



The Rambler

January 2015

Happy New Year!

We would like to wish you all and your families a very Happy New year. We look forward to seeing you all in July at Nijmegen and hopefully seeing more of you sooner at the various walks around the UK.

Walking in the Outdoors

December 21st heralded the longest day where we experience the days getting longer and dark nights are shorter. How exciting is that! Just thinking about it is energizing! Tucked away in a small warm corner of the house, are the boots or trainers of the closet walkers who will be itching to get out and walk, deciding on events to participate in, in the coming walking year. There will be the old favourite walks and all those walks that you would love to try. It would not be as thrilling if one did not take a chance on something new. Competitive walkers will already be planning how to better their rivals and I feel sure that BDWF members will be thinking of rekindling friendships in Nijmegen.

Remember application forms to be returned by end of January 2015.

British Dutch Walking Fellowship

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Friday 2nd January

2015

Contents:

[Happy New Year](#)

[Walking in the Outdoors](#)

[RAF Warma](#)

[Discounts available to you!](#)

[55km Route in 2016](#)

[Nijmegen Images](#)

[In Memoriam](#)

[Your Letters](#)

[Competition Time](#)

[Forthcoming Events](#)

[Happy Birthday](#)

[Useful Information](#)

Make walking fun

Ensure you wear appropriate clothing to keep the warmth in and the cold out. Choosing the right footwear is essential, think of the distances you will be covering. Whether you prefer boots or trainers, the most important thing is to buy and wear what you feel most comfortable. This is likely to be those that fit best. If they are too small, your feet will be constricted, which may well lead to other problems besides blisters; if too large, your feet will lurch about in them. I would add something that is often omitted in discussions of this: that fitting is not simply a matter of length but also of width; it would be a mistake for someone with a narrow foot to buy broad footwear. So forget what the boots/shoes look like - concentrate on what they feel like; ignore the gear reviews recommending this or that boot and the glossy photos of the latest trendy products; go to a shop that stocks a wide range, try them all on, and buy those that feel best.

There are lots of stimulating challenges.

If you have favourite walks that you would like to share with members or would welcome some company, just let us know, we can add them to the Forthcoming list of events.

Each month we publish a list of suppliers that offer very good discounts. If you are aware of others please let me know.

The committee cannot do the walking for you but we can help by offering practical advice.

RAF Warma

You may already know, but the RAFWARMA site has changed to

<http://www.rafwarma.co.uk/> The org has become a co.uk.

Take a look at the website to register for this years walk up at RAF Cosford.

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.

55Km Route in 2016

To mark the anniversary of the 100th Four Day Marches in 2016, a 55-KM distance will be included in the route marches. The 55-Km is an extended distance. The current routes of 30, 40 and 50Km will be maintained. Until 1966 the 55-Km distance was the obligatory Four Days Marches distance for men between 19 and 50 years old. In 2016 everyone will be able to register for this distance.

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

If you haven't already done this please do, we have not had much of a response yet and would like to produce a small video which could help with sponsorship for the group.

In Memoriam

On Thursday 11 December 2014 Wim Magnin died of a debilitating disease.

He was only 49 years young. We, as members of the walking group BDWF are very sad and are going to miss his presence very much.

When Wim was around, it was never quiet; we always heard his loud voice or laugh.

We have often laughed with and about him, in the sportshall and on the way, when we were walking the last kilometres of the day. Wim even got tired strangers walking again. That's Wim, never too busy to help someone.

On Friday December 19th we said goodbye to Wim.

We wish his wife Astrid, his children Michael and Robin well in the coming period.

On behalf of the BDWF, I want to say: Wim, thank you.



Your Letters

Good Morning Herman.

I would like to wish everybody a Happy New Year.

On 21 December I was picked up by Lambert to go hiking to Epe.

It would be a walk of up to 15 km., It was not possible to do more

The weather was autumnal, so not really a winter walk, but no matter.

Before we arrived at the starting point we had to make room for a shepherd with a flock of sheep. (See below).

Registration was at 12 noon and 5 minutes later we started.

There were a total of some 550 participants and a really good atmosphere.

Every few miles we heard a midwinter horn blazer, its characteristic sound.

After 10 km. a short break with hot chocolate and then we walked for the last 5 km.

We were in at 3 p.m. and time for a hot cup of soup.
After some catching up with fellow hikers we left at 4 pm in the direction of home.

We can look back on a fine and attractive midwinter walk.



Hartelijke groet,
Lambert Hulleman en Albert Hollander.

Nijmegen 3

Mel and I didn't waste much time getting out and about on my return from Spain. On the first weekend home we donned our walking shoes and went on a planned 8 miler. Well that was the plan. Sadly my navigation skills became a little rusty in Spain and we took a couple of wrong turns. Nothing too drastic but we did end up doing 19km. My cadets love my navigation skills and have given me the odd paper plate award which I display with pride. Anyway I have lived in this area for more than 15 years. I have been out and about and thought I knew the lanes quite well but that Sunday walk made me realise just how many things are buried in the undergrowth that I had never before noticed. One of which is this capstone for a Quoit which I have passed almost daily for 15 years. (I also haven't seen it again since in the car)



We also circumnavigated the ancient hill fort. At one point we considered going up and over but knocked that idea on the head as neither of us had the right shoes. Actually on the planning front? There wasn't any. I happened to drop a couple of bananas, some small flapjacks and 2

bottles of water in to my day sack (cadet training again) which came in very handy during those 3 hours.



