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# The Rambler-June 2012

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## British Dutch Walking Fellowship

Volume 66, Issue 1

**Newsletter Date**

**Friday 1 June 2012**

We would like to congratulate all those who took part in the walk at Lynham during the weekend of the 27th and 28th of May. It was a very hot weekend and I think rather a lot of people have learnt their lesson in not applying Sun Cream!

Thank you very much to all those who made it, especially those who came up from Colchester. We hope you enjoyed your weekend with us and will return again next year.



Rest stop at last!

Only **45** days until the 96th Nijmegen Vierdaagse.  
(On date of Publication)

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# Information for Nijmegen 2012

## Photographs

All members of BDWF whilst in Nijmegen will be issued with an ID card. Your ID card will bear your photo for identification purposes at registration, your walking number and registration number. On the reverse, the address and telephone number of the Sportshall in case of an emergency. It is imperative that all members carry their ID card at all times.

For all newcomers that have so far not submitted a passport size photograph, can they do so now please as we are in the process of making up the ID cards. Thank you to those who have complied with the request.

## Payment

**When paying by bank transfer, please ensure I have a way of identifying you by inserting your name or membership number. Alternatively, please ring or email me (Herman Boston) when you have made your payment.**

## Travellers from the South of England

### Baggage allowance

Although the modern coaches have a lot of luggage space, please restrict yourselves to one suitcase or bag. Items in the suitcase will not be available to you during the journey. Another small bag should be used to carry any other items. It should be small enough to go under the seat or in the overhead luggage rack. Bags will not be allowed in the aisle. Please ensure that all bags are labelled. Bicycles of any kind will NOT be allowed onto the coach.

Food will not be provided until Monday morning at the De Dennen Sportshall, so bring sufficient food and drink or money to purchase *en route*.

12 hours on a coach can be boring so bring something to keep yourselves amused (personal stereos, cards, games, magazines etc.). A pillow is also really useful in order to get some sleep.

## Passports

Each individual (student) must have their own passport and EHIC card (and a Photocopy of each) before boarding the coach. These must be kept readily available in hand luggage - do not pack in suitcases! You will not be allowed to board the coach without first producing these documents.

## Contact details

We are staying in a Sportshall 3km from the centre of Nijmegen:

Sportpark "De Dennen"  
Dennenstraat 25  
Postbus 40125  
6504 AC NIJMEGEN  
The Netherlands  
Emergency Tel No: 07574 490905

## Support Staff for Nijmegen 2012

Full Name	Participation
Herman Boston	Nijmegen Event Manager
Frank Coltman	First Aider / EHBO / Night staff
Gina Coltman	First Aider / EHBO / Night staff
Katie Elliman	First Aider / EHBO
Dave Holyday	Night staff
Francesca Mabbott	Student liaison
David Patey	Driver
Caroline Kok	Translator
Marin Snijders	Driver
Marian van Essen Westerhoff	Translator
Darren Gray	First Aider / EHBO
Nigel Lacey	Driver
Kirsty Lindsay	First Aider / EHBO
Marion van Herp	First Aider / EHBO
Gerry Bouwman	First Aider / EHBO
Leonie van Soest	First Aider / EHBO
Teresa Fairchild	Office manager
Jessica Cotton	First Aider / EHBO
Nigel Robinson	First Aider / EHBO
Christine Brand	First Aider / EHBO

We would like to thank you all for giving up your time to come and help us.

# Weblog of Johan Willemstein

Friday, 4 May 2012

Just over two months to go until the 96th edition of our event. I am writing this from the comfort of my own home, in an easy chair with my feet up. I've recently had an osteotomy, so I'm confined to crutches for a few more weeks, but I hope I'll be back on my feet and able to join in during the Four Days Marches. The Queen's birthday honours were awarded recently and I am proud to announce that two of our organisation's volunteers also received a decoration, both partly for their services to the Four Days Marches and to walking in general. Great news!

Over the past few weeks, we have had numerous meetings with Nijmegen City Council and Stichting Vierdaagsefeesten about when and how the opening ceremony will take place. In any case, there will be no street parade, as previously announced, since no suitable routes through the city centre are available. We are now looking into a completely different sort of opening, preferably for both the marches and the festivities at the same time. All being well, a final decision will be made very soon.

