

The Rambler



December 2014

That Time of Year!

I don't mean it is time to eat mince pies either! By now you should be in receipt of your Nijmegen 2015 application forms. Please contact me if you know of anyone who is waiting but have not received theirs.

Please return your application form as soon as possible, it is a really big help. Thank you.

To remain on the mailing list

In the November edition of the Rambler, I asked members to send a return email quoting 'Yes' if they wished to remain on the mailing list by Friday 21st November. We had 600 on the mailing list and to date only 100 have responded. I was reliably informed that some emails of the Rambler ended up in recipients 'Spam' folders. To hopefully keep the membership happy, I have therefore taken the decision to remove those who have not been to Nijmegen with BDWF in the last 5-7 years. In the meantime, please check your spam folders and take steps to receiving the rambler in your inbox on the first Friday of the month.

British Dutch Walking
Fellowship
Volume 96
Friday 5th December
2014

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Nominal Roll

Are you aware there is **Nijmegen Nominal Roll** for all those who have completed Nijmegen 25 times or more!

If you have please let me know and I will pass on your details to Spike Elliott

Discounts available to You!

Cotswold outdoors: 25% off using code - B2044

Hi-Tec: 40% off using code - FNF40

LDWA and YHA members get 15% off at Cotswold Camping

I would like to build up a library of discounts available to members and publish these in every edition of The Rambler. Please let me know if you get or are aware of any locally or nationally.

Coach Tender Outcome

To ensure that our members get value for money, the committee annually reviews all costs including that for transport to and from Nijmegen. This has often been a verbal exercise to reduce costs or minimise price increases and has not always been fully recorded nor regularly conveyed to the membership. Following a lengthy discussion at our AGM in Nijmegen it was actioned for the committee to complete an in-depth review of coaching costs and so it was that we invited coach companies to submit offers. Further discussions at committee led us to prepare tender documents.

Eight British coach companies including our current supplier Barnes were invited to quote within a time frame of 3 weeks as follows:

- A. Pick up at various locations in the UK (Swindon, Reading, Clacketts Lane, Ashford International Train station) and deliver to Sport Park De Dennen, Nijmegen. Coaches and drivers stay throughout the week. At the end of the week the journey is made in reverse to convey passengers back to the UK and drop off at pick up points.
- B. Pick up at various locations in the UK (Swindon, Reading, Clacketts Lane, Ashford International Train station) and deliver to Sport Park De Dennen, Nijmegen. One coach returns to UK and returns the following weekend to collect passengers. At the end of the week the journey is made in reverse to convey passengers back to the UK and drop off at pick up points.
- C. Pick up at various locations in the UK (Swindon, Reading, Clacketts Lane, Ashford International Train station) and deliver to Dover Ferry or Channel Tunnel for de-

bussing, and collection the following week to convey passengers back to their UK drop off points.

- D. Pick up from Channel Tunnel in France and convey to Sport Park De Dennen, Nijmegen, and pick up from Sport Park De Dennen, Nijmegen and convey to Channel Tunnel in France a week later.
- E. Provision of the daily shuttle service from De Dennen to Nijmegen centre and return.
- F. Breakdowns, 4 hour service from breakdown to pick up and convey passengers to their destination.

G Cost to take 2 drivers per coach, and the cost to take one coach with 2 drivers.

Research was also undertaken on Dutch coach companies. They showed much interest but ruled themselves out because of the cost of making 4 journeys (pick up in UK and transfer to Nijmegen and then in reverse at the end of the week) either by ferry or the Channel Tunnel compared to just 2 journeys from a British company starting in UK.

We asked for comprehensive quotes for the alternative travel modes above but we did not achieve this. No company was prepared to quote for specification C (the de-bussing option), nor for specification D. It was in Tenderers' best interests to offer other options for us to consider, but we did not receive any.

We also included within the tender document a requirement for coach companies to provide quotes for 2016 & 2017. Again not all companies were prepared to do this. The most comprehensive quote was from our current supplier Barnes who offered us the most cost effective and incidentally lowest cost, solution. We have placed a contract with them for the next three years with no commitment if there is no requirement for a coach.

We would like to thank those members attending the AGM for their initial input into this exercise as, despite the additional effort involved, we now have a more robust and comprehensive future-proofed solution.

Nijmegen Images

We are looking for happy, smiley, clappy photographs for a snappy video. This is your chance to feature - or your best friends to be featured. Evidence of BDWF clothing is essential.

Please email full size (over 500Kb) image to .. bdwfoninternet@gmail.com

Local Giving

Please be aware that donations go towards BDWF membership and Vierdaagse 2015 fees, and that BDWF will, in addition, benefit from matched funding of the same amount.

