

BENTHAM NEWS

NOW IT'S THE TURN OF LOW BENTHAM GALA!

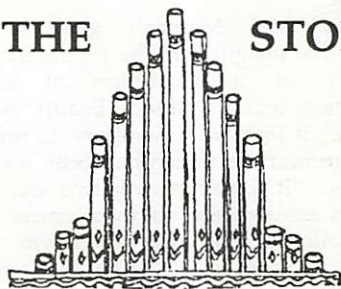
Saturday 22nd July is Low Bentham's big day. The 1995 Gala will start at 1.15pm, when a procession and floats will leave the car park and go round the village (up Burton Road, Greenfoot Lane, Cross Lane and down Doctors' Hill) before arriving on the School Field. The procession will be led by this year's Gala Queen, Emma Hurtle, and (in this age of equality) Gala King, Richard Blackwell. Their attendants will be Lisa Hodgson, Lisa Stephenson, Sadie Carter-Brown and page boy, Shaun Earl. Music will be played by the marching band, West Side Beat. The Gala will be officially opened at 1.30pm by Mr and Mrs Nicholson, who will then judge the floats and fancy dress, and present the prizes. All entries are welcome.

A family afternoon of fun and games

There will be lots of attractions on the field, including five-a-side football, children's races and an obstacle race, welly and egg throwing (not at the same time!), a coconut shy, a barbecue, stalls, teas and a raffle, with prizes galore. There will also be a car boot sale, for which £5 spaces can be booked by phoning 62143.

Come and enjoy yourself by supporting your local Gala! Admission is by lucky numbered programmes, which are 50p for adults, and free for children.

PULL OUT ALL THE STOPS



By Barbara Stephens

St. Margaret's Church is happy to announce that its organ has ceased to have a life of its own and is now under our control. The "action" has been skilfully electrified by Michael Fletcher, organ builder, to avoid problems caused by severe damp in the console. To celebrate, we hope you will come to hear invited musicians perform a lively programme of music ranging from English and Zulu folk music and other light music, to Britten and Bach. Choirs taking part are High Bentham Primary School, Bentham School (both recently successful competitively), Craven Camerata and Hornby Singers. Soloist singers include Joyce Hartley and Django Sankey, and the organists are Michael Fletcher, John Potter and Hugh Stalker. The price, including fruit cup and "bites" to eat in the interval, is £2 (£1 for children). The church will be flowery and we have hired a "loo". The date is Saturday 1st July and the time 7.30pm.

Also, do stroll up that little hill between 2.00 and 5.00pm on Saturday and Sunday afternoons (1st and 2nd July), and hear other organists at play, and refresh yourselves with a cup of tea. See you!

JULY 1995

ISSUE 105

HIGH BENTHAM WOMEN'S INSTITUTE

By Doreen Park

Eighteen members of the Institute enjoyed a members night which took the form of two members experiences of the Women's Institute.

Mrs. Val Marshall gave a very descriptive insight into the preparation and delivery of a resolution at County Federation level. Entitled "Beauty without Cruelty", it implored members to refuse to buy commodities which had been tested on animals. It took her over two and a half years of research and many sleepless nights to compile the resolution, which was carried by over 90 votes in favour with two against. It was later to be defeated.

Mrs F. Wilson, the President, then expressed the thanks of 8 members to Mrs. Morgan and her husband for the use of their garage on 11th May. It was transformed into a "lecture hall" complete with work benches and cups of tea for these members, taking part in a National Federation Action Pack - on hanging baskets. This is a new venture and High Bentham was one of the first to benefit. It was great fun and resulted in a number of lovely baskets. The evening ended with a number of games. The joint competition winners were M. Slater and I. Carr.

The next meeting is on 6th July, with "Stick Dressing" by Mr. G. Rennie. The competition is a "Dressed Peg Doll".

ARTHRITIS RESEARCH COUNCIL

By Bernard Williams

Children with Arthritis

Readers might be surprised to learn that children and young people get arthritis. Mistakenly, arthritis and rheumatism are often considered to be diseases afflicting older people, but the truth is that there are some 15,000 children in the UK with Juvenile Chronic Arthritis, and Rheumatoid Arthritis often occurs in younger women. This is why the Arthritis & Rheumatism Council (ARC) has decided to make "Children with Arthritis" the theme of its 1995 Arthritis Research Week.

ARC is undertaking research projects into all rheumatic diseases, including projects seeking the cause and cure of Juvenile Arthritis. We are part of this research effort, raising funds needed to finance the doctors and scientists involved.

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TOWN COUNCIL

By W. Kennedy

Highway Matters

Mr. Joel reported on a meeting with the landowners and North Yorkshire County Council Highways Department, regarding the problem of visibility at the Tatterthorn/Clapham Road junction. The outcome was unsatisfactory and the matter will be pursued further.

Craven D.C. is investigating the question of grass verge parking at Burton Road, Low Bentham. A letter from a concerned resident was presented, but he had been reassured by the Town Clerk, and there is only a remote chance of anything materializing.

A new road sign at the A65 Bentham Junction, promoting Bentham as a market town, has been considered and it is hoped that this will be financed by the Bentham Traders Association, as N.Y.C.C. Highways Department was not prepared to pay for it.

Council Seats

It was reported that there are 24 seats/benches, located at various sites around Low and High Bentham. There had been an encouraging response to the appeal for donated seats, from members of the public. Quotations are to be obtained and the Council hopes to replace the seats, two or three per year, spreading the cost over several years. Will the council ask local craftsmen to tender for the business?

