

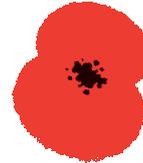


The Rambler - November 2010



Time to Remember

Before reading on please take a moment to remember those we have lost



This month sees quite a packed edition of the Rambler, including some very nice letters from yourselves. I was delighted when a hand written letter came through the door, I don't get post very often so you can imagine my surprise and delight when I do receive something. It gave me that warm fuzzy feeling.

There is a packed edition of the Rambler this month for you, including the all important feedback from Nijmegen 2010. I also have another important date for your diary **1st February 2011** registration for Nijmegen 2011 starts.

Our own membership and registration forms will be arriving with you shortly, When they arrive please send them back as promptly as you can, it helps the committee a lot!

Diary Entry: The 95th International 4 Day Marches will take place from 19 July to 22 July 2011 .

255

Days until Nijmegen
2011

As of publication date

50 Shopping Days until Christmas

British Dutch Walking Fellowship

Volume 44, Issue 1

Newsletter Date

Friday 5th November

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Feedback from Nijmegen 2010

First of all I, on behalf of all the committee, would like to thank members for their many letters, e-mails and 'Thank You' cards praising the 'team' for all the hard work, both prior to and at Nijmegen itself, that had gone into making this year's event so successful. That said, we don't sit on our laurels but also thank members (many now signing or identifying their forms by name) for their very constructive feedback that has been received since the event.

In total 49 feedback forms have been received, this compares with some 35 received in 2009. Markings were 1 'Highly Satisfied', 2 'Satisfied', 3 'Not Sure', 4 'Dissatisfied' and 5 'Highly - Dissatisfied'. The 'Average Marking' shown against the following headings was achieved by adding all the feedback scores and dividing by 49 e.g. if everyone had given say 'Transport' a '1' marking then the total would have been 49 and divided by the number of Feedback Forms (also 49) the average marking would have been 1.

Two of the most significant items from the feedback this year are that there were no '5' markings and only four '4' markings received and numerous positive comments regarding the replacement beds – thank goodness that that issue has been sorted at last.

Transport: (Average Marking 1.44 – Last year 1.14)

Both drivers did receive praise as did the shuttle service. The comments relate mainly to communicating the necessary detail to our members.

Whilst shuttle timing details are in our Nijmegen Handbook there is always the possibility of last minute changes for example due to earlier starting times due to the weather or to road closures etc especially on the Friday of the walk. To this end we will also include these initial timings in our welcome letter (our experience shows that not everyone reads our Nijmegen newsletter) but again it is essential that all members do regularly check the whiteboard outside the BDWF control office to ensure that there are no last minute changes.

We will include a map in our Nijmegen Handbook to identify the regular pick-up point for the shuttle from Nijmegen town centre. However, once again it will be essential to check the whiteboard for any changes to this especially for the Friday when road closures later in the afternoon are more likely.

Once again there were no comments at all, good or poor, about the tea/coffee service at the shuttle pick-up point. This is now accepted as standard.

First Aid: (Average Marking 1.08 - Last year 1.29)

First Aid once again was excellent receiving the most 'Worked Best' comments. Eliminating markings from people who did not have cause to use the service also gave further improvement. Despite this we did have a few comments of First Aid service being congested at times. This was in part overcome by bringing in the Roadside support to help with drinks etc but then there were comments that the roadside support was not there. It should be noted that the military sometimes require a few people only to get drinks rather than having the catering posts overrun – they adopt the same procedure themselves.

The three teams arriving at the same time did not help the situation in some circumstances. Whilst we know that the area allocated to us around the tents is comparatively small, we would appreciate all members ensuring that there is adequate access to the First Aid service itself for those members unfortunate enough to need urgent attention.

Feedback from Nijmegen 2010 (continued)

Roadside Support: (Average Marking 1.33 - Last year 1.40)

This item from your comments is now partly linked in with the First Aid but once again received praise especially the filling of water bottles at rest points.

Nigel Lacey's organisation of the March-In received special praise – Thanks Nigel.

We are looking into the issue of needing Roadside Support – 'on the road', as overall there were more comments that stated "on balance they are needed outside military rest points".

As always we will be reviewing the military support given to us.

Office Support: (Average Marking 1.33 - Last year 1.29)

The Office Support was again highly praised this year, in particular the office support and the whole organisation, Herman, Tom's weblog (included in both Office Support & Information comments), the newsletter weather forecast, booking-in system and message board and the wake up calls and even the Monday introduction.

