

BENTHAM NEWS

VANDALS CAUSE £2000 DAMAGE TO CHURCH

During a church service in December at St John's Parish Church, three young vandals stoned a stained glass window, causing almost £2000 of damage. The Churchwarden, Mrs Dorothy Pidgeon, (see her letter on Page 10) tolerantly refers to this as an act of mischief. Would the parents of the three young persons be so tolerant if they caused £2000 of damage in their own homes? Who are these youngsters?

HELP KEEP BENTHAM THE KIND OF PLACE WHERE YOU WANT TO LIVE AND WORK

The Bentham Community Trust has now become the Bentham Development Trust, and is advertising both locally and nationally for a Project Director who, it is hoped, will be in post by the end of March. Read about how you can get involved on page 17.

PARISH MEETING

Local organisations meet with Bentham Town Councillors on Monday 20th March in the Lower Town Hall at 7.30pm for the annual Parish Meeting.

Topics for this year's agenda include Councillor Marshall's proposal to develop a Millenium Fund bid to commemorate one hundred years of Bentham Town Council. All Bentham News readers are welcome to take part in this annual review of local activity.

RAINDROPS KEEP FALLING ON MY HEAD!

Tuesday 31st January 1995, was the day of the floods. After the heavy snowfall on the previous Friday, the thaw, and then many hours of continuous heavy rain, had a devastating effect. Normal drainage could not cope with the vast areas of surface water. Fields, roads and then houses were flooded. Rivers burst their banks. Damage was widespread. The floods were the worst in the Bentham area in 60 years. See our report by Judith Johnson, page 11.



MARCH 1995

ISSUE 101

A FAIR DO!

By (Fr.) Pat Smythe, Local Action for Justice and Peace.

This is the title chosen for a day's action in support of local group efforts and national agencies which are concerned with human and animal welfare and the protection of the environment in which we live.

Every room in Bentham Town Hall has been booked during Saturday 1st April, from 10.00am to 3.30pm, to accommodate the organisations wishing to take part and giving them the opportunity to promote the causes for which they work. There will be space for displays of information and the sale of relevant materials and resources.

Refreshments will be provided throughout the day and there will be a continual showing of short video presentations on the various welfare projects undertaken in this country and abroad.

Local schools and young people's organisations will be invited to share in the day by contributing displays of artwork, or through short musical or dramatic items expressing what it means to have "A FAIR DO". Hopefully other light entertainment related to the subject theme can be arranged to take place at scheduled times throughout the day.

This notice is an appeal for support of this event by all local people. If your organisation would like to take part or you would like to assist in any way in making the day successful - happy and beneficial - please let us know as soon as possible. Tel Bentham 61315.

GOODENBER PLAY AREA UPDATE

By Tracey Edwards-Midgley

We would like to thank Brian Cowling for his prompt survey of the land, at such short notice.

We now have plans and designs which we will submit to the local council for planning permission. Once they are approved we can go ahead. We also have to prove to charities we have applied to, that what is needed in Bentham is a safe area for our children to play. This should be much easier now as we have charitable status.

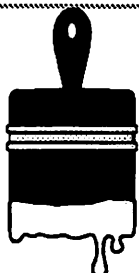
A big thank you to Tooby's for the £70 raised in the wishing well. Another fab fashion show will take place in the Town Hall on 28th April. Come and support us and help to repeat last year's huge success. Our next update will be when planning permission has been approved.

TWO SHOWS FOR THE PRICE OF ONE!

By Stella Kenyon

The Hornby Occasionals are presenting this year, two shows for the price of one. They are "Trial by Jury" and "HMS Pinafore", by Gilbert and Sullivan. They will be staged at the Hornby Institute on Wednesday 29th March through to Saturday 1st April, at 7.30pm. Tickets are available from Lamb's garage, Tel 015242 - 21219.

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TOWN COUNCIL

by Keith Cowling

Parking

All councillors were present for the meeting which returned to the thorny question of parking restrictions. Had the appeal from last month's meeting produced a more responsible use of local parking? Although P.C. Kay has issued 'a limited number of tickets' results are unclear and there are obviously still problems. The Council have promoted an increase in the scope of on-street restrictions but although they accepted the County Highways officer's suggestion for new signs directing traffic towards the free car park, no extra off-street places are likely despite Cllr. Joel's recent efforts.

Cllr. Jackson was critical of last month's Bentham News for implying that 'vast new tracks of yellow paint' were being proposed (that was just the colour of the 100th edition, Russell...) but the issue is a tricky one with conflicting interests among locals. The Traders met to discuss their response to the plans but gave up after they found they had the wrong drawing. All in all no sign yet of a comprehensive strategy towards Bentham's growing traffic problems.

Houses for Rent...at last

Some of the houses built by Sanctuary Housing Association in Low Bentham were intended for occupation under a co-ownership scheme (where the tenant buys part of the house and rents part) but there has been little interest in them since they were completed and Sanctuary will now be seeking to rent them to pensioners. Cllr. Pilkington said that this is what everyone wanted in the first place but were prevented from having by government policy.

Traders take umbrage over Christmas shop windows

The Traders complained to the Council over their remarks about the Christmas decorations reported in the Craven Herald. They said the article, which appeared to suggest that decorations were disappointing and that some traders had complained

about judging, was mistaken and failed to recognise the light-hearted nature of the occasion and the amount of effort that went in. Councillors accepted that the Herald was only reporting what was said and that although no criticism of the Traders was intended their remarks could easily have been taken out of context. They resolved to write an apology to the Traders and Cllr. Dowbiggin proposed a new judging system for next year based on votes from local people.

More Town Hall users vote with their feet
Cllr. Marshall reported that Age Concern may be seeking another venue for their drop-in centre, currently in the Lower Town Hall, because of worries about other conflicting uses, and the Ewecross Historical Society, who use the hall monthly are fed up with the poor sound insulation between the Lower Hall and the aerobics upstairs. The news comes after other recent defections by the Toddlers Group (to the youth club) and the CAB (to the surgery) and rows with Off the Wall and the Panto. Councillors get very defensive when people (like me) suggest that the hall could be run better by the users, but it seems this conclusion is becoming hard to avoid.

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HIGH BENTHAM WOMEN'S INSTITUTE

By Doreen Park

At our meeting on Thursday 2nd February, Mrs. F. Wilson, President, welcomed five new members. Then there was a discussion and questions on the very interesting talk on homeopathy, given by Miss Judith Nichol. Miss Nichol has studied homeopathy for four years and gave us an insight into the history and application of the treatment.

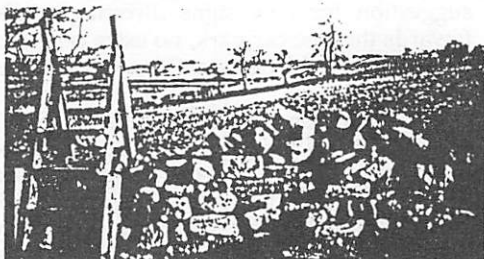
The competition "an old brooch" was won by Mrs. Atkinson. Our next meeting will be on Thursday 6th April, when, in association with Tooby's Electrical and Sharp, we will have a demonstration on "getting the most from your microwave" in the Lower Room of the Town Hall at 7.30pm. Tickets, at £1, available from Tooby's or any Women's Institute Committee member.

Liberal Democratic Coffee Morning

By Ray Jessop

The Bentham and District Branch of the Liberal Democrats held a successful coffee morning on Saturday 11th February. Thanks to the many supporters and helpers, a profit of £251 was made.

The raffle was drawn by Councillor John Clapham and prizes were won by Caroline Woof, Mrs Robinson and Colin Preece. The cake competition was won by Alastair Gregory.



