Guides as part of Wharfedale sub-camp.

We had eight activities to choose from during the week, like windsurfing, potholing, skiing, canoeing, pony trekking, crafts, playing handbells and many others. We think everyone had a good time even the Kenyan who was rushed to hospital with suspected malaria (but returned later) and the Guide who broke her leg but still came back to the camp in her wheelchair.

We would both like to go to camp again and have our own Bentham camp.



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TOWN COUNCIL

by Keith Cowling

TOWN HALL MAINTENANCE

Town Hall matters dominated the August meeting. Councillors began by settling the long-running issue of whether to mark out a badminton court on the ballroom floor. Although most players use a mat which offers good grip and protection, they agreed on markings for the 'social badminton' players who cannot manage to roll it out.

The Town Hall roof needs repair, but councillors were rapidly at sea trying to decide between quotes for similar but different specifications. Eventually they voted to accept the cheapest (£3400), but Cllr. Baker continued to question the practicality of replacing slates without renewing flashings and after another discussion the vote was re-taken favouring the second quotation.

On to quotations for renewing the rotten panic doors on fire escapes. Cllr. Marshall highlighted their vague specifications but no one was sure what the specification should be. Once again it was impossible to compare like with like. Several councillors disappeared to look at the hapless doors and Cllr. Baker's fire fighting experience came to the rescue. It was agreed to seek new quotations for a modified job.

Decisions on conflicting quotations, taken with limited information and time, tend to leave councillors with egg on their faces. These took over an hour of the meeting, and from the audience it seemed that a little professional help was called for.

AEROBICS CLASH WITH DANCERS

Aerobics classes have caused problems for ballroom dancing organisers who, like many users, have grown accustomed to booking the ballroom for the time that their public arrive, expecting to be able to set up beforehand. Now ballroom use is heavier however, clashes sometimes occur which can only be resolved by the full council, it seems. Councillors agreed that 15 minutes for aerobics to clear away was reasonable

3 and they decided that dancers must set up after their booked time begins.

COMMUNITY EDUCATION

Following the council's dissatisfaction with Craven College's proposals for adult classes, Lancaster and Morecambe College have arranged to offer a computer class in the Wenningdale room beginning this month. They also want to try some leisure activities in the ballroom.

SHORT ITEMS

- * Tree saplings were requested from Craven DC for planting this autumn. Proposed sites include the new housing estate in Wesley Close.
- * Craven has a small repair budget for unadopted roads but last year only managed work on two in the whole district!
- * The Footpath Group plans a Parish Map to be unveiled at the Bentham Show 1995.
- * Ewecross Historical Society wants to book the Lower Town Hall but only if noise from the ballroom upstairs can be avoided.
- * Bentham School plans to improve collections at the can recycling facility, which has so far raised £90 for charity.
- * British Rail's timetable for next year will give Bentham two more trains each day!
- * Goodenber Road Play Area Committee have raised £1000 and got backing from major charities. Cllr. Dowbiggin praised 'the young and energetic team who this council should support'.

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BENTHAM HEALTH CENTRE

"Extra Care Fund" Update

By Shirley Macdonald

This year we have already bought various items including a Tendercare mattress and cover, a wheelchair, some "early learning" toys, and books titled "Risk of cot death" and "Treat your neck and back", which we lend out to patients. We have also bought a Microlab Spirometer for assessing lung functions.

The doctors would like to thank every one who has given so generously to the fund, enabling us to purchase these items for the benefit of patients in the practice.

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4

BENTHAM NEWS NEEDS COLLATORS...

We need two ladies to join our team of ladies who collate the Bentham News on the last Friday of each month. It takes from 9.00am. to about 12.30pm. Apart from providing a valuable community service, it gives you the chance to have a good old chin wag with your colleagues! If you would like to help in this way, please contact Isobel Joel on 61360, or Bill Kennedy on 62492, for more details.

And a Distributor!

We also need a distributor to deliver the Bentham News to homes in the Lairgill and Mount Pleasant areas. The copies for distribution are delivered to you on the last Friday in each month, and are normally distributed during the same weekend. If you would like to take on this responsibility, please contact Christine Hodson on 62251.



CRAVEN COLLEGE EXAMINATION COURSES AT INGLETON

ALL courses FREE to EVERYONE this year

Computer literacy and information technology (R.S.A)	Mon 7.30 >9.30pm C.Malley
Small business administration	Mon 7.30 >9.30pm (3 Tutors)
Word processing (RSA 1 or 2)	Tues 7.30 >9.30pm Sally Ewens
French (Open college of N.W.)	Tues 7.30 >9.30pm P.Smith
Word processing (RSA 1)	Wed 1.30 >3.30pm V.Woodmansey
Word processing (RSA 2 or 3)	Wed 7.30 >9.30pm V.Woodmansey
Teacher training cert. (FE & Higher Ed) (City & Guilds)	Wed 6.30 >9.00pm J.Sanderson
Agricultural book-keeping	Thur 7.30 >9.30pm E.Wilsher
Pre schoolplaygroup leaders cert will start Easter 1995	

ENROLMENT DAY THURSDAY 8TH SEPTEMBER

10.00am - noon and 3.00pm - 9.00pm at Ingleborough Community Centre

FOR ALL DETAILS RING INGLETON (05242) 41701

COUNCIL CONCERNS

By Ralph Atkinson



NEIGHBOURHOOD WATCH

With the growing number of burglaries in the area, many of which are carried out by crooks from outside, our ordinary village care for neighbours is coming under strain. So I think perhaps it's about time we put some more formal arrangements for neighbourhood watch in place.

