



# The Rambler

Volume 106 -Friday 2 October 2015

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## Summer almost over

It looks like summer is drawing to a close, but if we are lucky enough to have an Indian summer this will give ourselves and our plants a much needed boost. If not, it does not mean you have to stay indoors for the next 6 months.

Get yourself a pair of sturdy waterproof shoes and make a splash in the great outdoors!

We love being outdoors, there is nothing better than going for a walk, it is a great way to relax and get fit whilst being surrounded by birds, animals, insects, flowers, trees and the varied and unique landscapes that make up our fantastic countryside, and it really makes you appreciate how wonderful nature is.

If you go on a walk be prepared and plan ahead, check the weather forecast and take appropriate footwear, clothing and accessories, bring food, plenty of drinks and a first aid kit, if you are exploring somewhere new take a map, mobile phones are wonderful but only if you can get a signal and most of all don't forget to follow The Countryside Code.

# BDWF Committee 2015/2016

I am very pleased to announce that we have a full compliment of committee members going into 2016. At the AGM held in Nijmegen in July we announced that the Group Chair post – No nominations received, and the post would be carried forward to 2016.

I am happy to say that Paul Wade has come forward to be co-opted into the role of Chair until the post comes up for formal election in 2018.

Your committee comprises of the following members:

<b>Chair:</b>	Paul Wade	<a href="mailto:paulw@wadefoster.co.uk">paulw@wadefoster.co.uk</a>
<b>Group Secretary</b>	Herman Boston	<a href="mailto:secretarybdwf@gmail.com">secretarybdwf@gmail.com</a>
<b>Group Treasurer</b>	John Nicholson	<a href="mailto:treasurerbdwf@gmail.com">treasurerbdwf@gmail.com</a>
<b>First Aid Coordinator</b>	Darren Gray	<a href="mailto:dr_gray73@yahoo.co.uk">dr_gray73@yahoo.co.uk</a>
<b>Media &amp; Website</b>	Cindy Snijders	<a href="mailto:bdwfoninternet@gmail.com">bdwfoninternet@gmail.com</a>
<b>Marketing, Media &amp; Membership</b>	Caroline Kok	<a href="mailto:bdwfinfo@gmail.com">bdwfinfo@gmail.com</a>
<b>Walker Liaison</b>	John Pryce	<a href="mailto:j.d.pryce@cantab.net">j.d.pryce@cantab.net</a>

My first **Vierdaagse** was 2004, even though I had first heard about the event as long ago as 1982 when I was working for BT in London. Over the years work colleagues, including Herman Boston and Trevor Day, would tell me how they enjoyed the whole experience at Nijmegen, but my various commitments and love of cycling and hill walking took up all of my spare time. Late in 2003 Herman told me about the formation of the BDWF, and talked as enthusiastically as ever about the “Spirit of the Vierdaagse”. I was convinced and decided to give it a try. I have done the Walk every year since except for 2008. Completing the Walk in 2015 felt just as good as the first time.

During the many training walks and all through that first Vierdaagse I was encouraged and helped by many of the more experienced BDWF members. The camaraderie of the members has continued to inspire me over the years in the way I know it helps and inspires new and established members alike.

I know how demanding the Walk is each year, both mentally and physically, and have experienced the disappointment of failing to complete. In 2010 I was taken ill at 1.00 a.m. on day 4, was unable to walk, and was subsequently hospitalised. Back in Nijmegen in 2011, crossing the finish line on day 4 was all the sweeter.

I enjoy hill walking (in May this year I walked the Inca Trail) and wilderness back-packing as much as ever. I have completed 7 other IML walks, but the annual trip to Nijmegen is unique and very special. I hope to complete my 10<sup>th</sup> walk in 2016 on 100<sup>th</sup> Vierdaagse.

As the incoming Chairman I plan to use my business experience over many years to build on all of the hard work of Committee members to help the BDWF continue to move forward and succeed.