LOCAL GIVING from 14 OCT 2014 – A POLITE CALL TO ACTION

Please help boost our funds at no extra cost to you.

Once again, Local Giving will reopen their nationwide “Grow Your Tenner” matched funding schemes - from 10am on Tuesday 14 October 2014 to 31 January 2015 or while funds last if sooner.

Donations of £10 attract a further £10 funding under either (or both) of two available schemes:

[1] One-time donations: as many as you wish to make;

[2] Monthly direct debit donations: for a maximum of 6 months if the commitment begins before funds are committed.

Note that:

– Under both schemes, donations over £10 (e.g. £15) only have the first £10 matched

– Direct debit donations are paid indefinitely but may be cancelled at any time *BY THE DONOR INSTRUCTING THEIR OWN BANK* to cease making payments.

Local Giving has made it easier to donate through their web site:

Go to <http://localgiving.com>

In the “search” area, enter either “BDWF” or “STAR” to reach “Swindon Trail and Road Walking Group”.

Select “Donate now” to reach the next page.

Select either a “one-time” or “monthly” donation.

Complete a (£10) donation amount.

Complete “log-in” with email address and password if you are already a registered donor.

Or sign up for the first time.

Please tell us who you are – unless you really want to select “anonymous”!

Complete the “Gift Aid” page – if you qualify to do so.

Complete the payment routine that suits you best:

– “one-time” by PayPal, debit card or credit card;

– “monthly” by bank direct debit.

Leave a short message, full name and post code (not membership number), similarly if donating for another person.

Repeat either “one-time” or “monthly” again if desired!

A BIG “THANK YOU”

Congratulations

To Marcus and Samantha Stuart proud parents to a little girl Charlotte Louise on Friday 7th November 2014., weighing 7lb 7 ounces. Sister for brothers William and Alex.

Howard Johnson

Your Letters

I had to smile at Nettie's contribution, as I am partly responsible for her Nijmegen plans! She bearded me at a recent cadet event and it seems that on the basis of my praises of the BDWF and the joys of Nijmegen she and Mel have decided to go for it!

Nettie is the Plymouth & Cornwall wing Bandmaster and doing great things for Air Cadet music. Happily, I can confirm that the logistics of doing Nijmegen with the BDWF are much easier than organising anything with cadets.

Instead of arguing over money, struggling to arrange transport, filling in endless online forms, trying to unscramble the mysteries of PIPES and AT Applications, and writing meaningless Risk Assessments, all you have to do is fill in some fairly brief forms, and send them to Herman with some money. You then book yourself a return flight from Exeter to Amsterdam, and look up trains to Nijmegen and then buses from Nijmegen station to the sports hall on the Internet. Instead of struggling to get hold of four sets of combat kit (one

for each day) for each team member, you simply gather a modest supply of shorts and T-shirts, and debate whether to march in boots or trainers. Instead of two large bags to lug to and from Nijmegen, you have one moderate-sized bag.

All you have to do then is walk!

Ann Lyon

It was great to read the efforts of our new members training stints I remember well my first walk back in 1984 when I took a military team over. Having run a number of full marathons what could a walk do to me. O boy was I about to find out, I came home with no skin on my feet. Never again was my cry to my wife but after a couple of months the pain was forgotten and I was planning to take another team over in 1985. Now after missing 5 years for various reasons of illness here I am planning 2015 when I will be walking for my 25th medal. So the motto is I think never give up

Jim Usher

Kampen to Elburg

Thursday 20th November we did a 34k walk from Kampen to Elburg.

During the walk we had 2 short 10 minutes rests, one on a seat outside a shop with hot chocolate and the other a 20 minutes rest inside a shop with fish meal inside.

We walked together. Most of the time we talk to each other.

We have not set a date for the next walk as yet, but we hope to make a make in December. We would like to walk the "Veluwe Midwinterkuiertocht" in Epe. This is a 15k, 10k or 5k walk. It is a real family walk. I will write about it next month.

Kind Regards

Albert and Lambert

2nd Month for Nettie and Mel **Nijmegen 2**

November finds me travelling to Spain to start my new job. An unexpected and completely unplanned trip but also very exciting.

On the first day I vowed to find time each day to go out walking. First I needed to find my way around and I also need to plan my daily walk taking account of the daylight. As you can see from my picture there aren't too many streetlights and it gets very dark very quickly here. There also aren't too many pathways just lots of trails through olive and almond groves and grape vines.

My first foray into the wilderness was to get my bearings. Sadly once out on the trails there

also aren't too many landmarks and it is so easy to get lost. The going was fairly difficult at first across the fields until I came across a trail and followed it. The trails are very stony and can be hazardous. But I am happy to say I completed 5 Km and found my way back to my start point. I won't win any medal for the length of time it took; me but hopefully my navigation skills will take me to and from that mountain before the month is done.



