

BENTHAM NEWS



NATIONAL LIBRARY DAY IS CELEBRATED AT BENTHAM LIBRARY

By Alice Ellwood

People gathered on Saturday 9th February to celebrate National Library Day at Bentham. Local writer Diane Allen, CCLr Brockbank, Friends of Bentham Library (FoBL) and members of the public listened to fascinating and beautiful readings from novels and poems. They enjoyed tea and cake and the library offered a £10 voucher for use in the library if anyone introduced a friend to join on the day. Diane donated a signed copy of her book, *For The Sake of Her Family*, which is based in the Dales, to the library. There was a minute's silent reflection when the group first assembled in memory of Liz Farmer, Bentham and Ingleton Librarian, who sadly passed away at the beginning of the month and will be missed by many. FoBL are always pleased to hear from local people who can volunteer some time and join their team to help keep Bentham library open. If you are interested, please ask at the library for more information.

MARCH 2013

ISSUE 317



PUNCH BOWL AND SUN DIAL HAVE NEW LANDLORDS

Edited by Bill Kennedy

Back in 2001 Paul and Vikki Francis took over The Punch Bowl at Burton-in-Lonsdale. We had nearly 4 very happy years there and were very sorry to leave in 2004. We moved away, even came out of the pub trade for a couple of years always promising ourselves that if we ever took another pub on it would only be back in this area. So older and allegedly wiser we have proudly taken over the tenancy of The Punch Bowl at Low Bentham and along with George (Vikki's dad) would love to welcome customers old and new.

We will be serving home cooked food,

including all the old favourites like home made steak pie, chargrilled steaks and gammon, home made sponge puddings and knickerbocker glories and an excellent Sunday lunch. We have a fantastic beer garden, separate dining room where we can cater for private parties of up to 35, pool and darts.

We look forward to seeing you or please call us on 015242 61344 to book a table.

Welcome back to the Sundial

After a spruce up, we are delighted to welcome you to our stylish pub/café/bar/bistro. which will be open from 11am, Tuesday to Sunday. All our food is made on the premises. We use seasonal and local produce where possible including farm assured meat and artisan sourdough bread.



Heading up the team is Alex James (pictured left) who has grown up with a passion for cooking. She has had various roles within the industry ranging from Hotel du Vin, the Michelin starred restaurant Texture, and a wonderful country pub near Exmoor.

We offer a warm, cosy atmosphere where you can relax while reading current magazines or playing board games and being looked after by our friendly team. Usually we serve food until 9.30pm (3.30pm Sundays).

For groups of six or more we are able to design special menus for your lunch or dinner party (48 hours notice). Please contact us on 015242 62087, info@sundial.cc or come in and see us.

FEBRUARY'S TOWN COUNCIL MEETING

By Alice Ellwood

Present: Cllrs Adams, Armstrong, Burton, Handford, Hey, Marshall, DCllrs Brockbank and Barrington and CCllr Ireton. There were also 7 members of the public.

The mother of Simon Wilcock spoke during the public comments and concerns, asking the council for support in a local drugs awareness scheme. The Chairman said that the council would aim to support any projects in this area in the future and welcomed further information along these lines. Concerns were also raised from the public about possible prescription misuse and some of Sanctuary Housing's decisions.

There was an update from Alison Clough from Looking Well, about the Passing Places project, which installs art work to attract cyclists and walkers off the route of The Way of The Roses, which runs along Mewith Lane, into Bentham. The money for this is now in place and an artist has been assigned to create this 3D outdoor artwork. Alison Clough thanked CDC for their support and said that there would be discussions with Benthamers as to what the art would include. She hoped to be able to display the artwork ideas during the Summer half term – Carnival Week.

The police report indicated a quiet month in Bentham with 15 incidents in total. 4 of these were antisocial incidents, 2 of which were on New Year's Eve. There was one road traffic accident, resulting in a minor injury which is currently being investigated. There were also some recent isolated incidents in the Auction Mart involving unacceptable behaviour of youths.

It was mentioned that if the land off Station Road were to be used as a car park that the issues of parking charges may arise again. This led to a discussion of what the site might be used for. Previously Bentham

Traders had suggested part park and part industrial use for the site. Other suggestions included a park and focal point because of the views. Recently there had been a request for allotments on the site. CDC had looked at it as a possible space for houses and asked the council what they would want to see there. The council were to ask for feedback and usage suggestions from locals on the TC website.

CCllr Ireton stated that there had had to be changes made to the structural plans for the new school due to weight calculations, although it was doubted if this would require resubmission of the plans. He also reported that there would be no increase in the council tax for NY for now.

CDC has confirmed to the TC that they have decided not to pursue enforcement action against earthworks that have been put up without planning permission near the Punch Bowl, Low Bentham. Further complaints may reopen the investigation.

The councillors discussed the possibility of requesting a NYCC highways Temporary Vehicle Activated Sign. If requested, it would not guarantee receiving one, and it would be a significant cost of £300-400 to set up the site for each sign and a further £110 each time the sign was moved. They are in place for a maximum of 6 weeks, as this is proven to be the optimal period. The council requested further information to discuss the matter at a later meeting.

BENTHAM METHODIST CHURCH TABLE TOP SALE

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BUS SHELTER ART

By Alison Clough

The bus shelter on school hill needs refurbishing!! Last year, when it became a bus for CARNIVAL Day, people were invited to suggest ideas for a new design. (see list of ideas at www.aboutbentham.org.uk) Now the Town Team (representing the Town Council, We Are Bentham, Pioneer Projects and Craven District Councillors) would like to commission an artist to design and paint a new durable interior to the bus shelter. In preparation the bus shelter will be re-rendered ready for painting.

The Town Team is asking for expressions of interest from artists. They would like to receive these as: a) a sketch of your proposed design for the interior; b) a quote for the design, painting and finishing, including materials, time and equipment; and c) at least one photo of finished previous work of a similar nature. Send to arrive by Monday 18th March, either by post to Pioneer Projects, 32-34 Main St, Bentham LA2 7HN or email (subject - Bentham Bus Shelter) to office@pioneerprojects.org.uk

TOWN TWINNING

By Margaret Cowling

Our annual coffee morning will be at the Town Hall on Saturday 23rd March and we invite you to come along and talk to members of our Twinning Group. We had a wonderful visit to our twinned town of La Chapelle des Marais in Brittany last May and next year we will be celebrating 21 years of "Le Jumelage", with our friends coming to stay with us. At our Coffee Morning we will have various stalls and as usual we will serving delicious croissants with butter and jam! We're looking for new people to act as hosts next year and we'll have a display of photos of La Chapelle to show you what a beautiful region surrounds it.

CRAVEN CONCERNS

By Craven District Cllr Linda Brockbank

Car Parking in Bentham to stay free !

Craven District Council will not be charging for car parking in any of their current car parks in Bentham. It's been a long and difficult fight, representing Bentham on the car parking working group at Craven District Council.

Bentham Town Council, residents and businesses joined together to fight the charging for car parking in Bentham. I would like to say thank you everyone who supported the fight to keep our car parking free, especially to all of those 700 people who signed the petition and to those who generally made their voices heard. The support from Bentham was overwhelming.

Dragons Den is here again!

Successful applicants will be invited to pitch their ideas for projects to the Dragons on the 4th March 2013.

Craven District Council Localism Reserve funds improvement projects

Three local community organisations have benefited from funding to improve their local communities through the Craven District Council Localism Reserve Fund. Each organisation travelled to Skipton and gave excellent presentations to the working group.

♦ **Pioneer Projects** was awarded £6,000 towards the £24,200 Bentham Passing Places project which aims to use public artwork and events to attract people off the Way of the Roses cycling route into Bentham.

♦ **Burton Regeneration Group** was awarded £7,950 to contribute towards a £87,000 project to build a new Community Sports Pavilion for Burton in Lonsdale. The sports pavilion will enhance the appearance of the Recreation Ground, replacing the inadequate

temporary portacabin facility, and promoting good health through a range of casual and organised sport and recreational activities.

♦ **We Are Bentham** was awarded £20,000 towards their Building a Better Bentham project.

Youth Council Needs You!