Can Bank

Bentham School has informed the Council that from the end of this school term, the school will no longer be able to take part in the recycling programme. Craven D.C. apparently cannot afford to undertake the responsibility immediately, although it is hoped that they may in September. In the meantime the council would be glad to hear from any other organization interested in taking over the can bank operation from Bentham School. Mr. Marshall proposed that Craven D.C. be notified that the

problems were due to their indecision in not introducing their arrangements in April 1995.

Tree Offer

Craven D.C. has confirmed that broad leaved deciduous trees would be available again this year, for planting in November. Applications are to be made by 14th August. The trees are available in two sizes, as whips at 90-120cms, and 200cms, and will be supplied with rabbit protection.

Payphone Vandalized

The payphone in the Town Hall has been vandalized twice recently. On 27th May, entry was made via the kitchen window, and on 5th June thieves struck again when the Town Hall was open. After some discussion it was decided to have a steel band made by Green Smithy, to fit round the payphone. This has since been done, but not before the payphone had been broken into yet again, on 10th June. The money stolen, has of course, to be made up by the council, so it is council tax payers who have to foot the bill.

V.J.Day

Mr. Marshall asked if any arrangements had been proposed for the celebration of V.J.Day. Council members were asked to consider this and it would be discussed at the July meeting. Any individual or organisation with suggestions should contact the clerk, Reg Pointon, on 61596.

Age Concern

Age Concern has dropped plans to move from the Town Hall to the Masonic Hall.

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TRIP TO NORTHUMBRIA

By year 5 children, High Bentham CP School

On Wednesday 3rd May our class of 26 year 5 children set off for a three day trip to Northumbria, which we had been looking forward to for weeks. First we went to Carlisle Castle where we were shown around by a lady called Keda. Then we were split into two groups.

Group 1 did dancing and music using some very old instruments. Group 2 cooked the first course of our Tudor lunch; it was called pottage but really it was vegetable soup. Then we changed over and Group 1 cooked honey toasts for our pudding. After lunch we demonstrated our dancing and played the tunes we had practised, then we were allowed to explore the castle with our teachers. At 4.00pm we went off to our Youth Hostel and settled in though nobody went to sleep early because we were so excited.

On the second day we went to Craggside at Rothbury, the first house in the world to have hydro-electricity. It started out as a 12 roomed hunting lodge, built by Lord Armstrong, but he kept adding extensions until it had 115 rooms. The thing most of us liked was a 10 ton marble fireplace. It was carved and was like a little room where you could sit. We walked up to the lakes which provide water for the hydro-electricity. That night we all went to bed quite early.

On our last day it was Ben Callus' birthday and we all signed a card for him. Then we went off to the Roman Arms Museum, where we saw weapons and armour. Some of us were able to try on the armour and helmets and hold the weapons. We had to draw things which were in the museum. After that we went to Hadrian's Wall and had our lunch there before running down to the coach. On the way back to Bentham we watched Fawley Towers. Everybody wished they could have stayed longer.

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COUNCIL CONCERNS

By Councillor Ralph Atkinson



Highways and Byways

Now that the resurfacing programme is finished I hope that people will report any failures to me or to John Miller at Ingleton 41214. This is a very cost-effective way of maintaining our roads and unlike 2 years ago the contractors appear to have got both the formula and the weather conditions just right.

Developments along the A65 seem to be coming to a head. The DoT seems to think it's unnecessary to consult local people so I've had to ferret details out. On enquiry I've been told that we are due for 2 lay-bys on the Clapham By-pass and that the access at the junction of Laundry Lane will be reduced to one - with a wider western access and removal of the other, and another pedestrian refuge on the A65. This should make it much safer. The Bradford House junction is due to go ahead - I'd rather have seen an island here but the DoT didn't want the traffic flow (speeds?) interrupted!

Unemployment

The good news is that unemployment has dropped substantially more in Craven than elsewhere in the county and the country at large. Claims from both men and women fell, men by 19.6% and women by 25.9%, since April 1994. A total of 272. But even this good news is blighted by the closedown of Hayfield Mills at Glusburn and 260 jobs lost.

National Park

With the Environment Bill, which contains proposals for the setting up of independent National Parks, before Parliament, great excitement has been caused by a last minute amendment from Govt. on membership of the authorities. Contrary to reports and discussions held over the last five years, Govt. propose to increase Parish Council members from nil at present and 8%

proposed, to 25% - at the expense of district, county and national interests, all of whom are up in arms about it.

Community Education

Since Adult Education and Youth Services were amalgamated last year we seem to have had nothing but trials and tribulations. First, we were told that we'd get the same amount of money as before. Then we were told that budget allocations across the County would be made on the basis of population plus a factor for free school meals! I know! What relevance that has is beyond me but what it means that North Craven loses. I've challenged the cuts repeatedly to no effect. On top of these we now must suffer the same cuts as the rest of the Education budget, ie. 2% overall. Altogether this has meant a cut to Ingleborough Community Centre of 10% in both 1994 and 1995 and significant cuts at Benthams.

Business Support Services

Owing to cash flow problems (DEAL) the Dales Enterprise Agency, had to be closed down last month, but in a rescue operation a new organisation, the Craven Business Devt. Centre (CBDC) has now been set up to serve the same purpose. Also we now seem to have found a model to suit the DoE for our county Business Link service and tho' this means a weaker connection with CBDC than we'd hoped, maybe it'll get better soon.



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DALES RAILCARD

By Pete Shaw, Secretary "Friends of Settle - Carlisle Line"

A welcome initiative to try and boost the number of local people using the Settle-Carlisle railway is the introduction by RRNE of the "Dales Railcard"

Anyone living between Skipton and Carlisle, or Skipton and Wennington on the Morecambe line, can purchase the railcard and then get one third of the price off most tickets on these lines. The railcard will cost £10 per annum, with a special introductory offer reducing it to £5. (for those who take it up by 31st August 1995).

