

BENTHAM NEWS

LOOK UP!

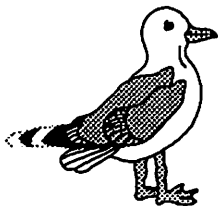


Now that spring is here with lighter nights and warmer weather, let's look forward to a series of celebrations and fun throughout the month of May. The Look Up flag making workshops have now come to an end. The finished flags and banners will be on display on Gala day.

Bentham Bird Sanctuary Competition

As you probably read in the last issue of the News, Bentham will be offering a place of refuge to birds scared away from Wray by the hordes of scarecrows at Wray Fair. Let's fill Bentham with a grand show of BIRDS!

Competition entry forms can be obtained from Bentham Sportswear, Spar, Low Bentham Post Office, Bentham Development Trust office (at Jackson's Sawmills). The entry form gives details of the competition but enquiries can be made at the Trust Office or telephone 61764.



"Eggstremely Good End!"

Bentham Gala ends the May celebrations on Bank Holiday Monday 29th May with a theme for the day of.... yes, you have guessed.....BIRDS.

GRAND PROCESSION

This year there will be an even bigger and better procession led by the Zabumba Band and lots of entertainment. Prizes will be awarded for the best floats, as last year, £30, £20 and £10, but in addition there will be prizes for

- Best flock of birds (walking)
- Best individual bird
- Best "birdmobile" (decorated pram, push chair or cycle)



On the field there will be face painting, pony dump, fairground rides, Martyn's Magic, the Satellite Dream Tent and lots of other side shows and stalls. Don't forget the Car Boot Sale which starts at 10.00am on the Gala field. At the end of the afternoon the

GALA CHICKEN will attempt to produce the GOLDEN EGG - a prize of £50 for the lucky winner. £25 second and £10 third prizes.

What no Duck Race?

No, not this year. But the Golden Egg Lottery will be run throughout May. You are familiar with the form. Buy your egg for one pound from various shops etc. round town and you are in with a chance to win one of these cash prizes. This all helps towards the Gala funds so please give your support to this and all the bird projects, and enjoy all that the month of May has to offer.



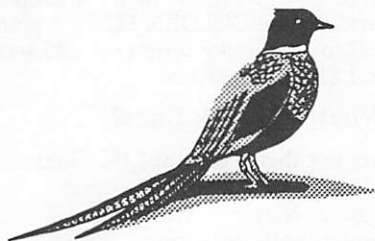
HIGH BENTHAM WOMEN'S INSTITUTE

By Doreen Park

The April meeting attracted a gathering of 130 people to a joint evening with Messrs. Tooby's and Sharp Electronics on "making the most of your microwave". The demonstrator, Mrs. D. Hale, assisted by Karen of Tooby's and Trevor of Sharps, prepared and cooked a large selection of dishes in various microwaves, giving a good insight into the versatility of the ovens. Thanks on behalf of the Women's Institute must go to Walter and Linda Tooby for providing all the food used together with a prize draw.

Mrs M. Ashton and a band of W.I. helpers served tea and scones while members of the committee talked to visitors on the W.I. with the hope of attracting new members. The raffle prize winners were Mesdames Price, Gaskell, Stubbs, Thompson, Tooby, Evison and Jewell.

The next meeting is on 4th May and will be a Resolutions evening. The competition is "How many items in a matchbox?".



THE TRUE COST OF OUR DAILY BREAD

By Nigel Bamford

50 years ago small bakeries produced 83% of British bread. Today that figure is a mere 8%. In the last 5 years 1500 family bakeries have closed leaving just 3500 across the whole country.

These alarming statistics reflect dramatically the impact that cut price supermarket loaves have on what was once an integral part of town and village life. The supermarkets sell sliced bread below its true market price, as a "loss leader" - an enticement to get customers into the store, then they get more than their money back on all the other premium price purchases thrown into the shopping trolley. So really, it's not cheap at all! But this tactic devalues bread and convinces people that local bakers charge too much.

The situation is viewed with concern by community groups, including Age Concern, who say that the closure of bakeries is causing undue hardship to pensioners, 91% of whom do not have access to a car. And can you chat to a supermarket operative in the way you can with a local baker? This social function should not be undervalued. There is only one way to keep our local bakeries alive - use them!

Thanks to the "Independent on Sunday" for much of the information in this article.



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TOWN COUNCIL

By W.Kennedy

Police

The police representative was unable to attend and the Clerk raised the following points on his behalf. A letter concerning the Council's complaint of speeding at Springfield, (close to the outstanding new 30mph sign) had not been replied to by the Traffic Section. Concerns about speeding in any other areas should be made in writing to the Council, to be passed to P.C.Kay. The monitoring of illegal parking has continued and will be reviewed when the new waiting restrictions are introduced.

The recent financial review by North Yorkshire Police Authority has resulted in a reduction in the budget for vehicle fuel. Will this mean that there will be even less mobile police patrolling in the area?

Highway matters

Craven District Council has now agreed to erect or improve signs at all their car parks to indicate "free parking". A letter to Craven District Council relating to a proposal for car parking in Low Bentham, had not been answered, but Mr. Pilkington advised the council not to be optimistic about the outcome.

Mount Pleasant Wall

Councillor Hewitt reported that the wall, constructed from sandstone, was crumbling, and was hazardous. Councillor Marshall proposed approaching NYCC to consider completely re-building the wall and adding a footpath

Age Concern

The Mayor, Councillor Hurlley, reported on a meeting with the Age Concern Committee. They were not satisfied with the standard of cleaning in the Town Hall and would have better accommodation at lower rent in the Masonic Hall.

Local Action for Justice and Peace

An application for a grant of £75 by the Local Action for Justice and Peace group was defeated with only three votes in favour. Perhaps it is mere coincidence that the three votes in favour were recorded by the three lady councillors. However they seemed to be the only ones who were reasonably aware of the objectives of the applicants.

River bank erosion

Councillor Dowbiggin brought to the attention of the Council the concern felt about the erosion of the bank of the river Wenning behind Holme Park, following the heavy rainfalls in late winter. It was agreed to notify the National Rivers Authority.



