

BENTHAM NEWS

CHALLENGES OF THE NEW MILLENNIUM

The passing of the old year and the beginning of a new one is an especially poignant occasion this year because of the ending of the old millennium and the beginning of another. On a personal note, we may experience a range of emotions: sadness, happiness, hope, fear, optimism and nostalgia. This mixture of emotions is also relevant when we think of what life will be like in this small market town in the years ahead.

Readers who have followed the Bateman Marshall recollections will be aware of some of the changes during the past century. And soon we may have a redesigned focal point and meeting place at the bottom of School Hill. There will also be more houses! Some are nearly complete and others are still at the survey stage. Low

Bentham Road and Butts Lane will never look the same again. There have been house building booms in the previous century, around 1900, between the wars, in the 1950s and again in the 1970s and it looks as if we are about to experience another.

Our Main Street, too, is not immune from change. The article on page 20 features three business ventures which have started here recently, and two of the new proprietors are pictured here, on the front page.

New homes and new businesses present new challenges and opportunities. With newcomers come new demands on our resources, but also new energy and talents to meet those challenges.

Bentham is a very special place. It has grown and adapted in the last thousand years, and will, with good will and effort, continue to thrive during the next thousand years. When we consider the almost incredible changes which have taken place during the 1900s, it is awesome to contemplate what lies in store for our children and grandchildren.

Tricia, Tahid
and
Karen
and
other
new
arrivals,
bring
some
extra
life
to
Bentham
and we
wish them,
and all our
other
readers, a
very happy
and fulfilling
first new year
in this new
millennium.



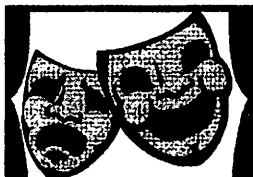
HORNBY OCCASIONALS MILLENNIUM CONCERT

By Peter Sylvester

Feeling a bit flat now that all the festivities are over? Why not come and join the Hornby Occasionals for an evening of music and song on Saturday 15th January at 7.30pm in Hornby Village Hall? This multi-talented group will entertain you with a selection of solos, duets and choruses from the works of Gilbert & Sullivan, together with a wide range of other musical items from classical favourites to modern popular numbers — a programme sure to raise your spirits! Tickets (refreshments included) are priced at £5 for adults and £2 for children and can be obtained from Lamb's Garage, Hornby, telephone 015242 22450. All proceeds go to support the local branch of the Multiple Sclerosis Society.

HORNBY DRAMA GROUP

By Hilary Strickett



We would like to thank everyone who came to see our production of Noel Coward's "Blithe Spirit" in November. We were delighted with the "full houses" on the final two nights and the encouraging comments we heard after the performances.

Sincere thanks to the many helpers who displayed posters, sold tickets and helped in so many ways. We shall be meeting in Hornby Institute at 8.00pm on Wednesday 12th January when we will be talking about our future plans, including arrangements for the Hornby Drama Festival in May. Anybody who would like to be involved in our activities is welcome to come along to the meeting.

LOW BENTHAM WOMEN'S INSTITUTE

By Jennifer Watkinson

Members of the W.I. were treated to an unexpected, delicious supper when teachers Mrs. Grace Haffender and Mrs. Anne Parker came to demonstrate their skills. Two versions of poached pears, stuffed turkey breast, a light Christmas pudding and after dinner nibbles were amongst the Christmas goodies sampled. The two ladies were thanked by the President, Mrs. Christine Jennings.

Competition winners for a "Christmas Goody" were Mrs Sylvia Brennand, Miss Betty Dodgson and Mrs. Hilda Lister.

BENTHAM GIRLS ARE HOT STUFF

By Angie Swithenbank

It's official!! Bentham Girls are the slinkiest in town! At least according to Slimming World, who recently ran their annual competition to find the slinkiest slimmers around.

Marie Ammundsen, who lost a whopping 2 stone and 9 pounds in just 16 weeks and Naomi Langdale (who competed with her leg in plaster) who has lost 1 stone and 5 pounds in 11 weeks, shared the title of Bentham "Miss Slinky". They hope to go further in the national competition. Consultant Angie Swithenbank won the District Finals for the "Consultant Miss Slinky", and then went on to win the National Title of "Company Miss Slinky".

LOOKING WELL TRIP to

Bombay Stores, Bradford.

Sat. 5th February. £5 per person.

**To book phone 62387 or 62672
or sign up at the Looking Well.**

DECEMBER'S TOWN COUNCIL

By David Johnson

All the Cllrs. attended except Cllr. Lister, Cllr. Jackson and C.C. Ireton who sent their apologies.

Roads

Changes to the double yellow lines in High Bentham have been agreed. The section from the HSBC bank to Armstrong's door will be double lined as will the section immediately outside the Town Hall. In both cases alterations will be made to existing waiting restrictions to compensate and in fact there should be a slight increase in our street parking capacity. The bus stop near the Nose Bag will be moved slightly up the street making use of the entrance to Gas House Lane. The road at Badgerford Bridge, Mewith will be closed for two weeks from 10th January 2000.

Dentists

The Council has written to the North Yorkshire Health Authority trying to extract assistance to set up a Dental Surgery in Bentham. Apparently it will cost about £40,000. Some Cllrs. will meet with a representative of the Health Authority to see what can be done.

Low Bentham Housing Project

The Council had received a letter from John Moore, Architects seeking Council Support for a low cost housing project at Hillside, Low Bentham. They propose building 6-9 houses for rent. There was some scepticism about the need for more houses in Low Bentham and considerable reluctance to be involved in another survey. The last housing survey completed two or three years ago, showed little need for more houses.

Low Bentham Playing Field

The Town Council owns Low Bentham Playing Field. Many in Low Bentham

would like to improve the facilities but costs are prohibitive (about £60,000 or £70,000). On the advice of the National Playing Fields Association it looks as if the Council will agree to a way forward by leasing the field to a Committee involving the Victoria Institute, some Town Cllrs. and interested parents in Low Bentham. If this can be achieved the new committee should be able to go ahead and apply for grants which would not be available to the Council.

