

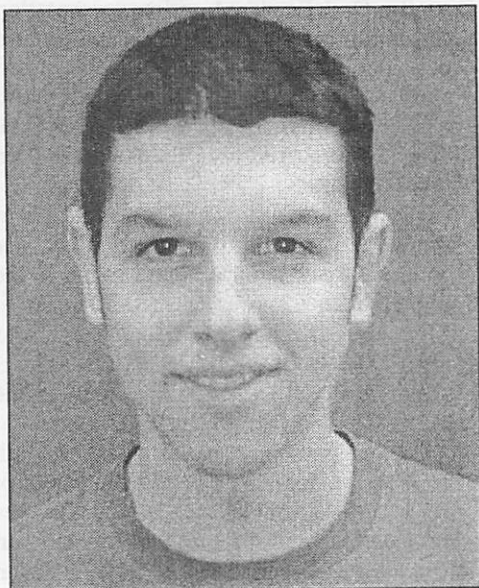
BENTHAM NEWS



BENTHAM'S YOUNG SPORTS STARS ARE NATIONAL WINNERS



Esther Coates, English Girls Golf Challenge Trophy winner.



David Wright, youngest ever British Junior Rally Champion.

It is a great privilege for the Bentham News to feature two of our exciting young sports stars, and to acknowledge their superb achievements, which not only bring great credit to them, but also help to put Bentham on the sporting map, as indeed, Les Pilling has also done in recent years. But success, such as Esther and David have achieved in recent weeks, doesn't come easily. It requires a great amount of dedicated commitment, determination to succeed, and the support and encouragement of family and friends. Both of them are at the threshold of their young careers and we wish them all the best for the future. Read their stories on pages 22 and 23 of this issue.

WOMEN'S INSTITUTE

High Bentham

By Doreen Park

We were joined for the August meeting by a member from a WI in Cheshire who was visiting the area and staying at the Riverside Caravan Site. A most interesting talk entitled 'A Friend In Deed' was given by Mr & Mrs J Scarf. This is also the title given to the organisation which provides 'Hearing Dogs For Deaf People'. A video presentation outlined the history of the organisation and gave details of the dog training and explained the joy, self confidence and greater independence that these dogs give to their owners. A vote of thanks was given by Doreen Park.

The President spoke of a special event planned for Wednesday 8th September. 'The Ideal Homes Road Show' will be coming to the Town Hall at 7.30pm. Admission, open to all, is just £1, which includes tea and biscuits. Tickets are on sale from Margaret Hayton or any WI member, or pay at the door. Come along, and bring a friend.

We are having a trading stall on 4th September at Bentham Show, where lots of goodies and WI books will be on sale. The next meeting will be on 2nd September, when Mr. Mike Gathergood will give an 'Introduction to First Aid'. The competition will be for a first aid kit for the handbag.

Low Bentham

By Jennifer Watkinson

Nicely laid tables laden with food, bottles of wine and a beautifully decorated cake greeted members as they walked into "their room" to celebrate their W.I.'s 30th birthday. The president, Mrs. Christine Jennings, introduced our V.C.O., Mrs. Stephanie Fort, from Lothersdale, who gave a brief insight into who she is. As soon as she commenced to speak any qualms about a visit from a Voluntary Council Organiser were immediately dispelled. She joined the W.I. when she was a young farmer's wife with small children, and went on to tell us in an amusing way how she developed her special interests, public speaking and crafts. Armed with a £5 note she was able to join one of Craven College's embroidery classes for a year. She brought with her many examples of her craft, including a cushion which matched the wallpaper in one of her rooms, hardanger work and black work. She showed us the map of the family farm which has been selected to go to the Craft Spectacular at Tatton Park next May.

A vote of thanks was given by the president who also thanked the members for all their hard work at the recent coffee morning and for the excellent catering for Members Night.

The next meeting will be on 16th September when Mr. W. Stockdale will be talking about the Lancaster canal.

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TOWN COUNCIL

By Dorothy Pidgeon

There was a fairly full attendance at the August meeting, with only Councillors Jackson and Hurtle absent.

Open day at Sewage Works?

Councillor Heigh enquired whether such a day would be possible, addressing her query to Mr. Edwards from the Boro' of Pendle which is responsible for dealing with all the sewage problems in this area. Promising to look into it, Mr. Edwards assured everyone that Pendle would take seriously all problems directed to them, and where it was not their responsibility, would point people in the right direction. Mrs. Hayton, Mayor, thanked Mr. Edwards for his helpful address.

Those Loos Again

This topic provoked considerable discussion as many complaints were being received concerning the state of the new toilets, and the vandalism being inflicted on them. There seemed to be some confusion as to who is responsible for what, concerning their care. It was also reported that access for the disabled is virtually impossible and this will be rectified.

Highway Matters

North Yorkshire County Council confirmed its intention to undertake road patching repairs in the autumn, and details of any roads requiring attention should be notified to the clerk before September. Various road signs are to be erected at Low and High Bentham at the end of August. The clerk is to approach the county council for more High Bentham signs on the approach roads.

Wheelie Bins

District Councillor Pilkington reported that two and a half thousand bins had been distributed and a few more have yet to come. Some initial teething problems remained unresolved, as the two people responsible were unavailable, one being on

holiday and the other having changed jobs. Councillor Pilkington felt sure that the problems would soon be resolved. He then complained about the item on the front page of the August Bentham News, claiming that it would give the wrong impression concerning the District Council's role in giving planning permission for building development. Other councillors also expressed dissatisfaction with the Bentham News article, but none addressed the problems raised in it.

