



The Rambler-December 2010



Wishing you all a
Very Merry
Christmas

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

227

Days until Nijmegen
2011

As of publication date

22 Shopping Days until Christmas

**British Dutch
Walking Fellowship**

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Contents

Page 1

☺ Merry Christmas

Page 2

☺ European Health
Insurance Card (EHIC)

Page 3

☺ Cost of postal
distribution of "The
Rambler"

Page 4

☺ Johan Willemstein
Weblog

Page 5 - 7

☺ Where to Walk

Page 8 - 9

☺ Your Letters

Page 10

☺ Christmas Carols

Page 11

☺ Puzzle time

Page 12

☺ Forthcoming Events

Page 13

☺ Birthdays

Page 14

☺ Editors Details



European Health Insurance Card (EHIC)

As continuing members will be aware, the EHIC is the very minimum that we insist upon to provide a level of medical insurance whilst abroad within the European Economic Area and Switzerland. The card entitles the holder to state-provided medical treatment within the country they are visiting. However, this may not cover all medical costs incurred so you are strongly advised to also arrange travel insurance to ensure that you are covered for all possible eventualities. A more comprehensive explanation of the cover provided from the EHIC and how to obtain this free card is available in our Nijmegen handbook and on the web site via <http://www.ehic.org.uk/Internet/home.do>

Importantly, the reason for this article is that the initial distribution of EHIC cards are now due to expire.

Please check your EHIC expiry date (bottom right hand corner of the card) and take the appropriate action to renew your card - especially if doesn't provide cover for Nijmegen 2011.

The renewal is again free and the process is even easier than when first applying by being asked to quote your 'Existing Identification Number' as on your current EHIC card.

Hopefully, the prompt on the recently distributed 'Nijmegen 2011 Application Forms', where we ask for your EHIC details - including expiry date - may have already prompted any remedial action necessary.

Cost of Postal Distribution of 'The Rambler'.

As we intimated in our most recent précis of Committee Meeting minutes and following due consideration, the committee have agreed to the charging for distribution of the Rambler by post in order that any spare funds are then used for the benefit of all members of the BDWF.

From its inception until a few months ago, the nil cost for this distribution was attributable to the “generous auspices” of a local firm. However, the current economic climate has, as in the case of many businesses, meant review of all their spending and with greater scrutiny meant that that avenue of support is no longer available to us. At the same time, mentioning that the issue was under review, several members who previously received the Rambler by post have already advised us of and made provision for their receipt of the Rambler via e-mail – our thanks to them.

As of the January 2011 edition, the cost of posting the Rambler to members requiring this service will be set at £6 p.a. payable with membership. This compares favourably with other similar sized clubs where typically there is an £8-£10 charge often for fewer editions per year.

We thank you all for your understanding and for the feedback already received.

Will all BDWF members who currently receive the Rambler via post (2010) please confirm if they wish to continue to receive copy via post – the charge being incurred, if (giving details) alternative e-mail arrangements can be put in place or if they wish the postal distribution to be discontinued.

Johan Willemstein Weblog

Tuesday, 9 November 2010

It took a while, but I'm back in the Netherlands.

I mentioned in my last weblog update that I'd be going 'off radar' for a while. Shortly after the Four Days Marches, on 4 August, I left home bound for Puy-en-Velay in France, to walk the Way of St James pilgrimage route to Santiago de Compostela in Spain.

After a beautiful pilgrim's mass in Puy-en-Velay, my companion and I set off on our way on 7 August. We arrived in Santiago on 8 October, after walking an average of around 25km per day for 63 days non-stop. In total, we walked 1526km. What a brilliant adventure! Around 900 hours of care-free walking, uninterrupted by telephone calls or meetings. I found hilly southern France the most impressive part of the journey. Really varied, more in the middle of nature, often largely having to rely on our own logistics, still relatively peaceful and quiet on the pilgrimage route and, above all, a lot of up and down hill work. We also had to overcome the Pyrenees. And all that at temperatures ranging from 25 to 40 degrees. Until we reached Montes de Leon, the Spanish section of the route was less hilly, less varied and actually downright boring for numerous days, with long, straight roads and paths, often running alongside motorways or dual carriageways, increasingly busy the closer we got to Santiago. However, there were plenty of opportunities to get a cup of coffee and fill our water bottles. The scenery became a bit more varied and interesting after Leon. Temperatures in Spain were between 20 and 25 degrees, though woolly hats and gloves didn't go amiss in the early mornings.

