

The Rambler



July 2015

Flaming June!

To put it mildly, flaming June has been a bit slow in coming! We have had cold nights and just a few days of sunshine, not enough to make you shed your coat.

All reports of 'a heatwave is imminent' have been just that. Reports. However, it should not have stopped your training. As I look around me in Swindon, I can see that a lot of intensive training is under way. This is a good thing, having a nice walk, enjoying the town and /or countryside, getting some healthy exercise and soon you will be turning up in Nijmegen well prepared.

I am also taking the time to remain active by undertaking some short walks. Nothing too strenuous.

During the months from January to July, the phone calls and emails I receive, I can hear, taste and feel that everyone is gearing up for Nijmegen once again. The BDWF family is on its way to Nijmegen in the third week of July.

In around 17 days I will be welcoming members to De Dennen, to Nijmegen and more importantly to the 99th Four Days Marches .

Good luck to all our walkers in Nijmegen

British Dutch Walking
Fellowship

Volume 103

Friday 3 July 2015

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Look after your feet and they will look after you

Here is how to achieve a great pedicure at home.

Things you'll need: Hand lotion. Nail Scrubber, Cuticle Pusher, Nail Clipper, Nail File, Heel Buffer or Pumice Stone

1. SOAK - Soak your feet in a tub of water that is as hot as you can stand with a mild soap. Keep them soaking for as long as you want. Scrub them with your scrub brush to clean under the nails. Use the pointy end of your cuticle pusher to clean under the nail if you need to. Be careful, you do not want to hurt yourself. Then dry them.
2. SCRAPE ROUGH HEELS - If you have some dry dead skin on your heels or soles of your feet, you can use a heel buffer or pumice stone to slough off the dead skin. It works great when your heels are still moist from the soaking.
3. MASSAGE - Use a foot lotion or any lotion for extra dry skin to massage your feet. Give your feet and toes a nice massage. Massage each toe individually and the soles and the top of your feet.
4. PUSH BACK CUTICLES - Gently push your cuticles back without hurting yourself. They do not need to be pushed all the way back.
5. CLIP NAILS - Remember to be careful when you are clipping your toenails. Do not clip on the side of the nails. Always clip straight across.
6. FILE NAILS - Once again, remember not to file or clip nails on the sides. File straight across.

ID Cards

To alleviate some of the pressure on the office staff in Nijmegen could all **newcomers who have not already done so** please submit a passport size photo to Herman (by email or post).

All BDWF members attending Nijmegen and staying at the Sportshall will be issued with an ID card with their photo that allows them into the British Army rest areas and admittance to the sportshall.

These will be made up prior to our visit to De Dennen sportshall.

Dehydration is equivalent to being over the drink driving limit.

A new study published in the medical journal *Physiology and Behaviour* has revealed that even mild [dehydration](#) is equivalent to being over the drink driving limit in terms of driver errors.

Researchers at Loughborough University carried out a range of tests over two days on male drivers, using a laboratory-based driving simulator. During the normal [hydration](#) test there were 47 driving incidents, but when the men were dehydrated that number more than doubled to 101 – a similar number to what might be expected of someone driving under the influence of drugs or alcohol. These included lane drifting, late braking and touching or crossing the rumble strip or lane line.

Professor Ron Maughan, Emeritus Professor of Sport and Exercise Nutrition at Loughborough University and Chair of the European Hydration Institute Science Advisory Board, who led the study said “We all deplore drink driving, but we don’t usually think about the effects of other things that affect our driving skills, and one of those is not drinking and dehydration”.

“There is no question that driving while under the influence of drink or drugs increases the risk of accidents, but our findings highlight an unrecognised danger and suggest that drivers should be encouraged to make sure they are properly hydrated.

Drivers who are not properly hydrated make the same number of errors as people who are over the drink drive limit.”

With driver errors accountable for 68% of all vehicle crashes in the UK, the European Hydration Institute, who sponsored the research are urging drivers to be cautious and ensure they are adequately hydrated before setting off on journeys, especially during the warmer summer months. The level of dehydration induced in the study was mild and could easily reflect that of individuals with limited access to fluid over a busy working day.

