

BENTHAM NEWS



FUN FOR ALL THE FAMILY AT THE GALA MONDAY 29TH MAY

All we need is the weather! All the rest of the ingredients are there for an absolutely fantastic fun day for all the family at the Gala. Are you dressing up for the Grand Parade? Maybe you'll be appearing as a millennium bug; kids who do will get £1 each, so go on kids, pester mum to get you fixed up with a bug outfit, or to take you to Looking Well, where you can make your own. See the back page for more about bugs!

What is there for the family to get excited about? Well, how about some of the following:-

- ☺ Fancy Dress Competition & Prizes
- ☺ A Barbecue
- ☺ Junior powered bikes
- ☺ A Car Boot Sale
- ☺ Grand parade
- ☺ Raptor Show
- ☺ Ferret Racing
- ☺ Craft Fair Marquee
- ☺ Knock out 5 a side junior football
- ☺ Gala Raffle & Tombola

And don't forget that the proceeds from the Gala go to support local causes, so come along and enjoy this community carnival.

ALSO IN THIS EDITION

Page 6	Bentham's Railway Birthday	Page 9	Cards and Stationery Lady
Page 12	Open Gardens in July	Page 13	Tom Barron's Award
Page 17	Kath's London Marathon Run	Page 18	Bentham to Bangalore
Page 19	Commuter Christine	Page 20	Bentham in the 1930s
Page 21	Gardening Notes	Page 22	School Hill Site Progress
Page 24	Use Your Community Office	Page 26	Bradford Diocese Big Walk

Plus all the regular monthly reports covering many aspects of community life in Bentham.

MAY 2000

ISSUE 163

WOMENS' INSTITUTES

Low Bentham

By Jennifer Watkinson

The Ideal Home Roadshow was enthusiastically received when Mr. Allan Probin came to demonstrate and talk about some innovative products. The show, founded in 1972, attends exhibitions all over Europe.

The first exhibit was a massage cushion which he claimed relieved rheumatism, cramp and aches and pains. A sample cushion was passed around for members to try, the pulsating massage coming as a surprise. Next a mini-sweeper was demonstrated to show its usefulness, when in a few seconds it picked up pins, cigarette ends and crumbs. Finally, using pans bearing the name of the first master chef, Philip Harben, he showed their nonstick surface when he attempted to burn cheese and eggs. Whilst doing this he explained how the orange peel surface had been applied. Afterwards members were able to buy the products.

Competition winners, for a useful kitchen gadget, were Mrs Joan Gilroy, Mrs. Mary Murphy and Mrs. Sylvia Brennand.

Four members had a good day out when they attended the North Yorkshire West Federation spring council meeting at Richmond. The afternoon speaker was George Smith, the internationally famous flower arranger, who told of his path to fame. The meeting ended with the Chairman, Anne Harrison, handing over to Val Harrison.

High Bentham

By Doreen Park

At the opening of the April meeting, the president welcomed a new member and then Mrs. M. Hayton gave her report on the Spring Council meeting at Southport. This was followed by Miss W. Dowbiggin's recollections on her visit to an auditions meeting. Members agreed to provide the refreshments again at the annual Bentham Gala.

We were then introduced to Mrs. A. Wilks whose talk was entitled "Life in the Pathology Department" or, as she put it "The Backroom Boys". She told of the machines costing millions of pounds, which can tell the history of a patient's blood in minutes, of the preparation of blood for routine operations and emergencies, and of tissue sampling. She explained how the G.P. gets the profiles back from his first request. She also talked of the fear of needles by some big hunky men, fainting on the spot, and about petty cash being raided every Monday morning to buy jelly babies to bribe children.

Mrs. Wilks has been a "Backroom Boy" for thirty years, and to describe that in 45 minutes was both serious and very humorous. She was thanked by Mrs. F. Wilson.

The competition winner was Mrs. H. King. The next meeting will be on 4th May, and due to the district council election, it will be held in the Wenningdale Room. It will be our 7th birthday.

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TOWN COUNCIL REPORT FOR APRIL

By David Johnson

All the Town Cllrs. attended (Cllr. Hey for the first time) and District Cllr. Pilkington. County Cllr. Ireton was absent.

Police Matters

The police issued 13 parking tickets in Bentham in March and 3 for speeding in Low Bentham. There were complaints from one or two members about vehicles being parked on the pavement on Mount Pleasant and about speeding on Wenning Avenue. The police stressed the need for people to back-up complaints with facts and also be prepared to stand by their statements.

Low Bentham

Action is being taken about trailers, caravans and other vehicles which have been dumped on Low Bentham car park. P.C. Kay asked if a notice could be displayed about conditions of parking. Later in the meeting District Cllr. Pilkington said this might not be straight forward as the property is leased.

The plan to lease Low Bentham Playing field is going ahead. Some of the Council will meet with the Low Bentham Committee to peruse the lease and report back. Cllr. Stannard was appointed as a Governor of Low Bentham C.P. School.

Celebrations

It is hoped to decorate the Railway Station with bunting to mark the 150th anniversary of the opening of the line. If you would like to help contact Cllr. Lister.

November sees the 60th anniversary of the re-opening of the Town Hall and plans are afoot to mark the occasion. If you have any suggestions contact Cllr. West.

Gas Again!

The dispute with Business Gas is rumbling along. Cllr. West went to see our M.P. about it and he has promised to help. Business Gas blames Transco for not informing them about the calibration of the new meter. The Council resolved to pay last quarter's bill but to dispute the rest.

Oh What A Lovely Bentham!

Plans are progressing smoothly for the completion of the School Hill project. The mosaic is being created and it is hoped that the project will be complete by the end of June. There is to be a site meeting to consider action to improve the cemetery approach and the Council has received a letter from the Thwaites Brewery confirming its intention to surface the Black Bull Car Park.

The planning application for the Over Raygill project has been withdrawn for the moment but another one is always possible. Another suggestion has been made for a millennium project namely the erection of a toposcope (an observation table) near the Big Stone so that visitors will be able to identify features in that wonderful panorama. The Council thought this was worthy of consideration and decided to discuss it again at the next meeting.

District Council Elections

Voting will take place on 4th May. There are two candidates; John Pilkington and Gerald Titterton.

Well Done Margaret

This meeting marked the end of Margaret Hayton's term of office as Mayor. Jean West will be our next Mayor. Margaret has worked hard for Bentham and deserves our thanks. I am sure everyone wishes Jean the best of luck in the coming year.

The bikers are having another weekend gathering over the bank holiday (27/28th May). They are looking for sponsorship to help pay for the facilities.

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AN EASTER REFLECTION

By Dorothy Pidgeon

Easter comes, with chocolate eggs,
Holidays and fluffy toys,
Flowers springing from the earth
And time off school for girls and boys.

But Easter time is so much more
When we think of Him who bore
Pain and death upon the Cross,
Counting all the world but loss,
To suffer there for many hours
For sins that were not His, but ours.
We know, of course, He rose again
In triumph over death and pain.
His work on earth was thus not lost
But let us not forget the cost,
The price He paid to set us free.
Christ died for all. That's you and me.

