



The Rambler-June 2011

Congratulations



We would like to offer our congratulations to all those who completed the two day walk organised by Herman Boston at RAF Lyneham during the weekend of the 28th - 29th of May 2011.

All the students taking part in this years Nijmegen Vierdaagse successfully

completed the qualifying two day walk. With two more practise walks to go we look forward to seeing you all in Nijmegen.

Our thanks also go to all of those who came out to support the walkers over the weekend and especially to Herman who organised the event.

Only **43** days until the 95th Nijmegen Vierdaagse.

(On date of Publication)

This is:
6.14 Weeks or
43 Days or
1032 Hours

British Dutch Walking Fellowship

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Committee Posts for Election at Nijmegen 2011

The Committee posts up for election this year are the Group Secretary and the Group Treasurer. This year's closing date for nominations, 31st May 2011, having passed I can advise all members that the only candidates to receive nominations for the posts are the current committee post holders Katie Elliman and Herman Boston respectively.

As such, with both Katie and Herman having accepted the nominations, there will not be a need for a formal election process at Nijmegen this year and that Katie and Herman will be formally re-elected unopposed at our AGM on Monday 18th July, 2011 in Nijmegen.

My thanks to all members who took the time to send in their nominations and I wish both Katie and Herman continued success over the next 3 years in the posts.

The ex-US Presidential ballot box, purchased after Nijmegen 2006, will now once again be used as a 'Feedback Form' box at the end of the 2011 weeks' walk.

Roy Hayward
Chairman

Committee Post Nomination Timetable

In the February 2011 Rambler, we identified the posts up for election at Nijmegen 2011 and advised members of the closing date for nominations as 31st May, 2011.

Having identified the deadline we had to stick to it. However, with our continuing checking of documentation, we later noticed that there was an error.

In the year that the voting was declared invalid due to voting irregularities, the timescale was extended from 30th April to 31st May to allow for the necessary emergency repeated postal voting to be completed fairly and under supervision of member's representatives. This deadline, for the various committee posts, has since been communicated each year in the Rambler but without reverting to the correct BDWF Constitution & Rules date of 30th April (which under normal circumstances allows sufficient time for postal voting to take place especially taking into account member's holiday arrangements etc.).

It has been agreed by committee that the 30th April deadline be reinstated as of 2012.

EHIC

The European Health Insurance Card was introduced in 2004. The intention of the scheme is to allow those who would receive medical care at home to receive this care, in any of the EEA countries and Switzerland, either for free or at a reduced cost.

Between January and June 2011 six million of these cards are expected to expire and will need replacing. It is free to obtain and renew a card you can do it online at www.ehic.org.uk There are some websites which charge please do not use these as the card is issued free of charge.

Is your European Health Insurance Card still valid?

I was convinced mine was still valid but on hearing this news I checked, my card had expired! Using the website I have ordered a replacement. The guideline for delivery is 5 - 14 days.

Things to Remember

On our website you will find a list of articles which has been put together to help assist your packing. This list is only a guideline and not a complete list as we know some people still insist on packing everything including the kitchen sink!

The following things are what you should not leave home without!

Your current Passport

A current Valid EHIC

Medication - if you take medication make sure you pack an adequate supply

Currency - Euro

Enable International Roaming on your Mobile phone

If this is a return visit don't forget your previous medal

Cancel the Milk

Ask the neighbour to feed your cat/dog/hamster/goldfish and water the plants

Shoes for walking in

Sense of Humour!

If travelling by coach please remember there is limited space. Please bring a small suitcase to fit in the hold of the coach and any hand luggage needs to fit in the space overhead.

If you are flying the make note of your luggage allowance and weight limitations.

Day Trip - Monday 18th July

On the Monday in Nijmegen after registration Herman Boston is planning an activity day out for the students and cadets plus any interested adults, to either:

Arnhem Museum to commemorate Operation Market Garden.

Or

Open air museum. This is a FUN and learning activity instead of wondering around the city and window shopping, (although that is also enjoyable). Students (children) are in a more controlled closed environment, less likely to get bored wander off, get lost etc. It is the best museum similar to St Flagon's in Wales but this has been going since 1919 and is much better. This is the National museum (much is in English) it is surprisingly quiet in the holidays, as all the schools go there in term time (so most Dutch children have visited it).

