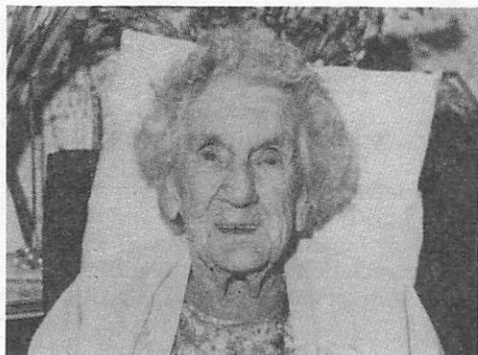


BENTHAM NEWS



MRS J. NEWHOUSE



Known with great affection in Bentham as Gran, Mrs Jennie Newhouse died recently in the Airedale Hospital. She had celebrated her 105th birthday in July this year.

Mrs Newhouse had the distinction of appearing in the Guinness Book of Records as the oldest active church organist, a position she only relinquished recently as her health failed.

She began playing the church organ at Hornby when she was only 14, and after her marriage she played at St. Boniface Catholic Church until the end of 1993.

She will be remembered for her sincerity and friendliness, allied to a sharp wit and lively sense of humour. Mrs Newhouse will be sadly missed by her family and friends and indeed her passing is a great loss to the whole community.

A LOAD OF OLD BULL...

One of the main attractions at this year's Bentham Show failed to materialise. Suppliers contacted the Show Committee the night before the event to say that the mechanical rodeo bull had stripped its gearbox, and on the day punters were offered a ride on a mechanical surf board instead.

Nevertheless, the wet weather that had threatened to spoil the event held off until after lunch and the committee recorded a successful day with both visitor numbers and livestock entries up on last year.

Contents

Successful Playschemes	Page 4
Bentham Bonfire	Page 6
Letters	Page 8
Your Good Health	Page 16
Gardening	Page 19
Recipes	Page 21
Sports Report	Pages 22&23

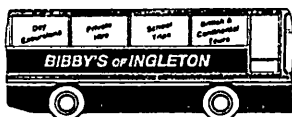
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1 November.....	Chester
2 November.....	Carlisle
5 November.....	Blackpool
8 November.....	York
9 November.....	Preston
12 November.....	Manchester
15 November ...	Fleetwood Market & Cleveleys
19 November	Wakefield (Riding's Centre)
22 November	Pudsey (Owlcotes Centre)

November

London Week-ends.....	£89
Paris Week-ends.....	£99

Concert

12 November.....	Tom Jones, Blackpool, £38
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TOWN COUNCIL

by Keith Cowling

TOWN HALL BUSINESS

Cllr. Dowbiggin proposed setting up a sub-committee of the council to deal with town hall administration, since Town Hall business takes up half of the council's time, often with minor matters. With the support of other new councillors, Cllr. Dowbiggin's motion was agreed and a number of small Town Hall items were referred to it for consideration.

YELLOW LINES

Councillors, North Yorkshire Highways and local police recently agreed new yellow line arrangements in High Bentham. It seems the police now want to alter some of the "working day" parking restrictions to 'at any time' restrictions. Councillors heard that North Yorkshire objected to the revisions, and since they agreed that there was no appreciable parking problem out of working hours, decided to support the objection.

ROAD IMPROVEMENTS

Long-running efforts to get local road improvements continue. Councillors heard that the scheme for a continuous footpath up Doctors Hill is unlikely to get high enough up the county's list 'for several years'. Elsewhere in Bentham, David Currie, our MP, was taken to see the problem at Mount Pleasant in High Bentham. His approach to North Yorkshire resulted in another letter indicating that the scheme's priority was too low. A traffic count is proposed and 'minor improvements' are being looked into, but councillors were clearly frustrated by lack of progress with schemes at Mount Pleasant, the Punchbowl, Wenning Avenue and now Doctors Hill all 'on the list and getting nowhere'.

SHORT ITEMS

* British Rail cannot cut the grass on the footpath across its land west of High Bentham. The Footpath Group will be asked to suggest solutions to the problem.

* Cllr. Hurtley was elected as the Council's

representative on the Governors of Bentham School.

* Lancaster and Morecambe College got 32 applications for its 12 person computer course at the Town Hall so a second course on Thursday afternoons seems likely. Cllrs. continued to express dissatisfaction with the failure of Craven College to offer any equivalent class in Bentham despite providing some classes at Ingleton for 5p!

* Craven District Council are holding Parish Forums this autumn to listen to the concerns of parish councils and rural communities. The nearest one to Bentham will be at Clapham on 5th October.

* The Footpath Group needs a new Chair and Secretary and North Yorkshire needs more Magistrates. Watch out for the posters.

* North Housing Association botched the opening of their new houses in Wesley Close. They invited Cllr. Atkinson believing him to be a Bentham Town Councillor! So despite carrying out the housing needs survey that established funding for the scheme, Bentham Town Council was not represented. Councillors commented 'typical'.

And finally... Following my comments on last month's muddle over tenders, councillors agreed that there was a case for professional help with larger contracts. They also agreed to compile a list of approved local builders for council work.

Next meeting Monday 3rd October



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Successful Playschemes

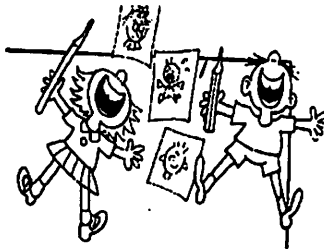
By Shirley Brown

With total attendances of 918 by 103 children at Bentham, and 842 by 71 children in Ingleton, this summer's playschemes in the last fortnight of the summer holidays before the children returned to school, count as a great success.

The children enjoyed the usual playscheme activities; sports, crafts and indoor games, and this year there was also dance, music and model making. All this endeavour culminated in a grand procession and performance in Ingleton on market day. It was repeated at Bentham Show on the Saturday. The Chinese dragon and giant parrot, made with help from the talented Josh, were outstanding. The musical instruments made from bamboo, old hub caps, etc, under the skilful direction of Duncan, were an ideal accompaniment to the dances, choreographed by Gail, to music created by Alison.

The childrens' colourful costumes and all the other fun activities, enjoyed by the children, (including a party and a trip to "Camelot") were made possible by the tireless, dedicated efforts of the popular play leaders, Stephen, Emma and Pernille.

Thanks must also go to the volunteers who helped to make this summer a happy and memorable one for so many of our young people.