Jane Holdsworth, Director of the European Hydration Institute (EHI), said “Anecdotal evidence suggests that many drivers avoid drinking on long journeys to minimise bathroom stops, yet we know that even mild hydration can cause symptoms such as headache, tiredness and lethargy. Driver error is by far the largest cause of road traffic accidents and the EHI wanted to test whether mild hydration had an impact on the incidence of common driver errors”. **Courtesy of RAC.**

Remember to drink water during your Nijmegen experience

Be a local hero with a personal fundraiser page (Local Giving)

Calling UK Members - be a #LocalHero with a personal fundraiser page

We are writing once again as Local Giving, our fundraising partners, have another exciting new opportunity to encourage BDWF/ STAR (Swindon Trail and Road Walking Group) fundraisers, this time with incentives ranging from £100 to £1,000 for organisations with personal fundraiser pages.

One donation made during this June 2015 through each unique personal fundraiser page will count, no matter how large or small the donation, so the more members prepared to register a fundraiser page the better.

If you're up to the challenge, this opportunity offers a personal route for raising external sponsorship for BDWF/ STAR over time, maybe linked to the Nijmegen 100th anniversary for example, as well as immediately. If you just happen to be about to pay monies to us, will you please consider holding back a small amount (min £5, up to £20) to send to us via Local Giving in the first 10 days of June 2015?

Want to get involved?

First, what you need to do is set up [your unique fundraising page](https://localgiving.com/supporter/account/fundraising/new) on behalf of BDWF's (at <https://localgiving.com/supporter/account/fundraising/new> if the link above does not work). There are a few short steps and the following guide/ example may help ...

Page title : **Help take young people to Nijmegen March 2016** (max 50 char)
My story : your words!
Fundraising end date : **31Jul16 (or later date, allows for further fund raising)**
Event start/ finish : **16Jul16/ 23Jul16**
Page URL : **localgiving.com/bdwfstar225** (must be unique to you, see below)
Categories : **physical challenge & walking** (pull down & select)
Choose a charity : **Swindon Trail and Road Walking Group** (pull down & select)
Target : as little or as much as you choice!

Secondly and importantly for the current Local Giving incentive, whether you are new to Local Giving or have donated before, please activate your personal fundraising page via your IP/ search engine (using your personal URL: https://localgiving.com/fundraising/*****) with an initial donation in the first 10 days of June 2015!

Rest assured

In any event, BDWF/ STAR stands to benefit and funds raised will go towards your De 4Daagse costs, this year or in 2016.

Keep in touch!

Our treasurer is happy to receive any questions not covered by Local Giving at <https://localgiving.com/localhero/faqs> and will appreciate your letting him know if you or someone close to you will take on the #LocalHero role -- treasurerbdwf@gmail.com.



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 of Nationally.

Editor required

Have you ever thought of becoming the next editor of a national newspaper?. Would you like to try? We are giving you the opportunity to produce and edit the Rambler on a monthly basis. If this is for you, then contact Herman (secretarybdwf@gmail.com) or 07936 390500

Male night person required

Due to unforeseen problems one of our night crew has had to withdraw which leaves us with a vacancy to fill. What is involved?

As a member of the night crew you will be on duty from 10pm and are expected collate the list of wake up calls and then wake the members to the times they requested. If you or anyone you know would like to fill that role please contact Herman 07936 390500 or secretarybdwf@gmail.com

Koninklijke Wandel Bond Nederland (KWBN) Royal Dutch Walking Organisation



Please note this is membership of the "10 plus" club

Since 1 January 2015 the Netherlands have a brand new unique walking organisation: the Koninklijke Wandel Bond Nederland (KWBN (Royal Dutch Walking Organisation). It's a combination of the former Nederlandse Wandelsport Bond (NWB) and the KNBLO Wandelsport Organisatie (KNBLO-NL). As KWBN we combine our strength to even serve you better as a walker. As a member of KNBLO-NL and/or NWB you automatically become a member of the new organisation since 1 January 2015.

A new wind

Walking is enjoying life, being active in the outdoor.

You will find this new wind also in our sign in this letter and on our new walking member card. We changed this card now to 'walking-advantage-card', because you will have a lot of advantage as a walker. You will get discount at registration fees of events out of the National Walking program (a discount of €5,- when you take part of the Nijmeegse 4day Marches and the 4day March of Apeldoorn). And what do you think of a 15% discount at shoes and clothes of our partner Hi-Tec in their webshop? Through the year we will surprise you with regular changing member advantages. At www.wandel.nl (press Ctrl + click) you will always find the most recent review.

