

HARTINGTON BIKE RIDE

Sat 16 - Sun 17 Jul

The above is a two day bike ride starting and finishing in Derby. We do 40 miles each day but this is steadily paced, as in we have all day to do it. The route is via two of Derbyshires best know cycle paths, the Tissington Trail and the High Peak Trail. I have booked 7 places and will operate on a first come basis with bookings opening by post/pub meet on the 12th May pub meet in Derby. Parking in Derby overnight can be arranged for anybody bringing their bike from Notts. Cost is £16 per adult. Anybody wanting to book breakfast/Sat evening meal please contact me to find out cost.

Contact myself **Sian Roberts** on **01332 773567** or **101 Moorside Crescent, Sinfin, Derby, DE24 9PT**. Those applying by post please include you e-mail address as this will serve as receipt of cheques.

Yoga Taster Session for NDWG Members (followed by Pub Social!) Saturday, 23rd April 2005 - 6.15 pm - 7.30 pm - Beeston

If you've ever wanted to try Yoga, but have been too hesitant for whatever reason - then this is the session for you! We will have an opportunity to experience the fabulous benefits of Yoga - for our body and mind. [NB - you don't NEED to be flexible to DO YOGA!]

This Yoga session is specifically designed for us walkers in mind. We will be learning how Yoga can help relieve stress, maintain our body's strength and improve flexibility by releasing tension from the body. For us walkers in particular - the neck and shoulders from carrying back-packs, hamstrings and quads from climbing those peaks and more commonly - backache/pain. Plus, it'll be a great way to relax and recharge our batteries.

Venue: Beeston Girl Guides HeadQuarters, adjacent to Beeston Youth and Community Centre, Westend, Beeston, NG9. (follow signs for Beeston Youth & Community Centre)

What to Bring: An open mind! PLUS An exercise mat or Yoga mat if you have one. If you have neither, bring a thick, long towel - something to support the spine during seated/lying postures. A bottle of water if need be.

What to wear: Loose, comfortable clothing (eg leggings, track suit bottoms - no jeans!). It is recommended to bring a fleece or a blanket to keep you warm during relaxation. You also should avoid eating an hour before exercise.

Cost: £2.50 per person - You can reserve your place by text or email. Money can be given to me on a walk/pub meet or cheques sent to: **Helen Watson, Flat 5, 28 North Street, Langley Mill, Nottingham, NG16 4BS**. It is advisable to book as places are limited and there has been some interest prior to publicizing the event!

Any queries - please do not hesitate in contacting me, on **07905 765891** or email on

holistichelen@hotmail.com

Helen Watson

Walking in France - We are a family run Holiday/retreat centre in the Midi Pyrenees France, 'Hameau de Certes.' We are open to activity groups/families and Yoga. We are now organising walking weeks and I would be very grateful if you would be willing to circulate the walking week information amongst your fellow walkers are website details are : www.hamletofcertes.com

OCTOBER 1st - 8th 2005 walking in the beautiful Pyrenees £350 for a shared high standard accommodation en suite, £380 for a single, Transfers from and to Carcassonne airport Saturday to Saturday. Experience local cuisine (3 meals each day) including the regions wines, and picnic lunches. 4 organised days of great walking, a visit to Mirepoix 13th century town Market, lunch included. Full use of all facilities Aromatherapy Massage available. Great healthy fun week THIS WEEK EXCLUDES FLIGHTS Ryanair operate from Stanstead to Carcassonne 40 mins from the Hameau



Footprint

Scourge of Smutty Signs on England's Footpaths



Alison Lacey - visibly shocked and appalled

Footprint Says "Join Our Campaign!"

Ban This Filth!

Ring our premium rate number to register your complaint.

The NDWG membership were shocked and appalled to discover this shameful 'sign' in the Lake District, almost within sight of a public right of way. No warning signs were present and it would be quite easy for children, assuming they're lucky enough to be able to read - no thanks to Tony Blair - to be exposed to it's message. Groups of reformed fox hunters, out to exercise their hounds

lawfully, could have come across it and had their delicate sensibilities offended. Why can action not be taken against the flouters of this filth by this discredited and shameful government.

