



Goud!

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Magazine van de Vereniging Gouden-Kruisdragers Vierdaagse

In dit nummer:

New board member

The history of Kennedy Marches

Powered by GKD in Almkerk





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Goud! is an issue of the association Gold-Crossbearers Vierdaagse.

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*The association Gold-Crossbearers Vierdaagse is founded on 24 July 1951 and approved by royal decree d.d. 24 July 1952, no. 46.
Cover photo: Louis Titselaar*

cover photo: Stichting DE 4DAAGSE - Bianca van Uden

What do you expect from us?

Dear Walking friends,

Again a year passed almost unnoticed. It seems to be reality: How older you get how faster time flies, one deep breath and December holidays are history once more, sleeping one night and a new spring is there, just another training walk and the 4-days walking marches 2020 are ready to start .

Looking back upon the year 2019 we can conclude : It has been a quiet year for our association. We have had good consultations with the "4-daagse" board and we were satisfied about the "Vierdaagse", with wearing the flags from the different participating countries during the flag parade as one of the finest moments.

Our general meeting and the meeting on Monday just before the 4-days walking marches "had a lot of visitors", just as the September reunion combined with the "Powered by GKD " liberation trip at Valkenswaard, with many positive comments as final result.

Anyway, the amount of persons present at our assemblies, either a meeting, a "Powered by GKD" walking trip, or a reunion is decreasing. If we put questions, just walking trips have a high priority amongst the members of the association. For this reason I just ask you: What do you expect from our association? Are you satisfied to be just a member? Or are you missing one or more activities? We keep you informed by magazine GOLD twice a year, by our website and Facebook. Are you missing any other information? Please sent us an e-mail and let us know your wishes about the GKD Vierdaagse association. Thinking about these questions, either under the Christmas tree or with a dough ball in your hand, the board wish you a merry Christmas and a happy and healthy 2020 .

Leonie Vink, chair



Foto: Pixabay, Marjon Besteman

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Introduction - Irene van Haren



My name is Irene van Haren. I have been a member of the board of our association since July 2019. As a board member I will – among other things – take care of keeping the scripts of the association up to date.

I grew up with the walking sport and I have been going out for walks since I was a little child. I walked my first Four Days Marches at the age of eleven years. Since that moment, I have taken part quite regularly.

I have been committed as a volunteer in the walking sport for considerable time. I have had several administrative functions, such as editor of a walkers' magazine, secretary of a regional walking board, and later secretary of a provincial walking board.

I work as a board secretary with the fire brigade. One of my tasks is to provide managerial support to a safety region and to strategic programs.

We proudly present: the GKD Volunteer Pin

Have you been active volunteering within our organization? Then maybe you are a candidate for the new GKD Volunteer Pin! In the 2019-2024 strategic plan, we have determined to award our volunteers with a special brooch, which should only be worn by members of the Board, volunteers, distinguished and honorary members.

There are a number of volunteers who are not a member of our organization, but who are great champions and, for example, help out at our Meeting Points. They don't qualify for any of our rewards or a distinguished membership. With this new pin, the design of which is based on the Powered by GKD logo, we want to thank them for their efforts. The pins are made by the Van Veluw manufacturer in Zeist, which also manufactures the Four Days Marches cross and jubilee pins.

The Board will decide on awarding this pin when a volunteer has been active for quite some time. It goes without saying that initially we will need to 'catch up' and will award a large number of pins. Obviously, we will let you know who will receive a pin.

In 2021, the pin design will return, as soon as our members will have full stamp cards (with five stamps of five different Powered by GKD walks). They will receive the same pin, but in a bronze version. This bronze version is yet to be manufactured, but will have the same design as the gilded volunteer pin.

Flag parade 2020

The Flag Parade is every year a great event since the reintroduction in 2016. The association has been asked to participate and carry flags. Again in 2020, the association will participate in the Flag Parade on the Sunday prior to the Four Days Marches. Please send an e-mail to rino.hamelink@goudenkruisdragers.nl, if you are interested in walking along.