People must live within the following postcode areas to qualify:- CA 1,2,3,4,9,10,11,16,17, DL 8,11,12, LA 2,6,10, BD 23,24. Full details and application forms are available by writing to:- Dales Railcard Offer, Freepost CE747, Appleby in Westmoreland, CA16 6ZZ.

BRIAN AND PAT CARTER

Bentham was saddened recently by the deaths, within five weeks of each other, of Brian and Patricia Ann Carter.

Pat Carter died on Good Friday after a short illness. Born in Bentham, she was educated locally, and married Brian in September 1959.

Brian died on 19th May, after battling bravely against cancer for a year and a half. He was also born and bred in Bentham, and worked for Angus Fire all his working life, except for two years National Service. He was the Foam Plant Manager until illness forced him to stop work. For 18 years he had been a part time fireman, and was a keen sportsman. He played football, cricket, snooker and golf, and was also a very keen and competent gardener.

Pat and Brian, who will be sadly missed by all who knew them, had three children, Susan, Chris and Brian, and seven grandchildren.

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BIBBY'S OF INGLETON

NEWLY-WEDS WIN GALA LOTTERY

By Shirley Brown

At this year's successful High Bentham Gala, which was only marred by a heavy shower of rain that arrived just in time to soak the procession, the £50 lottery-winning egg belonged to Mr & Mrs Nicholson, newly-weds who were staying in a caravan at Lowther Hill Farm. The happy couple are putting the money towards the cost of a carpet for their new home.

Local Runners

The 10-mile fell race attracted 86 runners, and was won in a time of 53 minutes by John Wieczorek from Accrington. Three local runners took part, with Stuart Smith from Low Bentham coming 14th in 61 minutes, Ian Wood from High Bentham coming 42nd (12th in the veteran class) in 67 minutes and Ann Smith coming 78th (7th in the ladies' class) in 84 minutes.

Bentham's Beautiful Birds

The bird theme, an idea inspired by Wray's scarecrows, brought creative talents to the fore as weird and wonderful birds were crafted from dustbin bags, wire frames and an assortment of likely and unlikely materials. There were 58 entries for the Bird Sanctuary Competition, promoted by the Development Trust, but this is only a fraction of the number of birds that adorned trees, windows, gardens and hedgerows around the town. The eagle suspended from a crane, soared high above us on Gala Day,

and provided a fitting climax to the "Look Up" theme that had been a feature in the town for some weeks. Prize winners were Mrs Sedgwick's swan, the Moorby's flamingoes, the Dixon Sisters' owl, Vicki Mulligan's hen, the Whalley's 'new species' and the Youth Club's very own unique version of 'a bird'. It was an inspired thought to ask David and Frances Hartnup, the people who introduced the scarecrow idea to Wray after having seen something similar in the Pyrenees, to be our Guests of Honour, as this underlined the fact that our birds were not in competition with their scarecrows, but rather a complement to them.

Thanks to all who worked towards making the Gala a success. Margaret Hayton, who has so efficiently coordinated the Gala for the past 2 years, will not be able to do it again next year, so if anyone would like to offer to help to make this important community event happen, I'm sure the committee would like to hear from you, (ring Colin Woof on 61387).

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BENTHAM & DISTRICT CAMERA CLUB

By P. Marshall



Members and friends recently enjoyed the Club's Annual Dinner at the Marton Arms, after which the following annual trophies were presented:

Humphries Cup for a set of 3 slides, Derek Smith - Illston Cup for a monochrome print, Sheila Avery - Humphries Trophy for a large colour print, Val Marshall - Humphries Trophy for a small colour print, Norman Crellin - Clifford Bentham Trophy for combined Themes, Al Fellows - Clapham Trophy for points in all competitions, Val Marshall.

The programmes for next season were distributed and the evening ended with a cryptic quiz.

At the Annual General Meeting, the retiring President, Laurie Blundell, was thanked for his contribution to the Club over many years. He was succeeded as President by Dennis Dafforn. Other Officers were re-elected for the coming year. Prospective members are welcome to contact the Chairman, Peter Marshall (tel: Bentham 62512) for details of the future activities of the Club. A copy of the new programme can be seen in the Tourist Information Centre.

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INTRODUCING NICK LOVE

By Our BN Reporter

The welcome news that from a very strong group of applicants, Bentham Development Trust (BDT) has recently been able to appoint a Project Director, has come at a very good time - Bentham seems to be buzzing. Whether it's the "Look Up" initiative, the imaginative birds that appeared all round the town, the two well-supported, high quality dance events held recently in the Town Hall, or whatever, there seems to be an air of expectancy. What difference will BDT make to our town? Who is the new Director? BN sent a reporter to find out.

The new Director is Nick Love. He was born and brought up in Manorhamilton, a border town in northwest Ireland. His father was a farmer with a small, 13 acre mixed farm. As it was not possible to support the family of his wife and three children solely from the farm by raising pigs, cows, turkeys and hens, his mother also had a restaurant where she sold home-baked food. When eventually Nick went to University, he financed himself by coming over to England during the vacations and driving buses in Luton. In all he spent 5 years at Dublin University, part of the time studying for the priesthood. He did not, however, become a priest.

To Be Or Not To Be?

Instead he went back to his home town, where he developed an interest in the plight of declining rural areas. He wrote an article entitled, "Manorhamilton: To Be Or Not To Be?", and in 1971 got his first 'proper job' in community development, funded through the European anti-poverty programme. Setting up an organic vegetable growing cooperative, and making it possible for local people to acquire a variety of business skills, were achievements of which he is particularly proud. In the 1980s he did further community enterprise work in the Scottish Highlands and Islands, and, after an unhappy year in London in 1990, moved

to Caistor in Lincolnshire, where he stayed for three years as their Project Director, doing much the same work that he hopes to do here in Bentham.