There was however a nice side to this whole sordid affair. Having parked in a remote woodland car park we were immediately surrounded by a group of

(mostly) men who, concerned for our safety, peering eagerly in through the windows to check we were all ok. They were a sociable lot, breaking the ice with a few questions about dog walking. We told them we had no dogs with us and they looked relieved (too many dogs together can cause problems) and then asked if we wanted to join in with a group activity they were about to undertake. Of course we declined,

telling them we already had our own group plans. They were very disappointed but to soften the blow we told them they were allowed to join our group and passed on Neil Rogerson's contact details, telling them he checks all our new applicants. That cheered them up a lot and I fully expect Neil to have his hands full. Why can their not be more friendly people like that around?

Editorial

Hello everyone. 2005 is flying by it seems. Easter already! It has been an hectic start to the year, with some brilliant weekends for both the walking and the weather. Long may it continue (well definitely over the Easter w/e anyway, I am compiling this on the 9th March). So far I've been to the Llyn Peninsular and Buttermere - totally different environments but both well worth the travelling. It's been a while since I have done the A55 and I have always done it in daylight (it is a valid excuse!!!) so I managed to get halfway across Anglesea, before I realised I was heading for a port to the Republic Of Ireland, and the bridge I had crossed was the Menai Bridge. It was pitch black and I was trying to do it from memory (which is on a par with a Goldfish, at the best of times). Once there, we were made to feel welcome by the locals. If you turned a blind-eye to the graffiti on the road signs anyway.

The Valentine's Ball was a great success, definitely worth the stress the people endured organising it. Thanks to the Walks organisers, for compiling another great programme. Thank you also to people who have volunteered to lead walks/weekends away. It makes the job a hell of a lot easier when the offers come in thick and fast. We keep harping on about "Oh we've got 400 members..." - It would be even better if we were able to say "Oh we have 400 pro-active members" - I know different times and circumstances dictate different lifestyle priorities but there is always the offer of an helping hand on your first walk/weekend organisation. This is your group. Natural progression dictates that you new members will eventually be the "seasoned old campaigners" with the new members saying "Oh its sooo hard to get on a weekend!". Get in there.

A group email was doing the rounds recently about going to the meeting points. I think it was Derby in particular that was mentioned. Obviously, for the sake of the environment, sharing costs, and generally being sociable, this makes sense. Speaking from a personal point of view though (oh here we go! Yes, these are my own personal views - please do not sue the group.) I have on a number of occasions offered people a lift, for them to actually be wearing their boots at the start point. If you are the owner of a car with let's say white carpets (don't laugh, we have one!!!) this is not really on. My car is old and I thrash it into the ground, does not mean I treat it like a skip though. Please remember to offer the driver fuel money/share the car park costs. I don't harbour grudges (oh he does - Senior Ed), but when you get to the car park and your passengers disperse as though its a taxi, you remember the personalities involved! Nice gentle chit-chat about the pro's and con's of "Busted/Mcfly/Busted/Mcfly" is always a winner and helps make for an even nicer day. It is also an idea to find people who live in your area and just organise it amongst yourselves. The people in Basford for instance who drive to People's College - A610 to Matlock (past your house...). Matlock to Nottingham on the A610 (past your house). People's College to Basford. Yeah - great! Sign me up for that one! Would have to be brilliant conversation, either that or the chance to ask "How did Forest/Barnsley/Donnie Rovers do yesterday then?" The "tricky trees" are getting a bit more vocal now though...

Look forward to seeing you out walking, maybe on a few socials. Soon be the summer!

Martin Burkinshaw

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NDWG at GENERAL COUNCIL 2005

8th-10th April at the University of Nottingham

The Ramblers Association's General Council returns to Nottingham next month and NDWG members are needed to help out at this important event.

FREE MEALS * GREAT SOCIALISING * GREAT PUBLICITY FOR NDWG

General Council is the annual conference of the Ramblers Association, bringing together delegates and representatives from all over Britain for a weekend of discussion, debate and socialising. It will also include the second 20s-30s members conference, following the popularity of the Exeter event. There is likely to be at least 30 people from young people's groups. GC is a great opportunity to meet other members from across Britain and a great way to find out a bit more about the RA. What's more, everyone who attends gets free food and drink.

It was at GC in Nottingham back in 1999 when NDWG (then with 90 members) made its national debut as the first major 20s-30s Walking Group. Sixteen NDWG members attended and delegates were so overwhelmed by the Group's success that a motion advocating the formation of 20s-30s groups nationwide was passed overwhelmingly, paving the way to the network of over forty five 20s-30s Groups that we have today. It really was a major turning point in the RA's development.