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COUNCIL CONCERNS

By Councillor Ralph Atkinson



Council Recycling Programme

Unfortunately we in CDC lost our recycling officer in February and he will be difficult to replace. Recycling, is part of our rubbish collection contract and this, together with escalating costs for staff and rubbish bags, put the programme at risk for a while. As a result the second phase of the recycling programme, including mini-centres for Benthams and Ingleton was postponed. However, the Council agreed to meet the extra costs and the programme will now go ahead. The price of black bags went up by 14% and we are still using too many of them. Some are wasted by the general public - so please take care!

Reorganisation

Although we came through the Local Govt. reorganisation relatively unscathed, it is still going to have profound effects on our finances and organisation. At long last, the Secretary of State has decided that Goole does not come in to North Yorks, so our population base falls from 721,800 to 546,800(25%) with equivalent falls in finance. Both Craven DC and North Yorks CC are looking at their organisational structure, to see where they can be streamlined to take account of this, the contracting out philosophy of Govt. and our new and changed responsibilities.

School Budgets

Further to my note of last month I am assured that, although there will be some tightening of belts this year, no school in North Craven will have to shed a class teacher. Despite Mrs. Shepherd's promises the outlook for next year does not look as promising.

Elections 1995

The results of the recent county by-election in South Craven were disappointing to those of us concerned with the health of local government. Disillusionment with national politicians seems to be spreading,

even a recent church magazine calling politicians 'dirty' without qualification, which just does not accord with my experience of local politicians. Probably as a result the turnout for the Airedale ward was exceptionally poor - 33% overall; it was less than 15-20% in Sutton and Cononley. Let's hope this doesn't apply in May.

Quango Quirks

Nationally the concern over quangos, which I first raised over three years ago, seems to be growing. An independent report from Portsmouth University reveals that the overwhelming characteristics of nominees to the new police authorities are white, middle class, male and middle aged. In some areas (hopefully not our own!) Labour nominees, women and ethnic minorities were deleted from the Home Office list. Fortunately, Govt. seems to be taking account of some of the criticisms and drawing people from a wider range of backgrounds. However, these well paid and non-accountable bodies continue to be formed and to take over the responsibilities of elected local councillors.

Council Housing

The Housing Committee and staff are now well on with their statutory consultations with tenants about the transfer of Council housing to housing association management. Thus far it appears that most tenants are well satisfied with our system of management. If the majority confirm this it looks as if we shall be resisting the Govt's blandishments for change yet again.

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KIDS PAGE



EXCELLENT

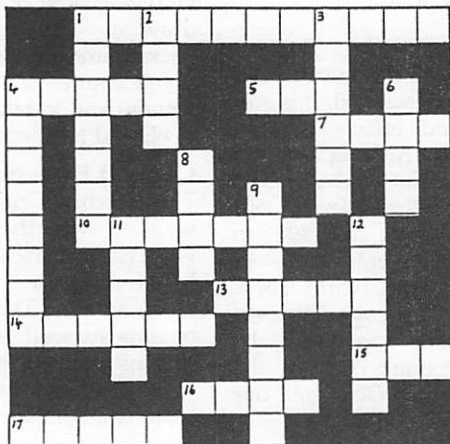
Hello again, I hope you liked last months crazy ideas for getting out of trouble!! This issue we have a crossword all about springtime and things you do and find in the spring. We have everything from flowers to dancing and from dusting to eating. Just to make it a bit easier we've done some clues for you. *By Jenny Bloxham*

ACROSS

1. A hopping carrot.
4. An overheated angry food (see also 5 and 16 across)
5. See 4 across.
7. Oak, elm and ash are _____
10. Pay Mole (anagram)
13. They're butcher's baby meat.
14. The season of tidiness (see also 9 down)
15. At Easter hens lay and bunnies look after.
17. Cheep, Cheep.

DOWN

1. Flowers that grow on trees.
2. Birds house.
3. A dairy product and a drinks container grows (see 8 down also).
4. A female animal that slips.
6. You put this part of the flower in the ground.
8. See 3 down.
9. See 14 across.
11. Last month.
12. Choc eating day.



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POST OFFICE NEWS

By Alison Wilken, Sub Postmistress

Post Office Foreign Exchange Service

The Post Office has been involved in foreign exchange and travellers cheques for a number of years but on an incomplete basis. Following an experiment over the past 12 months in partnership with the Bank of Ireland, the Post Office has now launched a new nationwide foreign exchange service to meet independent customer needs. From mid April, 18,000 post offices (all those offering the normal range of counter services) have been offering a pre-order service for foreign currency and travellers cheques. In addition, over 600 post offices have been operating an "on demand" buy and sell service for the more popular currencies (with a pre-order service for the more exotic). High Bentham Post Office is providing this on demand service. In all cases there is a commission rate of 1% and a buy back facility. We hope you find these facilities useful. In addition, sterling travellers' cheques also can now be used to purchase most post office services without commission being paid.

May Post Office Arrangements

There will be no counter or delivery services on Bank Holiday Mondays, 8th and 29th May. Pensions/allowances due on these days can be collected from Monday 1st May and Monday 22nd May respectively, as usual. There will be no Sunday collections on 7th May and 8th

May, but collections will be made from Post Office letter boxes only, on both 8th and 29th May.

Special Stamp issue.

A special stamp issue will be on sale from Tuesday 9th May, commemorating 50 years of peace in Western Europe and featuring the work of British Red Cross and the United Nations.

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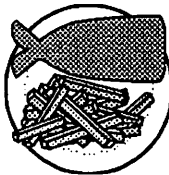


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GARDENING PAGE

By Pauline Henry



This is the month, which for me, is the busiest and most exciting of the year in the garden.

The greenhouse is bursting at the seams with bedding plants, waiting for the frosts to pass so they can go outside. But don't be too impatient! I have been caught out in the last three years by starting to bed out annuals in May when all seemed safe, and then getting a sharp frost in early June to teach me a lesson. This year I am determined to learn by my mistakes!

All the vegetable and flower beds have had a good clean and tidy and the lawns are mowed, the edges cut and the whole place is beginning to look quite good. The worst places are where the daffodils grow. It is still too early to cut them down. The longer the leaves are left on the better it is for the bulbs next year. A good guide is to cut them off about six weeks after the last flower has died.

Now is a good time to go round the herbaceous borders and stake and tie up any plants that are going to grow to more than two feet, such as delphiniums and lupins. It is so heartbreaking when they get snapped off in their prime by a sharp gust of wind.

Stake the lilies too, and watch out for slugs which love the young lily shoots. Harden off all young plants and seedlings and sow half hardy annuals where they are to flower.