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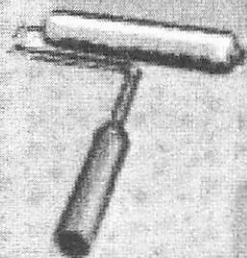
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CRAVEN DISTRICT COUNCIL MATTERS

By Councillor John Pilkington

Best Value Questionnaire

This questionnaire was sent to all households together with the new A-Z Guide to Council Services. 272 questionnaires were returned and these have been analysed.

Nearly half those returned were from people aged 65 or over whilst only 3 were from the 16 to 24 year age range.

Here is a summary of the responses.

	Strongly Agree	Agree	Disagree	Strongly Disagree
The Council provides good quality services	12%	73%	14%	1%
The Council listens to me	6%	54%	29%	11%
The Council provides me with the information I need	21%	70%	7%	2%
It is easy to contact the Council when I need to	27%	61%	10%	2%
Overall I am satisfied with the service provided by the Council	9%	68%	20%	3%
The enclosed A - Z will be useful	1%	35%	60%	4%
I am satisfied with the Council's recycling facilities	10%	12%	48%	30%
I am satisfied with the cleanliness		8%	37%	35%

The most important issues raised were:

Recycling by 13% of respondents.

Better street cleansing by 8%.

Traffic control by 8%. Dog fouling by 7%.

Recent Planning Applications

08/2000/272: Jeffery Harrison, Bankhead Farm, Robin Land, High Bentham. Raise level of field to improve drainage at field No. 0003 Foulrlands, Low Bentham.

08/2000/292: Mr & Mrs Sayer, 14 Gloucester Road, Old Fletton, Peterborough. Change of use of school building into a 4/5 bedroomed dwelling.

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HAPPY BIRTHDAY TO BENTHAM'S RAILWAY

By John Bearpark

It is exactly 150 years ago next month since Bentham was put on the railway map, and unlike many, many larger places (Ripon, for example, with a population of 15,000) it still retains its service.

The railway line between Bentham and Clapham opened on 1st June 1850 - it was the final link in the Leeds-Morecambe route. To mark the occasion a celebration dinner was held in Morecambe on 6th June. The line was built by the North Western Railway Company, one of whose directors was Hornby Roughsedge of Hillcroft, High Bentham; he owned the textile mill by the river and much of the surrounding land, and was the founder of St. Margaret's Church, (opened in 1837).

The original aim of the North Western Railway was to connect the industrial towns of the West Riding with Scotland by a line joining the new Lancaster & Carlisle Railway. It turned out that its proposed branch to Lancaster became its main line, with a branch (completed much later) from Clapham to Low Gill, near Tebay. The company was chronically short of money and was taken over by the Midland Railway in 1859.

Over the next 100 years traffic grew. Poulton-le-Sands, renamed Morecambe, became a popular resort for holiday makers from the Yorkshire towns, and a seaside home for industrialists - who had their own express to Leeds and Bradford each day. Through trains ran to the Lake District, and after the construction of Heysham harbour there were boat trains for Ireland and the Isle of Man. And the communities along the line enjoyed regular links with places near and far.

Today the service is much reduced. The through expresses have gone but the passenger numbers are growing again. LASRUG, the Lancaster & Skipton Rail Users Group, has worked hard to publicise our trains and at the same time has pressed the train operator (now Northern Spirit) for a more frequent service and for better

quality train units. We are optimistic that next year will see a big improvement.

Next month the stations along the line will be decorated, and there will be a special exhibition at The Platform, in Morecambe's former Promenade Station. We shall have more details in the June Bentham News. We hope the celebrations will stimulate interest in our local railway, and plan to give you more information on how to get the best out of your public transport services.



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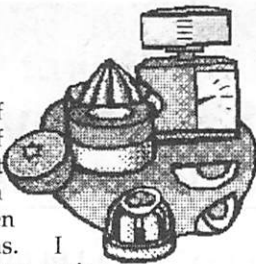
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RECIPES

By Doreen Park

Being a member of the W.I. has lots of perks. One is that we are given vouchers when paying subscriptions. I used one to send for a recipe book from Jus' Rol "To put creativity into your pastry". So you can be like me and cheat a little!



Savoury Rolls

Made with a whole sheet of puff pastry wrapped around a choice of fillings. The first one is:-

Pork & Apple Roll

- 1 Jus' Rol ready rolled puff pastry, thawed
- beaten egg to glaze
- 1 small onion or ½ large one, peeled & diced
- 1 tablespoon vegetable oil
- 1 stalk celery, diced
- 1 small eating apple, peeled, cored & diced
- 450 gms pack pork sausage such as cumberland, skinned
- salt & black pepper

Gently fry the onion in the oil until softened. Add apple and celery and cook until just tender, stirring occasionally. Season and allow to cool. Preheat the oven to 220C, 425F, Gasmark 7, fan oven 200C. Unroll the pastry sheet and trim the edges using a sharp knife. Spread half the sausagemeat on one half of the pastry,

leaving a border, 1" along its length. Cover the sausagemeat evenly with the onion mixture then place the remaining sausagemeat on top. Brush the border with beaten egg and fold pastry over to encase the filling. Press the edges firmly together, "knock up" and flute or crimp. I made cuts along the edge and folded up alternative corners to form a point. Make ¾" slits on top. Brush with egg and bake for 20-25 minutes until well risen and golden. Cut into thick slices to serve.

Cream Cheese & Vegetable Roll

Gently fry one large sliced onion in 2 tablespoons of oil until soft. Dice 2 small eating apples and add to onion with 2-3 stalks of diced celery. Cook until just soft, cool, mix with 200gms of soft white cheese and 2 tablespoons chopped fresh sage or a pinch of dried sage. Season to suit your own taste. Use as a filling for pastry as before, but bake for 15-18 minutes.

Tikka Turkey Roll

Dice one small onion and cook in one tablespoonful oil until soft. Stir in 2-3 tablespoons of tikka curry paste then transfer to a bowl and combine with 500gms turkey mince and 2 tablespoons natural yogurt. Cool and use as filling for pastry as before. Bake for 25 minutes.

If you can't get rolled pastry, ordinary puff pastry is just as good, rolled out to one eighth of an inch thick. Next month's recipes will be for "Kids in the kitchen".

A GOOD DAY OUT

By Margaret Weir

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The Friends of Helen Weir have organised 'A Good Day Out' from which all proceeds will go to the Special Care Baby Unit at the Royal Lancaster Infirmary. It will take place on Sunday 28th May at the Goodenbergh Caravan Park in Bentham. There will be a Car Boot Sale from 9am, a treasure hunt, coffee morning, raffle, various stalls and side shows. If anyone would be available to help on the day, or would bake a cake for the cake stall, please contact Margaret Weir on Bentham 61527.