It's very unusual for GC to return to the

same venue so soon and provides a unique opportunity to show what a great Group NDWG is five years on.

Volunteers Needed

The event runs from Friday evening through to Sunday lunchtime. Much of the organisation is done by local members, and we're in need of volunteers from NDWG to manage the "roving microphones" in the main lecture theatre during the conference sessions. People are not expected to help for the entire weekend - just 3-4 hours during one of the following time periods: Friday Night, Saturday morning, Saturday afternoon, or Sunday morning.

Volunteers are entitled to attend as much of the conference as they wish, will be entitled to free meals during the time they volunteer, and can also take part in the social events which take place at the University and also the 20s-30s Pub & Club Night on Saturday.

If you are interested in helping out please contact **Kevin Matthews** as soon as possible as he needs to get as many volunteer names confirmed as possible.

Kevin Matthews - Tel: 0115 914 5653

Email: kevin.matthews5@ntlworld.com

Dear Footprint

A new advice column for all our readers, hosted each issue by a different expert. This month Aggie Frostrap, a relationships coach tackles readers questions...

Dear Footprint,

I've just started walking this year. My old 'pack-a-mac' is past it's best and so I want to buy a new waterproof jacket. A lot of the ones I've looked at seem rather expensive and rather bulky to carry in Derbyshire for the warmer months. Have you any suggestions for a lighter jacket that would fit easily into my day sack that's waterproof and won't break the bank? It'd also be nice if it wasn't a complete fashion no-no!

Cheryl - Nottingham

Aggie says...

I wonder Cheryl if the problem really is that you're finding it difficult to get 'a new jacket' or if the problem is a little more complex than that. You're right to throw out your old 'pac-a-mac', unwanted baggage can weigh us down in life and when a jacket (or relationship) has gone from being comfortable to threadbare and worn, it's time to move on. It's sad when we outgrow our relationships but there's nothing to be gained by living in the past. As for choosing a new partner, it's nice to think of having something light and easy and in the 'summertime' this would be great fun, but in the harder 'winter times' you'll be glad of something more substantial and heavy. You're so right to be concerned about fashion though, he can be as warm and protective and practical as possible but if he looks out of place when you're about town with him then you'll regret your choice! So my advice to you is ditch that tired old boyfriend/husband and get out and meet someone new! You'll find more in my book "Out with the Old, a modern woman's guide to creative dumping and meeting Mr New" (£12.95 - Bluebell Press)

Dear Footprint,

I've recently noticed that my knees are suffering on long downhill sections of footpath, particularly on long days with heavy underfoot conditions? A friend has suggested walking poles to me. Do you think that walking poles are a good idea. I've always thought that they were for the older walker and that people using them look a bit silly! Royston, Derby

Aggie says...

Your friend seems a very wise bird to me! We should all have friends like that. I think you're obviously at a stage in your relationship where you're both very comfortable with who you are and you're starting to think about the long haul 'downhill'. While having children is a huge responsibility, the joy that they can bring into your relationship and your lives is tremendous. You shouldn't worry about your age or looking silly, there's never a right time to start a family and when your little darlings are screaming their heads off in Tesco's, just think of all the fun you'll have at bathtime! You'll find more in my book "Three's company, how to make sure a 'Little Person' doesn't ruin your life" (£15.95 - Bluebell Press)

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New Year in the Lakes

NDWG cry 'Foul' and stick two fingers up to ensure a fitting climax is reached despite the damp conditions

Christmas 2004 – cold, crisp days, a scattering of snow on the ground, blue skies and sunshine. Everything bodes well for a great New Year trip to Ambleside. 29th December, as we arrive in Ambleside for our New Year extravaganza, the temperature warms up and brings with it unwelcome clouds, wind and rain. Plans to do serious walking look like they might have to be put on hold. Gradually the group gathers – it's great to see familiar faces again after a week of Christmas food, families and festive fun. Some of us arrive in time to hit the outdoor shops for a brief gear buying frenzy and fit in a quick pint, before Liz, our organiser-extraordinaire, gives her welcome briefing ... or was that brief welcome?!