Stay update.

Wandel.nl is worth a visit. You will find the most actual review of walking events from the National Walking program. But also news, a poll and walking weather will you find here. Would you like to receive tips and discounts in your mailbox? Register yourself then at www.wandel.nl for the free newsletter. And do you know you will find us at Twitter too? www.twitter.com/wandel_nl

Some practical things

At your walking-advantage-card there are some details. Would you be so kind to control them? If your name or date of birth isn't right, get in touch with the membership organisation where you are a member.

Car Parking at the Sportshall

All BDWF members arriving by car are entitled to one car park ticket for the duration of the stay. There is only one restriction — and we have once again been asked for our cooperation in this matter, if the person in question does not intend to use his/her car during the week, we ask him/her to park in the overflow lot. The Car Park tickets, for those members who have advised Herman of their car details etc, will be available from the Control Office once it has been set up.

Forthcoming events

July 2015

CASTLEBAR INTERNATIONAL 4 DAYS' WALKS 10/20/30km

[Castlebar International 4 Days' Walks](#) (BWF 201)

Welcome Inn Hotel, New Antrim Street, Castlebar, Co Mayo Elaine Devereux, Walks Office, New Antrim Street, Castlebar, Co Mayo, Ireland T: +353 94 9024102

NIJMEGEN 4 DAY MARCH

99th 4 Day Marches 21-24 July 2015

September 2015

WELSH INTERNATIONAL FOUR DAYS' WALKS 15/25/40km

[Llanwrtyd Wells Walking Club](#) (BWF 5)

Entry Fee: £8.00 per day £25.00 for four days

08:00 to 10:00 - Neuadd Arms Hotel LD5 4RB (Map:147 GR:879467)

Lindsay Ketteringham, Neuadd Arms Hotel, Llanwrtyd Wells, Powys LD5 4RB

T: 01591 610666 E: enquiries@llanwrtydwalking.co.uk

THE AIRBORNE MARCH is the world's largest one-day marching event.

These remembrance marches are held every year on the first Saturday in September at the village of Oosterbeek (near Arnhem) in The Netherlands.

With distances of 10, 15, 25 and 40 kilometres, it is an "all-age"-march.

For additional information see: <http://www.airbornewandeltocht.nl/en/home/1-welcome-to-the-airborne-march>

October 2015

Marbella 4 Days walking 8,9,10 & 11

In October the weather in the south of Spain is still perfect, not too hot and not too cold, a great time for walking. We invite you, together with walkers from all over the world, to discover the unknown sides of Marbella during Marbella 4Days Walking.

The Terrazas del Puerto Deportivo, near the historic city centre, will be the starting point for the 20 and 30 km routes which will lead you through the city, the nature and along the beach. The last day, the 11th of October, you will walk the Via Gladiolo (gladiolus being the Roman symbol for victory) back to the Terrazas del Puerto Deportivo where you will be welcomed with loud cheers.

