

BENTHAM NEWS



Bentham Development Trust

By Keith Cowling

Members of Bentham Trust, along with the Mayor and Cllr. Atkinson, met in mid December to finalise arrangements for the formation of a new development body for the town. The Trust's lengthy efforts to create new economic opportunities for the town and attract regional and European investment are close to bearing fruit. The new body will play a central role in implementing the recommendations of last summer's report on Bentham by the Civic Trust, and is being set up with their help. It will be formed as a company limited by guarantee with charitable status and will take over the work of Bentham Trust, which will be wound up.

Funding

Funding needs for the new company were predicted at £50,000 a year and a series of applications made to local authorities and the Rural Development Commission last summer were all agreed. The package depended on a large grant from European Structural Funds however, and the formation of the new body has been delayed since the summer because North Yorkshire's 'Objective 5b' programme has been bogged down at government level. In November the County Council supplemented other funds on offer with a further £5000 and Bentham Trust members decided to press ahead with reduced funding for the first year and hope that European funding will follow in due course.

Membership and Directors

The new body will be called Bentham Development Trust and membership will be open to all who live or work in High or Low Bentham. It will have nine directors, six of whom will be elected from the membership, and three who will be representatives of the Town, District and County Councils. The memorandum and articles have been agreed and should be registered early in the new year. The post of director will be advertised in January and the Trust should begin operations in March.

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JANUARY 1995

ISSUE 99

NEWS FROM LANCASTER AND MORECAMBE COLLEGE

By John Perry

New free bus service

From September 1995, Lancaster and Morecambe College will be operating a free weekday return bus service from Settle, Bentham and Ingletton areas direct to the college's main site. First priority will be given to full time students attending at the college, but if there are any spaces then these will be offered to part time students as well. Please contact Student Services at the college for further information.

Information night in Ingletton

If you are interested in finding out what the college has to offer, you are cordially invited to our Information Evening at Inglesborough Community Centre, Ingletton, anytime between 7pm and 9pm on Wednesday 11th January. Please come and enjoy a glass of wine and an informal chat with our Student Services staff, who can give you details of all our full and part time courses, including our new January Start programme and our Saturday classes.

Schools' Open Day

On Thursday 23rd February, the college will be holding its annual Schools' Open Day. Students thinking about their options after 16 are encouraged to come along and look around the college, meet the staff and students on courses they are interested in, and find out about all the things the college has to offer. Mums and Dads are also welcome!

The college is keen to improve its service to its rurally based community and we hope that you will let us know if you think we can help with a training or education problem. As we have demonstrated with the computer classes, we are both ready and willing to provide Bentham and surrounding areas with the vocational education it requires. If you have any ideas or comments about the type of courses you would like to see locally,

please contact John Berry on (0524) 66215 ext 216.

Vacancies in computer classes

Finally, there are several vacancies on both our Computer Literacy courses taught at the Town Hall, Bentham, on Tuesday and Thursday evenings. If you would like to reserve a place, please telephone Student Services on (0524) 66215 ext. 237, or pop into our Education and Training Shop, 31 Church Street, Lancaster.

MENCAP

The Annual General Meeting of the Bentham, Ingletton and Burton Mencap was held recently. The committee was re-elected en bloc. The secretary reported that 26 local children and adults had been given Christmas presents and Easter eggs. The society had made donations totalling £580 to local schools and hostels to help fund projects that would benefit local children and adults with a learning disability. The committee would like to thank those who have supported their fund-raising efforts.

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OR JUST POP IN

TOWN COUNCIL

by Keith Cowling

More Yellow Lines

Councillors began by approving the revised yellow line scheme for Doctor's Hill which will now be advertised, but the proposals are upsetting some Low Benthamers who fear they will be unable to park once the number of spaces is reduced. There is still time to object to County Highways, however.

Police Matters

The Police will look at speeding down Thicrash Brow and are preparing to enforce regulations against parking on pavements, especially on Main Street in High Bentham. Sgt. Cochrane said the police are willing to enforce parking restrictions more rigorously if the community wants but most offenders are local. They intend to crack down on the graffiti problem in High Bentham however, and will interview youths whose names appear in the slogans. The Neighbourhood Watch scheme is also coming to fruition but members of the public felt that the poor police telephone communication may limit its effectiveness. The police are aware of the telephone difficulties and advise Benthamers to use their Ingleton number, but to ring 999 if a crime is in progress.

Rail Track Repairs

The Council heard that RailTrack's local repairs are not getting done on Bentham Station footbridge or the bridge next to Ash Bank Villas, despite BR's assurances to the contrary. However, they have asked for the Council's opinion on different arrangements for crossing the line at the Station, possibly using a stair up to the road bridge from each platform.

PRECEPT MEETING

Cllr. Marshall began with an explanation of the process and the clerk recapped the current budget with suggestions for next year. Councillors then began the task of setting a new precept, the amount of money

they ask Craven District Council to raise for them through Council Tax.