Accordingly I've arranged for Sgt. Cris Pappin, the police officer in charge of community affairs, to come along and address us on 7th October in Bentham Town Hall after Heather's ladies, at about 7.30pm. Come along if you're also concerned.

BENTHAM TRUST

An increasing number of national organisations concerned with rural development are beginning to quote our efforts in "The Bentham Trust" as an example of how to go about rural regeneration. Keep up the good work folks!

CARE IN THE COMMUNITY

A recent national survey of GPs suggests that in general the system is working reasonably well and in particular the practice-based social worker is proving to be very effective. However, we're still starved of funding despite the increased involvement of private agencies in such things as home helps etc. Locally, recent proposals from the Health authorities seem to be biased towards Settle and South Craven and the smaller number of disabled rather than the larger and increasing number of frail and elderly.

QUANGOS AGAIN

I've been warning for a long time of the dangers of increased numbers of "quangos" (quasi-autonomous non-government organisations). Now it appears there is increasing concern nationally, even the

5 Joseph Rowntree Foundation, Charter 88, the Association of County Councils and The Economist, getting involved. Some details: there are now 5,521 quangos with over 70,000 positions on their boards, about 10,000 of which are appointed by government ministers each year. In 1992 only 24 posts were advertised, the rest appear to be appointed on the old boy network. Quangos spent £46.7 billion in 1992/93 as against the £69 billion by local councils, unlike which they are not subject to the oversight of the Audit Commission, nor are they obliged to keep a register of members' interests, nor do they have to have meetings open to the public. This is not to say that councils are perfect or that some quangos are not necessary but the whole system needs looking at carefully to improve accountability and reduce opportunities for corruption, including patronage by the ruling party.

FOOD SAFETY

When people think of local government they tend to think only of the obvious things like roads and garbage collection. But there are many areas which aren't quite so obvious like inspection of food outlets for hygiene. Outbreaks of food poisoning are on the increase with the increased use of convenience and imported foods. The commonest cause of trouble is Salmonella but of growing importance is a bug most of us have never heard of called *Campylobacter*. To keep these in check, regular inspections by our Environmental Health Dept. are necessary, but most important is care in the kitchen.

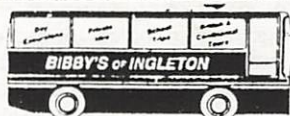
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Coach Excursions

11 Sept		Six Dales Tour
18 Sept		A Day Out In Yorkshire
25 Sept		Wigan Pier & Southport
28 Sept		Carlisle Shopper
2 Oct		Loch Ken & Clatteringshaw's Loch
4 Oct		Bolton Shopper
9 Oct		North Wales Coast & Countryman
13 Oct		Gateshead Metrocentre

Concerts

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

London & Paris Weekends

10-13 Nov		Paris, £99
Throughout November		London, £89

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Eight million enquiries are dealt with in the friendly neighbourhood centres of the Citizens Advice Bureau every year. The advice is free, impartial, and dealt with in the strictest confidence.

You may well know someone who has used a CAB but it is a pity if people in need are unaware of the help CAB can give.

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You just call in, no appointment is required. We don't just hand you a pile of leaflets. We help people fill in forms, explain new legislation, sort out debt problems, or explain how the benefit systems are calculated and which one is your best option. We'll make sure you know exactly what you're entitled to and how to get things put right. We'll make telephone calls and draft letters for you. Home visits are made to the elderly and housebound. The adviser has further resources to call on; expert consultants, national staff, specialist agencies and local solicitors, surveyors and housing organisations all supporting the service.

The CAB is unique. All are welcomed and accepted without question. Pop into the CAB and find out. Your nearest office is in the Grasmere Room in the Bentham Surgery, and is open every Wednesday from 1.30pm-3.30pm. or telephone during these times on Bentham 62358.



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Local Action For Justice and Peace

By (Fr.) Pat Smythe

A planning meeting was held on July 29th. It was agreed to hold a public meeting in the Town Hall (Ballroom) in the autumn.

Are we helping to cause third world poverty?

There are many causes of the severe poverty which is suffered by people of the Third World countries. One is that they have to try and repay the money loaned to them by foreign governments and financial institutions, plus the interest that has accrued. The money was borrowed in order to set up programmes to overcome poverty. Now the debt has become one of the reasons why poverty persists. This is because the funds the country manages to generate have to be used to meet the debt instead of to alleviate the poverty.

Another cause of poverty is the international arms trade. This aggravates conflicts, bringing an increased loss of life, personal injury, damage to property and disruption of society. Limited resources are used up in the purchase of destructive weaponry. Situations which are already unstable are made worse.

Our country is one of the top four arms traders in the world. Our government and our financial institutions are involved in loans and in the collection of debts. Our personal and commercial resources are involved. Our industries are involved.

As a nation we are generous when people in crisis call out for help. We also give steadily in response to ongoing appeals. But it may well be that the arms trade/loan policies that are pursued in our name are causing more suffering than our generosity is relieving.

Public Meeting To Debate Vital Issues

The Public Meeting, scheduled for Friday 28th October at 7.30pm., in the Town Hall (Ballroom) will be about such issues. There will be guest speakers to enlarge on the subject and respond to questions. Information will also be on display and available to take home. It is hoped that a small panel of local people will also be involved in exploring the subject. All are welcome to take part.