Our arrival in Santiago was a bit of a let down, due to a combination of the heavy, unrelenting rainfall, the extremely long waiting times to collect the compostela at the pilgrim's office (freezing and wet in the queue for almost 2 hours) and the Christian hustle and bustle in and around the cathedral we got caught up in in our attempts to attend the pilgrim's mass. After 20 minutes, we managed to fight our way outside to go and have a cup of coffee in peace and quiet.

But all in all, the trip was the fulfilment of a long cherished, ultimate walking ambition, which I look back on with great pleasure.

Upon arrival back home, I had a few days to catch up on my gardening before it was time for the IML walk in Arlington (Washington DC, USA). So I was away for another week, but did take part in a well-organised, attractive Two Days' Marches. Washington also has plenty to offer in terms of culture.

And yes, that time to get back to work in the office in Nijmegen inevitably comes around, because we are very keen to organise the 95th Four Days Marches next year. It gave me great pleasure to hear that my fellow members of the board haven't sat twiddling their thumbs for the last few months. Evaluation of the 2010 event is nearly complete and work has started on 2011. So I now need to catch up on three months' worth of post, emails and reports.

The news that my predecessor, Chris Bos, who fulfilled the role in the 1990s, has passed away cast a dark shadow over my return to work. Chris had already been seriously ill for a while so, in that respect, his death didn't come entirely out of the blue. But him no longer being around is still a great loss for the Four Days Marches. He was a friend and colleague with whom I collaborated closely in the organisation for many years. Someone who made it possible for the number of walkers participating in our event to rise from 28,000 to 37,000, who brought about an explosive growth in the number of different nationalities taking part, an ambassador who successfully promoted the Four Days Marches at home and abroad, a diplomat who managed to successfully round up countless sensitive dossiers in consultation with various parties, but first and foremost someone who was highly committed to everything and everyone within and outside the organisation. This commitment continued even in his retirement years, and I was able to experience it right until the end. We look back on all that Chris has done for the organisation and walking in general with a great deal of respect and gratitude.

<http://www.4daagse.nl/index.php/en/news/weblog-march-leader.html>

Where to Walk

This month an organised walk kindly pointed out to us by ex-member Bob Gutteridge via Roy Hayward.

Hawkdean Hike

Sunday May 22nd 2011

Start & Finish Rangeworthy (North of Bristol)

Rose & Crown Beer Garden (at rear of Pub), Wotton Road, Rangeworthy, Bristol, South Gloucestershire.

Map: 1:25,000 Explorer series OS Map No 167

Grid Ref: ST 689 862 Post code BS37 7NB

Distances 6.5km, 7km, 10km, 20km, 30km, 40km.

The event is non competitive, aimed at individual walkers, families or teams, all participants should be self sufficient. Trail runners are welcome, participants are not timed, and there are no changing room facilities.

Web site <http://www.hawkdean.co.uk>

Enamel Lapel Badge (22mm) and Cloth Badge (60mm) awarded on completion.

Start Times Route Age Limit Years

07:30 - 09:30 40 Km 14 see rules

07:30 - 09:30 30 Km 10 see rules

09:30 - 11:30 20 Km 8 see rules

10:30 – 12:30 10 Km 6 see rules

10:30 – 12:30 6.5 & 7 Km No Limit

All routes must be completed by 17:30 hrs. The 7 Km is an alternative route without styles, and is suitable for sturdy pushchairs but not wheelchairs. Participants should carry water, light refreshments, individual first aid kit (to deal with blisters, small cuts etc) and wear suitable clothing.