Plant up your hanging baskets, tubs etc, but keep them under cover until you are sure the frosts have passed. If they have to be outside then put some fleece, plastic or even netting over them if frost is forecast. Don't forget to remove it in the morning!

Keep on hoeing and weeding all the beds regularly so that the weeds never have a chance to seed. It is a chore but saves a lot of work later on. Care for strawberry plants by removing all dead leaves and new runners. Put straw round each plant to raise the leaves and flowers and keep the fruit off the ground, and therefore clean and free from grit. It will also prevent slugs from having more of the fruit than you! If you have not already done so, plant out leek seedlings. Sow runner beans and keep on sowing a succession of lettuces, radishes, spring onions etc. Next month is "Flaming June" - make it a glorious one.

Three "Thomas Dixon Walks"

To mark the publication of the new edition of Thomas Dixon's 1781 "Description of Ingleborough and Principal Places on the Banks of the River Wenning" we invite interested persons to join the Bentham Footpath Group on any, or all of the walks (details in local events page) on the 1st, 6th and 8th May.

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BENTHAM FOOTPATH GROUP

By Maureen Ellis

There are map addicts who plan routes and scale mountains of the mind. A less energetic form of the disease is to savour names of places on maps and this can be a sort of history lesson. The Bentham/ Craven area is rich in evocative names such as Bell Busk and Israel; but I went further afield recently, after an armchair session with the Leeds and Bradford OS 1:50,000 map, into the Harrogate area. I had discovered that the remains of John O' Gaunts Castle were to be found at Gr 219545 in Haverah Park. I have more than a passing interest in this man, later to be the Duke of Lancaster, who owned vast tracts of land from Lancaster to Northumberland, in Yorkshire, the Midlands, and down to the Savoy Palace on the Thames.

My solitary walk did not have the benefit of the Bentham Footpath group's excellent planners and leaders. So access and poor map reading proved my initial downfall, to be followed by a blizzard. Nothing daunted I set off the following week by a different track on a fine sunny evening and used the time honoured strategy of asking at a nearby farm for directions. Yes, the farmer's wife knew where it was but thought it was only a pile of stones. Safely on the right footpath, a good green track lead up to a vantage point above Beaver Dam, and there was my goal - the remains of a keep, seven feet or so high at either end of a tumbled down wall and surrounded by a dry moat. I returned triumphantly in the evening sun resolving to find more information at the reference library.

There is obviously great scope for scholarly research by an archeologist as little is known about this small remote outpost built in the 13th century.

It was reported to me with great enthusiasm that the Bentham Footpath Group had a superb walk in the Pendle area, which is further away than usual. As I missed it, I hope it is repeated some time.

BOBBY ON BIKE CAUSES A STIR

By Shirley Brown

In keeping with this month's theme of "Bird Watching", or "looking out for sightings of strange creatures", two eagle-eyed members of the Bentham News Editorial Committee recently spotted, in the village, a uniformed policeman on a bicycle.

Does this mark a much longed for return of "bobbies on the beat", or was it an off-duty policeman still in uniform on his way home, or maybe it was someone on a sponsored charity bike ride? Perhaps the exact identity of this exotic creature will never be known, but future sightings would be most welcome.



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FASHION NOTES

By Alison Houlsworth (age 15)

If you are planning to go out for the evening the first thing that hits you smack in the face is "*what to wear*" (especially for girls).

If it is a friend's party or out for a meal there is always a decision of clothes to match your destination, what is in fashion and how to make up the best outfit. The problem with going to a friend's party is wearing the same outfit as another girl, which causes embarrassment. So go for something that suits you and is if possible cost effective, by making it up out of the clothes you already have.

How to do it

Never throw away clothes such as tops or skirts if they still fit you, just because they are out of fashion, at the moment! Empty your wardrobe, drawers and cupboards that are all full of clothes, even the things that you think look disgusting.

Take out the nicest looking pair of trousers, or skirt, and place them on your bed. Now find a top which will look good with the trousers or skirt. There you have one outfit already! If you want to look stylish, trendy and ultra cool, there is still your make-up and hair to do yet girls!

Holiday Spanish

By Catherine Birtwistle

After the successful short course, Holiday Spanish, Community Education will run another Holiday Spanish course. It will be designed for newcomers as well as those with a smattering of basic Spanish. The class will be held in Burton-in-Lonsdale Primary School for 4 weeks, on Tuesdays 2nd, 9th, 16th and 23rd May, from 7.30-9.30pm. Further details are available from the tutor, Julie Bridgeman, telephone 62276.

There are also vacancies on the Creative Embroidery class, held in High Bentham Primary School on Thursdays 27th April to 25th May, also from 7.30-9.30pm.

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BIBBY'S OF INGLETON

BENTHAM PEOPLE

Thanks

Blundell, Laurie, I have been overwhelmed by the many messages of sympathy received following the recent death of my eldest son, and also for the many kindnesses, thoughts and prayers so sincerely given on my recent spell in hospital. I do value the community spirit shown and am sincerely grateful.

Bradley, Marian would like to thank her many friends in and around Bentham who sent her presents, flowers and cards on her birthday. They were much appreciated, thanks to one and all.

McDonald, Shirley and Jimmy would like to thank family and friends for their gifts, flowers and donations to Airedale Cancer Support Group, in celebration of their silver wedding anniversary. £472.00 has been donated, thanks to all.

McKenna, Reg and Phyl would like to thank family and friends for good wishes, cards and flowers on the occasion of their golden wedding on 5th April.

Preston, Joan and Bill would like to thank friends and relations for their cards and good wishes on the occasion of their golden wedding. Special loving thanks to our five girls and their families for a wonderful day and our holiday in Leamington Spa.

Robinson, Lynette would like to thank family and friends for all their help and the cards, flowers and gifts received during my recent stay in hospital, and the following weeks.

Robinson, Marian would very much like to thank parents, teachers, children, friends and colleagues for the lovely flowers, gifts and cards she received on her retirement from High Bentham County Primary School. Thanks and appreciation to all.

For Sale

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Obituary

Charles B. Garlick

News has recently been received by family members of the death at his home in Johannesburg, South Africa, of Charles, the eldest son of the late Mr. & Mrs. George W. Garlick. Aged 78 years, he leaves behind his wife Peggy and two sons, John and Rodger.