Despite the fact that the Ministry of Defence's involvement has been secured for this year, albeit it with the necessary changes and cuts, we are not (yet) able to look to the future with enough confidence. Further austerity measures at the Ministry of Defence mean that the Ministry's continued participation and support are anything but certain. Together with the walking association, KNBLO-NL, we are making every effort to keep the Ministry of Defence involved in walking in general and the Four Days Marches in particular.

Apart from that, we have been very busy over the last couple of months, meeting with our accountant to discuss the 2011 annual accounts, sharing ideas with the board of the Association of Holders of the Four Days Marches Golden Cross, dining with our organisation's honorary members, putting together the guest lists for the 96th edition, meeting with our PR committee, having an extended interview with the De Gelderlander newspaper and setting up a committee to prepare celebrations for the 100th edition in 2016.

Cancellations are also being processed, registration fee collections being prepared, dispensation requests being considered, publications being worked on and wristbands being ordered, etc.

**Finally, the start and finish location will have a completely different set up. All registration desks will be located in the Julianapark, freeing up the whole of the two squares (Wedren and Julianaplein) for walkers to sit and rest, have a drink and enjoy the convivial atmosphere together. We expect this physical separation of the administrative and recreational processes to help us get busy periods, especially Friday afternoon, even more under control. The new map will soon be posted on our website.**

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

## Item List

The under-mentioned are items I consider **Desirable** or **Essential** to take with you to Nijmegen.

ITEMS	Essential	Desirable	Tick
Batteries		D	
Books/magazines/games		D	
<b>Bumbag/Rucksack</b>	E		
Camera/Film		D	
Cereal* / Bowl / Spoon		D	
Clothes (Mon /Fri/Sat)	E		
Earplugs (Available from Control Room)		D	
<b>Currency (Euro)</b>	E		
<b>EHIC card</b>	E		
Entry card (supplied in Nijmegen)	E		
Fleece			
Foot powder		D	
<b>Medal</b> (Previous medal if you have one)	E		
Mobile		D	
Neckerchief		D	
<b>Passport</b>	E		
Pen		D	
Pillow	E		
Safety pin (for medal-don't lose it)	E		
Sense of humour	E		
<b>Shower slippers</b>	E		
<b>Sleeping bag/Duvet</b>	E		
Slippers/sandals (around the Sportshall)	E		
Socks (plus spares)	E		
String (thin cord for clothes line)		D	
Suncream	E		
Sunglasses	E		
Towel	E		
<b>T-Shirts/Polo Shirts</b> ( BDWF + your own)	E		
<b>Tracksuit bottoms/shorts</b>	E		
Trainers/Boots/Walking Shoes	E		
Travel pillow		D	
Underwear (Not new or boxers)	E		
<b>Vaseline</b>	E		
Walkman (iPOD, MP3)			
Wash kit	E		
<b>Water bottle</b>	E		
<b>Waterproof</b>	E		

\* for example - Kellogg's variety pack.

# First Aid Advice

## How do I avoid getting diarrhoea and sickness in Nijmegen?

### Before you go

Now might be the time to give your immune system a boost. Taking echinacea from now until the end of July should help. Also taking a multi-vitamin and mineral supplement to ensure your body is as healthy as possible. Vitamin C is especially good for boosting the immune system so there's never been a better time for ensuring you have your 5 a day. You can also take pro-biotics to ensure you have plenty of the good bugs to fight off the bad ones.

Hydration Pouches - these are a really convenient way to carry water, but take care to keep the mouthpiece off the ground. This is especially important when at the Rest Points because they are usually covered in dung from the farm animals that call them home for the rest of the year!

It would be an excellent idea to clean your Pouch before going out to Nijmegen. You can buy a commercial cleaning kit, but if you don't want the added expense try this instead:

### Drink it dry

The first step is to drink the remaining liquid in the bladder, unless it's been in there for a while of course, in which case squeeze the bag while crimping the bite valve in your fingers to squirt out the last of the contents.

### Remove the bladder

Undo the bag and unclip from its retaining clip. Even though most are antibacterial, have a look at the bag and hose to see if you can see any dark or cloudy patches. These could indicate mould, which you'll need to check is removed.

### Milton solution

The best thing for ensuring that the plastics are completely clean and free from any germs is to use sterilising fluid. Follow the guidelines, or mix up a slightly stronger solution if your bag looks especially manky.

