

Christmas Coach Trip

12th December 2004 Bear Inn and Hotel, Alderwasley.

Once again, the annual Christmas walk and dinner will be held at the Bear Inn, Alderwasley. As well as a meal for which the phrase 'slap-up' could have been coined, there will be a walk to make sure your appetite is well-honed. There will also be the usual quiz (Who have we left behind? Who ordered the prunes? Why didn't you tell me it's not fancy dress?), a raffle with some quite unbelievable prizes and possibly even some singing on the bus (as long as it's not from the driver).

The total price of the day will be £21.00. A 51 seater coach has been booked, with an order for 60 for the meal. Bookings will open after the AGM, in the pub (yet another good reason to go to the AGM!). For the organisers benefit, the menu is reproduced here. When you book at the AGM, please have a piece of paper with your menu choice, landline telephone number, RA membership number, your pick up point for the coach. The coach will do the same as in the past with various stops in Nottingham and Derby. Timings and locations to be announced at a later date.

Starters

Homemade cream of Vegetable soup
Prawn Cocktail
Pate
Fan of Melon with Forest Fruit and Port Coulis
Egg Mayonnaise

Main Courses

Traditional Roast Turkey
Roast Beef and Yorkshire Pudding
Salmon with a Champagne Sauce
Caramalised Onion & Goats Cheese Tartlet (v)
Mushrooms - in Beer & battered (v)
Roulade (v)
Nut Roast (v)
(All served with three seasonal vegetables, mashed and roast potatoes)

Sweets

Choice of hot or cold desserts or cheese and biscuits

Coffee and mints

Please don't forget to write it all down before you book! It's going to be a long night if you start umm-ing and ahhh-ing when you get to the front of the queue!

Footprint

Bombshell!

Walks Leader in Hitchhiking Shame



The NDWG was thrown into turmoil when previously 'hardcore' walks leader Teresa Billington was photographed hitchhiking back from a walk in early August.

failed to win a lift.

Guilty

She was also guilty of leading a less experienced and naïve member of the group, Sara Duncan, down this path of ignominy.

Shocked

This reporter was shocked to see that far from being a momentary lapse in a previously unblemished walking career, Billington repeatedly attempted to stop passing cars over a 30 minute period. Just when it seemed things could not get any worse she resorted to rolling up her shorts and letting down her hair when her initial shameful attempts

Duncan and Billington were also seen to be carrying so-called 'emergency' hairbrushes, taking up valuable rucksack space that could have carried as many as two bars of Kendall mint cake, or a bobble hat. Finally a car driven by two women, showing signs of some hitchhiking tendencies themselves, did stop and bring the shameful episode to a close.

Billington (left) 'Shameful'...Duncan (right) 'Naive'

Reaction

Reaction from senior group members was varied, fellow walks leader Dave Bettridge commented "What's hitchhiking?". NDWG president Jonny Bramley said "I've know Teresa a long time and

together we can get through this". Husband, web guru and outdoors ironman Alan was unavailable for comment.

For more reaction see pages 14-15-17 and 20

Editorial

I'm very conscious while putting together this Footprint that we're not talking much about an awful lot of very active members of the group. There's lots and lots of great stuff about the many, varied and enjoyable weekends that the NDWG organises and lots of stuff about all the Social events that take place most weeks. But there's not much about the Sunday walks, which are the most popular of all our activities and the first point of contact for most people. I've met a lot of really great people on the Sunday walks (hi guys!) who won't get a mention in this newsletter. I hope you all realise that just because you don't have your names in here, it doesn't mean that you're second class citizens in the group. You are very important to it and you too have your part to play in it's running.

Which leads me into a plug for the AGM of the NDWG. If you value the group and want to ensure it's continued success you should come along and make your voice heard. You won't get bullied into standing for a job you're not comfortable with or don't have time to do, but you might find that you can contribute something and help make the group as rewarding an experience for other people as it has been for you. A couple of the social highspots of the NDWG will also be taking bookings for the first time at the AGM. The annual Christmas Meal (see back cover for more details) and the first ever NDWG Ball (see the pullout flyer). Both of these events will undoubtedly be very popular and so if you want to secure your place you'd better bring your chequebook along!