For the first evening, the group split up, most of the sensible ones went out to sample the beer in the local hosteliere, while the rest of us got down to the infinitely more serious job of getting our slightly 'worse for wear' heads around a game of Pictionary. If you haven't played Pictionary whilst under the influence of three or four glasses of wine, you haven't lived! Hours of entertainment followed, with hot competition between the teams, some demonstrating their lack of artistic talent and others displaying their shocking lack of geography knowledge – where exactly is France again, Chris, and what was the Sweden thing all about?! Thursday dawned dull and damp. The weather forecast was for storm force wind and rain moving in, so Scafell was off. Instead the group split into two. A few walked to Grasmere and back, while the rest attempted one of the Langdale Peaks, lead by Rob Stevens. The weather forecast was right (why is it always right when it's bad weather?!), and at the top we walked into a howling gale and thick mist. An attempt to do a circular walk was abandoned when it became clear that we could end up walking in circles well into 2005, so with the aid of some clever map and compass work, assisted by a GPS or two, Rob retraced our steps and led us back down to civilisation – in the form of a pub with hot chocolates and coffees fortified with a bit of Christmas spirit. Thursday evening saw the Pictionary tournament part two, this time roping in random other walkers from the hostel, who turned out to be even more mad than Notts Derby folk, and lubricated by a seemingly unlimited supply of whisky. Again, the sensible ones left the mayhem behind and went to the pub for a civilised(?) drink. New Years Eve. Some went to Grizedale Forest for a low-level walk lead by Sian, whilst the rest of us blithely decided to climb Helvellyn, despite the continuing naff weather. At one stage we were climbing above the cloud level, but visibility was still fairly poor at the top. However, the wind and rain eased off, giving us hope. The group split again – those who decided they needed at least four hours to prepare themselves for the New Years Eve frivolities took a shorter route back down Helvellyn. The remainder

(those less vain, or perhaps beyond hope?) decided to take advantage of the increasingly good weather, and extended the walk to Grizedale Tarn, up Fairfield, and then back down to Ambleside, turning it into a cracking 12 mile walk, with fantastic views across the Lakeland scenery. On the way we were treated to what Martin reliably informed us were Brockenspectres (a weather phenomenon in which you see a halo of coloured light around your head – see photo on website). Eventually we all made it back to the hostel, scrubbed potatoes, scrubbed ourselves, put on our glad rags (and that was just the boys!), and prepared to mark the end of the year in real style. Pete produced a brilliant Cumberland sausage and mash supper which disappeared in a



fraction of the time he had spent slaving over the hot cooker in the kitchen! Dave M had kindly provided some champagne, which rounded off the meal a treat. Washing up done (the washers were like whirlwinds – stand still and you risked being dunked in hot soapy water, scrubbed up, and rubbed down briskly with a towel!), we hit the hot spots of Ambleside. Either we are a pushy lot in NDWG, or we were in the right place at the right time, but somehow we managed to take over the dance floor in Churchills for the evening, and four hours of blisterbashing 'freestyle' dancing and drinking followed. Midnight came and went, and eventually at 11.00 am we were kicked out, making our way back to the hostel to continue the fun for a while. New Years Day. There didn't seem to be too many bad heads in the morning, or perhaps people were good at hiding it! A cooked breakfast at Pippins soon saw off any remnants of hangover and various runs, walks, ambles, shopping and cinema trips filled the day, which had unfortunately reverted to grey clouds and pouring rain. With a sad and warped sense of responsibility I disappeared back home in the afternoon to do some work, but I am reliably informed that the last night was spent much as the previous few – good company, good laughs and a few(!) drinks to help it all along. So, all in all a brilliant break. Many, many, thanks of course, to Liz for organising it all – not an easy task when the walks programme was changing hour by hour as the latest weather forecast came in. Liz, you did a brilliant job. Thanks too, to Pete 'the Chef' for a fabulous New Year's Eve supper, and to Dave for giving us the champagne to help it all go with a bang.

The Martin Burkinshaw Fanclub meeting attendance was disappointing

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A very Happy New Year to all in NDWG, and I hope that 2005 brings1 you all what you truly desire and more!

Wendy Ferguson

Valentines Ball - NDWG Scrubs Up Well!



Romance was in the air at Ilam Hall on Saturday the 12th February as Notts Derby took over the YHA hostel and held the first black tie and ball gown event of the group's history with the Valentines ball.

In the preceding weeks a small committee had been hard at work planning the event, and believe me it paid off because it was a fabulous event. The attention to detail was second to none.

As we arrive we were greeted by balloons, fairy lights, poems, a bowl of chat up lines and love tokens, along with a glass or two of champagne. The evening began with the string quartet, led by our very own Sara Duncan, playing in the background. It was all very civilized and grown up!