Craven Youth Council is part of the North Yorkshire Youth Council and aims to encourage and support young people living in Craven to get actively involved in their community and decision making which affects young people.

Current Chair of Craven Youth Council Izzi Ellwood says "I love being involved in the Craven Youth Council; as well as getting things done, I have fun, meet new people and get accreditation for being involved. The meetings are a fun and relaxed way to make a difference in your community. We are currently looking for new members. If you know anyone who might be interested aged 11-19 years and living anywhere in the Craven area or would like further information please email pamela.scott@northyorks.gov.uk"

You can also find out further information by visiting www.cravendc.gov.uk/cravenyouthcouncil

RENEWING YOUR BUS PASS

By Lin Barrington

If your bus pass is due to expire soon, you should get a renewal letter about 30 days before it's going to run out; you then sign the form enclosed with the letter and return it to get an updated pass.

If your renewal letter doesn't arrive, you should call 0845 8 72 73 74 (the North Yorkshire Customer Service Centre) to make sure that they have the correct address details for you.

COOKERY PAGE

By Patsy Henderson

Meat Loaf with Blue cheese filling

Recipe Serves 4

450g beef mince
75g mushrooms, finely chopped
50g fresh breadcrumbs
100g streaky bacon, finely chopped
1 garlic clove, finely chopped
1 small onion, finely chopped
1 tsp oregano or thyme
3 tsp tomato ketchup
1 large egg, beaten
salt and pepper

For the filling;

100g Danish Blue cheese
1 tsp single cream
1 egg, beaten
pinch of cayenne pepper
3 tbsp tomato ketchup
parsley sprigs to serve

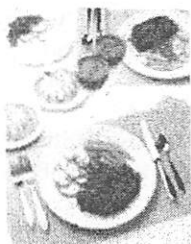
Method

Heat the oven to 180°C/gas 4
In a bowl mix all the ingredients (except those for the filling) together and season well. Grease a 1kg loaf tin. Spoon half the mixture into the bread tin. Crumble the cheese in a small bowl, mix well with the cream and beaten egg and the cayenne pepper. Spread this on the layer of meat in the tin. Then spoon the remaining meat mixture evenly on top.

Bake in the oven about 1 hour then remove from the oven. Turn up the oven temperature to 240°C/Gas 9.

Loosen the sides of the loaf in the tin and turn it out very gently onto an oven proof serving dish. Smear the loaf all over with the tomato ketchup and place it in the oven for 10 to 15 minutes.

Serve garnished with the parsley sprigs.



Swiss toffee apple pudding

Recipe. Serves 6

900g cooking apples, peeled, cored and sliced.

150g sugar
2 tbsp water
150ml fresh double cream
150ml fresh single cream
50g butter
30ml golden syrup
100g cornflakes

Method

Put the prepared apples in a saucepan, with 100g of sugar, and cook until soft. Strain off the juice and liquidise to make a thick puree, adding a little of the juice if necessary.

Put the apples into a serving dish and leave to cool. Whip the creams together to stiffen slightly and spread over the apples.

Add the remaining sugar and cornflakes, stirring quickly to coat the flakes. Scatter over the cream and chill before serving.

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INGLEBOROUGH DALES LANDSCAPE PARTNERSHIP

By Sarah Brewer

Clapham-based charity Yorkshire Dales Millennium Trust (YDMT) is developing a bid to secure up to £3 million in funding for a new major landscape, heritage and community programme based around Ingleborough.

Working with partners including Yorkshire Dales National Park Authority (YDNPA), the aim is to generate a range of initiatives which have landscape conservation at heart – but with significant associated benefits to the local community and economy. It plans to develop a series of projects which will bring major benefits to the area, including environmental improvements to an outstanding landscape of international importance, as well as social and economic gains for the local and visitor population.

Crucial to this is having a strong involvement by local organisations and individuals – in identifying and then helping to deliver the projects that will make a real difference to the proposed project area of Ribblesdale, Ribbleshead, Chapel-le-Dale, Clapdale, Ingleborough and Crummock Dale.

Dave Tayler, Deputy Director at YDMT, said: "The involvement of local organisations, communities and individuals will be essential to the success of this exciting new project. We're looking for people to help us identify the kind of projects that will make a real difference to the area, and support the community's aspirations for the future of this special place."

There is an opportunity to secure significant funding for such a programme through the Heritage Lottery Fund (HLF)

Landscape Partnership scheme. YDMT submitted an initial proposal to HLF in 2012 which was very well received, with some suggestions provided for further development. The immediate task, therefore, is to develop a Stage 1 bid to HLF by May 2013. For more information please contact Dave Tayler at Yorkshire Dales Millennium Trust on 015242 51002 or by email at david.tayler@ydmtd.org.

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BURTON UNDER FIVES UPDATE

By Viki Hindle

Why not come along and find out what Burton Under Fives can offer you and your child? We are based in The North Classroom at Richard Thornton's Primary school and we have fantastic facilities for the children; IT suite, secure free flow outdoor area, dedicated kitchen and messy play area, not to mention the wealth of resources, games and toys available.

Every playgroup session is planned and run by Miss Laura Wilcock, assisted by experienced, qualified staff. Sessions are based around the interests, festivals and celebrations relevant to our children. We plan fantastic trips out, including a trip to The Gruffalo's Child, local parks and cafes, plus longer trips such as Greenlands Farm or The Maritime Museum.

From April, we are able to offer two year old government funding, (subject to certain

criteria being met) in addition to the three and four year old funding we already offer.

For further details, contact us on burtonunderfives@btinternet.com or telephone (015242) 62126 or call in. Come along and find out what we can do for you!!



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"THERE ARE THREE KINDS OF LIES"

By Shirley Brown

"There are three kinds of lies: lies, damned lies and statistics" so said Mark Twain, the American author and humorist, who was born in 1835 and died in 1910. He is referring to the fact that it is always possible to fabricate statistics and make them sound plausible and even to quote accurate statistics but twist them to support any argument.

Using statistics is a minefield, but it is into this complicated world of numbers that I would like to tread very warily. I am going to give some numbers that I hope we can trust – they come from the National Census that happens in Britain every 10 years. The last was in 2011, and before that it was in 2001. The number crunching that goes on as a result of us all filling in our census forms is a massive task, but slowly over the past few months the results are beginning to be published. And they make fascinating reading.

Having heard it said fairly authoritatively during the past year or so that the population of Benthams is shrinking and that the majority of people living in Benthams are over 60, I thought it would be a good idea to look at the results of the 2011 census to check if these 'facts' were true.

And this is what I found.

The ward of Benthams, which includes Burton-in-Lonsdale, had a population of 3,573 in 2001 and 3,606 in 2011, an increase of 33 people over the 10 years. And the ages of this population of 3,606?

22% are aged 0-21

48% are aged 22-60

30% are aged 61-100

So aren't statistics interesting and informative? In future months I'm hoping to dig out more details from the census findings about our community, such as

crime rates, levels of education and training, health, housing and economic activity.

But just to whet your appetite, I'll leave you with the fact that in 2011, 96% of the population of Benthams was born in the UK, and ask you to think if it's true that there are more males than females in Benthams.

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WE ARE BENTHAM

By Rosie Jackson

"We are Bentham" held their February meeting in the Black Bull. We had a fantastic attendance with talks by Gerald Townson, Alison Jones and Linda Brockbank.

Everyone was pleased to learn of a £20,000 grant that was awarded to 'We are Bentham' from Craven District Council. This will be split over a three year period and is to help the group promote the shops and traders in Bentham. We are working hard to keep people shopping locally and to raise awareness of what Bentham has to offer.

Easter week will see the streets of High and Low

Bentham
turning yellow
with flags,
bunting,



decorated shops and pubs. Temptations can make you some yellow flags and you can attach them to broom handles and stick them in the Christmas tree holders. (They can also make bunting to order, pop in and see them to find out more).

Following on from the successful Christmas events last year, we plan to do the same this year with two late night shopping nights. It's a long way off, but we've set the dates, the first will be on Wednesday 27th November, and the second (Santa night) will take place on Friday 6th December.

LOOKING WELL NEWS

By Julie Vass

Free help with computers

On Tuesdays and Wednesdays for a short time only we are able to offer help with computers. You will be taught basic to intermediate level computing skills covering topics such as word processing, online computer security, online shopping, spreadsheets and graphs or anything you would like help with. We have a couple of laptops which can be used or you may prefer to bring your own.