Finally, a quick apology, I promise some swimsuit glamour but have been unable to deliver due to a technical hitch. The photos will appear on the website instead shorty - what more incentive do you need to get on-line?

David Millington - Co-Editor

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Website Address - <http://www.ndwg.co.uk/index.html>

ANNUAL GENERAL MEETING - 13th October'04 7:30pm at

The Mechanics Institute Nottingham, (bottom of North Sherwood Street)

This is the most important evening of the year for Our Walking Group. So what happens? The whole of the committee stand down and all the positions are available for anyone to stand for, except the Chair which has to be someone from the past year's committee. We need new people to help out in whatever way they can, be that standing for a post or by simply voting for who you think will do a good job. The smooth and effective running of the group is all down to a few volunteers, so if you think you can help make a difference and care about the group, come along! The positions up for grabs are as follows

Group Secretary - As the group's main administrator, the Secretary acts as the main contact person. Tasks include: dealing with correspondence from central office; dealing with general enquiries, keeping minutes of committee meetings and keeping all relevant correspondence.

Group Chairperson - Responsible for chairing the committee meetings and the AGM, making sure that the business is completed and keeping the participants in good order. Other tasks include discussing and planning the agenda with the secretary. Provides support to other Committee members.

Treasurer - To keep account of the groups income, expenses and banking. To pay out costs and collect income. To prepare a Balance sheet for each committee meeting, and for the AGM along with a detailed report of all the cash movements within the group. To pay out and collect deposits for weekends. And at the year end, prepare the year end accounts to be submitted to R.A. Head office for auditing.

Walks Organisers - Coordinates the production of the group's six- monthly walks programme. Encourages people to lead walks and maintains a contact list of potential leaders. Ensures that the programme offers a choice of locations, terrain and distances.

Newsletter Editor - Responsible for the design and production and distribution of Footprint every three months. Collects details of forthcoming walks and social events, and encourages members to provide articles. Required access to a PC, ideally with desktop publishing facilities. Liases with any person who undertakes to produce the alternating bi-monthly flyer.

Publicity Officer (x2) - Nott'm and Derby - Responsible for distributing the group's publicity posters and leaflets to libraries, shops, tourist info centres etc. Provides details of walks and events to local press

Area Representative - Attends the Nottinghamshire Area RA committee meetings in Ollerton and the Area AGM. Feedsback information from the Area and passes information back from the NDWG committee to the Area. This amounts to five Area meetings per year in addition to NDWG committee meetings.

Website Manager - Maintains the group website including photo updates, updates to the walks / social / weekends programmes, approving access to the members area of the ndwg site. There is a chance to work 'alongside' the previous manager on this role, so do not be put off and treat it as a chance to learn new skills!"

Membership Secretary - Maintains and updates the group's membership list from the fortnightly reports sent in from RA Central Office. Deals with enquires from people interested in joining the group and posts them information. Send out information to new members when they've joined. Adds new members, removes lapsed members and updates member's details. Reports changes to RA central membership section to ensure that both group and RA records are consistent. Sends letters to lapsed members encouraging them to re-join. Produces address labels for posting out newsletters programmes. Access to a PC is essential for this role, however software can be provided. Maintain the group E-mail list

Countryside Officer - Organises conservation activities/ weekends and reports to the committee on any threats to the countryside.

Footpaths Officer - Ensures that any reports of footpaths and access problems from members are passed on to the relevant Ramblers area and the appropriate local authority where appropriate. Distributes footpath problem report forms to leaders & members, and organises footpath & countryside repair days etc. Attends Notts/ Derbys Area RA campaign meets etc when appropriate.

General Committee Member - Provides support and backup to the other committee members by helping with specific events or tasks on a more *ad hoc* basis when required. Becoming a General Committee Member is an ideal way to become involved with the running of the group without taking on a specific role straight away at the same a level of time and commitment to the role is essential.

Social Coordinator - Co-ordinates all the socials, ensuring nothing clashes and that there are plenty of socials each month, by persuading members to organise them.

Nine Ladies Stone Circle Update

Many thanks to those of you who signed the petition objecting to quarrying at Stanton Moor. 70 people from NDWG signed the petition which was forwarded to the Peak District National Park Planning Authority. If any of you did find the time to write individual letters, thank you again.