Location:

Rose & Crown Beer Garden (at rear of Pub), Wotton Road, Rangeworthy, Bristol, South Gloucestershire.

Free Parking in field adjacent recreation ground.

Rangeworthy is located North of Bristol on the Iron Acton to Wotton_under_edge Road B4058, and lies between Thornbury (centre 4 miles) to the North West and Yate (centre 3 miles) to the South East which are the nearest reasonably large towns.

Nearest International airport Bristol 20 miles

Nearest main line train station Yate 2 miles

Please write for accommodation details, address and email on application form.

Please enclose a stamped addressed envelope or an e-mail address for reply.

Where to Walk (Continued)

The Hawkdean Hike Description:

Hawkdean refers to Hawkesbury Deanery where the walk is located, (the deanery is part of Gloucester Diocese whose boundary extends beyond these walks). The routes combine parts from other well known walks, dependant on which route is taken. All the walks have their own appeal, however the longer routes cover some of the best scenery in Britain. The routes were chosen for their safety, scenery, interest and varied terrain.

All routes start from Rangeworthy recreation ground by following part of the Jubilee Way, longer routes go alongside a railway line and use 'easy access' walks around Wickwar, and on to one of the largest unspoilt oak and ash woods in the country, across Hawkesbury common, the walk continues to an area known as Cotswold edge, the route now joins the Monarch Way and Cotswold Way passing the Somerset monument and Tindale chapel (which commemorates William Tyndale's stay nearby at Little Sodbury Manor, whilst translating the Bible into English from Latin). Through Iron age and Roman Forts, continuing across Sodbury common the longer routes rejoin the Jubilee Way (together with some of the shorter routes) along the way passing the hamlet of Yate rocks and close to one of the last moat houses to be built in Britain 'Yate Court', finally finishing back at the recreation ground, next to the Rose and Crown public house.

The routes use public footpaths and quiet lanes, safety is our main concern, therefore in planning the routes we have tried to only use lanes where traffic and pedestrians have good visibility of each other, however there are some very short stretches where this is not ideal, (much of the Cotswold Way follows quiet lanes). Please take care on the roads. On the longer routes there are some small hills, only one route is free of styles 7Km, there are very short sections where the terrain may be a little bit muddy, steep or stony typical of British footpaths.

Walk/Event Rules:

All participants agree to abide by the walk/event rules, failure to do so may result in disqualification. The walk organisation will consider each situation on a case by case basis their decisions are final, (some decisions may over-ride the rules).

All participants will follow any lawful instructions given by the event officials.

The walks are open to any individual who meets the age restrictions on submission of entry details and payment of appropriate fee's. The walk organisers hope that the walk is enjoyable, they have tried to minimise problems. However safety is the organisers main concern, because they are very closely involved an impartial adjudicator

has overall control of the event with the power to stop the event if deemed unsafe.

Hopefully cancellation of the event will never happen, however in the event of a cancellation registration fees or expenses cannot be refunded.

Walkers and teams must register at the start, finish and at each checkpoint on route.

The walks will take place what ever the weather.

On walking event days all routes must be completed by 17:30 hrs, unless the timings altered by event organisers.

The event organisers are not responsible for participants or their actions.

Walkers under the age of 16 participate only with parents or guardians written consent received prior to the event, they must also be accompanied by a responsible person **or** be a member of a team or organisation which assumes responsibility for its members and their actions.

Where to Walk (Continued)

Teams consist of 6-11 members, 12 and above form 2 teams' and so on, each team must have a designated leader and navigator (this may be the same person). Each team must walk together and not spread out, the team should check in all together at each checkpoint. Different teams can walk together if they wish.

Should the number of members in a team fall below 4, the walk organisation will make a decision whether the team will be allowed to continue. This decision will depend on many factors, some are age, fitness, skill level, distance completed, time remaining, communications, minors should not walk alone as individuals, however teams may amalgamate with consent to maintain minimum group numbers (route cards will be amended, the teams will be treated as one and the situation reviewed at each checkpoint).