HOMES AND GARDENS OPEN EVENT

Ingleton, 12th & 13th May 2000

10am to 8pm on Friday 12th - 10am to 6pm on Saturday 13th

This event is being hosted by **H & M Craftsmen Ltd** (015242) 41535,
Kitchens, Bedrooms, Home Study & Cookshop, &
Thornton Garden and Estate (015242) 62223,
Suppliers of Fine Quality Garden and Estate Machinery.

The event will also be raising money for the Imperial Cancer Research Fund by holding a Tea day on the 12th & 13th May. So why not come along and enjoy a range of speciality teas and help raise money for charity?

Visitors to the show can enter the prize draw for a range of fantastic prizes worth over £1,500 including kitchen appliances and a lawn mower.

Showing at the event will be the following local businesses:

- | | |
|------------------------|---------------------------------------|
| * Brown & Whittaker | Home Furnishings |
| * Brown & Whittaker | Roofing and Maintenance Free Products |
| * Rob Wilson Furniture | Bespoke Furniture |
| * Country Harvest | Country Style Crafts & Clothing |
| * Ingleton Fires | Fireplaces & Stoves |
| * Iron Design | Ornamental Iron Work |
| * Oakroyd Bakery | Specialist Home Baking |
| * Tooby's | In House Entertainment Systems |

Where to find us:

The open event will be held in a marquee in the grounds of H&M Craftsmen Showrooms, just off the A65 at Ingleton.

INSPIRATION FOR YOUR HOME AND GARDEN

Have you got designs on your home and garden but need some inspiration or help? Well, help and advice will be on hand at the launch of the first Ingleton Homes and Gardens Open Event to be held on the 12th and 13th of May 2000. Visitors will be able to explore ideas about improving their homes and gardens by talking to the experts and viewing the products and services on offer.

Commenting on the show, Grace Metcalfe of H&M Craftsmen said "The show has been designed to offer an opportunity for visitors to come and view the products on offer in a relaxed, friendly and fun atmosphere". Wendy Thornton of Thorntons Garden and Estate added "We felt that the beginning of a new Millennium would be an ideal time for people thinking of a Millennium May Makeover for their garden or home, to get inspiration from our show"

WEDNESDAY 'CARDS AND STATIONERY' LADY

By Jean West

Each month I take Dinah a copy of the Bentham News to her indoor market stall where she sells cards and stationery on Wednesdays. Although I often chat with her, I realised that I did not really know a lot about her, except that she came from Burnley. So I asked to interview her and discovered that she has led a very busy and varied life.

Dinah Hunt, who will be seventy in August, has been taking her market stall to numerous places for forty three years, although now she just goes to the markets in Rawtenstall and Bentham. She has been coming to Bentham for seventeen years. She was born in Cliviger, a village near Burnley, and moved to Burnley after her marriage to Stuart. They have three children, two girls and a boy, and also three grandchildren, two girls and a boy. Dinah opened a knitting wool and drapery shop for a while in Burnley, and then Stuart began a haulage business with two small lorries. As trade increased he asked if Dinah would be prepared to take her heavy goods vehicle test. This she duly did and at the age of forty three obtained her HGV licence. The haulage work was mainly transporting parts and spares for power stations, engineering works and collieries, and journeys took her all over Britain. For Dinah the most regular trip was to Scotland, and her husband called her 'the Scottish rep'. Often Stuart and Dinah would take their children along, especially when they were very young. Dinah would always take a flask and sandwiches with her because women were not welcome in transport cafes.

Kiss and tell!

On one occasion Dinah met Stuart at Keele services to pass on a load. She kissed him goodbye before pulling away. Seeing this the other drivers asked, 'And where is she staying tonight?' Stuart was able to reply, 'That was my wife', so the drivers retreated



rather sheepishly. Dinah suffered from a great deal of aggravation, harassment and aggression from people at some of the premises where she had to deliver goods, as they thought that she was a woman taking a man's job.

Recently Dinah made a video round and about in Bentham. As Stuart has never been to Bentham it was mainly for him, and he said it was not at all like he imagined it. Another of Dinah's hobbies is Moto Cross, her son used to compete, and she has been chief lap scorer for a club in Doncaster for twenty years. She also loves gardening, reading, her grandchildren and, of course, Stuart.

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THE WORLD IN OUR HANDS

By Bonnie Mitchell

For those of us suffering from information overload and compassion fatigue, the morning spent at Bentham Town Hall on 1st April made a pleasant change. We were not bombarded with bad news, although material about the appalling experiences of children elsewhere on the planet was there to see if we chose. Work by our own children was on display and we also enjoyed live performances by schoolchildren from Clapham, Burton and Bentham. Poetry to make you think, music to make you smile, even an April Fool's joke.

One aim of Local Action for Justice and Peace is to help people see ways to think globally and act locally. This time we wanted to suggest friendship as a fruitful way to start change. Although the resilience of some children is desperately strained by the terrors of war, famine or tyranny, these terrified, children can still move each other, and us, to acts of friendship.

Individual, apparently insignificant, gestures of friendship may seem useless against such edifices as global capitalism or the military juggernaut, but any act of friendship is an action for justice and for peace. Most youngsters in this community are safe and warm and eat regularly, but also realise that not all children can count on these necessities. The ones who spent time preparing work at school and then took part in our Children's Day, reassured us that the world in their hands will know compassion, understanding and solidarity.

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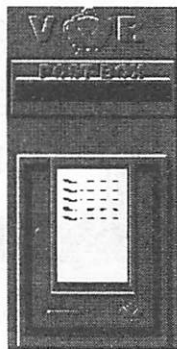
Wednesdays 10.00am-12.00noon

Dear Bentham News,

I am just writing to say how much I enjoy Bateman Marshall's series on Bentham, especially the March BN article. When I worked at Lancaster Co-op gents department in the 1930s I used to do relief work at the local Co-op drapery department. I think I was paid one shilling and sixpence (7.5p), rail fare and meals. If I was lucky I got a lift back to Lancaster in the van (wagon) that brought supplies from Lancaster. Then we would call at Low Bentham branch on our way home. I feel sure on one of my visits the hiring fair was taking place in front of the then Brown Cow - what a great place it was then.

Yours sincerely,

Mrs. E. Schofield, Burton-in-Lonsdale.



Dear Bentham News,

"Were you in the Round Table?"

If you are a past tabler living in the area and would be interested in joining the monthly meeting of Bentham & District 41 Club, contact me, the secretary, at the address below.

Dave Hacking, Fells Byre, Hop House Lane,
Kirkby Lonsdale, LA6 2EH, Tel: 015242 72138.

Dear Bentham News,

As you know, the state pension has risen by 75p/week based on 2.2% inflation, while the council tax for those in band C has risen by 67.25p per week, leaving 7.75p to cover all other inflation costs.

The council tax total rise is 4.95%. A

breakdown shows Band C as follows:-

North Yorks increase £26.69/year - 4.85%.

Craven increase £1.87/year - 2.06%.

Bentham T.C. increase £2.11/year - 14.3%.