It was difficult to hear what some councillors were saying, so anyone who, like me, missed some of what was said, can read the full minutes of the meeting at the library.

Editor's note. The reference in last month's Town Council report, about "Noisy Nights", referred in error to the noise being created at the late night auction. The noise had nothing to do with the late night auction and we apologise for this mistake.

Bentham Sports



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SPRINGFIELD BOWLING CLUB

By M. Johnson

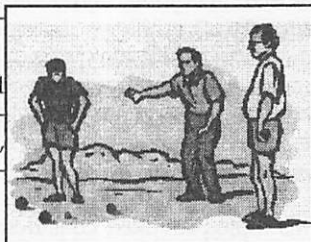
The finals of the Club Competitions were held on Saturday 14th August, when there was keen rivalry, good fun and a very enjoyable time. The results were as follows.

Jim Bush Cup. Winner - Mary Johnson,
Runner-up - Mary Lawson.

Rose Bowl. Winner Mary Johnson, -
Runner-up - Dorothy Rose.

Challenge Cup. Winner - Tom Davies,
Runner-up - Daniel Bates.

Butterfield
Cup. Winner -
Barry Taylor,
Runner-up -
Terry Bates.



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CHURCH - ITS ROLE IN THE COMMUNITY

By Liz Whitfield

High Bentham Methodist Church is currently evaluating the church and its role in the community, along with other churches throughout the country. Churchgoers were asked, at worship on 8th August, to fill in a confidential survey

In late September and early October members of the Methodist Church will be carrying out a community survey in and around Bentham. This is an opportunity to help us develop a clearer picture of the issues and concerns of our church and community. It is confidential. People will not be asked to put their names to the forms. We won't visit every home but hope to reach a wide a cross-section of the community. We hope that you will be willing to help us in this way so that High Bentham Methodist Church can be welcoming, relevant and challenging, as we prepare to enter a new Millennium.

COME, COME, COME TO THE (CRAFT) FAIR!

By Marie Rayner.

Following on from the successful Craft Fair held on Spring Bank Holiday Monday, the Bentham Development Trust is holding its 3rd event on the 17th October again in the Town Hall in Bentham. Admission is free and refreshments will be available.

As before we will be drawing on the abundance of local talent as well as attracting other artists and craftspeople from the surrounding area. Why not come and see some of our artistic wealth on display and perhaps treat yourself to something special - or maybe even start your Christmas shopping. There will be a good variety of stalls with many unusual and interesting gift ideas - as well as the opportunity to support local people. If you would like to book a table, please contact Lin, Bill or myself at the Trust Offices (61030) for more details.

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HORNBY DRAMA GROUP



We are now rehearsing
Noel Coward's "Blithe Spirit"

- An Improbable Farce, which
we shall present in November.

This play needs a large number of special effects and sound effects, so we shall need much help with lights, props, costumes, sound, scene painting and special effects. There really is something for everyone to have a go at, even if you've never tried it before, among a relaxed and friendly group of people.

Membership of our group is by no means restricted to residents of Hornby - we have members from Low Bentham, High Bentham, Caton, Gressingham, Halton, Kendal, Melling and Wray. We meet in the Hornby Institute on Wednesday evenings at 7pm - so why not come and join us? Liz Allison, our secretary, will be happy to give you further details. Call her on 015242 21128.

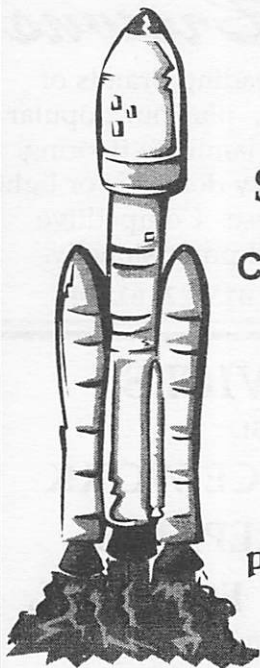
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**see our fabulous display of original
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Tuesday nights are quiz nights

RECIPES

By Doreen Park

It is getting round to that time of year again for laying in the goodies made from surplus garden products. Try these.



Piccalilli

6 lbs of prepared vegetables such as marrow, cucumber, beans, cauliflower, small onions.

1 lb salt

1 gallon water

1 level teaspoon dry mustard

1.5 teaspoons ground ginger

3 pints vinegar

4 level tablespoons plain flour

2 level tablespoons ground turmeric

Dice the marrow and cucumber, slice the beans, halve the onions and break the cauliflower into florets. Dissolve the salt in the water and add the vegetables. Cover and leave for 24 hours, then drain and rinse them.

Mix together the sugar, mustard, ginger and 2.5 pints of the vinegar in a saucepan. Add the drained vegetables and simmer for 20 minutes. Blend the flour and turmeric with the rest of the vinegar and stir into the cooked vegetables. Bring to the boil and boil for 1 to 2 minutes, then pot and cover. This recipe makes about 7 lbs of piccalilli.

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"Bread and Butter" Pickle

3 large cucumbers, sliced

4 onions skinned and sliced

3 level tablespoons salt

1 pint white vinegar

6 ozs sugar

1 level teaspoon celery seed

1 level teaspoon mustard seed

Put the cucumbers and onions into a large bowl with the salt. Let them stand for 1 hour, then pour off the excess salt, rinse the vegetables and drain. Put vinegar into a saucepan with the sugar, celery and mustard seed. Stir well until the sugar has dissolved and then boil for 3 minutes. Put the cucumber and onions into jars, cover with hot vinegar to the brim of the jars and seal down immediately.