Between now and then everyone is invited to submit questions for the panel/guest speakers. These can be given direct to me by phone or post - address below, or via any of the local churches. In addition a supply of "Traid Craft" goods will be on sale - a way of helping the poor by direct support of their village industry. Many of these items make good Christmas presents!

The next planning meeting will be on Friday 9th September in the Town Hall (Wenningdale Room) at 8.00pm. Anyone who would like to help is welcome.

Fr. Pat Smythe, 31 Robin Lane, High Bentham, LA2 7AB. Tel 05242-61315.



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(from 19 June 1994)

Monday - Saturday

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0725	0740	0743	0827 NS
0730	0745	0748	0827 S
0918	0933	0936	1015
1018	1033	1036	1115
1118	1133	1136	1215
1248	1303	1306	1345
1348	1403	1406	1445 S
1350	1405	1408	1447 NS
1448	1503	1506	1545 S
1548	1603	1606	1645 S
1555	1610	1613	1654 NS
1748	1803	1806	1845 S
1848	1903	1906	1945

Lancaster	L. Ben	H. Ben	Ingleton
0810	0839	0842	0855 NS
0920	0956	0959	1015 S
0925	0959	1002	1018 NS
1020	1056	1059	1115
1150	1226	1229	1245
1250	1326	1329	1345
1350	1426	1429	1445
1450	1526	1529	1545 S
1550	1626	1629	1645
1650	1726	1729	1745
1750	1826	1829	1845

NS Not Saturdays

S Saturdays only

NO Sunday bus service to Bentham**TRAIN TIMETABLE**

(29 May - 2 October 1994)

Monday - Saturday

Leeds	Bentham	Lancaster
-	0614	0652
0901	1032	1106
1301	1432	1506
1631	1801	1836

Sunday

0914	1042	1119
1405	1533	1606
1705	1833	1925

Monday - Saturday

Lancaster	Bentham	Leeds
0704	0746	0926
1152	1223	1355
1528	1557	1726
1947	2016	2147

Sunday

1354	1422	1553
1853	1921	2050
1953	2021	2153

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HIGH BENTHAM TOY LIBRARY

By Lynda Rushton

New Opening Times

9.30am. to 11.30am. Every Tuesday starting 13th September

We have made progress with High Bentham Toy Library since its opening over 6 months ago, and recently, with a generous donation, we have been able to buy more than 20 new toys to add to the 73 toys we already have and greatly appreciate. We have put a lot of thought into the areas we feel are in most need of expansion, and hope that any new members will find many creative and stimulating toys available.

Membership has continued to increase and we wish to thank all those who have come along to make use of the service we are offering. We would emphasise that the Toy Library is for everyone who has any dealing with children, under the age of five, including parents, grandparents, carers, playgroups and toddler groups. We hope to carry on expanding and improving, and welcome any suggestions that may help us to provide the best service possible.

We have already found the bulk buy system we opened in March well used, with new and different craft items being added. We are situated in the Youth Centre, Main Street, High Bentham. Our sign is displayed to help those who have not been to the Centre before. If you have any queries please ring Lynda on 05242-62383



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"Fashion Roadshow" Raises Funds

By Michaela Harrison

A "Fashion Roadshow" was held at the "Byres" last month, at which £105 was raised from ticket sales. This, along with money raised at future events, will be given to Goodenber Road Play Area to aid development. Thanks to everyone involved.

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NEWS SHORTS

By Keith Cowling

Cashpoint

Barclays Bank unveiled its new 'hole in the wall' facility last month, offering cash to Benthammers 24hrs a day, 7 days a week. The Town Council wrote to all three banks over a year ago asking them to consider installing a cashpoint as a service to the town. Barclays was the only one to make a positive response. They hope that their new machine will be useful to Benthams many summer visitors, encouraging them to spend in the town and also that over time local people will find the 'out of hours' service attractive.

Bentham Publicans Take on Second Pub

After less than two years as landlords at the Black Bull, Ann and Julian's success in improving the pub has been rewarded. The owners, Thwaites, offered them the tenancy of the Masons Arms in Ingleton and they are now running both establishments. Julian, who won Thwaite's 'Best Kept Cellar' prize last year, said "We try to be in the pub most of the time - particularly important in a community like ours - people want to see who's running the show." They are both delighted to be running a second pub and particularly pleased that Neil Gowland will be managing it for them. Ann said "I'm sure Neil will be as big a success in Ingleton as he was in Bentham".

Award Funds Plan for Telecottage

Barclays Bank featured again in Bentham last month when it gave one of its Community Action Awards to Bentham Trust to help write a business plan for a village technology centre in Bentham. This would promote computerised working and offer training. The award is worth £750, some of which the Trust is using to visit telecottages around the country to see how they work. Their first trip on 6th September will be to Bellingham in Northumberland, and anyone interested in telecottages would be welcome to go along.

New Cafe for Bentham

Milepeal, the builders at Pyes Mill, High Bentham, have applied for planning permission to change what was formerly Parkers Shoe Shop on Main Street, High Bentham, to a cafe with self contained living accommodation above.