Members fee 2020

Members of our association, who have not issued a direct debit mandate, have received the invoice for the dues for 2020 by mail or post.

Foreign members living outside the non-Euro countries have received a payment request via Paypal.

From the members in the Euro countries, who have issued a direct debit mandate,



Foto: Frans Leijtens

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Foto: Stichting DE 4DAAGSE - Bianca van Uden

the collection of the dues 2019 will take place in the 1st week of January 2020. To avoid confusion, no invoice has been sent to these members.

If you have questions about the contribution collection, please send an e-mail to penningmeester@goudenkruisdragers.nl

Issue Mailbox Association

We have been unreachable for several days in October due to changes at the host of the website. We were able to sent e-mail but couldn't receive any e-mails. We advise you to resend your e-mail if you have sent us an e-mail at the beginning of October and did not get a reply yet.

Change of address, new e-mail address, change of bank?

Should you move, please let us know your address in good time, so that we can send your mail to your new address. It would be nice if you state the membership number that is available on the pass you have received from the walking association (KWBN).

We would also appreciate it if you could also inform us of any changes with regards to your email address or bank account. The latter is especially important in case you pay your fee by direct debit. You can sent your message regarding any changes to ledenadministratie@goudenkruisdragers.nl. Thanks in advance.



Concept minutes of meeting

Summary concept minutes

This is a summary of the concept minutes of the General Meeting on July 15, 2019. The complete minutes of meeting will be made available at the latest three weeks prior to the meeting on April 25, 2020. These minutes can be downloaded from our website. Please do take into account that these will be in Dutch only.

On Monday afternoon July 15th 2019 the general meeting starts as every year at the Kolpinghuis. First off all Henny Sackers, as the march leader from the 4 days marches and member of honor from our foundation, explained the long term planning set up by our foundation. In 4 to 5 years' time from now our foundation still wants to have a 4 days walking march based on achievement and a rich tradition, where participated walkers can try to achieve a status as hero on Friday in harmony with each other and their environment.

Now Henny Sackers shows his new suit and shoes, received thanks to a new sponsor contract signed with the German shoe producer Lowa. Furthermore he asks us to pay attention concerning the poisonous "eikenprocessierups". He weakens some rumors about equalizing distances for man and woman, after some media informed us about this item.

Paul Sanders, as the KWBN manager, in front of this audience for the third time, considers the members feeling about the increasing distance between the Walking Federation and different associations, for the last years, he wants to improve it. Our Federation counting 58000 members now is doing well, achieved a lot f.i. a deal with "Natuurmonumenten" about accessibility for scenic-areas and a same deal is being worked out with "Staatsbosbeheer". Associations with a disaster plan can get a local authority license quit easier. In spite of less associations members, our Federation database counts now 1,1 million Dutch people, walking rather frequently. The attribution of subsidies for specifically the walking events remains behind, compared with other sport events, while the walking sport is



*Prior to the General Meeting a gathering with the ambassadors of the association.
Foto: Martin Raasveld*



*The hall is filled up with members
Foto: Martin Raasveld*

open for everybody. Paul concludes to wish all the members a lot of success and attend the meeting still just for a while. As a result of the minutes ratification from the last general meeting somebody put a question about the settlement of the executive committee. The association members are voting for the board mem-

bers, but the board members settle the executive committee, for this year unchanged.

The chairman remembers the smart church service on Sunday July 14th and thanks Jan, Gien and Marcel for their efforts done for the 4-Days Mass Federation. She also notes that it was a good thing

that yesterday , during the opening ceremony of the 4-Days Marches , the Golden Cross wearers again carried a number of flags . When playing the Four Days Marches tune, something went wrong and the orchestra stopped after 1 verse . Fortunately the Golden Cross wearers were able to continue the song with the second verse .