Then we had a lovely buffet meal at finely decorated tables with fresh flowers and love quotes on the place settings.

Then the party really started. Neil Thompson, with the help of Helen Watson, tried to teach us Jive Dancing. I tried to be a man for a while (*It's not as easy as I make it look is it? - Senior Ed*), until I got fed up with dancing with other women. Five moves was felt to be a little ambitious by most, but they do have the memories of a gold fish after a few glasses of wine. It was great fun though!

I diverted my attentions then to the love cupboard, (a romantic setting with camera, slushy music and fluffy chair inside) as I attempted to set a world record on how many

men I could pull in the cupboard and leave at the mercy of a couple of female friends as I went to pull in the next victim.....Admittedly not very Romantic but fun. Blaine and Rob tried to beat the girls but they were always going to loose!!! Men tend to be more gullible, and women are not stupid. (Would you get into a cupboard with either of the above if you were a female, I think not!)

However I do believe that a few couples were formed on the night, and romance conquered all, but as usual the imbalance of Male to Female numbers did not help.

Alas I could not play smug married as my fella wrongly opted to stay at home...



The Disco carried on in the main hall with our very own John Ekersley on the wheels of Steel and a quieter room with a marathon and hugely enjoyable acoustic session from Alan Brown into the early hours.

People were still milling about at around 4.00am but all looking very dishevelled

and worse for wear, black ties were undone and dresses were... well I won't mention where one persons dress landed up towards the end but a good view of her bra was had by all!!!

Thanks again to everyone for making a brill night.

Alison Lacey

Process

1. Slowly add the above together by advertising the event early enough and at a pub meet to give everyone a fair chance of getting in the event - hence a varied and great bunch of people.
2. Add in a five hour car journey, to give people something to talk about.
3. Stir well, (though some people stirred more than they should). Add a few morose comments from "Happy" - again something to talk about, laugh at etc.
4. Lead the Top Walk of The Year with a positive nature (he is a fell runner after all) though try to avoid losing 2 people near the end of the walk (young love in the woods?).
5. Take in the Suns rays and absorb the glorious views in the company of the snow capped summit of Snowdon. (Multiple tranquil moments)
6. Apply some comical and friendly banter to take their mind of the climb ahead of them... "the old girls always need the loo in the strangest places"... Why have we got Superman on this walk..?
7. Sneak in a pub stop at the end of the walk with enough time for 2 cheeky ones (we mean beers).
8. Encourage a bit of group bonding using the showers. (2 people of the opposite sex caught in the same shower, and one of em on the committee too -shocking!).
9. Enjoy the culinary delights of NDWG's top chef, with the 14 of us sat round one table - no cleecky anti-social evening meals on this weekend, but another chance at social and culinary bonding.
10. Apply alcohol during the meal, goes well with Pete Thornhill's stand up routine - unfortunately he couldn't stand up after the walk and didn't even make it to the pub. Though he did a great impression of someone out of Lord of the Rings...
11. Walk to the Pub. Drink, listen to the welsh, take silly photos, walk back
12. Lead another top walk (gorgeous coastline), laughter, banter, fresh air and more exercise and finish in the pub...
13. Go back via a great eatery- some went to Pete's Eats and take in the scenery on the way home.

So what do you get after all that? Apart from the usual feelings of feeling alive, positive, refreshed and ready for the week or month ahead, and the increase in laughter lines, I discovered a new part of North Wales, a gem of a walk on a beautiful day. This meant so much to me as I am so used to walking in wet horrible weather in North Wales, and even summer.

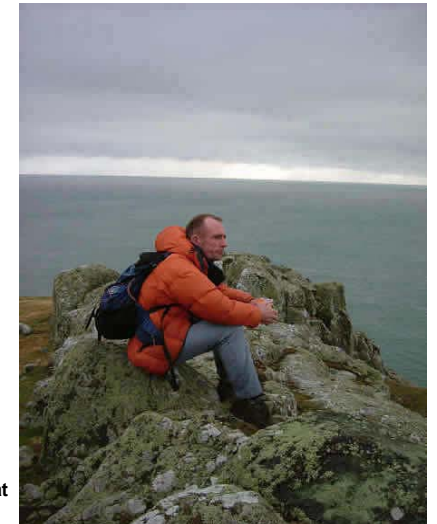
I now have the memory of walking in the presence of Snowdon's mighty snow capped summit with full views of the surrounding hills and the glistening waters of Cardigan Bay providing "magical multiple tranquil moments". Shame the battery died on me camera...typical. I said ****ing typical.