The School Hill Project

Some progress has been made. The council received a breakdown of the costs to be shared between the Town Council, Norweb and Craven District Council. They approved the expenditure and this has cleared the way for the first stage, which involves clearing the site and improving the sub-station. Cllr. Dowbiggin sounded positive about applications for grants to develop the site.

An Electoral Review has tried to equalise electors in each ward for District Council elections in 2002. The number of District Cllrs. is to be reduced from 34 to 30. The effect of this will be to link us to Burton. Cllr. Pilkington also explained that he suspects that we have lost our objective 2 status because the proportion of agricultural workers is too low in comparison with other workers. In other words we are not rural enough.

Russell Jackson has written a letter resigning his position on the Council. It will now try to co-opt a Cllr. from Low Bentham until the next elections. Cllr. Heigh praised the shopkeepers (and some residents) for their window displays. Cllr. Preston explained that the HSBC Bank is collecting donations for a presentation to Dr. Nightingale before he leaves at the end of January. The next meeting will be held on 10th January 2000.

The Councillors wish to extend their appreciation to all shopkeepers and businesses for the decorative displays in their premises, which certainly expressed the spirit of Christmas.

CHRISTMAS CARNIVAL NIGHT

By Dorothy Pidgeon

Every night throughout the week
The rain poured heavily down
If Friday were to be the same
Then surely we would drown.

But lo! A little miracle
In answer to our prayer
The night was fine, if chilly,
And lots of folk were there
To hear the carol singers
Who sang till out of puff,
And then to watch the fireworks
Produced by Mr. Clough.
Kirkby band came playing
A tune to suit the day,
Behind them were the lanterns
And Santa on his sleigh.
The town looked very festive
With lights and trees a-glow,
There was just one thing lacking,
A seasonal fall of snow.
Many shops stayed open
And likewise all the banks.
For the drinks and mince pies
We all owe them our thanks.
There was lots more I could mention
But space is rather tight,
So I'll just say, let's give three cheers
For Benthams Carnival Night!

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DISTRICT COUNCIL MATTERS

By Councillor John Pilkington

Burton-in-Lonsdale to Join with Bentham

For District Council Elections from May 2002 Bentham and Burton-in-Lonsdale will be combined into a new two Councillor Ward. Ingleton, Thornton-in-Lonsdale, Clapham, Austwick, and Lawkland will form another two Councillor Ward. The overall result is that North Craven will be represented by four District Councillors rather than five as at present.

When these proposals were published in draft form by the Local Government Commission for England there was opposition by all local Town and Parish Councils. Local District Councillors persuaded Craven District Council to oppose any changes to the present wards.

Unfortunately it was clear from the beginning that as far as the Local Government Commission was concerned the number of Councillors for North Craven had to be reduced by one so that the number of electors per Councillor was more or less the same as the rest of Craven. From May 2002 there will be 30 Councillors on the District Council instead of 34.

Town and Parish Council Wards will not be affected but the County Council Ward may change following the completion of the review which is in progress.

A-Z Guide to District Council Services

All households should receive, by the end of January, a new version of the A-Z Guide to replace the first one issued two years ago. If anyone has not received a copy please contact one of your District Councillors or Craven District Council. A Questionnaire is attached to the Guide.

Over the next five years the Council will be reviewing all the services it provides and needs to know what services the residents of Craven really want. Please fill in the Questionnaire and post the

completed card as soon as possible - no stamp is needed.

Appointment of Chief Executive

At the Policy & Resources Committee Meeting in November a motion to suspend Standing Orders and appoint Rachael Mann the acting Executive Director to the vacant post of Chief Executive was defeated. A special meeting of the Committee was held in December, and the decision to advertise the post was confirmed. The normal procedure for the appointment of the Chief Executive is now in progress.

A Happy New Year to everyone.

Recent Planning Applications

5.08.34.G.CL Mr & Mrs W Melling, Bray House, Birkwith Lane, Low Bentham.

Occupation of dwellinghouse in breach of agricultural occupancy condition.

5.08.594.A Rev. F & Mrs M Parr, 1 Bank View, Low Bentham.

Construction of stone and timber open front garage.

5.08.644 Mr & Mrs Whitaker, Clovelly, Low Bentham Road, Low Bentham.

Rear extension.

5.08.645 Mr Armstrong & Ms Swales, Summerfield Farm, Fowgill, Bentham.

Two storey extension.

5.08.646 The Rural Buildings Preservation Trust and Rural Workspace and Housing Association, c/o The Rural Heritage Conservation Service, Hill Centre, Cartmel, Cumbria, LA11 7SS.

Adaptation and re-use of former agricultural building to form Class B1 (Business) workspace with ancillary residential accommodation at Lane House Barn, Greystone Gill, High Bentham.

5.08.647.LB Mr C Machin, Gruskham, Mewith, Bentham.

Listed Building application for alterations and renovations.

Bentham Physiotherapy Clinic



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PIONEER PROJECTS IS LOOKING WELL

By Alison Jones

Pioneer Projects (Celebratory Arts) is a charity founded in 1996 by four artists including David Clough and Alison Jones with the aim of developing the use of the arts in community health. They opened the Looking Well in January 1997 on a hunch that it would work and a shoestring budget. It is thanks to the generous help and support of the people in Bentham that it has not only survived, but blossomed. Over 100 people of all ages use the centre regularly and there are many more occasional visitors.

It is run entirely by volunteers but recent funding successes from Children in Need, Craven Counts Regeneration Group and the Community Development Fund have enabled us to recruit our first part time employees. They are Edna Watt, (Childrens Link Worker), Lynda Graveson (Pioneer Projects Administrator) and Alison Jones (Projects Manager). These appointments will enable us to develop the work here in Bentham and further afield.