Best Quote: "My own mother could not do as good for me!" (Good job she's not aware of the comment).

Information: (Average Marking 1.40 - Last year 1.57)

Information distribution and quality/readability of "improved" Rambler (including Dutch words) both received praise. It was noted that information on team members was better. Tom's weblog again praised.

There were a couple of comments regarding not receiving much information and not being able to find the Handbook. All the information is on our website – if you have any problems finding the information you require, please either give us a call or send an e-mail to us and we'll be pleased to help.

With regard to the Nijmegen Handbook itself, it has evolved over several years into a lengthy and 'involved' document. Whilst it will also be continued in its present form with all sections being reviewed (including kit list) it has been accepted by committee that an abridged version will also be produced.

One item we did get wrong for which we could only apologise was that the mobile contact number for the Saturday at the Sports hall was wrong.

Accommodation: (Average Marking 2.04 - Last year 2.60)

The key issue overcome was the supply of the 'new' beds equalling the "Worked Best" comments for First Aid. Some comments of feeling 'sorry' for the people with airbeds – one of our First Aiders (who used an airbed) said it was the best night's sleep they had ever had in Nijmegen. Essentially, the airbeds had to be purchased for last-minute additions to our group and they are now owned by the BDWF.

Feedback from Nijmegen 2010 (continued)

Lots of individual one-off comments, from Dutch and British members, but basically there were dirty showers, washbasins, taps and toilets – shower heads faulty – directing water jets onto light fitting covers, toilet bowl loose, toilet seat broken, hole in toilet door. Both ladies and men's shower rooms (with 4 sinks) had the floor dangerously wet due to leaks. The hot water especially in the ladies area was stated to be unpredictable. Whilst there were comments of putting bags on beds but no cleaning done, there was feedback of male cleaners, handymen and inspectors walking unannounced into ladies sleeping area in the mid-afternoon. Obviously these issues will be taken up with the De Dennen management.

Issues such as requests to keep walking teams together, staying in distance sections allocated, mobile's going off in the male accommodation areas, corridor lights left on all night and more benches required in the Sportshall are under our control and will be sorted.

Unfortunately, improvement in the ventilation system (not air conditioning) as it is often both too hot and too noisy is a major undertaking for De Dennen.

Catering: (Average Marking 2.08 - Last year 2.51)

There were many comments this year yet the overall marking did not totally reflect the adverse comments made – several '1' markings with the lowest being one '4' marking. We have been requested to thank the Catering Manager for improved Quorn/Soya vegetarian menu and for sourcing vegetarian desert so quickly following a request from a member.

The key request from this year is for drinks with dinner – if only water. This fits in with an apparent refusal by members to both use tokens and purchase what they consider to be expensive drinks at the bar and then only if they can get served - with the bar staff reportedly being rude and appearing to focus on the Dutch customers. As a committee we have to get this key item resolved for 2011.

Other than the above, in the main comments revolved around needing a greater variety in the menu – especially deserts.

In response to the request for an advance menu, this has been included in the Rambler prior to the event for the past few years.

Feedback from Nijmegen 2010 (continued)

Miscellaneous:

Repeating a 'catering' item, despite prompting to get us to use the bar, the cost of tokens (for what you get for them) is thought to be very expensive. Added to this the feedback (from several members) indicated that there appeared to be an "us and them" issue with the bar staff ignoring the British to the point where members walked out to the shops.

The vast majority of one-off suggestions both excellent and in some cases dubious came from the 'improvements' section. Whilst there are far too many to reproduce here we have incorporated all practical suggestions into our committee's 'To Do' list for 2011.

A repeated request is for far less noise in the Sportshall as there are members who wish/need to sleep on their return, early or late, from each day's walk – the guitar and drums was not appreciated this year.