Walkers must obey the country code, using footpaths where ever possible, and take any litter home, in addition refrain from causing any form of damage.

Dogs are welcome, but should be kept under control at all times, if they foul the owner must dispose of it in the appropriate manner, however it should be noted that some of the longer distances use roads which can be hard on the animals foot pads.

Walkers should keep to the designated routes, unless directed by the organisers.

The railway line and property is out of bounds to all participants.

Everybody has a responsibility not to endanger themselves or others by their actions.

The organisers are not liable for any injuries, accidents, thefts or damage to property.

All profits will go to projects in Rangeworthy village or other charitable causes.

If you are interested in taking part please see the website for more information

<http://www.hawkdean.co.uk>

Your letters

The Great Barrow Walk

Situated only a few miles away from Bury St Edmund and the A14, Barrow is a sleepy little village with one hell of a walk.

Myself (Tim Wyer) and George Buxton, decided to squeeze one final walk into the season before winter. After all the Nijmegen training one would hope another 4 x 26 miles wouldn't be too difficult. We arrived at the reception area on the first day, to be warmly greeted by Glen (the event coordinator) and his team. This was only the second year of the walk, but you wouldn't know it as every thing was in hand and covered. We were pleased to see four other BDWF walkers there, in the form of "the boys from Devon and Cornwall".



Walk day one: A nice warm and sunny day. Starting in Barrow the walk passes through the small Suffolk villages of Herringswell and Tuddenham before joining the Ickfield way. This is mainly road walking and turns into all bridle path as you go through the National nature reserve that leads through Thetford forest (Elvedon). This is pretty remote territory, fields of open grass land with many deer tracks in the soil, and lots of purple heather.. After reaching the half way point the path turns and the returns through the Kings Forest. The bridle path here is a bit worn in places and shows a lot of very small fragments of Suffolk black flint. This is the famous flint that was mined tens of thousand years ago in neolithic times at "Grimes Graves" just down the road. The forest walk is a long straight track almost totally silent, with only the noise of the crows to be heard. After breaking out of the forest we return onto the road and back to Barrow, passing a medieval pack horse bridge on the way (I can only assume the medieval horses weren't too large as the bridge was very narrow and thin in the middle). On returning to the finish location (the Academy) the other (finished) walkers applaud as you cross the line, which I thought was a very nice touch and brings everyone together.

Walk day two: The weather turning. The route is a mixture of track and road and takes you through Ickworth estate. We saw a herd of fallow deer (about 9) which made my day. I must admit we did get lost this day and followed day three markers. But after calling the help line to get advice on the route we were rescued by a nice young lady who came out to pick us up and dropped us back on the route. The weather didn't help as the rain fell for most of the day. Finishing in over 10 hours and with 29miles on the GPS we were the last to finish.

Walk day three: Seen this route before. More rain, the villages around here are very beautiful. Many thatched cottages and all looking very expensive (see how the other half live). Today is approx 1/3 track and 2/3 road and passes at least three public houses, (George could now get some tea). The walk in takes you through a deer park, which holds hundreds of deer, a reminder Bambi will end on a plate.

Your Letters (Continued)

Walk day Four: nearly all roads today. The route goes through Newmarket, the gallops and the town centre. The Gallops is the training ground where the race horses are put through their paces. The size of this place is awesome; it's the size of an airbase. We didn't see any horses today, I expect they have Saturdays off. There are approx three pubs on the route back, so more tea for George.

On completing the walk every one waits and applauds as each person finishes, again a very nice touch. All the medals are given out at the end once the last person has finished.

I must say this is a very pleasant walk, going through some beautiful locations, but is quite tough, I think it's the mixture of the on and off road and the weather didn't help. The atmosphere with



the other walkers and the administration and support teams is fantastic, and the walk soon becomes a very personal journey (very similar to your first Nijmegen). This is one of those rare locations where you get to know almost everyone on the walk, and in the support teams, and come away with many new friends.