Plans to resume quarrying have been controversial because it would threaten the site of a set of henges, the Nine Ladies Stone Circle. It is one of several prehistoric stone circles that make Stanton Moor an archaeologically important area, recognised as an SSSI (Site of Special Scientific Interest).

The Planning Authority had listed two quarries at Stanton Moor as dormant because there had been no significant working in them for decades. The operators, Stancliffe Stone, intended to resume quarrying and went to the High Court in London to challenge the National Park.

The good news is that the High Court agreed that the quarries should be classed as dormant.

Stancliffe Stone are considering an appeal.

Nancy Ashbridge
Countryside Officer



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In Peak Condition

Friday dawned bright and clear. The sky was blue and the journey up to Yorkshire full of anticipation. The bunkhouse proved to be more than adequate and by late Friday evening most of the stragglers had arrived, sunk a few pints in the pub, enjoyed(?) a few folk songs from the crooners in the corner, and debated the merits of two peaks versus three.

Three Peaks day dawned all too early. This is the first NDWG weekend when I've heard alarm clocks go off at 6.00 am! The first look out of the window was not encouraging - dark and drizzly, but Martin's departure deadline was 7.30 am.

From the start it was clear that when Martin said it would be a good pace, he meant it! Ingleborough was knocked off in just over an hour. The ascent was fairly tortuous at times, pushing legs and lungs to the limit. Conditions were grim - horizontal rain and poor visibility only allowed very brief stop at the top before heading back down. Morale was good, though, and spirits were boosted when the toilets and café came into view. A quick dry out, a pint of tea and cake and some good banter, and we were on the move again.

One peak down, we turned our attention to Pen-y-Ghent. Again the pace was 'brisk', and the conditions still not good. Which joker said to me "at least it's stopped raining", as we battled against the remnants of Hurricane Ivan in thick mist?! The group became quite strung out as people climbed at their own pace, but we all reached the top by about 12.30. Surprisingly spirits still seemed quite high. The start of the descent was not fun - more of a rock scramble than a walk - but as we came off the rocks the cloud lifted and for the first time in the day we could see more than twenty feet in front of us - and bang on cue a steam train puffed across the valley. A magic moment!

Dropping down to Horton in Ribblesdale we had a pep talk from our leader (basically speed up or drop out!). Consequently the nine miles to the base of Whernside was done 'at the double' - this was very hard, with two tough ascents already under our belts. Legs hurt, spirits drooped and doubts of finishing grew - and that was just me! Two thirds of the way along we were allowed a quick five minute stop, and within seconds the hip flasks were out - anyone for coffee with their whisky?! Spirits revived we reached the road and were allowed another five minute stop - Martin was getting soft! This was the point when stubbornness began to over-ride common sense. No-one was dropping out. Common sense again flew out of the window when a decision was made to tackle Whernside head on, rather than taking a longer, but more gentle route round. The near-vertical rock scramble nearly finished us off, but step by painful step, giving each other encouragement (or verbal abuse) along the way, we made it to the top and touched, hugged, or collapsed onto the trig point. We'd done it!

Descending to the bunkhouse took another hour, but the weather at last smiled on us and there was a sunset of sorts. Never have I been so pleased to see the lights of a bunkhouse shining through the dusk. The adrenalin had run out, the effects of the hip flasks long gone, but a subdued sense of achievement pervaded the place as people showered, disappeared to the pub for food and beer or just slumped in a chair with a mug of tea in hand and glazed expression on face. Congratulations to all who made the three peaks. It was a real group effort, despite being strung out at times, and would not have been such a rewarding(!) experience without the mutual support and general cheerfulness of everyone.

(Continued on page 5)

Committee Notes

The Thoughts of Chairman Jonny

Do you like the walking group. If so read on....

Its that time of year again when we (the committee) start badgering you not only to lead walks or organise weekends away or socials but ALSO to see if you want to get involved with the committee. All the posts are of course up for grabs and some long term com members are retiring so its very important that we get fresh blood in and all the committee posts are filled!

The group is excellently run by a large number of volunteers, however the group dynamics are constantly changing, we have a large turnover of new members and existing members are slowly getting married, moving on to newer things in their lives etc and that means we need new people to volunteer and help keep the group the great success that it is!! If you care about the group please make an effort - at least to lead a walk, organise a social or even to just vote at the AGM. If you are interested in joining the committee please feel free to talk to any of the existing committee members.

