

The Rambler

August 2014



Festive via Gladiola during modest Marches!

Despite the plane crash in Ukraine and the resulting adaptations to the festivities for the 98th Four Days Marches, the atmosphere on via Gladiola was one of elation and celebration. Not having music during the entry did not stop spectators and walkers from turning the day into a party. There was an excellent atmosphere on St. Annastraat, which is renamed Via Gladiola for this one day of the year.

Spectators compensated for the lack of music by singing, clapping and shouting words of encouragement. Walkers understood the measure and did not seem to mind the lack of enthralling sounds. Numerous bands who only heard about the measures once they had already set off for Nijmegen decided to continue their journey anyway. They walked

Down Via Gladiola without their instruments, but in full costume, to loud applause from the spectators. The atmosphere on De Wedren was also good albeit slightly quieter than in previous years.

Walkers braved the heat without any major problems, partly by following the march leaders' advice, protecting their heads and necks well and eating and drinking properly. The additional water stations along the last 15km of the route were really appreciated.

British Dutch Walking
Fellowship

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The oldest anniversary walkers finished at around 3pm. Bert van der Lans of Nijmegen completed the Four Days Marches for the 67th time this year, making him the new record holder. Dick Koopman of Oudorp completed his 65th Four Days Marches and was presented with a special medal by March leader Johan Willemstein. The youngest participants including Tim Vloet of Beuningen, Mees Hoffman of Arnhem, Ysa Witte of Nijmegen and Lena Gemmink of Ulft, also finished the marches at 3:30pm. Lena Gemmink announced that she had "no blisters and will definitely be back next year".

Chris Bos and Franklin Schalk were on the Dutch national television! Click on the link and watch. They appear after 3:30 minutes:

Copy the link and place it in your browser

http://www.npo.nl/het-gevoel-van-de-vierdaagse/18-07-2014/KN_1660899

A blessing and renewal of vows

Sunday 13th at 4pm in front of the train station for a blessing and renewal of vows for Spike & Helen (WARMA). Trevor in his more formal guise with dog-collar and presentation clogs for the bruidspaar



Two images of a great Nijmegen .. The first with Helen and Spike Elliott with Trevor Day ('bish' or 'padre'). The other with Bish holding a pair of clogs with the couples names

Copy the link and place it in your browser

http://issuu.com/gelderlander/docs/vierdaagse_special_14_juli/1?e=1057933/8604166



BDWF (10 years) Nijmegen

For those unable to join us in Nijmegen this year, here is a synopsis of the week.

Newcomers

32 walking newcomers and 5 new support staff successfully completed their first Nijmegen. Well done to them all.

40k teams.

All members in the 3 40k teams were successful. Well done to Zoe Chapman, Mick Abbott and Lennie Goldsmith as team leaders

Congratulations

25 Nijmegen vierdaagse - Jim Usher and Talbot Williams

20 Nijmegen Vierdaagse - John Nicholson, Brenda Layne and Ken Redman

15 - Nijmegen Vierdaagse -Richie Ballard, George Buxton, Dave Mason, Howard Johnson and Richard Courtney

Silk shorts award

There were a number of candidates for this prestigious award. The nominations are as follows:

1. Daisy Eveling - for having an out of date passport.
2. Richard Courtney – our last stop en route to De Dennen, he appeared on the wrong side of the motorway services, could not see the coach and thought we had left him.
3. Katie / Sam Elliman – wrong names on ID cards.
4. Darren Gray – visited the ladies toilets at De Tempelier (The local) instead of the gents.
5. Georgina Crowley– a ‘sprinkling’ of powder (you had to be there).
6. Angie Cracknell – using the men’s shower room and standing there naked as a Dutch man walked in. She said “It was absolutely hilarious”.
7. Zoe Chapman– took her glasses off to walk under a shower and lost them.
8. Zoe Chapman– was refused alcohol free beer as she was considered too young.
9. Richard Courtney – noticed a pair of glasses on the road and left them only to find out later they belonged to Zoe his team leader.
10. Ollie Thorne – walked on Thursday with his trousers back to front.
11. Nienke Jepma– left her walking shoes at home, remembered when travelling and then had to go back to retrieve them.

And the winner I am happy to say is Daisy Eveling. Her out of date passport (by 1 month) came to light when we were stuck on the channel tunnel for 3 hours. Phone calls to her mother and numerous calls made by her mother and our arrangements in Nijmegen to get her to the British consulate in Amsterdam to get her passport renewed. My sincere thanks to Nigel Lacy and Cindy Snijders for taking the round trip to Amsterdam with Daisy.

Going the Extra mile award

There were no winners

Free Nijmegen

This is awarded to Mick Abbott for bringing 16 members to Nijmegen this year.