So why don't you give it a go next year. I guarantee once you attend you will return year after year.

PS from George.

This is a part of Suffolk I have never walked before and even in the rain the countryside was pretty impressive. Yes I would do the walk again for two reasons, 1. It was a challenging walk and 2. It was done to raise money for Help The Heroes, that in itself is a good enough reason.

Christmas Carols

Something a little Christmassy this month.... Santa Claus is coming to town

You better watch out
You better not cry
You better not pout
I'm telling you why

Je kunt beter uitkijken
Je kunt beter niet huilen
Je kunt beter niet pruilen
Ik vertel u waarom

Santa Claus is comin' to town
Santa Claus is comin' to town
Santa Claus is comin' to town

De kerstman komt naar de stad
De kerstman komt naar de stad
De kerstman komt naar de stad

He's making a list
He's checking it twice
He's gonna find out
Who's naughty or nice

Hij is een lijst aan het maken
Hij controleert het twee keer
Hij is aan het uitzoeken
Wie stout is of lief

Santa Claus is comin' to town
Santa Claus is comin' to town
Santa Claus is comin' to town

De kerstman komt naar de stad
De kerstman komt naar de stad
De kerstman komt naar de stad

He sees you when you're sleeping
He knows when you're awake
He knows if you've been bad or good
So be good for goodness sake

Hij ziet je wanneer je slaapt
Hij weet wanneer je wakker bent
Hij weet of je goed of slecht bent geweest
Dus goed voor goedheid wille

Santa Claus is comin' to town
Santa Claus is comin' to town
Santa Claus is comin' to town

Dus kun je beter oppassen
Je kunt beter niet huilen
Je kunt beter niet pruilen
Ik vertel u waarom

So you better watch out
You better not cry
You better not pout
I'm telling you why

De kerstman komt naar de stad
De kerstman komt naar de stad
De kerstman komt naar de stad

Santa Claus is comin' to town
Santa Claus is comin' to town
Santa Claus is comin' to town

De kinderen in meisjes- en jongensland
Hebben een jubileum
Zij gaan een speelgoedland bouwen
Rondom de kerstboom

The kids in girl and boyland
Will have a jubilee
They're gonna build a toyland
All around the Christmas tree

Dus kun je beter oppassen
Je kunt beter niet huilen
Je kunt beter niet pruilen
Ik vertel u waarom

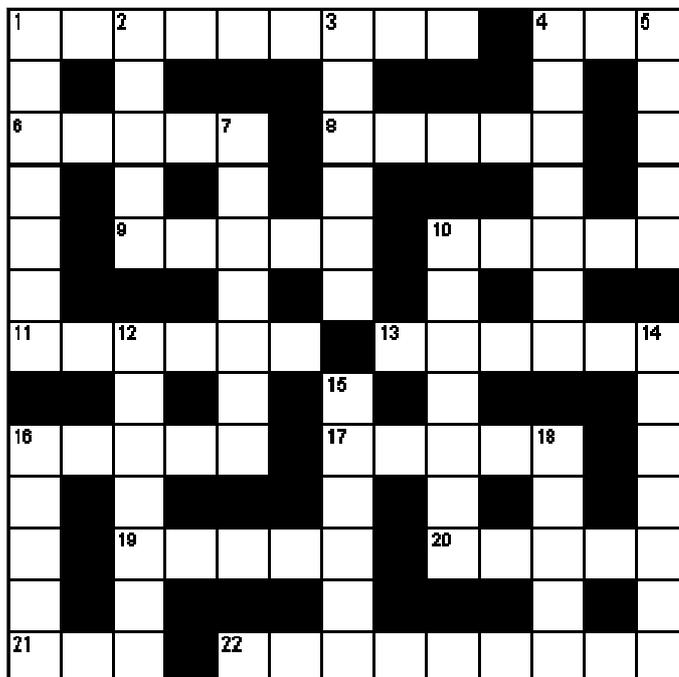
So you better watch out
You better not cry
You better not pout
I'm telling you why

De kerstman (komt naar de stad)
De kerstman (komt naar de stad)
De kerstman komt'
De kerstman komt'
De kerstman komt'
Naar de stad

Santa Claus (is comin' to town)
Santa Claus (is comin' to town)
Santa Claus is comin'
Santa Claus is comin'
Santa Claus is comin'
To Town

Puzzle Time

Have fun!