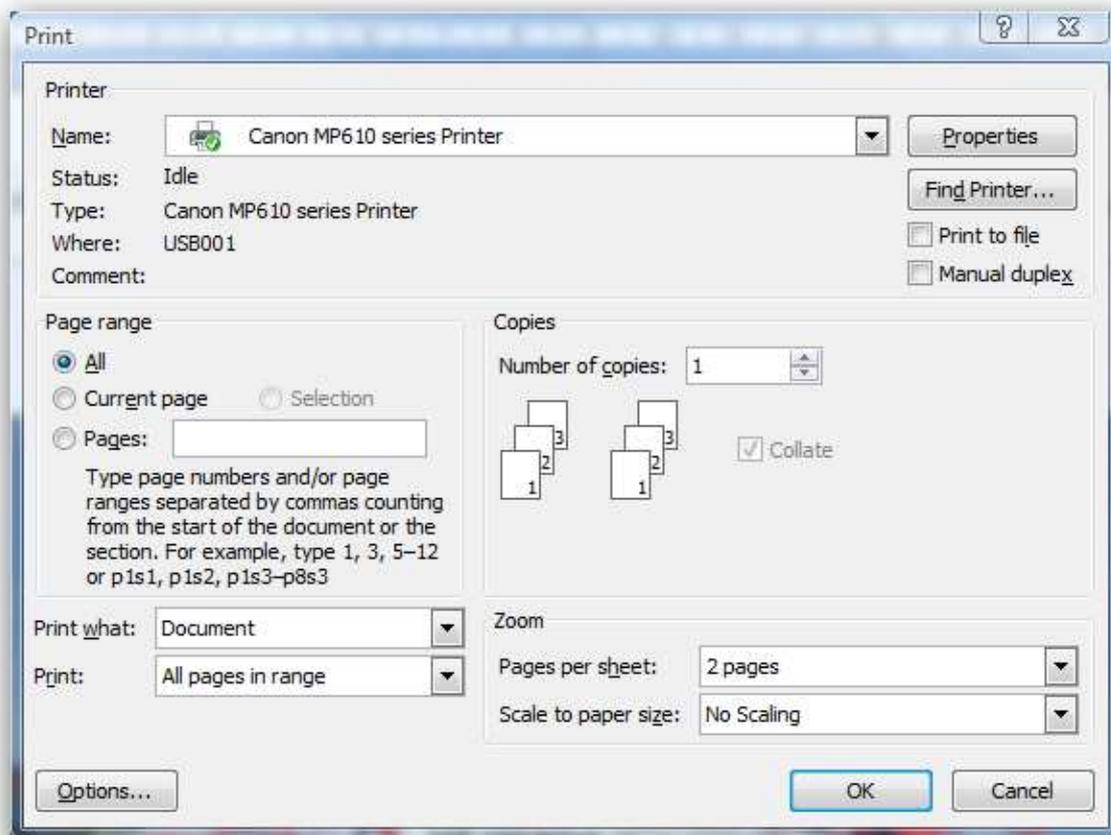
Once again we would like to thank all our members for their feedback and trust that you will all see visible improvements in the action that we will be taking.

Kind Regards,
Roy Hayward
Chairman
17th October, 2010.

Nijmegen Handbook in A5 Format

Within your feedback this year, we have been asked if we can provide the Nijmegen Handbook in A5 format. In the past this has been very time consuming as the Nijmegen Handbook cannot easily be converted to A5 format from A4 format – titles, headings removed etc. We had in the past also separately produced the Nijmegen Handbook in A5 format, with back to back printing, but in order to produce the document as early as possible, with as many as three updates to the handbook due to changes to timings, procedures etc from the 4 Days Marches Organisation itself, the A5 document became awkward to update .

However, there is a very simple alternative. Virtually all PC's and printers these days allow, from the print menu, for the printing of 2 pages of a document onto an A4 sheet of paper. Everything in the existing A4 document is scaled down – then there's simply cutting the A4 sheet in half, i.e. A5 size, and sorting the numbered pages into order. The quality and legibility of the document is still very good and the format far easier to carry around.



Gold Cross Club

The Vereniging Gouden-Kruisdragers Vierdaagse (Association of Holders of the Gold Cross Four Days Marches).

Following a couple of very short articles under the titles of the “Exclusive ‘10’ Club” in our February and March 2010 Ramblers, we have been asked by a member to see if there is any interest in BDWF members, who have completed the ‘4 Days’ ten or more times, joining the above ‘Club’. Very few British walkers have joined as the cost of electronically transferring subscriptions to this Dutch Association costs almost twice as much as the annual membership fee. We promised to include more details in this Rambler to see, if there is sufficient interest, if a single transfer fee can be shared by all interested parties.

Background

A holder of the Gold Cross is someone who completed the Nijmegen Four Days Marches 10 times or more. The name was derived from the medal. Upon completion of the Marches for the first time, one receives the so-called Four Days Marches Cross ('Kruisje'). Upon the 10th completion, the medal is called Gold Cross.