Garden buddies wanted

Do you enjoy gardening? If you have a couple of spare hours and would be happy to share your skills and knowledge with others please get in touch? To thank you for your help we will be able to offer some space in the greenhouse and a small bed in which you can grow vegetables / flowers.

What's the Benthams Passing Place?

By Ali Clough

Benthams has been chosen as a pilot site for an exciting public art project as part of the new Way of the Roses cycle route between Morecambe and Bridlington, developed by Sustrans. It goes along Mewith Lane and is already attracting 100,000 cyclists a year, many of whom are families and people who are enjoying exploring the local landscape.

Sustrans is enhancing the route with public art at the start and finish and at ten 'Passing Places' on route. The art work will be designed to show the visitor something about the uniqueness of the communities through which they are passing. Sustrans approached Pioneer Projects to take the lead in Benthams and Marjan Wouda (www.marjanwouda.co.uk), has been appointed as the Benthams Passing Places artist. Working with Ali Clough and a local steering group, Marjan is running workshops and events to gather ideas before producing designs which will be

displayed for feedback in the week before CARnival (1st June).

The plan is to create a cycle trail which takes in Low and High Benthams and can be accessed by cyclists detouring off the route or people coming by train (or car) to do a circular bike ride. The artwork will provide points of focus and attract people to come into Benthams.

A map of the proposed trail is in the hall at Looking Well. Come and look, and contribute your ideas. What subject matter would you like to see featured? Where would you like to see artwork sited? Come to an open workshop and meet Marjan on Saturday 23rd March (10.00am – 12.30pm) at Looking Well and follow her progress at www.benthampassingplace.wordpress.com

For more details call in and pick up an Activities Programme or pop in to Café IN on Wednesdays, telephone Julie 015242 62672 or email julie@pioneerprojects.org.uk.



Above HSBC, High Benthams - 015242 61671

Mothers Day
10th March 2013

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YOUR LETTERS

Dear BN

After reading Peter Phillip's letter in the February BN asking what went wrong with Bentham's Christmas lights, I started to think of a reply and it led me into all sorts of places. Yes, who was to blame? Who contributed? Who didn't? And who has a right to know why? Can't blame the volunteers. Forgive and indulge me as I reflect on community involvement and my 10 years in Bentham.

When I moved here the shops organised their own lights co-ordinated by the Bentham Traders Association. Around 2006 I was asked if I would look into the situation and draw up a scheme to switch the lights on all together (using 3 or 4 timers rather than 20 or more). I researched the market, designed and installed an infrastructure and that year Bentham got its first co-ordinated Christmas lighting display. All went well, apart from some people not liking the *"miserable cold blue lights"*. The following year a group calling ourselves 'Bentham Christmas Lights' was created, a spin off from Bentham Traders. For three years we called out for helpers and funds, and little and few, very few came forward. On the day we installed the lights we got some support from well-wishers with hot cups of tea - thank you Diane.

I resigned from the committee in 2011. In 2012, despite lack of support, the team went out and did their best but shortly after it ceased to be. I felt a bit of *deja vu* reading Peter's letter, there was an air of expectation not being met. It's always like this for volunteers, and failure is publicly humiliating! It's bad enough for those who did help on the day without being reminded of it.

Enough said. 'We Are Bentham' bought the light bulbs and organised the strings over the road. I took it upon myself to visit

the shops and offer to deal with the trees using the infrastructure that was installed. Given that both sets of lights were sharing common supplies and I was responsible to the traders I tried to resolve the problem. I reported my conclusions to 'We Are Bentham' and tried to keep the scheme working. The infrastructure is old and desperately in need of modernisation. I still have the plans for the scheme to do this budgeted at £40,000. Maybe Bentham's Christmas Lights don't need that much but they do need a considerable sum to make the town safe and beautiful. They need to be installed professionally and this needs to be paid for.

If the town wants the lights then the town should get behind them. Given we are now in the era of non- volunteering it's got to be cash. There are 3,000 people in Bentham and if everybody chipped in a tenner, that'd be £30K. That would sort out the infrastructure, replace the ageing stock and pay for installation and removal for a couple of years, after that it would probably survive on a pound each a year. Then we would be able to feel proud of our Christmas lights.

Iain Henshaw

New House, Mewith Lane, Bentham

LA2 7AW 015242 61010 iain@s1b.com

Dear Bentham News,

I am once again raising the issue of dog poo, particularly on Robin Lane. It's disgusting, inconsiderate, dangerous and ILLEGAL.

During the recent snowy weather my toddler and I were unfortunate enough to discover dog poo on both our shoes and clothes when we came in from a walk up Robin Lane, sadly not until he had run the full length of the house and I realised the snow melting from his shoes contained a suspicious substance. I spent what amounted to hours cleaning - mopping and scrubbing floors, washing our clothes, gouging poo out of the tread on his shoes.

YOUR LETTERS

(Continued from page 12)

Our home was thoroughly contaminated and, as I am in the early stages of pregnancy, I am worried about the health risks to my unborn child.

This week I have seen fresh dog poo actually on our driveway near our bins and cars (ie where we walk) for two days in a row. There is often poo near the school entrance which must be infuriating to other mothers too. The elderly who might not be able to see as clearly are particularly at risk, and may be less able to deal with the aftermath of walking poo into their homes.

The poo is usually the same size, colour and consistency, leading some of the residents to believe there is a repeat offender. Appealing to their better nature seems pointless as this person clearly doesn't care how they are affecting others, so maybe if they are reminded that dog fouling is illegal they might reconsider their actions. I will be recording from our front room to get evidence and encourage others to be as vigilant too until we all can bring the perpetrator to justice.

My partner is not as patient - if he catches them they will find themselves reunited with their dog poo later where they are least expecting it.

Yours sincerely,

(Name and address supplied)

Dear Bentham News,

On behalf of Low Bentham & District W.I. I would like to point out an error, which needs correcting, which appeared in the February 2013 issue, in the "Yesterday in Bentham" article. It stated that Low Bentham WI had already closed in 1993 when in fact we have never closed since forming in 1969.

We are a small but friendly WI and have been proud members of the West Yorkshire Federation since being formed and we

would welcome any new members to join us; we enjoy day trips out, demonstrations, quizzes and interesting talks. Our meetings are held every third Thursday in the month and have done ever since forming in 1969.

My mother, Rene Harrison, was one of the founding members as indeed was Lydia Wilkinson, who is now our eldest member. I am proud to be following in their footsteps. So come on ladies, join us. You do not know what you are missing.

Kathryn Brownsord.

Oops, apologies for my mistake! Your letter has made my day, because I now know that someone actually reads what I write! Keith.

Bentham News,

We in BEST have been banging on for ages about the importance of buying food that has been as locally produced as possible. We've talked about the carbon cost of transporting food for miles, about the need to eat seasonal food so as to reduce inputs of heat or water or transport, about how important it is to the health of Bentham to keep local producers and traders in business. And so on and so on.

Well, don't the recent discoveries about how little anyone knows about what goes into your average beefburger, steak pie or ready made pizza, make you think that we've got a point? If you're going to eat meat, why not buy it from a local butcher who buys from a local farmer? You know just what you are getting - and that the animals have been reared and slaughtered humanely.

You may think that this is going to be more expensive. If you work out how much you are paying per pound of real meat you'll find it's actually much cheaper. And you can always make it go further with your own padding of potatoes or breadcrumbs or vegetables - also bought in Bentham! Well, that's what I think about the great horse meat scandal. And you?

Happy chewing, Annie Neligan

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AUCTION PRICES TAKE A HAMMERING

But someone's cashing in!