**Paul Wade**

## **"Grow your Tenner",**

The nationwide Local Giving "Grow Your Tenner" matched funding scheme, very successful for us last year, is on offer again this year. At no extra cost to you, donations under the options below will be matched with a further £10 by Local Giving – **from 10am on Tuesday 13Oct15 up to 18Nov15 or while funds last, whichever happens first.**

**So why not .....**

**[1] join our established group of "£10-a-month" direct debit donors – your first 3 donations will attract matched funding and gift will be received every month, if eligible, or**

**[2] make one-time donations of £10 – the first 5 by each donor will attract matched funding and may attract gift aid too.**

**Or why not donate using both [1] and [2] please!**

To be clear, BDWF benefits considerably from all donations that are eligible for gift aid even when made beyond the above 2015 limitations.

**Members should be aware that direct debit donations are paid indefinitely but may be cancelled at any time BY THE DONOR INSTRUCTING THEIR OWN BANK to cease making payments.**

**So do please help**, make a diary note for Tuesday 13Oct15 and donate to BDWF/ STAR (Swindon Trail and Road Walking) as soon as possible after 10 am under either or both schemes and the easy-to-use Local Giving web page, as below.

**And please rest assured that funds raised will go towards your De 4Daagse costs for Nijmegen 2016 or 2017.**

Go to <https://localgiving.com/login>

Log in or sign up as a new fundraiser

In the "search for a charity" area of the orange header ....

Enter "STAR SWINDON" to find "Swindon Trail and Road Walking"

Select "donate now" to enter next page

Choose "one-time donation" or "monthly donation"

Complete donation amount and necessary card information, but ...

Next check out "terms & conditions" and choose options

Try not to select "anonymous"!

Only then select "donate"

Complete the gift aid page if you agree with both statements

Leave a message, at least your name, post code and BDWF number too please

THANK YOU

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## 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.

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## Forthcoming events

October 2015

### Countryfile Ramble for Children in Need - Saturday 10 / Sunday 11

Raise money for Children in Need. You can do it alone or gather a group together for one weekend. The Countryfile show would like to get the nation walking and raising money for children in need. Just a few steps can change the lives of thousands of disadvantaged children.

For more information go to the country file website [bbc.co.uk/countryfile](http://bbc.co.uk/countryfile). Scroll down to Organise your own Countryfile ramble for more details.

### **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>

### **Swindon Half Marathon**

11 October 2015.

#### **Enter Now!**

There is the half marathon, 5 mile multi terrain, 2 mile fun run and 1km wheelchair race, so something for everyone. All the routes can be walked as well as run. Walkers are welcome too. Alongside the running and walking there will be a range of entertainment and fun on the day!

Enter now! Go to [www.swindonhalfmarathon.org.uk](http://www.swindonhalfmarathon.org.uk)

A medal, technical t-shirt and goody bag for all finishers. Fed up of boring team building? Fuel your team spirit and enter now as a Corporate Team – to compete against other departments or businesses!

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## **100<sup>th</sup> Nijmegen Vierdaagse**

Time left until Tues, July 19

41 weeks,

291 days

# Your Guide to **5 to Thrive** week

**5-11 October 2015**

The five ways have been used by health organisations, schools and community projects across the UK and around the world to help people take action to improve their wellbeing.

## **Connect**

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you everyday.

## **Be Active**

Go for a walk or run. Step outside. Cycle, play a game. Garden, dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness

## **Take Notice**

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

## **Keep Learning**

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving (Nijmegen). Learning new things will make you more confident as well as being fun.

## **Give**

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out as well as in. seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

**Courtesy of the Hackney Gazette, London on behalf of the NHS**

# Your Letters

## Dodentocht 2016

In the September edition, the date of the Dodentocht was stated as March. This is incorrect and the correct date is **12 August 2016**.

If you are interested please send me your details and I will pass them on to the organiser



## 69th Airborne Memorial

Saturday 5 September 2015, the start of the 69th Airborne Memorial walk in Oosterbeek. Along with my grand daughter Britt (12 years old) we registered, along with 35,000 other hikers for this one-day Memorial walk.

The distances that one could walk were: 10,15, 25 and 40 km. We chose to walk the 15 km route.