Our member Laurens van Rooij will organize the coming reunion in Valkenswaard together with the board. The reunion on Sept. 22th will consist of a traditional program with visits to the Cigar Museum and the Falconers Museum with also an option to participate in the "Powered by GKD" Liberation Tour. Eventually, hikers and non-walking participants come together for the presentation of the annual rewards . The board investigates a possible 2020 reunion in Wageningen (this will be Elburg , ed.) .

After resignation of Francie de Leeuw as board member during the previous gene-

ral meeting , the board started looking for a new candidate board member and therefore she nominates Irene van Haren as her candidate member . Irene has already held several board positions within the hiking sport in the Zuid-Holland region and has recently signed up with the current board . Unfortunately she cannot be in Nijmegen this week (and therefore not at this meeting) , because their kids have to go to school . also for that reason she will not participate in the Four Days Marches this year . There are no counter candidates and the members present confirm the appointment of Irene van Haren as a board member with an applause .

During the survey there are mainly comments about the early and late start of the 30 km distance : the participants are not allowed any longer to exchange their tickets and therefore we are forced to start rather late for two days . Also a nice suggestion is made to make it cheaper for



the younger participants to participate in the Four Days Marches, in order to encourage the walking sport .

The chairman closed the meeting and wished everyone to walk with open eyes (the theme of the Four Days Marches Mass) , just to know the people around you much better .She wishes good luck for everyone during the coming Four Days Marches .



Foto: Stichting DE 4DAAGSE - Ger Loeffen

General Members Meeting April 2020

You're welcome!

We invite you to gather for the General Membersmeeting on Saturday 25 April 2020 at Kolpinghuis, Smetiusstraat 1 in Nijmegen. The meeting starts at 2:00 PM and takes about an hour.

The board suggests the following agenda:

1. Opening by the chairman
2. Incoming correspondence & announcements of the board
3. Minutes of the meeting held on 15 July 2019
4. Annual report of the board on 2019
 - a. Secretary's report
 - b. Treasurer's report
5. Report of cash audit team
6. Appointment of cash audit team 2020
7. Budget 2021 and determination subscription
8. Election of the board
9. (other) Proposals of the board
10. Any other business
11. Closure



Foto: Pixabay

Notes on the agenda:

Item 4, 7: The documents supporting this point will be available at a later date, but at least three weeks before the date of the meeting.

Item 7: The Board proposes to set the membership fee for 2021 at € 10.00 + remittance to the KWBN.

Item 8: Periodically outgoing and eligible for re-election are Frans Leijtens and Rino Hamelink. Periodically outgoing and not eligible for re-election is Martin Pegels. The board proposes Harry van Dijk as candidate for this position. Harry has informed the board to aspire a position. He was asked several years ago (at the time Ed Hendriks took his position in the board) to manage the members' administration and he is taking care of this job with a lot of success and enthusiasm.

Any (other) member who proposes his candidacy needs to apply in writing to the board at least 30 minutes before the meeting, accompanied by signatures of at least ten members eligible to vote.

Item 9: Th board proposes to organize the reunion 2020 together with the 'powered by GKD' walk. It will be the dr. Olthuis walking march in Elburg on Saturday 26th September. Participants of the reunion that won't take part in this march, will visit the museum of Elburg and make a guided citytour. Participants of the march will be able to walk a distance at choice up to 25 km in the surroundings of Elburg.

The board intends to close the meeting at 3:00 PM

Liberation, falconry and cigars

Liberation, falconry and cigars met during the Golden Cross Bearers Reunion 2019

Sunday 22nd of September was a beautiful late-summer-day. It was on this day that the members of the Gold Medallists Association gathered at two places in the surroundings of the village of Valkenswaard to attend the traditional reunion. This year, more than fifty members had registered for the event, after it had been cancelled in 2018 due to a lack of interest. One part of them started the day in Dommelen to participate in the Liberation Walk; the other part visited the Cigars and Falconry Museum in Valkenswaard, a village south of Eindhoven, close to the Belgium border. Valkenswaard has been awarded walking community of the year in 2016.

