

The Rambler



November 2014

Please Reply

We haven't heard from you at British-Dutch Walking Fellowship (BDWF) for a while and wonder whether you are still interested in receiving our emails.

We are happy to keep sending you information if it is of interest.

There is nothing worse than receiving 'junk' e-mails and periodically we update our lists to remove those who do not want them anymore.

This email is an OPT-IN one.

If you want to continue hearing about BDWF please reply YES by email or making contact by phone (01793 487296) and we will leave you on the list.

If we haven't heard by Friday 21st November we will remove your name and you will hear no more from us.

Even better, we'd love to see you at any planned walks i.e. RAF Cosford, RAF Lyneham, Wiltshire or Nijmegen!

British Dutch Walking
Fellowship

Volume 95

Friday 7th November
2014

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Autumn Update

It's that time of year when the leaves start to fall from the trees, we wrap up warm during clear crisp days out, the clocks go back and we start thinking about Christmas and Christmas celebrations. Our thoughts may also be on next year's Nijmegen.

As we head towards the end of 2014, there are still plenty of walking activities, so don't hang up your boots just yet. If you are taking part in any, then please let us know.

Your committee has been busy planning for next year. The membership and application forms are being updated and they will be with you towards the end of November. The Nijmegen feedback forms were discussed at committee and actions that have come out will be addressed and improvements for 2015 Nijmegen put in place.

RAF Cosford 2 day walk and Swindon training walks are in the planning stages. Ongoing preparation and issue of the Rambler each month, but we need your input. Let us know what events you are taking part in and when or any stories you think the members would like to hear. I want this to be the social focal point of activities and for our club to be a way of life.

We love getting to know our members and are all looking forward to seeing you at if not all, some of next year's events.

Membership Fees 2015

The Constitution and rules paragraph 2.3 states the following:

The annual membership renewal fee for the following year commencing 1st January shall be announced by the Committee at the preceding AGM in Nijmegen, and subsequently in The Rambler, and shall be payable on or before 31st December following the AGM.

As this did not occur at this years AGM in Nijmegen, the membership fee for 2015 will remain as follows:

Individual, Youth under 18 years	£ 7:00
Individual, adult, 18 years and over	£10:00
Family, 1 adult, 2 youths	£20:00
Family, 2 adults, 2 youths	£26:00

The fees will be reviewed at the 2015 AGM

Discounts available to you!

Cotswold Outdoors 25% **Reference number B2044**
Hi-Tec 40% **Discount code FNF40**

LDWA and YHA members get 15% 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 any you get or are aware of locally or nationally.

Herman Boston

Hi-Tec Discount and Competition

Here are the winners for the competition which ran on the Hi-Tec website in September. The prize on offer was 5 pairs of great boots. The winners are:

Sarah Turrell

Christopher Staunton

John Wriglesworth

Jackie Miles

Hannah Morgan

Each winner will be contacted direct by Hi-Tec. Congratulations to our winners.

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”

Vacancy

Following the resignation of Gina Coltman from the BDWF Committee post of First Aid & Support Co-ordinator, on which you will have already been advised, it was essential that this vital committee post be filled as quickly as possible. To this end and following a hastily called Emergency Committee Meeting, Darren Gray our BDWF Chairman offered his services and has been unanimously co-opted from that role to take over as First Aid & Support Co-ordinator until the post comes up for formal election in 2016. We wish him well in the role having a considerable reputation to live up to.

This move presents a resulting vacancy for the role of Chairperson. Again, this needs to be filled and will be temporarily covered by Katie Elliman in addition to her role as ‘Marketing, Media & Membership (UK)’ and her appointment as deputy to Darren.

The formal election of the committee post of Chairperson is scheduled, using the established three year cycle, for 2015. However, it is essential that we try to identify a BDWF member to be co-opted into taking over as Chair at the earliest opportunity." Role and responsibilities of being Chair are contained in the latest copy of the C&R document Appendix 3 Supplement to the C&Rs page 4. Copies available on request.

Would any current member who is interested in taking over this role and responsibilities or any post that will be up for election next year please make contact with our Group Secretary, Herman Boston, to discuss and obtain a copy of the C&Rs.

Coach Tender Questionnaire

There are so many members that use the coach to and from Nijmegen. Sadly the response to the questionnaire is very poor with 8 returns. Can I ask you to complete the questionnaire sent out in September and return it ASAP.

Your Letters

Ladies and Gentlemen

We have two newcomers (Nettie and Mel) or will be newcomers to Nijmegen. They have kindly agreed to produce a report each month on their training towards the event. This is the first instalment.