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COUNCIL CONCERNS



By Councillor Ralph Atkinson

Environment Week

This year the week beginning 19th May has been fixed as Environment Week. Like last year awards are offered by sponsors - BT and The Civic Trust - for community action. If any group is interested contact me for ideas and application forms at Bentham 61834.

Council Tax 1995/96

After a pretty enormous effort by officers and responsible councillors both councils have managed to cut down their budgets for next year and keep within the Gov't's capping limits. NYCC are only accepting these under "strong protest" to the Govt. because, as I've reported before, important services will have to be cut and charges increased. Craven have kept their increase to 9.97% but only at the expense of a probable increase next year of 16%. I objected strongly to mortgaging the future like this, particularly as NYCC have now managed to reduce their estimated tax by 6.5%, but I was a lone voice. The final figures (tho' still to be confirmed by both councils!) are a Band D rate of £437.17 + £73.25 = £509.42, plus parish precepts as usual.

Business Rates

This won't help our small businesses tho. Many are already poised on the brink of solvency and this will be the last straw. Their rates are set to go up by between 89% for camp sites, 66% for pubs and 36% for shops, banks and post offices. Overall rates in Yorks and Humberside are set to increase by an average of 34% - UNLIKE INNER LONDON WHICH WILL HAVE AN EQUIVALENT REDUCTION!

Education Budgets

At the time of writing we still haven't had our individual school budgets, but it's pretty certain we'll suffer cuts like the rest of the country, which so many governors are protesting about.

Countywide finance per pupil will be cut by £36 in primary and £173 in secondary schools. The fear is not just that teachers may have to be sacked and class sizes increased but that the age range in classes - already wide - will have to be increased making teaching even more difficult. Overall Education has had to cut it's budget by some £4.82 million and we've already been told of cuts to Community Education and Youth Work.

Unauthorised Campers

The new Criminal Justice and Public Order Act makes camping without the permission of the owners of land a criminal offence, so anybody camping on a common or in a lay by is guilty of a crime. By the same Act local government gets the responsibility of taking action against campers on public land - including highways - at our expense, ie. the costs of prosecution and the removal of vehicles etc. has to come out of Council Tax. However, Govt. guidance enjoins us to "tolerate" the unlawful camping of gypsies and even, "to provide them with basic services", and at the same time removes all subsidy for providing registered gypsy sites. We're trying to sort out a policy at Craven in consultation with Social Services, Highways, Police and Education, etc. but it's not going to be easy!

Council House Rents

After a lot of argument rents have been set to go up by 6.5%.

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BENTHAM IN 1895 - PART II

By David Johnson

The Rev. Frederick Walker Joy, Rector of Low Bentham, published a Low Bentham Parish Magazine which faithfully chronicled church and village events between 1888 and 1891. The magazines were published monthly, and although they were church-oriented, they really acted as a 19th century 'Low Bentham News'. Most of the following information is drawn from these magazines, and thanks must go to the late Harold Lister, who carefully saved photocopies of this invaluable material.

Socially responsible employers

It was during the 1890s that Ford Ayrton became established as a Silk Manufacturer. The firm adopted high standards of responsibility for their employees and took a keen interest in village affairs. The magazines reveal that they subscribed two guineas to both the Flower Show and the Cricket Club. Mr. Ayrton was a church warden, and his Christian ethics pervaded the mill. Employees had allotments, and were given paid holidays long before this became the general rule.

School life

The only school in Low Bentham was the Parochial School, as the Council School was not built until 1907. The school acted as the village hall. Walker Joy's father played a major part in the construction of the new hydraulically powered organ at the church, and his love of music overflowed into other village activities. He arranged concerts at the school and in 1890 a 'nigger entertainment' was part of the programme. It seems the village did not always share his enthusiasm, because in May 1888 he laments, 'the scantiness of the audience was enough to discourage anybody.' He arranged organ recitals to raise money for the new porch. The village Drum and Fife Band practised at the Mill.

Where have all the flowers gone?!

In July 1988, Walker Joy wrote, 'What has

become of the flower show?...We have heard nothing about it lately.' A committee was set up and the show was revived. The event appears to have been a major social success, despite the appalling weather, and after the show and there was dancing to the accompaniment of the Bentham Band until 9.30pm. The flower show flourished, and was still going strong in 1891 when he ceased publishing the magazine. The 1891 show had a section for 'a window box grown by a widow'.

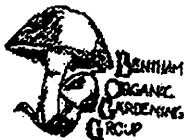
Nothing new about bad weather!

The magazines are full of remarks about the bad weather during this period. They constantly refer to ruined events, and congregations prayed for the weather to improve! In July 1888, severe rainfall caused a section of Ellerbeck, which runs below Main Street, 'to burst its boundaries opposite Mrs. Dodgson's house, and in a few moments converted the street into a water course knee-deep, flooding all the houses which stood in its way. The orphanage occupied by Mrs. Mason and her young charges, was at one time dangerously threatened.' In July 1889 he writes, 'June 2nd will long be remembered as a day of most terrible storms....many of our neighbours sustained (damage) from the enormous hailstones which fell with such violence as to break many dozens of panes of glass.' Further tragedy struck on 16th August, 1890, when two and a half year old Margaret Burgess fell into the flooded river while tying her bootlace on the wall near Mill Cottages. She was drowned.

Cricket

Cricket features in all the summer issues of the magazine with every match recorded in meticulous detail. The magazine gives us a glimpse into village life a century ago. When there was nothing particular happening, the rector delved into the church archives and printed articles about the history of the church and the village. He abandoned the magazine in December 1891 because of lack of public support. I hope that a century further on this fate will not befall Bentham News.

GARDENING PAGE



By Roy Pallit

The new seeds have arrived, the days are getting noticeably longer and the temperature has started to increase. New blood flows around the gardener's veins and he or she is raring to go. I've no wish to knock the enthusiasm but before sowing seeds we need to consider outside soil temperatures and for seeds sown under cover, whether there will be anywhere for them to continue growing on.

A soil thermometer, inserted to a depth of 3 inches into the soil should read at least 8 degrees centigrade for there to be sufficient heat for germination. Alternatively wait for weed seeds to show some growth before sowing outdoors. Seeds sown indoors or in a greenhouse develop quickly, but conditions outside may not be ready for the seedlings to be transplanted. Only experience of the seasons will tell the gardeners when to sow and plant, but in general plants will be more healthy if their growth is not checked by cold or wet and windy conditions. It is better to wait a while rather than be too early.

Topical Tips

Over wintered vegetables such as onions, spring cabbage and broccoli will be given a boost to their growth if a nitrogen feed is applied now. Dried blood or hoof and horn meal, spread at a rate of 2 ozs per square yard is excellent.



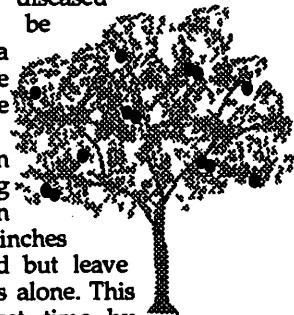
To protect plants against slug damage install physical barriers such as the tops from plastic drink bottles. Alternatively sprinkle grit or dried and crushed eggshells around plants, or use slug pubs, plastic containers filled with a small amount of beer. A biological control for slugs is available in the form of a microscopic permatoche worm, which is watered onto the soil, but it is rather expensive.

Now is the time to remove any weak or

dead growth from wallflowers. Firm them into the soil if necessary. An application of a general fertilizer such as dried blood, fish and bone meal, to fruit trees and herbaceous plants will get them off to a good start as the weather improves. Towards the end of the month is a good time to trim back winter flowering heathers. Use shears to remove the dead flowers and trim shoots back close to the base of the previous summer's growth. Leave the old dark wood alone. Any shrubs with damaged or diseased wood should be pruned back to a suitable side branch or to the ground.