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IN FOR A PENNY

By Dorothy Pidgeon

Well, that is what it used to cost to use a public toilet, but our lovely new ones are free and so it is all the more distressing to hear of the vandalism they are being subjected to by unruly, ill-disciplined children. I know it is school holiday time when even more than usual, children are complaining of being bored and looking for something to do - but, parents, do you have to let them get away with this sort of behaviour? Children have been seen standing on the toilet roof, hurling toilet rolls which they've taken and soaked, all over the place, and already graffiti adorns the walls. It has cost us, the Council Tax payers, many thousands of pounds to have these toilets built for the convenience of residents and visitors alike. It took a lot of persuading for the CDC to agree to their being erected in the place most Bentham people wanted. Is all this effort and money to go for nothing just because some, probably only a few, children are not properly controlled? It makes me both angry and sad that Bentham is being shamed in this way. When I'm asked in the Tourist Office for directions to the public toilets I hardly dare give them for fear of what will be encountered. Someone needs to take responsibility for the behaviour of these young vandals, before the toilets have to be permanently closed.



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SEPTEMBER AT THE LOOKING WELL

By Alison Jones

All our sessions are back to normal this month; see the diary page for details.

Our thoughts are turning towards autumn and lanterns. If anyone has any fruit to spare (and/or mini jam jars) for harvest lantern jam, please phone me on 62672 or drop it in to the Looking Well. We are also looking for pram bases to build lanterns on, and old extending nursery fireguards.

Lee Nolan will run music workshops on Saturday mornings from late September, for the Bonfire Band. If you wish to join let us know so that we can contact you directly.

A group of satisfied people who use the Looking Well have gained funding from the Help the Aged Millennium Fund. They have funding to arrange outings, do creative projects including airbrush painting and batik, make cards, etc. If you are over 50 and would like to get more details or to come along to any of the sessions, phone Brian Irons on 62672. The funding includes transport costs so if you are less mobile we can collect you from your home.

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MEMORIES OF BENTHAM IN THE 1930s...continued

By Bateman Marshall

"Baleigh" Bob's Emporium was in a tin tabernacle which was destroyed by a spectacular fire in February 1953. It was replaced by a building which now houses *The Print Shop*. *"Baleigh"* Bob's Emporium was probably the most fascinating shop window in Bentham for little boys. It was a cycle shop, selling new cycles, (a Raleigh cost £4.19.6d) which also did cycle repairs. It was also a shoe shop and a shoe repair shop, and later it even sold second-hand furniture. It was run by **Bob and Mrs Reid and their son, Leslie**. Leslie had a most unusual voice and was a beautiful singer. **Bob** always wore dark glasses because he was supposed to be partially blind. One day a man from the pension department called and found him repairing a cycle with his specs pushed up onto his forehead. This did not do his pension any good!

** Hash Browns*, as it is now known, was two shops in the 1930s. One half was occupied by *Phillipsons* as a *clock and watch shop*, the other half by *Brown and Whittaker*, which is still going strong today, though it is now based in Ingleton. Before this became *Brown and Whittaker* it was owned by **Thomas Marshall** (my grandfather) who was a *joiner, cabinet maker and undertaker*. He retired at the early age of 50 in 1908 and built *Bentham Hall* (where I now live). He handed over the business to his two apprentices, who were **Tom Brown and Wilcock Whittaker**. The funeral cortege always walked through Bentham with the funeral director wearing his top hat leading the procession.

** A dentist* used to visit Bentham each Wednesday and had a room in *Grove Cottages*. We boys used to call him *"Butcher*! My mother once got me into his chair, but when he approached me with a gas contraption I wriggled between his legs and out of the front door. I well remember sitting on a wall down Low Bentham Road

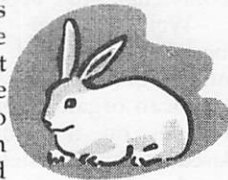
until late at night waiting until I saw him leave Bentham in his car. My parents were far from pleased, and it was years before I visited the dentist again.

** The Conservative Club* had a reading room downstairs and a billiard or snooker room upstairs. Next door, but now part of the Club, was *Cooper's shoe repairer*.

** The bakery* now owned by the **Barwise** family has always been a bakery, and was occupied by *Kershaws* in the 1930s.

** The Police Yard*, so called because both the police station and police houses were in the yard, used to have iron railings round, but these were removed during the war, as were those in front of the *Quaker Meeting House*, now the *Community and Youth Centre*. One of the policemen living there was **Sergeant Smart**, who had his own cell to use if he needed to lock anyone up. **PC Parry** was the constable based in Low Bentham.

Another resident of *Police Yard* was **Jack Waite** who worked for the Council. I have a few memories of **Jack and Mrs Waite**. After we had been out shooting rabbits, my father left two rabbits for them when he delivered their milk. A few days later Mrs Waite thanked father most profusely for the rabbits, but also complained how much trouble she'd had plucking them.



Another memory is that Jack stuttered very badly. It is said that when he went for a medical during World War I, he came to the desk sergeant who asked, "Name please". Jack's answer was, "Th th th th Waite", to which the sergeant replied, "Wait be buggered, I've waited long enough!"

