



The Rambler-May 2013

**British Dutch
Walking Fellowship**

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Newsletter Date

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COSFORD 2013

Congratulations to all those who completed the two day walk.

Thank you to all those who gave up their time to help over the weekend too. Gina and her team were kept very busy with an exceptionally long day on the Saturday, up and moving by 6:30 am then treating their last casualty at 23:40!



It is always lovely to see happy friendly BDWF faces when we are out and about! Thanks to Trevor, looking very smart in Green, we have a few photos of some of our members who took part over the weekend.



**73 Days to wait!
16-19 JULY 2013**

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Route Change

For those of you who know the Vierdaagse route like the back of your hand I thought you would be interested to know that there has been a slight route change this year, the article from the 4daagse website reads as follows...

Preparations for the 97th Four Days Marches are running smoothly. So far, one major change has been made to the marching route. The 'Lent loop' has been scrapped from the route in the early hours of first day, the Day of Elst, as a result of construction and road works in the north of Nijmegen.

Walkers will now descend from the bridge over the River Waal along the slip road on the western side and, upon reaching Oosterhoutsedijk, will turn left onto Bemmelsedijk. After passing under the bridge, they will turn left again, taking the new cycle path and then Lentse Tuinstraat, Steltsestraat, Lentse Schoolstraat, Dorpsplein and Begoniastraat to end up back on the 'old' route.

A minor change has also been made to the second day's route through Wijchen. 30km and military 40km walkers will take St. Jorispad over the Arcus grounds to Valendrieseweg, ending up on their 'old' route. 50km and 40km walkers will also cross the Arcus grounds and take Campuslaan and St. Jorispad to end up on the 'old' route.

Committee Post Nominations

Every 3 years individual BDWF committee posts come up for election. The 7 key posts of Chairman, Group Secretary, Group Treasurer, First Aid & Support Co-ordinator, Membership, Marketing & Media (MMM), Dutch Marketing and Media (DMM) and Walking Liaison comprise the voting roles on the committee. In addition we also have a Youth Secretary post which historically does not have voting rights having always been covered by our Group Treasurer.

In order to ensure that all committee experience/expertise cannot be totally lost at a single election, the posts are divided across 3 groups which are annually out of step with one another. In 2013, it will be the posts of First Aid Coordinator, Youth Liaison and Group Treasurer that will once again be up for election.

The current post holders are Gina Coltman (First Aid Coordinator), Herman Boston (Youth Liaison) and John Nicholson (Group Treasurer) and all three are eligible to stand again for the posts.

Nominations for both posts will be sought until Friday 31st May, 2013.

If only one individual is nominated for a particular post, that person will automatically be elected, without a vote being necessary, on Founders Day (the last Saturday of Nijmegen week). If more than one nomination is received for any of the posts up for election, the election will take place in Nijmegen (closing date Thursday 18th July, 2013) and all qualified members whether in Nijmegen or not are eligible to vote. Election results as appropriate will be declared on Founders Day.

Nomination forms are available on our web site or via the Group Secretary. The return address is on the nomination form itself.

Once the deadline for nominations has passed, all details will be cascaded to our members in the June Rambler (distribution date 7th June, 2013) when we will know if a vote is needed. If needed, eligible members not in Nijmegen will be able to request a voting slip — full details will be included in the June Rambler.

Swiss Night March 2013 – Final Opportunity

55th Swiss Army Night March - 30th October - 4th November 2013

John Lake, RAFWARMA Transport Adviser coordinates the trip to the Swiss Army Night March. The actual walk will start on Saturday afternoon. Non-walkers are most welcome on this trip. The walk is open to civilian and military participants.

As many of you will know, John Lake has coordinated these trips for many years having taken out walkers to participate in the event since 1981. However, good things do come to an end and this is to be the last time that John will be organising the event.

Information of the event has always been made and is available on the RAFWARMA web site at www.rafwarma.org.uk (from the home page click on 'Overseas Events'). The resulting information page giving details of the event and with costs and contact details is copied following this opening.

The principle of the walk is having multiple control points and you chose which one you're going to walk to and then the next and so on until you arrive back at the start/finish point inside the set timescale – used to be 12 hours. You can duplicate routes a certain number of times and you get road-distance points per kilometre for the distance between control points. If your navigation skills are good then the potential is for short cuts to gain more points than the distance walked. However, the added complication is that control points close at different times so beware that they haven't closed before you get there. The equaliser to age/fitness levels is that you start with a point for every year of your age – nice! You must complete 30km but then it's up to you. The gold medals are obviously awarded to competitors who get the most points which really are the challenge of high mileage. Full details of the 'scoring' system and any variations to the above will obviously be communicated on the Saturday morning of before the walk.