By Keith Hartley

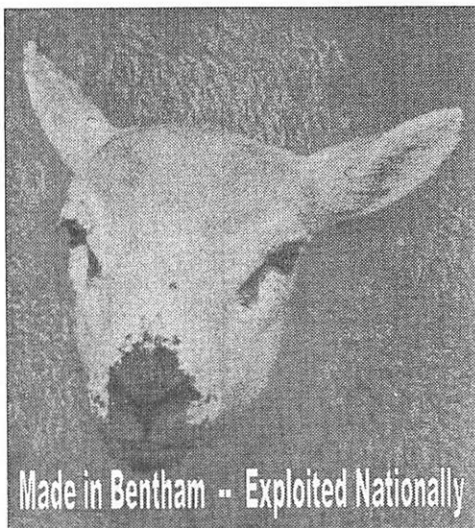
A couple of weeks ago I saw a very stylish looking silver Mercedes parked up in Lancaster with the registration 8EEF (to be read as BEEF). My first thought was that some farmer had found himself a trendy number plate appropriate to his profession, but I very quickly realised that no farmer I knew would be able to afford the number plate let alone the Mercedes. Just for interest I checked out this unusual number plate on a registrations website (primoregistrations.co.uk) and found it was valued at coppers short of £100,000. Yes, that's just the number plate!!

If the car *does* belong to a farmer then I'll apologise for making an issue of it and wish him well in his good fortune. He's probably earned every nut and bolt of it!

I suspect, however, that the car may belong to one of the many "middle men" who are lining their pockets at our farmers' expense. If this is the case, then I'd find it difficult to wish him joy of it because I can't reconcile the enormous profits made by just trading animals with the year-long work and worry of the farmer, whose reward, if any, is often little above subsistence level.

It is a fact that over the past year the price of a lamb at market has dropped by up to 30%, whilst over the same period the supermarket price for the meat has risen considerably. So who's creaming off the profits? Certainly not the farmer, whose return is often less than the cost of feeding his stock.

I know that historically farmers have always had good years and lean years, and that last year saw them return a reasonable profit on their investment. And I know that currently the price of beef cattle is holding up quite well at market, although most of



the benefit the farmer may hope to gain from this is cancelled out by the escalating cost of feed. I also know that a strong £ and a weakening export market have had some influence on local market prices, so it would be unfair to lay the effects of this year's downturn wholly at the feet of the supermarkets and dealers. I do believe, however, that they have a good deal to answer for and I can understand why some of the farmers I have spoken to are rather more than concerned about the growing control these people seem to have on their livelihood.

Auctioneer Stephen Dennis told me he thought one of the greatest difficulties lay in the fact that whether with lamb, beef or milk, farmers are not price *makers* but price *takers*, and are very much in a "take it or leave it" situation. But with live animals or fresh milk on their hands, they are, of course, in no position to leave it!

Empowerment in these circumstances may be something of a dream destination, but I do believe that until they are in a position to at least negotiate a fair price for their labours our farmers will continue to risk being exploited.

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@ Giggleswick Day Nursery

FANTASTIC FIRST FIVE YEARS!!

By Helen Monks

ChipMonks at Giggleswick Day Nursery is celebrating its first five years in business. The nursery, set in the beautiful grounds of Giggleswick School, opened its doors to its first customers on 18th February 2008 with 5 staff and 28 children. Since then it has gone from strength to strength and now employs 10 staff and has 72 children on its books!

The nursery has also expanded what it provides for the local community. Staff offer an after school club and a holiday club based at Settle Primary for all primary aged children in the North Craven community. Last year they joined forces with Giggleswick School to offer an exciting 2 week Summer Club for children aged from 3 -6 years. The holiday club activities vary from making kites, fun and fitness, practising rugby, Tae Kwon Do, to lots of arts, crafts and photography! They even had a circus themed week involving music, dance and crafts culminating in a show for parents!

ChipMonks continues to have strong links within the community and the Deputy Manager, Claire Crabtree, is responsible for setting up and organising the Community of Practitioners, a group of local childcare professionals and teachers who meet once a term to discuss developments in practice and share good ideas. This group has also been responsible for raising over £2,000.00 for Barnardo's over the last two years.

Claire says "I am passionate about the community I live and work in. Chipmonks is the only setting in the area to provide full day and sessional care for 50 weeks of the year, a service lots of parents need. I believe that we must provide our youngest children

with a loving, safe, stimulating environment in which they can grow. All my staff take this responsibility very seriously and parents often comment to me that they feel their child is truly loved and part of a big family here at ChipMonks – that is how I judge our success! I am, as ever, very proud of all my staff who work extremely hard to make sure the youngest in our community get outstanding care and education."

ChipMonks has recently been approved by North Yorkshire Early Years Consultants to provide funded places for two year olds. From April 2013, 15 hours' childcare is available free of charge if families meet certain criteria. Anyone wishing to discuss availability/eligibility should contact Helen on 01729 822370.

To celebrate a flourishing first five years, ChipMonks is hosting an Open Day on Saturday 9th March from 10am until 12 noon. All are welcome! Refreshments and entertainment will be available.

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CALLING ALL CRAFTERS

By Jenny Durrant

Do you enjoy a craft? Maybe it is knitting, crochet, embroidery, carding, painting or beading, or one of many other hobbies. At Bentham Craft Club we meet every Tuesday at 10am until 12noon in the Wenningdale Room at the Town Hall.

Between us we make many different items but we are always ready to try something new. So if you fancy a social morning with like minded folk, to maybe learn a new skill or to pass on your own, we would love to meet you.

Come along and have a coffee or tea and biscuits with us one Tuesday or contact :-

Mrs Ann Smith 62441 or Mrs Jenny Durrant 62501.

CALLING ALL LOCAL CREATIVE FOLK

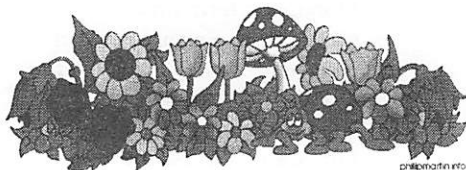
By Abi Townsend

I am a mature university student mapping 'Makers' in the Bentham News catchment area. I would love to hear from you if you are a keen maker/crafter for my research. It does not matter what your medium is whether it is an age old heritage type of skill or something new you have formulated I would be extremely interested in you and your skill. I know Bentham attracts many

creative people and some are more solitary than others. It is not necessary for you to be published on the map if you prefer not to be but for those interested this may be beneficial on a number of different levels such as publicising your work, generating economic opportunities, opening up opportunities for you creatively, promoting Bentham as a creative hub, instigating sharing or collaboration. Please email ATownsend1@uclan.ac.uk or call 62008 or 07899965643.

Creative Mend

Anyone over 18 interested in re-inventing old or worn out clothing creatively? Come along and bring your item of clothing, or simply join with others and be inspired to try something new. Join a group of like-minded folk for a four week project starting on Wednesday 13th March 7-9pm (there will be an Easter break in-between) at Bentham Lodge, Station Road, LA2 7LQ. To confirm your interest call Abi on 62008 or 07899965643. We hope to exhibit the results after completion. For inspiration see Printerest, www.scrapstuffcoulk, www.wellsphere.com.



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LOCAL EVENTS IN MARCH

Fri 1st **Victoria Institute**, 9.30-11.30am, Post Office, also on 8th, 15th and 22nd.

Town Hall, 11am-12.30pm, Craven Customer Services, also on 15th.

6.30-7.30pm, Yoga and every Friday.

Looking Well, 10.30am-1pm, Art Skills Development, also on 8th, 15th and 22nd.

Age Concern, 10am-2.30pm, Masonic Hall, Quiz.

Sat 2nd **Town Hall**, 9am-1.30pm, Farmers' Market.

10am-12noon, Youth Café coffee morning.



Sun 3rd **Burton Village Hall**, 8-11.30pm, Music Night.

Mon 4th **Methodist Church**, 10-11.30am, Toddle-in for parents/carers with children 0-4 years and every Monday.

3.45-4.45pm, Adventurers for children 4-6 years, and every Monday in term time.

6.15-7.30pm, Springboard for children 7-11 years, and every Monday in term time.

Victoria Institute, Community Link Café, 12.15-2.15pm and every Monday.

6.15-7.15pm, Tai Chi and every Monday.

Looking Well, 9.30am, Walks for women from Lairgill, and every Monday.

10.15am-12.15pm, Own Now, Art Group for those living with dementia and their carers, and every Monday.

Town Hall, 10-11am, Zanna ballet for Adults, and every Monday.

Mon 4th **Town Hall**, 1-4pm, Indoor Bowls and every Monday.