I can't believe that November has passed me by. I am ashamed to say that I didn't get to that Mountain. I have never before realised how much I take for granted the fact that I can put my shoes on and go for a walk at the end of the day if I want to. In Spain the gates are locked as you enter the house and the surrounding area is absolutely black. I didn't walk anywhere near as much as I would at home and I never ventured past those gates in the evenings as it was considered too dangerous in the dark. So I am hoping that my return home heralds the start of some intense training to make up for my lack of exercise this month.

Here's hoping –and I never did find out how far away that mountain is.

Nettie

Just to warn you all this is a short and sweet witter...Well, second month in and the training has been non existent! The reality of working fulltime, trying to get two teenagers through their GCSE's and family illness has been enough to get me through my mid life crises. Again another learning curve that life is going to get in the way of training, this months challenge was trying to balance it all and I failed miserably but no blisters ... but that seems no consolation... Is it bad, I am worrying that I have no war wounds and no blisters?

However, my best walking buddy is back in the country, so there will be a little more nagging going on plus we are both competitive and even if I have to get up at 5am , I will get some miles in. Also, as a result of last months witter we have been offered to go walking

with the police and I am optimistic that with their knowledge and Nettie's support /nagging next month I should be able to write with confidence about the joy of blisters!
Mel

Competition Time

Answers for November:

In film who played Zorba the Greek	Anthony Qui
Who was the Disney villain against Peter Pan	Captain Hool
US golfer and winner of the British open captained the American side to victory in the 1993 Ryder Cup at The Belfry in England.	Tom Watson
Who was the flower seller in Pygmalion	Eliza Doolitt
Connection is.....	Doctor

This months quiz

General Knowledge questions

1. A triangle has 3 sides, a rectangle has 4 sides, a hexagon has 5 sides and so on. How many sides has a circle?
2. Three birds in a cage. One on the top bar, one in the middle and one on the floor. Which one owns the cage?
3. In what sport do all the players move backwards except one?
4. How many times were the Olympics held in the 70s?
5. Before Mount Everest was discovered what was the largest mountain in the world?

Answers next month

The history of Sinterklaas

Half way through November Sinterklaas and his helpers who are called 'Zwarte Pieten' arrive by boat from Spain to celebrate the Sinterklaas party on 5 December. But in real life Sinterklaas doesn't come from Spain at all! That story is made by a schoolteacher from Amsterdam in 1850!

In reality Nicolaas as he was named by his parents was born around the year 270. In Patras (regional capital of Greece), nowadays known as Turkey. When he was 30 years old he became the bishop of Myra and was allowed to call himself Sint Nicolaas. Many legends are there about Sinterklaas: he saved his village from starvation and the story goes he also rescued three daughters from a poor family from prostitution by throwing little bags of gold through their window. Because of all these legends he became the patron of children, sailors and from the Russians.

According to some sources, but there is a lot of uncertainty about it, Sint Nicolaas died on 6 December 343.

After his death he was laid to rest in his own basilica in Myra. When the basilica was in danger of being destroyed by the Turks in 1087, Italian sailors set off to Myra and stole the bones. In Christian West- Europe they didn't want the bones to be in the hands of pagans.

Sint Nicolaas was buried again in a specially for this reason built church in Bari, Italy, which was a Spanish settlement at that time. Until today he is still there. From there the adoration of Sint Nicolaas spread out to Belgium, Holland, the UK, Iceland and the Scandinavian countries. That's why Sinterklaas is celebrated in many places in Europe but with a lot of differences depending where you celebrate it. The biggest difference are the way Sinterklaas arrives and what Zwarte Piet looks like.

Nowadays you have in several places in Holland a Sint Nicolaas church, for example you can find them in Kampen and Monnickendam.

The way the Dutch people celebrate Sinterklaas is full with symbolic rituals. During the night Sinterklaas ride on a white horse over the roof of the houses while his helper Zwarte Piet throw presents through the chimney.

In the 16th century children placed their shoes in front of the chimney. In the early days they thought the chimney was a connection with god and people believed that the gods spoke to them by the chimney. Children still sing Sinterklaas songs in front of the chimney just before they go to bed to please Sinterklaas. The helper Zwarte Piet also throw 'pepernoten' which is a sort of small round cookie which refers to old fertility rituals, you can compare it with throwing rice at a wedding.