Charles, who will be remembered by many of the older members of the local community, was educated at Bentham Grammar School, under the headship of Mr. George Percy Gill. In 1936 he emigrated to Northern Rhodesia, (now Zambia) and was employed on the staff of N'Changa Consolidated Copper Mines at Chingola, where he became Power Plant Superintendent. He lived in Chingola until his retirement when he and Peggy moved to Durban in South Africa; more recently they resided in Johannesburg. Charles never forgot his roots and since the second world war has made several visits to Bentham, staying with his sister Peggy and brother Max, at the family home of Crosslands, Springfield. He will be greatly missed.

Arthritis and Rheumatism Council Coffee Morning

By B.J. Williams

The committee would like to thank all who supported our coffee morning resulting in approximately £424 being raised for the A.R.C.

Raffle prize winners were F.Forster, C.Bentham, Mrs. Brownsord, Dot W., R.Pye, R.Ashton, Mrs. J. Robinson. The cake was won by Carol Armstrong and the doll's birthday was guessed by Mrs Johnson.



LOCAL EVENTS IN MAY

Mon 1st Ingleborough walk, 8 miles, leader Frank Royston, 41725. Please meet at Lairgill/Clapham car park 10.00am. (A "T.Dixon walk")

Town Council meeting, 7.30pm, Town Hall.

Tue 2nd High Bentham Methodist Church, special visit of Rita Nightingale, 7.30pm. Buffet supper, admission free. See page 19.

Wed 3rd N.S.P.C.C. monthly meeting at Lingfield, Robin Lane at 7.30pm.

Thu 4th Arthritis & Rheumatism Council, sponsored knit-in, in the Methodist Schoolroom, High Bentham, 7.00pm.

High Bentham Women's Institute resolutions meeting. Competition - how many items in a matchbox?

Fri 5th Jumble Sale, Tatham Fells Village Society, 7pm Lower Town Hall

Sat 6th Lowgill School coffee morning in the Lower Town Hall 10.00am-12noon.

Bentham Footpath Group walk, Clapham to Bentham, 8 miles, leaders The Picketts 61288. Please meet at Lairgill 10.00am. (A "T.Dixon walk")

Sat 6th Bentham Fire Station open day, 10.00am - 4.00pm. All welcome.

Mon 8th Bentham Footpath Group walk, Bentham to Hornby, 8 miles, leader Len Moody 61128. Please meet at Lairgill 10.00am. (A "T.Dixon walk")

Spring Fair and V.E. Day teas, bric-a-brac, plants etc, 4.00pm Low Bentham C.P.School. Organised by Friends of the School.

Low Bentham Chapel Anniversary, 7.30pm, Orton Male Voice Choir.

Tue 9th Bentham Footpath Group quarterly meeting for all members, Town Hall, 7.30pm.

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

Bentham Child Health Clinic at The Surgery, 1.00-4.00pm.

Bentham & District Camera Club AGM

Thu 11th Hornby Drama Group Festival of One Act Plays, in the Hornby Institute, at 7.30pm. Tickets at the door.

Fri 12th Hornby Drama Group Festival of One Act Plays, in the Hornby Institute, at 7.30pm. Tickets at the door.

Modern & Old Time Dancing, Town Hall 7.45-10.45pm. £1.20 includes tea and biscuits.

Sat 13th Lancaster Scanner & Hospice coffee morning in the Town Hall, 10.00am-12.30pm. Cake stall, bric-a-brac, plants, books etc. Raffle-bottles of wine, food hamper, biscuits, chocolates etc-separate raffle of bottle Glenfiddick Pure Malt Whisky. To make a donation please contact Mary Frankland 61813.

Listing for Local Events

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

Event.....

Venue.....

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

Please complete and return to Bill Kennedy, 1 Lakeber Ave, tel. 62492 or to Bentham Sportswear, Station Road.

Sat 13th Hornby Drama Group Festival of One Act Plays, in the Hornby Institute, at 7.30pm. Tickets at the door.

Mon 15th Christian Aid house to house collection, through to 21st May.
Youth Club Meeting 6.30pm.
Bentham News copy and advertisement deadline for June edition.

Thu 18th Low Bentham Women's Institute, 7.30pm Low Bentham Institute. Mr. Les Foden "The Gardeners Year". Competition, "Disastrous house plant".

Fri 19th Waste Paper Collection at the Legion hall 8.30-11.00am.
Proceeds to NSPCC.

Rondo Ballet performance, Town Hall.

Sat 20th St John's coffee morning in the Town Hall, 10.00am-11.30am.
Gala Workshops in the Youth Club 2.00-5.00pm. Workshops open to everyone to make things for carrying in the Gala.

Rondo Ballet performance, Town Hall.

Sun 21st Bentham Footpath Group walk, Scaleber-Clifford hall, 5 miles, leader John Pilkington, 61757. Please meet at Low Bentham Car park, 1.30pm.

Tue 23rd Toy Library in the Youth Centre, 9.30-11.30am.
Bentham Child Health Clinic at The Surgery, 1.00-4.00pm.

Wed 24th High Bentham Playgroup and Toddler coffee morning in the Lower Town Hall. Toy sale, tombola, cake stall, nearly new, etc.

Fri 26th Bentham News published.

Sat 27th Springfield Bowling Club coffee morning, Lower Town Hall 10.00am-12noon.

Bentham Footpath Group walk, Lowgill circular, 6-7 miles, leader Keith Wear 51498. Please meet at Lairgill 10.30am.

Gala Workshops in the Youth Club 2.00-5.00pm. Workshops open to everyone to make things for carrying in the Gala.

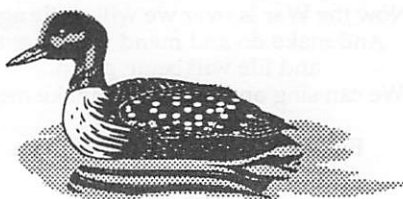
Sun 28th Serious annual charity ride for everyone's delight. Details on page 24.

Charity Football Match 12noon, Bentham Res v Referees 11. Proceeds to St. John's Hospice.

Mon 29th Bentham Gala

LOCAL EVENTS IN JUNE

Thu 1st High Bentham W.I. members evening. 7.30pm Town Hall. Competition "An old candlestick"



Ewecross Historical Society

By Sara Mason

Arrangements are now being made for the programme of summer outings, the first of these being on 11th June, meeting at Middleton Fell Inn at 1.45pm. Contact Geoff Brown on 41331. There will be an expedition to Liverpool Docks, Museums and Cathedrals by Bibby's coach, on Saturday 29th July, price £4. Contact Peter Marshall by June 12th, telephone 62512. Another will be to Earby Lead Mining Museum and Broughton Hall on the evening of Thursday 10th August. Entries £5. Contact Sara Mason by 30th July, telephone 61382.