The Association was founded on July 24, 1951. After receiving the Gold Cross, you will automatically receive an invitation to join the Association of Holders of the Gold Cross.

The Association currently has over 1,900 members. The minimum 2010 membership fee was 13.40 Euros (you can contribute more if desired).

The Association represents its members and critically observes any developments concerning the Four Days Marches. In the past, the Association advised in route and starting location changes, the participation of people in wheelchairs, and of course in the participation limits protocol.

The Association for Holders of the Gold Cross is a member of the Netherlands biggest hiking sport association the KNBLO. Their members are automatically KNBLO members as well, and have the following benefits:

- Receive the annual National Hiking Program
- Free subscription to a hiking sport magazine
- A reduced registration fee to the Four Days Marches (Note: minimal)
- Reduced fees for all organized hikes
- A national sports pass (www.nationalesportpas.nl)

Special offers from businesses and organizations, such as Total, Dutch Railways, PGM

And for their own members:

- Free ticket to the Flag Parade (Note: A limited free supply is also available at the Registration area at the Wedren)
- A newsletter twice a year (see BDWF member feedback following)
- A card on your birthday
- An extra reward of a pin badge for those who have completed their 15th, 20th, 25th, etc. Four Days Marches and have been a member for more than two years.

Gold Cross Club (continued)

Full details of the 'Exclusive 10 Club' are available at: <http://www.goudenkruisdragers.nl/english/index.html> (Also in Dutch of course!)



Feedback from BDWF members to date:

“The newsletter from the ‘Exclusive 10 Club’ is printed in Dutch only which is a bit off-putting for non-Dutch speakers.”

“We did belong to the Gold Cross for about 5 years and I received a 15 year medal. We used to pay on Monday afternoon at their AGM held at the dance hall. Anyway each year we got a birthday card and a list of walks etc but didn’t make a lot of use of membership and due to the difficulty with payment etc let our membership lapse. We would join again as part of the group if the majority decide to go for it”.

“Once I had completed my 10th, I joined said group but have let my membership lapse due to the cost of sending in each year’s registration fee. The annual membership was about €10 but the cost of sending it electronically was around €25!”

So before we approach the Association, can we ask if there are any qualifying members of the BDWF who may like to join? If so, please let us know – contact details at the end of the Rambler as always.

First Aid - Burns and Scolds

Our First Aid Team don't only treat feet, they are all trained to look you whatever the problem might be. Over the years they have treated some weird and wonderful cases, more of which we shall tell you about next month. This month though as this edition goes out on Firework night we are covering treatment for Burns and Scolds.



A burn is an injury to the skin tissue, usually caused by contact with intense heat, electricity or chemicals. Recognising different types of burns and having a basic knowledge of how to treat them can minimise scarring and even save lives.

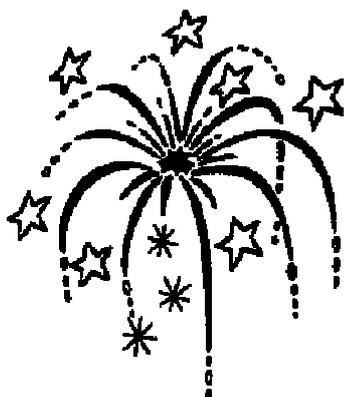
Superficial and minor partial-thickness burns can be treated at home. Begin by flooding your burn with cool (not cold) water for 10 to 30 minutes or until the pain is relieved.

Ointments or creams may help superficial burns like sunburn, but don't apply them to any deeper burns that have caused a change in your skin colour or blisters. Always ask your pharmacist for advice before applying ointments or creams.

Don't burst any blisters that form on your burn. Covering a partial-thickness burn with kitchen cling film may reduce pain and speed healing. Ask for advice as soon as you can from your practice nurse or local accident and emergency department.

Over-the-counter painkillers, such as paracetamol or ibuprofen, may also help. Always read the patient information that comes with your medicine and if you have any questions, ask your pharmacist for advice.

Superficial and shallow partial-thickness burns usually heal within three weeks, with minimal scarring.



DID YOU KNOW... A blister is a burn.

A blister may form when the skin has been damaged by friction or rubbing, heat, cold or chemical exposure. Fluid collects between the epidermis -the upper layer of the skin -and the layers below. This fluid cushions the tissue underneath, protecting it from further damage and allowing it to heal.

Top Tip... If you discover an un-burst Blister then soak it in cold water. This helps your body absorb the fluid and reduces the size of it.