Thanks to Nick Harrington and everyone else on this weekend.

See you on a hill or in a pub sometime

Jonny Bramley
Chair or settee to some people

Dave ponders the reason why. NDWG weekends can have that effect on you...



in

RECIPE FOR A GOOD WALKING WEEKEND



Ingredients:

1. Top Location: A hamlet outside of Abersoch on the Beautiful Llyn Peninsula, North Wales
2. Accommodation: Clean simple Self Catering Bunkhouse with no YHA curfew and more than one shower.
3. 14 People: The right number of people for a weekend away, not too many and not too few, just right number to chat to everyone and avoid the cleeks forming.
4. Top Organiser: Well planned weekend, with Guidebook Repartee of exploits and places to visit in Snowdonia
5. Top Walking: Cnicht and the Moelwyns on the Saturday (Classic Mountain walk) and Coastal Walking near Aberdaeron on the Sunday (classic coastal walk)
6. Great Weather: Glorious views of Snowdon, Nantle Ridge, The Rhinogs and Cardigan Bay.
7. Eating Together: There's something about the whole group sitting down to eat together after they have been out in the hills together, its just a very nice well "together" feeling.
8. Pete Wilson: You need Pete for his culinary skills and top scran - See 7. above. What he can do

with 3 and a half tonnes of Veggie Mince is amazing.

9. Pub Nearby: A great pub just a mile down the road, supposedly Welsh speaking, though some of the locals' Welsh was as good as my Urdu.

10. A few Characters: You always need a few laughs and we had few characters that could supply this whether it was laughing with them or at them. (Check out Martin Burkinshaw for his positive nature (he loves kebabs) or Pete Thornhill for his impersonation of a male version of Patsy from Abfab, Superman t-shirt and all.



Chairman's Chat - Weekends Away, new members and all that

Many thanks to Rob and Blaine for putting on the new members weekend back in February, which from all reports was excellent and enjoyed by all involved. Also many thanks are due to the other weekend organisers that have put on excellent weekends away recently: Don (Buttermere), Nick Harrington (Abersoch -see my write up), Liz Rawding (New Year) and Cath Anderson (Boggle Hole). These weekends were open to all group members and were very successful.

The new members weekend was a great way to attract our newer members (and some that have been in the group a year!) to the benefits of the weekends away. It was put on primarily to give new members a chance to get on the weekends as they sell out so quickly. However the real benefit of such a weekend away is that new members get the chance to meet other people in the same boat ie new to the group (and to meet Rob and Blaine). The downside or after effect from this weekend is the proliferation of the rumour that is impossible to get on a weekend away, that the weekends away are the preserve of the "Old Boy's Club". This is plainly not true. There is no old boys network, nor old girls network. If there was an old boys network I would know about it and would hopefully be in it, cigar and all!

When I took on the role of the walks organiser a couple of years ago we only had one weekend a month on. This was not enough so I increased it to 2 a month, initially we had some people worry that it was too many, but as the group grew the popularity of the weekends away soared. Indeed to some of the members that have been in the group a few years, the weekends are the core events of the group – not the Sunday walks. We changed the way that you book on weekends by stating a date when bookings will open, rather by word of mouth like it was before then.

The group is now even bigger and more weekends away are needed but with the current rumour doing the rounds of the new members that they can't get on them, will more weekends away be the answer? When a weekend away is organised, the accommodation is booked well in advance, for New Year it was 18 months in advance! Of course deposits need to be paid and so weekends away need to be booked early to pay the organiser. That's why in the first few months of joining our group the weekends away will have already opened for bookings and will probably have sold out. To make things fair we set a date when bookings will open to give everyone a fair chance to get on them, this is usually at a pub meet to make it easier for the organiser and the members. It also makes the pub meets more popular and adds to the social side of the group. Usually if people can't make the pub meet then you can contact the organiser, a cheque to arrive the day after the pub meet, subject to availability is the norm.



We on the committee accept its not easy to get on weekends away (there are a few I have missed out on because I didn't get my act together and they had booked up before I realised), but its not impossible! It just takes a bit of planning, scan the walks programme, the footprint, the email digest and choose the weekend you want, make sure you get to the pub meet, on time and give your cheque and completed booking form over. That's not hard is it? Go on new people get out there and book on them weekends away!