Editorial Omissions

We regret that some items have been omitted or severely cut this month, because they were received well past deadline. To avoid disappointment, please submit your articles by the 15th and include contact name and Tel No. Please note the Editorial Information on Page 23.

Goodenber Road Play Area

By Tracy Edwards-Midgley and Vi Christensen

Some of you may be wondering why the grass has not been cut on the play area this summer. There are a number of reasons for this, the most important being that the Play area Committee is currently negotiating with Craven District's Planning Department, seeking their permission to take over the lease from the Town Council, which has given us the permission. We hope that Craven will agree to our request to increase the size of the playground area. If all goes according to plan, we should be in a position by early next year, to bring in bulldozers to landscape the site, and then start to equip the area.

Where is the money coming from?

We have been doing a lot of local fund-raising and have over £1000 in the account at Nationwide. We will need a lot more than that to complete our plans. We have been reliably informed that as long as we have charitable status (applied for), and are the legal leaseholders of the land, we will be eligible for substantial grant aid from the Tudor Trust, Rural Development Commission, and other grant giving bodies. This has already been done in other parts of the country, and the excellent play area in Gargrave was funded in precisely this way.

If you would like to join our committee or find out more about our plans, please contact Denise Peters on 62207 or Vi Christensen on 62688.

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COUNCIL CONCERNS

By Councillor Ralph Atkinson

PENNINE BRIDLE WAY



Although this doesn't concern most of you the proposed new long distance bridle path does pass through the north of Ingleton parish and much of Austwick parish. There's been a big fuss in Ribblesdale because the opinions of local people were not properly reported and some sections of the route are therefore suspect. Apart from this the main concerns of the National Park Committee are: sustainability of the surface, particularly where it passes across peat-like north of Gearstones, and as we all know hooves can chop up the surface of a path so that even booted walkers have difficulty; who is going to pay maintenance?

At the moment although the Countryside Commission are covering any capital costs, they are expecting us to pay 25% of the running costs - this with the present shortage of funds for footpaths is unacceptable. Lastly, we have the problem that unlike footpaths bridle paths can legally be used by mountain bikes. Again these can cause an inordinate amount of damage, depending on soil conditions.

BY-PASSES

The latest from the Ministry of Transport is that all the by-passes along the A65, from Gargrave to Westhouse are put on the back-burner, even though some of them are at quite an advanced stage of preparation. So we don't know what's going to happen. This also applies to even the most preliminary studies for an M65/ South Craven link.

BENTHAM BY-PASS?

Talking of by-passes, a group based in Melling is promoting the idea of a link road from the A65 around Ingleton to the M6 roundabout at Carnforth so as to by-pass High and Low Bentham, Burton, Wennington, Melling, Gressingham, etc. Sounds like a good idea?

Let me have your reactions. Whatever the result it'll take decades to build.

EUROPEAN MONIES

The picture on European monies doesn't become any clearer tho' we are assured that progress is being made. For one thing there's such a confusion of schemes with different criteria and conditions it's difficult to know which is which. So far I've totted up "Objective 5B", "Leader" (tho' nobody can tell me what that's an acronym for!), "Rural Challenge" and "The Single Regeneration Budget". On top of these there is now a "Millenium Fund" which is reported to have vast amounts of money in it. Where this latter comes from I don't know. However, rest assured we'll do our best to channel at least some of these funds into this area.

LOOS ON THE LOOSE

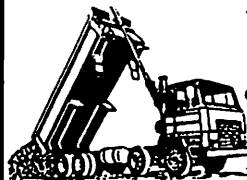
The eternal problems with public toilets are vandalism and hygiene. Up till now the answer has been stainless steel but it's not only dreary to look at, but very expensive - I think the Ingleton one cost the best part of £90,000! However, I think we've now found the answer. A new material that is not only as vandal proof as steel, comes in all sorts of colours and finishes, and is easy to clean (including graffiti), but is 20% cheaper. Hopefully this will enable us to accelerate our refurbishment programme.



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TORY PUDDINGS EVENING VOTED A SUCCESS

By Stephen Dawson

Bentham Conservatives' summer event turned out to be a PUDDINGS EVENING at Inglefield, Robin Lane. Members and friends paid £2.50 for one delicious home made sweet with wine. Thanks were expressed to those who had generously made and donated the sweets, and to John Hall for the run of Inglefield. Around £200 was raised.

The event was a double success. It was the first constituency function since the election in June of North Yorkshire's new MEP, Edward MacMillan-Scott. Edward is the only Tory MEP in the northern half of Britain. He is a leading figure on the Conservative/Christian Democrat wing of the European Parliament, and local conservatives were delighted to celebrate his success.



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BENTHAM BONFIRE 1994

By Pam Woof

This year Bentham Bonfire will be held on Saturday 29th October. We hope you will come along and enjoy the evening which includes a lantern procession by local children and live music from "Bay Beat".

The procession will be leaving Cleveland Square at 6.30pm. As always we hope for a fine night but whatever the weather you can be sure the bonfire will take place. Building starts on Thursday 27th. Wood and garden cuttings, etc are ideal but please **DO NOT DUMP TYRES**. Don't miss this spectacular entertainment! Charges: Adults £2.00, Children £1.00

Join In

If you would like to make a lantern to carry in the procession, workshops will take place in the hall at High Bentham C.P. School, 17th to 21st October from 3.45pm to 6.00pm. All children must be accompanied by an adult. Further workshops will take place during the half term holiday. Look for details on the Youth Club notice board.

The build-up continues during the last week of October with a window competition organised by Bentham Traders. Look out for Guy Fawkes in shop windows around the town.

So if you would like to be involved, come along, make your own Guy and join the procession to the Bonfire.

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999 POLICE FILE

By Sgt. David Cochrane.

The following figures represent crimes committed in the Bentham area during August.

Auto crime, 3

Burglary of dwelling houses 2

Thefts 2

Total 7

A dwelling at Stonegate, High Bentham, was burgled and £100 stolen in £1 and 50p coins and £400 in assorted Bank of England notes were stolen along with a brooch in the shape of a gold leaf with mother of pearl inlay.

The second burglary at Egerton Lodge Farm resulted in the loss of a stuffed fox on an oak stand.

Two vehicles were stolen:- a red Ducatti Motor Cycle Reg.No. K169HJN from Greenfoot Cottages, and a white Ford Transit Reg.No. G845HCK from Tatham Tyre Services.