V.E.DAY & WAR TIME REMINISCENCES

By Bentham Age Concern Luncheon Club Creative Writing Group

Me and Mary

Me and Mary
Made flour bag knickers,
Tea towels, pillow cases,
More than we can say.

Put them in the pan
Boil them up for hours,
Boil them and boil them
For ever and a day

Get rid of the letters,
They didn't look too good
On table cloth and knickers
We'd get rid if we could.

There's not a girl in England
Who hasn't worn a pair
But parachute silk was a girls dream
If she got those...it were right fair.

By Mary and Me!

The Clouds Have Broken

Now the War is over we will smile again,
And make do and mend will be over
and life will begin again.
We can sing and dance and make merry
once again,
But we will still remember them.



SUCCESS FOR HIGH BENTHAM SCHOOL CHOIR

By Saraid Janes and Katy Preece

On the 23rd March High Bentham C.P. School choir went to Kendal to take part in the Mary Wakefield Festival Competition. We set off at 8.00am from school and we got to Kendal Town hall at 9.00am.

There were three other choirs and we sang last. We sang two songs, called "The Crocodile" and "Ching a ring Chaw". To our surprise we won second place and we got a certificate. We were all very proud and Mrs. Wheildon got us all a treat.

War is Hell

War is hell let's not pretend
Means fighting to the bitter end.
We must, you will agree,
Dig for final victory.
So keep your sunnyside up
And tell Hitler he'd been sold a pup.
So switch ont wireless my old friend
While ma makes do and mend.

War

Don't forget your gasmask
Keep smiling through
Keep the home fires burning
Pack up your troubles
We'll see you through.

Dig For Victory

We dug up the lawn
And planted the crops
We were up with the dawn
And really felt tops.

Mother indoors, make do and mend,
Patching the shirts and darning the socks,
Knitting and baking, the family to tend,
Money short, we were all on the rocks.



J. McManus M.B.S.

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YOUR GOOD HEALTH



By Christine Hodson, Health Visitor

Operations and anaesthetics

Bentham is situated geographically in North Yorkshire but sits on the corners of Lancashire and Cumbria. Health care is provided by services from all three counties and paid for by North Yorkshire.

If you need to visit a hospital to see a specialist doctor, your GP will refer you to either Lancaster Infirmary, Westmoreland General or Airedale Hospital, or a private hospital if this is your choice. Your GP will write a letter of referral to a specialist doctor called a consultant.

Outpatients

An appointment will be sent to you to see this doctor in the hospital out-patient department. An out-patient ambulance can be requested if transport is difficult to arrange. After this consultation a decision will be made regarding the most suitable treatment. If surgery is required the consultant will decide if it is urgent depending on the medical diagnosis. Please do ask if you are not sure about what has been said in the out-patients.

Admission

Information will be posted to you from the relevant hospital about admission details and what to bring, visiting times etc. If medicines, inhalers, eye drops are being taken, it is important to take them with you to the hospital. It is usual to be admitted to the hospital on the day before the operation.

Day cases

Many minor operations are performed as "day cases". This means that you are in a day ward and go home later the same day providing all goes as planned.

Anaesthetics

An anaesthetist is a doctor who specialises in performing all types of anaesthetics and will usually visit you on the ward before the operation. There are various types of anaesthetics.

General

This is a full anaesthetic. A small needle is inserted into the back of your hand and a drug slowly put through this which causes deep sleep within a few seconds. It is normal for everyone to have their blood pressure and heart checked before and during a full anaesthetic. When they are woken up many people find that no time at all seems to have passed. While you are under the anaesthetic a machine helps breathing and provides oxygen. You will be woken up immediately after the operation but can expect to feel tired and sleepy for a few days afterwards.

Local

With this anaesthetic you are awake and do not feel sleepy. The area being operated upon is numbed usually by a small injection directly into the area. This is mostly used for minor surgery.

Epidural or Spinal

This anaesthetic is where the lower part of the body is numbed by a specialised fine tube through which a local anaesthetic is put to numb certain nerve endings. This produces loss of feeling in the lower body. Epidural is commonly used during labour in childbirth but is also used in operations where it may not be suitable to give a full anaesthetic.

What happens afterwards

The nurses on the ward will care post operatively until you are ready to go home. The hospital will arrange nursing care and social care at home if this is required. When you leave the hospital there will be a letter for the GP and district nurse if relevant. The consultant will send a more detailed letter to the GP in the next few weeks. Often a review appointment is given for out patients to follow up progress after surgery.

Worried or anxious?

If you are waiting to go into hospital for an operation you may be worried about some aspect of this. If you would like to talk to me about this contact me at the Surgery. I may be able to put you in contact with someone who has had a similar operation.

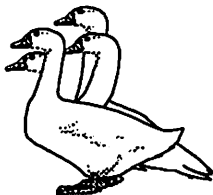
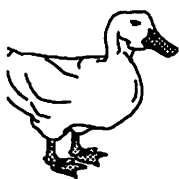


Dear Bentham News,

My mother has written to me from France asking for my help with the following mission. Romain, a 15 year old boy, who is like a grandson to her, would like to spend 2 weeks in Bentham, during July or August, to improve his English. We think it would be best for him to be in a home where he would have daily contact with an English boy of similar age and interests (football and cycling), as they then could practise their "franglais" together. The visit could be arranged either on an exchange basis, or Romain could be a paying guest. He lives with his parents and younger brother in Vesoul (a town the same size as Lancaster), in Franche-Comte, NE France, close to the Vosges mountains.

As far as I know, Romain is quite sociable and has no terrible habits, other than those that are normal for a 15 year old boy! If you think you might be interested in such a visit, do give me a ring so we can explore the idea further.

Naurika Lenner (61403) Springfield Terrace
High Bentham



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Dear Editor

We should like to thank the people of Bentham for the splendid support given to our coffee morning on Saturday 25 March. These events are such happy, friendly occasions. The sum raised, £173, will help to keep the Samaritan Centre in Lancaster going. The Samaritans are available round the clock to those in distress on 01524 61666.