### Add to bag

Add the solution to the bag and give it a slosh to ensure that it goes all the way up the hose. Manually squirt some through the bite valve to make sure it gets in all the nook and crannies. Leave it for at least 15 minutes.

### Rinse

Before you pour away the sterilising solution, it's a good idea to use a dedicated cleaning brush kit and give the hose a good floss. Then rinse well with clean water. If you don't possess one then improvise with bottle or jar cleaners or good old fashioned pipe cleaners

### Remove hose/bite valve

We like to take off the bite valve (as much for peace of mind as anything) for a closer inspection. A bit of sterilising solution and toothbrush is perfect for scrubbing away any build up.

## First Aid Advice (continued)

### **Add expander**

Use a plastic bladder expander that holds the bladder open and ensures that it dries thoroughly. If you don't have an expander improvise with something, but make sure it too is sterile, This is especially important if you don't plan to use the bladder for a while.

### **Allow to air dry**

Hang the bladder (with expander fitted) somewhere airy where it can drip dry. Don't be tempted to use a heat source (other than the sun) to dry it as you can easily deform the plastic or even puncture your bladder.

### **You've arrived**

The most important and easy thing to do to prevent diarrhoea is frequent hand washing. This is especially important before eating meals, but the more often you wash your hands the better. Since soap and water are not always available, the alcohol-based hand sanitizers are very convenient (and work very well). We will have hand sanitizers in the dining tent, office and first aid room, but it's always good to carry a small personal bottle with you, especially as you may not have access to proper toilet facilities while walking.

Avoid sharing utensils, dishes, lip balm and cosmetics, or personal care items. You may have noticed that the First Aid Team no longer let anyone put fingers into our pots of Vaseline or Sudocreme. Instead we either decant it with wooden spatulas (to make what I fondly call Nijmegen Lollipops) or put on a pair of gloves to scoop some out. Don't hug or kiss anyone who you know has got sickness or diarrhoea

Certain foods are more likely to be safe. Any food or drink that is very hot when it is served is safe. Foods that are more likely to make you sick are uncooked vegetables, salads, and any raw or undercooked seafood, meats or fish. So when dining from the street vendors in Nijmegen avoid the Porky Burgers (sorry Herman) and eat the Poffertjes (sweet pancakes. If you wash your hands and use a clean knife to peel and cut fruit it is usually safe. Avoid fruits that you can't peel, such as berries. However you can give them a wash with some clean water before eating to make them safer. Avoid eating any communal sweets or snacks if on offer, unless they are wrapped. The average bowl of nuts on a pub bar contains 11 different types of urine, so you can just imagine how many varieties you'd find out in Nijmegen.

### **If you do get struck down**

Don't suffer in silence. The First Aid team have both loperamide (an anti-diarrhoeal drug) and rehydrate to help relieve the symptoms and treat the dehydration.

# Forthcoming Events 2012:

## June 2012

**20th - 23rd Alkmaarse 4daagse** Distances: 8,5, 15, 20, 25 and 37,5 kilometer Website: [www.pluswandel4daagsealkmaar.nl](http://www.pluswandel4daagsealkmaar.nl) (there is a section in English with information about this 4day walk)

## July 2012

**17th-20th Nijmegen 4 Days Marches.** See also [www.4daagse.nl/en](http://www.4daagse.nl/en)

## August 2012

**10th Dodentocht ("Death March", 100Km), Belgium.** For more information please visit the website [www.dodentocht.be/en](http://www.dodentocht.be/en)

## September 2012

**19th - 22nd Great Barrow Challenge.** Bury St Edmunds, four days of walking 6 to 26 miles a day. [Www.greatbarrowchallenge.co.uk](http://www.greatbarrowchallenge.co.uk)

There is also an excellent website detailing walks available in the Netherlands - <http://www.wandelkalender.nl/2012/meerdaagse.html>

If you know of other walks that our members would be interested in, please let us know - contact details are at the back of this newsletter.



# Birthdays

## British

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

## Nederlanders

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

*Many happy returns to  
you all*

## British Dutch Walking Fellowship

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Mobile: 07763026369  
E-mail: dizzydee\_007@hotmail.com



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 29th June, 2012**

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

**Katie Elliman**  
**Group Secretary**

The Blog for 2012 has begun . . . Check it out!  
Simply visit [www.bdwf.org.uk](http://www.bdwf.org.uk) and it is all on the front page!  
Let us know what you would like to see on there.