Many BDWF members have achieved the distinction of winning these gold medals or appearing on the Roll of Honour.

For any further information please contact John Lake via the contact details as shown.

Good luck if you decide to take part.

Roy Hayward
Walker Liaison.

Dodentocht 2013

Hi All,

Last year's trip was probably one of the smoothest running to date. The journey over was hassle free and ahead of schedule all the way into Bornem, also on the return trip we manage to get on an earlier ferry crossing, cutting the overall journey time to Bristol by about 45 minutes.

Last year our group was 25 members strong, 23 travelled on the coach with 2 joining us in Bornem. This made us the 5th largest group and the biggest from the UK!

We had 6 first timers all completed, 10 of the group managed personal best times. Dave Hoben completed his 10th walk. Marion Leedham raised nearly £450 in sponsorship, this money going to her local air ambulance.

This made the group stats a 92% completion rate. Dodentocht 2012 statistics show a 62% completion, so all of us can give ourselves a big pat on the back. 28 Nations were represented with 10,957 walkers taking part.

It always amazes me how well organised the Dodentocht is, they do themselves proud every year. I would like to say a BIG thank you to my friends in the organisation for their help, also the Red Kruis in the Breeven, who look after us so well.

I have put together a collage of photographs on Youtube follow the link.....
<http://youtu.be/tiQuuklysqo> Sorry we did not get a group photo this year, we'll factor it in this year?

This year!!! I do intend to run another this year please put the word about, travel dates 8th – 11th August, walking 9th/10th. The format for the trip will remain the same, the only difference is that I intend to get all the payments in earlier to make it more stress free for me, I shall be sending out all the information with this letter.

Finally, thank you all for the collection you made for me, it was much appreciated.

Regards

Bodders

If you are interested in taking part in the walk please let us know so that we can forward you the relevant information.

FJOERTOER 2013

It cost a good deal of trouble but finally I stood on Terschelling! And even better: the sun was shining and the sky was blue! The Brandaris or Fjoertoer as the people from Terschelling call the lighthouse couldn't be missed and not far away from it, was my B&B where I would stay for two nights. The Brandaris is the finish of the walk. Months ago I booked my stay not knowing that it was just 200m away from the finish! I discovered that just a day ago!

Later in the evening I have a meeting with BDWF by iPhone and after that I have a small drink with other guests of the B&B who also take part of the Fjoertoer. They have walked it several times already, for me it's the first time.

After a good night of sleep, waiting downstairs was a good breakfast. Two seagulls keep a close eye on me hoping of some left overs! It appears that they sit there every morning. Then I walk at peace into the little village, back to the harbour to get my walker bag. I am not the only walker, in total 3,000 people will take part of this walk. Registration was full within 15 minutes, complete madness, but after the walk I know why! The isle can't cope with more walkers.

Finally the weather is perfect, after months of freezing cold weather. It's lovely sitting on a garden bench in the sun and that's exactly what I do now to see what's in my special red Fjoertoer bag. First of all a green cap, special because of the led lights in it. Of course a card on a lanyard for the stamps that you get during the walk, a muesli bar, a little bag of candies and some advertising material. The sun is so lovely I stay a little bit longer. Later today I may walk enough! For lunch I look for a restaurant who can serve me a big plate of spaghetti. Carbohydrates is what I need, because the stories over the North Sea beach are frightening! Loose sand and high dunes!

At 14.45h the bus brings me to ET-10 in Midsland where the 41km walk starts at 15.30h. Later the 21km and 15km will start here as well. First we make a round on the middle of the isle. About 750 people walk the longest distance, in the beginning over small roads, the walkers forming a long stretched line through forest and dunes. After the first rest stop where a choir sings and a beaker of cranberry juice there is some more space between the walkers. Now we are walking along the coastline on a paved road towards the southern part of the isles with a view over the Waddensea, a World Heritage site! Oystercatchers let you know of their existence, lapwings make their special flights and lots of other birds fly over the heads of the walkers.

When the road finishes we turn left to the Bosplaat, a piece of unspoiled nature! The silence is deafening and the view breath taking. Very far away there's a flag, it will be there where we go to the beach of the North Sea side of the isle. But first we have to visit a beachclub for a stamp, the first one of today. Despite the sun shining, the temperature isn't high at the end of the afternoon and inside the beach club it's lovely warm. The space is full of people and in the corner four musicians are filling up the space with their music. But I have to go on, the beach is waiting for me!