Your Letters

Letters this month come from Bill Burdett, Chris Boulton and Ken Redman. Thank you all for sending them in. If anyone has anything they would like to share please let us know.

Bill Burdett

Dear Friends

This is for information only. I am NOT, repeat NOT requesting a contribution.

When I retired from Odgers, Ray Berndtson three years ago and left headhunting altogether, many people said that I would be bored. Well, you were all wrong! I am kept extremely busy as a volunteer with three charities as caseworker and fundraiser. At the ripe old age of 61, I have been offered the fantastic opportunity to join 20 ex-service personnel on a trek to Everest Base Camp taking in two 'small' mountains en route and spending 17 days on the trail. Participants are finding the £2,500 cost themselves and are also seeking sponsorship for their chosen charity.

I'm supporting Talking2minds.

Talking2minds is dedicated to eradicating the rising levels of Post Traumatic Stress Disorder (PTSD) and other stress-related conditions being experienced by serving and former military, emergency service personnel and civilians alike with a unique system that has been specifically developed to eradicate the symptoms and delivers peace of mind. Talking2minds treats both the client and those family members that may be suffering a stress-related condition by proxy. PTSD and stress-related disorders are the unseen illnesses that haunt our society. By donating to alking2minds you can assist us eradicate the symptoms and assist sufferers quickly back to health and help them rebuild their lives. Most people are unaware of the true impact of PTSD.

I will be travelling to Kathmandu on 31st October and will be on the trail from 2-19th November. I shall update my website with photographs and blogs/tweets (never done one) as we progress. The trek route is attached.

Please go to <http://www.virginmoneygiving.com/BillBurdettEverestBaseCamp> to see my fundraising page and sponsor me online. It costs only £2,000 to rid the victim, and their immediate family, of the curse of PTSD and every little helps.

Should you wish to donate anonymously by cheque, please email me and I will send you details.

Many thanks in anticipation of your generosity.

Kind Regards

Bill Burdett

Your letters (continued)

Chris Boulton

RAF WARMA Winter Walk: Sunday 3rd October 2010

Distance: 30 Kms

The weather forecast for the day was rain, rain and more rain. Nevertheless a hardy band of cadets and civilians assembled at Sandbach for the annual RAF WARMA Winter Walk over 30 Kms.

Naïvely I had assumed it would be a road walk and had arrived wearing trainers, much to the amusement of those who boasted that their boots were waterproof. I was, however, to have the last laugh!

The walk started promptly at 9-00 am in torrential rain that was to last for the next six hours turning fields into quagmires, paths into rivers and roads into ponds. Even the canal overflowed onto the towpath.

On a good day this would have been a delightful walk but it soon turned, first into a challenge and then into an endurance event.

The marshals worked valiantly but paper route descriptions soon turned to pulp and had to be re-issued at each check point. Drinks, biscuits and encouragement were dispensed with good humour and despite the difficulties the event was a great success.

Why did I have the last laugh? Well since part of the course was flooded to a depth of nearly two feet, those with waterproof boots soon found them filled with water and whilst they claimed not to let the water in they didn't let it out either – mine did.

Yes the conditions were deplorable but the event was enjoyable and I'm sure we'll all be back next year to support this worthwhile event.

Chris Bolton.

Your letters (continued)

Ken Redman

Reflections on the Dodentocht 2010

Last August I took part in the "Death March", fulfilling a long standing ambition to participate in this 100km 24 hour march: Held every year in Borrem in Belgium near the river Schelde.

We set off by coach from Bristol on Thursday morning, the trip being ably organised by Andy and Debbie Bodman. En-route to Dover we picked up Nijmegen "vets" Nigel Goodman, Bob Guttridge and Richard Courtney. The overland journey is the same route as far as Nijmegen except the Channel is crossed by ferry and is about 2 hours shorter. Fish and chips were served on replica newspapers on board the Dover-Calais ferry, and were most enjoyable.

We arrived in Borrem in the early evening, where we were booked into a local sports club: Our accommodation was in a large gym with army stretchers for beds. Andy had arranged our registration in advance to avoid queuing in the town on Friday. The club has a restaurant, where evening meals were reasonably priced. After some quick unpacking, we went down town to sample the excellent local beers.

On Friday morning an excellent hot and cold buffet breakfast was available - a nearby eatery for 10€ in the company of a large Scandinavian contingent. This was followed by some sightseeing and some shopping for souvenirs and t-shirts in the town centre (where the start/finish is situated).