Town Hall Costs

Bentham Council is unusual in owning and running a large public building and its finances are therefore bound up with those of the Town Hall. Revenue from Town Hall hirings is rising and the clerk was pleased to announce that it now covered running costs. Each year the hall needs long term investment. Because it is run by a local authority, most of the system of support for voluntary village hall committees is not available to it. This year the roof needed substantial work and this and smaller items required over £5000 of Bentham Council's Council Tax income. Our other hall in Low Bentham, the Victoria Institute, is run by a voluntary committee and councillors provided some help for them with a grant of £750 towards refurbishment.

New System of Application Forms

A new system of application forms for voluntary organisations requesting grants helped to give councillors a clearer picture of the needs and resources of the applicants. Major grants went to the High Bentham Playing Fields (£750), Tourist Information Centre (£500), Bentham News (£500), Bentham Traders Christmas Lights (£300) and the Community Bonfire Event (£200). Play and youth groups and the CAB got smaller amounts. The final precept was £4500 for grants, £1800 for the street lighting fund and £7500 for the Town Hall (including some council administration costs) making a total of £13,500 - the same as last year.

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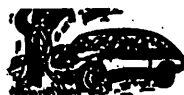
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KIDS PAGE

There will be a kids page in most Bentham News's from now on, so if there is anything that you would like in it please write in and say so. Put your ideas in an envelope marked 'Kids page', with your name and phone number, and leave it at Bentham Sportswear. Next month we will be doing "coping with brothers and sisters", so if you have any funny stories send them in.

Jenny Bloxham (editor), Kirsten Hardiman and Matthew Hodson.



EXCELLENT

COPING WITH PARENTS.

1. DON'T let them rope you into helping at a coffee morning when you could be slumped on the couch watching T.V.
2. Say NO to extra veg when they haven't made extra beef burgers.
3. DO NOT make eye contact with the others (parents' friends) or you'll be in for a seriously long and boring conversation.
4. Remember, when your parents complain about the state of your room, you're studying untidiness for school!

5. A parent is a very dangerous animal which you should pay no respect to unless they agree to let you watch T.V. till midnight.

6. Parents don't seem to understand that you are the best burglar basher in the house. Do you want to know why? It's because if you have clothes and other things littered round and across your room the burglar will trip over them and you will hear him!



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COUNCIL CONCERNS

BY Councillor Ralph Atkinson



MAY I WISH A HAPPY AND PROSPEROUS NEW YEAR TO ALL THE READERS OF BENTHAM NEWS

Council Budgets

As reported before, our worst fears on our Standard Spending Assessments - the money allowed us by Government - have been realised. The SSA for Craven District is down by 1.73% on last year, equivalent to a cut of £81,000, and that for North Yorks County Council down by 3.62%, or a cut of £1.4 million. So it is not surprising that the Unions' wage claims haven't yet been settled. An offer of 1.7% having been made and rejected. As it's expected that the total Business Rate will be down by some 4% (£140,000) and there's little or nothing to be obtained from our dangerously reduced balances, this will mean an increase in the average Council Tax of at least 18%, or some £12.

Savings Targets

Provisional savings targets for County Council departments are as follows: Education £4.5 million; Highways £1.1 million; Libraries etc. £136,000; Fire Brigade, Trading Standards, etc. £207,000; Social Services £1.2 million; Administration and In-house services £1.3 million - Total £8.4 million - which means, of course cuts in both jobs and services and reduced standards in such areas as Community Care and Road Maintenance etc. On the District Council side - garbage collection, building control, etc. we're hoping to creep by without any significant reductions in either service or standards.

Incidentally, now that the final accounts of the abortive Poll Tax exercise are in at last, it is estimated that, quite apart from the tax itself, it cost the country an estimated (Economist 3/12) £1.5 billion or about £25 a head. Add this to the £10 billion which the devaluation of the pound cost us and it's no wonder that we're having to scrape the bottom of the barrel.

New Police Authority

The new quango in charge of the police, completely independent from the County Council, will take over officially in April. It's members are 5 independents; a politically balanced group of 9 County Councillors and 3 magistrates. It's recently elected chairman is Mrs. Angela Davies, a Liberal Democrat from Richmond. It'll get 49% of it's budget by precept through the Council Tax and the other 51% direct from Govt. I'm afraid even the presence of councillors and, particularly Angela Davies doesn't calm my fears about centralisation of police powers!

Local Markets

Strong pressure from local councils of all political colours has persuaded the Government to withdraw its proposal to cancel centuries-old powers restricting setting up rival markets within a few miles of long established town markets. That means car boot sales, etc. can still be held for the regulation 28 days a year, of course.

Business Link

Proposals to consolidate and enhance business support and advice groups in North Yorks (eg. DEAL) and so gain support from Govt's top slice of European Funds, has been scuppered by York Chamber of Trade's intransigence. Talks continue but it means we will miss the first tranche this year.



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A Poem

By Mrs. O. Calverley

New Year Resolutions
Are really not solutions
To the problems that arise
To darken all our skies.
They are fleeting like a dream
And every thought out scheme
Never completely cheers;
The cloud just re-appears.
One great truth I've found
Is that God is all around
To guide me on my way.
He is with me every day.
Jesu's love is ever near
Today and through the year.
Just ask him to forgive
And in you come and live.
He is just a prayer away
So, my dear friends, I say
Accept this real solution
As your New Year Resolution.