Cost 14.20 Euros (free under 12 years) group 20 people + 12.80 Euro

Take a look at the web site <http://www.openluchtmuseum.nl/en/>

Please let Herman know if you are interested and then he can speak to the coach company.

Toe Protectors

This year as our First Aid team have been working at RAF Cosford and RAF Lyneham they have come across lots of people suffering with blisters on their toes. People are often seen asking what they can do about these. Well...We have discovered Gel Toe Protectors!



They are little Gel tubes which you can cut to the size of your toe. You put it over your toe like a little sock and then walk like normal.

The team have had great feedback regarding these - they are even re-usable!

Unfortunately due to the cost the first aid supplies can not stretch to purchasing any of them which is why we are telling you about it here. If you suffer with Blistered toes we highly recommend purchasing some before Nijmegen.

They can be bought online, (you can do a search for gel toe protectors and a whole list comes up), or from Boots and other Chemists. They can cost up to £5 for a pair. They come in different sizes, some closed at the top others a long tube which you cut to length yourself. There are also some which are clear and do not have the material coating.



We recommend this little spend especially if you know you are prone to suffering with Blisters on your toes!

Weblog of Johan Willemstein

Wednesday 1 June 2011

My (walking) holiday in Australia is a distant memory and plenty has happened since then. 2680 hopefuls were excluded by the notary's draw on 14 April. I keep saying that I think it's a real shame, but it's one of those things that just can't be helped. However, there is also some good news - thanks to our new policy, we were able to make over 700 of those walkers happy with a starting ticket after all, since that same number of participants who had drawn a place cancelled their registrations within 14 days of the draw.

Another new initiative for this year will see us start to promote "walking for a good cause". We all know that many walkers take part in the Four Days Marches to raise money for charity. This is a lovely action and really in keeping with modern times. We also want to do our bit by helping and encouraging those walkers. Over the last few months, we have built a website that all Four Days Marches participants (living in the Netherlands) wanting to walk for charity can use to create their own page. They can then simply email friends, family, neighbours and colleagues a link to their page, asking for as much sponsorship as they can give. Sponsors can easily use the page to give authorisation for an amount to be collected from their bank account. After the event, the amounts pledged will be collected on behalf of the walker's chosen charity. 100% of the money raised will go to the charity in question. We guarantee that the organisation will not take any share whatsoever. A committee will monitor that this whole process runs legally and correctly and will also ensure that no inappropriate good causes are selected. It goes without saying that there are costs involved in building and maintaining the website, in monitoring it, etc., which is why we are asking each walker who uses the site for a contribution of € 20. We hope that lots of walkers will (be willing to) use the site, since it makes it so much easier to attract sponsors, which should mean that a lot more money can be raised. And that's the main thing, after all. Hopefully, we will together be able to set the world record for the number of people walking for a good cause during the 100th Four Days Marches in 2016, and at the same time raise a lot of money. That would be a lovely anniversary gift!

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

FAQ - Wristbands

This year all participants—individuals and group walkers who register on Sunday or Monday will be awarded a wrist strap. This strap is the replacement of the barcode card that was used in previous years.

Can I use the wrist strap also invalidate?

The wrist strap is attached at registration.. After the four days, you can remove the wrist strap. If you remove it during the 4 days, the band is no longer valid and your registration will be invalid.

Can I wear the wrist strap to my arm or my bag?

The wrist strap with a sticky strip at registration and will be applied to your wrist. The band may not be attached to a bag, coat or other loose elements.

Can I wear the wrist strap in the shower?

The wristbands are resistant to water, soap, alcohol, lotions and antibacterial cleaning products. The wristbands are latex-free and are provided with a protective layer against bacteria. You can also feel free to use the sauna without damage.

How is the information on the wrist strap?