Autumn fruiting raspberries can be pruned to 6 inches from the ground but leave summer varieties alone. This is now the latest time by which gooseberries can be pruned. Aim to open out the centre of the bush and remove crossing branches. Main stems can be cut back to half their length and side shoots to three buds. Gooseberries can be susceptible to powdery mildew. Control this organically using sulphur powder.

Bentham Organic Gardening group meets monthly to talk gardening, exchange plants and ideas, and to visit gardens. Telephone 21776 or 21722 for further information.



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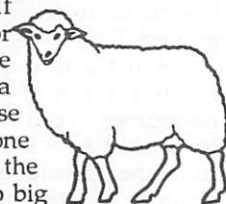
FARMING DIARY

By Our Farming Correspondent

Since last month the weather has not been good for getting on with work in the fields, and there has been a lot of extra repair work after the snow and the floods. Fences and walls were washed down by the swollen streams and rivers, and some flood water even got into the houses and buildings.

Lambing Preparations

During the month we have been having the sheep scanned to find out how many lambs each is expecting. If they are having two or three lambs then we feed them extra concentrates, and those that are having just one get less, this is so that the lamb doesn't grow too big and cause difficulty during lambing. The sheep that aren't pregnant stay out in the fields and don't come into the lambing shed at all.



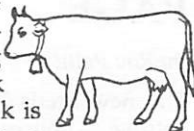
'The Old Days'

I read Farmers Boy's letter in the last Bentham News with interest. It made me think of the great changes I have seen in this area in my lifetime. There are only about a third of the number of farms that there were when I was at school. This is because farms have been amalgamated to make them into more economic units. We used to make the hay with forks and rakes, and load it on to a horse-drawn cart to be taken to the hay barn. Now tractors have taken over from horses. Tractors used to be small, grey Ferguson's, now they are large and powerful, over 100 HP, and also they have machines attached which cut and pick up the grass which is made into silage for feeding the cows in the winter.

How milking has changed

We used to milk 20 to 30 cows by hand, sitting on a small, three-legged stool, and using a bucket held between our knees. Then we moved on to using milking units, which we carried into the cow sheds. These

were run by vacuum in a pipe line, and the farmer would put four teat cups on each cow. Now cows are milked in a fully-equipped milking parlour, where they walk straight in, and their milk is transferred directly into a bulk tank. Here it is cooled before being collected daily by tankers, which then take it for bottling either to the dairies or to local milk men.



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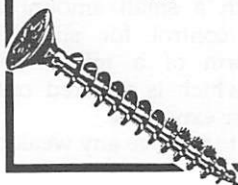


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Personal Thanks

Robinson. The family of the late Hannah Robinson wish to thank relatives and friends and neighbours for their kind expressions of sympathy and donations to Bentham Health Centre. Also Dr. Sullivan, Mary and staff of Burndale for their caring attention, Canon Bearpark for a lovely service, and Eric Brown and Joe for kind and efficient funeral arrangements.

Thanks

Isabel Carr of Lowther Hill, wishes to thank her sister Barbara, cousins Winnie and Audrey, David, Tim and Mary Dobson, Geoff and Rene Barlow, and friends for their help and support when she suffered a broken ankle in January.

Dr. Peter Nightingale wishes to thank everyone who has donated a sewing machine for the Aids Orphan Project in Zambia. He now has seventeen at home. Thanks also to Howarth Bros of Ingleton for transporting them to the ship in Southampton.

The Bentham Flying Ferrets would like to thank everyone who gave time, money, presents etc to raise £722 for St. John's Hospice. The money raised from the barrow race on Easter Monday, together with the above should enable us to donate £1000+ to St. John's.

Bentham News Editorial Committee would like to thank Janet Blackwell and Alison Houlsworth for helping to collate the No1 Souvenir edition. It took hours!

Congratulations

To Mr & Mrs Jack Brownsord, Bleach House, Bentham, on the occasion of their diamond wedding, 4th March 1995.

Wanted

Copy of "Employer and Employed", a history of "Ford Ayrton" by Pafford. Please state price. Ring Bentham 62411.

Lost Property

Have you left anything at the Surgery? Various items need to be claimed.

Situations Vacant

Arthritis & Rheumatism Council, Bentham & district Branch, require a secretary. If you are interested please ring 61810 or 61360.

Part-Time Vacancy

Part-time, permanent post in our Bentham Office. Previous estate agency experience is not essential as training will be given. Please apply in writing to the Manager at :-

Bairstow Eves Estate Agents,
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LA2 7HL. Tel 015242-62044
Fax 015242-63050

Situations Wanted

Paid employment! University student, home 22nd March - 22nd April, will consider anything (eg driving, labouring, gardening etc) Please ring Tim Brown, 61608.

General

If the lady who left a briefcase at McDonalds is reading this, please phone us on 61370. "Briefcase is repaired as new"

Springcleaning or having a clearout? Don't throw out. Bring your stuff to Sue Ryder. Household goods, bric-a-brac, clothes, toys.

House to Rent

Cheap house available for three month rent (March, April & May) in Bentham. Details from Lin Barrington, 61034.





Dear Editor,

I very much regret having to write this letter for publication in the Bentham News, but P.C.C. members at St. John's feel that people in Bentham should be made aware of a recent costly act of vandalism suffered by our church.

Last December, while many children were in church for our Christingle service, others were outside, bent on mischief. This they achieved by throwing handfuls of gravel at one of the stained-glass windows, with devastating results. When we heard the sound of breaking glass, we went outside to look for the cause, and saw three youngsters running away - but too far off to be caught or recognized.

We have now received the estimate for the repair of the window - just short of £2000.00, as it was a very specialised job. Though most of this will be covered by insurance, it was still a most expensive piece of mischief. I don't suppose the children involved intended so much damage to be done, at least let us hope not, but perhaps this letter will make them, and others, think twice before indulging in such acts of mischief in future.

On behalf of St. John's Church,
Yours sincerely,
Mrs. Dorothy Pidgeon, Churchwarden.

Dear Bentham News,

Your article in the February edition about life in the village has prompted me to write this letter.

I am a keen family historian, my ancestors having moved to Bentham around 1840. Employed at the mill, they lived on Lairgill, where hand looms were installed in the cellars. I am interested to hear from anyone with any knowledge of these houses in bygone days.

I would especially like to know what the houses were like before any recent

modernisation. Also, are there any signs of the hand looms existence visible today?

I promise to answer all letters received, along with reimbursement of postage.

Yours sincerely,
Mrs Margaret Walker,
58 Wakefield Road,
Swillington, Leeds LS26 8DJ.

Dear Bentham News,

Seeing the article in the 100th edition on local history, has prompted me to write as I am trying to put together a short history of the Catholic Church in Bentham, with limited results.

I would like to ask through the "B.N." if anyone has any old photographs of the pre 1960 church or perhaps a family photograph with the church in the background? Any help with memories or pictures would be most appreciated.

Yours sincerely,
Simone Pridmore, 2 Sansbury Mount,
Bentham.

Dear Editor,

I enjoyed the letter from Farmer's Boy in the February edition of Bentham News. There was a farmer who came from near Fourlands with his milk kits for Bentham Station.

We, who lived at Thornber, often got a lift to school in his "milk" horse and trap, and we were very appreciative.

Tommy Lawson is often remembered with affection by the children of that area for his kindness. I remember also Johnny "Coulam", the drayman. He often called from his stand on the dray to small children "Now which on y'es cumin wi me?" We all scattered, needless to say, and made ourselves invisible.