Across

1. Change gentle arc into simple shape (9)
4. Constrictor found in Arab oasis (3)
6. Spear displayed in clan ceremony (5)
8. A final letter, in Greek (5)
9. Skimpy kind of bone or slanted (5)
10. Sounds like perfume was conveyed (5)
11. Used to open a freehand letter, essentially (6)
13. Change a treat into a misprint (6)
16. Applauds circuit between initial Castle and Square (5)
17. Jelly was pickled inside (5)
19. Regular kind of shirt phenomenon (5)
20. Distinctive elegance in dusty legacy (5)
21. Small insect found in pantry (3)
22. Female advisor sounds like a painful relative (5,4)

Down

1. English courtier and North Carolina have a name in common (7)
2. Waterway discovered in American alps (5)
3. Converted cave got rot (6)
4. Two undergarments are most courageous (7)
5. A separate role? (5)
7. Nabs eel, empowers change (7)
10. Rearrange priests, indicating rank (7)
12. Mine are still in closest proximity (7)
14. Adjusted tin cane so it appeared very old (7)
15. Design visible in habitat too (6)
16. Snake seen in Monaco brasserie (5)
18. Large rodent in decoy puzzle (5)

Last months answers..... Would be here if I could find them!

Forthcoming Events

Events for 2011

January 2011

30th Stonehenge stomp. Amesbury Sports Centre and the distances are 10, 20 , 30 or 40km registration forms can be found at <http://www.btinternet.com/~amesburywalkers/page10.html>

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>

Birthdays

British

- 1 Penny Greenman; Ann Oliver
- 2 Vincent Charles
- 3 Jeff Hurley; Peter James
- 4 Leon Hooper
- 9 Colleen Hammersley; Doug Davidson;
Chris Haynes
- 10 Chris Bolton; Gabriel Heppenstall-
Harris
- 11 William Reddington-Smith; James
Roome; Susan Tuck
- 12 Almuth Prowse; Alex Moss; Shirley
Brown; Matthew Vigors
- 13 Garry Solomon
- 15 Stephen Adams; Steve Jones
- 16 Fay Mabel; Mary Keane
- 18 Martin Dean
- 20 Paul Mutton
- 21 Debbie Dumelow
- 22 Emily Taylor; Shelby Ashmore; David
Paynter
- 23 Russell Elliott; Helen McAlister; John
Bye
- 24 Rose Smith; Jonathon Clover; Trudy
Lillis
- 25 Rachel Perry
- 26 Simon Jewers
- 27 Sue Gray; Suzi Bansenga
- 28 Gillian Mogg
- 29 Les Laydon; Jack Robertson
- 31 Oliver Wyer

Nederlanders

- 3 Susan Cobb; Isis du Croix; G Kersten; Frans
Vernooy
- 4 Diny van Heckeren-Meiberg; Michael
Vlietstra
- 5 Peter van Alten
- 7 Els Blankenstein; Bart Vogels
- 9 Hein Ubachs
- 10 Raymond Kievit
- 16 Jan Weijmer
- 20 Trudy Esser
- 21 Christian Bos
- 22 JWJ Klein
- 26 P Braat
- 28 C Joosten
- 29 Erik Metselaar; M van Noord; Nellie de Veer
van Venroy

Many happy returns to you all

British Dutch Walking Fellowship

Phone: 0
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info@nijmegengroup.org



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 17th December 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