(Author's note: My comment in last month's *Bentham News* about 'moving away from the immediate area of Bentham where I have lived all my life' was misunderstood by some to mean that I am moving! I am not, I was just referring to my journey down 'memory lane'! I would still be grateful for anyone's memories of either *The Quaker Meeting House* or *Tweed Street*, so that I can include them in future articles).

Tales from Thailand

Sawadeeka!

Janet, Ian and Arran ex 11 Lairgill

It was a long journey from the hills and rain of North Yorkshire to the hills and heat of Northern Thailand but our little family is now settled in the pretty province of Mae Hong Son. It took 15 hrs to get here with a weekend stopover in Bangkok. This helped us to acclimatize and enabled our baby son Arran to recover a little as he had measles.

A brief transfer at the second largest city, Chiang Mai, and then a half-hour flight took us to Mae Hong Son which is nestled amongst forested hills dotted with Buddhist temples painted gold, white and yellow. It is a small, lively town with lots of eating places and craft shops and with its pretty central lake, it is quite a tourist attraction. It is similar to Bentham! Good walking area, friendly locals and services. The refuse is collected on a Friday.... and the pavements just as challenging with a pushchair!

So how did we make the leap from our delightful stone cottage at Lairgill to the roomy chalet-like abode we now dwell in?

Well, partner Ian, a development specialist, secured a position with International Rescue Committee (IRC) – an American organisation supporting Burmese refugees on the northwest Thai border. Based at the IRC field office in Mae Hong Son Ian travels frequently to the refugee camps to support the refugees in organizing and managing their own programmes in health, education and business enterprises. Meanwhile Arran and I explore the town, venturing out early morning or evening when the sun is not so intense. Mae Hong Son is often known as the Town of three fogs because of the morning hill mist, the monsoon cloud and smoke from the slash and burn technique used to clear the land. Mae Hong Son has a wonderful market everyday, selling all sorts of fruit and veg, soya, tofu, cakes and for the non-vegetarian, fish, meat and frogs!

There is not much entertainment in Mae Hong Son but regular visits to the hotel swimming pool and walks around the

lake along its shady pathway edged with beautiful flowering bushes and trees are nice ways to relax and avoid the heat of the sun.

Our home is situated just outside the busy centre in a small lane that has a variety of Thai houses, from large wooden Swiss-like structures to small hut designs with leaf and tin roofs. Ours is a modest size with wooden upstairs and concrete downstairs, with canopied roof and shutters. We have a front yard instead of a garden like our neighbours. It is filled with an assortment of potted plants and hanging baskets and a hammock to swing away the stress! The houses are surrounded by abundant fruit trees – papaya, banana, coconut, pineapple, mango. And with so much vegetation around unusual visitors indoors can be expected. Some like frogs, lizards, geckos and spiders are welcome. Others are not – mosquitoes and cockroaches and the odd scorpion. Lately we have been plagued by flying ants which flutter madly toward the brightness of lamps – some are swatted, some are caught by the geckos en route up the walls and others just drop, landing on your head or worse in your glass of beer!

Nevertheless Mae Hong Son is a very welcoming place. There are few ex-patriots here and we tend to get some extra special attention particularly with Arran in tow. With his blond hair, fair skin and chubby cheeks he gets more than a second glance. Whilst in Bentham he was noticed in his trendy side sling, here his modern pushchair makes him the centre of attention.

At one year old now he's learning to cope with almost constant touching, hugging and kissing. It's quite nice at times especially when at restaurants he is whisked away and enjoys being entertained by staff.

We have been here four months and are adapting well to the hot season, and monsoon rains which seem to have come early this year. I must remember to close the shutters or we shall be paddling from room to room, trying to avoid the ceiling showers as we were a few weeks back!

BN BY POST

By Shirley Brown

Each month BN is posted to about 60 addresses around Britain and the world. Sometimes people read BN to keep in touch with Bentham once they've moved away and sometimes they read it to get a glimpse of life in the small rural community where friends or members of their family live. If anyone wants to take out a postal subscription (£7 in the UK and £12 further afield), just contact Jean West (Tel: 62132), for more details. Here are some examples of correspondence Jean receives from satisfied customers:

Emily Booth of Colne:

Thank you for sending me the 'Bentham News' each month, I look forward to it coming. I recollect my childhood memories again when I read Bateman Marshall's articles as I know all the places and people he writes about. I do appreciate the time and effort you and others spend on this very worthwhile magazine.

Bernard Dawber of Burnley:

Looking forward to another year of reading the excellent magazine.

Reminder

We are running short of the Bentham News tapes which are distributed each month to people who have difficulty with the printed word. Please remember to return them to the Surgery, or to Bentham Sports Shop on Station Road. If you are unable to do so, but would like us to collect them, please contact Bill Kennedy, 61030 or 62492.