One of my mother's brothers, Edward Holmes, was a coalman and had his office close to Bentham Station.

Yours sincerely,
Miss Katherine Townson,
3 High Hill, Grove Street
Settle.

HOW SHEEP TROUGHS SAVED LOW BENTHAM!

By Judith Johnson

At the end of January Bentham witnessed some of the worst weather for many years; first came the snow and then the floods.

Bob Curry from the trout farm explained how the river was beginning to spill over from late morning on Tuesday 31st January. He placed three sheep troughs on the river bank to raise its level and divert most of the water down the main channel. As the water rose higher he was joined by other men who borrowed more troughs from Colin Woof and placed them end to end, extending the barrier.

Eventually the river went round the sides of the barrier, across the field, down the lane, under the railway bridge and into the village street. Houses and cellars on both sides were flooded with water, debris and lots of mud. The council built a 4 foot high barrier under the railway bridge

against a further rise in the water level, expected after 6.00pm. However the water receded just in time. "They did a fantastic job" said Fraser from the Post Office.

Further downstream by Bentham School the sewage pipe was wrenched from the river bed by trees being washed against it. Water and sewage swept into the school buildings next to the river to a depth of two feet. It also rose across the road by the Punch Bowl and lapped against the steps at the front door.

Low Bentham people said that the river had not been so high since the Wray floods. At its height it was within a foot of the metal footbridge leading to the trout farm and had completely covered the old cricket field next to the river. But not everyone was upset - school children arrived home earlier than expected for the second time in 4 days.

AN INVITATION

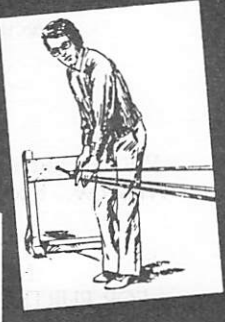
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BENTHAM NEWS NEEDS REPORTERS

By Tom Cahill

Huge Rewards Promised!

We need more news in Bentham News. News, not gossip (malicious or otherwise), not rumours, not nasty things (we are a nice paper!), and not things that everybody knows already. We need the sort of thing that some people know about, but not everybody. The sort of thing that you've noticed, but just haven't got round to finding out more about but think others might be interested in.

So, how can we get more news into Bentham News? We get news because people report it to us. We know that stories exist, we all talk about them at home, in the pubs and shops and in the street. We just need you all to become reporters! If you have some news then let us know. You can either write it down, and we can help here by editing or adapting the style a bit to make it interesting in print. Or you can

contact one of the editorial committee who will happily write it for you, or find someone who will!

What rewards can we offer for news? Well, not much really. The headline was a trick to get you to read further! We had thought of giving away a free advert to the 'best story of the month', or even contributing some money to a local group of your choice if your story is printed. Some of the committee think that just having your name on a story would be enough reward, since the paper mostly survives using voluntary help. Or maybe just seeing your story in print, even without your name, would be enough!

We're still thinking about what policy to adopt, but we would like to start publishing news stories from a wider variety of people in Bentham. Could that be you? If you have an idea for a story just send it in writing to the Bentham Sportswear, or ring Shirley on 61608 or Bill on 62492 to discuss it further.

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SPONSORED TODDLER AIDS THE SURGERY

By Stephen Dawson

Three Foetal Monitors were donated to Bentham Surgery recently following a *sponsored toddler*. The toddler was arranged in memory of Michael Dominic Dawson who was stillborn in June last year. The aim was to raise around £300 for one monitor. In the event, the toddler raised £1025 and the Surgery was able to buy additional monitoring equipment for the doctors and ante-natal staff.

Michael's sister, Eleanor (2) and cousins Thomas (3) Emma (4) and Laura (1) led the mile long toddler around Bleak Bank Farm, Clapham, and were joined by Michael's parents Kathryn and Stephen, four grandparents and nine aunts and uncles.

Christine Hodson, Health Visitor at the Surgery, writes:

Everyday in Britain 20 babies are stillborn or die shortly after birth. (around 11 in 1000 births) In half these cases, no clear medical cause is discovered. When a baby dies, everyone in the family is affected. Common feelings are helplessness, loss and anger. Coping with family life again can be difficult and takes time. Many families do something to commemorate their baby and this can be helpful. The new monitors can detect foetal heartbeats from as early as nine weeks, and can be used to detect other conditions too. They will be a valuable asset to ante-natal and vascular care in the Bentham area, and a memory to Michael.

EDITORIAL INFORMATION

BENTHAM NEWS is published at "Latharna", High Bentham, by an editorial committee consisting of Shirley Brown, Tom Cahill, Jane Callus, Keith Cowling, Keith Dixon, Christine Hodson, Judith Johnson, Ken Robertson, Kate Steele, Jane 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 advertisement in the BN please contact our advertising manager Jane Callus on 62277. Items for publication may be left at Bentham Sportswear, Station Road. Please include your name, address and telephone number. The FINAL COPY DATE FOR PUBLICATION IS THE 15TH OF EACH MONTH.

Every effort is made to ensure that information contained in the paper is correct. However BENTHAM NEWS is an open access paper and views and opinions expressed are not necessarily those of the editorial committee. The committee reserves the right to edit contributions, including letters. Please note that although we are willing to withhold names on request, names and addresses must accompany all items for publication. BENTHAM NEWS is printed at LOGO LABELS, Main Street, High Bentham, Telephone (015242) 62180.

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LOCAL EVENTS IN MARCH

- Sat 4th** Bentham Footpath Group walk, Crummackdale, 8 miles, leader Gerald Amos. Please meet at Lairgill/ Austwick, 10.00am.
- Labour Party coffee morning in the Lower Town Hall, 10.00am - 12.00 noon.
- Sun 5th** Blood Donors - Town Hall Ballroom all day.
- Mon 6th** Town Council Meeting 7.30pm. Lower Town Hall.
- Tue 7th** Low Bentham Public Hall A.G.M. (Upstairs Room) Everybody welcome.
- "Suit Yourself" Women's Group 1.00 3.00pm in the Youth Club.
- Wed 8th** Bentham & District Camera Club, Federation Battle - Host Garstang.
- Christian Aid Lent Lunch in the Methodist Schoolroom, from 11.30am. - 1.45pm.
- N.S.P.C.C. Monthly meeting at Lingfield, Robin Lane, at 7.30pm.
- Fri 10th** Modern Sequence & Old Time Dancing in the Town Hall, 7.45pm-10.45pm, admission £1.20 includes tea and biscuits.
- Sat 11th** Bentham Agricultural Society coffee morning in Bentham Town Hall 10.00am-12.00noon. Cake stall, raffle etc.
- Tue 14th** Toy Library in the Youth Centre, 9.30 - 11.30 am.
- Bentham Child Health Clinic at "The Surgery", 1.00 - 4.00pm.
- Bentham & District Camera Club Theme Competition. 1 Textures, 2 Flowers, 3 Gates & Stiles.
- "Suit Yourself" Women's Group 1.00 3.00pm in the Youth Club.
- Wed 15th** Copy deadline for April Edition of Bentham News.
- Thu 16th** Low Bentham Women's Institute in the Victoria Institute at 7.30pm. "Coast to coast walk" by Mr. Wilks. Competition - Walking Stick. Visitors welcome.
- Fri 17th** The Countryside Society in the Upstairs Room at Hornby Institute at 7.45pm. Mr. Colin Preston - Bird Photography. Visitors most welcome £1.
- Waste Paper Collection at the Legion Hall 8.30-11.00am. Proceeds to NSPCC.
- Prize Bingo and Easter Raffle, in Low Bentham Institute at 7.00pm.
- Sat 18th** Bentham Footpath Group walk, Clapham - Wharfe - Crummack, 6-7 miles, leader Colin Chapman. please meet at Lairgill at 10.00am.
- St. John's Coffee morning in the Town Hall 10.00 - 11.30 am.
- Mon 20th** Annual Parish Meeting 7.30pm. Lower Town Hall.
- Tue 21st** Angus Pensioners' Association annual general meeting in the Town Hall at 2.00pm, followed by whist and dominoes.