The warnings were true and the beach is very heavy for three kilometers before we walk in the dunes again. The sky turns red and slowly disappears into the sea.

FJOERTOER 2013 (continued)

At the second control post Christmas lights are put on, the orchestra 'De Waadbliezers' provide a good atmosphere under a roof with more lights. At this point the 21km walkers join us and turn on the lights of their green caps to go walking on the beach, curling around the sand dunes again. Luckily the organisers made a flat piece of beach, but the sand is still loose. It seems as if there is no end to it but I have to go on because in the distance I see something that changes colour and I want to know what it is. I am curious. Once in a while I look backwards and I see a line of moving white led lights, like a long snake moving over the beach, an impressive sight. After several kilometers on the beach I finally see what the changing-colour-thing is: a sea container open at one side where men are playing drums and walkers have to walk underneath it.

The sun is gone for today and it's really dark right now. The lighthouse Brandaris regularly shows his beam of light over the beach and then all of a sudden I am standing in front of two giant shoes which are lighting up in the dark and moving up and down as if they are doing a Michael Jackson moonwalk. The boss from Salomon would have wanted to place them in front of his head office in France but no, they are on the beach of Terschelling and I am not dreaming!

Further along the 42km has to walk in total 9 km on the heavy beach, an attack on your muscles of your legs! Then the 15km walkers join us and there I get my feet taped because they are burning and a blister is not far away. On my heel there is a blister as the first aider told me, but I don't feel it so I keep it as it was at that moment.

Outside again, a group of horses and ponies came walking towards us. They are decorated with hundred of lights, you don't see the riders, you don't see the horses and ponies but because of the lights you know they are! A beautiful sight and walkers starts to applaud spontaneously! Half an hour later they crossed just before me to leave the beach, while the walkers leave the beach a couple of hundred meters further, through the building of the KNRM (rescue team).

The last part of the walk starts now, no more beach for me today. It is really dark, they don't have street lights at this part of the track and maybe that's why the sky with it's stars is amazing. For months not a drop of rain has fallen, and that's why it's not allowed to smoke a cigarette and only on the beach there was a big fire. Other years there have been more real fires. It doesn't mean that it's boring without a fire!

As I walked into the forest, on the left side an actor [does a complete piece of acting?] and as I leave that behind see on the right several balls with blue led lights from drinking beakers, some buried half in the ground, others above the earth! It looks as if you are on a different planet.

You walk from one to another surprise. All of a sudden you hear a violin and look up to see if you can trace the sound. On the roof a women in a long white dress is playing it, while three girls dressed in white hanging in the trees next to the walking path are dancing while the lights are shining at them. Pity enough it is too cold to stay still for a long time so on I went, following a trail lighted by shades you normally find at your grandparents house, or by figures standing next to the path which change colour all the time.

FJOERTOER 2013 (continued)

The first houses of West-Terschelling come in reach but all of a sudden we walked into the forest again. My right ankle hurts, my feet are burning, arriving at the Dodemanskisten (a water right behind West-Terschelling) takes away all the pain and tiredness. It's as if I appear in a fairytale! Along both sides of the track marmalade bottles stand on the ground with hundreds of lights in them. In the water, coloured lights float together as waterlilies and fairies, an orchestra of frogs and two speed skaters. At the other side of the water are a couple of screens with a burning fire on them and some trees with lights. Around me the only thing I hear from other walkers are oooo's and aaaaa's, nothing else is said. It's magical and there are just no words for it. With difficulty I walk on and leave it all behind me.

You can finish until 1.30h, at 1.20h I pass the finish line to collect my pin, just on time!

FJOERTOER 2014 for BDWF Members

Terschelling is one of the Dutch Wadden isles and the most varied of them all! They have wide beaches, dunes, fields and forest. It's in the northern part of the Netherlands on the border of the Waddensea, a world heritage site. It's a beautiful isle to walk, famous for it's cranberries.

Next year the walk will be held at 5 April, do you want to join the walk? Then read on!

BDWF will see if it's possible to go with a group of BDWF people to the walk next year. If there is enough interest we will go on board of an old vessel in Harlingen Haven on Friday 4 April 2014 and set sail to Terschelling. On Saturday will be the walk: you can choose the following distances: 41km, 21km or 15 km. And on Sunday we will sail back to Harlingen Haven.