National recognition

We are being recognised nationally for the work we are doing and are delighted to announce that we have won a national award - the SmithKline Beecham IMPACT Award for innovation and excellence in community health! Maureen Magoolagan, Nicki Johnson and Ali Jones are off to London in February to receive it.

Exhibitions & Lost Property

Back down to earth, we have 2 items of lost property - a walking stick with a brass horse head handle (found on Auction Mart after the bonfire) and a camera in a bumbag belt (left at Looking Well last summer). Please drop in to have a cup of tea and see what we are doing - the exhibition of our own work continues until 15th January and is followed by an exhibition of photographs by Stephen Garnett, (photographer with the Craven Herald).

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RECIPES

By Doreen Park



After Christmas and the Millennium celebrations, how about some comforting warm winter soups? Easy to make and kind on your housekeeping budget.

"One of Each" Soup

1 apple, 1 onion, 1 pint chicken stock, 1 banana, 1 head of celery and leaves, 1 teaspoon curry powder, 1 cup from top of milk, 1 large potato, ½ oz melted butter or marger, ½ teaspoon salt.

Cook the apple, potato, onion, celery, salt and curry powder in chicken stock until tender. Puree or sieve, reheat and add melted butter and milk. Sprinkle with chopped chives.

French Onion Soup

1 lb Spanish onions
2 ozs unsalted butter or lard
2 pints good brown stock
salt and freshly ground black pepper
For the topping
4 slices French bread, cut ¾" thick
1½ ozs butter
4 ozs gruyere or cheddar cheese, grated

Peel and thinly slice the onions. Heat the unsalted butter or lard in a heavy saucepan, add the onion, stir well and cover with lid. Cook over gentle heat, stirring occasionally until the onions are softened. Remove the lid and fry the onions until turning golden.

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Pour in the stock and bring to simmer, cover and cook for 30 minutes, very gently. Add salt and pepper to taste. Spread the bread slices with butter and cover with grated cheese, leaving some of the cheese for serving. Bake in a pre-heated oven at 200C, 400F, Gasmark 6, until the cheese has melted and the bread is crisp. Alternatively toast under the grill. Place a slice (croutons) in each soup bowl and pour hot soup over it. Serve immediately and have the remaining grated cheese in a bowl, for sprinkling over the soup.

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BENTHAM & DISTRICT PET RESCUE



By Val Marshall

As we were too late to wish everyone a happy Christmas, we now wish you all a good year ahead.

We would like to thank everyone, especially our active supporters who give up so much of their time and efforts to raise the funds without which we could not pay our vet's bills etc. Special thanks go to the R.S.P.C.A. who have helped finance the neutering of our feral cats in the area, and to Kath and Bruce from the Punch Bowl in Burton-in-Lonsdale who lent us their premises to hold a coffee morning and a book sale in November, which earned us £410 at these two events.

We really do need help in collecting together things to sell to raise money - despite the misquote in the Lancaster Guardian saying that I paid for everything, for which they did put in an apology but maybe not everyone saw that. We welcome raffle prizes, tombola goods, books and good quality bric-a-brac, as the vet bills alone can amount to as much as £300 a month - no one person could finance that! In addition, we need food for the cats waiting here for adoption (over 60 during this last year) and money for kennelling our dogs in the Lyth Valley sanctuary.

Over 200 telephone calls have been received this year - nearly double those in 1998. As well as those seeking help, there

have been many people wanting to adopt cats or dogs and it is lovely to see so many pets that we have been involved with looking happy and well cared for. At present we have a lovely young cat, which has been tested and spayed, looking for a very quiet home to complete its taming down. She is very pretty and affectionate.

Our next event is our Coffee Morning in Bentham Town Hall on Saturday 12th February. If you could supply a tombola prize, or make a cake for us we would be very grateful. These could be left at Bentham Trust office if you are unable to attend on the day.

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HEALTH NOTICEBOARD

By Christine Hodson (Health Visitor/School Nurse) Benthams Surgery (61202)

MENINGITIS - VACCINATIONS

Meningitis is not a very common disease, but it can be very serious, and is the commonest infectious disease in children and young people. In 1998, 150 children and young people in the UK died of meningitis.

There is a new vaccine which protects against meningitis c. being offered to all babies, children and young people under 18 years. You will receive a letter in the post about this if your child is under school age, or receive information after Easter about immunisation at school.

We have information at the surgery on all aspects of meningitis and the immunisations so please contact Liz or Christine (Health Visitors) at the surgery or on 61864.

Ten Tips For Coping With Stress

- 1 - Know how much stress you can tolerate, learn to say "no" when things are too much.
- 2 - If possible get away from the situation that is causing the stress.
- 3 - Develop a healthy life style with enough sleep, exercise and good food.
- 4 - Hobbies and leisure pursuits help to take your mind off immediate problems.
- 5 - Accept the feelings of stress and try not to be alarmed by them.
- 6 - Learn to lower the level of stress by relaxation and breathing exercises.
- 7 - Don't bottle up your feelings, let people know how you feel.
- 8 - Make a list of people you can turn to in times of crisis and share your problems.
- 9 - Use individual coping strategies, things that work for you.
- 10 - Accept disappointments and failures.

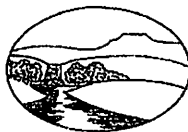
New Year Resolution - Daily Walking

How about making daily walking number one on your list of resolutions for a fitter, healthier lifestyle in the year 2000? Walking is good for both the body and mind, and on a regular basis can achieve weight loss and a healthy heart. Wear comfortable shoes and clothes and start with short 10-15 minute walks if you are not used to exercise. Increase the time and pace of walking slowly and vary your routes to add interest. If you prefer to walk with others, join a group or get together with friends.