Now that summer has come to an end the nights are closing in earlier and safety should be paramount in our minds. Cyclists are reminded to check that their lights are working to the front and rear, and pedestrians are advised to wear something reflective. In line with this, motorists should ensure that their vehicles are correctly maintained with particular regard to lights. Defective lights on a vehicle can cause accidents. This also applies to cyclists.

Throughout the month of October local officers will be monitoring the use of vehicles with defective lights, as part of a road safety campaign. Please help us reduce accidents. It goes without saying that if anyone has seen anything suspicious, please let us know.

BENTHAM YOUTH CLUB

The Bentham Youth Club is open again at the following times. Junior Club, Mondays 6.00pm-7.30pm (Ingleton middle school age). Senior Club, 7.30pm. - 9.00pm (Settle High School Age). Wednesdays, Senior Club, 7pm. - 9.00pm. All welcome.

DRAMA DATES



Hornby Occasionals have started rehearsing again on Friday nights at 7.30pm in the Hornby Institute. They are producing two shows together; HMS Pinafore and Trial By Jury, both by Gilbert and Sullivan, for the last week in March 1995. Basses, tenors and sopranos are needed. Please ring Stella on 05242-21579, or come along and join in the fun.

Sponsored Silence!

Karen O'Hagan and Jemma Telford recently held a sponsored silence which raised £16. They have sent the money to the NSPCC, who wish to thank both girls.

National Washing Line Day

Tooby's announce that on their National Washing Line Day, Sat 27th August, £66.57 was raised in aid of N.C.H Action for Children.

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WHERE ARE THEY NOW?

By Shirley Brown

Bentham News, always keen to report good news, would like to hear from relatives or friends of Benthamers, old and young, about what is happening to those who have lived or continue to live here.

At this time of year our thoughts turn especially to school leavers. What jobs, careers or courses have they chosen?

Settle High School has contacted us with information about some of its ex-pupils, but they are interested, as we are to hear more. If you have some news (and it doesn't have to be about academic success!) please contact Mr. Frank Heap at the High School (0729-822451), or Bentham News via Bentham Sports Shop.

Some good news

Rachel Dixon has a BA in the History of Art, Film and Design from Sheffield Hallam University and is starting an MA in Museum and Art Gallery Studies at Manchester University.

Thomas Cook has a BA in American Studies from Brunel University.

David Cowling has a BSc in Geography from Sheffield University

Kersten Foster has a Law degree from Newcastle University and hopes to go on to Law School in York.

Stephen Preston has an engineering degree from Loughborough University.

Rhian Parkin has a BA and Education diploma from Newton College, Bath.

Richard Faraday has a BSc in microbiology from Newcastle University.

Robert Ellershaw has a Business Administration degree from Blackburn College.

Rachel Faraday has a BA in Recreation and Tourism Management from Sheffield Hallam University.

Mark Bamforth will take a BA in Accounting at Manchester Metropolitan University.

Jenny Boadle will take a BA in English and French at the University of Wales.

Sarah Glossop is taking an HND in Land Management at the University of Central Lancashire.

Philip Hogg will take a BSc in Maths at the University of Manchester.

Katie Jennings will take a Sociology BA at Manchester Metropolitan University.

Joanne Lawson is taking a Nursery Nursing BTEC at Lancaster and Morecambe College.

Helen Linklater will study medicine at Sheffield University.

Clare Mason will take a BA in Psychology at Staffordshire University.

Gillian Middleton will take BA in Linguistics at York University.

Tim Mulligan will take a European Studies BA at Manchester Metropolitan University.

Jonathan Pearson is taking an Accounting BA at Manchester Metropolitan University.

Ben Pritchard will take a Geography BA at London University's School of Oriental and African Studies.

Matthew Whitfield will take a Physical Education BSc at Loughborough University.

Laura Widdop will take a Physiotherapy BSc at Leeds Metropolitan University.

Marie Hothersall will take a Community Studies BA at Bradford and Ilkley Community College.

Caroline Pilkington will take a Computer Studies BSc at Edinburgh University.

David Atkinson will take a BTEC National Diploma in Uniformed Services at Craven College.

Karen Greig will take an advanced GNVQ in Catering at Lancaster and Morecambe College.

Ian Mottram will take an advanced GNVQ in Sports Studies at Craven College.

Stephen Wilson will take an advanced GNVQ in Information Technology at Blackburn College.

Gareth Adams has started a 4 year Craft Apprenticeship with Nuclear Electric based at Heysham, and will attend college in Manchester.

Gregory Pritchard has started a 3 year NVQ Chef's course at Lancaster and Morecambe College.

Melanie Lister, Pauline Eastwood and Clare Adams are all taking the BTEC National Diploma in Nursery Nursing at Lancaster and Morecambe College.



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18" Frame	ladies	KX 100 10 spd	£176	£140
20" Frame	Ladies	MX 25 5spd	£160	£125

ALSO

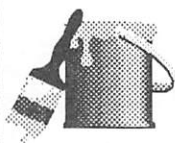
Hybrid	Gents	Manhattan 12 spd	£200	£150
Hybrid	Ladies	Oregon Trail 5 spd	£175	£140
Racer	Gents	Danbury	£110	£80
Racer	Ladies	La Riviera 12 spd	£119	£90
Racer	Boys	Target 24" wheel	£110	£80

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Low Bentham Horticultural Show

The Annual Flower Show was held in the public hall in Low Bentham in the last week in August. The first opinion formed by visitors was that this was a good old fashioned "proper village" show, its organisers preferring a low key approach which only added to its attraction.

The entries for this popular little show have shown a dramatic increase on last year, up by 130 to 485 entries, including a block entry from the local primary school, the first for some years.



The childrens' handiwork adorned the hall walls, complementing the flowers and produce and delicious culinary efforts of the local ladies.

Indeed one gentleman, who bravely dared to challenge this previously female dominated class, won a class award.

The judges were very impressed by the standards of the exhibits and described it as "a delightful show".

As with other shows in the area, there was an increase in the number of visitors but the organisers said that they need more support. Anyone who would like to join the committee or help in any way should contact the show secretary on Bentham 62512, or any other member.