Jonny Bramley

Spring/Summer Walks Programme - Leaders Needed

Myself and Rob have been frantically working on the new Spring / summer programme and have included a bumper selection of weekends away, Saturday walks, summer Wednesday evening walks and not forgetting our normal Sunday walks. While many people came forward at the recent pub meet, we still have a number of vacancies for people to lead walks and also organise the weekends away.

It may seem a daunting task to lead a walk or organise a weekend away, but myself and Rob will give full advice and all the support that you may need. If you're interested please let us know.

Dave Bettridge and Rob Stevens



Lifts to Walks

To those of us with cars...

Not everyone in the group is lucky enough to have access to a car. The offer of a lift from Nottingham or Derby is vitally important, it makes the difference between being able to walk or not on a Sunday. On a personal note, I was without a car for most of last year and people's generosity in offering lifts made a huge difference to me and had they not done so I would probably not still be a member of the group and would certainly have missed out on an awful lot. So if at all possible, can you go to the start points in Nottingham and Derby at the advertised meeting time.

To those of us who get lifts...

Make sure that you bring a change of footwear and a carrier bag for your boots for the journey home. It's nice to take away memories of a good day's walk but not nice to have a load of muddy footprints in your car. And don't forget that your contribution to petrol. A good rule of thumb is to assume that the journey will cost 10p a mile so a usual trip to the Peaks from Nottingham will be about 80 miles so if there are two of you in the car, about £4 should be offered, 3 of you, £3 or 4 of you £2.50. Don't forget to offer, don't wait to be asked. Thanks - David Millington



Date	Event	Where?	Organiser
Friday 18th March	Bistro Live	Nottingham	Rob Hill
Its £14 per head which includes a meal, live band and DJ. People need to send me £5 deposits asap as I have booked 22 places and they need payment asap. Its also Blaines birthday that night. So get ya dancin pants on and come on down! for further details contact Robert.Hill@derby.gov.uk			
Friday 18th March	Cinema Night	Derby	Sian Roberts
Showcase Cinema at Forresters, Osmaston Park Road. Meet at 1900 to choose the films, then off to the Oast pub for the critic. Contact Sian Roberts at sianroberts48@msn.com or on 07773 619259.			
Friday 1st April	10 Pin Bowling	Nottingham	Pete Wilson
Meet at the Bunkers Hill at 8pm then moving on 8.45 to bowl at 9pm. I have booked 2 lanes and 2 games and its disco bowling so that means Da-Glo pins and Balls with UV lights and strobes and also music. We should be finished at about 10.15pm ish depending on numbers and will then move on to a bar somewhere in Hockley and then on to a late Bar. I need to know numbers beforehand so Ring or Text me to book you a place. (Don't forget to put your name on the text) p.wilson37@ntlworld.com			
Friday 15th April	Cinema Night	Derby	Sian Roberts
Cinema Night Contact Sian Roberts at sianroberts48@msn.com or on 07773 619259.			
Fri 29th April	Jongleurs	Nottingham	Neil Rogerson
Jongleurs Nottingham (www.jongleurs.com). Get yer Bank Holiday weekend off to a top start with a slice of comedy then a boogie into the wee small hours. Tickets are specially discounted at just £8 (normally £14) so book early! Contact Neil on 0115 9734902 or t'internet neil.rogerson@ntlworld.com.			
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			

Group Socials - Survey

I have done the job of Social Secretary for a year and a half now. Until recently all the socials and the Thursday pub meet have been very well attended and enjoyed by all.

The last two socials I attended and the last Thursday pub meet I went to however there was a fairly poor turnout, with half a dozen hard core members....(we still had a good time mind you!)

There are nearly 400 members in the group. Where are you all hiding? I know that the main reason for the group is to go walking, but the socials have always been a fundamental part of the groups success.

Please could you answer a few questions:-

Are you interested in coming to socials?

Are you interested in the socials we are providing?

Are the nights when the socials are on appropriate, or would people prefer to have them on other nights?

Are people put off because they do not know the person, who is organising the social?

Are you finding out about the socials in time or at all? i.e. Is there enough publicity?

It seems that the gap is widening between those that go regularly on a Sunday walking and those who go on socials. If there is a group of people that joined around the same time why don't you get together and organise a night out?

Maybe it is that the group is going through a "natural cycle" and the attendance at socials will pick up.

Please could people contact me with their thoughts and with any socials they wish to organise for April and May.

Thanks folks for your time, and party on....

Alison Lacey

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