Self-help philosophy

Nick feels strongly that community problems are best solved by a collective approach. He believes in a self-help philosophy, whereby changes that happen in Bentham are influenced by us, the people of Bentham. He wants to use his skills, experience and contacts to help us make things change in the ways we want them to. He wants to foster in us as a community, an awareness that we are entrusted with this town, and that it's up to us to develop it for future generations. He will help by pushing us from behind, not by pulling us from in front.

Logo Competition - £50 prize!

BDT needs a recognizable logo, and are launching a competition to choose one. BDT needs your ideas to help promote an accurate image of what it's all about. Can you produce artwork which illustrates that BDT is a brave new venture by the people of Bentham to enhance, protect and improve the social, economic and environmental life of the community? If you want to discuss your ideas for this, then you are most welcome either to ring the office on 61030, or to call in at the BDT office on the Main Street, High Bentham, where entries should also be submitted. Anyone can enter, there's a £50 prize for the winner, and the closing date is the end of July.

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BENTHAM PEOPLE

Thanks

Dear Bentham People - I'm now back home with my new hip, and really don't know how to thank you all adequately for your caring support while I've been in hospital. Your messages, enquiries and your very beautiful cards and letters have been so heart-warming - typical of the genuine friendliness and kindness always shown to us since Brian and I came here nineteen years ago. My very grateful thanks.
Mary Ireland.

Carol Armstrong would like to say a special thank you to all the people who wished her well, and for all the cards, flowers etc. sent during her recent illness.

Andrea and Steve would like to thank everyone for all the lovely gifts, cards and flowers on the birth of their daughter Chloe. A special thank you to Mum, Bernard and family for helping them through those not so easy nine months. Our appreciation to all staff at Bentham Health Centre. Love, Andrea and Steve.

Bill and Anne Park of Main Street wish to thank all their relatives, friends and neighbours for all the lovely cards, presents and good wishes which they received on the occasion of their Golden Wedding on 14th June. Thank you all very much.

Hartley, Thomas & Gail (nee Lister) would like to thank Mum & Dad Lister, Mum & Dad Hartley, & Mrs. Sue Adams for helping with the flowers. Canon Bearpark for the lovely service, Mr. & Mrs. J. Ross & staff, Melling Hall for the beautiful reception, Lynn, Wendy, relatives & friends for their lovely presents and cards, and all who made our wedding day a memorable one.

Births

Gary and Janet Dawber would like to announce the arrival of their son, Ryan Michael, on 6th June and to thank everybody for their cards, presents and good wishes.

Wedding Announcements

Pickup - Barker. Lesley would like to announce that on 3rd June 1995 at Settle Registry Office, the marriage took place between Tim Pickup and Vykky Barker. Family and friends wish them every happiness for the future.

Whitton - Callus. On 29th July 1995, Alan Whitton will marry Jane Callus at Settle Registry Office. Their future home will be in Casterton. Everyone involved in Bentham News sends them love and best wishes for their future together.

Congratulations

Heather. I'm very proud of you. Considering your workload, doing 100 miles on a sponsored cycle ride was tremendous. What a pity some of the unemployed didn't follow your example! Well done! From mum.

Sarah Myers, who graduated from Settle High School in 1991, has just been awarded a first class honours degree in Art and Aesthetics from Cardiff Institute of Higher Education. Well done Sarah! We knew you were talented and now you've proved it. Love from your friends in Bentham.

Birthdays

Happy birthday Jim, July 8th. Will you still need me, will you still feed me, now you are 62? Love Jean.

For Sale

Heavy duty Citroen BX roof bars, £20, cost £50. Tel 61767.

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

Wanted

Second hand bowls, 2lb 6ozs or 2lb 4ozs. Phone 62377.

Property

Would any council house tenant be interested in a council house swap to Polruan, South Cornwall? For details ring Sue Ward on Polruan 01726 870227, or Hornby 21845.

Local Events in July

Sat 1st 10.00am-4.00pm Parkinson Farm Garden Open Day, by kind permission of Mr. & Mrs C. Atkinson. In aid of NSPCC. Cakes, plants and refreshments. Admission 50p.

St. Margaret's Mothers Union coffee morning in the Town Hall, 10.00am.-12.00noon.

Bentham Footpath Group walk, Kirkby Lonsdale Circular, 12 miles, leader Geoff Huddart, 61700. Please meet at Lairgill at 10.00am.

"Pull out all the stops" - at St. Margaret's, 7.30pm. See page 17.

Mon 3rd Town Council meeting in the Town Hall 7.30pm.

Bentham Youth Club outdoor sports, or video if wet, 6.00-9.00pm.

Tue 4th Toy Library in the Youth Centre, 9.30-11.30am.

Bentham Child Health Clinic in the Surgery 1.00-4.00pm.

Wed 5th Bentham Youth Club pool, darts, badminton and volleyball 7.00-9.00pm.

N.S.P.C.C. monthly meeting at Lingfield, Robin Lane, 7.30pm.

Thu 6th

High Bentham Women's Institute meeting in the Town Hall at 7.30pm. Mr G. Rennie - Stick dressing. Competition - A dressed peg doll.

Sat 8th

Settle Blind Association coffee morning, Lower Town Hall, 10.00am - 12.00 noon.

North Craven Labour Party Garden Party at Anvil House, Main Street, Long Preston, 10.00am-5.00pm. Coffee, cakes, afternoon teas, stalls.

St.John's Vicarage Garden Party at the Burton-in-Lonsdale Vicarage, 2.30pm.

Sun 9th

Bentham Footpath Group walk, Cold Cotes, 7 miles, leader David Stubbs, 61430. Please meet at Lairgill at 10.30am.