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Tues

7-8pm AEROBICS (a fun heart pumping,
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Bentham Town Hall

Wed

6.30-7.30pm BODY PUMP (workout with
weights)

7.30-8.30pm CIRCUIT TRAINING
Burton Village Hall

Thur

2-3pm TEA & TONE (something for the
young at heart) Burton Village Hall
6.30-7.30pm STEP

Austwick Village Hall

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LOCAL EVENTS IN SEPTEMBER

- Wed 1st Citizens Advice Bureau at the Health Centre, 1.30 - 3.15pm.
Cancer Support Group at the Looking Well, 2.00pm.
"Good Dog" campaign at Cleveland Square, see page 24.
- Thu 2nd HBWI "First Aid" with Mike Gathergood, Town Hall 7.30pm.
Looking Well, Mucky Buckets Play Project (parents and under 4's) 1.30-3.30pm & every Thursday.
- Fri 3rd Age Concern, Tales of my Childhood, Rolph Harris style, Town Hall.
Black Library Fantasy Wargaming Club at the Looking Well, 6-9.30pm and every Friday.
- Sat 4th Multiple Schlerosis Society coffee morning at the Town Hall, 10.00am  12.00noon.
- Sun 5th Bentham Footpath Group walk, Settle circular, 8 miles, leader P. Knight 42164. Please meet at Lairgill/Settle car park 9.30am/10.00am.
- Mon 6th Tai Chi Qigong gentle exercise session at the Looking Well, 7.30pm and every Monday.

- Mon 6th Town Council meeting at the Town Hall, 7.30pm.
- Tue 7th High Bentham Toy Library in the Youth Club, 9.30-11.30am.
Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.
Relaxation session 12.30-1.30pm. at the Looking Well. W.I.S.H. Womens Support Group 2.00-3.00pm. Both every Tuesday.
Bentham Footpath Group, 7pm, Town Hall, to discuss the future direction of the group.
Clapham & District W.E.A. "Art in the Enlightenment" course starts, Clapham Primary School 7pm. Contact 51323.
Low Bentham Badminton Club season starts 7.30pm at Village Institute. All welcome.
- Wed 8th Alzheimer's Disease Support Group at the Looking Well, 7.30pm. "Tunstall - People and Parish" by Sarah Mason.
HBWI "Ideal Homes Road Show". Town Hall 7.30pm. Cookery Demonstration. Admission £1.
NSPCC monthly meeting, Lingfield, Robin Lane, 7.30pm.
- Thu 9th Bentham Footpath Group walk, Skew Bridge/Hardacre circular, 4-5 miles, leader D. Fisher 61449. Meet Lairgill/Clapham Station 1.15pm/1.30pm.
- Fri 10th Age Concern "Life as a Morecambe Bay Lifeboat Man" Town Hall.
- Sat 11th Churches Together Millennium coffee morning in the Lower Town Hall and Ballroom, at 10.00am. Everyone  welcome.
High Bentham Methodist Church Harvest Celebration 7.30pm. Supper after service.

Listing for Local Events

Day.....Date.....
Event.....
Venue.....
Contact.....
Tel.....

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

Sun 12th High Bentham Methodist Church Harvest Services, 10.30am & 6.30pm. Mr. W. Capstick.

Wed 15th Citizens Advice Bureau at the Health Centre, 1.30 - 3.15pm.

Copy deadline for October Bentham News.

Thu 16th LBWI at Victoria Institute, 7.30pm. History/slides - Lancaster Canal.

St. Margaret's Church Auction of "Gifts and Promises", at 7.30pm in the Methodist Schoolroom. Refreshments.

Fri 17th Waste paper collection at the Legion Hut, 8.30-11.00am. Proceeds to NSPCC.

Age Concern, Bingo at the Town Hall.

Sat 18th Church of the Good Shepherd, Tatham, coffee morning, Town Hall, 10.00am-12.00noon. 

And Sunday - Horticultural Society Show in Town Hall.

Grand Jumble Sale, Wray Institute, 2.00pm. Admission 20p. Proceeds to St. James the Less Church, Tatham.

Bentham Footpath Group Sat & Sun in the Lakes. Contact A. Leigh for details - 63037.

Tue 21st Bentham Methodist "Bright Hour" opening meeting 2.15pm. "Favourite Hymns".

Thu 23rd LAJP Traidcraft Fashion & Craft evening in Methodist Schoolroom. Date to be confirmed.

Looking Well workshop - Judy Beveridge, £15, see page 21.

Fri 24th Age Concern - PC Gillian with "Butch & Vince" demonstration of drug dogs at work.

Sat 25th Christian Aid coffee morning, Town Hall, 10.00-11.30am. 

High Bentham Primary School PTA event, Town Hall, evening.

Mon 27th Ewecross Historical Society "The History of British bank notes" - Mr. Thornton, 7.30pm Town Hall, Members £5, Visitors £1.

Wed 29th Citizens Advice Bureau at the Health Centre, 1.30 - 3.15pm.

Thu 30th "Unplugged" - Musical evening at the Horse and Farrier, enquiries to Adrian 63037.

Early October Events

Fri 1st Bentham News published.

Sat 2nd Springfield Bowling Club coffee morning, 10.0am-12.00noon. 

And Sunday - Bentham & District Pet Rescue Garage Sale and open day with tombola and refreshments, at Brooklands, Cross Lane, Low Bentham, 10.00am-4.00pm each day.

Mon 4th Town Council meeting at the Town Hall, 7.30pm.

Start of Indoor Bowls at Town Hall, and every Monday & Thursday, 10.0am-4.00pm. Everyone welcome.

Tue 5th Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.

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SEPTEMBER POLICE FILE

By PC Danny Kay

A few bits and pieces this month; hopefully there will be some thing of interest to most people.

Cops on the Web

As the Benthams web site develops over the next few months I intend to include some pages under the general heading of "Police and Community safety". Please let me know if there is anything you would like to see on these pages and I will try to accommodate all sensible suggestions.

Keep surfing to www.benthams.net for the latest news.