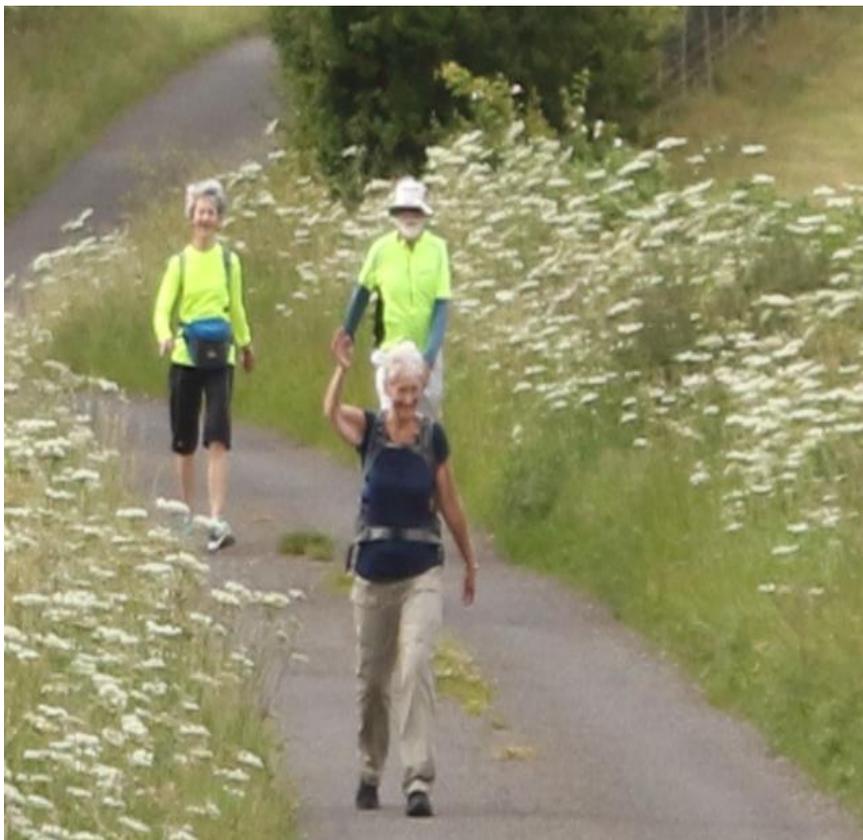
You can participate on all four days but it is also possible to choose the days that suit you most. In short: a perfect opportunity for a holiday! - See more at:

<http://www.marbella4dayswalking.com/index.php>

Competition Time

What is your best caption?

In the back ground are Dave Mason and Mandy Bryer. In the foreground is Joy Wade



Answers for June Quiz:

Name all of the disciplines in the Modern Pentathlon?

Fencing, **200 m** freestyle swimming, show jumping, **and a final combined event of** pistol shooting, **and a 3200m** cross-country run

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

17 Days to go!

Happy Birthday!

**Wishing all our members celebrating their Birthday
in July. Many Happy Returns!**

1. Roy Walker; Sylvia Waterdrinker-Eskes; Sarah Turrell 2. Linda White; Gavin Lofts; Martin Reese; Paul Grant 3. Peter Shaw; Matthew Morecroft 4. Judit Wassing; Cerri Love; Verity Dams; Daniel Barry 5. Declan Whicher 6. Brian Gee 7. Emma Wilson 8. Robert Slight; Lucie Nelis-Dorlandt; Jackie Miles; Edward Stevenette 10. Ben Jeursen; Benjamin Fowler; Tom Grice 11. Anisa Malik-Mansell; E Parker; Stephen Dalton 12. Ian Walton; 13. Bill Burdett; Graham Oldham; Shelagh Hopkinson; Jan Wigmans; Michiel Maarschalk; Robert Hughes; Joe Chapman 14. J Noordman; Kimberley Mugford; Alexander Thompson; Callum Young; Drew Hawker 15. Anne Lewis; Joanne Smith; Jaap Van den Bos; Paul Mansveld 16. Emma Jayne-Nelson 17. A Joosten-Bronkhurst; Ben Hawthorn 18. Pascal Voulon 20. Marin Snijders; Ted Blair; Marga De Vries 21. Ted Pinch; Mary-ann Burke; Gill Hughes; Sylvia Hammingh; Levi Sibthorpe 22. Raymond Batkin; Lenie Verweij-Visser; Ineke Verhagen; P Swart; Adam Brockman-more 23. Magda van Doorn-schenk; Caroline Simkin; Victoria Thomas; Lewis Ginevra 24. Jill Pearson; Matthew Jewers; Rebecca Birch 25. Jacqueline Kronenberg; Joshua Veitch-Michaelis; Kristina Luft 26. Nico Maarschalk; Matthew Sutton; Jonathon "Pongo" Errington; Ryan Torkington; Liam Nayler 27. J Bakker 28. Alfred Short; Deborah Towson; Hans Ludema 29. Dexter David; Sue Lewis 30. E Gelaudemans; Claire Andrews; Joshua Lewington 31. M Hoof; John Mosley; Matthew Loveday



Your Letters

A colleague from school where I work is undertaking a 52 mile walk in aid of Sense.

I've entered a bonkers challenge - a sponsored walk in aid of Sense - walking 52 miles within 24 hours. It takes place along The Ridgeway, starting in Watlington at 2pm on Saturday 20th June and the aim is to complete the 52 miles during the morning of Sunday 21st at Barbury Castle. Fingers crossed!