Mon 10th

Bentham Youth Club fund raising ideas, 6.00pm-9.00pm.

Tue 11th

B.I.C.C. (Bentham & Ingleton Cancer Care) meeting in Grasmere Room, Bentham Surgery, 7.00-8.30pm. All welcome.

Wed 12th

Annual coffee morning in aid of Shelter, at Burncroft, Robin Lane. In garden, weather permitting. Raffle & Bring and Buy.

High Bentham C.P. School Open Night, 6.30-8.30pm. Everyone welcome.

Bentham Youth Club, Low Bentham walk via the Sundial, 7.00-9.00pm

North Craven Labour Party branch meeting, Ingleton Community Centre, 7.45pm.

Fri 14th

Men's tennis match "v" Milnthorpe, 6.30pm at the playing fields.

Modern & Old Time dancing in the Town Hall, 7.45-10.45pm. £1.20 includes tea & biscuits.

Listing for Local Events

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

Event.....

Venue.....

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

Please complete and return to Bill Kennedy, 1 Lakeber Avenue, or hand in to Bentham Sportswear, Station Rd, by 15th.

Sat 15th Deadline for copy and advertisements for August edition of Bentham News.

Mon 17th Bentham Youth Club rounders, or video if wet, 6.00-9.00pm.

Tue 18th Toy Library in the Youth Centre, 9.30-11.30am.

Bentham Child Health Clinic in the Surgery 1.00-4.00pm.

Wed 19th Bentham Footpath Group walk, Clougha Pike, 5 miles, leader Frank Yates, 61375. Please meet at Lairgill at 6.00pm.

Bentham Youth Club, choose next term activities, 7.00-9.00pm

Thu 20th Low Bentham Women's Institute, Victoria Institute, 7.45pm. Speaker Mrs. Hargreaves "The day I married a farmer" Competition, "Wedding souvenir".

Fri 21st To 4th August inclusive, Summer Playscheme.

Waste Paper Collection at the Legion Hall, 8.30-11.00am. Proceeds to N.S.P.C.C.

Sat 22nd W.I. coffee morning in the Town Hall, 10.00am-12.00noon.

Bentham Footpath Group walk, Leck-Cowan Bridge-Tunstall, 8-10 miles, leader Tony Burnett, 41304. Please meet at Lairgill at 10.00am.

Fri 28th Bentham News published.

Sat 29th Bible Society coffee morning in the Town Hall, 10.00-11.30am.

Sun 30th Bentham Footpath Group walk, Rye Loaf Hill, 7 miles, leader Don Scott, 42109. Please meet at Lairgill at 10.00am.

Local Events in August

Tue 1st Toy Library in the Youth Centre, 9.30-11.30am.

Bentham Child Health Clinic in the Surgery 1.00-4.00pm.

MAY'S WEATHER

Figures supplied by Mrs M Foster

May began with a very hot spell of weather, and this was followed by some fine, dry days with substantial frosts at night (as gardeners will have noticed)! After this the weather was changeable, and there was an average monthly rainfall of 1.9 inches.

Hornby Pool Renovations

By Pool Superintendent

Due to renovations and repairs, which will take some considerable time, the swimming pool will be closed from 15th July onwards. It is expected that it will re-open on 18th September.



J. McManus M.B.P.S

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BENTHAM FOOTPATH GROUP



By Maureen Ellis

It is evident that the footpath group is providing a national (and it could be argued, international) leisure service. At the walk of 21st May, most ably led by John Pilkington, besides two dogs, there were twenty people, two of whom had learned about the walk from the tourist information office. Another two were Canadians, invited by David and Dorothy Stubbs.

The goal was Clifford Hall. Setting off from Low Bentham car park, we passed over Low Bentham bridge, where a view of the ruptured sewage pipe gave rise to much debate. An imaginative route took us past Goodenbergh Farm where the bird fanciers in our company had a good look, with the farmers permission, at two buzzards and a kestrel, successfully reared from wounded fledglings to maturity. It is a treat to have such a close view of wild birds that are normally only seen through binoculars, or as powerful fingered wings hovering overhead.

After Gill Farm we took a northerly path to Old Wennington and then to Clifford Hall. (As some not very energetic research has revealed nothing of its history, it would be interesting to hear in the Bentham News from anyone with some knowledge). The last part of the return to Low Bentham included meticulous use of the new path alongside the school.

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Christian Aid House to House Collection

By Mrs. K.M.Goldsack

The Christian Aid collection in May 1995 raised £935.58 for Christian Aid Funds and we thank everyone who helped in any way to reach this increased total. The money will be used to help the Third World.

Successful Coffee Morning

By Jean West

St. Margaret's held a successful summer coffee morning on 3rd June, with a variety of stalls. £422 was raised for church funds. Raffle winners were Gavin West, Hilda King, Isabel Carr, Mr. Greenbank, Jane Preston, Mrs. Taylor, Mrs. Ann Bentham and Ralph Atkinson. Competition winners were:- Cake-Mary Murphy, Doll-Clifford Bentham, Meat Voucher-Glyn Williams.

LONGSTAFFE EDUCATIONAL FOUNDATION

**Limited funds are available from
the above charity from
September 1995.**

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OLÉ BENTHAM

By Shirley Brown

If you were in the Town Hall on the evening of 26th May along with 240 other people to experience the amazing display of flamenco dancing by JALEO, you won't need me to tell you how exhilarating and breath-takingly exciting it was. And if you weren't there, well, I can't say it better than the programme note, "If you ever get a chance to see them again, beg, steal or borrow to get a ticket - you won't regret it!" (In fact you haven't got long to wait as they are appearing at the Duke's in Lancaster on 24th August!)