On your confirmation letter, transmitted by e-mail or by post, has received a number of identical barcodes (QR codes). If you register on Sunday or Monday the strap is attached to your wrist and the barcode is scanned. In this way, your personal data is added to the barcode on the wrist strap. Once your barcode scanned is, we know who you are, what distance you are walking and for what reward. It is therefore no longer necessary that your name, course number and date of birth be mentioned on the strap.

What distance, what color wrist band?

Since the distances are associated with a color. Where participants in the 50 km for years carried a red control card, a red lanyard and a red barcode card and follow the Red arrows on the route signs. This year they will receive a red wrist band. The 40 km walkers will get a white band, the 30 km a blue and the military participants starting from Heumensord a green. Some participants will have additional encryption on the wrist strap to distinguish themselves from the other walkers i.e. escorts of children or guardians, military participants with rucksacks or groups.

Who assurances are there that scanning with wristbands works?

Working with this form of registration in the walking sport might be a new phenomenon, but the wristbands are already a number of years successfully used at (multi-day) concerts, major sports events, theme parks and holiday resorts. In addition, these bands also used on hospitalizations. All employees with the scanners wrist bands has had to get comprehensive training and instructions. They have learnt how the wrist bands must be confirmed, how the scanner works, what you should do if the scanner does not work etc. When your barcode is scanned, the scanner emits to the employee an auditory and a visual signal. This is in many cases for you also audible and visible. If you are in doubt you or your wrist strap was not scanned, ask the employee to repeat the Act.

I'm allergic to wristbands.

If you for medical reasons cannot wear the wrist band you can apply for dispensation. You must send a written request with medical support. The same applies to participants who have other medical restrictions for a wrist strap to wear. Requests for dispensation are possible until 15 June 2011.

<http://www.4daagse.nl/en/participation/start-control-finish.html>

Safe Walking

This article was spotted in the local Swindon paper with our very own Nigel Jones in the photo!

swindonadvertiser.co.uk

Monday, May 9, 2011 **Swindon Advertiser**

Event shows that strolls lead to hidden green spaces



HALE AND HEARTY Some of those taking part in the first event in Swindon's Festival of Walking

Picture: LIBBY TOOGOOD

● Buy this picture at swindonadvertiser.co.uk/saphotosales

FESTIVAL HIGHLIGHTS TOWN'S SAFE WALKS

KEEN walkers strapped their boots on to march along the unbeaten path as a town-wide initiative got under way.

The Festival of Walking, which runs until May 22 and is being organised by Swindon Council and NHS Swindon in association with Challenge Swindon, began on Saturday with a long walk from Broadgreen to Coate Water.

The event aims to show that the town has a number of safe and pleasant walking routes away from traffic and within easy reach of hidden green spaces.

Around 30 people attended the launch walk, which left Broadgreen Community Centre at 10am and was led by trained walk leaders, while health ambassadors were also on hand to answer health-related questions.

One of the organisers, council walking development officer

by **Scott D'Arcy**

sdarcy@swindonadvertiser.co.uk

Amanda Rothwell, said she was pleased with the turnout.

She said: "I'm happy with the number of people who have turned out although if the weather was better we may have had a few more."

"There are lots of different walking groups across the borough but this is a great opportunity to bring it all together."

Park ranger Tim Kaye led the walk through all the green spaces along the way including, Shaftesbury Lake, the Lawns and Coate Water and showed walkers

how Swindon had changed over the years using old black and white photographs.

He said: "Part of what this is about is that we are walking in other people's footsteps. So I showed them old photos of the canal site for example."

"I also talked about a bit of the natural history of the parks and it gave the walk something a bit different."

Among the walkers was Fiona Dickens and Cherry Jones, of NHS Swindon, who extolled the virtues of exercising and its health benefits.

Mrs Dickens said: "The health potential of walking is very important and it is free."

"I think this event has been a great opportunity to let people know how easy it is to enjoy the benefits of exercise both physically and mentally."

There will be 19 walks during the festival ranging from strolls in Shaw today and Eldene this Friday to a lunch hour walk to Lydiard on Thursday, May 12.

The inaugural festival will also incorporate Walk To Work Week from May 9-13, and Walk To School Week from May 16-20.