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POST OFFICE NEWS

By Alison Wilken, Postmistress

New Services

As from the 1st October 1994 British Gas savings stamps will be available from all post offices. These can be used for full or part payment of any type of gas account, free of charge at any post office, in addition to the existing range of savings stamps, i.e. TV.Licence, BT, Water and Motor Vehicle Licence. Customers who prefer to use British Gas weekly or monthly budget schemes can also pay their instalment, free of charge, at any post office.

Craven District Council Bus Passes

Post Offices in Craven will again be issuing bus passes and permits on behalf of Craven District Council - this year during the three month period 3rd September - 3rd December. Bus passes are priced at £7.00 and enable Craven District pensioners and disabled persons to concessionary rates on buses. Railcards are also available as an alternative but these must be purchased from Council offices and sub offices (e.g. Bentham Town Hall). Applicants for passes/permits/railcards will require an application form and these are available at post offices. Please bring along your permit as well, when renewing your bus pass.

Christmas Mail

Christmas may be over two months away but surface mail last posting dates are fast approaching. A leaflet giving details is available at post offices. In many cases surface mail is roughly half the cost of

airmail, so considerable savings can be made using this facility if you have numerous overseas correspondents! We hope to include next month details of airmail and other Christmas services. Special Christmas stamps will be available on 1st November.

Post Office Green Paper - Privatisation Proposals

It is still possible to express your views to the Post Office Review Team at DTI (TP Division) 151 Buckingham Palace Road, London SW1W 9SS - but please hurry to do so. Despite the guarantees promised by government, considerable disquiet has been caused by the unnecessary proposals to dismantle and part privatise the Post Office. It is important that everyone who shares this disquiet, should register their views before a final decision is made on the matter.



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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.

First in a new "Off the wall" season. 8pm - 3 course Brazilian meal (tickets in advance). 10pm dance to the "No Dodo" African Jazz/Rock Band, £2.50 at the door. Town Hall Ballroom.

Mon 3rd Town Council Meeting in the Town Hall, 7.30pm.

Tue 4th Low Bentham Badminton Club 7.30pm. in the Victoria Institute, Juniors of all ages welcome.

Bentham Organic Gardening Group meets first Tuesday each month. For details contact Jo on 21776 or Pauline on 21722.

Wed 5th NSPCC monthly meeting at Lingfield, Robin Lane at 7.30pm.

Thu 6th High Bentham Women's Institute AGM and meat and potato pie supper at 7.30pm in the Lower Town Hall.

Bentham Indoor Bowling in the Town Hall 1.30pm-4pm and every Thursday.

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

Fri 7th Grupo de conversación español in the Sun Dial at 8.30pm.

Sat 8th Conservative Coffee morning in the Town Hall, 9.30am.

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.

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

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

Low Bentham Badminton Club, 7.30pm. in the Victoria Institute. Juniors of all ages welcome.

Bible Society meetings at 2.15 and 7.30pm in Bentham Methodist Church.

Thu 13th Wesley Guild entertain senior citizens, Methodist schoolroom, 7.00pm.

Fri 14th Modern & Old Time Dance in the Town Hall, 7.45pm-10.45pm.

Auction of Promises and Supper at Low Bentham C.P. School, 7.30pm.

Sat 15th Bentham News copy deadline for November edition.

Low Bentham Playgroup Coffee morning and photograph, in the Victoria Institute, 9.15-11.30am.

Sun 16th Bentham Footpath Group walk, Wennington area, 8 miles, leader Bernard Ellershaw, 62078. Please meet at Lairgill at 10.30am.

Tue 18th Low Bentham Badminton Club at 7.30pm. in the Victoria Institute. Juniors of all ages welcome.

Listing for Local Events

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

Event.....

Venue.....

Contact.....Tel.....

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

Thu 20th Bentham Women's Institute meeting in the Victoria Institute, at 7.30pm. Speaker Mr Clark of Hawes Dairy Products. Competition - A favourite mug.

Fri 21st Waste Paper collection at the Legion Hall, 8.30am 11.00am. Proceeds to NSPCC.

Bentham Footpath Group Annual General Meeting in the Town Hall at 7.30pm.

Bentham District Arthritis Research A G M in Methodist Schoolroom, 7.30pm. Speaker Dr.J.P.Halsey, Consultant Rheumatologist, Lancaster Infirmary.

The Countryside Society meeting in the Upstairs Room, Hornby Institute, at 7.45p.m. Mr N.P.Stobbs - "Corn and Water Mills". Visitors welcome, £1.

Grupo de conversación español, in the Sun Dial, 8.30pm.

Sat 22nd Bentham Footpath Group walk, Whitescar, 8 miles, leader Don Scott, 42109. Please meet at Lairgill at 10am.

Wesley Guild family night, Methodist Church 7.30pm. Visit of Westhouse Young People.

Bentham Liberal Democrats coffee morning 10am. Cakes, tombola, books, and plants.

Tue 25th Bentham & District Camera Club "Exposure Part 2", Dr. J.Jennings of Morecambe.

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

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

Low Bentham Badminton Club at 7.30 pm. in the Victoria Institute. Juniors of all ages welcome.

Wed 26th North Craven Heritage Trust AGM at Ingleborough Hall (Craft Centre)Clapham, 7.30pm. followed by an illustrated talk "The life and work of Reginald Farrer" by Mrs J. Farrer.

Thu 27th Friendly whist drive & potato pie supper at the Black Bull. 7pm. Tickets £3, available from McDonalds Shoeshop and the Pet Shop, in aid of NSPCC.

Fri 28th **Bentham News published.**

Local Action for Justice and Peace, Public Meeting in the Town Hall at 7.30pm. All welcome - see page 14.

Sat 29th Bonfire, see Page 6.

Modern & Old Time Dance in the Town Hall, 7.45pm-10.45pm.

Mon 31st Ewecross Historical Society meeting in Lower Town Hall, at 7.30pm. Alan King - "Early Celts".

LOCAL EVENTS IN NOVEMBER

Tue 1st Low Bentham Badminton Club at 7.30 pm. in the Victoria Institute. Juniors of all ages welcome.

Thu 3rd High Bentham Women's Institute meeting, 7.30pm in the Lower Town Hall - "With Christmas in mind". Beatrice Brown cookery demonstration. Competition, "A small Christmas decoration"

Fri 4th Skipton and Ripon Constituency Conservatives, Bentham Branch, Speaker Supper in the Golf Club with Robert Atkins MP, Minister for the Countryside.