Breast-Feeding - Latest Research

Recent research suggests that breastfed babies may be protected from eczema and diabetes during childhood, and that breast-feeding can protect mothers from breast and ovarian cancer and osteoporosis in later life. The antibodies in breast milk can also protect babies from infection with tummy upsets, and make chest and urine infections less likely.

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HELP US MAKE HISTORY!

By David Johnson

Just after Christmas may seem very early to be telling you about an event that's not happening until Easter, but we on Bentham's Millennium committee want to involve as many people in the community as possible in our plans.

Over the Easter weekend, Saturday 22nd April to Monday 24th April, we are staging an exciting exhibition upstairs in the Town Hall, which will illustrate the history of High and Low Bentham throughout the 1900s. To make this as celebratory and representative as possible, we are asking for plenty of community involvement. You can all help! Have you got old local newspaper cuttings tucked away in boxes and in the backs of drawers? Have you got any photographs, documents or memorabilia of people and events in Bentham since 1900? If you have and you would be prepared for us to use them in the exhibition, now is the

time to look them out. Please mark anything you lend us with your name and address so that we can return things to their owners. Just ring me on 61905 and I'll arrange to collect them or you can bring them to the exhibition yourself on the Friday afternoon..

There will also be a local history bookstall featuring current publications about Bentham, the church history display that was recently on show at the 'Looking Well', and many of the Angus's display boards you may remember having seen in the Town Hall in the 1980s. High Bentham W.I., Low Bentham playgroup and the Brownies will serve refreshments.

So please get involved now by looking out your own items of local history. If you would like to help over Easter, we will need help setting up and dismantling the exhibition, and supervising it for the three days it is open. If you can give an hour or two of your time I'd be very pleased to hear from you (61905) so that I can sort out a rota.

OGLETHORPE, STURTON & GILLIBRAND SOLICITORS

We are operating a free "clinic"
for our matrimonial
and accident victim clients,
every Wednesday evening at 5pm.

If you would like an interview
on a no commitment basis,
please call Emma Edwards on
01524 67171.

FOOTPATH MATTERS

By Maureen Ellis

The big 2K is upon us and unless you've shown more restraint than I have with eating and drinking, you will want to walk off some of those calories with the Bentham Footpath Group. The Epiphany/Millennium walk starts appropriately at the Lowgill Church or the usual rendezvous at Lairgill, and is led by Ms. Harrison. We have a policy that there will always be someone at Lairgill (unless otherwise stated in the calendar of events in this magazine) so if you have no transport it is no handicap to walking with us. Interestingly the Fell and Rock Club had, as one of its founding aims, the motive of shared transport.

The important quarterly meeting on Wednesday 12th January at 7.30pm in the



Town Hall is an opportunity for all members to get together to influence policies, make suggestions and be a vital element to the BFG.

Frank Yates always leads interesting walks and on Saturday 15th January his Smearsett walk starts in Clapham, goes via Wharf, Austwick (Helwith Bridge road) above Feizor and through fields onto the top of Smearsett. The walk then regains Feizor by the other side of the valley and goes back to Clapham via Austwick.

As your appetite will be stimulated by the Kirkby Lonsdale circular on Sunday 23rd January, led by Adrian Leigh, you can enjoy a pub lunch on the way.

Food is a feature of this session and Joan Clapham has done her usual meticulous organising for the annual dinner on Friday 4th February. Please phone her in good time on 62326 so that she doesn't have to make constant revisions of numbers just before the dinner or you are disappointed because all the places have gone.

Will the New Millennium Year be a Profitable one for your business?

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LOCAL EVENTS IN JANUARY

Sun 9th Town Hall 7.30pm. Exercise class to music, with Heather, 63196.

Mon 10th Town Council meeting in the Town Hall, 7.30pm.

Looking Well, 7.30-8.30pm Tai Chi Qigong gentle exercise session, and every Monday.

Tue 11th High Bentham Toy Library in the Youth Centre, 9.30-11.30am.

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

Bright Hour meeting in the Methodist Schoolroom, 2.15pm. Speaker Rev. Norman Price.

Reading Group in High Bentham Library, 7.30pm.

Looking Well, 12.45-1.45pm, relaxation session; 2.00-3.00pm, Women's Support Group. Both every Tuesday

Wed 12th Town Council Precept Meeting in the Wenningdale Room, 7.30pm.

Hornby Drama Group meeting at Hornby Institute, 8.00pm. See page 2.

4.30-6.30pm, meeting at the Youth Centre to discuss new developments, see page 19.

Wed 12th Looking Well, 2.00-3.15pm Parents with babies up to 3 years (or expecting) - Tea Party.

Looking Well, 7.30-9.00pm Alzheimer's Society Support Group. See page 21.

Bentham Footpath Group members quarterly meeting, Town Hall 7.00pm.

Thu 13th Bentham & District Camera Club, Theme competitions judged by members, Low Bentham Institute 7.45pm.

Fri 14th Age Concern, Town Hall. Bill Kilgallon - The work of St. Anne's House (Shelter).

Sat 15th Bentham News coffee morning. Raffle, cake stall, tombola, bric-a-brac etc.  10.00-11.45am.

Hornby Village Hall, 7.30pm. Music & Song, see page 2.

Looking Well, 1.00-4.30pm. Bank session.

Bentham Footpath Group walk, Smearsett, 10 miles, leader F. Yates, 61375. Meet at Lairgill/Clapham car park, 9.45/10.00 am.

Mon 17th Looking Well, 12.30-2.00pm, Cancer Support Group shared lunch.

Tue 18th Angus Pensioners' meeting at Town Hall, 2.00pm. Speaker - Barney. Vancouver & British Columbia.

Thu 20th Low Bentham W.I. Annual General Meeting, Victoria Institute, 7.30pm.

Fri 21st Waste paper collection at the Legion Hut, 8.30-11.00am. proceeds to NSPCC.

Age Concern at the Town Hall. Langcliffe Singers, popular songs.

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.