7.15-8.15pm, Zumba keep fit, and every Monday.

7.30pm, Town Council meeting.

Tue 5th **Looking Well**, 9.30-11.30am, Light Leg Stretchers, walking group, also on 19th.

10.30am-12.30pm, Creative kitchen garden every Tuesday.

11.30am-12.45pm, Creative writing group, every Tuesday.

12.45-1.30pm, Community shared lunch, every Tuesday.

Wenningdale Room, 10am-12noon, Craft Club every Tuesday.

Town Hall, 10-11am, Mature Movers dance every Tuesday.

6-7pm, Yoga every Tuesday.

7-8pm, Aerobics every Tuesday.

Wed 6th **Methodist Church**, 10-11.30am, coffee morning every Wednesday. Donations to local charities.

Looking Well, 11am-1.30pm, Café-IN, every Wednesday.

11.15am-12.30pm, Coffee and Crafts Taster Sessions every Wednesday.

2-4pm, Art for all, beginners welcome, every Wednesday.

Victoria Institute, 9.30-11.30am, Post Office every Wednesday.

11.30am-2.30pm, Community Link Café, every Wednesday.

2-3.30pm, Line Dancing every Wednesday.

Bentham Footpath Group walk, Underbarrow, Cunswick, 7 miles, leaders Jo Graves and Ann Butcher 64974. Meet at Lairgill 9.30am.

Thu 7th **Looking Well**, 11am-1.30pm, Cancer Support Group Drop-in, Art Session, Lunch and Therapies and on 21st.

- Thu 7th **Looking Well**, 1.30-4.30pm, Community Art Shed every Thursday.
Methodist Church, 2-4pm, Welcome-in dominoes and tea for all ages. For transport contact Anthony 63156. Also on 21st.
Town Hall, 6.15-7.15pm, Contemporary Dance, every Thursday.
 7.30pm, High Bentham W.I.
Victoria Institute, 9-9.30am, Slimming Group every Thursday.
 10am-12noon, Bat "n" Chat every Thursday.
 10am-1pm Art Club every Thursday.
- Fri 8th **Age Concern**, 10am-2.30pm, Masonic Hall. Colin Etherington Extend Exercise
- Sat 9th **Town Hall**, 10am-12noon, Burton Mothers' Union coffee morning. 
Victoria Institute, 10am-12noon, Book Swap.
Methodist Church, 2-4pm, Children's fun afternoon for primary school children with international students from Capernwray Hall.
 6pm, Family Beetle Drive, all ages welcome.
Bentham Footpath Group walk, Melling, 8 miles, leader Cliff Randall 62619. 9.30am Lairgill.
- Sun 10th **Copy deadline** for colour pages of April BN.
- Mon 11th **Looking Well**, 7-9.30pm, Mindfulness Meditation Group and on 25th.
- Tue 12th **Methodist Church**, 2.15pm, Bright Hour with June Allen and Rosemary Brown.
- Wed 13th **Bentham Lodge**, Station Rd, 7-9pm, "Creative Mend" also on 20th. See page 19.
- Fri 15th **Copy deadline for April BN. Waste Paper Collection**, 8.30-11am, Lairgill Car Park, proceeds to NSPCC.
Age Concern, 10am-2.30pm, Masonic Hall.
- Sat 16th **Town Hall**, 10am 12noon, St Boniface coffee morning. 
Ingleton Community Centre 2pm. Friends of Tatham Fells jumble sale.
- Tue 19th **Burton Church Room**, 2pm, Mothers' Union, speaker Pat Packard-My Life in Nursing.
- Wed 20th **Bentham Footpath Group** walk, Stocks reservoir, 9 miles, leader Bev Sim, 61293. 9.30am Lairgill.
- Thu 21st **Victoria Institute**, 7.30pm, Low Bentham W.I. Mr D. Rees- 2012 Olympics and Paralympics.
- Fri 22nd **Age Concern**, 10am-2.30pm, at the Masonic Hall, Easter Bonnet competition.
- Sat 23rd **Town Hall**, 10am-12noon, Ingleton Twinning Group coffee morning. 
 Looking Well, 10am-12noon, Passing Places Public Workshop.
- Mon 25th **Town Hall 7.30pm**, Ewecross Historical Society, Gill Hovell-Iron Age Nidderdale.
- Tue 26th **Methodist Church**, 2.15pm, Bright Hour with Nancy Talbot.
- Thu 28th April edition of Bentham News published.
- Fri 29th **Bentham Footpath Group** walk, 4 miles, Bentham, leader Dorothy Stubbs, 61430. Meet at Bentham Bridge 11.15am.
- Sat 30th **Town Hall**, 10am-12noon, Bowling Club coffee morning. 
- Wed 3rd April. **Town Hall**, 7.30pm, Town Council meeting. (Not on the Monday 1st which is Easter Monday).

THE WARRIOR AND THE GARDENER

By Tony Bennett

Role models can be helpful in living our lives. We use them maybe without realising it: for example, the media is very dominant, suggesting role models all the time. Our parents, relatives and friends are role models, as are other influential people in our lives. Tai Chi has two simple but profound role models: the Warrior and the Gardener.

Warriors, derived from Tai Chi Chuan (chuan means fist), battle against those physical and psychological experiences in our lives in order to survive and thrive.

Gardeners, derived from Tai Chi Qigong (qigong means to nurture), look after their physical and psychological selves in order to grow and be strong.

How we live our life is dependent on two things: our ability to look after our health and well-being and the extent to which we live a satisfying and worthwhile life. Living our life can be fun, exciting, warming and enjoyable and it can also bring challenges, promoting difficult stresses and accompanying emotions. The warrior model helps address the stresses and strains of life, while the gardener ensures that we, at the same time, take care of ourselves.

These two role models that became the essence of Tai Chi were developed thousands of years ago. Chinese monks learnt how to look after themselves and were

the founders of what is now referred to as Traditional Chinese Medicine or TCM and Qigong. When they were threatened by the marauding hordes of the plains, they had to quickly devise a means of protecting themselves from physical attack. Tai Chi Chuan was born.

Tai Chi has a long tradition, passed down from family to family. It is now widely available in the West, thanks to those Masters willing to share their art. Today, it is not so much physical attack that we are threatened with, but what can be referred to as 'psychological' attack. The internal workings of the body and mind are the same, however. We know this as negative stress.

Tai Chi Qigong trains us to become both Warriors and Gardeners. Since I began to train, it has changed my life dramatically from being subject to the affects of a chronic illness to being able to do (most, anyway) of the things that I want to do in life.

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BENTHAM LIBRARY NEWS

By John Frankland and Linda Brockbank

Bentham Library Reading Group Author Visit

Reading groups in North Craven are being invited to Bentham Library as they play host to author Carol Birch for an evening celebrating books and reading on Tuesday 12th March at 7.30pm.

Carol will talk about writing her Booker Prize nominated novel, *Jamrach's Menagerie*, - an imaginative tour-de-force encompassing the sights and smells of 19th-century London and the wild sea. If you'd like to attend this special meeting then just come along and join the discussion - you can borrow a copy of the book from the library throughout February.

Bentham Library Reading Group meets on the second Tuesday each month, usually at 7:30pm at the library. We cover a wide range of authors and talk about new and old books. See below for books we'll be discussing in the Spring:

12th March *Jamrach's Menagerie* by Carol Birch - Author visit.

9th April *The Hare with the Amber Eyes* by Edmund de Waal.

14th May TBC.

12th June *Why be Happy When You Could be Normal?* By Jeanette Winterson.

9th July *Freedom* by Jonathan Franzen.

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Bentham Library Homework Club

Friends of Bentham Library are looking for volunteers to help run a Homework Club in the library, helping children with their homework and school projects.

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GARDENING COLUMN

By Joyce Knapp

By the time March comes around our thoughts have usually turned to starting to grow plants for the coming season. These may take the form of decorative plants to brighten up the beds and borders in our gardens or, perhaps, we may intend to grow some of our own fruit and vegetables. Once we have decided what we would like to see in our gardens, we need to work out whether to grow these plants from seed or to buy them in as either plug plants or established, young plants. This decision is often guided by the presence of a greenhouse as it can be quite difficult, though not impossible, to grow seedlings and plug plants without one.