Price: around Euros 210.00 - a person

What is included in the price:

2 nights on board of an old vessel, in a 2 or 4 person cabin

all the meals and drinks

guaranteed walking ticket (you don't have to take part of the mad registration by internet!)

a small fee to support BDWF

The price excludes:

Travel from your hometown to Harlingen Haven

Travel insurance

FJOERTOER 2013 (continued)

A single train ticket from Schiphol airport to Harlingen Haven will cost around 24.40 euro, but if there are enough people we can see if it's cheaper to hire a van.

If the departing/arriving time of the boat in Harlingen Haven don't fit your flight times and need to stay a night longer, there is a nice hotel in Zaandam near the railway station with a direct line to Schiphol where you will be in 20 minutes.

Max. 50 people can join

If you are interested in this wonderful sailing/walking trip, please send an email to info@bdwf.org.uk then you will receive an email with all the details.

Caroline Kok

T-shirts around the World

A bit late but I got the BDWF to the closing ceremony of the Paralympics. Had a great time.

All the best

Frankie Murphy



Forthcoming Events 2012:

May 2013

5th Sarsen trail. For more information take a look at <http://www.wiltshirewildlife.org>

26 - 27th RAF Lyneham 2 day March. For more details contact Herman Boston Tel: 07936 390500 or Email: hermies@btinternet.com

June 2013

2nd - Hawkdean Hike For more information see <http://www.hawkdean.co.uk/>

As soon as dates are available for more of the regular walks I shall let you know.

There is also an excellent website detailing walks available in the Netherlands - <http://www.wandelkalender.nl/2013/meerdaagse.html>

If you know of other walks that our members would be interested in, please let us know - contact details are at the back of this newsletter.

If you are going on your own walk and would like company please let us know and we will put the word out for you.

Birthdays

British

- 1 Andy Lock; Chloe Williams;
Ryan Evans
- 2 Nigel Young; Debra Griffiths
- 4 Dave Sutton; David Hutchinson
- 5 Stuart Hammersley; Joshua Battaglia
- 6 John Turner; Christopher Pratt; James
Pirrie
- 7 John Foden; Ron Williams;
Sue Clements; Finn Baker-James
- 9 Cliff Evans
- 11 Rachel Lovelock; Dominic Bray; Luke
Paynter
- 12 Cashain David; Dafydd Jones;
Charles Bryant; Chloe Weston
- 13 Stephen Cherry; Kenna Leigh; Aled
Griffiths-Moses; Julia Gaffney
- 14 Hennie Stoel; Peter Richmond; Thomas
Rouse
- 15 Josey Thornton; Amanda Bryer; John
Howell; Rachel Palmer
- 16 George Thornton; Sandra Bird; Dave
Saunders; Ross Shannon
- 17 Sandra Thompson
- 18 Matthew Keates; Vivienne Sherry
- 19 Steve Waites; Tracey Sharland
- 20 Tracey Birch
- 21 Doug Pearce; Thomas Wakelam;
Jessica Cotton
- 22 Brian Kiel; Jacqui Wakelam;
Siobhan Smith
- 23 Marylin Hurley; Daniel Lewis
- 24 Christopher Oyston; Samantha Holland;
Matthew Hayward; Francesca Mabbott
- 25 Andrew Tiley
- 26 Sheila Hanson; Lucy Johns
- 28 Samantha Bowstead; Andrew Smith
- 30 Roly Greer; David Sinclair; Vicky
Couper
- 31 Ashleigh Roome

Nederlanders

- 1 Rienk Cloo
- 2 Arie de Knijf; Jochem Huffmeijer; Edwin
Vreeling
- 4 Renger Rakhorst
- 5 W Seders; Francien Kastanja
- 10 Mischa van der Bos
- 11 Anton Aelberts
- 13 Toon Vogels
- 14 Lydia Verstraate
- 16 Frans Vogels; W van de Wijdeven
- 24 J Vergeer; Marian van Essen Westerhoff
- 29 Bep van der Krabben-Enner;
Louis van der Krabben; P E Boomsma
- 30 John Warnier
- 31 Dianne Schijvenaars

*Many happy returns to
you all*

British Dutch Walking Fellowship

26 Blake Court
Staverton
Trowbridge
wiltshire
BA14 8WE

Mobile: 07763026369

E-mail: info@bdwf.org.uk



The British Dutch Walking Fellowship (BDWF) was founded out of the BT Nijmegen group in 2003. The club has no political or sectarian interests, and is non – profit seeking. Membership is open to anyone 12 years and over.

As a member, we want to make sure that you get the best from your relationship with us and that means keeping you informed.

Any news items to be included in the next newsletter should be with Kate by **Friday 31st May 2013**

Contributions are always welcome. Remember, every member has a voice and this is the ideal medium to have your say

Katie Elliman
Editor