Sat 22nd High Bentham Methodist Church coffee morning at the Town Hall, 11.00am-11.45am. 

Sun 23rd Bentham Footpath group walk, Kirkby Lonsdale circular, with pub lunch, 8 miles, leader A. Leigh 63037. Meet at Lairgill/Devils Bridge 9.45/10.00am.

Tue 25th High Bentham Toy Library in the Youth Centre, 9.30-11.30am.

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

Bright Hour meeting in the Methodist Schoolroom 2.15pm. Speaker Mrs. Chesworth.

Fri 28th Age Concern, Town Hall. Ann Scargill - "Faulty Towers".

Sat 29th Bentham Development Trust coffee morning, 10.00-11.45am. Raffle,  tombola etc.

Wesley Guild Family Night. Lawson family from Westhouse. Methodist Schoolroom, 7.30pm.

Mon 31st Ewecross Historical Society, Town Hall, 7.30pm.

Events in Early February

Fri 4th Bentham News published.
Age Concern, Town Hall, Mr. Bob Jarman, "Ingleborough caves".

Bentham Footpath group annual dinner. please ring 62326 early January for venue and booking.

Sat 5th St. Margaret's coffee morning, Town Hall, 10.00am 12.00noon. 

Mon 7th Town Council meeting, 7.30pm, Town Hall.

Tue 8th High Bentham Toy Library in the Youth Centre, 9.30-11.30am.

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



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ACROSS ENGLAND ON HORSEBACK

By Pete Armstrong

To raise money for Leukemia research, two women are going to ride across England on horseback – and Bentham will be their first stop. The journey will take them from the coast near Bolton-le-Sands over to Runswick Bay near Whitby and will take about a week. There's likely to be Press and TV interest.

The Bentham dates are 21st and 22nd May 2000, and if you could offer any help in terms of grazing for two horses and/or accommodation for two tired riders and/or some help on the fund-raising side, it would be very gratefully received.

For more information contact me, Pete Armstrong 62049 or Anne Bowes, Fairy Cross Plain, Fryup, Danby, near Whitby, 012876 60372.



CRISIS FOR LOW BENTHAM SHOW

By Judith Johnson

Despite publicity in the local newspapers, there was a disappointing turnout of only four committee members at the public meeting in November to discuss the future of the Low Bentham Horticultural Show. The publicity had stressed that for the show to survive local people needed to support not only the running of it but also be prepared to exhibit on the day.

Those who attended the meeting planned next year's show for Saturday 26th August. Whatever the future, we would like this to be a successful show, even though it may be the last unless people rally round. If you would like to help please contact the chairman, Peter Marshall (62512) or the secretary Judith Johnson (61905).



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LETTER NO 5 FROM AMERICA

(continued from last month)

By Margie Simper

In our public swimming pools all children must be accompanied by an adult up to a certain age unless they have a swimming competency badge acquired at the beginning of the season. The pool opens at 10.00am and closes at 8.00pm. The children have to get out of the pool from quarter to each hour to the hour (i.e. 10.45-11.00, 11.45-12.00 etc.) when ice-creams are sold and the life-guards have a break. Adults, however, may continue to swim without the life-guards on duty.

If it starts to rain the pool remains open but at the slightest threat of thunder and lightning (fairly common in the hot and humid months) everyone is asked to leave. One does hear of people being killed by lightning strikes here (usually through a foolish choice of shelter) and so they are understandably concerned, particularly in places where there are lots of children who do not necessarily understand the basic precautions. If one were to be cynical one would believe their only fear was that of being sued by any damaged party.

I recall that in my last letter I wrote in some detail about a Barbie party that Eleanor attended. This October she has been invited to another Barbie party, only this time Batman will also be present (the party is shared by a brother and sister less than 13 months apart in age). I am not sure whether they will arrive hand-in-hand although I believe they are hired from the same company and may even be husband and wife! I shall report in a future letter if there is anything worth repeating.

One phenomenon very popular here in the States is the Block party. This can be on any occasion but is usually to celebrate Memorial Day (31st May) or Independence Day (4th July). Our particular street has an annual Independence Day event in which about twenty households take part.

On our invitation it said that we were invited to attend the annual Block party on 7.4.99. Having received this in June we thought it odd that the party in question had already happened several months ago but in the USA they write dates in the order month, day, year so the party had not been on the 7th April as we thought but was to be on 4th July.

This difference in recording of dates can often cause problems. One occasion that comes to mind is when Eleanor had her annual doctor's check-up and they noted incorrectly all immunisations she had already had in England. They thought her baby immunisations had been at rather odd intervals, receiving boosters before the original and similar discrepancies. I believe the bombing of Pearl Harbour had, among many other things, something to do with a misunderstanding of dates since an ultimatum of some sort had been sent.

At the Block party there was a dunk tank in which the grown-ups were dunked if a child could hit the target accurately. I was allowed to try when Adrian was the victim and my notoriously poor aim was replaced by frightening accuracy on the first throw. Some said I must have been truly motivated! The assembled crowd could not believe that Adrian kept his tie on throughout. They imagined this was terribly English although I assured them it would have been regarded as pretty eccentric there too. Adrian returned the pleasure I had given him later when he got me on his first throw.

There were also elaborate fireworks, the 4th July being the US equivalent to the 5th November. I once said *Remember, remember the fifth of November* to a local Virginian lady. When she looked completely blank and asked the significance I explained that it was all based on an event which took place in 1605. They looked stunned! After all, the colonists who founded Virginia arrived here in 1607.

Other attractions were a fire engine and its crew which had been hired on an off-duty visit for the children.

I will finish this letter now and hope to write more before long.

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**RECYCLE YOUR
CHRISTMAS TREE!**

by Lin Barrington

Don't leave your Christmas tree out for the bin men this year. Take it to be shredded in Bentham or Burton instead. On Saturday 8 January you can take it to Cleveland Square in High Bentham between 9.30am and midday, to Low Bentham Car Park from midday to 1pm or to Burton in Lonsdale Playing Field from 1.30 - 3.30pm.