At first Sinterklaas didn't have a helper. A teacher from Amsterdam called Jan Schenkman created this person in 1850 in his book 'Sint Nicolaas en zijn Knecht' He was a black young man dressed like a page. That's the way we still know Zwarte Piet although the last year there is a lot of anger surrounding Zwarte Piet as some people say it's discrimination.

In the evening of 5 December we celebrate the life of Sinterklaas. Families are come together, giving each other presents accompanied by funny poems about the present and the person who got the present. Others hide the present as a 'surprise' and give it to the person. The 'surprise' must have a connection with the person who gets it. For example: if I gave Herman Boston a 'surprise' with Sinterklaas I would have made walking shoes in BDWF colours, hide a present in it and make a funny poem about Herman, walking, BDWF and Nijmegen. Unfortunately for Herman I am a very bad poet in English! ;-)

Often a child get a piece of marzipan and a chocolate letter next to a couple of presents.

The day after 5 December Sinterklaas and his helper Zwarte Piet will go back to Spain by boat to come again next year!

Dutch people emigrated to America and took the tradition of Sinterklaas with them but not in every place Sinterklaas was able to arrive by boat in America. So there he arrived by a sled pulled in the air by reindeer and they degenerate the word Sinterklaas to Santa Clause. Thanks to Coca-cola Santa Claus looks like we know him now. In Holland we often says Santa Claus and Sinterklaas are brothers.



Santa Claus and Sinterklaas



The boat by which Sinterklaas & Zwarte Pieten arrives in Holland from Spain



Sinterklaas and a few of his helpers who are called Zwarte Pieten

A couple of famous Dutch Sinterklaas songs are:

Sinterklaas kapoentje,
Gooi wat in mijn schoentje,
Gooi wat in mijn laarsje
Dank u Sinterklaasje

Zie ginds komt de stoomboot
Uit Spanje weer aan
Hij brengt ons Sint-Nicolaas
Ik zie hem al staan.
Hoe huppelt zijn paardje
Het dek op en neer,
Hoe waaien de wimpels
Al heen en al weer.

Zijn knecht staat te lachen
En roept ons reeds toe.
Wie braaf is krijgt lekkers,
Wie stout is de roe.
O, lieve Sint-Nicolaas
Kom ook eens bij mij,
En rijd dan niet stilletjes
Ons huisje voorbij.

Caroline Kok

Forthcoming Events

If you know of any upcoming events our members may be interested in participating in please let us know.

Don't forget... the 99th vierdaagse will take place on the 21st-24th July
2015.....

227 Days!

Happy Birthday!

Wishing all our members celebrating their Birthday in December

Many Happy Returns!

1 Ann Oliver; Penny Greenman, 2 Vincent Charles, 3 G Kersten; Susan Cobb; Jeff Hurley; Frans Vernooy; Peter James; Isis du Croix, 4 Diny van Heeckeren-Meiberg; Michael Vlietstra; Leon Hooper, 5 Peter van Alten, 6 Barney McAlister; Paul Keany; Matthew Wroe, 7 Els Blankenstein; Bart Vogels, 8 Judith Edwards; Joshua Birchall, 9 Hein Ubachs; Colleen Hammersley; Doug Davidson; Chris Haynes

10 Christopher Bolton; Karen Jefferies; Raymond Kievit; Gabriel Heppenstall-Harris, 11 Susan Tuck; James Roome, 12 Almuth Prowse; Shirley Brown; Alex Moss; Harry Bohn, 13 Garry Solomon, 15 Stephen Adams, 16 Jan Weijmer; Mary Keane; Fay Mabel, 18 Martin Dean, 20 Trudy Esser; Paul Mutton, 21 Christian Bos; Debbie Dumelow, 22 David Paynter; JWJ Klein; Emily Taylor; Shelby Ashmore

23 Helen McAlister; John Bye; Angelique Van den Berg; Russell Elliott; Charles Delamere, 24 Colin Oyston; Amy Waites; Trudy Lillis; Jonathon Clover; Rose Smith, 25 Rachel Perry, 26 P Braat; Christine Dalton; Simon Jewers, 27 Sue Gray; Suzi Bansenga, 28 Gillian Mogg; C Joosten, 29 Nellie De veer Van Venrooy; Les Laydon; M Van Noord; Erik Metselaar; Jack Robertson; Victoria Chinery, 31 Milanka Terlouw-Markovic; Phil Morehen; Oliver Wyer

You can contact us in many ways:

Email: info@bdwf.org.uk

Telephone: 07763026369

Snail Mail: 26 Blake Court
Trowbridge
BA14 8WE

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

Twitter :BritishDutchWF

Facebook:

www.facebook.com/groups/bdwfnijmegen

registering to do Nijmegen with the
BDWF and some Bargains found on
line for walkers!

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 26 December 2014.

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