Hi my name is Nettie and I am hoping to walk in the Nijmegen marches in 2015 with my friend and work colleague Mel. Why Nijmegen? - Because it is something I have heard cadets talk about, the blisters, aches and pains, the training and their experiences of the march. I could choose to attempt Nijmegen with the cadet forces but this is a challenge I want to do for myself without the responsibility of looking after young people. A selfish idea I know but sometimes you just have to be.

This year (2014) has been a challenging year for both Mel and I. We have lost weight and supported each other and we have completed a half marathon together. Mel has NEVER done anything like this before; ME? I have done several marathons and half marathons but sadly nothing for a few years as I had lost my motivation. Together we have motivated each other to keep going, had late night telephone conversations (moans, groans and life stuff) and generally learned to support another human being other than a family member - we have also become firm friends.

Whilst we were ambling round the course of the Plymouth half marathon we discussed so many things and learned a lot about each other. We also decided we wanted a new challenge or goal to aim for. At one point we looked at attempting a triathlon but I hate swimming, and then I spotted the word 'Nijmegen' and the seed was sown. A little question posted on Facebook prompted a response from John who knows me from cadets, followed by a lengthy conversation whilst I was on my midday meander and here we are.

We are hoping to enter and complete the Nijmegen marches in 2015 and have already started to train (Mel is so much better than me and has taken up running seriously this year) I am currently sitting in a minibus because it is the only office I have and with no spare time; at a cadet camp writing

this and avoiding the Colonel. Sadly wearing parade shoes on camp kills the feet so although I am not able to get much practice in this week - my feet will be hardened a bit.

I start a new job next week (another fly in my ointment) which means I shall be out of the country for the next month - BUT I have already identified my training ground before I get there so fingers crossed I shall get many miles under my belt before I see Mel again and our long joint walks begin in earnest.

Until then - happy walking and hope to see a few of you in the not too distant future.

Nettie

[Nijmegen March learning curves!](#)

Well where to start. I blame Nettie for first introducing me to the Nijmegen March! I warn you now I am possibly either having an identity or midlife crisis. In the middle of my midlife crisis, when my dear friend Nettie spoke about the 'March', it seemed to be perfect. It could have been the combination of her selling skills and my hot flushes but that was it, I was hooked on the idea.

Now I know about the 'march', I am desperate to complete the four days. It seems like an impossible personal challenge but when I read the BDWF website, I realise it is also a logistical nightmare and a general sense of panic sets in, then a sense of excitement. Reading other people's stories and experiences, makes you realise that it is possible. (Thank you to everyone who contributes and supports the BDWF).

I suppose the personal challenge starts now, the training.... Unfortunately I have the enthusiasm of a woman having a mid-life crisis, it's all so exciting and I just want to get out there and practice. It may have been safer to buy a sports car but where would be the fun! My first ever training walk was three weeks ago; during the walk I was hit with the sheer madness of my ambition and realised that enthusiasm does completely overwhelm common sense! I had set off armed in my brand new walking boots with the dog, which has only ever done short walks and chased chickens! With hindsight I realised three miles in, wearing tight black jeans was a massive mistake... as they started to cling; it was not a good look even on the dirt tracks of Cornwall... I then realised that going out late afternoon, getting lost in sweaty jeans with no torch and a now traumatised dog was not the best start to training! But hey ho! I have now learnt to plan a route, wear decent trousers and take a torch

and high visibility coat... the dog has learnt to hide and now refuses to come with me!

So, my second attempt was a bigger walk. I had learnt my lessons, had a cunning plan, going out early, with water and people knew where I was going but I then, again, learnt an absolutely killer lesson, SOCKS.... I never knew the power of a good pair of socks... why had no one told me!!!! Four miles in my feet started to burn, six miles in I felt pain and the last four miles I pranced around like a fairy, without wings, trying not to stand on my feet due to the pain... Blisters!!! as someone who has a low pain threshold and takes any opportunity to avoid pain... this whole walking thing and being in pain was yet another stark reminder of how much I have to learn and the challenge isn't going to be the walking, it is going to be the personal challenges and the discomfort!!!!

I managed to prance all the way back to the car and got home, where I learnt probably the most important lesson after the Socks, trousers and torch... which is that my family and friends support me. My teenager lads, after the initial laughter, took turns in popping my blisters and my friends gave me encouragement and sympathy... then laughed! Then I told my mum who laughed as well!!! I know with support like this that the next eight months should be a laugh and I may have developed a basic level of common sense...

Mel

Meeting Up With Members aka Where are they now?

Following the query concerning 'Where have all our members gone?' in the October Rambler, I thought it might be appropriate to let you know of get-togethers in this part of the UK.

Unfortunately, with several of us being recognised as the older members of the Fellowship, a common area of discussion these days is one of illness or better still recovery from it. Contact has regularly been made to get updates on recoveries and in turn to then arrange these get-togethers with previous walking colleagues. To this end we have now had three 'reunions' in Bromsgrove to 'chew the fat' regarding old times.