If you wish you can take your shreds away with you, but don't use Christmas tree shreds as a mulch straight away unless it's for plants like rhododendrons and heathers which thrive in an acidic soil. Compost them for six months, or leave them in a corner of your garden to rot down first.

The shredder is being hired as part of the Bentham and Burton Local Agenda 21 group's efforts. If you have any queries, contact Lin at the Trust on 61030.

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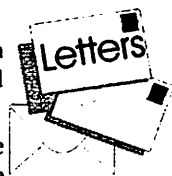
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Dear Bentham News,

A letter, an apology, a clarification and congratulations.



In "Footpath Matters" Issue No 158, page 9, the statement that Frank Royston had volunteered to take on responsibility for footpath waymarking (much as we need a capable and dedicated person for this essential task) is not correct, owing to some misinformation, and we convey our apologies to Frank for any embarrassment this may have caused.

"Walks in AD2000" lists some items as "Millennium Walks"; these are part of a programme of special walks of which further information will be available in the new year.

Congratulations to Bill Kennedy and others associated for the recent publication of a Harvey's "Superwalker" map, giving a central position to Bentham. We are sure that the five basic, local walks on the reverse side will be included in the more extensive programme of "Millennium Walks", which is intended to acquaint people, whether visitors ("tourists"!) or residents, with the full range of our pedestrian resources.

Len Moody

Dear Bentham News,

On Friday 26th November, a crew from Bentham Fire Station went out collecting for BBC1's Children in Need Appeal. We descended on Clapham, Burton-in-Lonsdale, Low Bentham and finally High Bentham, calling in on local pubs, clubs, and knocking on a few doors along the way. The total amount raised was a brilliant £404. We would like to say a very big THANK YOU to all who donated to a very worthy cause.

Bentham Fire Station held its Christmas Disco on 4th December at the Golf Club. All the proceeds from this event have gone to the National Fire Service Benevolent Fund.

A terrific night was had by all and we would take this opportunity to thank all the local businesses and traders for their donations of raffle prizes, and also to Mel and Ron, the bar staff and Nicky, for making the evening so enjoyable. The event was well attended and raised £265 for the Benevolent Fund. Once again, THANK YOU all.

All at Bentham Fire Station.

Dear Bentham News,

In your November issue Ms Angela Walker asked about the Meeting House/Youth Club. During the 20s and 30s I attended Meeting there regularly except between 1924 and 1929 when I was at boarding school, and I was married there on 27.12.47. My parents lived in Bentham until the mid sixties and whenever I visited I attended Meeting. Some years later it was decided to revert to the old Meeting House at Calf Cop. So far as I know the High Bentham Meeting House was built by John Thomas Rice, who also built Grove Hill, now the Masonic Lodge, I think. During the 1930s the building was renovated and the ceiling in the meeting room lowered. The only photograph I have is a very smudgy one of me and my husband on our Wedding Day. As Friends no longer needed the Meeting House it seems to me entirely suitable that it serves the community in its present capacity.

Could I make an addition to Bateman Marshall's very interesting memories of the 30s? At one time the old post office was used as a dental surgery. I had at least one tooth removed there by Mr. Askey, who later moved to a house opposite the school hill. Also, the Tin Tabernacle I remember adjoined the Station Yard and during the 20s and 30s most local functions were held there. In the 30s the Dowells organised a series of concerts to raise money to build a hard court...

Bentham News is a great joy to me. Every good wish for the New Year and Millennium, whatever that may bring.

Mary Bruderer, 4133 Pratteln, Switzerland.

MEMORIES OF BENTHAM IN THE 1930s...continued

By Bateman Marshall

* **Bentham Auction Mart** was not as busy in the 1930s as it is today because much more dealing was done on farms. Almost all the cattle were driven to the market. Frank Townson, a butcher, had his abattoir actually in the yard of the auction mart, and Mr Willan had a saddlery business in a hut at the entrance to the mart.

* Next to the mart was the **Royal Oak Hotel**, a well-known and well-used pub. This is now the offices of *Richard Turner and Son*.

* **Dr Troughton** lived in '*Sunny Bank*' at the top of Mount Pleasant, where *Bernard Wildman* now lives. '*Trotty*' had a consulting room just inside his front door. Dr Dow was the other doctor in Bentham at that time, and Drs Leslie and Elizabeth Dowell arrived in the late 1930s when old Trotty retired.

* At **School Hill** and **Calverley's Yard**, *Dewsburys* carried on a car repair business and petrol station. The old petrol bowser has only recently been removed. School Hill was also used by market traders on market day.

* **Lairgill pond** was another popular venue for skating. It was filled in around 1950, and has just recently become a building site. It is also the site of John Houghton's unfinished bungalow. I understand that this is his project for the the millennium!

* In **Butts Lane**, the car park at the back of **Lairgill** was just an open dyke. Draining it and filling in the dyke in Robin Lane brought about a great improvement. Because the entrance was very narrow, a house had to be pulled down opposite the former **St Margaret's Sunday School**, which is now a private house. The Sunday School was well used in the 1930s. Miss Seed was the superintendant and Jack Park was one of the teachers. He taught me.

The Sunday School treat was a trip in the back of one of the **Lunesdale Farmers' Wagons** to **Storrs Common** in **Ingleton**, complete with a packed tea. Later treats would be to go to **Heysham Head** on the train. We got as much pleasure out of that as children would nowadays on a trip to Paris.

* The old picture house used to be where *Burndale Rest Home* is now. It faced 'the other way' and only showed silent films. It was pulled down in the early 1930s, and a new picture house was built. This had a change of programme mid week, and two houses on Saturday nights. The best seats cost one shilling and sixpence (seven and a half pence now).

PARENTS

Do you have a baby or child under 2½ years, or are you expecting a baby shortly?