Traffic Cameras on the A65

I am frequently asked what the cameras are on top of the big blue poles that have sprung up along the A65. The easy answer is.. "they're nothing to do with us !"

The cameras belong to a company called Trafficmaster who monitor traffic flow along trunk roads and send out route information to drivers who subscribe to their system. The cameras are painted blue to distinguish them from Local Authority equipment, which is generally grey.

Check Your Child Seats

Another survey commissioned by a magazine has found that 60% of all child car seats are fitted incorrectly. Please check yours and always follow the manufacturers instructions.

A Good Response

The recent offers of free domestic and commercial crime prevention surveys by a trained police officer have resulted in quite a few enquiries and visits. The offer is still there and visits can be arranged at any time of the day to suit the individual. If you are contemplating upgrading or renewing your home or business security then first get free unbiased advice from us.

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Small Margharita - £3.50

Toppings - 50p each

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Chicken Nuggets & Chips - £2.50

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Chicken Kiev & Chips - £3.50

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All served with Peas and a choice of chips or shoestring fries

Potato Skins & Garlic Dip - £1.50

Brie Wedges & Redcurrant Jelly - £1.50

Chips - £1.00

Fries - £1.00

Coleslaw - £1.00

Egg Butty - £1.00

Bacon Butty - £1.50

Sausage Butty - £1.50

Bacon & Egg Butty - £2.00

Onion Rings - £1.00

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Monday 6.00 - 9.00pm

Tuesday 6.00 - 9.00pm

Wednesday Noon - 9.00pm

Thursday 6.00 - 9.00pm

Friday 4.00 - 10.30pm

Saturday Noon - 10.30pm

Sunday Noon - 9.00pm

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BENTHAM SHOW

4th SEPTEMBER



The Bentham Agricultural Society's 129th Annual Show will take place this year on Saturday 4th September at the showground on Low Bentham Road. With a wide variety of events and attractions, there is plenty to interest everyone, so come along with your family and friends and enjoy a great day.

ORDER OF SHOW

- | | |
|---------|---|
| 9.00am | Horse Section judging commences promptly |
| 11.00am | Pygmy Goat judging commences |
| 1.00pm | Dog Exemption Show commences |
| 1.00pm | ATV Bike Competition commences |
| 1.00pm | Tractor Handling Competition commences |
| 1.30pm | Shire Horse judging commences |
| 1.30pm | Mounted Fancy Dress judging commences |
| 2.00pm | Judging of childrens pets |
| 2.00pm. | Vale o' Lune Hunt |
| 3.00pm | Grand Parade of prize winning animals |
| 3.00pm | President's address and Presentation of Cups and Trophies |
| 3.30pm | Parade of Vintage Machinery |

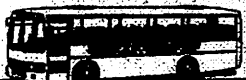


During the afternoon there will be a sheep dog handling demonstration by Richard Briggs, Nick Henderson from Corio Raptor will be along with some of his birds of prey, and there will be Ferret Bingo. Refreshments will be available throughout the day.



BIBBY'S OF INGLETON

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**DAY EXCURSIONS**

Sunday, 19 September - £10.00

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*

Sunday, 26 September - £7.50

CUMBERLAND COUNTRY DRIVE

*

Sunday, 3 October - £14.50

**MYSTERY DRIVE incl.
ROAST BEEF LUNCH**

*

Tuesday, 30 November - £38

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incl MILLENNIUM DOME**

*

RING 015242 41330

**EXCURSIONS can be booked at
Bentham Town Hall**

Wednesday Morning 09.15 - 12.15

PET RESCUE NEWS

By Val Marshall

We would like to thank all those who attended our Coffee Morning on August 7th. It was a wonderful show of support for the work we are doing here in Bentham & District. We raised £325, and more has come in since. This nearly paid for our vet bill for July!

We have been busy in the last few months taming feral kittens and then rehoming them. What a rewarding side of our work this is, to see a spitting bundle of fury turn into a loving and gentle kitten. We have had lovely letters and reports back from new owners. The parents of the kittens have been neutered and returned to where we trapped them and Nina and Michael from Noah's Ark Food have cared for and fed them since their return. Thank you also for all the goods you have donated for our stalls, and blankets for the sanctuary in the Lyth Valley (telephone 015395-52591) where all our dogs go and where dogs are always available for adoption. Please do keep these coming in, especially tombola prizes etc. These can be left at Bentham Trust on Main Street, or left in the porch of Brooklands, Cross Lane, Low Bentham.

Our next outing will be Low Bentham Street Market and then at Bentham Agricultural Show you will be able to see our new display board made by a new supporter from Austwick. We hope to see you at these events - and don't forget our gigantic Garage Sale and Open Day, when you can view our little cattery in Low Bentham, on October 2nd and 3rd.

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Dear Editor,

Through your letter page may I express a big thank you to all the volunteer helpers at Age Concern, from the friendly workers in the kitchen serving up such a varied and appetising menu for the Friday Luncheon Club, to the drivers, escorts and helpers who make our weekly trips such a success.

A special big thank you to all who helped on the trip to Southport on what must have been the hottest day of the year.

I have been made to feel so welcome since taking over as organiser. Thanks to everyone.

If there is anyone who feels able to help, by pushing the wheel chairs on our short weekly trips, could they give me a ring on 61501.

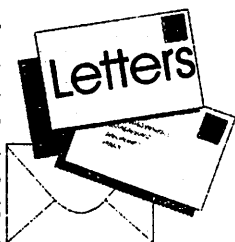
Jean Chambers.