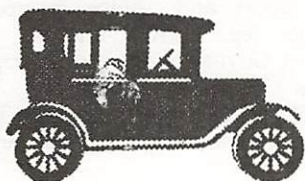
PANTO REHEARSALS FOR THE SNOW QUEEN

By Margaret Cowling and Sue Watson

It's not too late to sign on for the Pantomime! The first read through and casting will be on Sunday 8th January at 2.00pm in the Youth Club.

We welcome everyone who wants to take part in our Pantomime to meet us on that afternoon. Details of rehearsals will also be given.

Please note the following dates in your new diaries. On Saturday 28th January there will be a Panto coffee morning, when panto tickets will be available for sale for the first time! Bentham's Panto, "The Snow Queen" will run from Wednesday 22nd February to Saturday 25th February. For further Panto details contact Sue Watson on 72191 or Margaret Cowling on 61764.



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Wenning Badminton Club

The winners of raffle prizes at the Wenning Badminton Club coffee morning on 17th December, are as follows.

The top prize of a Christmas hamper was won by Angela Faraday. The other prizes were won by C.Tallon (2), Joan Robinson, Lynette Robinson, Mary West, Clifford Bentham, Dick Gudgeon, Mrs. Townson, Mrs. Mason, Henry Wood, K.Wilson, L. Titterington, Mrs. Moore, Mrs. Downam, Mrs. Boyle, Mrs. Williams, and someone from the Homing Society.

"Guess the amount of 5ps in the bottle" winner was M. Frankland of Low Bentham. £31.45.

The total amount raised was £170.00. Thanks to all who helped, donated prizes cakes etc.

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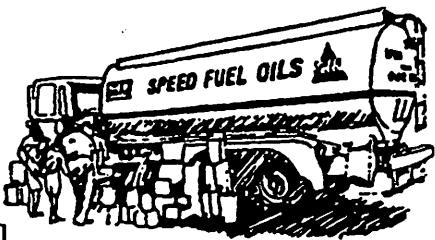
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FARMING DIARY

By Our Farming Correspondent

I have been asked to write a few lines to tell you about life in agriculture in this area. I hope to be able to write a monthly column throughout the year, explaining a bit about farming in and around Bentham.

I recently heard a very good farmer asked in a meeting, why he kept on farming? His answer was that his heart was in front of his brain! You do get unexpected illness and death amongst your livestock, and he enjoyed getting up each morning, checking his stock and finding that all were healthy and none had died in the night. This is a very heavily stocked area as all the farms are grass farms.

At this time of year most of the cows are housed inside, and looking after them takes up quite a lot of the farm's staff's time, because they need feeding, the manure needs cleaning out and there's milking to be done, twice every day (even on Christmas Day!)



Breeding and Rearing

This is a breeding and rearing area for cattle and sheep, with most of the surplus stock being sold at the Autumn Sales in the local Auction Marts. Most of the special sales at Bentham have finished now that the Christmas Sales are over. It will be quiet at the auctions for the next few months, with just the usual Wednesday sales of milk cows, fat sheep and calves. Some of the calves will go across to the continent. They are very well looked after in transit. It is natural for young calves to sleep after having a good feed, so they are well fed and then put into small pens with lots of straw to lie on. If the purchasers were not satisfied with the condition of the calves on arrival, then they would not buy them.

January On The Farm

Work on the farm in January involves both looking after stock and general maintenance and repair. The cattle need daily attention and manure is carted on to the fields if it is dry enough. Filling in gaps and rebuilding

dry stone walls that keep falling down is important, as is hedge laying. This involves cutting about three quarters through the thorn at the bottom of the hedge and laying it down to make a new fence, then the thorn shoots again from the cut place. At this time of year snow can be expected, and if it snows this makes for extra work taking feed to the sheep, getting milk to the dairy and taking children to school.

NORTH YORKSHIRE COMMUNITY EDUCATION SPRING TERM IN BENTHAM

MONDAYS:

Continuing Beginners LBPS 7.30-9.30pm
French

TUESDAYS:

Music Workshop LBPS 7.30-9.30pm
Tai Chi BYC 7.30-9.30pm

THURSDAYS:

Bentham in the BYC 1.30-3.30pm
20th Century
Creative Embroidery HBPS 7.30-9.30pm
Practical Accounting HBPS 7.30-9.30pm
for Small Businesses
Pottery BS 7.30-9.30pm

All courses start week commencing
9th January except accounting-1st
lesson 19th January.

Costs.

Termly in advance £33, £12.60 (over
60s) Free to unemployed, those on
benefits or under 18.
4 weekly in advance £13.20, £5.04 (over
60s) Free to unemployed, those on
benefits, or under 18.

Key

LBPS, Low Bentham Primary School
BS, Bentham School
HBPS, High Bentham Primary School
BYC, Bentham Youth Centre
Places can be reserved in advance by
telephoning 61800.

YOUR GOOD HEALTH

By Christine Hodson and Sharon Haslam

'Women's Problems'

It is OK to ask for your doctor's advice and help with 'Women's Problems'. Different problems with the reproductive system can occur at any age, and it is important to remember that although the average age to start the menopause is the late 40's and early 50's, it may start much earlier.