The march started at 9pm on the Friday evening and finished 24 hours later on the Saturday. We went to the start area which was packed some two hours before the actual start - it was like being contained in a giant sheep pen or harbour area. Fiona's dog would have loved jumping on the participants. Afterwards we found out it only took three minutes to get started - all the check/control points (CPs) have electronic foot pads which register as you walk over them. (You wear a chip attached to one of your trainers).

The route is a march of two halves - night and day, over undulating countryside, mostly roads and footways and the occasional field track, forestry trail and bridleway. There are 15 CPs on the march; the distances between each vary but are no more than 10km. Most have Water, tea and coffee and many have feeding stations where plenty of sugary snacks are freely available - just the job for the carbohydrate replenishment (remembering Chris Rolls' advice about food in a previous article in the Rambler)

The march soon settled down after the initial surge of enthusiasm (some running - which is allowed!) The weather was perfect with no wind and the moon nearly full - which helped with the night vision.

We passed through towns and villages with spectators watching us pass by - in complete contrast to Nijmegen there was no clapping or cheering, but it was encouraging all the same. You can manage without a torch when on the open field tracks if you shadow a fellow walker who is wearing a head torch. The half way point was reached in 7 hours and 40 minutes at the Palm Brewery (49K) one of two breweries serving as control points. The good time was put down to a combination of adrenalin, the novelty of walking and through the night a lack of distance perspective and unfamiliarity with the route.

The second day began as dawn was breaking continuing to pass through small towns with spectators still watching from their doorsteps. Eventually the heat of the day, the fatigue factor and sleep deprivation crept in and the finish was reached in 9 hours 52 minutes, the last hour being way hard work.

At the finish you get a medal, a whole pineapple and a certificate which is presented almost immediately after crossing the line. The certificate gives very useful feedback on your times and

Your letters (continued)

And distances between control points and your overall time and walking speed. The finish is in the town centre it is packed with crowds and walkers and there is a very happy relieved atmosphere about it!

The return journey home left early Sunday morning.

Comparisons with Nijmegen will vary individually. Personally the "Death March" is obviously longer and harder in terms of single effort, and is done in one go and is over within the 24 hours. Nijmegen is harder in the sense that you have to get up each morning and repeat over 4 days. The control points on the March can be passed over without stopping or queuing to get your ticket chipped as in Nijmegen. If you can do the four days without mishap then you have a 3 week recovery period before tackling the death march which in my case was ideal preparation serving as a springboard from one to the other.

Costs are roughly £130 for the Journey and registration. Gym accommodation 20 Euros, 20 Euros for breakfast and 10 Euros for breakfast at the half way point. All the food etc needs to be bought except on the march where plenty of food and drink is available to help yourself. Optional cash is for the PJ chocolate factory going, drinks in the town and calling at Calais supermarket on the return home.

Official Stats for this years march - 10,605 Started and 6510 finished (61% success rate). The British contingent numbered 183 of whom 150 finished. Our group had 40 walkers registered with 32 finishing (80% success rate)

Next years March is on the 12th August 2011

Ken Redman.

Forthcoming Events

November 2010

4th-9th Swiss Army Night March for more details regarding this walk visit the RAF Warma webpage <http://www.rafwarma.org.uk/overseas.htm>

***** 2011*****

TBC 51st Bogle Stroll (3rd weekend of March in 2010)

April 2011

16th - 17th 30th RAF 2 Day March This is the 30th year for the RAF 2 Day March, walkers must pre-register/enter by the deadline stated – however they can pay on arrival. For more information please visit their website www.rafwarma.org.uk and click on RAF two day march.

May 2011

28th - 30th 3 day RAF Lynham Walk. Contact Herman Boston for more details.

July 2011

10th - 16th 39th Haervejsvandring, Denmark (www.fodslaw.dk)

19th - 22nd 95th International 4 Day Marches, Nijmegen

August 2011

12th 52nd Dodentocht

If you know of other walks that our members would be interested in, please drop me a note or give me a call. My details are at the back of this newsletter.

It might not be an official organised walk you may want to go out on a walk of your own, perhaps enjoying some of the places I mentioned earlier, so even if you are planning your own event and would like company let us know and we can enter it here.

There is also a wonderful website detailing walks available in the Netherlands - <http://www.wandelkalender.nl/2011/meerdaagse.html>

Are you singing in Dutch yet?