It's a really long way! Our training is well underway which has highlighted how difficult walking for hours on end really is. It is a challenge that will test me both physically and mentally. If you are able to help by sponsoring me I would really appreciate your support. Any donation, small or large, will be put to great use by Sense.

The Ridge walk is organised by Sense - a national charity supporting and campaigning for people who are deaf blind and those with sensory impairments. I've managed to talk a few friends in to our team. The Hardy Highworth Hikers is trying to raise £1400 for Sense to support the amazing work they do for people affected around the UK. Some people are born deafblind and others become deafblind later in life and Sense has a network of volunteers who support people to live as independently as possible and participate fully in the lives of their local community.

Donating through JustGiving really easy and totally secure. Your details are safe with JustGiving – they'll never sell them on or send unwanted emails. Once you donate, they'll send your money directly to the charity. So it's the most efficient way to donate – saving time and cutting costs for the charity.

If you would like to help and you are walking in Nijmegen this year without raising money for any other cause, it would be appreciated if you would consider walking and raising money for Sense.

9th Wandel 4 Daagse Alkmaar 2015

Alkmaar, the principle city of the North Holland area of Nederlands, has an annual 4-day walk with about 5,000 walkers, from Wed 17 to Sat 20 June this year. This was my third time, avoiding 40km, but walking 25km each day with Hans (Caroline's dad) and Henk his walking friend, with a guest appearance by Caroline on Saturday.

It was raining, hard and blustery, as we set out on Wednesday, west to Egmond-aan-Zee for the 5.5km on the beach, briskly, along the sea shore to Bergen-aan-Zee with the wind to our backs, luckily! Glad not having to do another 8km on the beach with the 40km route, we turn back eastward through sand dunes and forest trails to the pretty village of Bergen, then the final 6km, now with a strong headwind and rain again for the last hour to the finish.

To the east on day 2, dry with a lighter wind, ideal on exposed dykes above wide open fields, getting warmer through the modern suburb of Heerhugowaard with its solar panels on every lamp post and roof top. On to Broek op Langedijk with it's covered historic, preserved, floating vegetable and fruit market, a "must" for tourists, before returning via Sint Pancras and canal banks.

Friday starts with a lap of the magnificent AZ (Alkmaar Zaanstad) premier football stadium. We leave in rain, which gets heavier for an hour, south towards Akersloot, a lakeside route before turning taking open tracks and roads to Limmen. Here we enjoy an hour of drinks and chat with an ice-skating friend of Hans, and avoid a shower. Onwards to stempelpost 3 in Heiloo and a quick 5km in heavy rain for the last hour back to the stadium.

Day 4 begins in the old city, heads through northern suburbs towards a large lake and recreation area and favourite cake stop before turning south again. It is a long stretch back, first with the canal on our right, in ideal weather, a welcome change from the torrential drenching on the same day two years ago. Nearer home we cross to the west bank and a wide tour of the city before finishing at the historic and crowded Waagplain famous for its cheese market.

Alkmaar is a great preparation for my 30km at Nijmegen as Hans and Henk have a walking pace that stretches my usual leisurely stride, and it was particularly good to have Caroline and a second BDWF orange shirt with us for one day. Thoroughly recommended.

John Nicholson

A postscript

It was great to be able to walk the last day with John, my father and Henk. I did it before when John first walked the 4-day march of Alkmaar four years ago but lucky the weather

was much better this year! For me the surrounding of Alkmaar is so well known, for John it was almost new.

In Langedijk just before we reached the canal it looked a bit like Nijmegen, with coloured flags and children serving candies. New this year that you also can walk just two days instead of four. And you can also choose several distances so it's a great preparation for the Nijmegen 4-day march! Will we see more orange BDWF t-shirts next year?

Caroline Kok

ENDS





Useful Information

You can contact us in many ways:

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

Email: info@bdwf.org.uk

Telephone: 07936 390500

www.bdwf.org.uk

Snail mail: 62 Ridge Nether Moor, Liden Village, Swindon, Wilts SN3 6ND

Twitter: BritishDutchWF

Facebook: www.facebook.com/groups/bdwfnijmegen

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 no-profit seeking. Membership is open to anyone 12 year 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 Herman by Friday 24 July 2015

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