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LOCAL EVENTS IN SEPTEMBER

- Sat 3rd Black Bull, guitarist Steve Martin, free 8.30 - 11.00pm
- Sun 4th Bentham Footpath Group walk, Eldroth, 5-6 miles, leader Verena Smith, 61100. Please meet at Lairgill at 1.30pm.
- Mon 5th Town Council Meeting 7.30pm. in Town Hall.
- Tues 6th Wenning Badminton Club. 5.00pm-6.30pm Juniors (age 10-12). 7.00pm-9.30pm Seniors. Bentham Organic Gardening Group meets 1st Tuesday each month. For details contact Jo (21776) or Pauline (21722).
- Wed 7th Wenning Badminton Club. 5.00pm-6.30pm Juniors (age 7-10). 7.00pm-9.30pm Seniors, & each Wednesday in September.
- Thur 8th Wenning Badminton Club. 5.30pm-7.30pm Juniors (age 13-16). 7.30pm-9.30pm Social.
- Fri 9th Modern and Old Time dancing in the Town Hall, 7.45pm -10.45pm. Admission £1.20, including tea and biscuits.
- Sat 10th High Bentham Methodist Church Harvest Festival Celebrations. 7pm Harvest Supper "Potato Pie".
Grand Jumble Sale in Wray Institute, 2pm. Admission 20p.

Listing for Local Events

Day.....Date.....

Event.....

Venue.....

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

- Sat 10th Craven Wanderers Coffee Morning, in the Town Hall.
- Sun 11th High Bentham Methodist Church Harvest Services. 10.30am. Family Service, 6.30pm. Speaker at both services, Mr. R. Gorst.
Collector's Fair/Fleamarket, Lower Town Hall, 10am-3.30pm. Refreshments available.
- Mon 12th Low Bentham Gala Annual General Meeting 8pm Low Bentham Institute. Everyone welcome.
- Tues 13th Bentham & District Camera Club. "Wildlife and macro subjects" by Mr. Ken Blamire of Morecambe.
Tatham Fells Women's Institute, Mrs Beryl Geal "The Rag Trade". Competition - Fashion Collage. Tatham Fells Old School 7.30pm.
Bentham Child Health Clinic at "The Surgery", 1pm-4pm.
Toy Library in the Youth Centre, 9.30am-11.30am.
- Wed 14th Black Bull, Lune Valley Jazz Band. Free, 8.30 - 11.00pm.
High Bentham Indoor Bowling Club Meeting in the Town Hall 7.30pm.
Hornby Drama Group meeting in Hornby Institute, 8.00pm.
- Thur 15th Low Bentham Women's Institute Lavender Blue (dried flowers) - Sue Wood.
Competition - A photograph of flowers.
Bentham News deadline for October edition.
- Fri 16th City & Guild Flower Arranging Part 1 (Kendal College - 0539 724313) 1-4pm. Tutor Jane Burns 61081.

Fri 16th Waste Paper Collection Legion Hall 8.30am-11.00am. Proceeds to NSPCC.

Sat 17th Christian Aid Harvest coffee morning in the Town Hall, 10am-11.30am.

Bentham Footpath Group walk, Barbon/Bull Pot, 9 miles, leader Bert Barnes, 71880. Please meet at Lairgill at 10am.

Sun 18th Black Bull, lunchtime Jazz. Free 12.00 - 3.00pm.

Tues 20th Angus Pensioners outing, Carlisle, returning via Keswick. Hope you haven't forgotten.

Wed 21st North Craven Heritage Trust 7.30pm. "Low Flying" a presentation by Sqn.Ldr. A.L. Parriini, RAF (retd.) at Watershed Mill, Settle.

Flower arranging class starts in Burton-in-Lonsdale Village Hall 7.30pm-9.30pm. Tutor Jane Burns 61081.

Thurs 22nd Creative embroidery class starts in High Bentham Primary School 7.30pm-9.30pm. tutor Anne Burrow 71775.

Sat 24th Bentham Footpath Group walk, Lune Valley, 7 miles, leader Len Moody, 61128. Please meet at Lairgill at 10am.

Modern & Old Time Dance in the Town Hall 7.45pm-10.45pm. Free Jacobs Join.

Good Shepherd Church Coffee Morning in the Town Hall 10am-noon.

Mon 26th Ewecross Historical Society meeting in the Lower Town Hall 7.30pm. Lyn Glading - The Brontes.

Tues 27th Bentham & District Camera Club. Practical evening - Presentation and mounting.

Tues 27th Bentham Methodist Church Bright Hour, 2.15pm. Speaker Canon Hunter.

Bentham Child Health Clinic at "The Surgery" 1.00pm. - 4.00pm.

Toy Library in the Youth Centre 9.30am - 11.30am.

Wed 28th Black Bull, Lune Valley Jazz Band. Free 8.30 - 11.00pm

Fri 30th Bentham News published.

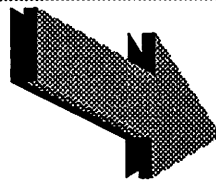
LOCAL EVENTS IN OCTOBER

Sat 1st Bentham Footpath Group walk, Blea Moor - Dent Head, 9 miles, leader Charlie Proctor, 61654. Please meet at Lairgill at 10am.

Fri 7th Neighbourhood Watch meeting in the Town Hall 7.30pm for 8.00pm. Address by Police Sergeant Pappin.

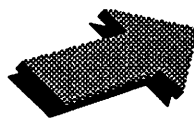
Sun 9th Bentham Footpath Group walk. Belle Vue - Oakhead, 5 miles, leader Ken Walton, 62382. Please meet at Lairgill at 1pm

Tues 11th Bentham & District Camera Club. Story in Pictures. 10 slides/prints.



**Need some
ready
Cash?**

Why not sell those unwanted items, or
find something you want,
with a **small advertisement** in the
Bentham News?



**Want
something
secondhand?**

YOUR GOOD HEALTH

By Judy Park, Bentham Surgery

In response to the request for health items for the Bentham News, this month's request was for information about the contraceptive pill.