Hysterectomy

Every year in the UK 1 in 5 women has a hysterectomy, so although this is a common operation there are many issues for women and their families to consider both before and after the operation. A hysterectomy is performed for many reasons and it is important to know why the operation is considered necessary in your particular case. A full hysterectomy involves removal of the uterus (womb), fallopian tubes and ovaries, but there are various other forms of the operation and a full hysterectomy is not always necessary. There are two methods for performing the operation; it can be done vaginally, without stitches, but it is more often done through the abdomen. Whichever method is used, the end result is the same, and hysterectomy means a final end to reproduction. Women often feel a sense of loss about this.

Preparing For The Operation

- ◆ Find out as much information beforehand as possible.
- ◆ Check that your partner understands what is happening.
- ◆ Discuss HRT (Hormone Replacement Therapy) with your GP.
- ◆ Arrange for practical help and support

from your friends and family (including children) for when you come home.

In Hospital

The average stay is 7-10 days. It is very common not to sleep well in hospital, so be ready to do a lot of sleeping, snoring and resting when you get home. Encourage visitors to sort out visiting between themselves, and make sure your soap bag isn't too heavy to carry down the hospital corridor!

And After The Operation

This is a major operation, so to avoid overstretching crucial muscles, for at least 6 weeks you must do no driving, lifting, pushing or pulling (this includes Hoovering!) Hormones take time to adjust, so emotionally it can be normal to be very

excitable and 'high' at first, followed quickly by tears and mood swings. If both ovaries have been removed, then there will be a rapid start to the menopause. You will need the active support of family and friends for at least a month, both practically and emotionally.

So Remember:

- ◆ Share your thoughts and fears about the operation with your partner and close friends.
- ◆ Prepare yourself for a long recovery period (6 weeks minimum).
- ◆ Expect to be tired and emotional.
- ◆ Allow yourself time to get well without feeling guilty.
- ◆ Ask for help from health professionals, family and friends to assist your recovery.
- ◆ And the Good News is that you are likely to feel very well and happy once you have fully recovered.

A more detailed leaflet on hysterectomies can be obtained from The Health Centre.

When you are down and feeling low
Because it all 'has had to go'
Don't mope around in your dressing gown
or let the planning get you down
Read all you can on hysterectomy
Try not to worry about HRT
Guilt and frustration you may feel
Recline and relax and let your body heal
Everything will slot into place
You'll have a healthy body and smiling face
You'll be so well, strong and fit
Get out your boots and football kit.

LOCAL EVENTS IN JANUARY

- Fri 6th Benthams News Published
- Sat 7th Benthams Footpath Group walk, Sedgewick-Hincaster, 6 miles, leader Carol Crellin 61881. Please meet at Lairgill at 10.30am.
- North Craven Heritage Trust New Year Recital at the Church of St Mary the Virgin, Long Preston, 2.30pm.
- Sun 8th Panto meeting, 2.00pm in the Youth Club.
- Mon 9th Town Council Meeting at 7.30pm in the Wenningdale Room, Town Hall.
- Wed 11th Benthams Agricultural Show Sub-Committee meeting at 7.00pm in the Town Hall.
- Thu 12th Wesley Guild Meeting for TEAR Fund. Speaker, Mr Rand. Methodist schoolroom 7.30pm. Collection for TEAR Fund.
- Fri 13th Modern Sequence & Old Time Dancing in the Town Hall, 7.45pm-10.45pm. Admission £1.20 includes tea & biscuits.
- Sat 14th Benthams News coffee morning in the Town Hall, 10.00am-12.00noon. See you there.
- Sun 15th Benthams News copy deadline for February (100th) edition.

- Tue 17th Toy Library in the Youth Centre 9.30am.- 11.30am.
- Tue 17th Benthams Child Health Clinic at "the Surgery", 1pm-4pm.
- Benthams Footpath Group walk, Barbondale area, 5 miles, leader Barry Greenwood, 42072. Please meet at Lairgill at 1.30pm.
- Angus Pensioners Monthly Meeting in the Town Hall, 2pm. Illustrated talk on "The West Coast of the USA", By Mr. Don Powers.
- Benthams Methodist Church Bright Hour, 2.15pm. Speaker Rev N. Patterson.
- Wed 18th Information stall about Alzheimer's disease all day in the Lower Town Hall.
- Benthams Agricultural Show Management meeting in the Town Hall at 7.00pm.
- Thu 19th Low Benthams Womens Institute, Annual General Meeting, 7.30pm, in the Victoria Institute. Supper provided by the committee.
- United Service for week of Prayer for Christian Unity, 7.30pm at High Benthams Methodist Church.
- Fri 20th The Countryside Society, AGM and members evening. Offers of slides, exhibits to the Secretary, Mr. Peter Marshall, "Inn Signs". Subscriptions £3 due at this meeting.
- Local Action for Justice and Peace meeting in the Wenningdale Room, Town Hall, 8.00pm - 9.15pm.
- Waste Paper Collection at the Legion Hall, 8.30am - 11.00am. Proceeds to NSPCC.

Listing for Local Events

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

Event.....

Venue.....