Organisers hope that anyone who takes part in Swindon Festival of Walking will continue to take to the borough's footpaths and walkways after the event and walkers can plan new routes courtesy of Walkit.com.

To find out more about the festival, log on to www.challengeswindon.org.uk to access a link to the festival programme.

...a great opportunity to let people know how easy it is to enjoy the benefits of exercise

Your Letters

Linnémarschen

Carl von Linné (1707-1778) was a Swedish scientist, botanist, zoologist and geologist as well as a medical doctor and philosopher. His family name was originally Linneaus until he was knighted in 1757. In his time he made some scientific excursions in Sweden and the rest of Europe when he mapped the countryside's flora, fauna and geology. In 1746 he passed through the Boras region for which he coined the phrase "west Gothia alps" for the area north east of Boras.

The Linnémarschen is named in his memory. It is Sweden's largest walking event and is held annually in the first weekend in May when the forests are coming into bloom.

Having picked up the flyer last year I decided to give this event a look on the weekend of 7th & 8th May 2011, this was the 35th year of this IVV event which hopes to be IML in 2012, after a meeting in Barcelona in October this year. Distances are 5km, 9km, 14km and 21km with a 42km route on Saturday only. This year about 3000 people walked on both days, a breakdown of actual bodies who walked one day or two was not available.

Flight was Ryanair from Stansted to Gothenburg City Airport, being somewhat cheaper than SAS or BA from Heathrow to Landvetter Airport, the international airport for Gothenburg. From the UK I booked and paid for a return E-ticket on the Flygbussarna Airport coach from City Airport to Gothenburg, (Nils Ericsson Terminal) the trip was 25 mins each way for SEK 110. Here I met a Swedish friend from my early Nijmegen days for lunch, then it was bus No.100 to Boras, payment of SEK 82 on board for a single trip lasting one hour ,was by credit card...no cash taken. Rate of exchange c 10 SEK = £ ,so easy to convert.

At Boras I stayed at the hostel about 30 minute walk from the Central Station, my friend having previously booked me in. I deliberately travelled on the Thursday so I could explore Boras on the Friday, it is the second largest city in western Sweden and is situated about 70km east of Gothenburg. At one time it was important in the textile industry, this is reflected in the city flag which depicts two pairs of hand sheep shears.

Saturday the walk kicked off with a mass start, I saw Swedes and Czechs I had met on previous IML and IVV walks. We left Boras Arena, the home of Elfsborg football club and proceeded through the zoo on gently undulating paths, these continued with quite a few 'ups and downs' for all of the 21km which I walked with my friends. The route followed paths and narrow tracks through woodland, much of which was carpeted with 'Wood Anemones' and another white flower I couldn't name. There were I believe four rest points where water and coffee was available and at some of them cakes, fruit and sandwiches were on offer.

My original intention was to walk the 42km but my friends ,whom I hadn't seen for years ,opted for the 21km.,so I joined them....the shorter distance was a wise decision. Some Swedish officers I spoke to said the longer route was 'interesting' with some good climbs. Sunday was a bit gentler with the route being on forest tracks and paths in the Rya Asar nature reserve, but still a very attractive 21 km route. At the finish it was medal time and IVV stamps in my books.

Your Letters (continued)

The weather was excellent, 18 – 20C and sunny ,which was a bonus as it had been snowing and raining earlier in the week. So be prepared for any weather conditions as it will be the weekend of April 28-29 in 2012. Next year I intend returning to do this event again, whether or not it achieves IML status.

The route marking with coloured tapes was very good and organisational staff friendly and helpful. Most spoke English, but I had the advantage of two Swedish speakers walking with me.

If anybody is curious and wishes to know more www.linnemarschen.com or www.boras.com should provide most of the answers.

Happy walking: Ron Williams

Dear all,

As folks who like to do an occasional walk and/or like a drink in a country pub, I thought you might be interested in the walk Jacqui and I are organising for the Amesbury Walkers Summer Series on the 9th July.

The walk is 10km (c 6 miles) on paths, tracks and minor roads from the Blue Boar PH in **Aldbourn** village. The walk is an Amesbury Walker's event, but membership is not required, just £1 to enter on the day.