One thing which did worry me was the speed that people drive along these lanes (I am guilty also). We were at the side of the road when a car overtook another on a blind bend at speed. He was so close to me that I felt myself wobble in his back draft. Very scary and enough to make me slow down a bit when I drive this road. This is a fairly wide section of the road but gives you an idea of the terrain and also the beautiful countryside I live in.

Other than that we are still as keen as mustard and looking forward to meeting up with a few groups in January for some training walks. The Stonehenge Stomp sounds like great fun.

See you there

Nettie

Hello my fellow ramblers, well this month has been better, less family dramas and even better my partner in crime is back. (Imagine, Batman and Robin, 'Only fools and horses', mooching around the back lanes of Cornwall!!)

We managed to get a walk in together, what Nettie failed to mention was my first hangover in five years and that her new catch phrase is 'it's just right at the next village...' which added an extra three miles. Not, that I am bitter as she had the sense to bring water, bananas and the flap jack ... (Possibly the best ever cure for a hangover and to disguise the fact we were totally lost!)

However, going slightly off course was probably the best thing to happen, as it showed us we are more capable than we think and can walk a lot further than we gave ourselves credit for; but more importantly that we can tolerate each other, this could be due to the fact she had the flap jacks.

Other good news, for Christmas I received a range of walking equipment, lots of socks. I think my kit is coming together, even though I don't think I can buy common sense in the January

sales.

I managed to get in two big walks over Christmas. Christmas day was a whole day walking the coastal walk between Looe and Polperro. It was a stunning day and views were breathing taking. Boxing Day was over the moors, wet, windy and absolutely fabulous. I am starting to realise that with or without the Nijmegen, just the act of getting out and walking is a precious ability, which I have taken for granted. It gives us time to think and laugh but also to feel nature and be a part of something greater, for just a short moment in time, I felt that I could walk for ever and wanted to.

Enough of the sentiment, it also meant that I could avoid the family arguments and the next round of Turkey sandwiches! May be we could sell training for the Nijmegen as a solution to the Middle East Conflict.

Happy New year to everyone

Mel

Competition Time

Answers for December:

A triangle has 3 sides, a rectangle has 4 sides, and a hexagon has 5 sides and so on.

How many sides have a circle? **Infinite**

Three birds in a cage. One on the top bar, one in the middle and one on the floor.

Which one owns the cage? **The one on the floor because the others are on higher perches**

In what sport do all the players move backwards except one? **Rowing**

How many times were the Olympics held in the 70s? **4 (2 winter & 2 summer)**

Before Mount Everest was discovered what was the largest mountain in the world? **Mount Everest**

This months quiz

This month's quiz

Name the companies with these slogans

Connecting people.	
I'm loving it	
Just do it	

Because your worth it	
Eat fresh	
What the worst that can happen	
Probably the best lager in the world.	
It does exactly what it says on the tin.	
The world's local bank	
Think different	
Time for you	
Open happiness	
Zoom zoom	
Once you pop you can't stop	

Answers next month



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.....

199 DAYS

Tranche 1 Registration for Nijmegen 2015 starts on 2nd February 2015



Happy Birthday!

Wishing all our members celebrating their Birthday in January

Many Happy Returns!

1 John Entwistle; E Vervaeet; Natasha Kelland 2 Herman Boston; Ronald van
Oort 3 Alan Sheridan; Gareth Hopkins 4 Trevor Day; Martin Vogels; John
Miller; Stuart Williams 5 Mick Abbott; Francis Neal; Miriam Plomp; Thomas
Clayton 6 Craig Prentice 9 Daniel Hauer; Ailsa McAlister 10 David Lesley
11 David Andrews; Matthew Beazer 12 Yvonne van de Polder; Rebecca
Smith; Rachel Jewers 13 Robert Oxley; Carron Baker; Andre
Posthauer 14 Arie Krul; Albert Hollander; Andre Looijenga; Stephanie
Williams 15 Kristian van Ringelenstein; Sanders Stoel; Luke Cordas 16 Terry
Ferina; Jeffrey Elliman 17 Jeffrey Coulson; Nicola Westley 18 Graham
McQuade; Debby Feijen; Oliver 'Ruysevelt; Christopher Readwin;
Scott Moffat; Henry Wakelam; Jacob Pollard 19 Piet de Veer; Derek Bryer;
Paul Thomson 20 Daniel Mosley 21 J de Bruijn; Andy Bodman; Tim Wyer;
Leonie van Soest; Alex Jewers; Christopher Yeoward; Philippa Smith
22 Dave Brooks; Caroline Kok; Rhiannon Warburton; Jessica Masters
23 Serge Reijnen; Nyuk Chin; Gemma Coupland; Alun O'Connell; Katherine
Woodward-Haynes 24 David Foden; Victoria Farrington; Tony Charles
25 David Ruddle; Jan van Rooijen; Jack Wade; Alan Eyles 26 Tony Del Gallo;
David Jones; Jordan Ware; Michael Bengé 27 Mike Caffrey; Rebecca Sayer
28 Sheila Abbott; Michel van Krimpen 29 John Pryce; Ann Coward

30 Nick Wakelam; Carl Phipps; Daniel Leonard 31 Anneke Lakeman

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

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!

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 23 January 2015

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