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

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

- Sat 21st Craven Wanderers' Coffee Morning in the Town Hall.
- Sun 22nd Bentham Footpath Group Walk, Furnessford Bridge, 6 miles. leader Charlie Proctor 61654. Please meet at Low Bentham Car Park, 1.30pm.
- Mon 23rd Youth Club Committee Meeting at 6.30pm.
- Sat 28th Panto coffee morning, 10.00am - 12noon in the Town Hall. Buy your tickets here!
- Wesley Guild Family Night, visit of Lyn Milburn and friends. Methodist schoolroom 7.30pm.
- Off The Wall, in the Town Hall, 8pm for dinner, 10pm for dancing to Whipping Post. Tickets from Hairlines.
- Mon 30th Ewecross Historical Society Meeting in the Lower Town Hall, High Bentham, at 7.30pm. Phil Hudson - 19th century coal mining in the Wenning and Lune Valleys.
- "Cooking with Wine" in the Ingleton Community Centre at 7.30pm.
- Tue 31st Toy Library in the Youth Centre 9.30am - 11.30am.

LOCAL EVENTS IN FEBRUARY

- Wed 1st Springfield Bowling Club Annual General Meeting in the Lower Town Hall, at 7.30pm.
- Thu 2nd High Bentham W.I. meeting in Town Hall 7.30pm. Miss Judith Nichol "Homeopathy". Competition "an old brooch".
- Fri 3rd Bentham News (100th edition) published.
- Sat 4th St Margaret's coffee morning in the Lower Town Hall, 10.00am - 12 noon.



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BENTHAM FOOTPATH GROUP

By Maureen Ellis

The enjoyment of walking is enhanced by dry firm paths, and working parties have improved several of the routes. Five railway sleepers have been obtained from British Rail and laid as a walk way at the notorious mud spot near Furlanes House on the main Burton to High Bentham footpath. British Rail were also involved in the walk on 5th November, led by Len Moody, as the group took the train from Bentham to Clapham, and walked back through the Wenning valley.

Mud loomed large on the Whernside walk of 12th November, led by Frank Royston. A misty day precluded any high level views, but descent to the railway gave great interest in the engineering management of water courses and ventilation shafts.

The Low Bentham circular walk led by Geoff Huddart on 26th November followed a similar route to his walk last year, in order to enjoy the improvement work that has taken place during the year. The weather was also an improvement on the previous year, the group recalling rain and snow. Leaders and working groups must be thanked for the great pleasure they give participants in the walks.

The Footpath Group publication of Thomas Dixon's description of the "Environs of Ingleborough and the river Wenning" is now available at selected shops or from Len Moody, Fairfield Barn, Slaidburn Road, Bentham. It is an affectionate tribute to the Wenning Valley and nearby areas and would make a suitable Christmas present for all country lovers.

Advance Notice!

Schedules for the handicraft section of the Bentham Agricultural Show are now available and may be obtained from the Show Secretary, Mrs. Val Lawson, telephone 61606.

999 POLICE FILE

By Sgt. David Cochrane

May I take this opportunity to wish everyone a very happy New Year, from all the lads at Ingleton.

The following figures represent crime in Bentham throughout November.

Assault	2 (person arrested)
Auto Crime	4
Criminal Damage	2
Theft	1
Fraud	1 (person arrested)

Christmas and the New Year is the time to enjoy ourselves and to visit with family and friends. It is a time when many of us take part in office and work parties, visit friends and generally enjoy a drink or two. Please remember, if you want to enjoy a drink, leave the car at home.

Unfortunately the festive season also affords the thief an opportunity to obtain something for nothing. Please ensure that you leave your property secure. Indeed if you are stuck with what to buy with money from Christmas, why not get some window locks or car security? What about some security lighting for around the house?

All those new presents, the childrens new cycles, the new TV or stereo, are attractive to the thief. Rather than allow someone to steal them, have you considered having them properly marked?

If you haven't, give us a call and we will assist you.

J. McManus M.B.E.

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GARDENING PAGE



By Roy Pallitt

Planning the garden for the coming season is one of the high points of the gardening year. Armed with pencil, paper and notes of successes and failures from last year, I set to work browsing through seed catalogues and dreaming of things to come.

As an organic gardener, my main reference is "The Organic Gardening Catalogue" produced jointly by the Henry Doubleday Research Association and Chase Organics. This lists a wide selection of traditional and modern varieties of seeds and plants produced organically whenever possible. Included also are organic fertilisers, biological pest controls and other garden sundries which help to control pests and diseases without damage to the environment. The catalogue is available free from "The Organic Gardening Catalogue", Coombelands House, Addlestone, Surrey KT15 1HY, Telephone 01932-820958.

During January we should catch up with digging and manuring, as long as the ground is not frozen or waterlogged. Tree and shrub planting can continue whilst the plants are in a dormant state and tree ties should be checked for security. When tying up new trees the best position for the tie should be such that the stem above the tie will be allowed some limited movement in the wind, but not enough movement to let the whole plant rock. The trunk will then develop strength and flexibility.

Root cuttings of anchusa, oriental poppy and phlox can be taken now. Lift a complete plant and cut sections of the larger and more fleshy roots into pieces about two to three inches long. Cut the end of the root nearest to the crown of the plant straight across and cut the other end at a slant. Place the root cuttings into potting compost with the straight cut at compost level. By spring the cuttings should have rooted and can be transferred to a nursery bed or into the border.