Pill Facts

Did you know that:-

◆ Some antibiotics make the pill less effective and it cannot be relied upon. Ask your G.P. for advice if you need antibiotics, use condoms during the course of the antibiotic treatment and for seven days after you complete the course.

◆ A stomach upset, sickness or diarrhoea may cause the loss of the pill before it is absorbed. Use condoms while ill and for seven days after.

◆ If you are a healthy non-smoker you can carry on taking the pill until the age of 50

14 years. If you are a smoker you must stop taking the pill at 35 years of age.

Good News about the pill

More than 60 million women world wide are on the pill and since it was introduced it is estimated that 200 million women have used it. When taking the pill you are less likely to be anaemic, get cancer of the ovary or uterus, get ovarian cysts, have period pains or have irregular bleeding.

And finally did you know that baby oil, vaseline, sun tan oils and creams destroy 90% of a condom's strength after only 15 minutes contact?

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Do you know what can happen if you don't make a valid will?

Talk to Sue Ellis or John Batty

at

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SOLICITORS**

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Call in or telephone 05242 61212

Simple wills from £25.

Home and/or after hours visits available by appointment

RECIPES

By Doreen Park

Now is the time to prepare chutneys to be enjoyed at Christmas, as all good chutneys need keeping for at least 3 months and will keep for up to 2 years. The first one can be made from gooseberries that have been in the freezer. I tend to pick and freeze all the fruits and then use them when the time is right.

Gooseberry Chutney

- 3 lbs green gooseberries
- 3/4 lb demerara sugar
- 1/2 lb onions
- 1/4 pint water
- 1/2 lb raisins or sultanas
- 1/2 oz salt
- 1/4 oz allspice berries
- 1/4 oz root ginger
- 1/2 oz mustard seed
- 1 pint malt vinegar

Dice or mince the onions and cook in a small pan with the water, until tender. Transfer to a large pan for making chutney. Top and tail the gooseberries and cut them up roughly.



I put them through my processor. They will break up when cooking. Chop raisins, add them to the onions, with the gooseberries, salt and vinegar. Lightly bruise the mustard seed and the ginger and tie them with the allspice in a piece of muslin. Add these to the chutney. Cook until the ingredients are well reduced and combined, this will take about an hour. Add the sugar and when it has dissolved, bring it to the boil again and cook until it is a rather thick consistency, and free from a watery appearance on the surface. Pot and cover. This will make about 4 lbs of chutney.

Hot Lemon Chutney

- 4 lemons
- 1/2 lb peeled onions
- 8 ozs sultanas
- 4 chillies,
- 10 cloves
- 10 allspice berries
- 10 black peppercorns
- 1/2 oz bruised root ginger
- 1/2 oz salt
- 1 rounded teaspoon mustard seed
- 1 lb granulated sugar
- 1 and 1/4 pints vinegar

Cut the lemons in half and squeeze out the juice. Put the juice into a large bowl and reserve the pips.

Cut out the white pith from the lemons and then mince the skins, onions and sultanas, rather finely, and add them to the juice. Put the "pips" into a piece of muslin with the peppercorns, bruised root ginger, allspice berries, mustard seed, chillies and cloves. Tie them firmly and immerse in the minced lemon, add the salt and vinegar, and leave to soak overnight. Next day put the mixture into a pan and bring to the boil. Simmer until it is no longer watery and the peel is absolutely soft. This will take about an hour and a half. Add the sugar and when this has dissolved, boil the chutney again until it loses the watery appearance. This will take about 20 to 30 minutes. Take out the bag of spices. Pot and cover. This will make about 3 lbs of chutney and should be kept for at least 3 months.



BS

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QUALITY CUSTOMER CARE AND HARD WORK IS FOUNDATION OF THE TOOBY SUCCESS STORY

By Pam Woof

In The Beginning

Walter served his apprenticeship with J.G.Barker and Sons in Ingleton, beginning at the age of 15 when he left school. When Mr. Barker retired in 1972, Walter took over and the shop became W.F and L. Tooby.

Walter and Linda bought Farmer's Stores in Bentham 12 years ago. They only had two televisions to begin the electrical business and it took 2 years to sell off all of the remaining hardware stock! Now they are one of Bentham's success stories and employ 14 members of staff locally.

Improvement Plans

The "new look" Tooby's was initiated some 8 years ago when plans for the renovation of the shop were made. The whole idea was to create a pleasant showroom for regular and prospective customers. Understandably the immense project has had to progress at an affordable rate. First came the staff working area upstairs. The bedrooms above were converted into offices and staff cloakrooms. The next stage saw general structural repairs and renewals, especially to the roof and central areas of the shop.

Improved Security

Security requirements have been taken seriously throughout the project. The building was very vulnerable in its original state because of its layout and age. The appalling episode of ram raids during 1992 meant that the shop front improvements which were scheduled as the last stage in the developments, had to be done earlier than planned.

Official Opening

The final phase in the creation of the Bentham showroom has now been finished and it will be opened officially on Wednesday 28th September. There will be competitions, games and a draw, etc. Throughout the whole project the shop has only been shut for 2 weeks. It is the end product of 8 years work.

Added Value

Walter recognized in the early days that his customers expect and deserve more than just a wide range of top brand products. He has always been keenly

aware of the need to maintain excellent after sales service. This often means "after hours" service. Now the entire servicing area has been moved into custom built workshops.