The walk starts at 5pm (it doesn't matter if you start a little later) will take between 2 and 2.5 hours at a fairly leisurely pace.

This is not a group walk, everyone gets detailed instructions and walks at their own pace, with whoever they please. There are a few stiles and a couple of hills, but nothing too demanding.

You are very welcome, but certainly under no obligation, to have a drink and/or food before or after the walk at the excellent Blue Boar Inn.

Jacqui and I will be there at the start to take your money and hand out instructions etc.

Please feel free to bring friends, relations and dogs as you wish.

IVV stamps are available for those that collect them - we can explain on the day if you are interested in starting (not essential)

Hope you can make it.

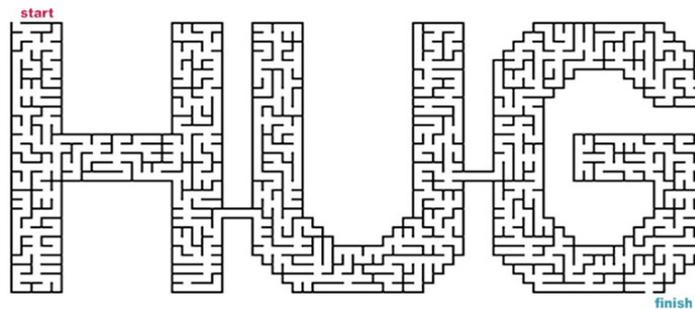
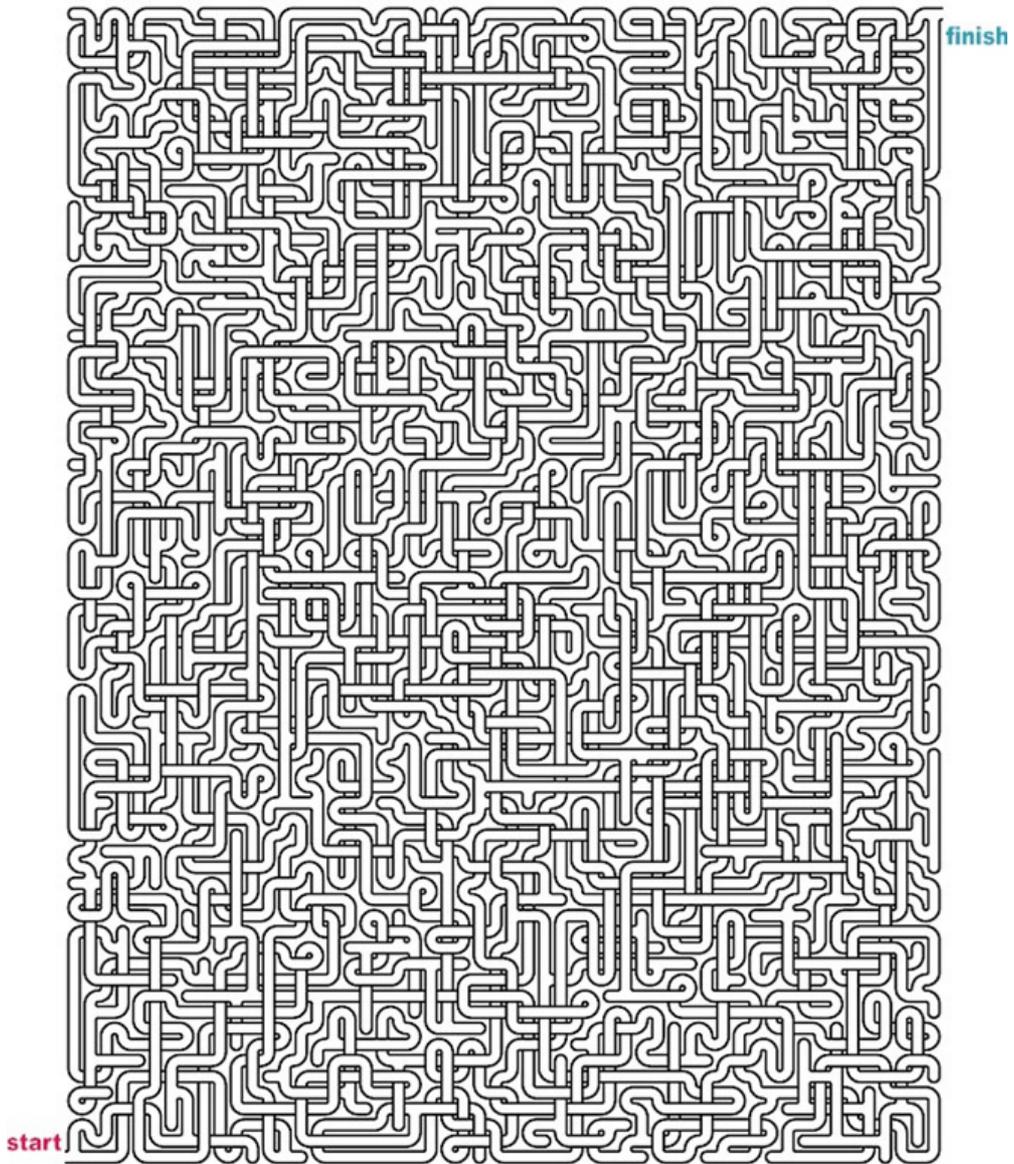
If you need any more information, please let me know.