Tue 8th Bentham Child Health Clinic at "The Surgery" 1.00pm-4.00pm.

Low Bentham Badminton Club at 7.30 pm. in the Victoria Institute. Juniors of all ages welcome.

LOCAL ACTION FOR JUSTICE AND PEACE

By (Fr.) Pat Smythe

There will be a public meeting on Friday 28th October at 7.30pm in Bentham Town Hall. Two expert speakers, Pauline Carbery and Vin McMullen from CAFOD, a leading national charity involved in projects for the needy in the world's poorest countries, will explain the devastating effect that the policies carried out in our name and with our resources, have on the poor.

Our guests will be joined by a small panel of local people who would welcome questions and discussion points based on the issues outlined below. It would help if some questions could be submitted to me in advance.

Pauline will be visiting local schools before the meeting to help pupils understand the issues, and pass on information to their families.

What is the debt crisis?

In the 1970's western institutions encouraged third world governments to accept massive loans to fund their urgent development programmes. The enormous interest charges on these loans are draining the resources of the poor countries. Money that should be spent on providing health care, housing and education has to be diverted to pay off the debt, and instead of food being used to prevent malnutrition, it is exported to raise cash.

More funds are going out from poor countries to meet the demands of wealthy creditors than are coming in as aid from the rich countries.



Our arms trade

Britain is one of the world's top four arms traders. Although some argue that this trade is justified because it helps our "balance of payments" and provides jobs, the sale of weaponry can cause destitution in less fortunate nations. Conflicts are aggravated, there is loss of life, injury, property damage and further disruption in already unstable societies. Sometimes grant aid is only given to a country if it also agrees to buy arms.

Aid wasted?

The British are generally very concerned about third world suffering and give generously to charity, but what is the point of such generosity if the money given comes back to benefit us through arms sales and debt repayment? Are there other ways of helping the poor?

Sale of third world produce

Please come to the meeting. Listen to the discussion. Ask your questions. Look at the material on display. You may even like to buy from the stalls selling produce from village communities in under developed countries. Money from such sales directly benefits those who produced the goods. St. Boniface Church, 31 Robin Lane, High Bentham, LA2 7AB. Tel 05242-61315



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BENTHAM PEOPLE



Personal Thanks

Mr and Mrs J. Newhouse and family would like to thank everyone for their many cards and messages during their recent bereavement. Also many thanks to Dr. Story and Dr. Nightingale for their care of Jennie, and thanks to Eric Brown and Joe Morphet.

Congratulations

Smith, Frank and Pat, congratulations Mum and Dad on your Golden Wedding. All our love, Alan, Tony, Barbara, Jane, Lorna and families.

Smith, Frank and Pat, congratulations on your Golden Wedding anniversary, filled with golden memories. With love from Lorna, David, Phillip, Greg and Alan.

Mrs Eva Brammer, congratulations on your 95th birthday, 27th October. Love from all the family.

Re-Location

Syd Parkinson (formerly of 1 Pye Busk), has moved to Abbeyfield House, Main Street, High Bentham, from 9th September 1994. He has retained his original phone number and will be pleased to see any of his friends in his new home.

Services

Home tuition offered in Junior English. Celia Mothersole, tel 62788.

For Sale

Girls smart Raleigh bike, good condition, suit 6-9years, £55, phone 62323.

Fax machine, £300, tel 62284.

St. Margaret's Update

By Susan Adams, PCC Secretary.

The Harvest Thanksgiving at St Margaret's will be on the 2nd October, when the church will be decorated with flowers. We would ask that gifts be in the form of a donation, which will be passed on, on your behalf, to Christian Aid. Please put your gift in an envelope marked "Harvest Thanksgiving".

On the 15th October there will be a chance to donate to St Margarets at the annual Gift Day which will be in the Lower room in the Town Hall from 10am-11.30am. Coffee will be available. Please bring your donations in a sealed envelope. Church officers will be there to receive your gifts.

Many people will have seen some evidence of the work being done on the vicarage. This is being re-furbished and modernised to welcome Canon Bearpark and his wife Dorothy. They hope to be with us early in November in time for the induction on the 12th November, by the Bishop of Bradford.

May the PCC of St Margaret's use "Bentham News" to say a big thankyou to all those who have been patient with us during the long interregnum. We, with everyone in Bentham, look forward to the advent of the new vicar. We hope that he will settle into Bentham life easily and make many friends amongst us.



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Your Good Health

STRESS

By Christine Hodson, Health Visitor, Benthams Surgery.

A certain amount of stress is an essential part of everyday life, keeping you alert and out of danger. Your body instinctively reacts for self survival in any stressful situation, like crossing a busy road, or an argument. Once the stressful situation has passed your body returns to normal.

Unfortunately some people constantly put their body on "red alert" and over a period of time this will begin to affect their health and wellbeing.

Early warning signs

Feeling tense most of the time.

Being very aware of time pressure.

Taking a long time to get to sleep, and waking early.

Over re-acting and drinking or smoking heavily.

Heartburn and stomach problems.

Headaches, migraines and back pain.

Recognising these early signs and taking steps to control day to day stress is relatively easy at this stage. But if the stress levels continue to rise the symptoms can increase and become more severe.

Danger Signs - Seek Help!

◆ Waking in the early hours - a major stress indicator.

◆ Increasingly reacting to problems with bouts of irritation.

◆ Getting angry over "nothing" and generally over-reacting.

◆ Doing everything in an excitable way.

◆ Missing out on social events due to work.

◆ Recurrent headaches or head noises.

◆ Using antacids or headache tablets regularly.

◆ Chest pains.

◆ Trembling, sweaty hands, feeling faint when under pressure.

◆ Catching a lot of colds and viruses.

◆ Loss of concentration and less reliable memory.

◆ Dwelling on problems.

◆ A feeling of being very low and/or crying for no reason.

What you can do

Ease the pressure on yourself. Stress is preventable and manageable and here are some ideas to help you.

◆ Identify the things and areas that cause you stress. It's a good idea to write these down.

◆ Be realistic about what you can achieve and when - and tell other people. Know your limits.

◆ Build short breaks in during the day with time for meals in a relaxed atmosphere and sitting down.

◆ Take regular exercise. Even a short daily walk can improve sleep patterns.

◆ If someone is putting too many demands on you, tell them. Be assertive.