Already a main stockist for names like HOOVER, SHARP, JVC, and ELECTROLUX Tooby's will be a PREMIER CENTRE for MITSUBISHI and an OPTIMA CENTRE for ZANUSSI from September. These high gradings depend on the extent of the range of products stocked, and lead to better offers for customers.

Local Craftsmen Used

All of the work has been done by local builders and craftsmen, including the architectural work, which was done by John Fletcher. I vote it a great success. Bentham is a better shopping town as a result. The spacious new modern showroom is a pleasure to walk around. (I've already bought a new fridge from the extensive range on offer!)

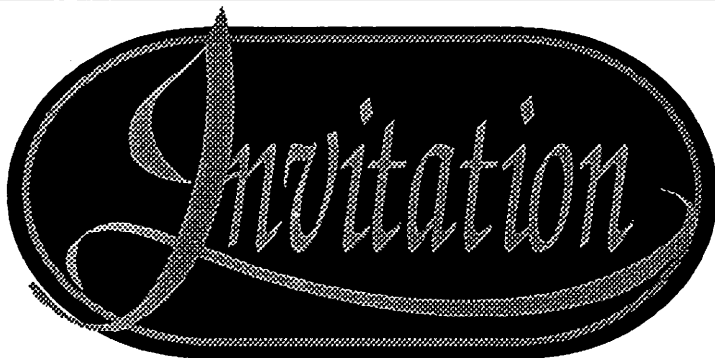
Congratulations to all who were involved and who helped to make this project so successful.

Walter Tooby, a local lad, grafted hard during his apprenticeship. Eventually he took over the business, developed it, and now employs 14 people locally.

TOOBYS

6 Main Street Ingleton, Lancs LA6 3EB Tel 05242-41224 Fax 05242-42095

21 Main Street Bentham, nr Lancaster, LA2 7HQ Tel 05242 61259



TO BENTHAM SHOP

OPENING DAY

WEDNESDAY 28TH SEPTEMBER 9.00am.- 9.00pm.

Free draw on the 28th, tickets will be given out in the shop from 1 week prior to the draw. Lots of fun competitions with prizes on opening day!

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£179.99
now
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Hoover Washer, AC272



Was
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**Zanussi Fridge
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£399
now
£370

Sharp 21" R/C CTV 5150



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now
£290

JVC Hi-Fi System 6



Was
£599.99
now
£550

**Mitsubishi Sat Sys STPB
1600**



Was
£230
now
£199.99

Dear Editor,

Chris Ratcliffe's comment "that's democracy for you" on the Bentham Town Council elections, was simplistic.

Had he been at the count on the evening of 5th May, he would have seen that a large number of voters put only one cross on their Town Council ballot paper.

The ballot papers for both the Town Council and the District Council elections were handed out together and it was clear that only one cross was required for the District Council election. It was obvious at the count that many voters thought this applied also to the Town Council ballot paper.

With hindsight, it would have been more helpful had there been separate ballot boxes with clear instructions for each of the two elections.

Yours sincerely,
Gwen Jessop,
Hilary Mount, Robin Lane, Bentham.

Dear Bentham News,

As a worried pedestrian, would the owner of the rather large Mercedes car please refrain from parking on the pavement outside the bowling green, when playing.

It is putting pedestrians' lives in danger as they have to walk onto the busy road to get past it.

Parking on pavements is breaking the law.

Thank you
B.Smith.

YOUR LETTERS



Dear Bentham News,

The Longstaffe Educational Foundation.

Despite the rather woolly defence in the June edition of BN by the Trustees of this foundation, of the past award of £2000 per year for 7 years as part fees of a pupil (not full fees - a day pupil in the sixth form has to pay £4000 per year now) to Bentham private school, I have had private assurances from several of them that this type of award will not happen again.

I repeat what I said before, firstly, that this money was meant, as a charity, to be given to the poorer members of the community, not the comfortably off.

Secondly, despite Mr. Ralph Atkinson's defence of the failure to distribute about £1200 each year for many years as "prudent management" (Craven Herald 29th April) I am glad to hear from the Charity Commissioners that they are wanting the position regularised and have written to the Trustees accordingly.

Yours Sincerely,

Philippa Linklater,
Riversdale, Wenning Bridge,
High Bentham.

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Dear Editor,

With the help of the District Museum's Officer I am hoping to carry out an "oral history" project in Bentham this autumn. I would very much like to contact any Bentham people who would be willing to talk to me, on tape, about their life and work in Bentham. I am particularly interested in reminiscences about their experience in mills or other work-places during this century. If you would like to help to record Bentham's recent past, please contact me on 61406.

Mrs. Joy Morgan,
Ashurst, Links Drive,
High Bentham.

19 Dear Editor,

As some of you may know, we have held a Jumble Sale in the Youth Club in aid of Rwanda. It was a great success; we managed to raise £112.58.

We would like to thank everyone who donated something, and the people who came to our Jumble Sale

Sarah Burrow, Alison Pearson.

Take a small advertisement in the Bentham News to sell your boat, bicycle, camera, car, computer or other items or services. Change those unwanted articles into cash.

COMMUNITY EDUCATION IN BENTHAM AUTUMN 1994

Classes begin week commencing Monday 19th September 1994

Monday

Continuing beginners French
Country dancing

Low Bentham Primary School 7.30-9.30pm.
Low Bentham Primary School 7.30-9.30pm.

Tuesday

Yoga and self awareness
Knitting, sewing and crafts
Music workshop

Low Bentham Primary School 7.30-9.30pm.
High Bentham Youth Centre 2.00-4.00pm.
Low Bentham Primary School 7.30-9.30pm.