Committee

The committee will be taking a well earned break during July and August and will resume work on Nijmegen 2015 in September. Our first committee meeting is in September where we shall look at your feedback as well as information imparted to us at the AGM, and will put in place a program of work to make improvements for next year.

Discount on Hi-Tec products

We (BDWF) have been awarded with an exclusive Friends and Family 40% off discount code – FNF40 (case sensitive) on Hi-Tec products.

When this is entered as a promotional code via www.hi-tec.com/uk it awards the bearer 40% off all non sale products.

Lost /Found in Nijmegen

QUANTITY	DESCRIPTION	OWNER
1	Tesco small sleeping bag (single)	Claimed
1	White cap (FNV)	
1	Blue/white shirt (label Shamp)	
1	HTC charger - minus the cable	
1	Wickie T shirt	Claimed
1	Pair white long socks	
1	Pink/white/blue towel	
1	Berghaus cap (grey)	
1	Ted Baker sunglasses case (no glasses)	Claimed
1	Black sunglasses	
1	Medium orange T shirt	
1	Small padlock	Claimed
1	Macadamia oil (moisture rich body butter)	
2	Pillows	
1	Douche gel (shower)	
1 bag	Contents are: "Greetings from Belgium" chocolate and nougat	Claimed
1 bag	Contents are: dinosaur chocolate figurine, 4 assorted chocolate figurines, 1 vanilla fudge	Claimed
1	Black/white/green flag	Claimed
1	Stretch rope with grips on the end	Claimed
1	Visor hat yellow	
1	Pouch Kornet tobacco	

If the above items are not claimed I will dispose of them by the end of August 2014.

A pair of what look like nearly new, mens black Karimoor walking shoes, size 10.5 UK. Looked a little like they'd been left next to one of the men's bunks, either in the 40k or 50k section. Are they yours? Please let me know ASAP.

Fresh legs and tip-top morale for the Nijmegen Marches

Staff Sergeant Michelle Carr, Army Air Corps (AAC), shares the experiences of her all-female team, as they take part in the Nijmegen Marches (12 – 19 Jul 14). The mixed-ranks team won the Best Land Team prize, based on speed, team spirit, morale and general conduct throughout the event.



(Article published on Facebook)

The team sets off.

Having successfully qualified at the RAF Cosford 50-mile test eight weeks before and being awarded 2nd best Army team, we were looking forward to the challenge, albeit a little apprehensively. The march consisted of approximately 46,000 participants, 806 of whom were British military and 369 from the Army (including a team from 9 Regt AAC). Each day teams must cover a set distance within a certain time frame, with two or three designated rest stop areas which had refreshments and medical cover.

Day one

An early start of 0405 hrs wasn't as bad as we first thought as the atmosphere was amazing from the beginning . It was a tough day as we had 29 miles to tackle but fresh legs and tip-top morale meant the day went as smoothly as can be expected

and we finished with a full team and no serious injuries. Blisters and sore feet were here to stay! Along the route we came across a Reservist who had completed the march 39 times and was part of the support team. I asked him for some tips; the advice was to get around as quickly as possible and spend the minimal amount of time in the rest areas (10 – 15 minutes). That is what we did.

Day two

Another very early start but with less distance to cover; 23 miles. A lot of Ibuprofen and blister management was a theme! I have to admit that the team were making my job as team leader very easy; self motivation and determination (or stubbornness) was an attribute of each team member. Towards the 18-mile point it was apparent that the team were feeling the miles they had covered and needed a pick-me-up. We came across a German Team as we entered back in to Nijmegen town and we sang songs to each other back and forth for the rest of the distance (it's amazing how singing helps, it speeds up the pace and takes your mind off the pain). Once again we finished with a full team.

Day three

It was hinted to me that we were in the running for best Land team (this category was for British Army and the Royal Navy). A slightly later start and a slight hiccup from one of the team meant that we missed our start time. This resulted in us being the VERY last team to leave camp. As we had messed up a little I assumed that the best team prize was out of the window; however, we still felt like we had to make amends, so we really went for it. Ten minutes in each rest stop (as opposed to some teams spending 45–60 minutes) and a quick pace meant that we lost count of how many teams we over-took, and morale was through the roof. That evening at the Team Leaders brief we were awarded the best Land team prize for speed, Morale, team spirit and not to mention that we had still not lost anyone from the team.

Day four



Time for a breather

The final and longest day. We had 30 miles to get through having started with extremely sore feet/legs/back; this was a huge challenge in 36-degree heat. It was made even more difficult due to the sombre mood because of the loss of many Dutch lives on the Malaysian Airlines flight the previous day.

As it was the last day we knew the end was in sight so we kept to our strict timings but we did have to stop more often. At the end of the route despite the nation grieving the atmosphere was amazing and there were local people everywhere playing music and spraying us with water, which was appreciated by all of us.