Police increase £4.30/year - 8.48%.

It seems only Craven have made an effort to keep to the inflation rate. I know it is not only pensioners are affected. Local workers have been offered rises under 2.0%.

Jim Guy.

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THE ART OF ARTIFICIAL FLOWERS

By Shirley Brown

I recently met Jan Fielden who worked for 12 years in the RAF as a traffic controller and for 7 years as cabin crew for BA. Having travelled the world she has now chosen to make her home near here, in Settle, where she lives with her husband and young son. Floral artwork, which was a hobby and form of relaxation, is now something she is developing into a small local business. She uses silk and latex artificial flowers and fruits combined with natural dried produce to create totally individual pieces, often incorporating wrought iron. She prides herself on being able to match each home's colour scheme with her own floral interior design. Each item she makes is a one-off so the finished work is truly personal, and of course will also last for years.

This is something new for our area. Self-taught and very enthusiastic about what she does, Jan enjoys doing workshops and demonstrations in 'Stunning Artificial Flower Arrangements' for local clubs such as WIs and Age Concern. She can also help with colour matching for special occasions, such as weddings, by dressing hats or arranging floral displays. So if you would like to find out more, just ring Jan on (01729) 823059.

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NSPCC & Christian Aid in Partnership

By Sue Adams

It's that time of year again when our thoughts stretch through to the summer months and the beauty of the gardens in our area. As in previous years (this will be our fourth event) we are hoping to hold the open gardens weekend on the first weekend in July. So mark down in your diaries Saturday and Sunday, the 1st and 2nd of July, as a weekend when you really must stay in Bentham.

In order for the event to take place we are asking, with the help of Bentham News, if anyone who has not previously opened their garden for us, will consider helping us with the event this year. Gardens are open to the public from 1.00-6.00pm on both days preferably, but if you can only offer one day, then please do so, and we don't stick rigidly to the closing time of 6.00pm, so if this seems too late for some, an earlier time can be arranged. Full details will be available nearer the time to those garden owners who are allowing us to share the fruits of their labours, and no garden is deemed too small or too large to warrant a visit.

For those new to the scheme who would like more information, please ring S. Adams - 61182, or C. Woof - 62254. If you can offer your garden then we would ask you to contact any of the people listed below, before 27th May, 2000.

S. Adams, 2 Rosebank, Robin Lane, High Bentham. C. Woof, Cloudsbank, Mill Lane, Low Bentham. Mr. & Mrs. C. Atkinson, Parkinson's Farm, Main Street, High Bentham.

POLICE FILE

By PC Danny Kay

At the April meeting of Bentham Town council a councillor approached me and explained that she had received information from several members of the public regarding the recent spate of thefts of diesel fuel from goods vehicles. The information related to me ranged from a name of "the person who is doing all the stealing", to something along the lines of "well the Police are probably involved in it anyway". Additionally the information was several days old when passed to me, and all of it was anonymous.

If people really want to see positive Police action in respect of any crime then we must have good evidence, in the form of what you have seen or heard and what you are prepared to put in the form of a written statement. Speculation and gossip are of no use whatsoever. Anonymous information, no matter how accurate it may be, can only be used as intelligence and cannot be presented as evidence.

If you feel that you can supply good evidence in relation to any offence then in the first instance contact us at the earliest opportunity. If you feel that you must pass the information anonymously then by all means use somebody like a councillor as a point of contact. I must therefore make a plea to the Town Councillors to pass on information to us promptly but preferably to use your appointed Police liaison member.

And finally.....

I have just attended a course along with colleagues from all over the country. Inevitably the discussion in the bar at night gets around to the state of the Police service, cutbacks and staffing levels. The response from many officers was that rural Policing has been cut back to low levels in many places. Quite a few people were surprised to hear that we have a brand new rural police station and so many officers to staff it. There will always be the moaners who say "you never see a bobby these days" but the reality is that you are well served in this area and things could be a lot worse.

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LOCAL EVENTS IN MAY

Tue 2nd Looking Well, 12.30-1.30pm, relaxation session. 2.00-3.00pm, womens support group, both every Tuesday.

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

Bentham Toy Library at the Youth Centre, 9.30-11.30am.

Wed 3rd Fashion Show in the Town Hall, 7.30pm, admission £1. Proceeds to Bentham Gala.

NSPCC monthly meeting at Lingfield, Robin Lane, 7.30pm.

Citizen's Advice Bureau at the Surgery, 1.30-3.15pm.

Looking Well 10.30am opening of Millennium Bug Experience Exhibition by Josh Parkinson. 1.00-3.30pm Mucky Buckets, parents & under 3's play session, and every Wednesday.

Thu 4th District Council Elections, 7.30am-9.00pm, Town Hall.

Looking Well, 2.00-3.00pm Tai Chi Qigong gentle exercise session, and every Thursday.

Fri 5th Looking Well, 6.00-9.30pm, Black Library Wargaming Club, over 11's, and every Friday.

Age Concern - Rev. Gill Hall - Becoming a Woman Priest.

Fri 5th Organ and Voice Recital 7.30pm at Austwick Church, 7.30pm. Details from 015242 51696.

Sat 6th Horticultural Society coffee morning in the Town Hall, 10.00am-12.00 noon. 

Sun 7th Bentham Footpath Group Walk, Walden Valley (Thoraby) or West Burton circular (shorter walk, leader B. Ellershaw, 62078. Meet at Lairgill 9.30am.

Mon 8th Town Council meeting at the Town Hall, 7.30pm.

Low Bentham Methodist Chapel, 7.30pm Visit of Orton Male Voice Choir.

Looking Well 10.30am-12.30pm Baby Buckets, parents and babies group. 7.30-8.30pm Tai Chi Qigong gentle exercise session. Both every Monday.

Looking Well 12.30-2.00pm Cancer Support Group shared lunch.

Burton-in-Lonsdale Horticultural Society coffee evening & drama, Village Hall, 7.30pm.

Wed 10th Looking Well 7.30-9.00pm. Alzheimer's Disease Support Group.

Fri 12th Age Concern card bingo.

Sat 13th St. John's Church coffee morning at the Town Hall, 10.00-11.30am. 

High Bentham C.P. School Annual Spring Fair at the school, from 10.30am-2.00pm. Coffee, delicious homemade lunches, stalls, games, choir singing. Everyone welcome.

Millennium Bug Experience. Get your "bug" in place today.

Sun 14th Blood Donor session at the Town Hall, 9.00am-5.00pm.

Listing for Local Events

Day

Date

Event

Venue

Please complete and return to Bill Kennedy, 62492, or hand in at Bentham Sports.