The weather conditions were not the best, very much violent thunderstorms. That made the forest trails, mud paths!

After about 8 km we arrived at the "Airborne war cemetery", and if you read the names and ages of those who died, you become still and you get a deep sense of respect.

On to the last kilometres in the rain. In spite of everything, it was a challenging day.

In the evening there was a TV broadcast of the "Airborne war cemetery", with the song in the background of the singer Amy MacDonald "Road to home". Impressive.

Regards,

**Albert Hollander.**

One day I was walking down the beach with some friends when someone shouted...  
'Look at that dead bird!'  
Someone looked up at the sky and said...'where? '

## Competition Time

### This month's quiz

Keep that brain working; see if you can figure out what these seven words all have in common?

1. Banana    2. Dresser    3. Grammar    4. Potato    5. Revive  
6. Uneven    7. Assess

Look at each word carefully. You'll kick yourself when you discover the answer.

### Answers from September quiz

4	5	3	1	2	7	8	6	9
9	8	2	4	3	6	7	5	1
7	1	6	8	5	9	2	4	3
3	2	8	9	6	4	5	1	7
1	7	5	3	8	2	6	9	4
6	4	9	5	7	1	3	2	8
8	9	7	6	1	5	4	3	2
5	3	4	2	9	8	1	7	6
2	6	1	7	4	3	9	8	5

# Happy Birthday!

**Wishing all our members celebrating their Birthday in October**

**Many Happy Returns!**

**1.** Phillip Mcgaw; **2.** Aaf Snoek; Josey Bertrand; Anija Bemelmans; Hilde Van Noord; Martyn Charity; Victoria Charity; Karen Gray; **3.** Helen Tuck; Richard Morris; Wilma Ludema **4.** Lenny Goldsmith; Wim Vogels; John Holden; **5.** Henny .J Visser; Matthew Perry; Vincent Sherry **6.** Tanya Moody **7.** Arie Bruyns; Beverley Goodman; Mike Strong; Beth Simmons **8.** Piet Nelis; Edward Hodson **9.** Angela Cracknell; Petra Kolen-Rouschop **10.** Jill Green; Gill Green; Anne Welburn-Sutton **11.** Ann Kirby; John Stratton; M Stoffels; Thomas Gallagher; Henk ten Kate; William Reddington-smith **13.** Andre van der Last **14.** Matthew Jepson; Harry Dean; Zane Wozencroft; Imogen Foyle **15.** Richard Elliott; J Schreuder; Linda Plomp **16.** Frank Tonge; Jacqueline Manintveld; Julie Austin **17.** Mark Greenhalgh; Ian Paton **18.** Terry Kirby **19.** Truus Mantel de Rooij; Joop Ludema; Colin Jackson; Diederique Kemperink; Nienke Jepma **20.** Peter Sinclair **21.** Stephen Mogg; Edward Smith **23.** Charles Coldrey; James Stevens; Peter Armitage **24.** Dirk Terlou; Elsbeth Huffmeijer; Harry Lewis **25.** Charlotte Toone; Oliver Thorne **27.** Stephen Walker; Frank Coltman; David Mugford; Joseph Ashley; Morgan Blunt **28.** Franklin Schalk; Andrew Bowman **29.** Mo Leach; R S Ringnalda; Graham Darkins; Richard Evers; Lydia Watson; Max Powell **30.** Ellise Owen; Phillipa Hambridge; Glen Logan **31.** Anja van der Wilk; Bas Graus; Christine Brand

**Hello!**

**We really look forward to receiving your emails, tweets, phone calls, Facebook posts and your stories. Please do keep sending them in to us, there's so much we can share on and make a difference for the future!**

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## Useful Information

You can contact us in many ways:

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

Email: [info@bdwf.org.uk](mailto:info@bdwf.org.uk)

Telephone: 07936 390500

[www.bdwf.org.uk](http://www.bdwf.org.uk)

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

Twitter: BritishDutchWF

Facebook: [www.facebook.com/groups/bdwfnijmegen](https://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 30 October 2015

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



Don't just sit  
there! Send this  
to your friends!