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.

Tue 21st "Suit Yourself" Women's Group
1.00 3.00pm in the Youth Club.

Sat 25th Benthams Footpath Grop walk,
Pendle, 10 miles, leader Frank
Yates. Please meet at Lairgill at
10.00am.

Samaritans Coffee morning
10.00 - 12noon Lower Town
Hall.

OFF-THE-WALL Benthams's
own nightclub, in the Town
Hall, 8.00pm dinner, 10.00pm
dancing to local blues and rock
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Mon 27th Ewecross Historical Society
meeting in the Lower Town
Hall at 7.30pm. Professor Potts
"Who are the British?"

Tue 28th Toy Library in the Youth
Centre, 9.30 - 11.30 am.
Benthams Child Health Clinic at
"The Surgery", 1.00 - 4.00pm.

Benthams & District Camera
Club. Members own work -
prints/slides.

"Suit Yourself" Women's Group
1.00 3.00pm in the Youth Club.

Fri 31st Benthams News published.

LOCAL EVENTS IN APRIL

Sat 1st St. Boniface's Church Coffee
morning 10.00 - 12noon Town
Hall.

"A Fair Do!" 10.00am - 3.30pm
every room in the Town Hall.
See page 2, for more details.

Thu 6th Benthams Women's Institute. A
demonstration on "getting the
most from your microwave" in
association with Tooby's and
Sharp, in the Town Hall at
7.30pm. Tickets £1 available
from Tooby's or any W.I.
Committee member.

Advertising Rates

Payment must accompany advertisements.

Standard commercial advertisements

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Benthams Burton and Ingleton.
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Boxed Ad, one eighth page, £15.

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Small ads £2 per 10 words.

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To place an advertisement in the Benthams
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ANSWERS TO LAST MONTH'S QUIZ

By Mrs. S. Adams

- | | |
|-----------------|---|
| 1 Town Council | 18 Station |
| 2 Hurtlely | 19 Umpteen |
| 3 Extra | 20 Every house |
| 4 Off The Wall | 21 Overseas |
| 5 Ninety-nine | 22 Free |
| 6 Editorial | 23 Bentham News |
| 7 Hundred | 24 Every one |
| 8 Unwanted | 25 News |
| 9 Newspaper | 26 Thanks |
| 10 Distributors | 27 Hand it in |
| 11 Roy | 28 Advertisements |
| 12 Events | 29 Mondays |
| 13 Directory | 30 Next |
| 14 Tourists | 31 Eleven |
| 15 Half | 32 Window |
| 16 Instructions | 33 Street |
| 17 Sports | 34 The one
hundredth issue
of the Bentham
News |

ARE YOU READY TO FACE THE PINCH?

STATE SICKNESS BENEFIT PROVISION IS ABOUT TO SUFFER A
SEVERE CUT

Summary of the changes from 13th April 1995:

- ◆ Incapacity benefit replaces sickness benefit and invalidity benefit
- ◆ Only those with enough NI contributions are eligible
- ◆ Earnings related supplement abolished
- ◆ Benefits taxable after 28th week

Contact Bentham Insurance Consultants

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BENTHAM TRUST UPDATE

By Vibeke Christensen

After years of patient deliberation and negotiation, the Bentham Community Trust has now become the Bentham Development Trust, a registered company which will soon be seeking charitable status. Temporary directors have been appointed to form a holding board, which will remain in existence for 6 months. After this, they will all stand down to make way for officers who will be elected at the first AGM. These officers will be elected from among the membership.

How do I become a member?

Membership will be free, and open to all adults living in or around Bentham. Membership application forms will be available from the library, from Wood's Accountants in Station Road and will also be circulated with next month's Bentham News. This is your chance to become involved in helping to keep Bentham the kind of place where you would like to continue to live, and where you can happily bring your children up, and where there will also be the prospect of future employment!

Project Director

The post of Project Director is being advertised in both the local and national press, and it is hoped that an appointment will be made by the end of March.

The Project Director's job will be to consult with the various groups in our community and to start implementing some of the recommendations contained in last year's Civic Trust Report. An exciting, challenging job!

=====

Interested in Training?

By Voirrey Wild

Shan Lockwood (the PPA fieldworker for Craven), is trying to organise the 10 week basic "Learning through play" course for High Bentham. It would be useful to anyone who is interested in working with pre-school children, or simply for mums who want to learn what types of play are beneficial to children, and why. It could give parents some ideas for activities to do with their own child. On completion of the course you will receive a certificate. The course will be held at the youth club on a Wednesday or Friday. There may be a creche provided. Please contact Voirrey Wild on 62912 for more details.



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KIDS PAGE



EXCELLENT

Hello again. This month we have had a prize for a competition donated to us by Mrs Bloxham.

So instead of having crazy things about teachers, we're having that next month and a cool competition this month!

The competition prize is 1 single of your choice on CD or Cassette which is why we are doing a competition on music.

- Q1. Which song made it to the 1994 Christmas number 1?
- Q2. Who sang the song that made it to the 1994 Christmas number 1?
- Q3. What is the name of the group that sing Hootchie Booty?
- Q4. DeeTails and Kule-T are two of the lads from MN8. Can you name the other two?
- Q5. Which song was number 1 for the longest and nearly broke the record in 1994?
- Q6. Which group sing the single One Night Stand?

How to win. Put your answers on a piece of paper along with your name address and telephone number and don't forget to state what single you would like to win and if you want CD or Cassette. Put it in an envelope marked "Kids Page Competition" and drop it in at Bentham Sportshop. Or give it to me at school (IMS) by the 15th please.

General info If you're worrying about what to do in the Easter holidays (apart from eating Easter eggs) then look no further. Lancaster and Morecambe childrens festival runs during the holiday and is for kids aged 8 and up. There's everything from reporting to making your own toys in the art workshops and from athletics to mountain biking in the sport workshops. To find out more about these workshops drop in at Lancaster Town Hall and pick up a leaflet or phone 015242 582822/3/4.

Good luck in the competition.

by Jenny Bloxham

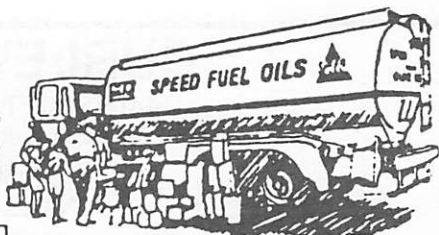
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BENTHAM-BRITAIN'S PREMIER CAVING AREA

By Andy Quin

Bentham is on the edge of Britain's premier area for caves and potholes with literally thousands of cave entrances being found on the limestone uplands situated just to the north of us. Why then do so few Benthamers enjoy this great natural resource? The generally held view of caving is one of either horrid, tight, muddy, wet and miserable places or dramatic life and death rescue situations. Both of these beliefs are of course quite true, to a certain extent. Some caves (and cavers for that matter) are horrid, tight, muddy, wet and miserable and can be, at times, dangerous. With a little experience however these risks and unpleasantness can be minimised and the true nature of caves and caving enjoyed.

Within a few miles of Bentham can be found 'classic' cave systems such as the Ease Gill Caverns with over forty three miles of passages (the longest cave system in Britain), Gaping Gill with its impressive cathedral sized main chamber (the largest natural cavity in Britain) and Ginging Hole, on Fountains Fell, with an impressive array of stalactites and stalagmites. People wishing to enjoy the delights of true 'wild' caving are best advised to seek the experience of an established caving club or the advice of local cavers.

