

Express Leisure

Walk And Talk

IT'S official! It's Spring! As this was being written, the clocks had already gone forward – and snow was forecast for the weekend. But when has a minor detail like snow in April bothered us here on our inclement island? Just don't ditch the winter wrapping quite just yet. The Walk & Talk programme offers different types of walk, so that you can find one suitable for you.

The *short walks* are easy and suitable for newcomers to physical activity, lasting between 45 minutes and one hour. They are across good surfaces and flattish routes with no stiles.

The *longer walks* last up to 90 minutes, along a mixture of canal towpaths, lanes, footpaths and public rights of way across fields. Surfaces may be uneven or muddy and there may be slopes and some stiles.



All walks are free and there is no need to book – just turn up. Dress sensibly and wear suitable footwear. Smoking is not permitted, and dogs are not permitted, with the exception of guide dogs.

Short Walks

Colliers Wood/Moorgreen Meet at The Horse and Groom (rear car park), Church Road, Moorgreen. Mondays at 11.10am, Wednesdays at 2pm

Wollaton Park Meet at 10am at Wollaton Park, 1st car park, Wollaton Road entrance. Call Christine Adams on 0115 942 0323 for more details.

South Broxtowe A 'short walk for health' on regular Friday mornings is new for 2008 in the south Broxtowe area. Call Antonia Bridges for more details: 0115 917 3711.

Longer Walks

New for 2008 New longer walks on a Thursday morning but with flatter routes and few or no stiles. Call Brian on 01773 780 390 for more details.

Tuesday, April 15 Meet at Cliffe Hill Avenue car park, Stapleford at 10am

Thursday, April 17, 24 Meet at The Gardeners Inn, Awsworth Lane, Cossall at 10.30am

Review

Boys II Men at the Royal Concert Hall

IT would be fair to say I wasn't an avid fan of Boys II Men – I think they were slightly before my musical time – by about 15 years. However, I have certainly heard of them, probably because they're an astounding success. And since November of last year, they have been busy reminding people of how successful they were as they tour promoting their new album, *Motown: A Journey Through Hitsville USA*. Their first major label release for five years, *Motown...* showcases the sheer vocal artistry and musical professionalism.

Formed in 1988 as a quintet, Boys II Men would lose two members along their path to stardom; Marc Nelson was the first to leave to pursue a solo career before their rise began, and then, in 2003, Michael McCary, due to a medical condition that led to pain and decreased mobility.

Nathan Morris, Wanyá Morris (no relation to each other) and Shawn Stockman are the current line up of Boys II Men, and all three possess soulful, powerful and melodic voices.

The trademark of Boys II Men was built on their smooth harmonies, a few synchronized dance routines, and their polished stage act. Despite the passing of the years, they have lost none of these sparkling qualities, and still deliver a fabulous, energetic live act.

An adequate supply of firm favourites from the earlier part of their career more than satisfied the clamouring crowd at the Royal Centre in Nottingham last week, and renditions of some of the tracks off their new album, a collection of covers from the Motown era including tracks by Smokey Robinson & the Miracles, the Temptations and Marvin Gaye, upped the frenzy level of the decidedly mixed but certainly appreciative audience to somewhere near 'let's dance!' level.

As a night out, Boys II Men, who started out as boys and are now supremely talented, confident, musical men, offered a brilliant demonstration of the melodious magic they have worked on original Motown hits, whilst remaining true to the sound and spirit of the music that had such a big influence on their own style.

Reviewed by K2

Beeston Carnival

MAKE a date for summer in your diary – this year's Beeston Carnival will be held on July 12 at Broadgate Park.

This is the third revived Beeston Carnival. As it grows in success the organisers, Cllrs Pat and Lynda Lally, ask anyone who would like to bring something more to this year's Carnival, be it entertainment, food and refreshments, games for the young or the not-so-young, details of local community groups, churches and organisations... to get in touch.

The Beeston Express will be looking for a Carnival 2008 Princess and attendants nearer the time.

Cllr Lynda Lally said: "It has rained for the past two years, but that hasn't stopped us from having a good time! This year, whether it rains or not, we would like more people to get involved with helping us put on a good show, and if local businesses are willing to provide sponsorship, we would be delighted to hear from them." Cllrs Pat and Lynda Lally can be contacted on (0115) 922 3823.

Narrow Marsh book winner

CHILWELL author Alan Dance generously donated a copy of his new book, *'Narrow Marsh'*, a work of fiction based in the streets of early 19th Nottingham, for a competition run in *The Beeston Express* of March 14.

However, when we contacted the first winner

drawn, he was found to have been out and purchased himself a copy – the fact that he'd entered a competition where the book was the prize had slipped his mind!

The gentleman asked us to re-draw the competition, and our new winner is Mrs F Jefferies from Chilwell.