- Sun 14th Christian Aid House to House collection till 20th May.
- Mon 15th **Copy deadline for June Bentham News.**
- Tue 16th Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.
Bentham Toy Library at the Youth Centre, 9.30-11.30am.
- Wed 17th Hornby Drama Group Festival of One Act Plays, at 7.30pm in the Hornby Institute, and on 18th, 19th & 20th May. Adults £3.50, Children £1.50. Tickets at the door or from Hornby Post Office.
Citizen's Advice Bureau at the Surgery, 1.30-3.15pm.
Looking Well 7.30pm Bentham & District Archaeological Society Meeting.
- Thu 18th Bentham Footpath Group walk, Lune Valley from Denny Beck, 5 miles, leader V. Smith 61100. Meet at Lairgill 6.00pm.
- Fri 19th Waste pasper collection at the Legion Hut, 8.30-11.00am. Proceeds to NSPCC.
Mens' tennis match "v" Heversham at the Playing Fields, 6.30pm.
Exhibition of Art & Crafts at Craven College, Millers Court, 10.00am-4.00pm. Displays of Art, Embroidery, Flower Arranging, Pottery, Sugarcraft, Upholstery. Admission free. And on 20th and 21st May.
Age Concern, Town Hall, Denis Westmoreland on guitar.
- Sat 20th Springfield Bowling Club coffee morning at the Town Hall, 9.45-11.30am.
Bentham Footpath Group walk, Silverdale and Leighton, 9 miles, leader C. Crellin 61881. Meet at Lairgill 9.15am.
- Sat 20th Burton under fives Playgroup "Nearly New" sale, 9.00am-1.00pm at the Village Hall, Burton-in-Lonsdale.
- Sun 21st High Bentham Methodist Church "Harvest of the Hills" 6.30pm. Rev. N.Price.
- Fri 26th Bentham News published.
Age Concern, Hilarious Comedy. prose and verse, by two farmers wives.
- Sat 27th Low Bentham Women's Institute coffee morning at the Town Hall.  10.00am-12.00noon.
Flower Festival in Austwick Church, 1.00-5.00pm.
- Sun 28th Flower Festival in Austwick Church, 11.00am-5.00pm.
- Mon 29th Flower Festival in Austwick Church, 10.00am-5.00pm. alongside Street Market.
Bentham Gala, Grand Parade at 1.00pm. See front page.
- Tue 30th Bentham Child Health Clinic at the Surgery, 2.00-4.00pm.
Bentham Toy Library at the Youth Centre, 9.30-11.30am.
- Wed 31st Citizen's Advice Bureau at the Surgery, 1.30-3.15pm.



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Hanging baskets now being filled, bedding plants, composts, Mr. Fothergills flower & veg seeds. Window boxes, tubs and planters. Garden ornaments. Local deliveries free if required, for purchases over £15.

TOM BARRON GETS CHURCHILL MEMORIAL TRUST AWARD

By Lin Barrington



Tom Barron, pictured here, has been awarded a Travelling Fellowship from the Winston Churchill Memorial Trust. Tom was one of around 100 people chosen to receive the award and will be setting off later this year with travel and daily living expenses paid by the Memorial Trust. He has been given introductory letters to present at the British Embassies en route and will visit Egypt, Jordan, India, Cambodia and Indonesia.

Tom works as a stonemason (you may have seen his work at the Bentham Craft Fair in the Town Hall last year) and is going to research methods of stonemasonry in the countries mentioned above with a view to writing a book. He had to go through a rigorous application process, including attending an interview panel in London, and filling in numerous forms, to win this award against fierce competition and is still overwhelmed at being chosen. We send him our warmest congratulations, and hope he'll write an article on his experiences abroad, when he gets back.



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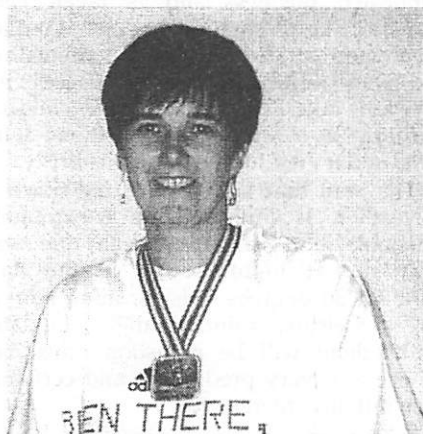
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KATH'S LONDON MARATHON WEEKEND

Kath Whitfield wrote this article on her return journey by train on Sunday evening, 16/4/00. Many congratulations to her.



7.30 am departed from Shipley---sunny.
10.20am arrived in London---rain !!

The first job was to find our way to the hotel and then on the underground to the London Arena to collect our running numbers. We were each supplied with a computer chip to attach to one of our running shoes to enable an accurate finish time to be recorded. Finally we each received an identical kitbag with our individual running number attached.

After a long day of eating pasta and cakes and drinking lots of fluids we settled down for an early night.

Race Day. Early morning call at 5.45 am, breakfast and then we travelled by underground to the start. There were three starts with approximately 36,000 runners. We packed our extra belongings into the kitbags, which were then loaded onto trucks and taken to the finish, and then it was time to find our starting pen.

My main memories were of streets lined with cheering spectators and children holding out their hands for you to touch. There were bagpipes and church bells ringing out "When Irish Eyes are Smiling" which I found myself singing and I passed Frank Bruno at 10 miles !! By 18 miles my legs did not feel part of me and I began to worry that I might not finish but I crossed 20 miles at 3 hours and just kept going.

The first lady finished in 2 hours 24 minutes in the Elite Class and my time was 3 hours 47 minutes. Well pleased!! All the months of training had paid off and I felt great apart from my legs. I got the medal !!

I would like to thank all who supported me and I raised £850 for DEBRA (Dystrophic Epidermolysis Bullosa Research Association) or Butterfly Children for short.



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BENTHAM TO BANGALORE

By Shirley Brown

How is it possible to give the flavour of my recent short trip to Southern India? The country is so vast, so unfathomable and so diverse. There is an unfathomable caste system and many languages, dialects and religions. A few statistics: one sixth of the world's population lives in India. 50% of the population live in poverty (defined as living on less than 65p per day). 80% of Indians live in rural areas. Bangalore, the city I visited, had a population of one million in 1980 and now it is 5 million, and rising. The economy is booming for some and stagnant for others. In a world where the divide between rich and poor is ever-widening, I never felt unsafe, and I was approached by less beggars than in London.

I read the newspapers during my visit as a way of trying to understand India. The first thing I noticed was that England is hardly mentioned! As with most national newspapers in any country, the international news is sidelined. It makes me realise how parochial we all tend to be. There were four references to England that I can remember. A survey about London showing that one third of children in London now have English as their second language, the Tyson fight, Fergie going on book signing duty to California and a defence minister using a four-letter word in the House of Commons, by mistake.

Since the days of our imperial influence in India, English has been the language of education and the broadsheet newspapers. The Times of India, The Hindu and the Bangalore Times are all written in English. And the way English is written in India often sounds rather old-fashioned to my ears. For example; a headline "Man Stabs Nephew Over Trivial Matter", a reference to "a by-election has been slated for 17th February", mention that "others are required to shell out money" or "the family's clout is considerable", and a sign saying "DO NOT PLUCK THE FLOWERS". In the obituary column, I saw "M A Chidambaram (81) passed away at his residence".