This month I thought it would be fun to try and learn Dutch in a new way - by singing! After all everyone loves a good sing song. Do Be Do Be Do Be.....

Mamma Mia

I've been cheated by you since I don't know when
So I made up my mind, it must come to an end
Look at me now, will I ever learn?
I don't know how but I suddenly lose control
There's a fire within my soul
Just one look and I can hear a bell ring
One more look and I forget everything, o-o-o-oh

Mamma mia, here I go again
My my, how can I resist you?!
Mamma mia, does it show again?
My my, just how much I've missed you
yes, I've been broken hearted
Blue since the day we parted
Why, why did I ever let you go?
Mamma mia, now I really know,
My my, I could never let you go.

I've been angry and sad about the things that you
do
I can't count all the times that I've told you we're
through
And when you go, when you slam the door
I think you know that you won't be away too long
You know that I'm just not that strong.
Just one look and I can hear a bell ring
One more look and I forget everything, o-o-o-oh

Mamma mia, here I go again
My my, how can I resist you?
Mamma mia, does it show again?
My my, just how much I've missed you
Yes, I've been broken hearted
Blue since the day we parted
Why, why did I ever let you go?
Mamma mia, even if I say
Bye bye, leave me now or never
mamma mia, it's a game we play
Bye bye doesn't mean forever

Mamma mia, here I go again
My my, how can I resist you?
Mamma mia, does it show again?
My my, just how much I've missed you
Yes, I've been broken hearted
Blue since the day we parted
Why, why did I ever let you go
Mamma mia, now I really know
My my, I could never let you go.

Mama Mia

Ik ben bedrogen door u sinds ik niet weet wanneer
Dus haalde ik het uit mijn gedachte, het moet tot een
einde komen

Kijk me nu, zal ik ooit leren?
Ik weet niet hoe, maar ik verlies plotseling de
controle

Er is een brand in mijn ziel
Een blik en ik hoor een bel rinkelen
Nog een blik en ik vergeet alles, ooo-oh

Mamma mia, hier ga ik opnieuw
Mijn mijn, hoe kan ik jou weerstaan?!
Mamma mia, gebeurt het opnieuw?
Mijn mijn, hoe veel ik je gemist heb
Ja, mijn hart is gebroken
Blauw sinds de dag dat we afscheid namen
Waarom, waarom heb ik jou ooit laten gaan?
Mamma mia, nu ik het echt weet,
Mijn mijn, zal ik jou nooit laten gaan.

Ik ben boos en verdrietig over de dingen die je doet
Ik kan de keren dat ik het je verteld heb niet tellen,
dat we doorgaan

En wanneer je gaat, wanneer je de deur dichtgoot
Ik denk dat je weet dat je niet te lang weg zal zijn
Je weet dat ik niet zo sterk ben.

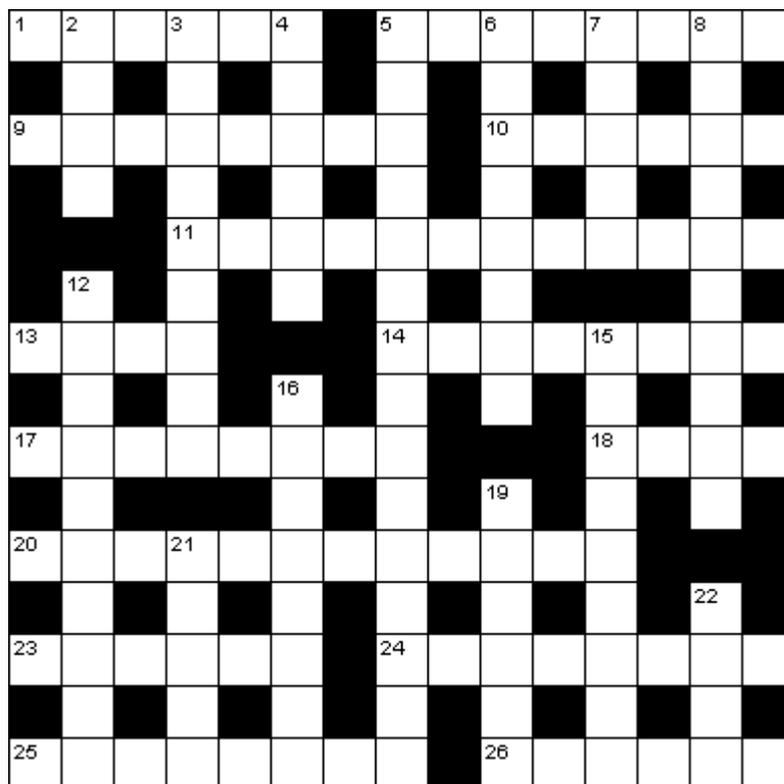
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Mamma mia, hier ga ik opnieuw
Mijn mijn, hoe kan ik jou weerstaan?
Mamma mia, gebeurt het opnieuw?
Mijn mijn, hoe veel ik je gemist heb
Ja, mijn hart is gebroken
Blauw sinds de dag dat we afscheid namen
Waarom, waarom heb ik jou ooit laten gaan?
Mamma mia, zelfs als ik zeg
Doei doei, laat mij nu of nooit
Mamma mia, het is een spel dat we spelen
Doei doei betekent niet altijd