Dear Bentham News,

I went to Bentham Library during the school holidays to listen to Dr. Stanton telling us about growing food in other countries. The best bit was making paper birds.

I think that it is great that the library arranged this event and I hope that many more can be put on during holiday times.

Hannah Batty.



SHADOW OF THE MILLENNIUM

By Wenda Taylor

Exhibition of Poetry by Wenda Taylor, at the Looking Well, 6-24th September.

Christians are supposed to read the Bible and pray. Ten years ago, when I became a proper Christian again, I found the reading easy, but the praying was hard. I could not concentrate. So eventually I began to write my prayers in the form of letters to God. As I poured my heart out, sometimes the letters became poetry.

The exhibition explores shadows of the past and shadows of things to come.

BIBLE SOCIETY NEWS

The Bible Society Action Group wishes to thank all who supported their coffee morning in the Methodist Schoolroom, which raised £200.

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BENTHAM PEOPLE

Personal Thanks

Mrs. Cameron and family would like to thank relatives, friends and neighbours for all the thoughts and kindness shown to them in the loss of Alexander Cameron. We thank everyone for their donations to the Motor Neurone Disease Society. Especially do I thank Mrs. Sedgwick, Mrs. Cotton, Mrs. Holmes and Mr. George Brennand for their time in taking me to see my husband. Many thanks to Dr. Jane Burnett for all her attention to Alexander, to Mr. Morphet for all the arrangements he made and the Rev. N. Price for his help to me at this sad time.

Thanks

Annie Bentham would like to say thank you to all family and friends for their kindness and wishes after her fall on 21-7-99. Also thanks to the lady and gentleman who helped her when she fell.

Betty Beck would like to say grateful thanks to all who sent cards and flowers and visited her during her recent stay in hospital. Your kindness has been much appreciated.

Michael and Janet Collins wish to thank all of you for your very kind gifts, lifts, cards and best wishes during and after Michael's recent stay in the Royal Lancaster Infirmary.

Billy Fishwick wishes to thank all his family, friends, especially those at Angus, and the doctors and staff at Ward 34, Lancaster Royal Infirmary, with special thanks to Sandy, for their kindness during his recent illness.

Mrs. Easterby & Gillian would like to thank everyone for their good wishes when they moved from Bentham where they have spent so many happy years.

Linda Cressey would like to thank everyone for a great night out on her 40th birthday and for the donations in lieu for the MacMillan Appeal, which raised £592.00. Special thanks to Margaret, Fiona, Gill and Mum for all their help.

"Off the Wall" is having a sabbatical this year. Thanks to all our members for their support. (Off the Wall Organisers).

For Sale

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T'AI CHI QIGONG

By Marie Rayner

On Monday 6th September T'ai Chi Qigong sessions will restart at the Looking Well in Benthams. But what, I hear you ask, is Tai Chi Qigong? Well, if you've ever seen a film of China with people in the park performing slow graceful movements - that's what it looks like.

In practice, it is a deceptively simple series of "exercises" which have been used in China and surrounding areas for thousands of years in one form or another - various masters developing their own sequences. It can have an effect on all levels of our being, increasing physical stamina, bringing balance and improving energy flow, and allowing us to find peace and stillness within.

The routines are adaptable and suitable for all ages and conditions. When I first started I needed to sit down for much of the time, but not any more! The golden rule is to stay within your own soft limits, not competing with yourself or others, with no need to "go for the burn". The effects are truly wonderful. The sessions are suitable for beginners as well as those with more experience. I talk you through each sequence of movements so you would be able to follow even if you were to join the class well into the term. The classes start at 7.30pm on Monday evenings and last for an hour, at the Looking Well. If you would like to know more ring me on 61882 or call in to see Ali at the Looking Well.

"YOU CAN HEAL YOUR LIFE!"

By Judy Beveridge

How many people are unhappy with some part of their life, or find themselves doing things they don't want to do? How many people don't know how to say no, or always put themselves last?

I have moved to this area, and am very enthusiastic about some techniques which can inspire others to make positive changes in their lives. I lead workshops and also offer individual consultations as a Louise Hay teacher, for which I trained in San Diego. I am also a Bach Flower Practitioner and Healer. I have practices in Manchester and the Scottish Borders, and am looking forward to living and working in this beautiful part of the world. I am available to give introductory talks to any groups in the area, so please call me if you want more information (015242-62026).



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ESTHER COATES, ENGLISH GIRLS' CHALLENGE TROPHY WINNER

By Bill Kennedy

Seventeen year old golfer Esther Coates from Bentham achieved her best result yet when she recently won the English Girls' Challenge Trophy after six gruelling rounds of golf, at Theydon Bois, Essex.

Esther took up the game in 1995 when she was 13, and plays at Bentham Golf Club. She has progressed steadily and already has her handicap down to 8, the lowest handicap in the Ladies Section at the club. She is also a member of Kirkby Lonsdale Golf Club, where she recently won a 36 hole open ladies competition. Esther's first win was in late 1995 when she gained the best net score in a Lancashire Girls competition at Ashton in Makerfield, but she hasn't kept a record of all her successes. It is not easy to achieve such success so young, even with a lot of

talent, and Esther has had to practise hard, as well as receiving coaching from members of the golf club, Derek Hodgkinson and Duncan Stephenson, and group coaching with Lancashire Girls. Chris Barrett, of Kirkby Lonsdale has also given her golfing lessons and been an important influence. Support and encouragement is vitally important for young talented sports people and she has had lots of this from her parents and many of the members at the Golf Club

Having played for and captained Lancashire Girls, Esther has played this year for Lancashire Ladies B team. When I asked her what she hoped to achieve in golf, she said that she just wants to continue improving and enjoying playing golf. At this stage she has no ambition to turn pro. I then asked her what advice she would give to young people starting to play golf, she said "Practise hard, persevere and get someone who can guide and advise you as a friend, and when you can, play with people who are better than you".