Astrology features prominently and charts often take a whole page. The equivalent of our 'lonely hearts' section is full of people seeking partners who have auspicious planetary influences. Predictions are generally based on Sun Signs in Western astrology, whereas Indian astrology relies on Moon Signs. It's an extremely complicated business and is taken very seriously. The predictions under the Indian system serve as a reminder that things are done very differently over there, for example, 'take time to guide children regarding their studies, be patient with elders, and a visit to holy places is likely.'

The item that takes very little space is the weather. It is included but is extremely predictable - in Bangalore each day was "Clear sky at night, sunny in the day, maximum 30 degrees Celsius, minimum 15 degrees Celsius, rainfall nil". In later months there will be monsoon rains, but they are also very predictable and certainly weren't of any interest yet.

Cricket is the Indian football

Cricket is the Indian football. On any spare patch of ground, youngsters would be bowling and batting just as here they would be kicking a football. The roads seem chaotic but I never saw even a minor accident. The traffic weaves in and out in an elaborate, slow, dusty, deafening dance. There is a hierarchical caste system in operation. At the bottom are dogs and pedestrians, then come bicycles, scooters, auto-rickshaws, cars, lorries and buses, and, at the very top, sacred cows, who wander around the roads at will. A good way to get across the road safely is to find a cow and follow it!

Did I enjoy my visit? Yes. Would I go again? Yes. But how I wish I could get there without having to fly. The return journey was so awful that for weeks it overshadowed how wonderful the whole experience had been. Telling you about it would take another article, but in the meantime if anyone has anything good to say about long-haul flights I'd be interested to hear.

COMMUTER CHRISTINE

By Shirley Brown

In February, Christine Hodson, left the job of health visitor/school nurse for the Bentham area, an Airedale NHS Trust post that she has held for 12 years. She has taken on a new challenge, that of Public Health Practitioner with Bradford health authority, working to develop health visiting and school nursing in Bradford, a task for which she is ideally suited.

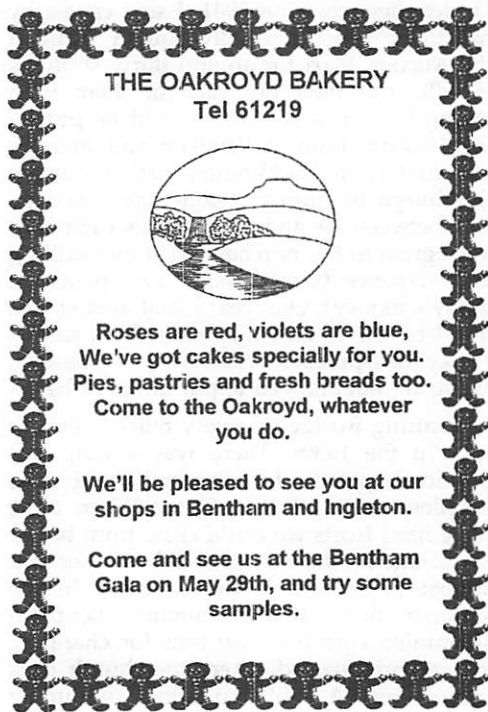
This means that she has now become a commuter! Getting from her home in Low Bentham to Bradford is possible, and more enjoyable, by train, but catching the last train from Bradford with a Bentham connection at 4.30pm, presents difficulties. More trains please! A more frequent train service, particularly with a later last train, would open up employment possibilities for Bentham people in the Skipton, Bradford and Leeds area.

Christine remembers her time working in Bentham with great affection. She has enjoyed the privilege of working as part of a team, and of being part of people's lives at times of crisis or ill health, and supporting them as things have improved. A very rewarding part of her work has been being able to span seeing young babies in their homes and then going through school. Our area has a unique way of working, and this continuity of care is very good for families. She remembers going in to the school where her children were pupils and finding that the children didn't know whether to call her 'Mrs Hodson', 'Christine' or 'Richard and Matthew's mum!' She really liked working in schools and says it was a pleasure working with teachers. She remembers the surgery being rebuilt in 1994. The baby clinic used to be in the waiting room, and even when there was no roof on the building this didn't stop people bringing their babies to the clinic. With sheets of blue plastic draped across, the rain pouring in and buckets everywhere, there was a real 'wartime' community spirit! Christine will maintain her strong links with community life in Bentham. In the past she was an active member of the BN committee, and now is a board member of 'Pioneer Projects'

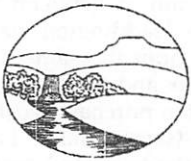


of which 'Looking Well' is the flagship. She absolutely loves this involvement and will continue to work closely with Alison on future plans.

In future, Bentham will be served by a team of three health visitor/school nurses, who will work together with Settle. The team is Liz Lloyd, Becky Westwood and there is one vacant post at present. Good luck Christine in your new job.



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BENTHAM IN THE 1930s contd

By Bateman Marshall

We are nearing the end of this series of reminiscences, and have now reached the lower part of Station Road.

* The railway station was called the **Bentham L.M.S. Station (London Midland Scottish)**. Mr Angus was the *station master* and he lived in the station house just over the bridge in Mill Lane. The station was busy and very well used. The straw we bought from Scotland was delivered there, and the bales had to be taken from the station by horse and cart. *Johnny Colman* was the *drayman* who delivered goods that were brought to Bentham by rail. At 6 o'clock most Monday mornings my father would load cattle into railway cattle trucks bound for Lancaster Coop. After arriving at Lancaster Green Ayre station, where 'Sainsburys' is now, they would then be driven through Lancaster to the abattoir which was not very far from the infirmary. On leaving school in 1941, I sent calves by rail to Scotland. I usually bought them in the Auction Mart for around thirty shillings (£1.50), and then put each of them in a strong hessian sack. They would be put on the 10.30am train at Bentham and then be collected from Haddington station outside Edinburgh by 5pm the same day. Carriage was between six and ten shillings each, and a telegram to the purchaser cost one shilling and sixpence (seven and a half pence in today's money). One year I sent almost five hundred calves and they all arrived safely. Today this practice would not be possible, as we are not allowed to put calves in bags.

* **Wenning Bridge** was very much a beauty spot in the 1930s. There was a weir that provided power for the mill and also excellent skating in the winter. When there were hard frosts we could skate from below the bridge all the way round the corner and almost to Richard Turner's house. In the summer there was swimming. Bentham swimming club had two huts for changing and a spring-board where the church beck comes out. A well-supported swimming

gala was held each summer. Trestles were placed across the river and planks were laid across them to provide a starting point. I have a swimming club membership card dated 1912 and the organisation and rules printed on it are impressive.