AGM - Wednesday 13th October 2004 at the Mechanics Institute on North Sherwood Street

The committee is looking into producing T Shirts for the group, probably 'wicking' t-shirts with a small NDWG logo on. Do any of you know any reasonably priced printers and / or T-shirt manufacturer's that we could contact? Any information would be great! Contact me on my email address

See you all soon

Jonny Chair
JonnyboyBramley@hotmail.com



Deposits

The new walks programme is almost complete and ready to go out . There are again a good selection of weekends to choose from but I would like to remind you all that if you book on a weekend and give the organiser a cheque, you should expect it to be cashed in the following week or two. This is so the Hostel/Bunkhouse deposit can go back into group funds, so the money can then be used as deposits for future weekends.

A note to the weekend organisers also. Can they hand in to the treasurer the deposit (if they have borrowed one) as soon as possible after the cheques have cleared and any surplus admin fees no later than one month after the weekend.

Pete Wilson
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Sun, Sea Sand and Seals

For most of us, the journey south west to Broadhaven in Pembrokeshire was a bit of a long haul, but was a change from the wet weather, the M6, and also surprisingly free of traffic. Some even made time to drink a pint at the Galleon, our base for the weekend (or was that the youth hostel). Alberto arrived last, around midnight, but allowed us until well after 10am to get ready for his pleasant coast walk to St Brides.

Apart from a 4x4 towing a dinghy gridlocking the appropriately named Little Haven, the first of many aquatic sights was spotted below the cliffs on our elevenses stop. Adult grey seals and pups were basking on the rocks and divers were training with air tanks and inflatable markers (called parachutes, apparently). Not to be outdone by this underwater action, Gazza had no hesitation in stripping down to luminous green swim shorts and performing dolphin impressions in St Brides Bay. From this point about half of the group turned round back to base, and some continued to a pub at Marloes returning on minor roads (or the bus!). I returned solo on the coast path (via a long swim stop) to meet the `surf dudes` - Guy, Roger, Andy G and others chilling on the beach following an afternoon of body-boarding and canoeing.

The traditional Bank Holiday Barbecue took place on the hostel lawn because, rather unsportingly, the tide was in. Joanne had great fun using a `probe` to check the temperature of the food. This was a source of much amusement, indeed the `smut factory` was on overtime and the subject later moved onto a discussion of cornflakes, (which mercifully lies outside the remit of this publication - Ed).

Some very sore heads the following morning saw a reduced turnout for a relaxed and `sublime` walk led by Jonny and Jo, North of Boradhaven, between Whitesands Bay and Ramsey Island. The rain in August must have washed the pollution out of the sky because the

visibility was excellent. As with the first walk it was within the only coastal National Park and scenically compares favourably with most of Devon and Cornwall. We dropped in on a charity fete for the RNLI where some of us took the challenge of the coconut shy and sponge throwing. Perhaps this ought to have been in the Olympics instead of the marathon. As well as seals (seemingly around every corner) we witnessed some unusual and dangerous currents in the straits in front of the island. This stretch of water contains rocks and shoals known as `The Bitches` and has claimed the life of many vessels and their crews. Around the corner there was shelter from the chilly wind, again it was good enough for swimming without wet suits. Gazza, Andy G and myself braved the swim and the inevitable cameras on emerging from the sea.

Sunday night was a quiet affair and early on Monday most were on the road except for Jonny and Jo who did another walk and Guy who went back to Whitesands for more watersports and possibly some canoeing too.

Thanks to Alberto for planning the weekend and Jonny for planning and making walk suggestions. Hopefully in coming years the August bank holiday will continue to be the `wettest` weekend in the NDWG calendar even when the weather is dry.

Gary Olds

Going Underground

On the weekend of June 25-27, 14 adventurous souls ventured underground under the skilled guidance of Andy Hitchcock and Jo Copley, many of us going down for the very first time. The attire is a fashion statement: shapeless caving suits, wellies and gorgeous yellow or pink 'Marigolds' to give that classy finishing touch. It was a giggle checking out everyone kitted up - who could forget Guy Mullins in the biggest romper suit ever seen? Like many I had never tried caving before and thought I should give it the benefit of the doubt, even though I am not enamoured by dark, dank holes in the ground. I felt a real sense of achievement in conquering my terror of the vertiginous to descend metres down through a waterfall on the flimsy, swinging caving ladder (and in climbing back up it to get out). It's like rock climbing underground but easier 'cos its dark and you can't see how far down it really is! It was fun wriggling through narrow crevasses and a joy to be small and so slip through effortlessly when the well endowed endured the indignities of getting stuck or crawling through water along the bottom.