Hopefully you may recall and put faces to some of the following names. Attendees so far at these events have included Trevor Lacy (4 Nijmegen's 1988 and 1992-93-94), his brother Denis Lacy (2 Nijmegen's 1992-93), Pete Roberts (3 Nijmegen's), Carl Phipps (16 Nijmegen's 1990-2007), George Newby (16 Nijmegen's), Steve Davies (18.25 Nijmegen's – yes some members insist on credit for the 2006 cancellation after the first day) and myself (23 Nijmegen's).

The latest get-together on Halloween at the same location was supposed to bring together all the above and also Paul Williams (23 Nijmegen's) coming up from Watford. Unfortunately Pete Roberts couldn't make the date, Paul's car broke down (thanks for the hotel accommodation Paul!), George went into hospital for a scheduled operation (earlier than expected due to a cancellation) and Carl was 'living it up' on a holiday in Turkey. Still, it gave those remaining the opportunity to 'talk about' the missing friends.

So what have these members been doing in the intervening years?

Trevor Lacy (Bromsgrove)

Trevor (he of the very short shorts) was instrumental in arranging these get-togethers and the reason for them being in Bromsgrove. Trevor has been through the mill over the past two years initially with days of immune system destroyer drips, weeks of chemotherapy and trial drugs, CT scans and finally major surgery with an upper stomach resection to remove a tumour. Pleased to say he's looking well and even considering coming back to Nijmegen – although now as a spectator.

He's keeping himself occupied these days with a flourishing 'Professional Filming Service' business (www.premierfilming.com) – we used to say 'Wedding Photography/Video' but a much wider portfolio these days.

Denis Lacy (Birmingham)

Denis we remember for his vast array of pills on an upper bunk bed in De Dennen. He's still working in Computing at the Bourneville College in Birmingham. As with Trevor we're trying to persuade him to revisit Nijmegen if only to buy the drinks.

Pete Roberts (Birmingham)

Those of you old enough may remember Pete carrying round on the walk an enormous video-recorder, similar to the old 'Music-Blasters', that had lights to pierce the darkness of the 50Km starts with the intensity of a nuclear reactor. Since retiring from BT, Pete initially started teaching 'English for Non-Speaking Nationalities', and has now moved to teaching for the 'European Computer Driving Licence'.

Carl Phipps (Birmingham)

Carl was nicknamed 'Curly' by John Lake (our original coach hire company) due to his shaving his head. He's still working and now with BT Fleet in Coventry. Knee and hip issues sustained during his Judo and Karate years now limit his ability to take on serious long-distance walks. As a result he's now enjoying the extra free time holidaying – it used to be 'raving' but he's older now. However he's been over with us in Nijmegen several times since just supporting us and enjoying the 'atmosphere'.

Steve Davies (Ipswich)

'Slug' to his mates – you ask him why. Completed his first Nijmegen in 1991 and went on to complete 15 consecutive walks before having a rest for 5 years and then

returning to complete another 3 up to 2014. Steve and George now stay in a B&B in Nijmegen rather than the Sportshall. In between he's completed walks in Japan (with Paul Williams), South Korea, Czechoslovakia and many long-distance walks in the UK. Since retiring he's also gained his pilot's licence.

George Newby (Newcastle-on-Tyne)

George has completed 16 Nijmegen's – he tells us that a couple were before we were even thought of!! George and I have walked several of the long-distance walks in Scotland (West Highland Way; Great Glen Way; Catevan Trail) and the Inca Trail in Peru.

As many of you will know, George finished his initial 'physically & mentally exhausting' treatment for bowel cancer in 2009 (Article in the 2010 July Rambler) and appeared as a guest speaker giving feedback from a patient's point of view to audiences of consultants, doctors and nurses etc at events organised by the Macmillan Cancer Support.

Well over the main medical problem despite a few recent comparatively minor yet uncomfortable recurring issues, George has continued to attend Nijmegen with us providing the welcoming tea and coffee service at the return shuttle point each walking day.

Paul Williams (Watford) and myself (from Sedgley – yes 'Mo' not Birmingham)

Paul, Steve and George have also had a few get-togethers in London over the same period of time.

Well, Paul and I are still plodding the streets of Nijmegen aiming for our '25th' medal at the Centenary event in 2016. Multi-Granddad Paul (see 'Facebook') and I both completed the 2013 Dodentocht in Belgium. So having already booked our flights etc – we'll see you all in July 2015.

Hope you have found this update of interest. I look forward to hearing about other get-together events and of what our previous 'lost' walking friends are doing these days.