◆ Relax. Relaxation takes many forms:- Sit peacefully and quietly and close your eyes.

◆ Sit quietly and clench and let go of both your fists,

eyes and face. Repeat this over a few minutes.

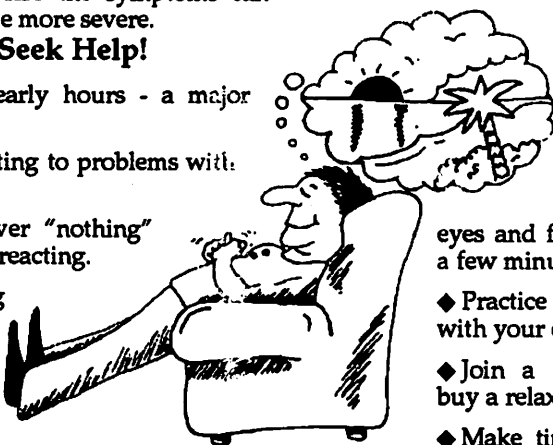
◆ Practice deep slow breathing with your eyes closed.

◆ Join a relaxation group or buy a relaxation tape.

◆ Make time for yourself and plan to do the things that

please you in your social life.

Finally, do take stress seriously and seek extra help if you feel it necessary.



Bentham School News

By Anne Presland

A major change this term has been the establishment of the Nursery and Junior Department, together with the Junior Boarding House on the Moon's Acre site on the edge of High Bentham. A new Senior Girls' Boarding House is based on an extended Bridge House in Low Bentham. The increase in the numbers in the Junior Department has meant an extra class and the appointment of a new member of staff, Mr Daniel Rimmer.

Bentham School pupils fared well in their Public Examinations this summer, achieving a 90% pass rate at A Level. Bentham girl Dawn Guegan obtained 4 passes at Grade A and 1 at Grade B.

Parents' Association events this term include a Jumble Sale on Saturday 8th October and a Christmas Fayre on Friday 18th November. The school play is on the 8th, 9th and 10th December.

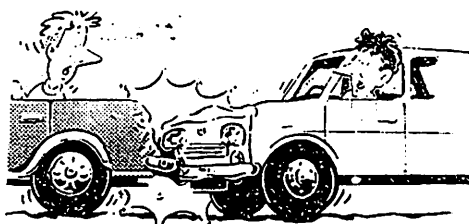
NEW BUS TIMETABLE (from 25 Sept. 1994)

Monday - Saturday

Ingleton	H. Ben	L. Ben	Lancaster
0720	0738	0741	0827 <i>NS</i>
0730	0748	0751	0830 <i>S</i>
0900	0918	0921	0955 <i>NS</i>
0925	0943	0946	1025 <i>S</i>
1025	1043	1046	1125
1125	1143	1146	1225
1255	1313	1316	1355
1355	1413	1416	1455
1450	1508	1511	1545 <i>NS</i>
1455	1513	1516	1555 <i>S</i>
1555	1613	1616	1655 <i>S</i>
1755	1813	1816	1855 <i>S</i>
1855	1913	1916	1955
Lancaster	L. Ben	H. Ben	Ingleton
0920	0954	0957	1015 <i>NS</i>
0920	0959	1002	1020 <i>S</i>
1020	1059	1102	1120
1150	1229	1232	1250
1250	1329	1332	1350
1350	1424	1427	1445 <i>NS</i>
1350	1429	1432	1450 <i>S</i>
1450	1529	1532	1550 <i>S</i>
1550	1629	1632	1650
1650	1729	1732	1750
1750	1829	1832	1850

NS Not Saturdays

S Saturdays only



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Dear Bentham News,

With reference to the letter from "B.Smith" - August issue of the Bentham News, I am pleased that someone has noticed the parking of my car. It is unfortunate, however, that this person has not noticed the valid disabled badge on the car.

Parking as I have done, was in my mind the lesser of two evils; enabled drivers clearer vision, against the position of the very few pedestrians passing that point.

Maybe "B.Smith" is absolutely "Lilywhite" in all aspects of the law, to enable him to publicise this matter, instead of contacting me directly. I was taking part in one of the few sports in this area available for disabled pensioners.

"Mercedes Owner"
(Name & Address supplied).

Dear Bentham News & People,
This is the first chance I have had to write to you all. As you can see the "mag" reaches middle Tennessee from time to time. I want to thank all my ex customers through the Bentham News for their previous loyalty in my business.

It is good to hear that things go on as usual in the town and I'm glad to be able to be remembered. The world out here is beautiful.

Regards,
Andrew Bradley, Tennessee, USA.

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Dear Editor,

Where were all you Bentham folk on the evening of Tuesday 13th September? Perhaps Bentham was playing Barcelona that night, or a local girl was in the final of the Miss World competition.

However, wherever you were, you were not at the Bentham Youth Club to attend a Craven College Course on bookkeeping.

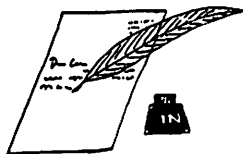
Only one person turned up, and that lady came from Burton! Did you know that the cost of the course was only 5p for 32 two hour sessions?

There is news of plans for the economic regeneration of Bentham. Craven College would like to assist in that regeneration, but there is no point in arranging courses to which no one turns up.

The ball is in your court. You tell us what courses you want, and we will do our best. Would it be worthwhile to place questionnaires in local shops to get your ideas? Would posters around the town, advertising courses, help? Whatever you think, tell us!

You can write to Bentham News or myself with your ideas and comments.

Yours faithfully
Alistair Gregory,
Bleaberry House, Duke Street,
Burton-in-Lonsdale, Carnforth, LA6 3LG.



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Gardening Page

By Roy Pallett

In October the main task in the garden is to tidy up but there are more creative jobs which can be carried out. Dead or decaying material must be removed to reduce the incidence of disease. Pull out bedding plants and rake up leaves. Ponds should be netted to prevent leaves fouling the water. If possible, re-cycle leaves by constructing a wire netting cage in which to store them, or if this takes up too much space, use a woven plastic sack. When rotted, the leaf mould can be used as a basis for making potting compost.

All healthy waste material should be returned to the soil as compost or if shredded, as a mulch applied in the spring. Ideally only diseased material should be burnt.