As the Team Leader the most worrying part of the whole March was the final four miles, this should have been the ultimate march through Nijmegen town centre but the lack of water, heat and sheer distance covered resulted in many service and Cadet personnel showing signs of heat injuries. Although morale was high our team members took it up on themselves to look after the wellbeing of others who were struggling (carry their own packs and individuals' packs, supplying water and giving encouragement).

Everyone who started the challenge completed it showing self motivation, robustness and determination. I couldn't have taken a better team:

Maj Claire Curry (HQ AAC)
Lt Susie Finch (7 Regt)
2Lt Steph Cray (1 Regt)
WO2 Ally McIlroy (5 Regt)
SSgt Annie Aspin (5 Regt)
Sgt Clare McMaster (6 Regt)
Sgt Sara Canning (HQ Land)
Cpl Emily Leggett (ATR Pirbright)

Cpl Tanya McIlroy (2 Regt)
AirTpr Katie Carter (4 Regt)
AirTpr Allison Kerr (4 Regt)
SSgt Michelle Carr (HQ AAC)



The group photo.

Facts and figures

Statistical figures provided by the KNBLO concerning participants of the Four Days Marches are on their website. They show How many participants started, the division between male and female, where the walkers have come from and the division of medals.

The United Kingdom was the largest foreign group followed by the Germans. The

details are in Dutch but you get a good idea.

http://www.4daagse.nl/images/stories/files/Statistieken/Statistieken_2014_website_definitief.pdf

Forthcoming Events

Walks this month:

July 2015

21-24th Nijmegen Vierdaagse

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.

For Rainy Days...

Puzzle Time!

RIDDLE-ME-REE

My first is in RODIN but not in Picasso
My second's in TURNER as well as EL GRECO,
My third you will see in MOORE and VERMEER
My fourth is in RUBENS but not in LANDSEER

My fifth is in RENOIR and also in LOWRY
My sixth is in BLAKE but not in KLEE,
My seventh's in EPSTEIN as well as MONET
My eighth is in DEGAS but not in MILLAIS
My ninth you will see in both KLIMT and ROSSETTI
My whole is a painter of the seventeenth century

Answers to last months Pairs quiz: Butterfly, Dutch courage, Flagstone, Handshake, Mass-market, peppermint, remote control, Sunday best, window dressing. GOAL and TRIAL spell: ALLIGATOR

353 Days to go

Happy Birthday!

Wishing all our members celebrating their Birthday in August Many Happy Returns!

1 Andrew Coulson **2** Cliff Garland; Huw Jones **3** Marion Hensen-Tiggelaar; Daniel Pike; Chris Hopkins **4** P Veraa; Bradley Cotton **5** M.A. van Steen; Ian Catchpole **7** Adrie Rotgans; P Drost; Miles Cooksey; Robert Sinclair; Lee Smith **8** David Boreham; Howard Pimblett; Richard Yoxall; Beth Millard; Sam Ferina **9** Katherine Feeney; Christopher Hayward; Alexander Crowley **10** Paul Wade; Simon Fryer; Juliet Luft **11** Robert Chapman; Laura Rees; Jack Lavender **12** John McManus; Colin Pryde; Neil Kelso **13** Jonathon Morgan **14** Toon Hoogewoonink; Stefan Louette; Louise van der Sanden **15** Talbot Williams; Stephen Heeley **16** Riet Berghs; Diny Vlaar-Nieuwenhuizen; Leon Prinzi **17** Chris Whittaker; John Veldman; Denny Ziegert; Lisa Brereton **18** Roy Hayward; Jeff Smith **19** Joseph Stansfield; Erna Vogels **20** P Vreeling; Nathan Biddle **22** Peter Walton; Nicholas Foster **23** Wouter Van Essen; Ronald van Buitenen; Thomas Stevenette **24** John Astbury; J Jacobs; Peter McGuinness; Dennis Bos; J van den Berge **25** Nicholas Ford **26** Kathryn Lewis; S Zandberg **27** Petra Gabel; Marion van Herp; Thomas Watling **28** Chris Bexhill; Peter West **29** James Ireland; Teresa Fairchild; Richard Rogers; Sara Williams **30** Alan Kirby; Harry Schoppers; Alison Shaw; Keith Bassitt

Don't Forget - We are on the Web too!

www.bdwf.org.uk

The most recent posts on the web include information for support crew registering to do Nijmegen with the BDWF and some Bargains found on line for walkers!

You can contact us in many ways:

Email: info@bdwf.org.uk

Telephone: 07763026369

Snail Mail: 26 Blake Court

Trowbridge

BA14 8WE

Twitter :BritishDutchWF

Facebook:

www.facebook.com/groups/bdwnijmegen

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 29th August 2014.

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