We invite you and your family to a tea party at the Looking Well on Wednesday 12th January at 2.00pm to share ideas about a babies and toddlers group, plan dates and activities that would suit you.

Edna Watt, 62244, Children's Link Worker
Christine Hodson, 61864, Health Visitor,
Alix Duckworth, Toddler Group.

MILLENNIUM TAPESTRY

Will all those who have taken part note that the Tapestry will be unveiled at the Town Council meeting at 7.30pm on 6th March 2000. Anyone interested is invited to attend.

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WHAT KIND OF YOUTH CENTRE DO YOU WANT?

By Angela Walker

Where it's at - Calling all Young People

The makeover of Bentham Youth Club is imminent, and I am inviting you, that is all interested young people, to come into the Youth Club on the evening of Wednesday 12 January between 4.30 and 6.30 pm.

As well as having a good time, I would like to give you all the opportunity to discuss your ideas and suggestions regarding decoration of the Centre, equipment that you would like to be provided, and activities such as drama and music, in fact anything that might interest you. All age groups are welcome and parents if they wish. Light refreshments and drinks will be provided. There will be the opportunity to play pool, football, or just listen to music, as well as to chat.

Competition to re-name the Youth Club

As exciting changes to the Youth Club are to begin soon, I feel that it would be a good idea to change the name of the venue. I am therefore launching a competition to re-name the Centre, and also to devise a logo and slogan. Prizes will be given to successful entrants, and awarded at a later date. So use up some of that extra Christmas energy to think of ideas and suggestions for your Club, and don't miss this opportunity to have your say.

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BENTHAM PEOPLE

Personal Thanks



The family of the late Florence Burns sincerely thank relatives, friends and neighbours for their kind messages of sympathy following their recent sad loss, also for donations to the N.W. Cancer Research Fund. Special thanks to Dr. R. Sullivan, Health Centre nurses, the team of home carers, especially Margaret and the Meals on Wheels ladies for all their care. Grateful thanks also to good neighbour Edna Wrathall and the Frankland family for their concern and kindness over the years. Thanks to Monsignor Loftus for the service and to Joe Morphet for his sympathetic and efficient handling of the necessary arrangements.

Bernard Dawber 17.12.36 - 12.12.99 The family of Bernard Dawber would like to thank everyone for the many kind thoughts and wishes expressed at this time. A much loved husband, father, grandfather and friend. "Gone but never forgotten".

Thanks

Dixon - Sue would like to thank everyone who gave donations to the MacMillan Unit at her 40th Party - £175 was given to the unit. Thankyou to everyone for cards, presents and good wishes for Hannah during her recent stay in hospital.

Bob Wood - May I take this opportunity to thank all our friends and relations for the lovely cards, flowers and presents that we received for our Diamond Wedding. A big thank you to the Burns family and staff at Burndale House. Thank you all very much.

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NEW FACES ON THE HIGH STREET

By Shirley Brown

Last month Nigel Bamford's thought-provoking letter reminded us that our town centre needs our support to survive. He mentioned two shops that have closed recently, so let us balance that with a celebration of new businesses that have opened in Bentham this year.

Tricia opened her Health and Beauty Salon down Station Road (63223) on 3rd May 1999. She tells me that business is going well and that she, and Ann-Marie who works with her, are *"very, very busy"*. Tricia lives in Long Preston but has strong family connections with Bentham as both her dad and grandparents, who are Bibbys, lived here. She has been pleasantly surprised at how *"friendly and down-to-earth"* Bentham people are and how readily they have accepted the work she does. She offers a wide range of treatments, from pedicures to facials (and all stops in between!), and manicures, massages and waxing for hair removal are particularly popular. Tricia's customers include men and women and cover an age range from 12 to 91. Although most people refer themselves, Tricia is involved in the surgery's aftercare fund so the doctors also refer patients to her for treatment. I was amazed at the range of goods and services on offer and found the atmosphere welcoming and not at all intimidating, and would suggest that anyone who wants to know more should call in and see for themselves.

Bentham's Balti Bistro (63400) opened in the old White Rose cafe premises on 28th May. The Bengali proprietor, Tahid Khan, comes from Keighley and sold his business in Skipton to come here and has not regretted the move. He has been impressed by how *"everybody is so friendly, and the local business people are very helpful"*. He is also on first name terms with many of the local lads as he plays football for Bentham, weather permitting! The restaurant is beautifully decorated and is a pleasant setting for an evening meal and Tahid would like to encourage more people to use the

restaurant because at present the great success has been the takeaway side of the business. Seven people are employed here and all the food is cooked on the premises which is equipped with a tandoor clay oven. The most popular dish is korma, closely followed by massala, korai and jalfrezi. Customers can choose how hot or spicy they want their food, and can even have English dishes (*"which are much easier to cook!"*). Business is good and was especially busy in the summer, and Tahid is already thinking of future developments, such as installing air conditioning and providing tables outside for summer evenings.

Karen opened 'Armchair Gardens' at the end of November. She has lived here for 2 years and her mother, Margaret from 'Blow Your Top' hairdressers, has been here for 12 years. Karen's shop is hard to categorise, but is packed with interesting things, while at the back in her workshop, she makes hats, bags, scarves, quilts and cushions. A fashion designer by trade, Karen's first business venture was in 1987 when she sold her hand-dyed clothes from a market stall in Bentham. She now makes quilts to order, designed to fit with your colour scheme. There are many fabulous examples of her art, where colour, pattern and texture are all important, on display in the shop, so please go and have a look. In the future she hopes to exhibit her creations on the World Wide Web. It is early days for this new business, but Karen has already had *"more positive reactions"* than she thought she'd get and is keeping busy. She has bookcases full of good quality, secondhand, contemporary literature, and racks of clothes, some she's made, some from recycled material and some secondhand. Judging by the flair, imagination and enthusiasm she has already shown in her decoration of the shop, we are fortunate that she has chosen to open for business in Bentham.