Finally, why not make a New Year's

resolution to join Benthams Organic gardeners. You can discover the "hows" and the "whys" of organic gardening, and we would love to meet you. Contact Jo on 21776 or Pauline on 21722.

Calling all Parents of Playscheme Children

By Lin Barrington and Vi Christensen

Playscheme 95 may seem a long way off, but if we want a Playscheme in Benthams this summer, we have to start applying for grants and fund-raising now. Alison Fawcett, the Field Worker from Yorkshire Rural Community Council, has said she will help the committee with grant applications and general back-up.

We are both 'retiring' from the committee because of other commitments, so new blood is needed to support the remaining handful of dedicated committee members. So, if you are interested in making Playscheme 95 happen, please come to a meeting at the Youth Club on Tuesday 10th January 1995 at 7pm.

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**JANUARY
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NOW ON**



Dear Bentham News,

Could we please take this opportunity to thank all your readers in BENTHAM, INGLETON, BURTON-IN-LONSDALE, CLAPHAM and the surrounding district for their enormous generosity on the evening of 25th November, for B.B.C.'s Children In Need Appeal.

A crew set out from Bentham Fire Station at 7.00pm. with collecting tins in hand, driving around the area knocking on doors and visiting local pubs. By 11.00pm the amount raised was a terrific £465.21. Once again a very big thank you.

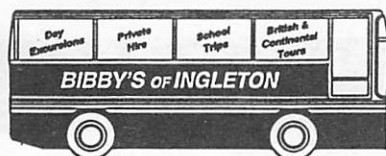
All the lads at Bentham Fire Station.

Dear Sir,

Following the successes of 5p courses run by Craven College, 4 new courses are planned. The PPA Playgroups Diploma starts in Settle Town Hall on Monday 9th January, for 5 terms on Mondays from 12-3pm. Students need attend for 2½ hours within the 3 hour session. The session on the 9th January is informal, for potential students to discuss the course. A playgroup for under 3s will be available. Another RSA CLAIT course will run at Settle High School on Wednesdays, 6.30-9.30pm and from Tuesday 10th January an OCNW Introduction to Statistics course will be taught alongside GCSE maths at Settle Town Hall, 7.30-9.30pm. There are vacancies on both courses.

In Bentham, a City & Guilds Pottery course will run in association with the Bentham Women's Group at the Youth Club, 1.30-3.30pm. It is open to other students and starts on 10th January. Details from Craven College, tel 0756-791411.

Cathy Birtwistle



BIBBY'S of INGLETON

1995 COACH HOLIDAYS

25/26 MARCH	MYSTERY WEEKEND?	£47
21/23 APRIL	LONDON WEEKEND	£92
23 APRIL - 5 DAY	DUTCH CRUISE/BULBFIELDS	£239
28 MAY - 10 DAY	AUSTRIAN TYROL	£399
6 JUNE - 5 DAY	DUBLIN & WICKLOW MOUNTAINS	£219
9 JULY - 5 DAY	COTSWOLDS & BATH	£189

AND MANY MORE!

22 FEB	PHANTOM, MANCHESTER	£35
11 & 12 MARCH	D O'DONNELL, HARROGATE	£22
17 MARCH	D O'DONNELL, BLACKPOOL	£22
9 MAY	SINGIN' IN THE RAIN, MANCHESTER	£33

ALL GOOD CIRCLE SEATS!

FOR FURTHER INFORMATION & BROCHURE RING 015242 41330

BENTHAM PEOPLE

Personal Thanks

Mrs Peggy Collins wishes to thank all her family and friends for the loving care, support and kind enquiries she has received following her recent operation. They, along with Bentham Surgery staff, Ingleton ambulancemen and the home care team, have helped so much towards her recovery. Bless you all.

Mrs Margaret Millar of St Wilfrid's Nursing Home, Halton, would like to thank her friends and relatives for cards, presents and good wishes she received during Christmas and the New Year.

Thanks

St John's Church, Low Bentham, would like to thank everyone who sang carols on the evening of the Late Night Shopping. Donations, which have been sent to St. John's Hospice, Lancaster, amounted to £40.

Greetings

Betty and George Clarkson, of 37 Banks Way, Bentham, send New Year Greetings to friends, wishing them good health. Also thanks to Age Concern for their kindness and help.

Services

S. Duncan, piano tuning and repair. Tel 62532.

Situation Vacant

Qualified French Teacher required, with lively personality, to take after school French Club. (Age range 5 - 10 years). 2 or 3 sessions per week, 10 week term, self employed basis. Apply to the Headmaster, High Bentham CP School, Tel (05242) 61412 or 61905, before 9th January 1995.

To Let

Quality Flat in Bentham to let from early January for 3 months, and then for holidays. Please phone 62652. Price including services, £100 per week.

Wanted

Manual sewing machines for donation to Women's Group supporting Aids Orphans in Zambia. Please contact Dr. Nightingale on 62652.

Storage space for canoes in the Bentham area. Anything considered, contact 62680.

Soda stream Fizzy Drinks Maker with gas cylinder and bottle. Tel 61596.