Yours sincerely

Penelope Andrews, Friends of Samaritans

Dear Bentham News,

May I, through your columns, please thank all my neighbours on Lairgill, and Richard and Heather at Glenties, for their kind co-operation in getting the drive at the fronts of our homes, and also the access road, tarmaced.

Without you it would never have happened. Thanks also to Reg Pointon for his kind words in the April edition.

Yours sincerely,

Jean West, Lairgill.

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SCOUTING AGAIN IN BENTHAM

By Dave Halsall

After a presentation about Scouting given by the District Commissioner at Bentham C.P. school, a group of interested parents and children ventured over to Ingleton to observe the Ingleton Beaver Scout Colony in action. The week's main event was a very successful cookery demonstration presented by a local chef, who helped the boys to produce an edible Easter nest containing eggs and chick. The following week they were off for a farm visit, with a swimming trip being organised after the Easter break.

Following the visit to Ingleton, both parents and children were filled with enthusiasm and endeavour to re-start a Beaver and Cub Scout group in Bentham.

Have fun while learning

There are 4 sections that make up the Scouting Association, of which the Beavers aged 6 to 7 are the youngest, after which they can move on to the Cubs who are aged 8 to 10 years. Both groups meet once a week and the sessions would be supervised by a trained adult Scout Leader and assistant with helpers giving indispensable support. During the weekly meetings, a wide variety of interests can be pursued but all activities such as handicrafts, road safety, camp crafts, natural history and caving, combine learning through doing while at the same time having fun. A successful Scout group would also require people with organisational skills, such as a treasurer, secretary and chairman.

If you are interested in helping to get Scouting represented in Bentham again or would like your son or daughter to attend, further details may be obtained from Sue Haddrill, District Commissioner 015242 41068, Dave Halsall 015242 61407, or Pam Diamond 015242 62719.



HOW IS THE BENTHAM DEVELOPMENT TRUST DEVELOPING?

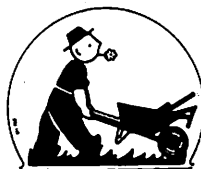
By Vi Christensen

Interviews for the Development Director's post were held on March 24th, but unfortunately it was not possible to make an appointment. The post will be re-advertised and it is hoped that by the end of May we will have office premises on the Main Street, High Bentham, and even a Director to put in them.

As soon as the office is set up, one of the first tasks will be to issue membership certificates to all those who have asked to join the Bentham Development Trust. Membership is free, and is open to anyone over 18 years who either lives or works within the parishes of High and Low Bentham. If you have not yet joined, forms can still be obtained from High Bentham library, Woods and Co. in Station Road, Bentham Sports Shop and the Post Offices in both High and Low Bentham.

Thank you to everyone who has already joined the Bentham Development Trust. Although things may still seem rather vague, there will be more to announce in the next Bentham News about how you can have a say in what is happening to your town. Watch this space!

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RECIPES

By Doreen Park

Rhubarb - Rhubarb or In the Pink!!!

Rhubarb Mousse

This mousse has a hint of surprise marmalade.

- 1 lb rhubarb, prepared weight
- 4 ozs sugar
- ¼ pint water
- 5 level tablespoons ginger marmalade
- 1 level tablespoon powdered gelatine
- 3 tablespoons water
- 1 egg white
- ¾ pint double cream
- 1 tablespoon milk

Cut the rhubarb into 1 inch pieces. Put in a saucepan with the water, sugar and 4 tablespoons marmalade, and cook until tender. Puree in a blender or pass through a sieve. Dissolve the gelatine in the 3 tablespoons of water in a small bowl over a pan of hot water. Stir this into the rhubarb. When it is on the point of setting fold in the stiffly beaten egg white. Divide between 6 stemmed glasses and chill. Whip the cream with the milk until it holds its shape. Fold in the remaining tablespoon of marmalade and use this to top the mousse.

Rhubarb Frangipan Jalousie

A layer of frangipan topped with strips of rhubarb in a puff pastry case, with a sugar crusted topping.

- 1 x 13 oz packet of frozen puffed pastry, ready rolled and thawed
- 1 egg
- 2 ozs caster sugar
- A few drops of vanilla essence
- 2 ozs softened butter or margarine
- 1 oz plain flour
- 3 ozs ground almonds
- 12 ozs rhubarb, trimmed
- 1 level tablespoon redcurrant jelly
- A little milk
- 1 level tablespoon caster or granulated sugar

Unroll the pastry and trim the edges. Then cut into two pieces, one about half an inch wider than the other.

For the frangipan beat the egg in a bowl then gradually beat in the sugar, vanilla essence, butter and flour, followed by the almonds until well blended. Place the smaller piece of pastry on a greased baking sheet and spread evenly with the frangipan mixture, leaving a 1 inch margin all round. Cut the rhubarb into pieces just long enough to cover the frangipan and place in position, making sure there is still a 1 inch margin. Brush the rhubarb with the redcurrant jelly and the pastry margin with milk. Fold the other piece of pastry in half lengthways and cut a series of curved lines from the centre fold to within 1 inch of the side and ends, at about half an inch intervals. Carefully unfold the cut pastry and lay it over the rhubarb. Press the edges well together. Flake and scallop the edges and brush all over with milk, sprinkle with the white sugar and cook in a fairly hot oven, 200/400F, gas mark 6, for about 40 minutes or until well risen and golden brown. Serve hot or cold with cream or ice cream. This dish will serve 6.

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FIRE BRIGADE MATTERS

By G.Blackwell O.I.C. Benthams Fire Station

As you may have seen in some previous issues of Benthams News, Benthams Fire Station has had some recruitment problems over the last two years. Although quite a lot of people have applied for positions at the station, (and our thanks go to all that have) for various reasons we have only filled three positions over the last 12 months. During this time we have lost one man, leaving us with a complement of nine. Of these nine, three give 75% cover, nights and weekends), and the other 6 give 100% cover. We desperately need more people to keep the station going and effectively manned. The standards required of a recruit firefighter are quite rigorous, as is the training, but the rewards, both financial and in self respect, are well worth the effort.

Fire Station Open Day

Between 10.00am and 4.00pm on the 6th May 1995, we are opening the station to visitors. All are welcome to come and have a look around and see what it is all about. If we can persuade some people to take away an application form, then the day will have been worthwhile.