Berry and Currant Care

By now blackcurrants and raspberries should have been pruned but gooseberries and whitecurrants require pruning. Cuttings can be taken of all these fruits and if new bushes are to be planted, prepare the ground now before the soil becomes too wet to work. Any mulches applied to fruit bushes may contain pests. Removing the mulch will reduce pest and disease problems and allow birds access to any remaining grubs in the soil.

After cleaning up the borders, fork over the soil and plant wallflowers, polyanthus, pansies and spring flowering bulbs..

If your soil is heavy, October and

November is the time to dig over the vegetable patch and apply lime if necessary. A better alternative is to arrange beds so that they can be worked without walking on them. By avoiding compaction of soil and by the application of a mulch of organic material to the soil surface in spring, valuable micro-organisms will not be buried and can remain in their correct place to carry out their task of soil conditioning.

Hardwood Cuttings

Growing plants from cuttings is most rewarding and between now and December is the best time to take hardwood cuttings. They are most successful taken just after their leaves have fallen. Suitable subjects include actinidia, cornus, forsythia, jasmin, laburnum, philadelphus, ribes, viburnum and wiegela. The cuttings need to be nurtured until roots have developed and to do this they should be kept in moist conditions at a temperature of 15-18 degrees C for two to three weeks and then at 7-10 degrees C.

Use a half and half mixture of coir fibre and vermiculite or grit and place the cuttings in a closed polythene bag to conserve moisture. Rooting can take between a few weeks and a few months but when it has happened, the cuttings need to be weaned by cutting slits in the bag. These can be gradually increased over a couple of weeks by which time the plants should be prepared for placing out in a sheltered position such as an open cold frame.

Leave Things Tidy

Just as we are putting the garden to bed as it were, don't forget to do the same to any tools that are not required until the next season. Sharpen, clean up and oil any hand tools. Check electrical leads for damage and tightness of connections to the plug, and maintain the lawnmower if required. To have sharp and rust free tools available when needed makes it so much more of a pleasure to start off the new gardening year.

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BENTHAM FOOTPATH GROUP

By Maureen Ellis

The quarterly meeting of the Bentham Footpath Group, chaired by David Stubbs, took place on 24th August in the Town Hall. The proposal has been accepted to invite Helen Shephard, Rights of Way Officer for North Yorkshire, to speak at the Annual General Meeting on 21st October in the Town Hall. Everybody is welcome and refreshments will be served.

This is an opportunity to hear more about the multitude of the activities of the group. These consist mainly of walking and negotiating with local land owners about maintenance of safe right of way, via stiles and bridges, as well as actual hands on activity on these tasks. Donations will be gratefully received by the group, as these enterprises are expensive both in time and money.

Mary Hudson is currently co-ordinating the next footpath programme which continues through the winter.

GIGLESS?

Depressed? Frustrated in your dream to be a performer? Here is the opportunity you have been looking for all your life! To join a band soon to go into rehearsal and booked to play at the December happening of **Off the Wall**.

Musical ability welcome but hardly necessary. Just enthusiasm for the idea of performing and the availability to attend weekly rehearsals. (Especially if you are a drummer).

Contact Sean Sanderson on 62050 or Keith Dixon on 62688.



RECIPES

By Doreen Park

Christmas is coming and the geese are getting fat and now is the time to make some goodies to go with them. For the first time last year I made my own mincemeat using this recipe.

Mincemeat

- ¾ lb seedless raisins
- ½ lb candied peel
- ½ lb sultanas
- ½ lb currants
- 1 lb apples
- ½ lb suet, finely chopped (as Atora)
- ¾ lb brown sugar
- Grated rind and juice of one orange and one lemon
- ½ oz mixed spice
- 1 teaspoon grated nutmeg



Mince twice or finely chop the raisins, peel and half the sultanas and currants, and the apples. (I use my food processor) Then add the remainder of the fruit and all other ingredients. Mix well and leave in a covered bowl. Stir every day for a week, then turn into jars, leaving 1 inch of space at the top. Cover as for jam and leave for several weeks before using.

Soldier's Christmas Cake

- ½ lb chopped seeded raisins
- ½ lb sultanas, ½ lb currants
- ½ lb glace cherries
- ¼ lb chopped mixed peel
- ¼ lb chopped blanched almonds
- ½ cup brandy or orange juice
- 2 cups plain flour (use breakfast cup)
- ½ cup self raising flour
- ½ teaspoon nutmeg
- ½ teaspoon cinnamon
- ½ teaspoon mixed spice
- ½ lb butter
- 1½ cups brown sugar
- 2 tablespoons jam or marmalade
- 4 eggs

Hint:- fruit may be soaking in the brandy several weeks before.

Combine the seeded raisins with the sultanas, currants, cherries, mixed peel and almonds. Sprinkle with brandy or orange juice. Sift flours with the spices. Beat the butter and brown sugar till light and fluffy, add jam and beat again. Add the eggs one at a time, beating well after each addition.

Fold in fruit and flour mixture alternately, mix thoroughly and spoon into deep 8 inch round tin lined with two layers each of aluminium foil and greaseproof paper. Bake in a moderate oven, 180c for 30 minutes. Reduce the heat to moderately slow, 160c and cook for 2½-3 hours. Test with fine skewer before removing from oven.

J. McManus M.B.E.

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SPORTS REPORT

Bentham Men's Tennis - Descent of the Greybeards

Earlier this year there was a scratching of beards and furrowing of brows at the Kendal and District League AGM, when the Chairman's casting vote carried a resolution that for the 1994 season, two teams would be promoted and relegated in each division.

The Bentham team's anxiety was more than justified. With the fixtures completed in August, (no defaults this year) there had been no wins. Only three points covered the bottom four teams of the men's first division. Bentham had just four draws and so propped up the other six teams.

Wanderers of Ulverston were champions for the third year running. The Ulverston team includes Cumbria's number one and a professional coach.

Bentham's team can offer excuses in abundance - the weather, hernia, back trouble, the wind (internal and external), the previous night's swordfish masala.....never mind, the greybeards will undergo intensive winter training (the beach at Lytham St Annes) and are confident that the nine year spell in the first division will be resumed in 1996 after gaining promotion next year.

Players and numbers of appearances:

Andy Whitaker (4), John Bell (11), Ian Cochran (1), Roger Alston (4), Ken Robertson (11), Simon Hicks (5), Mike Glover (1), Colin Brown (11).