There is of course the option of a visit to one of the local show caves, White Scar Caves at Ingleton and Ingleborough Cave at Clapham, both of which offer guided tours to the public.

The slightly more adventurous can walk up to Gaping Gill around the Spring and August bank holiday times and take a power winch ride down (and out) of the main chamber.

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BENTHAM SCHOOL NEWS

By Mrs. A. Presland

There have been some staff changes this term. Mr Kent-Davies has taken over as Director of Music on the retirement of Mr. Paul Pfeuti. Mr. Knowles has joined the Maths Department and we also have two new Australian GAP students.

As I write this, rehearsals are well under way for "The Down-going-of-Orpheus Hawkins", a musical play being staged by some of the first to third formers on the evenings of 17th and 18th March. Tickets to be obtained nearer the time from the School Office.

The Parents' Association have just enjoyed a very successful Sixties Night. Flared trousers and mini skirts were much in evidence.

Our 1st and 2nd X1 footballers are preparing to set off to the south west for their annual tour and we wish them every success.

For the first time in fourteen years we had to send pupils home early, twice in one week. The first time due to snow and then floods which have caused damage to some of our classrooms.

WASTE PAPER COLLECTION

Waste Paper collection for the N.S.P.C.C. during the last year, has collected 47 tons of waste paper, enabling £233.75 to be sent to the N.S.P.C.C. Thankyou to all who collect and bring their paper to the Legion Hut monthly, including Bentham School who help during term time as part of their Duke of Edinburgh Award Scheme.

From 1st April Craven District Council will be providing bins in High Bentham Car Park, Low Bentham and Riverside Caravan Park. These will be emptied weekly and from each ton amassed the N.S.P.C.C. will receive £1. The monthly collection at the Legion Hut will take place as usual and we hope everyone will continue to support us and encourage friends and neighbours to do likewise.

BENTHAM YOUTH CLUB REPORT

By Pauline Hill

Senior Youth Club Members have held their own darts and pool tournament with the one and only Stephen Smith winning both trophies, proudly displayed in the Youth Centre.

Our 5-a-side football team, Steven Bentham, Matthew Keenan, David Stark, Ian Preston, David Knapp and reserve James Atkinson, represented the club at Settle, their matches finishing as draws.

We had two teams represent Bentham at an inter-club "Blockbuster" Tournament at Settle Youth Centre. This was organised by the Youth Enquiry Service, with real buzzers which proved popular. Tina McGranaghan, Jodie Park and Charlotte Renshaw were drawn against Steven Bentham, Matthew Keenan and Daniel Stark in one of the heats, but it was a team from Ingleton which went through to the 2nd round. Well done to all of the participants.

Forthcoming attractions for Senior Youth members include canoeing, abseiling, karaoke, video-night and preparation for our fashion show and graffiti-mural. Come along to the Youth Club on Mondays 7.30-9.00pm or Wednesdays 7.00-9.00pm for more details.

The Junior Youth Club has re-opened as the "Boppers". If you attend Ingleton Middle School then the place to be on Monday evenings between 6 and 7.30pm is the Bentham Youth Centre. Our programme includes modelling/designing clothes, cooking Chinese style, indoor hockey, badminton and Taste and Smell. Try it!

Suit Yourself Group

The Women's Group at the Youth Centre offers a free creche to all members who are currently studying drawing skills. If you fancy having a go at drawing turn up on Tuesdays between 1.00 and 3.00pm. or telephone 61800. A Fashion Show is being organised in the Town Hall on April 28th, so see details in the next Bentham News.

HEALTH NOTICEBOARD

By Christine Hodson

It is time to make a change - stop smoking!

March 8th is National No Smoking Day and there has never been a better time to stop smoking. As soon as you stop you'll start to benefit - whatever your age you can expect to live longer.

It was 400 years ago that Sir Walter Raleigh introduced tobacco to this country, and it spread quickly throughout England. There are now around 14 million smokers in Britain. Most are aware that smoking causes lung cancer, heart disease and early death, and want to give up. The number drops by half a million each year, with one in ten stopping on National No Smoking Day. (OPCS1992)

Quitting is easier for some people than others and a well planned method with support of family and friends has been shown to be the most effective way. Many quitters say the most vital ingredient is willpower. In a survey at Angus (93/94) 92% of ex smokers said will power was the single reason they stopped. But there are many other methods to stop smoking if willpower needs a boost:-

Stop Smoking Group - group support and professional guidance

One to one support via friend, nurse, G.P. or other

Dummy cigarettes/ chewing gum/ other substitutes

Nicotine patches - patches worn to slowly remove nicotine addiction

Hypnotism, acupuncture, other therapy support.

If you decide to stop smoking on March 8th, but don't know how to go about it, help is at hand. Motivation and preparation are key to becoming an ex smoker, so arming yourself with an effective plan will make all the difference.

One off, free information sessions will be held in the Grasmere Room, Bentham Surgery, on Wednesday March 8th, at 10.30am, 12noon, 4.00pm.

It is time to make a change - Be more active!

How much physical activity is there in your daily life? You should try to build up to a total of 30 minutes of medium activity on most days of the week. It need not be all in one go but could be made up, for example, of three sessions of 10 minutes each.

Medium activity could include a brisk walk, climbing the stairs, gardening, housework dancing, activities which can be part of your daily life. The heart rate should increase to make you feel slightly puffed, but you should still be able to talk. Every bit of activity is important, even just a few minutes. You should start gently and gradually extend the time that you can sustain the activity. Pick up an activity leaflet for "What's available" in Bentham and Settle, from the Surgery.



Cancer Support Group

Are you interested in a cancer support group? If so, please contact Shirley on Bentham 61370 (evenings please) or Louise on Ingleton 42405

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LOOK UP!

Flying colours
for flagging
spirits

By Alison Jones



I am an artist and I run a small arts company called Celebratory Arts based in Bentham. Last year we secured some funding from North Yorkshire Health Authority, North Yorkshire Social Services and Yorkshire and Humberside Arts, to initiate a small health and social care programme in Bentham. The project has been running since September. We started by making links with High Bentham Primary School and older people. An oral history project was followed by lantern making workshops in October - children sang the Autumn Carol and gave out pots of homemade jam to older residents, on a procession on 21st October. The following weekend the lanterns were out again on the Community Bonfire procession.

We are now planning LOOK UP, a spring festival of flags, banners and some surprises to fly high above Bentham Main Street and Station Road in May, leading to the Gala on 29th May. With the support of the Traders we hope to use the existing Christmas tree holders for flags and we are now looking for positive and uplifting ideas for banner designs. During March we are holding open workshops to get the flags designed and made. If your spirits are flagging and you feel like doing something enjoyable and different, come along. Workshops are at the following times:

Ideas sessions - Grasmere Room, Bentham Surgery, Mondays 2.00 to 3.30pm.

Making sessions - Youth Club, Fridays 2.00 to 4.30pm, (with creche) and 7.00 to 9.30pm.

This is an opportunity to brighten up our streets and have some fun. Look up, let your imagination run wild, then come and tell us what you would like to see up there. You never know, it may be transformed into reality.

(The Look Up poster design, at the top of this article, was designed by Grace Mather.)

SPECIAL TRAIN TO EDINBURGH

By Pete Shaw

In a new venture to raise money for the Leeds-Settle-Carlisle railway, the Friends of the line are to run a special excursion train to Edinburgh on Saturday 29th April 1995. The diesel hauled train will start in Leeds at approximately 7.30am, picking up at Shipley, Keighley, Skipton, Settle, Garsdale and Appleby. It will run over the scenic Settle-Carlisle route, before traversing the southern uplands of Scotland, and will arrive at Edinburgh at about noon.