* Adjacent to Wenning Bridge was **Hillcroft School**. This was a mixed sex kindergarten school and girls' boarding and day school, and *Miss Ralphs* was the headmistress. The boarders from the grammar school and the girls from Hillcroft school always filled a few pews in **St Margaret's church** each Sunday morning. There were trees along the north side of Wenning Avenue, and the drive up to St Margaret's church had an avenue of beech trees. *Rev Harden* was the vicar of St Margaret's, followed by *Rev Kilby*. Mr Gill was the choirmaster and *George Amatt* the verger. In 1937 the church celebrated its centenary. The only thing I can remember about it was the collection of a mile of (old) pennies. This brought in over £700, which was a lot of money in those days. The Sunday school was held in the Sunday school building in Robin Lane, so I didn't go to church very often. I am sorry that I have been unable to reminisce about the Methodist church. I have little knowledge of either the Methodists, the Quakers or the Catholics, so perhaps someone would like to write about the other churches in Bentham at that time.

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GARDENING PAGE

By Dot Hughes

By Barbara Harrison



Perennial plants live for many years and they will flower time and again. To increase the stock, divide these in early spring or autumn. A biennial plant will take two years to complete its life cycle. The annual has a life of one year and dies after it has flowered and produced seeds.

Generally, annuals are the plants that are used in hanging baskets, window boxes and other containers, to provide the instant colour for summer. Each year these plants (summer bedding) seem to be on sale earlier than the previous year but do be careful as most should not be planted outside until early June. If you buy early, young plants can be "potted on" to encourage a healthy root system and then kept in a light position to develop, as long as they have some protection. They are tender when young and often are very closely packed together in polystyrene strips or plastic trays.

Hanging baskets will benefit by being planted up and then hung in a greenhouse for several weeks to allow plants to settle and then they will start to show growth. Wind is harmful to hanging baskets as it dehydrates the plants and the compost quickly. It is important to water early, even though it may have rained. Feed weekly, preferably with a special "container" feed which has a high potash content, essential to keep the plant flowering. It is important to dead head regularly, to encourage new growth and more flowers, otherwise the plants will go to seed.

Last month we complained of the wet weather and the emergence of slugs; this month we complain about the dry weather and the appearance of marauding deer. Who says it is only farmers who complain?

Unable to rely on rain, newly planted beech hedging has had to be watered by hand, along with two new trees, prunus tai haku (the great white cherry) and acer tegmentosum (chosen for its green/white branches and snake bark trunk).

Sweet peas, sown from seed earlier this year, have been planted out and encouraged to climb up their canes with the help of hazel twigs. Sowing the broad bean seeds individually in pots in the greenhouse has proved beneficial; they are now planted in the garden and coming on well.

General tidying up is the order of the day this month. Mucking and mulching and dusting the soil beneath shrubs with pelleted chicken manure; digging up the weeds before they have a chance to seed; putting bark chips around shrubs to help maintain moisture. The stems of the cornus alba sibirica have been cut down to ensure bright red stems again next year.

We find that the secret of enjoying gardening is not allowing one job to dominate the day. Short periods of weeding, followed by pruning, then potting on seedlings etc, maintains variety and interest. This, combined with copious cups of tea and some pauses to sit and admire

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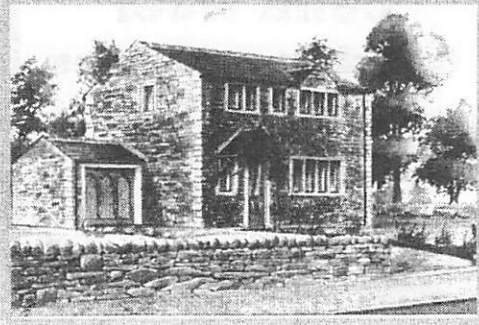
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SCHOOL HILL SITE PROGRESS

By Bill Kennedy.

You may have seen the changes which have already taken place this year at the School Hill site. More work is due to start there shortly, with the appointment of Brown & Whittakers of Ingleton as the contractor. It is hoped that the work on the site will be completed in June, including the installation of the mosaic, depicting various aspects of life in Bentham at the end, or start of the millennium.

Funding for the main work is in place, and local firms have been asked to support the project by sponsoring items such as seating, planting etc. The Bentham News and Bentham Traders have already agreed to sponsor items and it is hoped that other firms/organisations will show their commitment to the Bentham community by also supporting this millennium project.

The committee is considering what kind of "opening event" to organise, probably for the first week in July. Suggestions include having a brass band concert, a school choir, a "period" fancy dress parade, and a barbecue. If you have any other ideas, please let us know about them.

In the meantime, we apologise for any inconvenience that may be caused during the time when the contractors are on site and we assure you that we are looking forward to the completion of the enhancement to this area as much as you are.

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Experience of a technical environment would be an advantage, but not essential.

Hours are Mon-Fri, 30-40 hours per week negotiable (full time would be preferable).

For more information contact Claire on 015242 62922.

OSTEOPOROSIS ACTION CAMPAIGN

Marie Colyer - Chartered Physiotherapist

Osteoporosis affects 1 in 3 women and 1 in 12 men in their lifetime and results in bones becoming so porous that they can break easily. The National Osteoporosis Society is holding a free public meeting at the Castle Green Hotel, Kendal, on Tuesday 9 May, 7.30-10pm. Topics include: the menopause, HRT, osteoporosis in men, treatments and the role of diet and exercise.

The Society invites members of the public to attend, especially those at higher risk, including all women approaching the menopause. For more information please phone Marie Colyer at the Bentham Physiotherapy Clinic 62216.

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UNUSUAL PET RESCUE

By Shirley Brown

Isabel Carr continues her habit of owning pets with personality. When she lost her cat, Jennifer, at Christmas, she was heart-broken, but then some of her caravaners rallied round and in January she got a kitten from Pet Rescue in Oldham. This 'absolutely gorgeous' British Red long-haired tabby is called 'Lady Di', and is now 9 months old.

In the early hours of Tuesday 28th March, Lady Di somehow fell behind the back of a wardrobe and got stuck. Isabel was desperate and couldn't get her out on her own. She didn't know what to do, until she thought of our wonderful emergency services. She rang the Fire Service and 'four nice hunky men' came and shifted the furniture to save Lady Di. Isabel would like to express very many thanks to the Bentham Fire Brigade for their unusual and very 'kind service'. There are now two very grateful females at Lowther Hill Farm.

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USE YOUR COMMUNITY OFFICE

By Amanda Lester

Hello, may I introduce myself. I am Amanda Lester the new co-ordinator of the Community Office. "The what" I hear you cry!

Let me explain, here in Bentham we have an extremely good and much under utilised resource - The Community Office. You will find the office on Main Street above the Development Trust. Here, provided for you, there is a computer with full Internet access, a scanner, photocopier and even a laminator. As long as the facility is used for non commercial purposes we can offer you a whole range of activities:-

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WASTE PAPER COLLECTION

By Caroline Woof

During the past 12 months 53 tonnes of waste paper has been recycled for the NSPCC.

Thank you to all those who bring or send their paper each month to the collection point at the Legion Hut. Please keep us in mind when disposing of your waste paper and cardboard; all clean paper products can be recycled and it helps tremendously if these can be brought to the collection point. Many thanks also to the team of helpers who turn out, month after month, in all weathers.