This year we have also seen an example of how more established businesses can adapt and change. When Heather moved her very successful 'Body Talk' business (63196) to share premises

continued on page 21

(Continued from page 20)

with Marie at the Bentham Physiotherapy Clinic (62216), they set up a joint venture which has benefitted both their practices and their patients. Maybe it's the mark of a vibrant, responsive shopping centre that shops close and shops open - it happens everywhere, even in London's Oxford Street. It's always sad to lose old friends, but while regretting their passing let us not forget to welcome and encourage the new.

ALZHEIMER'S SOCIETY SUPPORT GROUP

By Sue Clements

We meet at the Looking Well in Bentham from 7.30-9.00pm on the second Wednesday each month. The society is not restricted to supporting those with Alzheimer's Disease. True Alzheimer's Disease accounts for about 50% of the 670,000 people/year suffering with dementia. Memory loss can result from common conditions e.g. mini strokes (multi infarct dementia) and major strokes. It is associated with many other conditions - affecting people of all ages, e.g. there are many young victims of strokes. Signs of memory loss include an inability to concentrate, repetitive behaviour and conversations, difficulty in finding the right words or understanding what people are saying, and in completing simple tasks. Memory loss makes life extremely difficult for the sufferers and their families, who may have to deal with their mood swings.

The support group, contrary to what some people may think, is not a group of people bemoaning their difficulties. There are discussions and people with common experiences provide valuable support for those currently living with dementia. However, mostly this is not the case. Excellent information sheets are available, providing practical ideas on understanding and managing memory loss. We need more volunteers and would especially welcome carers and ex-carers. Relief care and transport can be arranged to enable people to attend meetings. The next meeting will be on the 12th January at the Looking Well and a lunch has been organised at Clapham on 20th January. Meet at 12.15pm at the New Inn. Should you not feel like simply dropping in to an unknown group I can put you in touch with another member or I can bring you to a meeting. (Sue Clements, Age Concern, North Craven 01729 823066).



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STAINED GLASS AT ST. JOHN'S

By Judith Johnson

The Fetherstone window was dedicated by the Archdeacon of Craven, the Venerable Malcolm Grundy, at a special service at St. John's Low Bentham on Sunday 5th December.

We at St John's were also very pleased to welcome the Reverend Arthur Penn from Warton who helped with the authentication of the stained glass and sent a slide of it to the Victoria and Albert Museum.

The window is made up of a collection of glass quarries brought together from various sources. At least one quarry has been identified as Medieval and the others probably came from a heraldic glass window commissioned by the Fetherstone family from Fetherstone Castle, which was in Northumberland. The heraldic glass can almost certainly be attributed to Henry Gyles who worked in York around 1650. The central inscription is probably Victorian but gives us the dates of Christopher Fetherstone who was the Rector of Bentham between 1616 and 1653.

The individual quarries and inscription were incorporated into a window for the rectory, which was originally part of the present Bentham Grammar School. It was transferred to the new rectory across the road from the Church and then retained when this was sold and is now installed in the Church where it belongs.

The Archdeacon gave a fascinating talk which put the life of Reverend Fetherstone into historical context and then drew the congregation's attention to a hymn by George Herbert which has a verse as follows:

A man that looks on glass
On it may stay his eye
Or, if he pleaseth, through it pass
And then the heaven espy.



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BENTHAM NEWS MILLENNIUM DIRECTORY

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BENTHAM NEWS COFFEE MORNING

By Bill Kennedy

Please make an entry in your diary for Saturday 15th January, when we will be holding our annual coffee morning, at the Town Hall at 10.00am - the first coffee morning of the new millennium! So come along and support your community newspaper and get this new year off to a flying start!

Naturally, we would very much appreciate donations of cakes, pastry and other goodies for the cake stall, as well as items for the tombola and bric-a-brac stalls. See you there!

MARKET SPACES AVAILABLE

There are two market spaces available in the Town Hall on Wednesday market days. For more information please contact 61596.

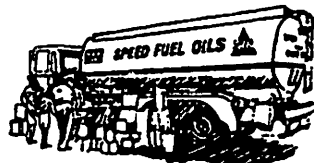
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A 25 HOUR DAY

(A true story from pre-war days in Bentham)

By Henry Garlick

After Dr A J Troughton remarried, his surgery was moved from Station Road to a larger house at the top of Mount Pleasant. As the doctor and his wife were about to move into the new premises, they thought that a new Yorkist Range would enhance the kitchen and provide ample hot water for the surgery.

Dr Trotty, as he was affectionately called, went to see the new stove which was on display at Messrs C M Slinger and Son, Builders and Hardware Merchants at the corner of Main Street and Goodenber Road. The doctor, a very fastidious man, told Mr C. Slinger that he would buy the range providing it could be installed within 24

hours, because he disliked workmen disrupting his normal daily routine. Mr C Slinger summoned an employee called Bob Sanderson, who was an excellent tradesman despite being almost ready for retirement. The two men planned the job together, with Mr C. Slinger emphasising the doctor's proviso that the job must be completed within 24 hours.

After everything was planned and costed for the installation, 'Old Bob' went to work, and when the job was completed 'Old Bob' regarded his skills as praiseworthy. He was therefore surprised when later he was called to the office by Mr C. Slinger regarding his time sheet. "Look here Bob, I see that you have put in a claim for 25 hours for Dr Troughton's job, but everyone knows that there are only 24 hours in a day." Old Bob replied, "Yes, I know that, but I also worked my dinner hour." There was, of course, no answer to that!

MESSAGE OF HOPE

By Olive Calverley

Do not be afraid
Rings out loud and clear
Bringing hope and comfort
In this Millennial Year.
For the Baby Jesus
In the cattle stall
Was God's Son, The Saviour
Who died to save us all.
"Come," says He
"Accept Me
As God's only Son
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I am here, for Everyone."
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