Here's a dozen things you may not know about the event:

1-JALEO is a group of 5 people who live in Seville, and 4 of them don't speak any English at all.

2-One of the group, El Ingles, was born in Preston and worked as a peripatetic guitar teacher for Lancashire County Council, before moving to Spain to continue studying the guitar. He married a Spanish woman, had children and has now lived there for 18 years.

3-They are touring Britain for 3 months, and were staying in Thirsk when they performed in Bentham, and hadn't realised they'd have a 2 hour drive to get here (and back!).

4-Ana Maria, the flamenco dancer, is married to Carlos, the group's guitarist.

5-All the group are heavy smokers.

6-Silverio, the dancer, wore jeans and carpet slippers while watching from the wings.

7-As he spun round, ever faster, during the finale, the front few rows of the audience were showered in his sweat!

8-Between dances the group borrowed an ironing board to iron their costumes in the dressing room.

9-After the show they ate their supper (supplied by Jane Callus) on their laps, perched on the playgroup chairs.

10-All the sounds that they made with their hands, came from clapping and finger clicking, they did not use castanets.

11-They thought we were an excellent audience, and thoroughly enjoyed themselves.

12-They drank beer in the interval rather than wine.

Thanks to Gareth Adams for setting up the lights, Ann Corrigan and Alison Hawkey for making the tea, and Alan Whitton and Ben and Felicity Callus for helping at the door.

Thanks also to Craven District Council for putting money into Rural Arts North Yorkshire, who made this promotion possible, and to Jane Callus who had the courage to believe that bringing high quality flamenco dancing to Bentham was a good idea. She stood to lose money if the event hadn't been so well supported, so don't forget to tell us the next time you have a good idea Jane! We'll be there.



Bentham Sportswear 62001

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Dear Editor,

The Duke of Edinburgh community service team at Bentham School would like to thank the residents of Bentham for their donations of cans to the recycling scheme. During the last two years we have raised approximately £120 from the aluminium cans, which has been given to various charities. Two projects to benefit this term are in Kenya and Romania, where the school has connections. We are unfortunately no longer able to continue with the collection of cans after the end of June and the council is looking for another group to take on this task. Thank you for your support (overwhelming at times).

Yours sincerely,

Jane Ward, Bentham School.

Editor's note - If you want more details about can recycling ring John Crane, CDC, Environment Dept, 01756-700600.

Dear Editor,

I should like to thank all the kind people who sponsored me on a walk in aid of Animal Concern (a charity for re-housing of pets), for which I raised £118.10. This charity looks after and finds suitable new homes for dogs, cats and other pets which have been abandoned or whose owners have either died or cannot look after them.

We hope to form a working group in Bentham to raise further funds to help with the costs of feeding and veterinary care for these animals. Anyone interested is invited to contact me on 62512, or Phyllis Tomlinson on 61629.

Our next event will be on 25th October when John and Judie Surridge will be giving a concert. Tickets will be £3, to include tea and biscuits, and will be on sale at Kim's Pet Shop and the Tourist Information Centre, or from myself. Further details will be in the B.N.

Yours sincerely

Val Marshall

Dear Editor,

Whilst I have every respect for Councillor Bateman Marshall, his criticisms of the County Council at last month's Town Council and the subsequent report in the Lancaster Guardian of the 9th June give me no other option than a public reply.

He is quoted as follows: "Coun. Bateman Marshall accused the County Council of neglecting Bentham when distributing its financial resources" and again "Bentham is North Yorkshire's set-aside area - they don't want to spend anything here".

In fact NYCC spends a great deal on its regular programmes in Bentham. For example our schools: - 60% of total budget spent on education and they are officially acknowledged as some of the best in the country. Our roads and waste disposal take up 10% of total budget, the improvement of Goodenber Road was an example of capital investment and though regular maintenance leaves much to be desired, our winter clearance is par excellence - certainly better than Harrogate, which was gogged up for 8 or more hours by the January snowfall. Police - 7.6% of budget: Social Services - 13% of budget: fire and rescue - 3.7% of budget (of exemplary service during the floods); libraries - 2%, and so I could go on. The truth is that the public is not aware of most of these services but without them we would be in a sad way indeed.

In five years as County Councillor I have received little complaint about any of these services and certainly no complaint of major neglect. None of them are perfect and I've spent a deal of effort in trying to get them improved. That I have not been altogether successful I ascribe more to the Scrooge-like policies of the present Government than to any other cause.

As far as other support from County is concerned - I've also spent a lot of time and effort in bringing Bentham's concerns before the Council. Some have been successful, some not. One success has been in getting support for the Bentham Trust to which the County has already subscribed or promised some £9,000 with more to come as we prove ourselves.

Outstanding failures are and were Mount Pleasant and Wenning Avenue. As far as the latter was concerned both County and District promised grants of £50,000 apiece but these were partly conditional on contributions being made by frontagers and major users. Angus Fire Armour generously promised the strip of land, Keith Parker agreed to subscribe the bond on his development, North West Water (who own the right of way) and other frontagers agreed to subscribe smaller amounts. But major users flatly refused. So the whole project fell through. Nobodies fault but our own!

Yours faithfully,
Ralph Atkinson County Councillor.

Dear Editor,
Gala Day

Despite poor weather people turned out to make Gala Day a success and I would like to take this opportunity to thank everyone who gave their help voluntarily, both before and on the day. Many thanks to Alison Clough for providing and organising the flags which decorated our streets. Thanks also to Jim Guy, Chris Wilcock, Carl Townley, Michael Wright and Walter Emmot for their work with the fell race.

Special thanks to our sponsors, H.Wood & Son, Grove Hill Garage, C.M.Slinger & Sons, Dalecrest Travel, Procter House Insurance and G. Langdale. As you are probably aware, the land for the sports field is rented from Angus Fire, but the fields, tennis courts, childrens' play area and club house are all maintained by the Sports Club.