Mamma mia, hier ga ik opnieuw
My my, hoe kan ik jou weerstaan?
Mamma mia, gebeurt het opnieuw?
Mijn mijn, hoe veel ik je gemist heb
Ja, mijn hart is gebroken
Blauw sinds de dag dat we afscheid namen
Waarom, waarom heb ik jou ooit laten gaan
Mamma mia, nu ik het echt weet
Mijn mijn, zou ik nooit laten gaan.

Puzzle time

Something a little different this month...



Across

- 1 Small child in steamship strikes (6)
- 5 Republican found with butt of marijuana cigarette gets rebuke (8)
- 9 Small citizen causing alarm about inadequate supply (8)
- 10 Drills used on rails (6)
- 11 Soldiers deployed in alien regions (12)
- 13 Possibly a non-existent creature - however, one may be seen (4)
- 14 Old music-maker providing mild cure (8)
- 17 Agony on top of larch or pine (8)
- 18 Plant's half-life - fifty years (4)
- 20 Causing great pain and sorrow with rather odd conclusion (5-7)
- 23 Fruit found in Dutch royal house (6)
- 24 A vital link left one cat behind (8)
- 25 Conclude with one or less (8)
- 26 Non-professionals meanly treated (6)

Down

- 2 Spice provided by staff (4)
- 3 Exciting object getting rent by stream (9)
- 4 Mean to cause pain with your head? (6)
- 5 American writer of hymnal and record producer (7,8)
- 6 Obviously there's plenty at fault (8)
- 7 Approve a constant beast (5)
- 8 Fairy tale character recalled in play (10)
- 12 One Cheddar cheesy shape? (10)
- 15 Evil colleague, for example, breaking in contrary to law (9)
- 16 British prime minister - country's first person after introduction of democracy (8)
- 19 Los Angeles in Fullerton? That's only partly wrong! (6)
- 21 An Indian princess fled east repeatedly (5)
- 22 In concert on a single occasion (4)

Last months answers: 1. The outside 2. A phone book 3. Just one - the last one!

Birthdays

British

- 1 Charlotte Williams, Ron Richardson
- 2 Colin Shelcott, Tim Edwards
- 3 Paula Bull, Debra Bodman
- 4 Daniel Markowicz
- 5 Wendy Matejko, Paul Shearman
- 6 Spike Elliott
- 9 Dave Newson
- 12 Stephen Marshall, Bernice Thornley,
Thomas Webber
- 15 Kim Whitbread
- 16 Kevin Werry
- 18 Nigel Lacey, Rebecca Nash
- 19 Aidan Glennie, Anthony Chandler
- 20 Zoe Anderson, Kevin Poultney,
Owain Ford, Paul Grosvenor
- 22 Matthew Burton
- 23 Leah Davidson, Chloe Dutton
- 24 Gordon Pacey, Ben Hunt
- 25 Brenda Layne
- 26 Natalie Shurmer, Alison Sinclair,
Conor Scobie
- 27 Joseph Charles, Jotham Townsend
- 29 Marianne Le-Coyte, Len Sargeant,
Michael Slater, Yana Galchenko

Nederlanders

- 1 Sabine Hendriks
- 4 Henny Visser, Judith Boets
- 6 Theo Partouns
- 8 Angelique Niewenhof, Frank Niewenhof
- 9 W.J. van der Hoogt
- 11 Sjoerd Oosting
- 19 M Erhump
- 22 Jopie Elfrink
- 23 Jordy Wals
- 26 M van der Wetering
- 29 L Hartgers

Many happy returns to you all

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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 26th November 2010**.

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

Katie Elliman
Group Secretary