Poppy Appeal 1994

By Christine Pearson

The following amounts were collected locally.

High Bentham - £401.14, Low Bentham - £235.76, Burton-in-Lonsdale - £325.04.

Thank you to all who collected, shopowners who allowed collecting tins to be placed in their shops, and a big thanks to the National Westminster Bank, Station Road, for opening all the tins.

If anyone can spare two weeks at the beginning of November 1995, to collect, please let me have your name, address and telephone number. Contact me on 61912.

N.S.P.C.C. Collection

By Sue Adams

Thank you to everyone who contributed to the collection at the Late Night Shopping which realised over £100.

The winner of the quiz is Peter Ball of Links Drive, Bentham.

Bentham Toy Library

The Bentham Toy Library would like to thank the Women's Social Services for their kind donation to the Toy Library. This will be used to buy a few of the larger, most popular toys, and update the stock of toys available to borrow. The Toy Library continues to be very popular and well used. New members are welcome at the Youth Centre on alternate Tuesdays. See the Diary page for dates and opening times.



The Countryside Society

"Gardening with Nature" more than fulfilled members' expectations since the topic ranged over both flora and fauna of the Cumbrian countryside. Mr Malcolm Hutcheson, Head Gardener of the National Trust, based atSizergh Castle, had a main theme in his talk - the study of wild orchids, a Sainsbury supported project. Beginning with the rehabilitation of a former meadow on a limestone soil at Sizergh, he followed through the seasons with the sequence of wild flowers. The butterfly orchid followed the daffodils, and the fly orchid and lady's slipper orchid appeared in summer, the latter being carefully nurtured after a "find" in Hornby.

The specialities of other gardens were noted - Acorn Bank at Temple Sowerby for wild tulips and violas, and for the famous medicinal herb garden, the Monk Coniston Hall Arboretum with enormous larch trees and Stagshaw Garden near Ambleside also a carefully tended woodland. The beautiful colourful slides also included records of the wildlife of butterflies, badgers and deer in their several habitats.

The next meeting, the Annual General Meeting and Members evening, is on Friday 20th January 1995, with Mr. Peter Marshall on "Inn Signs".



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High Bentham Women's Institute

By Doreen Park

Guests from Low Bentham and Lowgill Women's Institutes joined past and present members of the High Bentham branch at their annual Christmas Party on the 1st December. They all enjoyed a Jacobs Join Supper, with delicious sweets made by 6 of the members. Carols were sung accompanied by Mrs. Ruth Parkinson on the keyboard. The entertainment then took the form of sketches, song and dance on the theme "Late night shopping in Bentham", written and performed by 6 more of the members, Wilson, Dowbiggin, Smallcross, Hayton, Ashton and Park.

The President closed the evening with the presentation of the years competition prizes, to Mrs M.Hayton, Mrs J.Morgan and Mrs. Connie Holt, and the drawing of the raffle. The next meeting will take place on 2nd February, when Miss Judith Nicholl will talk on "Homeopathy". The competition is "an old brooch".

APOLOGY

In the December issue of Bentham News, the copy in the advertisement for the Black Bull, was repeated from last year, in error. We apologise for any inconvenience or embarrassment this may have caused Julian and Ann. In the Bentham News Directory, the telephone number for Barwise Bakery should have read 61302. Please amend this on your directory - apologies to John Barwise.

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RECIPES

By Doreen Park

More tray bakes as promised

Crispy snow-topped citrus slices



For the base

3 ozs butter or margarine
6 ozs plain flour
1 oz castor sugar
1 egg, size 3, lightly beaten

For the filling

2 ozs cornflour
¼ pt plus 6 tablespoons water
4ozs castor sugar
Rind and juice of 1 lemon and 1 orange
2 egg yolks, size 3

For the meringue

2 egg whites size 3
4 ozs castor sugar

You will need an 11" x 7" x 1½ baking tin. Set the oven to fairly hot, gas mark 6 or 400F.

To make the base, rub the fat into the flour until it looks like fine breadcrumbs. Stir in the sugar, then mix in the egg using a fork, until the mixture starts to bind together. Press the mixture to cover the base of the tin. Prick the base and chill for 10 - 15 minutes. Bake blind covered with grease proof paper weighed down with a few dry peas, above the centre of the oven for 12 - 15 minutes until edges are turning golden. Turn oven down to cool, gas mark 2, 300F.

To make the filling, mix the cornflour with the six tablespoons of water. Bring the rest of the water to the boil with the sugar and when boiling pour into the cornflour mixture. Stir well and simmer over gentle heat for 2 - 3 minutes. Stir in the lemon and orange rind and juice and the egg yolks. Spread over pastry base.

To make the meringue whisk the egg whites until stiff, whisk in half of the sugar, until the mixture forms stiff peaks, then fold

Spread the meringue mix over the filling making peaks with the back of a palette knife.

Bake above the centre of the oven for 30 minutes until the meringue is set and golden. Leave to cool in the tin before cutting into 14 slices.