First some history: the allied operation Market Garden started on Sunday 17th September 1944. Airborne forces had to take the bridges over the Dutch rivers from the air, while ground forces had to advance as quickly as possible from Lommel in Belgium, via Valkenswaard, Eindhoven, Uden and Grave, to Arnhem and Nijmegen. From there, the allied forces would be able to attack the Ruhr area in Germany. But the operation was 'a bridge too far'. Arnhem could not be reached. The ground troops could not move on fast enough. While the north and the west of the Netherlands would have to wait for it for months, Valkenswaard could celebrate its liberation on 17th September 1944, being the first Dutch place that was reached by operation Market Garden. Although the battle of Valkenswaard caused many devastations and the death of four people, the liberation brought great joy among the local population. Having been occupied by the Germans for more than four years, they held great celebrations.

Liberation Walk

The popular Liberation Walk had been organized by walking clubs 'Voetje voor Voetje' and 'De Grenslopers'. The walk focused on the liberation from 75 years ago and followed a part of the original route that the liberators took in 1944. It passed several landmarks of operation Market Garden, such as the British Cemetery. The participants could choose from several distances, from 8 to 34 kilometres. The walkers on the 8-kilometre distance were brought to the start with old army



Foto: Tiny Kouters

vehicles, before following the footsteps of the liberators back to the finish.

Falcons and cigars

While about half of reunion participants went for a walk, the other half met for a cup of coffee with cake in forest lodge 'Harba Lorifa' in Valkenswaard. After the coffee, they walked to the nearby Cigar and Falconry Museum. Guided tours were available so that during more than two hours the participants could discover the relationship between falconry and the cigars. Do you want to know? The link between falconry and the cigar factory is the rich English falconer Richard Hammond, who has lived in Valkenswaard for a long time. When he died in 1845, he left a capital of 24,000 Dutch guilders to one Jan van Best, who used it in 1865 to start a cigar factory.



Foto: Tiny Kouters

Hammond, who has lived in Valkenswaard for a long time. When he died in 1845, he left a capital of 24,000 Dutch guilders to one Jan van Best, who used it in 1865 to start a cigar factory.

Fellowship

Around three o'clock in the afternoon, walkers and non-walkers met again in Harba Lorifa to have a cup of soup with a sandwich. Chair Leonie Vink addressed the theme of liberty in her speech. She told the members that she personally experiences a sense of freedom when she is walking. 'And during the Four Days Marches. There we walk, hand in hand, side by side. All nationalities and generations together. We are shoulder to shoulder, we tell each other stories, we make new friends and we keep on until the finish. For the past, for the present and for the future. We realise what freedom means and what it is worth for us. Together, we walk the Four Days Marches. Together we are on our way, united – that is the motto of our association, and for good reason.'

Lustrum rewards

The last item at the reunion was the traditional presentation of the lustrum rewards. In total, fifteen members were presented lustre pins or banners by the Chair. The reunion is organized by volunteers; they do this out of love for our association. On the other hand, thinking up, planning, organizing and realizing such a day require an amount of time that it is invaluable.

Therefore, the organizers Laurens van Geen and Rino Hamelink were put in the limelight. As usual, the reunion was concluded by the singing of the Vierdaagse song.

And how to proceed?

For the last years, the number of participants of the reunions has declined slowly but steadily, while the average age of

them has risen. It is difficult to find out the reasons behind this decline. The way we interact has nowadays changed because of the digitalization. Our schedules quickly fill up with activities, and every weekend there are numerous events and walks to choose from. That might mean that a reunion is becoming a bit old-fashioned. What should we do about that as the board?