We all had to crawl through muddy water in a shallow tunnel called 'The Windpipe' and came out cold, wet and with knickers a suspicious brown. After 5 wet, cold hours underground it was so good to get out, see daylight and smell the homely aroma of grass and sheep!

On Sunday it was bliss to be outside and walk in the fresh air and intermittent sunshine exploring the rocky outcrops near Hathersage. Chris took us through the 'Tunnel of Love' and introduced us to the adventure sport of 'weaseling'. What is it you ask? A contortion torture trying to wiggle through the smallest possible crevasse or gap in the rocks without coming out covered in dirt and moss.

A special thanks to Andy and Jo and also to their friends Chris, Doug and Phil from the Lost World Caving Club for sharing their expertise and generously giving up their time to take us virgin's into the depths. Can't wait for the next time especially if Hobbit holes are on offer.

Robyn Huggins

Committee Notes

Walks Programme

We would just like to thank everyone who attended the walks planning night at Bar Humbug in September. It was a great success and was really great to see new people coming forward to volunteer and lead walks in our forthcoming new walks programme. Thanks again!

Dave Bettridge and Theresa Billington

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Membership Renewal

While it's easy to keep putting off these annoying little jobs, you will need to renew your Ramblers membership every year. It might not seem very important but if you aren't a member you might be denied access to the group trips! No-one wants to turn you away for such a daft reason but due to insurance demands we would have to. If you are unsure when your membership runs out then drop me a line at my email address. All weekend organisers should also do the same to make sure that everyone that's paid you should be present!

Can I just re-iterate my plea of last Footprint for anyone with access to the internet to agree to receive it via email as a 'PDF' or to access it via the web? If this is a problem then we can continue to send it via mail.

If you are on the email list and don't tell us otherwise, we will assume that you're happy to receive Footprint via email and as of January you'll stop receiving the hard-copy version.

Just a couple of other bits of info for you, I can tell you that group membership now stands at a whopping 370 members! And a quick warning, the cost of membership will be going up £4 next year. Better get saving!

Neil Rogerson - neil.rogerson@ntlworld.com



The Lakely Lads (and Lasses)

Saturday - A punishing morning's ascent in glorious sun was rewarded by a long ridge walk along 'Highstreet', an old Roman Road with great views on both sides. We descended to Howtown to catch a ferry along Ullswater to Patterdale where a gentle walk in the valley bottom took us back to the site. Sunday - A

westward path from our campsite took us up Hart Crag, Dove Crag and St Sunday Crag. The weather wasn't so kind but the views across to Hellvellyn and striding edge were still splendid. A great challenging weekend's walking and thanks to Jonny for putting it together. David Millington

Peak Condition - Cont...

But this was a weekend away, not a day, and there was still Sunday to go. It would be great to say we all leapt out of bed early ready to take on some more beautiful Yorkshire countryside. Not quite the case. Some brave souls ventured forth on mountain bikes, some of the Two Peakers went to bag their third peak, and some Three Peakers even braved their soggy boots to join them. A fair contingent, however, tackled nothing more demanding than sausage or bacon butties and the Sunday papers in a cafe in Ingleton, before sticking a CD in the stereo and winding a

steady and mellow way home again.

Big thanks must go to Martin for organising the weekend and leading the walk. Top marks for the bunkhouse, and a big gold star for leading - no mean feat with the poor visibility in the morning (we'll excuse the little diversion coming down Ingleborough!). The pace was a killer, but in retrospect we forgive you. Shame about the weather conditions in the morning - on balance, I think I'd rather experience the tedium of sunshine!