Regards

Nick Wakelam

Puzzle Time

A-MAZE-ing....



Forthcoming Events 2011:

June 2011

TBC Walkley Midnight Walk (20 miles—Avebury to True Hart public house, Bishopstone (across the Ridgeway). Breakfast at the end (optional). Certificate only. No medal. More details to follow.

15 - 18th 4 day Marches of Alkmaar. <http://www.pluswandel4daagsealkmaar.nl/> As mentioned in the May 2011 Edition of The Rambler

19 - 20th White Horse Challenge 2011 there are options for everyone from the complete challenge of 55 miles, to doing half the distance on one day or other, to taking part in the Family Challenge of 7 miles. web site is up and running which has all the information you will need about the event, along with a registration form, and the link below will take you there.

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

July 2011

9th Amesbury Walkers Summer Series (see article on page 8) Contact Nick Wakelam on 07831 599248 if you would like more information.

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.

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

Birthdays

British

- 1 David Mason; Rainer Arnold; Ben El-
liman
- 2 Jane Hopcraft; Freya Thompson
- 3 Chris Delap; Vicky Slipper
- 4 Marcus Steward; John Wriglesworth;
Jacqueline Farquharson
- 5 Gina Coltman; Nathan Stacey; Timothy
Warrington; James Roberts
- 6 Geoff Barre; Richard Millen
- 7
- 8 Robert Harris; Alice Travers; David
Usher
- 9 Gillian Weaver
- 10 Debbie Hampson; Ernest Asiama
- 11 Steve Arscott; Annetta Garner-Jones
- 12 Lucy Eyles
- 13 John Pattenden
- 14 Janet Knox
- 15
- 16 Roger Trent
- 17 John Nicholson; Daniel Vaughn; James
Hancock
- 18
- 19 Jean Gore; Phil Simkin
- 20 Lizzie Pitt; Ben Bowen
- 21 Martin Jones; Alex Cole
- 22 Sophie Williams; Luke Bagnall
- 23
- 24 David Ellis
- 25
- 26 Chris "Crustie" Rolls
- 27 Rosemary Kirby; Ian Slipper
- 28 Kate Nelson; Frankie Murphy
- 29 Hannah Jefferson; Adam Clarke; Avril
Money
- 30 Rebecca Dutton; David Kenyon

Nederlanders

- 2 Koos Vreeling
- 3 N Evers
- 4 G Sluiter
- 8 Ada Vreugdenhill
- 11 G ban der Belt
- 13 A Vos
- 17 Sybren van Klaarebergen
- 22 Coby de Bruijn
- 25 Cindy Snijders
- 26 John van der Last
- 27 John van de Zande
- 29 Gerry Bouwman
- 30 Diddy van Velhuizen; P. D. Esseveld

Many happy returns to you all

British Dutch Walking Fellowship

Mobile: 07763026369

E-mail: 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 24th June 2011**

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