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**Bentham Women's Social
Services and NSPCC Quiz.**

By Sue Adams

Thank you to all who entered the recent quiz compiled by Bentham Women's Social Services and the NSPCC. All of the questions were answered correctly, but not necessarily by the same person. There was one all correct entry and most people had only 3 or 4 wrong answers. One person commented at the bottom of the entry that we should have seen the answers that they didn't put in! The winner was Peter Ball, of Links Drive, Bentham.

We hope that you had fun doing the quiz. The answers are listed below. Watch out for the next one!

1 Tweed Street, 2 Chinese take-away, 3 Duke Street, 4 McManus - chemists, 5 Barwise - bakers, 6 Royal Oak Sale rooms, 7 Amy Janes, 8 King Street, 9 Post Office, 10 Westminster Bank, 11 Jacksons, 12 Tom Guy, 13 Youth Club (Friends Meeting House), 14 Pigtails, 15 Mary Thornborough's, 16 Fishers, 17 Frosts, 18 Wards, 19 White Rose Cafe, 20 John Houghton - barber, 21 Mount Pleasant, 22 Spar, 23 Woods Accountants, 24 Nationwide, 25 Bentham Sportswear, 26 Coach House, 27 Millers Court, 28 Robin Lane, 29 Garden Centre, 30 School Hill.

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SPORTS REPORT

Compiled by Janette Richardson

Football

Under 16's. Due to adverse weather conditions the under 16's have only played twice in the last month. The matches played resulted in a 6-1 away victory at Barton Rovers, and a home defeat of 4-3 by Dolphinholme.

Under 14's. By Nicky Langdale. Another month disrupted by bad weather meant only two games played. Against Dallam we had an easy 5-1 win but the match with Dynamos was a different matter. On a windy Rylands Park we lost two early goals, then pulled one back through a well worked free kick by Gary Louth. From then on we controlled most of the play and scored a well deserved equaliser, with a brilliant Chris Jackson goal. The final score, 2-2, left both teams happy.

Under 12's. By Daniel Ellershaw. In the last few weeks we have drawn 2-2 with Dallam and Westgate Colts, and had a mammoth 18-1 victory over the Boys Club. In a very good game we lost 2-1 to Bay Rangers. In the first leg of our cup games against Morecambe Youth A we won by 4-1. We were the first team to beat them this season!

Under 10's. Football training re-starts on Saturday 7th January 1995.

Craven Wanderers' coffee morning is on Saturday 21st January in the Town Hall.

Wenning Badminton Mid Season Review.

We are half way through the season, with no injuries and only the odd smashed racket!

The "A" team - alias T.Marshall, T.Dobson, P.Taylor, D.Barrett, K.Taylor, S.Airey, J.Adam and J.Walker are winning a few surprise games, back in the tough 1st Division, and still smiling.

The "B" team superstars, I.Wood, A.Chappell, G.Higgins, P.Fisher, the feared DOPEY (A.Dawson), D.Lister, I.McFarlane, G.Taylor and M.Taylor are only 7 points behind the leaders in Division 6. Possible promotion would be well deserved.

Junior under 16's "A" team, C.Redhead, A.Dawson, W.Bruce, C.Hodgkinson, L.Adams, E.Coates, M.Hodgkinson and L.Taylor, are a very strong team this year, playing in the Junior 1st Division. They are proving difficult to beat. Thanks go to the Captain, taxi and supporters - D. and M.Hodgkinson.

Junior under 16's "B" team of D.Knapp, G.Louth, D.Redhead, W.Adam, R.Taylor, L.Holiday, K.Louth, and Mandy and Melissa Booth, started the season in Division 2, as novices, shaky knees and pale cheeks! They have all improved and are noticeably stronger.

County matches. Melissa Hodgkinson and William Adam won nearly all their games at York. William travelled to Newcastle on his 12th birthday, playing in an inter-county match with teams from as far away as Isle of Man and Tyne & Wear.



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HORNBY DRAMA GROUP



Hornby Drama Group will present the comedy thriller, "Ladies in Retirement" on Thursday, Friday and Saturday, 26th, 27th and 28th January, in the Hornby Institute.

Please come along for an evening's good entertainment. Tickets available at the door.

YOUTH CLUB

Santa and his elves took over the club on Friday during the Christmas Late Night Shopping. Over 80 children gave him their Christmas wishes in his cosy Grotto. Waiting parents and children were entertained by Brownies, Guides, Playgroup and Youth Club members, with stalls and refreshments.

In the New Year the Junior Club will be starting Drama Workshops ready for panto time. If you are keen to come along and have fun, then please turn up on Monday evenings at 6.00pm.

Senior Youth Club re-opens on Monday 9th January at 7.30pm, when we will be planning our programme for the term, so come along and give us *your* ideas for activities.

Women's Group starts on Tuesday 10th January with a Pottery course run by Craven College. Cost of the course is 5p and *all* women from this community are invited to attend, from 1pm - 3pm. This will lead to a City & Guilds Certificate.

HAVE A CUPPA WITH US!

Everyone is welcome at the Bentham News coffee morning on Saturday 14th January in the Town Hall. If you would like to bring something for one of our stalls, you'll be doubly welcome! (Cake, home produce, re-cycled Christmas presents, bric-a-brac). You may even get a small free gift! Don't come by yourself, bring your family and friends and meet the committee.

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