Thursday

Creative embroidery
Accounting & management development
for small businesses
Jewellery, miscellaneous arts & crafts
Pottery

High Bentham Primary School 7.30-9.30pm.
High Bentham Primary School 7.30-9.30pm.

High Bentham Youth Centre 7.30-9.30pm.
Bentham School 7.30-9.30pm.

Saturday

Winter & Christmas photography

Fabric decoration

Performing arts

High Bentham Youth Centre 1.30-3.00pm
19th November-10th December only.
High Bentham Youth Centre 1.30-3.00pm.
19th November-10th December only.
Bentham Youth Centre 10.00am-3.00pm.
1st Oct, 5th Nov, 3rd Dec. 1994. 14th Jan '95

COSTS - 10 week course

A, Basic fee £33.00 - B, Concessionary (over 60) £12.60 - C, Unemployed, on I.S. or Family Credit, or aged under 18, No Fee.

4 week course

A Basic fee £13.20 - B, Concessionary (over 60) £5.04 - C, Unemployed, on I.S. or Family Credit, or aged under 18, No Fee.

Enrol at 1st class or by tel (from 1/9/94) on Bentham 61800 (Answer phone)

GARDENING PAGE

By Roy Pallitt



Although the main growing season is drawing to a close there is still much to be done in the garden, including cropping, pruning, planting out and sowing. In the greenhouse a sowing of American or Land Cress, either in pots or directly into the soil, will produce an early salad crop next year, and the cress will be more tender than when grown outside. Try planting one or two of your harvested potatoes in a 12" pot kept in a frost free greenhouse. You may be rewarded with new potatoes at Christmas.

Apples that are free from disease or defect can be stored in polythene bread bags. Make a few holes in the polythene using a pencil, fill with apples and tie at the top. Store in a cool place and inspect them each month to make sure none are rotting. The apples will remain crisp for many months.



Brussell Sprout plants should be staked and tied to prevent the sprouts from "blowing", should their roots become loosened in the soil by the winter gales. If you want an almost continuous supply of onions now is the time to plant out Japanese onion sets. Harvest them while still small in June and July but remember that they do not store as well as later onions.

When the vegetable crops have been harvested soil structure can deteriorate with

20

the winter rains. One way to combat this is to sow Hungarian Rye during this month. The rye will store nutrients from the soil within its foliage and its extensive root system will maintain the soil in a friable condition; especially valuable on heavy soils. Rye is dug into the soil during spring to increase the humus content of the soil. Green manures, as these crops are known, are a valuable means of maintaining soil fertility whenever any piece of ground becomes vacant. Different types of them are available to suit the time of year required.

LAWN CARE

Raise the height of cut before mowing the lawn from this month. This will allow the grass to strengthen and develop longer roots. These deep roots will give the grass a much better chance of survival during the harsh winter weather, and prolonged dry spells in summer. Incidentally if any part of your lawn is poor because the grass is under shade, allowing longer leaves to develop will increase leaf area and help the grass to survive without the need to use special seed mixtures.

Finally a few reminders for this time of the year. In the fruit garden, prune blackcurrants, and make sure raspberry canes are pruned and next years fruiting canes tied in. It is a good time to take gooseberry cuttings. Mulches around fruit bushes should be removed before winter. Any perennial plants can be tidied up and large clumps divided and replanted. Bulbs such as crocus, daffodil, tulip and anemone should be planted now for a good spring display.

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CARPET CLEANERS £10 PER DAY
WALLPAPER STRIPPERS £8 PER DAY

"Picture Gallery Now Open"

BENTHAM PEOPLE

Personal Thanks

Lisa Doig would like to thank neighbours and friends for their help, cards, gifts and good wishes during her stay in hospital and convalescence. Special thanks to Dr.s Nightingale and Walker, staff in the surgery and the home help service.

Martha Bainbridge would like to thank everyone in Bentham and district who has supported her by prayers, cards and flowers, during her recent stay in hospital. Special thanks to the Methodist Church and St. John's at Low Bentham.

Margaret Newhouse would like to thank everyone for prayers, love and concern, cards, presents and flowers received during the past three months. Also thanks to my friends at the Sue Ryder shop for kindness and support. God Bless.

Cyril and Henrietta Jones - thanks to everyone for flowers, cards and presents on our diamond wedding anniversary.

Stephen and Michaela thank you for all the beautiful cards and gifts on behalf of the christening of their son Jack, on Sunday 24th July. A special thanks to everyone at St. John's Church, Low Bentham for a wonderful service and also thanks from Michaela to Steve for arranging the brilliant opera singer, making the day even more significant and memorable. Kind regards.

Thanks

Low Bentham Gala Committee would like to say "Thankyou" to everyone who donated prizes and gave their support to make such a great day.

For Sale

Oil Fired Rayburn Regent Stove, 4 storage heaters. Tel 61391.

Grey cord Silver Cross pram, good condition, to include sheets, blankets, sun canopy etc. £50. Tel 05242-61853.

Rear Strap-on 2 cycle rack. Suitable saloons and hatchbacks. £30. Tel 61448.

21. Priory Reproduction dark oak buffet style 4ft dresser. Good condition. £200 Tel 05242-41637.

Horse manure for composting, 10 bags £4. Delivered locally. 62176.

Advertising Rates

Payment must accompany advertisements to ensure publication.