Best wishes,
Roy Hayward
(Walker Liaison).

Competition Time

Connections Write down the answers to the 4 questions to get the connection.

Answers next month

1. In film who played Zorba the Greek	
2. Who was the Disney villain against Peter Pan	
3. US golfer and winner of the British open captained the American side to victory in the 1993 Ryder Cup at The Belfry in England.	
4. Who was the flower seller in Pygmalion	
Connection is.....	

Swindon Training Walks

For those of you who plan ahead... the list of training walks in the Swindon area for 2015 can be found below. If you need help with directions to any of these get in touch.

DATE	START TIME	DISTANCE Miles Kms	LOCATION START/FINISH	FINISH TIME (Estimated)
Sun 18 th Jan	08:50	10 (16k)	Coate Water car park	12:00pm
Sat 31 st Jan	8.45am	12 (19k)	Coate Water car park	12:15pm
Sun 15 th Feb	8.30am	14 (22k)	Coate Water car park	12:30pm
Sat 28 th Feb	8:15am	16 (26k)	Coate Water car park	1:00pm
Sun 15 th Mar	8:00am	18 (29k)	Coate Water car park	1:20pm
Sat 28 th Mar	7:45am	20 (32K)	Coate Water car park	2:00pm
Sun 12 th Apr	7:30am	22 (35k)	Brinkworth Village hall, Brinkworth	2:15pm
Sat 25 th April	6:00am	25 (40k)	RAF Cosford – Nr Wolverhampton	3:00pm
Sun 26 th April	6:00am	25 (40k)	RAF Cosford – Nr Wolverhampton	3:00pm
Sat 2 nd May	7:30am	25 (40K)	Coate Water car park	2:15pm
Sun 3 rd May	7:00am	26 (42K)	Sarsen Trail, Neolithic Marathon and Cycle Ride	3:00pm
Sun 17 th May	7:00am	26 (42K)	Coate water car park	2:30pm
Sat 23 rd May	7:00am	25 (40k)	RAF Lyneham, Lyneham, Wilts	3:30pm
Sun 24 th May	7:00am	25 (40k)	RAF Lyneham, Lyneham, Wilts	4:30pm
Sat 6 th June	7:00am	25/32 mile (40 /50k)	TBA	4:00pm
Sun 21 st June	7:00am	25 /32 mile (40 / 50k)	Marlborough (cadet hut on main London Road)	3:00pm
Sat 4 th July	6.45am	27/32 mile (43/50k)	Lechlade, Oak Street, Lechlade, GL7 3AY	3:00pm

Forthcoming events

Walks in 2014

There must be walks out there that no one is telling us and we cannot share with our members.

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.

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

255 Days!

Happy Birthday!

Wishing all our members celebrating their Birthday in November

Many Happy Returns!

1. Ron Richardson; Sabine Hendriks; Charlotte Williams 2. Tim Edwards; Colin Shelcott; Liam Stiles 3. Debra Bodman; Paula Bull 4. Henny Visser; Judith Boets; Daniel Markowicz; Joshua Harvey 5. John Sissons 6. Theo Partouns; Spike Elliott 7. Wendy Matejko; Paul Shearman; Caleb Nankivell 8. Frank Nieuwenhof; Angelique Nieuwenhof; Stuart Hook 9. Dave Newson; Wiebe Van der Hoogt 11. Sjoerd Oosting; Phoebe Guthrie 12. Bernice Thorley; Stephen Marshall; Thomas Webber 14. Jean Bobker 15. Kim Whitbread 16. Nigel Robinson; Kevin Werry 17. Craig Appleby 18. Nigel Lacey; Rebecca Nash 19. Anthony Chandler; M Erhump; Aidan Glennie 20. Kevin Poultney; Owain Ford; Zoe Anderson; Paul Grosvenor 21. Helen Swain 22. Jopie Elfrink; Matthew Burton 23. Jordy Wals; Chloe Dutton 24. Gordon Pacey; Lisa Staunton; Benjamin Hunt 25. Brenda Layne; Marian Harper 26. M van der Wetering; Natalie Shurmer; Alison Sinclair; Conor Scobie; Brea Stewart 27. Ann Lyon; Joseph Charles; Jotham Townsend; Jonathon Stone 29. Len Sargeant; L Hartgers; Michael Slater; Marianne Le-Coyte

You can contact us in many ways:

Email: info@bdwf.org.uk

Telephone: 07763026369

Snail Mail: 26 Blake Court

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

www.bdwf.org.uk

The most recent posts on the web

Trowbridge

BA14 8WE

Twitter :BritishDutchWF

Facebook:

www.facebook.com/groups/bdwfnijmegen

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 28th November 2014.

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

This email was sent to dizzydee_007@hotmail.com

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