The Gala is a great day out and a way of raising some cash for this, and at £1 per adult, I don't think it is too much to pay to enjoy the entertainment. So here's hoping that the young lady who refused to pay (because it's public property) enjoyed her free afternoon out at other people's expense. Many thanks again to all who gave their help voluntarily.

M.Hayton
Co-ordinator.

EDITORIAL INFORMATION

BENTHAM NEWS is published at "Latharna", High Bentham, by an editorial committee consisting of Shirley Brown, Tom Cahill, Jane Callus, Keith Cowling, Christine Hodson, Judith Johnson, Ken Robertson, Jean West, Pam Woof, and our co-ordinator, Bill Kennedy, who can be contacted on 62492.

BENTHAM NEWS can be sent anywhere in the UK for an annual subscription of £7, or anywhere in the world for £12. To place an 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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RECIPES

By Doreen Park

Outdoor Eating Barbies

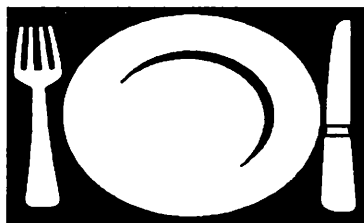
These barbecue recipes are just as good done under the grill, if it rains.

Char Grilled Vegetables

Grated rind and juice of $\frac{1}{2}$ lemon
4 tablespoons olive oil
1 teaspoon dried parsley
1 tablespoon fresh parsley, chopped
 $\frac{1}{4}$ teaspoon dried rosemary
salt & freshly ground black pepper
1 red pepper, cored, deseeded and quartered
1 yellow pepper, cored, deseeded and quartered
1 aubergine sliced
2 courgettes quartered

Mix together the lemon juice, rind, oil and herbs and season well, and brush this over the vegetables.

Arrange the vegetables on a barbecue or grill pan and grill them, turning occasionally, until just beginning to brown.



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Spiced chicken on the grill

This recipe is also suitable for pork, lamb or vegetables.

450 gms (1lb) Greek style yogurt
2 cloves garlic crushed
 $\frac{1}{2}$ teaspoon ground ginger
1 green chilli pepper, cored, deseeded and finely chopped
1 teaspoon ground cumin
1 teaspoon curry powder
1 tablespoon fresh coriander, chopped
4 skinless breast fillets, about 6ozs each

Mix all the ingredients except the chicken in a shallow non-metallic dish.

Make three cuts in each chicken breast and cover with the yogurt marinade. Leave for at least an hour or preferably overnight. Cook the chicken on a barbecue or grill for 15 minutes each side.

Summer Fruit Kebabs

Cut 4 ozs strawberries, 2 peeled kiwi fruit, 2 nectarines and 1 melon into bite size pieces and thread onto skewers. Grill or place on the barbecue until just soft.

Mash 4 ozs strawberries, raspberries or blackberries or puree in a food processor. Sweeten with a little icing sugar if necessary. Serve the kebabs hot with the dip.

Dips to please your palate

These two simple dips will add variety to your barbecue.

Peanut dip

Mix together 4 ozs very low fat fromage frais, 2 tablespoons crunchy peanut butter and $\frac{1}{4}$ teaspoon chilli powder. Chill and serve with bread sticks and batons of carrot and celery.

Mixed herb dip

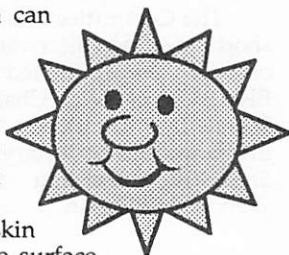
Mix 4 ozs very low fat fromage frais, 2 tablespoons fresh chopped mixed herbs, sweeten with 2 table spoons apple juice. Chill before serving with batons of carrot and celery.

YOUR GOOD HEALTH

By Christine Hodson, Health Visitor

If you worship the sun, don't sacrifice your skin

Lying in the sun can be one of life's greatest pleasures but too much sun or burning increases the risk of skin cancer. Sunburn is skin damage. On the surface sunburn peels away but deep down the damage remains.



Respect the sun and follow these guidelines to be kind to your skin.

- ☛ Avoid the midday sun. If you do go out, cover up with loose, tightly woven clothing and a wide brimmed hat.
- ☛ Use sunscreens on your skin for protection.
- ☛ Tan slowly, gradually increase the time spent in the sun each day.
- ☛ Young children and babies should always be protected, either covered up or with a high protection sunscreen.
- ☛ A good pair of sunglasses will protect eyes from the sun, even in children.

People at high risk in the sun

The more sun sensitive you are the more protection you need. This includes people who have had skin cancer, a history of severe sunburn as a child, lots of moles or freckles, babies and young children, builders, farmers, gardeners, and people who play outdoor sports. The slogan this summer for outdoor workers is "keep your top on".

Skin cancer

Nearly all skin cancer is caused by the sun. There are two main types called malignant melanoma and non-melanoma. Experts believe that the increase in both these types of cancer could be reduced by us taking more care in the sun.

Looking out for symptoms

It is not unusual to have some moles or freckles. Watch out for any moles that change shape or colour, become bigger, itchy or inflamed, that weep or bleed.

These may be symptoms of skin cancer and should be checked by your doctor.

Melanomas are common in people of all ages, twice as common in women, and in people who spend most of the year indoors and then spend two weeks frying in the sun. It is a rare, rapidly spreading cancer but if caught early chances of survival are good.

Non-melanoma is more common than melanoma and nearly always curable. It is usually found in the over 60s, affects men and women equally, and is thought to be linked to long term sun exposure making outdoor workers at greater risk.