Wendy Ferguson

Date	Event	Where?	Organiser
Saturday 9th October	Bar Crawl	Nottingham	Martin Koeberle
<p>Martin's soon leaving the UK to go travelling in South America, climbing and trekking in the Andes, then back to Germany. To help him get in peak physical condition for this adventurous trip, we're going on a bar crawl in Nottingham.</p> <p>8pm Ha Ha Bar 10pm Bar Risa 11.30pm The Irish</p>			
Friday 22nd October	Thai Meal	Nottingham	Jo Stibbons
<p>Following the success of our Chinese night at the Mayfair in May, Jo, Doug and Lindsay invite applications to travel in a southwesterly direction with us to Thailand. 20 places have been reserved at the Fox and Crown (Basford) for a fully reccied Thai buffet at £12 per head. The Fox and Crown is a lovely pub with a micro-brewery - we are going to try and arrange a guided tour for those who are interested. The tables are booked for 7pm, and after we've eaten we will tram back to town and finish the night at the Maze. Contact Jo (joanne.stibbons@ntu.ac.uk or 07815 629340), Doug (07746 237403) Lindsay (lindsay.jones@ntu.ac.uk or 07989 707988) if you'd like to come. Further details nearer the time.</p>			
29th or 30th October	Turkish Meal	Nottingham	Sarah Routledge
<p>Please contact me by TXT or Landline 07811 194702 or 0115 973 5411 to book. A £5 deposit per person is needed ...to 33 Russell Street Long Eaton Nottingham NG10 4LU</p>			
Friday 12th November	Bar Crawl	Nottingham	Pete Wilson
<p>Pete's playing this one fast and loose. It'll begin at the Keans Head at 8pm and end up in a late bar. Who knows what you'll get up to in the intervening hours.</p> <p>Pete Wilson p.wilson37@ntlworld.com</p>			
Friday 19th November	Theatre	Nottingham	David Millington
<p>'The Tempest' by William Shakespeare, (obviously), is on at Nottingham Playhouse. For those who've not seen it, it's a tale of love, magic, misplaced loyalty and is one of Shakespeare's greatest romances, (I'm quoting from the programme here). It's also very funny and well worth seeing. Please email me for more details. David Millington djmillington@huginn-munninn.demon.co.uk</p>			

Cinema Circle

How about meeting up for movies on a regular basis?
So, I reckon Tuesday, 2nd week of the month, should keep us busy between the 1st Wednesday pub meets and 3rd Thursday meets.
Easiest at the mo seems to be the UGC in the Cornerhouse in Nottingham, but I'm not against any other suggestions for future months.

The First time will be on the 12th October.
Meet at the "Slug and Lettuce" for about 7:00ish.
Movies are usually between 7:30 and 8:30pm.

See you then, Ellie (tel. 07730 751129 or 0115 9270249)

The Notts Derby Walking Group Ball - Saturday 12th February 2005!

Save the date in your Diaries!

If you've an idea for a social event or even better are prepared to organise one then let me know! Alison - alison.lacey@ntlworld.com



Juicy Bits - The column that keeps you up to date with all the latest goings on! By Alex Garden-Shed

Oh my gosh! Have my spies been busy this month! You'd never guess what a hotbed of action the NDWG is! And you'll blush at what goes on under all that gortex and dri-flo! The phrase 'three man tent' is just a guideline and not a requirement girls (and boys!!!) Anyway, you know I hate to tittle-tattle but some of this stuff is just too juicy!!!!!!

Spotted! Harry L and Judy P in Dogma sitting on the same sofa! Go you lovebirds!...**Spotted!** Michelle N and Tony W at the Castle Boulevard Sainburys - they may have had separate trolleys but I think it's only a matter of time before two become one!...**Spotted!** And who was that walking up the cinema aisle at Broadway within a couple of minutes of each other? From the body language I saw I think they might be walking up another aisle soon! I swore I wouldn't say anything but good luck Greg L and Claire S - you'd look great together!...**Spotted!** Was it just me or did Emma P and Peter A look a little bit stressed at the last pub meet? I hope they sort out their problems or I might have to put on my agony aunt hat!...**Spotted!** A little bird tells me that a certain Andy H and Victoria B left the pub together 10 minutes before everyone else on a recent weekend away - you don't have to be Sherlock Homes to work out why that was! Let me know when it's time to buy a hat!...**Spotted** Katy M and Tom S, both in Bulwell on the same day - could you be more obvious?! But isn't it just the cutest!

That's all for this month and remember, a little gossip is fun and never hurt anyone!
Happy chatting! AGS.