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DAVID WRIGHT - BRITISH CHAMPION

By Shirley Brown

At 19, David Wright from Low Bentham has just become the youngest ever British Junior Rally champion. Rallying success has come quickly. Although David has been karting since the age of 10, he only started rallying when he was 18. There are six rounds in the British Rally Championship which take place in Wrexham, Carlisle, Dumfries, Berwickshire, Belfast and the Isle of Man between March and September. David has accumulated an unassailable lead even before taking part in the last round.

The Junior Championship is for drivers from 17 to 27 years of age, driving Group N cars up to 2000cc. As one of the youngest competitors, David, in his 2 litre 16 valve Astra Sport, found himself up against much older and more experienced drivers, which makes his success even more remarkable.

Can anyone become a rally driver?

David and his dad, Phil, who owns Grove Hill Garage in Bentham, both agree that to become a rally driver you need some talent for the sport, a lot of hard work (including the ability to carry on with only a few hours' sleep) and some luck. And of course, as David added, "You've got to be able to drive fast!" You also need money - and David has been fortunate in having the wholehearted support of his dad, himself a keen driver and rally supporter who has already been on four RAC rallies as part of a support team. David has also been generously sponsored by Bentham businesses, Hash Browns and Cowgills, and by Car Audio and Mallaband Factors of Lancaster, Hargreaves Garage in Kendal and Michelin.

You don't just need financial support. You need mechanical backup too, and David's got a support team of "brilliant workers". David Gill, Gary Stavely, and Geoff Hall. Apart from the work to get the car

ready before the event, they are there to give whatever mechanical assistance is required during the rally, but then they only have 18 minutes maximum to work on the car. "Without them, I wouldn't be champion", says David. You also need an experienced co-driver, and Rick Forster of Poulton-le-Fylde has ably taken this role.

What next?

David and Phil have already started building David's "ideal rally car" which he'll need to drive next year when he goes up a class and competes in the Super 1600 Cup. This will be a Corsa Kit car with many amazing features which will result in a car that goes faster than the one he's been driving. The shell is being constructed at the moment and will be completed in Bentham in the months ahead. David's aim is to be recognised by a manufacturing team who would then take him on as a professional works driver. The young man whose hero is Colin McRae has come a long way in a short time. I'm sure that people in Bentham feel proud of what he has achieved and will wish him every success in the future. Look out for some coverage of the championship on Channel 4 on Saturday 4th September. There'll be a lot of local supporters including mums, wives and girlfriends, going to the Isle of Man to see David in early September. David says he'd be delighted to see as many people there as possible, although he apologises in advance for not being able to wave as he goes past!

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BENTHAM NEWS DELIVERERS WANTED!

By Shirley Brown

We have an amazingly effective and efficient distribution system for BN and are proud of the fact that each month most people in High and Low Bentham and some of the surrounding area get a copy of BN delivered to their door. If anyone in our catchment area is not getting their BN delivered, please let us know by contacting either Pam Woof at Bentham Sports (Tel: 62001), Jean West (Tel: 62132), Shirley Brown (Tel: 61608) or Bill Kennedy (Tel: 62492).

Volunteers...

However, the system does depend on about 30 volunteer deliverers! The more people that are involved the smaller the rounds, which currently vary from about ten to a hundred houses. At present we are looking for anyone who would like to offer to help deliver BN in Low Bentham and in the Banks Way area.

And Reserves

We would also like to have a reserve list of people who would be able to deliver from time to time when called upon, for example when a regular deliverer is unwell or on holiday. If you think you can help, please contact Jean West (Tel: 62132).

Jean would also like to ask our current deliverers to let her know, in good time if possible, the occasions when they are unable to do their deliveries so that we can make alternative arrangements. Better still, maybe deliverers could themselves find a neighbour or friend who would help out!

And perhaps this is a good moment to publicly thank all the Bentham News deliverers who so generously give their time each month to make sure that this local publication, now in its thirteenth year, reaches as many people in our community as possible. The support and involvement of the community is essential for its survival. Thank you all.

CAMPAIGN TARGETS DOGS AND OWNERS

Dogs and their owners are to be targeted in a new campaign by Craven District Council to promote responsible pet ownership throughout the area. The "Good Dog" Campaign arrives in Cleveland Square on Wednesday 1st September when the area's dog wardens will be meeting the public, handing out free "poop bags" and signing up pooches and their owners for dog training classes. The £15 classes include the Kennel Club's bronze standard Good Citizen's Dog Scheme test. One of the Dog Wardens, Anthea Chapman said "This is a chance to say well done to responsible dog owners and to show those who aren't, the right way of owning a dog".

YOUR NAME'S NOT DOWN, YOU'RE NOT COMING IN!

By Simon Guy

Bentham Theatre Group will be presenting John Godber's play "Bouncers" in the Town Hall during early October. It is an adult comedy featuring only four actors, who play more than thirty parts between them. Watch out for posters giving details of date and time.

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