Standard Commercial

Advertisements

Local Advertisers: (Bentham, Burton and Ingleton)

Boxed Advert (one eighth page) £10

Non local advertisers

Boxed advert (one eighth page)
£15 per insertion.

Bentham People Page

Thanks and Personal notices:

£1 per 10 words

Small ads £2 per 10 words.

Flyers / Inserts

Business / Commercial £100

Charitable Services £25

To place an advertisement in the
Bentham News please contact
Jane Callus, tel 62277, or any of the
editorial committee.

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Ring Bentham 61671 or just pop in.

SPORTS NEWS

By Janette Richardson

Wild Water Racing

It has been pouring down, white water is swirling down the swollen river - great! This is how Andy Parry spends his time... Benthams can boast that this is the home of the National Coach for Wild Water racing. Working for the British Canoe Union has fulfilled a life long ambition for Andy.

Wild Water Racing is just what it sounds like - racing downstream in a canoe with only a paddle for company - facing rapids and rocks - against the clock for about 15 minutes. Andy excels at this, missing entry to the British team by 9 seconds this year. He has accompanied the team to the World Cup in August this year, as coach. In the past he was in the R.A.F. as a physical training instructor (what else?), has played cricket at Junior County level and now plays in Benthams.

Although Andy is still racing, most of his time is now spent in coaching young canoeists. He is planning to write a book on coaching, and has started Lancaster Paddle Sport Club in Lancaster, encouraging ANYONE (including those with disabilities) from 10-90 years of age, in any sort of canoeing, and letting them stay dry. He has a new boat with a wider base to help young learners stay upright. If you are interested in learning about canoeing ring Andy on 62680.

Horse Talk

Three local riders took part in the Kirkby Show; having to get up at 4 or 5am to start events at 8.30am shows the dedication involved. Sarah Woof took part in her first event, with Anna Parkes and Rachel Taylor winning 4th place rosettes.

The World Equestrian Games

100 miles in the saddle, sinking into fine soft sand dunes in the Hague, Holland...local rider Rick Wiggans, was one

of 6 riders to represent Britain

at the World Equestrian Games in August.

This was the

Endurance Event!

I asked Rick if the

event had been

enjoyable and the

pause before his answer

said it all. Rick has been

racing for 7 years with

his 13 year old horse Penmor Omarif. With

one major event over, he is already

planning for the European Championships

in Brittany next year.

Netball

By Ingrid Ellershaw, Captain.

The netball season, a very enjoyable one, has ended. We finished third in the league.

I would like to thank all the club members for their commitment during the season. It was good to see the youngsters on practice nights as they played extremely well and are a great asset to the club.

A thankless task but an essential one is the umpiring, undertaken admirably by Janette - thankyou. And a big thankyou to Jean, Leanne, Jane and Faye for all their help. Finally, the Wenning netball team wish Laura all the very best for the future. She will not be with us next season as she is going to Leeds University. Laura has been a fine asset to the club and will be greatly missed. Good Luck.

Anyone wishing to contribute to the Sports Page with results, details of events etc, please contact Janette on 62377, or leave items at Benthams Sportswear.



Wenning Badminton Club

Start of new season
6th September.

See local events pages
12 & 13

New members welcome
For further details contact
T. Marshall 62163
or T. Dobson 61210.



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

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Flower Arranging

City & Guilds Class Part 1 starts at Kendal College Friday 16th September, 1pm-4pm.
Tutor Jane Burns-61081

ARTHRITIS & RHEUMATISM COUNCIL

By Nora L. Woolman

The amount of sponsorship money collected for the marathon walk on 19th June by Bernard and Michael, was £475.50, a marvellous effort.

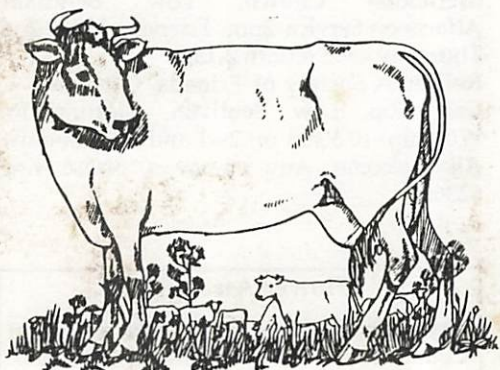
Our well attended coffee morning on Saturday 13th August realised £301.19. Raffle prizes were won by Mrs. Margaret Barwise, Miss Jenny Barwise, Mrs Peggy Dawber and Mr. Cliff Bentham. Those who left before the draw took place will be contacted by Bernard Williams.

Our sincere thanks to all the supporters and workers for another successful function.

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. 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 61034. Don't just turn up, as places are limited to 15. The cost will be £25-£30.



24 LET'S PLAY FAIR!



Bentham Playing Fields Association would like to remind residents and visitors that there is **No right of way** across the playing field. There are so many people using it now as a short cut, we are in danger of having a footpath worn across the football pitch.

Foreign Coins Can Help Children

By Caroline Woof

Have you ever been on a foreign holiday and come home with foreign coins and notes, and not known what to do with them? Well! These can be exchanged into sterling for the NSPCC. There is a collecting box in Armstrong's shop in Bentham and in the Post Office in Low Bentham, so why not pop your unwanted foreign coins in or fetch them to the next Waste Paper Collection.

HORNBY DRAMA GROUP

By H.A. Strickett

The first meeting of the 1994-95 season of Hornby Drama Group will be held at the Hornby Institute on 14th September at 8.00pm. when we shall be discussing our future activities.



Anyone interested in joining us on stage or backstage will be most welcome.



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