Five hours will be available in the Scottish capital for exploring shops and historic sites. For steam railway enthusiasts a trip is being organised to provide a ride on the nearby B'ness and Kinneil Railway; and at their terminus in Birkhill, a visit may be made to the fireclay mine.

Fares on the train range from Adult Standard Class at £24.50 to reduced fares for children, or a luxurious first class option. Light refreshments will be available on board. This is the first time the Friends have arranged a special charter train and it is hoped that it will be well supported by the public. Profits from the event will be used to reinstate two vintage swan-necked water columns at Garsdale Station. The columns will enable easier watering of steam specials. For details phone 01253-347764, (evenings), or write to FoSCL Railtour, 27 Hall Croft, Skipton BD23, 1PG.

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RECIPES

By Doreen Park



The March wind doth blow....so here are two warmers for a chilly night's meal.

Tomato and red pepper soup

- 2 large red peppers
- 3 tablespoons olive oil
- 1 onion, finely chopped
- 1 clove garlic, crushed
- 14 oz can chopped tomatoes
- ¾ pint vegetable or chicken stock
- Salt, pepper
- Fresh basil to garnish

Thinly peel off outer skin of each pepper, with potato peeler. Cut each in half lengthways and discard seeds and white ridges. Roughly chop the flesh. Heat one tablespoonful of oil in a medium sized saucepan, add the red pepper, onion and garlic and fry for 5 minutes till soft and lightly browned. Add the tomatoes, stock and seasoning. Cover and simmer for 15 minutes. Liquidize the soup until smooth, return to the pan to keep hot till ready to serve.

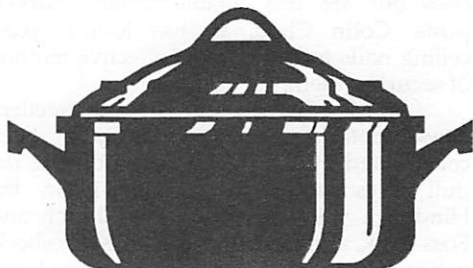
Tuna Rosti Pancake

- 2 tablespoons sunflower oil
- 1 onion, peeled and thinly sliced
- 4 rashers rindless streaky bacon, chopped
- 1 lb baking potatoes
- 7 oz can tuna in oil, drained and flaked
- 2 tablespoons chopped fresh chives
- 3 eggs size 4, salt and pepper

Heat the oil in an 8" non stick frying pan. Add onion and bacon, and stirring carefully throughout, cook for 5 minutes till lightly brown. Peel and coarsely grate the potato, stir into the pan with the onion and bacon, and cook over medium heat for 6-7 minutes until the potato is just soft and lightly browned.

Stir in the tuna, most of the chives, a little salt and plenty of pepper. Beat the eggs, pour into pan and cook over medium heat for 10 minutes until almost set. Pre-heat the grill on high, slide the frying pan under the grill for 2-3 minutes until the top of the pancake is puffed up. Remove and serve with the rest of the chives chopped and sprinkled over the top. A crisp green salad makes an excellent accompaniment for this dish.

Both these recipes only take about 30 minutes to prepare and cook.



BENTHAM WOMEN'S SOCIAL SERVICES

By Mrs. B. Mason

Bentham Women's Social Services AGM was held on Tuesday 14th February. Twenty members attended including Val Hogg, the Area Appeals Organiser from York. Mrs. Adams presided and a record year was recorded with £3,465 having been sent to Headquarters of the N.S.P.C.C. The committee was re-elected en-bloc, and a discussion on future events was followed by a Jacob's Join supper.

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Bentham Footpath Group

By Maureen Ellis

The quarterly meeting for all members, chaired by David Stubbs, was held on 7th February. Maintenance and repair continues, as well as way marking. The considerable experience of the members active in this area, is evident. Plastic waymarkers snag clothes less than metal ones but are less pliable around curved posts. Colin Chapman has found broad ceiling nails to be the most effective method of securing them.

Len Moody reported that two excellent new footbridges have recently been constructed in our walking area during the dull days last autumn. One is in the Hindburn valley between the Church and Foss Bank, and the other is over Kettlebeck, between School Lane and Cragg Lane. Credit for these goes to the Countryside Management Service of the Forest of Bowland. Walks in 1995 may make use of new routes now made possible.

The feasibility of a parish map was again raised and Pauline Hill, the general secretary of the group brought an example from another part of the country. This project would have to involve various groups with knowledge of geology, natural history, history, as well as footpaths etc.

It is always awkward giving more emphasis to some walks than others and denotes my absence from the undescribed walks. Charlie Proctor led a walk on 22nd January embracing Furnessbridge. Verena Smith's walk in Roeburndale was on 4th February. A look at the map will show the river Roeburn, a finger at 6 o'clock on the north side of the Forest of Bowland. The river Hindburn at 5 o'clock swallows up the water of the Roeburn at Wray and itself drains into the Wenning and thence to the Lune. The southern area of the Forest of Bowland is drained by tributaries of the Ribble.

Len Moody reported that on 17th January the group enlarged its "territory" with a well reconnoitred walk led by Barry

Greenwood in the middle Lune valley. It was in two loops. The first began at the beautiful Hodge Bridge over Barbon Beck close to the A683, from where we took the footpaths west and south through part of the new golf course to Beckfoot Farm, and on to Lowbeck, crossing the classic pack-horse bridge and following the ancient route westwards to the Lune bank. Here we turned downstream as far as the heraldic, ornamental bridge north of Underly Hall, and back to the main road with excellent views of Middleton and Casterton Fells, with the great cleft of Barbondale between.

Our second loop took us on little known footpaths round the outskirts of Barbon, a compact little village, by way of Town End, Watery Lane, Barbon Park and Oaktree Farm, and down the beck to our starting point. The morning had been wet and windy, but though dark clouds loomed over the higher fells, our persistence was rewarded with a dry afternoon, and many typical January glimpses, including a lane of snowdrops coming into flower.

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BENTHAM SKI TRIP



By Richard Knowles

At 1700hrs on Friday 20 January 1995 a strange apparition appeared on Lairgill car park. A large orange and white coach from Strathpeffer with a banner proclaiming "Bentham Ski Trip 1995 - La Plagne" parked up awaiting 40 excited local folk.

This was the culmination of six months activity arising from John Ashton's boredom at being driven (a regular fidget amongst coach drivers) and the necessity for a bunch of others to ski every year at an acceptable price. Bentham Ski Trip was Go!

An easy run down to Dover, followed by the short ferry crossing to Calais left the intrepid travellers snoozing as the coach sped along the autoroutes of northern France. Saturday afternoon brought increased excitement as the Alps approached and the dulcet tones of Heather Guy and Julie Luscombe lead the Bingo with "Soixante-neuf, clickety click."

The climb from the valley via hairpin bends, snow covered verges, the Olympic Bob Sleigh run, the first view of a ski lift, brought the excitement to fever pitch as experienced skiers mentally practised their parallel turns and reflected on the limitations of Ribblehead.

Arrival at Belle Plagne at 2080 metres, appartments not double booked, ski hire effected without hassle, the wonders of the Fax machine meant that the resort had been warned and was ready for us!

Sunday morning; Ski school for some, and the challenge of making the strange planks of wood strapped to feet become friends not enemies. For others it meant reacquainting themselves with the adrenalin rush of speed and survival.

All the beginners did brilliantly despite attempting to ski without bindings, taking the wrong ski lifts and disappearing into the mist with new found friends. The French Ski school instructors are some of the best in the world and their encouraging remarks, "I will kill you Illarie" normally

were met with friendly English responses of "Aaaargh" as another virginal snowdrift was desecrated by a Bentham bodyshape.