Eyes down for a full house

By Mrs S. Ashton

Despite very wet and windy conditions Low Benthams Institute was filled to capacity on Friday 17 March for the Bingo night, organised by the Friends of Low Benthams School. It may have been cold outside but the atmosphere inside the hall soon warmed up thanks to the skill of our caller, Mr. David Smith and the excellence of the prizes. The organisers would like to thank everyone who helped on the night, donated prizes and played bingo. Because of your generous support over £300 was raised for the school fund.

FROM THAI PRISON TO BENTHAM CHAPEL

By Gwen Whitfield

As a young woman, Rita Nightingale lived a life of excitement and glamour as a hostess in one of Hongkong's exotic night clubs. Her nightmare began when she was arrested at Bangkok airport and found to be in possession of 3.3 kilos of heroin.

Rita Nightingale will speak of her imprisonment in Thailand on a drugs smuggling charge, at High Benthams Methodist Church on Tuesday 2nd May at 7.30pm.

Come and hear this thrilling story of Rita's life after she was sentenced to 20 years imprisonment, and how her life was changed as God came to her in prison.



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SPORTS REPORT

Compiled by Janette Richardson

Badminton By Maureen Hodgkinson

Junior badminton has now finished until September. Wenning "A" had a good season, finishing as runners up in the Cup for the League, and coming 3rd in the 1st division. In November William Adam and James Wood won the boy's U12s competition at Lancaster, with Danielle Chappell and Sarah Taylor runners up for the girls.

In January Chris Redhead and Aiden Dawson won the U16s with Willie Bruce and Andrew Mottram coming second in the boys doubles. Chris won the mixed doubles with a partner from Lancaster.

In March David Redhead was asked to play for Lancaster in the U14s against Blackpool, South Ribble and Blackburn, at Blackpool; Blackpool came second. Melissa Hodgkinson, Sarah Taylor, Naomi Langdale, William Adam, James Wood and

Richard Coates were asked to represent Lancaster in the U12s; Dave Redhead and Esther Coates in the U14s and Chris Redhead and Aiden Dawson in the U16s, at Thornton, Cleveleys. Melissa won the girls doubles with her partner, for Lancashire.

In our own competition in Bentham, for the end of the season, the Primary School age group singles were won by Joanne Robinson with Megan Helley runner up. Keiron Spencer won the boys with Nicholas Colman runner up. Middle School group winners were Melissa Hodgkinson and Stuart Ralph, runners up Becky Brown and Paul Lister. Our Foster Cup was won by Lorna Taylor and Chris Hodgkinson, runners up Esther Coates and Rachel Taylor.

Thanks very much to the local people who donated trophies, it was much appreciated.

Editor's note.

Due to pressure on space, some of this month's sports report has had to be omitted. It will be included next month.

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CHRISTIAN AID REPORT

By Kathleen Goldsack

We are grateful to Bentham folk who have always been most supportive of this charity. To those who ask, 'What do you do with the money?', perhaps the following account will be of interest.

Christian Aid is running a two year campaign entitled, 'Who runs the world?' Many people in the world's poorest countries feel that their world is run by faceless financial institutions, particularly the World Bank and the International Monetary Fund, whose policies shape how the economies of poor countries are run.

Any loan obtained from the Bank or the IMF comes with strings attached, ie. Third World governments must cut public spending and increase exports to put their finances in order. These measures often mean cuts in wages, job losses, higher food prices and poorer health and education. Christian Aid argues that the Bank's approach is blinkered, focusing so much on economic growth that it neglects the welfare and prospects of ordinary people.

In Columbia, for example, flowers are grown for export worldwide (45 million carnations are imported into Britain and Ireland each year). This crop is produced to help pay back IMF loans. It means that land previously used for growing food is now under cultivation for flowers. Families can't eat flowers. Another problem here is the increased use of chemical sprays in the flower industry, which causes much environmental pollution and ill-health, and on some occasions, acute poisoning of the workers. Christian Aid wants its supporters to join what is already a Europe-wide effort to improve conditions for Colombian flower workers.

In Nicaragua, Christian Aid grants small loans to peasant families to help them in their extreme poverty. One woman was able to buy a cow, another two piglets and some beans, and a third was able to plant beans and maize. These loans are paid back in cash and on time. People are determined

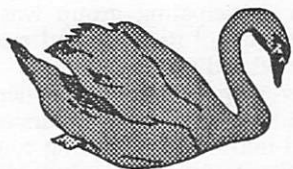
to help each other out. Often those who would like a loan have no land which they can give as guarantee for repayment, so the people with land ask a few others to join them in communal projects, which means as many people as possible can benefit.

Christian Aid has sent £360,000 to the Sudan to help the 6.5 million people who are at risk because of drought and war.

In devastated Rwanda, Christian Aid, along with other agencies, has raised £4.25 million. Christian Aid itself has already spent £700,000 assisting Rwandans in Burundi, Zaire and Tanzania. Medicines, blankets and shelter materials have also been distributed in Northern Rwanda.

In Sri Lanka, Christian Aid has helped farmers to switch to organic cultivation, using natural pesticides and manure, instead of expensive chemicals, and this has resulted in good harvests in previously exhausted soils, with the added bonus of lower production costs.

Christian Aid's Trade For Change Campaign has encouraged supermarkets to make room on their shelves for Fair Trade goods, which guarantee a better deal for thousands of Third World farmers. (We can recommend Cafe Direct instant coffee granules!) Bentham Christian Aid's next project will be the House-to-House collection this month. May we look for your continued support?



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LOCAL ACTION FOR JUSTICE AND PEACE

By (Fr.) Patrick A. Smythe

"A Fair Do"

'A real celebration'... 'A festival of good will'... 'a happy and successful day'....these were comments made by those who participated in the Charities Fayre which took place in Bentham Town Hall under the title 'A Fair Do' from 10.00am-3.00pm on Saturday April 1st. Twenty local groups and national agencies were represented and about four hundred people visited the event from Bentham and district.

Live music was provided throughout the day by local folk group 'Deep Drops Spiders' and other instrumentalists, and a special performance of songs on the theme of 'fairness' and the family of life on earth was given by pupils from High Bentham Primary School.

Art work on the day's subject was created and displayed by pupils of Ingleton Middle School and High Bentham Primary School. Videos depicting the work of the different organisations were presented continually on a large (45") screen television, and from time to time speakers gave further information and answered questions.

Each participating group was able to provide details of its work and raise funds by sale of related products.