Remember to feel good in the sun and feel safe. Keep your top on, a hat on your head and use plenty of sun cream.

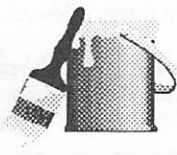
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AGE CONCERN BENTHAM

By Mrs. A. Shallcross

The Annual General Meeting was held on 2nd June in the Lower Town Hall. The Vice-Chairman, Mr. Laurie Blundell, took the Chair in the absence of the Chairman. A successful year was reported, with the introduction of the second Day Centre on Mondays, and a wide range of activities and outings. A substantial amount of money has been raised, the bulk of it coming from the efforts of the Day Centre users.

The major innovation in the near future will be a new mini-bus, which will be a valuable asset to the Centre. The highlight of the 1994 programme was the Christmas festivities, with Christmas dinner and tea party, and entertainment by the choir of Bentham School, the children of Bentham Primary School, the Surridges, and the ladies of Bentham Women's Institute.

Mr. Blundell thanked all those who helped to make the Centre a success, and in particular paid tribute to Mr. Douglas Garlick, the treasurer, and Mr. Clifford Machin, the chairman, both of whom are retiring. He said that they have given long and dedicated service to Bentham Age Concern, and hoped that they would continue to keep in touch.

The Committee was re-elected and at a short meeting afterwards, the following officers were appointed:- Chairman - Mrs. Elsie Wilcock, Vice Chairman - Mr. Laurie Blundell, Treasurer - Mrs. Ruth Bridgewood, Secretary - Mrs. Audrey Shallcross, Assistant Secretary - Miss Wendy Dowbiggin.

Bentham and Ingleton Cancer Care

BICC will be meeting on the second Tuesday each month in the Grasmere Room at Bentham Surgery, 7.00-8.30pm. A programme list of the meetings is available from the Surgery or by telephone request.

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BETTER BENCHES?

By Reg Pounton, Town Clerk

There has been an enthusiastic response to the item in last month's BN asking if anyone was interested in donating a bench to be placed somewhere around Benthams. I've had a number of enquiries, including one from someone who used to live in Benthams but who phoned me from Switzerland where she now lives!

I have a catalogue of suitable benches which I can show anyone who would like to think further about this idea, but also wonder if any local craftsmen or women would be interested in submitting designs and quoting prices. If this idea appeals, and you would like to discuss it further, please get in touch either with me (tel: 61596), or with Councillor Wendy Dowbiggin (tel: 61573).

Voluntary Advisers Needed

By Mrs. S. Valentine

The Citizens Advice Bureau (CAB) gives free, confidential advice on every subject from debts, benefits, housing and employment, to law, immigration and discrimination. The majority of Advice Workers are volunteers, and more are needed for the Benthams area. No special qualifications are needed, as training and support are given, so if you enjoy helping people, and are available for a few hours each week to work with a friendly team, contact Mrs. S. Valentine, Manager, Skipton Citizens Advice Bureau, Tel: 01756 700210.

BENTHAM YOUTH CLUB

By Pauline Hill

On Gala Day the club was represented by the Ravin' Raven, who won a prize in the Bird Competition. Our Parrot Prize Ping Pong Game was very popular - look out for it at other Galas in the area, (by special request).

By the time you read this, we will have been abseiling at Twistleton Scar, caving down Alum Pot and taken part in the Inter Youth Gladiators Competition & bar-b-que at Settle - ouch and phew!

Rumour has it that two of our seniors (LW & KH) are visiting Ingleton Youth Club on Tuesdays to check out the talent, lucky fellas, so we need new members here in case they don't come back.

Many thanks to Mrs. West for supplying paint for our mural. 1995 charges for hire of the building are £5.50 per room, per session (2 hours).

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BIKE RIDE CHALLENGE

By Tom Cahill

On Sunday 28 May, Bentham's Colin Brown, Tom Cahill, Heather Guy, and Richard Knowles, along with 21 other intrepid cyclists (five women and 20 men in all), set out on an epic bicycle ride to raise money for kidney related causes. I organised this Charity Ride as a challenge to get fit, and as a celebration of the first anniversary of the gift of my brother John's kidney and my successful transplant operation. The riders, who ranged in age from 20 to 63, aimed to cycle the entire 130 miles of the North Lancashire Cycleway before they slept that night.

The day started and ended fine, but there was a downpour in the early afternoon just when riders were struggling with the hardest part of the ride, over to Slaidburn. At times the headwind was severe, but as the ride was circular the wind was also occasionally kind. The ride began at Caton, went to Arncliffe, Farleton, Kirkby, Wennington, Slaidburn, Waddington, Inglewhite, Bilsborrow, out onto the Fylde and through Pilling and Cockerham before ending up back at Caton. In spite of the inadequate signposting by Lancashire County Council, no one got lost for long. Sixteen of the riders finished the entire route, and over two thirds rode further than they have ever done before. Heather and Tom each rode about 100 miles, and Richard, who had mechanical problems early on, followed up in the car and provided very welcome support. Colin did the lot.

The ride (Serious Annual Charity Ride for Everyone's Delight - SACRED) is intended to be an annual event, although the charitable causes might be different next year. This year we have raised several hundred pounds, but perhaps the most important thing was the spirit of endurance and camaraderie that pervaded the day. Almost everyone, no matter how far they



went, felt a tremendous sense of personal achievement. The event was made more pleasant for the riders by the attentions of the support team of Shirley Brown, Shirley's mum, Naurika Lenner and Janette Richardson, all of whom did a very important and tiring job throughout the day. Thanks to them and all the Benthamers who gave us their support and sponsorship. Next year, I hope we will be fit enough and strong enough to do it all again, and maybe even more people will take part.

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