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Long term care is available where people require help and support when they are unable to carry out daily activities due to mobility problems, disability or other conditions relating to old age.

WHAT IS A LONG TERM PERSONAL CARE BOND?

It costs on average £360 per week to live in a nursing/residential home, and once you have used all of your savings you may have to sell your home in order to pay for the care you need. A long term personal care bond basically provides you with long term care services if continuous care is required due to significant deterioration in health or mental ability.

MAIN ADVANTAGES OF TAKING OUT A LONG TERM CARE BOND

- 1) You don't have to sell your house to pay for the care you require.
- 2) Enables you to stay in your own home for as long as possible by providing various aids and services in your own home.
- 3) The intention is to preserve your capital, be it money or house, so you don't have to use everything you own to pay for your care.
- 4) If you don't have the ready cash to invest into a LTC bond but own your home, it may still be possible to do this by using the capital locked into your home. It isn't as expensive as you may think and it means that **you** remain in control of your assets.

FOR FURTHER COMPREHENSIVE INFORMATION PLEASE CONTACT:

Lindsay Davies, Mark Handy or Ian Wood at the address below to arrange an appointment either in our office or in the convenience of your own home.

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POST OFFICE NEWS

By Alison Wilken

Tariff Increase

Following an extended period of consultation, PO proposals for changes to inland and international postal rates have now been accepted. The new prices came into force on Thursday 27th April 2000. Parcel Force prices also changed on the same date. The main changes are:-

* The basic first class stamp price (up to 60 gm) has increased to 27p.

* The basic second class stamp price (up to 60gm) remains at 19p.

* Prices for heavier letters and packets on both first and second class items has increased by an average of 8.5%.

* Basic airmail prices have increased to 45p (outside Europe) up to 10 gms; 65p (outside Europe) up to 20 gms; 36p (Europe) up to 20gms.

* Special delivery prices start at £3.50. Leaflets, giving the full range of new prices, are available at Post Offices.



ANCHOR STAYING PUT - CRAVEN

Offers elderly people in Craven advice and help with house repairs or adaptations. Call at Bentham Development Trust office 1st Wednesday each month 11.00am-1.00pm or Tel: 01756 - 797181.

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BRADFORD DIOCESE BIG WALK

By Len Moody

There can be few rural communities which do not at times carry out "beating the bounds" (boundaries) as a means of reminding inhabitants of the area included, and of arousing a sense of belonging and (even?) responsibility.

As its main AD2000 Millennium celebrations, the Diocese of Bradford plans a comprehensive link walk connecting all its parishes and places of worship. This Big Walk will be in the form of a relay, and is being planned from Bradford, but with detailed organisation decentralized, after consultation, to local groups.

The whole event takes place between Sunday 4th June and Saturday 15th July. The important date for our own area is Friday 23rd June, when the walk sets out at 10.00am from Thornton-in-Lonsdale (St. Oswald's), passes through Burton-in-Lonsdale (St. John's), High Bentham (St. Margaret's), ending the day at Clapham (St. James') at 8.30pm approximately!

The walk as a whole, or in parts, will appeal to long distance walkers, but is expected to be well supported locally, in accordance with individual capacities. The event may also appeal to schools. Watch for further details in the June Bentham News or at churches en route. Enquiries may be made to Rev. Canon John Bearpark, 61321; David Johnson, 61905; or Len Moody, 61128.

It's tricky.....



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WORKING FOR WILDLIFE

By Liz Neale

Liz and Roger Neale are mounting an exhibition with this title at Ingleborough Community Centre, Ingleton, from 5th to 19th August this year, to highlight the support for wildlife in the N.W. Organisations represented will include Yorkshire Wildlife Trust, Cumbria Wildlife Trust, Yorkshire Dales National Park, English Nature, Wildlife Watch, Farming and Wildlife Advisory Group, Craven Conservation Group and others. The exhibition will be open every day from 10.00am- 5.00pm. It will be opened at 10.30am on Saturday 5th August by Bill Mitchell. Special events will be a talk by Dennis Nelson on his Walk for Wildlife when he walked the Cumbria Coast Path last year and visited many nature reserves en route, and a Bat Watch evening with Tony Marshall; Dennis Nelson 7.30pm 12th August; Tony Marshall 7.30pm 15th August.

Liz and Roger hope that you will be able to visit the exhibition and bring your friends and relatives, but they also need some help in manning it, Monday to Friday, morning sessions 10.00am to 1.00pm, afternoon sessions from 1.00pm to 4.00pm. Offers of help for morning or afternoon sessions of an hour or more would be greatly appreciated. Commitment of dates as soon as possible would greatly assist the planning of the manning timetable. If you can help, please contact them on 015242 41155 or write to Bank House, Westhouse, via Carnforth, Lancs, LA6 3NP.

HEALING HERBS

Personally, I was debilitated with IBS for 8 years. No medication helped and I was at my wits end. Then a nurse recommended "Intra" to me, a mixture of 23 different botanical herbs, Eureka!

Within 3 weeks my guts calmed down, my energy levels rose and I have now been free of it for 9 months. It even came with a money-back guarantee!

If you would like to know more about the amazing effects of Intra, please phone me, Gillian Ratcliffe, on 01524 262608 and I'll be glad to tell you about it.

NB I believe it is also good for exhaustion, eczema, asthma, ME, PMT, menopause and many more conditions as it works on the immune system.

I wish you good health!

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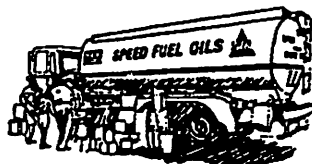
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The Millennium Experience **Hits Bentham !**

Look out for the Bug experience of a lifetime in Bentham throughout May. Visit Looking Well and immerse yourself in the microscopic world of bacteria in an extraordinary and complete transformation of the upstairs exhibition space by UV artist, Josh Parkinson on throughout May. Look out for visiting bugs from Settle and Skipton including the stunning Millennium Wheel of Bugs on view at the Gala on 29th May, and join the Gala Parade disguised as a bug and make it the most spectacular yet! For more details of the Gala please see front page.

Bentham Superbug Competition

Create your own species of superbug, virus or bacteria and help us fill Bentham with the greatest show of bugs ever seen. Your "bug" should be on display from Saturday May 13th. Competition entry forms can be obtained from Bentham Sportswear, Spar, Looking Well, Bentham Development Trust and Low Bentham Post Office. The entry form gives details of the competition but enquiries can be made at the Trust Office (61030) or Looking Well.

A Bug's Life

Looking Well is inviting children under 12 to go searching for bugs, both real and imaginary and draw pictures of them for an exhibition later in the summer. Pictures should be in black and white, in any medium, and fill an A4 or A3 sheet of paper. Finished pictures to Looking Well by Monday 5th June.



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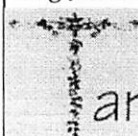
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