Horse Talk

Bentham Show brought out the best in local riders, with Sarah Woof winning 1st prize in the local pony event and Alison Parker winning the show jumping. Louise Adams came 3rd in the mountain and moorland in hand section and Rachel Taylor won a fourth place rosette in the mountain and moorland riding class.

FOOTBALL

This is the 50th consecutive year that Bentham has fielded a football team! If any of the original team are out there please let Janette know!

Bentham have been sponsored for about 10 years by Grove Hill garage and have had six or seven new strips. The season has started with the first team losing 3-1 to Westgate. Practice night is Monday, 6pm. on the football field. New players are always welcome, just turn up. Anyone who wants to train with the teams can join the keep fit/training sessions which will probably move from the field to an indoor location as the days shorten. For further information contact Ian Guy on 61153.

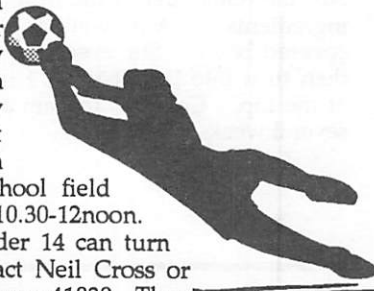
Craven Wanderers have Under 10s, Under 12s, Under 14s and Under 16s this season. The Under 16s have a new strip sponsored by H&M Craftsmen and practise on Bentham playing field, 6.30-8.00pm Fridays. Anyone interested should just turn up or contact Brian Mottram on 41830. The Under 16s played Morecambe Youth away, losing 1-0 to a late penalty goal. Then they beat Lancaster City at home by 2-1.

The Under 14s are sponsored by Bentham Sportswear and they train on Saturday mornings at the Ingleton Primary School field from 10.30-12noon.

Anyone under 14 can turn up or contact Neil Cross or Ian Mottram on 41830. They won their first two games, beating Westgate Wanderers 10-0 and Morecambe Youth 4-1.

The Under 12s are coached by Colin Dixon and sponsored by Speed Fuel Oils. They played the Boys Club, Lancaster, winning 11-0 and then lost 4-3 to Morecambe Youth.

The Under 10s are coached by Rod Preston and have had kit supplied by the Arthur Tate appeal. Anyone wanting further information should contact Chris Tallon on 62047.



SPORT(Continued)

Netball at Settle High School

By Shirley Brown

Netball is a popular and successful sport at the school, largely thanks to the enthusiasm and effort of games teacher Christine White. A number of local girls, taught by Miss White, have gone on to play the sport at County level, and congratulations go to Fay Birkett of Ingleton, who has been selected to represent North Yorkshire at under 19 level. Benthams Jayne Lawson who has been an outstanding player for the school, unfortunately narrowly missed selection.

NETBALL

During the summer the All England Netball Association ran a 4 day school in Darlington. Sophie Pritchard and Josie Richardson were among 31 girls from Yorkshire who took part. They learnt new tactics, improved skills, played in tournaments and had time to go swimming as well!

CYCLING

Autumn heralds the Hill Climb season. Riders are timed from a standing start up hill. Sholto Haggart has excelled so far with wins up Jubilee Tower and the 4 mile climb up Hartside. He was second on the Condor Bottom Hill Climb.

GOLF



It is reported that the Benthams Golf Club course record was broken recently. Local golfer, Chris Carter of Hillcroft, High Benthams had a magnificent round, finishing with a gross score of 67. Playing off a handicap of 5, this gave him a nett 62. The annual presentation night will be held at the golf club on 29th October.

Sports Report is compiled by Janette Richardson, tel.62377. Please contact her to have your sports news included.

EDITORIAL INFORMATION

BENTHAM NEWS is published at 'Latharna', High Benthams 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 Benthams 62277. Items for publication can be left at Benthams Sportswear, Station Road. Please also include your name and telephone number. **THE FINAL COPY DATE FOR PUBLICATION IS THE 15TH OF EACH MONTH.**

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Golden Wedding

Congratulations to Frank and Pat Smith of 73 Goodenber Road, High Bentham, who celebrate their golden wedding on the 5th October. They were married at St Margaret's Church High Bentham, after meeting during the war, when Frank's ship docked at Erith, on the Thames, where Pat was born. They have both lived and worked round Bentham all their married lives, raising five kids, two sons and three daughters. A family celebration is to be held with guests travelling from all over the country.



High Bentham Women's Institute

By Margaret Hayton

Dressed as Elizabeth Cromwell, Liz Jones entertained us to a "living history" with a difference. We had an unusual, and lighthearted insight into Elizabeth's life as the wife of Oliver Cromwell.

We are arranging a trip to the knitting and stitching exhibition at Harrogate on 24th November. Cost including entrance ticket £9.00 (coach only £4.50.), leaving High Bentham at 8.30am. and returning at 5.30pm. Anyone interested should ring Joy Morgan, 61406 by 22nd October. Our next meeting is the AGM on the 6th October, with a meat and potato pie supper.

Bentham Tree Planting

By Brian Cowling

Craven District Council is supplying the Bentham Community with some trees to be planted this autumn.

If anyone has a particular site where they think that trees would enhance the

appearance of Bentham, or if you would like to be involved in planting the trees, please contact me on 61764



Bentham Traders

By Margaret Hayton

Our Collectors' Fair was well supported by stallholders and the public, and proceeds will go towards the cost of running the Christmas street lights. Many thanks to all who gave raffle prizes, and to John, Pam, Maxine, and John Barwise, for help on the day.

Au Revoir Vi

By Sharon Haslam

Youth Club members recently said farewell to senior youth worker, Vi Christensen, at a surprise disco and buffet held in the Youth Club. Vi is leaving her post as Youth Leader after 2½ years in charge and previously as co-worker with Wendy Dowbiggin in the early eighties, to begin a degree course in Youth and Community studies at St. Martin's College, Lancaster.

Young people in Bentham will miss Vi's enthusiastic and caring approach to her work. Her energy and dedication is an inspiration to us all and we wish her every success.

Carol Harrison, leader of the Ingleton Playscheme, has been appointed Senior Youth Worker at Bentham and we know that she will find a warm welcome from club members.

Un Grupo de Conversación Español

An invitation from Bentham Spanish speakers

Se encuentra en el Reloj de Sol los primeros y terceros viernes cada mes. Todos los niveles son bienvenidos para conversación desde 8.30 en adelante. Si quiere hablar con alguien antes, telefonice 62276.