Sowing our own seeds may appeal to us as we can get a very wide variety of plants, quite economically, but we do need to set aside a little time to nurture these plants. It is important to thin out seedlings when they are quite small as they will grow both tall and spindly and not make strong plants otherwise. They will also need regular watering in order to help them thrive. We can cut down a little on the work involved by buying what have come to be known as 'plug plants'. These are tiny plants that have been started into growth in a nursery and the idea is that we simply plant them into small pots of good compost to grow on,

before being hardened off and planted out when the weather has warmed up. Alternatively, we may find it suits our needs to buy established plants and this is particularly suitable if we only want a small number of plants of any one variety.

It is becoming ever more popular to grow at least some of our own vegetables and these, like the flowering plants, can be started off from seed, thus giving us a wide selection of varieties. We can, however, take a short-cut by buying in trays of small plants that will be ready for us to plant out, such as cabbage, cauliflower, lettuce and leeks.

One word of warning may be necessary here – I believe that it is much better to buy these locally as the supermarkets have rather a bad habit of stocking plants very early (to catch the trade) and these plants will often have little chance of surviving due to the cold weather. ©



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YESTERDAY IN BENTHAM

Keith Hartley takes a light-hearted look at Bentham and its people, as first seen through the pages of the Bentham News edition of twenty years ago.

March 1993

Many years ago, in a large industrial company where I worked it was said that if you wanted something to happen then you should start a rumour! News of this strategy must have spread because the front page of this month's issue carried rumours that Bentham's rail service was to actually increase in coming months, with more trains on our line.

I never did get the promotion I started the rumour about, and Bentham's rail service rumour met with similar success!

As the annual Comic Relief season approaches we wait with interest to see what our local fund-raisers will be up to this year. Twenty years ago Bentham lad Mick Armstrong decided to really go for it by cycling the whole of the Three Peaks route.

Now I know why he has a funny walk!

An announcement by the Royal Mail that there were draft plans to close the Bentham sorting office raised concerns about the long term future of the Post Office in Bentham. Sub-Postmistress Alison Wilken said that this proposal appeared to fly in the face of previous statements by the Post Office and the government that they are committed to maintain the level of local services.

With hindsight we can see just how credible that commitment was.

Kate Steele's record of the February Town Council meeting was, in my view, one of the best pieces of reporting I've ever seen in BN, although I doubt whether the elected members would have agreed at the time! I don't have the space available to duplicate the full report, but the first two paragraphs set the tone for the report and are well worth

a second read:- "The sight of three police officers, two in uniform, must have thwarted any notion of insurrection by the massive turnout of 21 members of the public. Faces round the table were Councillors Bateson, Cowling, Dawber, Hurtley, Joel, Marshall, Preston and Telford, together with District Councillors Atkinson and Pilkington. But who would join them to make up the recently depleted quota? Four people had 'put their names forward' (*surely not what co-opting means?*) and soon scraps of paper were being passed around the table like a Christmas party game. The end result brought Wendy Dowbiggin and Russell Jackson into the magic circle. Stan Telford was elected Mayor and Gerald Hurtley elected Deputy."

A study by the Joseph Rowntree Foundation found that more than half of single pensioners fall below the 'low cost standard of living' (which includes only those items regarded by most people as necessities). To achieve this 'modest but adequate standard' a single female pensioner would need to have £75.25 disposable income per week after meeting housing costs.

I'd bet that 20 years later there are still people in Bentham who don't have that much disposable income. But why female?!

Finally, a notice in this month's edition announced that a public meeting was to be held at the Black Bull to discuss the threat to the area's coal mines.

Gone – and forgotten! Their demise must have happened fairly rapidly because during my twelve years in Bentham I can't recall hearing any mention of them!



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MARY HANNAH BOWKER

1911-2013

By Mike Bowker and Stephen Dawson

Mary Bowker, one of Bentham's oldest citizens, has died aged 101. Mary was the daughter of Alice (nee Robinson) and John Brownsord and was a Benthamer through and through. She had two brothers, Jack and Bill. Tragically their father died before the Great War.

Mary became a weaver at George Angus and this wasn't without jeopardy as she lost part of a finger in the machinery and thereafter always hid it from view.

She married John Bowker in 1940 and after the Second World War they had two baby boomers, Maurice and Michael. At various times the family kept hens, sheep, pigeons, a pony and a fox cub. Mary's brother Jack married Jessie Bowker (John Bowker's sister) and the two growing families lived next door to each other in Wenning Avenue.

Mary was an expert baker and kept her recipes secret as she often won at Bentham Show. Well-cooked Sunday lunches were a ritual and the phrase *al dente* had no meaning in Mary's wonderful kitchen. She supported St Margaret's Church, the Mothers' Union, the Children's Society and the Women's Institute, carrying the banners on special occasions. She was a knitter and seamstress and made or repaired clothes for the whole family.

Although Mary never had a passport she loved family holidays in Britain and the Isle of Man. She was also a lady of routine: washing on Monday, market on Wednesday, cleaning on Thursday and pigeon racing on Friday. Saturday was spent waiting for the pigeons to return and Sunday was for training flights. John's pigeons played a large part in the family's routine but Mary never complained.



John died in 1994 and Mary continued to live at home with the help of the Brownsords next door. After a stay in hospital Mary moved to the Abbeyfield and walked to Age Concern and other events with her friends Minnie Lambert and Maureen Magoolagan. Mary cut the tape at the official opening of Sole to Soul, Bentham's Holistic Centre, in the Year 2000.

In 2010 she moved to St Wilfrid's Halton where, on her centenary in 2011, she received greetings from the Queen and a splendid party for four generations of her family, many friends and the staff. On Christmas Eve, 2012, a great-great-granddaughter, Grace, arrived.

Mary's funeral on 22nd January gave thanks for her long life and achievements and her favourite hymns were sung with gusto. However, it was also the end of an era for her family and for Bentham, especially as Mary was one of the last, tenuous links with the world before 1914. The way that she faced the challenges and changes of the last century continues to inspire today's generation.



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BENTHAM PEOPLE

Personal Thanks

Bowker, Mary Hannah. The family of the late Mary Bowker would like to thank everyone for their kind support, messages, cards and donations, and especially thank the staff of St Wilfred's, Halton, for the fantastic care they gave, Jim Macdonald for his excellent funeral services, Rev Stephen Dawson for his comforting service and the Coach House for superb catering.

Wilson—Faith, Michael and Andrew wish to thank everyone for the cards, flowers and offers of help, following the death of Addy. Thanks also to the Rev Mabel Parr, Jimmy Macdonald and staff at the Punch Bowl.

Spring Cleaning?

By Kay Piper

Please donate any unwanted items to the Victoria Institute Trash and Treasure Sale—Sunday 14th April. Please bring your "trash" to the V.I. on Saturday 13th between 11am and 2pm. If necessary, we can collect. Please ring 61977. (see ad on page 4)

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BENTHAM SHOW QUIZ NIGHT

By Val Lawson

Thank you to the 33 teams who attended our 14th annual quiz night in February at Bentham Town Hall.

After 10 rounds of questions set by quiz master John Whitfield. The winners were as follows:

♦1st with 91 points were J & M Brumfitt, E Huddleston & D Lawson.

♦2nd with 85 points were G & F Hey & A & G Sheridan.

♦3rd with 84 points were S & J Cornthwaite, P Quinn & B Griffiths.

The amount raised was £440. I look forward to seeing you all at next year's quiz.

BROWN BIN TIME AGAIN

By Shirley Brown

The brown wheelie bin collection starts again the first week in March. The contents of the bins is taken to Growing with Grace in Clapham where it is transformed into garden compost which is then sold back to the community. This is a wonderful example of successful local recycling, and the collections are free (despite earlier fears that there was going to be a charge for this service). So fill those bins, put them out on 8th March and keep recycling.

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EASTER MONDAY MADNESS!

By Alice Ellwood

Come along and join us at the Goodenber Play Area on Easter Monday at 2pm for a

fun-packed afternoon of Egg Games. There will be eggstraordinary egg rolling, an egg-stravagant Easter hunt, and back by popular demand, eggstreme egg throwing! Lots of fun and games for all ages, and marquees for all weathers.