The "experts" did not fare much better demonstrating their knowledge of mountaineering. "Which way now?" she asked at the top of each lift. "Down" they all replied in unison!

Then it came - Sunshine. To explain the beauty of standing atop a mountain in glorious sunshine in January with perfect snow all around and fast wide pistes in front of you is impossible.. A well known local publican, Julian Badgery tried. "It must be a bit bleak up here in winter", he uttered as everyone collapsed in hysterics.

The entente cordiale extended to international midnight tobogganning, exchanges of illicit hooch for tequila with a chilli in it, ogling Ski instructresses and instructors, contemplation of Emmanuel 8 and numerous transglobal conversations on ski lifts.

It was only marred by Robert Otway skiing over a possessive Frenchman's skis, ruining the paint job, to hear the plaintive cry of "I love my skis!" Geoff Cox not realising the war was over continued to wipe out any German in his path, bend his ski poles just to make sure he couldn't push in the lift queue.

Things were fine until Thomas Marshall remembered his joke about the vicar and the envelope. Bars emptied, lift queues vanished, even the car park and its vehicles buried under a metre of snow miraculously cleared.

A great week was enjoyed by all. There were no major injuries. There was too much snow. Everyone had a choice of people to ski with. The beginners ventured to places they would never have considered at the beginning of the week.

Prizes were awarded to :-Graham (Bomber) Cowgill, Youngest Beginner; Chris (Bonnington) Whalley, Oldest Beginner; Julie Luscombe, Person most likely to cause an avalanche; Alan & Deeanne Steele, Best Off Piste Guides; Jack Metcalfe, Best UK Ambassador; Mick (Bobble hat) Brown, Person most like the La Plagne emblem.

To find out about next year's trip contact Richard Knowles on 015242 61008.

STAR PARTY AT HIGH BENTHAM C.P.SCHOOL

By Thomas, Joy and Elizabeth

On Wednesday 15th February, we gathered together in the School Hall for an astronomical evening, with Martin Lunn, who is a member of the North Yorkshire Science Advisory Team. The original plan was for everyone to go onto the school field, where Martin would show us the different constellations. We came with our binoculars, wellies and torches. Unfortunately it was a cold, wet and very cloudy night, so we all piled into the hall where Martin showed us some very interesting slides of our universe. He showed us the planets and we liked the Saturn slides best because of the rings. Halfway through we stopped for a while and had our space snacks. There was Terrestrial tomato soup, Smiley chicken

soup; we had Star biscuits, Moon nibbles, Mars munchies, Saturn snacks, Shooting cheese stars and Satellite sausages, all washed down with Pluto punch and Jupiter juice. For the second half of the evening we were able to ask Martin questions about space and spaceships. We learned a lot about living in space and some of us hope to go there some day.

Bentham Health Centre

"Extra Care Fund" Update

Since our last update in the August 1994 edition, we have purchased several more items:- A Foetal Heart Monitor, a book on Minor Surgery and 2 Vitalograph Resuscitation Kits.

In memory of their son Michael Dominic, Stephen & Kathryn Dawson, Mount Pleasant, High Bentham, purchased through the Fund, 3 Foetal Heart Monitors.

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

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SPORTS REPORT

Compiled by Janette Richardson

Support your local cricket club

By Bob Ellershaw

Players are desperately needed for the coming season if two teams are to continue. A meeting will be held at Benthams Sports Club on Thursday 23rd March at 8.00pm and anyone willing to play this season, including old and new members must attend this meeting! If you cannot make it, please contact me on 62345, to let the club know that you can play. Without enough players at the meeting the second team will fold.

Badminton-Local Veteran Wins Title

By Thomas Marshall

Wenning Badminton Club's Katie Millar won the Lancaster, Morecambe and District Badminton League Veterans Trophy recently, partnered by John Maxwell. They won a thrilling final 21-19, beating Sandra Eccles and Kevin Bradshaw. This is the second consecutive year that Katie and John have won the title.

Football

Under 16's (by Brian Mottram)

There were four games played last month resulting in two defeats and two draws.



The game against the top team, Morecambe Youth, was a close one, Wanderers conceding a late penalty and going down 3-1. Dalham away was another close game.

After Wanderers established a 2-0 lead in the first half, Dalham levelled the scores. Wanderers again went into the lead, but Dalham equalised with the last kick of the game. The match against Dynamos away is best forgotten. We lost 6-1 with our worst performance of the season. The return game at home to Dalham was as tight as the first match. We played much better than the previous week and deserved to share the spoils in a 2-2 draw.

Under 14's (by Nicki Langdale)

On Sunday 29th January we played Westgate Wanderers away in the second leg of a cup tie. We had already won 7-0 at home. In difficult conditions we won 5-0, for an aggregate win of 12-0. On another awful pitch on 5th February at Milnthorpe we played Dalham. We won 4-1, the referee (Ed's been here) booked Gary Louth and sent Eric O'Hare off! We beat Ridge Rovers at home by 5-0.

Under 12's (by Daniel Ellershaw.)

We had a 4-1 advantage going into the second leg cup game against Morecambe Youth Athletic, away. Things were looking good early on when we equalised their opening goal, but by full time they had a 4-1 victory. This took us into extra time which we dominated, scoring twice to make the aggregate 7-5. We are now in the quarter finals. In the league we beat Heysham 12-1 and then in the quarter final of the cup, first leg at home, we won a hard game by 2-1.



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CHURCH BELLS RING AGAIN AT BURTON

By David Asquith

Thanks to an initiative by the Vicar, Rev. Marvin Bamforth, the bells of All Saints Church, Burton-in-Lonsdale, are ringing out again after a period of silence. With expert tuition from experienced ringers from Lancaster, a small nucleus of local volunteers is gaining confidence, and some three months on, feel they are making good progress. "That may not seem evident to the villagers of Burton, who are having to put up with some unlikely noises just at present" says David Asquith, one of the newcomers, "but we can only crave their indulgence while we seek to improve our performance. We hope it will not be too long before things begin to sound a little better; in the meantime we very much appreciate the support and encouragement we have had from so many people".

The first lessons were aimed at teaching the novices the basic skill of making the bells ring. "We found that this is not as easy as one may think", says Malcolm Jackson, another of the learners, "but we are now moving into the intricacies of change-ringing, which at the moment seems something of a mystery, but with perseverance and continued patience from our tutors, who knows - one day we may actually manage to ring all the possible changes ourselves. Just at present, however, that seems a long way off, and we would suggest that any potential brides desirous of our services should not yet name the date!"

Why do they do it?

"A good question" say the learners as they emerge from the spiral staircase leading down from the ringing-chamber after another practice. "It's exercising muscles we didn't know we had! But it is good to learn something new, and we feel we are helping to maintain a peculiarly English tradition which has been carried on up and down the country for centuries.

Perhaps one day we in turn may be able to pass on our skills to another generation, and so help to maintain that long tradition. It's also a way of making new friends - and for all of us it's just plain good fun!"

More Learners Needed

There are six bells at Burton, and at present only five regular learners. Without outside help they cannot therefore yet muster a full team. "So if anyone would like to join us, now is the perfect time to do so, while we ourselves are still learning". New recruits will be warmly welcomed at the weekly practices (Tuesdays 7.30pm at Burton Church) or you can call David on 62619 for further information. Bellringing is an activity open to all, and the Burton team, already a mixed one, will be happy to welcome new members of either sex, including older children, say from age twelve. So come on folks! Zap the T.V. and get climbing that staircase.

IT'S TIME YOU THOUGHT OF YOUR MUM !!

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