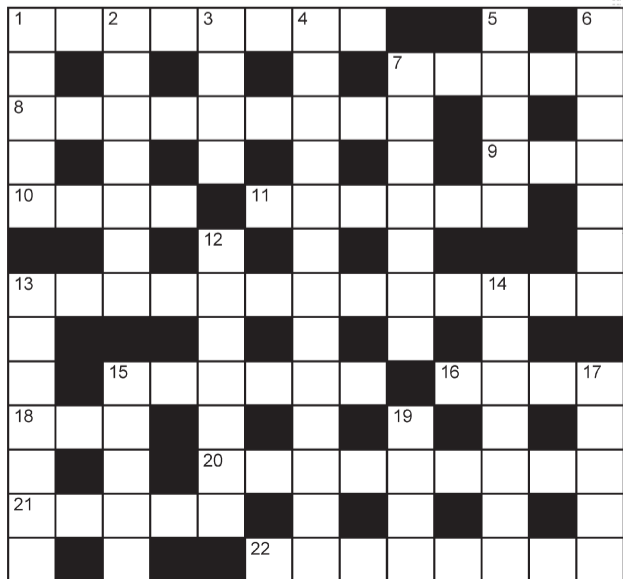
Express Quizword No 109

ACROSS

- 1 What criminal might be called a firebug? (8)
- 7 What flower is the source of insecticide pyrethrum? (5)
- 8 Which officer is above a colonel and below a major general? (9)
- 9 Howard Hughes sold his shares in which airline for \$500 million? (1,1,1)
- 10 Where was Sophia Loren born? (4)
- 11 In Greek mythology, whose hair consisted of snakes? (6)
- 13 What was Saigon renamed in 1976? (2,3,4,4)
- 15 What colour is traditionally associated with Roman emperors? (6)
- 16 In where might service personnel eat or take recreation? (4)
- 18 What insignia is added to a decoration to indicate a second award? (3)
- 20 What reactive metal is used in flares and incendiary bombs? (9)
- 21 Monaco's Grimaldi family originally came from which Italian city? (5)
- 22 What is a chronic inability to fall asleep? (8)

DOWN

- 1 The first traffic light, introduced in 1924, lacked which colour? (5)
- 2 What is "relating to or caused by earthquakes"? (7)
- 3 Who is the Bible's best-known boatbuilder? (4)
- 4 Who wrote the children's book *Badjelly the Witch*? (5,8)
- 5 Which ship sailed with the *Nina* and the *Santa Maria*? (5)
- 6 What is a sequence of hereditary rulers? (7)
- 7 What describes the depth of a vessel from the waterline to the lowest point of the hull? (7)
- 12 What is a scaled-down three-dimensional scene, with models against a background? (7)
- 13 What hard-boiled striped sweets are usually flavoured with peppermint? (7)
- 14 Spain and Portugal occupy which peninsula? (7)
- 15 What is a purplish-black partially dried plum? (5)
- 17 Which manufacturer's original title was "Société Industrielle de Mécanique et de Construction Automobile"? (5)
- 19 Which city in Nevada is known for gambling? (4)



SOLUTION 108: ACROSS 1 Acrobat, 4 Alfie, 7 Mega, 8 San Diego, 10 Oscar Wilde, 12 Medina, 13 Scoria, 15 Graham Hill, 18 Reindeer, 19 Coir, 20 Horse, 21 Dead Sea. DOWN 1 Armco, 2 Regicide, 3 Thalia, 4 Aide de camp, 5 Flea, 6 Erotica, 9 Ironbridge, 11 Traitors, 12 Monarch, 14 Shield, 16 Larva, 17 Bier.

Odd One Out Competition

TO win the £10 cash prize this time, we want to know which of the following words is the odd one out: *reserved, gregarious, reticent* or *diffident*.

Send your answers to *The Beeston Express* PO Box 7440, Beeston, Notts, NG9 1ZS to arrive no later than Monday, April 21. The winner will be the sender of the first correct answer drawn.

The answer to the 'Odd One Out' competition in Issue 123 was *theatre*. The other words given: *act, perform* and *pretend* are all verbs (as well as being imaginary states), whereas *theatre* is a noun, in this case a physical entity.

Sender of the first correct answer drawn and winner of the £10 prize was Mrs WE Handley of Gainsborough Court, Broadgate, Beeston.

General Knowledge Quiz

1. Which British gold coin was first struck in 1663 in the early days of trading with Africa?
2. In Greek mythology, what name was given to creatures which were half man, half horse?
3. In mediaeval times, the branches of which tree were commonly used to make bows?
4. What name is given to the metal discs found around the edge of a tambourine?
5. Which artist painted no less than 62 self-portraits?
6. What name is given to the Italian dumplings made of potatoes, flour or semolina?

Answers on page 7

Card Craft

at Chilwell Community Centre

A fun, 10-week course for beginners who want to learn different techniques in Card Making

Mondays, 1pm – 3pm

Inham Nook Library, Chilwell Community Centre, Inham Road, Chilwell

For more information, or to express an interest in the course, contact Castle College Community Team on (0115) 884 2749 or email communityoutreach@castlecollege.ac.uk