Goodenber play area is off Wesley Way, signposted from the road. If anyone is able to help in any way with this event or by joining the committee, please call us: Mike 62336, Charlotte 61915, or Alice 61889.



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LITTLE RED BUS NEWS

By Lin Barrington

The Right Phone Number!

As those of you who phone us at Bentham Railway Station know, we have been having trouble with our 'usual' phone number. We are now using a different number, **015242 63620**, so please call us on this number and you should have more success at getting through! Lin is in the office from 7.30am to 10am Monday to Friday, at other times you can leave us a message on the answering machine or call our Harrogate office on 01423 526655.

Meeting the Lancaster bus at Wennington

We meet the Stagecoach bus at Wennington Green every weekday afternoon, which means you can catch the bus in Lancaster at 2.15pm and we'll meet you at the bus stop opposite Wennington Railway Station at 2.52pm. You can use your bus pass if you have one, otherwise it's an ordinary bus fare.

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THE LONGSTAFFE EDUCATION FOUNDATION

By David Johnson, Secretary

I would like to draw Bentham News readers' attention to the benefits that can be obtained from the Longstaffe Educational Foundation. The charity's origins are difficult to fathom but sufficient to say that it has its roots in a bequest left by a Mrs Longstaffe in the 19th century. It adopted its current form in the 1950s and for thirty years or so it generally operated quietly as a source of funding for Bentham Grammar School scholarships. It was in the 1980s that its existence became more widely known and after some protests, and under the Chairmanship and leadership of Bateman Marshall, it adopted a more public approach, advertising for applicants who wanted financial support to further their education.

There are constraints; applicants must be under the age of 25 on 1st September of the year the application is made and they should have attended a maintained Primary school in either High or Low Bentham. In the past we have made awards to pupils wanting support for interests such as music or dance. Others have sought funds for school activities and finally we have had applications from university students seeking support for course fees, materials

and books. The possibilities are quite wide but must be relevant to furthering the applicant's education.

Anyone applying must be aware that awards are not automatically granted. The committee reserves the right to refuse a request. The committee is composed of six Benthamers familiar with our community. It is also worth noting that we have a fixed income and it is the task of the committee to decide how to divide this between successful applicants.

Over the years the Foundation has proved its value in promoting the education of many youngsters starting them on a worthwhile career. However, we have a fixed income and the only way we can improve our support is to increase our capital. One purpose of this letter is to ask if people would consider leaving a bequest to the foundation in their will to help us increase our capital and thereby improve the support we can offer.

Do not apply this month. Keep an eye on the April Bentham News for the advertisement that will provide application details and give a closing date. We do not consider late applications.

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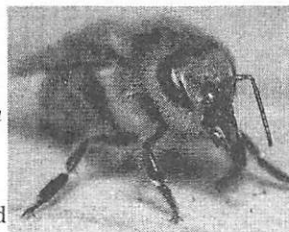
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BEST NEWS

By Richard Wilson

Good news for Bees?

Neo-nicotinoid
insecticides



(what a mouthful - let's start calling them NNs!) have been the subject of previous BEST articles. Their widespread use is suspected of contributing to the ongoing crash in our bee population but the manufacturers, unsurprisingly, claim that the evidence is unclear.

Now, after much campaigning by environmentalists, the European Food Safety Authority has labelled three NNs a grave threat to bees. Within a fortnight of that announcement, two UK garden product retailers - Wickes and B&Q - withdrew some NNs, and pledged to stop stocking any NN insecticides. So it does matter that we stand up for bees. The UK government's advisory committee for pesticides is now looking into changing the regulations on the use of NNs.

Making a livelihood from the land whilst maintaining its long-term health has never been a tougher challenge. James Bargh from Waterscales Farm, Bentham will be talking about his work as a dairy farmer at the next Green Café. Come along (Wednesday 6th March, 7.30pm, Looking Well, King Street) to find out how he does it. There'll be conversation about how we are all affected - with coffee and cake! All welcome.

BEST stands for Bentham Environmentally Sustainable Town. Join us for our next meeting on Thursday 11th April at 7.00pm in the Horse and Farrier. Everyone is welcome to any of our activities and meetings; do come along and help make Bentham a greener town. If you'd like to know more, phone 63399 or check www.greenbentham.org.uk

AGE CONCERN

By Doreen Park

Members returned after the holiday break. The room was buzzing with talk of what had taken place during the festive season.

Everyone was ready to do some gentle exercise with Colin only to be told that he was ill. So we had Christine's waffling and a quiz. The following week Sue Park was the caller for card bingo and in week three Doreen Park and Olive Calverley read some humorous and meaningful verses. In the final week of the month Mrs. L Crossley spoke on her role as chairwoman of the Patients' Support Group at the Health Centre. Christine Pearson, our Organiser, read a letter from the Bensons who left Bentham late last year. She is planning a visit to tearooms in the area where the Bensons live, so that they can come and meet old friends again.

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FRIENDS OF BENTHAM STATION

By Gerald Townson

The FOBS Station have launched a website www.friendsofbenthamstation.btck.co.uk to further community involvement, keep local residents and visitors informed about enhancements, developments and events, offer an insight into the history of the station and encourage travel on the Bentham Line. The site also provides links to the railway, council and local voluntary groups who have supported and assisted FOBS, gives details about the station information room and promotes the local Dales Railcard scheme, as well as allowing train running to be checked, timetables to be consulted and tickets to be bought on-line. The members of FOBS hope it will also assist other Bentham groups to develop their own websites, promote their endeavours whilst supporting the local community.

The FOBS website has been created using the BT Community Web Kit and is hosted for free. Specifically designed for use by voluntary community groups and charities, the kit can be found at www.btck.co.uk It has an easy to use page editing system.

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As you can see from the FOBS logo we are also making use of QR codes (quick response codes), on our stationery, posters, literature and press articles, to give immediate access to our website. QR code readers and creators are now readily available on the internet and as apps for mobile phones and tablets. Try your app out using our QR code above. Even here in the wilds of the western Yorkshire Dales technology moves quickly onwards.

Thank you to all who supported the FOBS coffee morning and helped raise £195 towards FOBS funds. The members would also like to thank Angus Fire for their cooperation and substantial assistance in the tidy up of their entrance to the station and their factory, as reported in last month's Bentham News.

In Memory of Pauline Hill

Many of you will recall Pauline and the extensive voluntary work she undertook with the Youth Club and as Secretary of LASRUG. Following a request, and with the agreement of LASRUG, FOBS have moved the engraved plaque in memory of Pauline from inside the station building to a point on the outside near Pauline's tree and adjacent to the bench commemorating her life. Bob Sloan, the creator of the plaque, kindly undertook the preparatory work and new installation. We hope that the three items together will help people recall fond memories of Pauline.

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CARING FOR BENTHAM'S ELDERLY

(The follow-up to last month's article)

By Keith Hartley

Strong Concerns for the Future

I was heartened to find that at a public meeting on 14th February every person who attended shared my concern for the care vacuum that was created in Bentham with the closure of Abbeyfield. There was also a degree of anger at the way such providers as Yorkshire Housing appear able to absolve themselves of any responsibility to make adequate provision on a community basis. As evidence of this, they have given notice of closure to the residents of Reid House, Ingleton, which is currently the closest sheltered housing to Bentham. Each resident has been given an illustrated list of alternative establishments to which he/she is invited to apply for transfer. The establishments are located in such places as Selby, York, Pickering and Scarborough.

However you want to dress it up, *that's elder abuse*, but of course no one will be held accountable because it is happening in a climate of *Cuts without Care*.

Predictably, the public meeting did not come up with any answers. It did, however, raise some interesting questions which will be discussed more fully at the next meeting, to be held at the *Looking Well* on Thursday 14 March at 10.30am. One such question is whether, as a community, we could re-light the Abbeyfield fire by perhaps renting these or similar premises, thus creating an independent not-for-profit provider. Interesting stuff, but it needs your input to become meaningful.

Whatever your age, but particularly if you are at or approaching retirement age, you have a vested interest in elderly care provision in the area, so do come along on the 14th to share your thoughts.