A workshop taught banner-making skills, and several short excursions were arranged into the surrounding countryside for children to become 'nature detectives' and become more adept at spotting various kinds of wild life.

A cake stall and the sale of refreshments throughout the day enabled organisers, Local Action for Justice and Peace to meet all expenses and provide for the continuation of their work which is in support of everyone concerned with enhancing the quality of life for all inhabitants of Planet Earth.

Participant groups were: Christian Aid, Amnesty International, NSPCC, Save the

Children, Samaritans, Motor Neurone Disease Associations, Arthritis and Rheumatism Council, Mencap, Traidcraft, Campaign for Nuclear Disarmament, RSPCA, Wildlife Watch, Beauty without Cruelty, Vegetarian Society, Friends of the Earth, Christian Ecology Link, Craven Conservation Group, Bentham Footpath Group, Goodenber Road (Bentham) Play Area Action Group.

EDITORIAL INFORMATION

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

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

To place an advertisement in the BN please contact our advertising manager Jane Callus on 62277. Items for publication may be left at Bentham Sportswear, Station Road. Please include your name, address and telephone number. The **FINAL COPY DATE FOR PUBLICATION IS THE 15TH OF EACH MONTH**.

Every effort is made to ensure that information contained in the paper is correct. However **BENTHAM NEWS** is an open access paper and views and opinions expressed are not necessarily those of the editorial committee. The committee reserves the right to edit contributions, including letters. Please note that although we are willing to withhold names on request, names and addresses must accompany all items for publication.

BENTHAM NEWS is printed at LOGO LABELS, Main Street, High Bentham, Telephone (015242)



FARMING DIARY

By Our Farming Correspondent

Spring At Last?

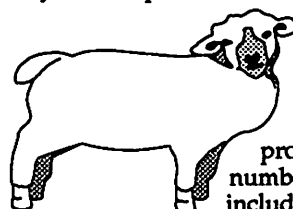
Spring is at last trying to break through after the very wet winter we have had. The fields that drain naturally or that are on gravel or sand, are drying out quite well, but the heavier land which is on clay, takes longer, and is really only at its best in a very dry summer when there is a water shortage.

This month farmers are busy on tractors spreading fertiliser in the fields to encourage the grass to grow. Most farmers will be hoping to get their cattle out onto the grass as soon as possible, because the stock of hay and silage is now very low. More winter feed than usual has been used up by the cattle and sheep this year because it has been such a long, hard winter.

To keep their fields in good condition, farmers and tractors will also be busy this month chain harrowing and rolling. The chain harrow breaks up any manure that has been left in heaps, and also levels the land. The roller squashes any little stones back down into the ground, and this prevents the forage harvester picking them up later in the year when the grass is cut for silage. There is also some manure left to spread on the fields that were too wet before. We don't like leaving deep wheel marks, or, even worse, getting the tractor and tanker stuck, so we have to wait until the fields dry out.

Fewer Pregnant Sheep

You will all have noticed that there are lots of lambs about now, and how much happier they look when the sun shines and they can skip about and play. This season



there have been more sheep than usual which did not get pregnant.

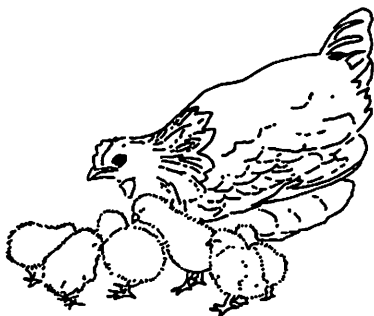
We think this is probably due to a number of factors, including the very wet weather during mating time last November, and the lack of grass through the winter.

If an animal is short of food, then nature takes over, and the foetus is aborted to ease the strain on the animal.

March rainfall

Figures supplied by Mrs. M. Foster

Bentham's rainfall in March was 4.1 inches, which is just above our average of 3.6 inches. However, the reason why March's weather felt so wintry was that for 12 days in the month there was sleet, hail or snow, although none of these lasted for long.



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V.E.DAY - BENTHAM LIBRARY

"Sound the Last All Clear"

A performance of words and music by Harrogate Theatre in Education to recall V.E.Day in Craven will take place at Bentham Library on Saturday 20th May at 7.30pm. Light wartime style refreshments will be available. Tickets are £2 each and £1 concessions, available from Bentham Library.

During the morning of Saturday 20th May, from 10.00am till noon, Liz Humphry-Williams (Craven Arts Development Officer) and Nita Dewar (Librarian-special services) will also be in Bentham Library with a programme of music and readings for V.E.Day. There will be a display of books and news items from the period in the library.

See page 14 for items supplied by the Bentham Age Concern Luncheon Club Group Creative Writing. The writing was done in groups by the members after a reminiscence session concerning the end of the war and war time in general.

Bird Brain?

Scattered among the pages of this issue of the Bentham News are many birds.

How many can you spot and how many can you identify?



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MAMMOTH CHARITY RIDE

A local man is organising a long distance sponsored charity bicycle ride to mark the first anniversary of his kidney transplant. The charities which will benefit from the ride are all kidney related, although some of the money will go to the newly formed Bentham Development Trust.

The ride will take place on 28th May, the Sunday of the Bank Holiday. The riders will start and finish at Caton in the car park at the Station Hotel. Between the early morning start and the finish, sometime before dark, many of the riders will have covered *the entire 130 miles* of the North Lancashire Cycleway.

They will travel through Carnforth, Arncliffe, Kirkby Lonsdale, down the Lune, over to Slaidburn, through Waddington, Longridge, Woolplumpton and turn north just past Kirkham where they meander through the Fylde until reaching Caton again.

There will be some vehicles which will take cyclists back home if they are unable to complete the entire distance, but most will probably make it.

The organiser hopes that others will take up the organiser's job next year for the benefit of other charities, and the event might become an annual one. While it seems a long way (and it bloomin' well is!), keep in mind that the ride is much more pleasant and time passes more swiftly when people do the job together.

Should you be interested or know someone who might be, have them ring Tom Cahill on 61403 for more information. If you wish to cheer them on, the riders should be passing by Mewith Lane on the way up over to the Big Stone sometime in the late morning between 11.00am and noon on the Sunday.

You will find sponsorship forms at Bentham Sportswear, Station Road, so if you don't want to cycle but would like to support a local cyclist, then just call in at the shop, sign up and pay up!