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WOMENS' INSTITUTES

High Bentham

By Janet Plummer

February's meeting was held in the Wenningdale Room at the Town Hall and visitor Marlene Close was welcomed by the President Wendy Dowbiggin. Our speakers were Christine Smith, Solicitor at Birchall, Blackman, a leading North West law firm and Alan Shellcross, a consultant and retired solicitor and their talk was on Wills, Bills and Quills.

This was a subject that affected everyone and they impressed upon us the need to make a will and review it every five years or so. Family circumstances can change and unfortunately most people forget about the implications for a will, so the importance of reviewing any existing wills was emphasised.

Christine and Alan also talked about the implications for families faced with care home fees and when the taking out of a Power of Attorney is helpful. Their interesting talk gave us all food for thought.

The competition for 'a photograph of granny' was won by Nancy Eno who also won the raffle.

At our next meeting on 7 March, the speaker will be Peter Wade on the Life and Career of Thora Hird. The W.I. is for women of all ages, so come and join us – a warm welcome awaits you.

Low Bentham

By Jennifer Watkinson

Christine Jennings presided at the AGM which, considering the weather, was well attended. She thanked Sylvia Brennand for doing a wonderful job as secretary and all members for their support. Pam Warbrick, the treasurer, reported a financially successful year with a big effort on fund raising and more visitors to the meetings. Both the president and treasurer were re-elected and Kathryn Brownsord was voted

in as secretary. Sylvia Brennand is now vice-president. Other members of the committee are Betty Atkinson, Betty Dodgson, Edna Hewitt, Simone Pridmore and Jennifer Watkinson. Barbara Vigour volunteered to prepare posters.

Before supper, supplied by the committee, Sylvia Brennand, Pam Warbrick and Faith Wilson gave a repeat performance of the amusing sketch written by Faith "The Journey". The meeting finished early to allow anxious members to return home safely before more snow fell.

Two WI teams enjoyed competing in the agricultural quiz held at the Town Hall and admitted to finding it less difficult than last year.

The next meeting is on the 21st of March at the Victoria Institute when Mr D Rees will be talking about the 2012 Olympics and Paralympics.

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PRIMARY SCHOOL NEWS

By Sally Johnson

Thank you to everyone who supported our PTFA Coffee Morning at Bentham Town Hall on Saturday 2nd February. Children from KS2 came along to sing to everyone, ably led by Mrs Libby Wheildon, our music co-ordinator. The children sang the song "Believe" beautifully and brought a tear to the eyes of the audience! We raised £465 for the PTFA to help pay for school trips, theatre groups visiting school and resources for the classrooms.

Our Year 5 & 6 children are taking part with the other cluster Primary schools in Settle College's production of "We will rock you!" in March. Our children are really enjoying learning the songs and they sang "Radio Ga Ga!" with great enthusiasm at the PTFA Coffee Morning! Tickets will soon be available for our performance on Wednesday 27th March at Settle College if you would like to cheer us on. Contact the school for more information.

If you have pre school age children contact school on 015242 61412 to find out about free places in our exciting school nursery which runs each day from 9.00 – 12.00 which includes lunchtime. If you would like to visit our nursery please give Mrs Claire Steele our nursery teacher a ring. Look on our new website on www.high-bentham.n-yorks.sch.uk to find out more about our wonderful primary school!

Our School Council held a Valentine's Disco for all the children in Classes 3, 4 & 5 after school on the last day of the Spring Half term.

In school the children write termly newspapers to keep both children and parents up to date with school events and news. We have a new reward system in school, so that every Friday lunchtime children who are in our Praise Assembly book, for good learning or behaviour, have a

special treat and eat at our glittering "golden table" with cakes and juice!

As part of their topic on Africa this term Class 4 has enjoyed drumming lessons with music teacher Iain Hunter and also Batik & Mask making sessions at the Looking Well.

The whole of KS2 (71 children in total) recently had a great day out visiting the Synagogue Museum in Manchester and going to watch the amazing "Lion King" musical show! Theatre goers commented on the excellent behaviour of our pupils.

Year 1 had a super morning taking part in the cluster Multi-skills festival at Giggleswick Sports Hall.

Our Early Years families are now able to borrow story bags each week to read and enjoy at home. Each bag includes a book and a toy linked to the story.

If anyone is interested in helping in school – whether it is to hear readers or to help in lessons then please contact school on 015242 61412. Thank you.



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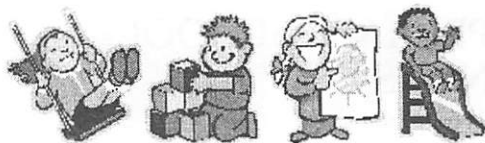
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FOUR FOR 45 MARCH

By Alice Ellwood

As all the flowers are coming out, go for a walk, count the different types and look at the colours, shapes and sizes. Try pointing them out to children using location words such as near, under or beside. If you have flowers in your garden or ones that you are allowed to pick, choose a few and some leaves to bring in. You can cover them with sticky back plastic or sticky tape and use them to decorate Easter cards or attach them to a twig to make a 'display tree'.

Try a colour and shape hunt around the house or garden. Use sticky tack to put up coloured paper and vary the size and amount depending on the age of your child, maybe putting up more than one sort at a time for older children or timing them.

Another good game is a pairs match. Going around the house, collect items that have a pair, like socks, gloves, two wooden spoons etc. Putting all the items out on the floor, encourage your child to pair them up. Older children could find an item you've removed or try less obvious matches, like knife and fork. You could also make or print some Easter images to match up.

If the weather is still bad, you can explore different textures at home by adding large glitter, split peas, rice or lentils to playdough. One recipe is 1 cup flour, ½ cup salt, 1tbsp vegetable oil and colouring. If you have it, 2tbsp cream of tartar helps the elasticity. Mix it all in a bowl with a cup of boiling water until it thickens then carefully kneed, as it will still be hot, until it's the right consistency. It keeps best in an airtight container or plastic bag.



This photo shows members of Settle Harriers and Bentham Beagles running clubs with some of their supporters after their run from the playing field up to Big Stone on Boxing Day. It was a really challenging run in difficult conditions, so why do they look so happy?

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FOOTPATH GROUP MATTERS

By Maureen Ellis

The March walks of the Bentham Footpath Group all start at 9.30am from Lairgill except on Good Friday.

Wednesday 6th has the 7 mile Underbarrow and Cunswick walk, starting at Scout Scar C.P and goes through woods to Underbarrow and up to Scout Scar again. It is a continuation of the walk on 26th February by a different route and leader.

On Saturday 9th there has been a swap of leaders and routes to that advertized on the card. It is an 8 mile walk from Hellifield C.P near Aherne's shop and goes by Langber Lane on a circular way.

Wednesday 20th sees the Stock's Reservoir 9 mile walk in the picturesque south-reservoir area, taking in some of the local history. The walk will start at School Lane C.P and could be either clockwise or anti-clockwise around the reservoir.

Friday 29th is the Bentham 4 miler starting at Bentham Bridge and probably going by pretty Branstone Beck, where there may be spring flowers, and we then go across the stream to Low Bentham for hot drinks and hot-cross buns at the Institute. We will return by the river and hope for warm weather and some sunshine.



The annual dinner will be at the golf club on 19th April. It is at 7.0p.m for 7.30pm and you must book and pay with David Longton as soon as possible.

The Monday Walks for Women Group continues to attract good numbers. It always meets at 9.30am at Lairgill. Towards the end of the walk on 4th February a number of bright red Aleuria Astartia fungi were noticed and ably photographed. See the picture above.

PICA

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Bentham News is published at "Latharna", High Bentham, by an editorial committee consisting of Trevor Blackwell, Shirley Brown, Alice Ellwood, Tara Malone, Charlotte Munday, Peter Phillips, Richard Wallace, Pam Woof – and Bill Kennedy – co-ordinator, who can be contacted on 015242 62492. Every effort is made to ensure that information contained in the paper is correct. However Bentham News is an open access paper and views and opinions expressed are not necessarily those of the editorial committee. The committee reserves the right to edit contributions. We are willing to withhold names on request, but **names, addresses and telephone numbers must accompany all items for publication**, which should be handed in to the Gallery, Station Road, by copy deadline, 15th March for the April edition. The Bentham News email address is: benthamnews@lycos.com