Two years ago, we have tried to attract younger members by offering carting as

an activity. But however funny this activity was, it did not generate more participants. And this year we have decided to link the reunion to a "Powered by Golden Cross Bearers" walk. At least, this provided enough registrations to hold the reunion another time. But we will again reflect upon the formula and the viability of this meeting. We will keep you informed.



Foto: Martin Raasveld



Ceremony lustre rewards at the end of the day; 50x
Foto: Martin Raasveld

Powered by GKD march

35th Vrijbuiters Easter Walk

On Monday, 13th April 2020 (Easter Monday), walking club De Vrijbuiters will hold their Vrijbuiters Easter Walk, 'powered by Golden Cross Bearers', from the village of Almkerk in the Noord-Brabant province. On this day, you can choose from distances from 7 to 50 kilometers through the Land van Altena area (south of the city of Gorinchem). During this walk you can meet other Golden Cross Bearers, train for the Four Days Marches or maybe earn the next stamp on your stamp card for the 'powered by Golden Cross Bearers'-pin.

Every year again, the Easter Walk provides surprising routes that contain as much nature and landmarks as possible. In order to come up with new beautiful walks, the 35th Easter Walk will this time not start from the village of Wijk en Aalburg (usually the base of the Vrijbuiters), but from the fields of football club Almkerk. Last year, the Vrijbuiters' jubilee Kennedy March, 'the 80k of Altena' also started from this location. In the river landscape of Almkerk and its surroundings you will find windmills, forts from the former Dutch Water Defense Line and beautiful tracks through nature. The volunteers from the Vrijbuiters, who are all experienced walkers, manage to create a nice walk every year.

Participation will cost you 2.50 Euros. First aid will be available along the route, as well as resting posts that will be set up at regular intervals. Matching the Easter mood, large amounts of eggs are always distributed among the walkers in the Easter Walk.

Address:

v.v. Almkerk football club,
Sportlaan 1,
4286 ES Almkerk

Start times:

from 7.00 for the 30k, 40k and 50k,
from 8.00 for the 20k and
from 9.00 for the 7k, 10k and 15k.

Are you travelling by car?

Then take exit 22 from the A27 motorway (Nieuwendijk/Almkerk) and follow regional road A322 for about 1.5 kilometers to Almkerk. You will enter the village at the roundabout in front of the cinema, and after a few hundred meters you will arrive at football club Almkerk.

Are you travelling by public transport?

Bus route 400 (Utrecht – Oosterhout) stops along the A27 motorway. From there it is a walk of 1.5 kilometers to football club Almkerk. There are also several local minibuses that stop close to football club Almkerk. But keep in mind that this service will be very limited on Easter Monday.

<https://wsvdevrijbuiters.wordpress.com>
devrijbuiters@live.nl

35^e Vrijbuiters Paaswandeltocht

Maandag 2^e Paasdag

7, 10, 15, 20, 30,
40 en 50km

**Start ACKC
ALMKERK
(N. Br.)**



13 April 2020

The Kennedy Walk Challenge

Its history

This phenomenon is 52 years old and most of you may have read some things about it: the Kennedy Walk. Usually, medals, stamps or inserts contain a nice picture of John F. Kenney, President of the United States of America, and it says that one should walk eighty kilometers within twenty hours. But let's dig a bit deeper – with the help of Google and enthusiastic historians among the American walkers (such as Paul Kiczek), we can reconstruct the story fairly easily.

It all started in 1908, when a different American President, Theodore Roosevelt, issued an Executive Order: he ordered his Marines to walk fifty miles within three days, during which the last half mile should be finished at a higher pace: 200 yards at double speed followed by a 30 second break; repeat once, and then the last 200 yards should be run. History books show that some American Marine officers were actually able to complete this within 24 hours.

Years later, in 1962, President John F. Kennedy had just dealt with the Cuban missile crisis – it was now time to focus on national politics. Besides, he could really use a popularity boost before his campaign for reelection in 1964 started. In an article called *The Soft American*, in the December 26, 1960 edition of *Sports Illu-*

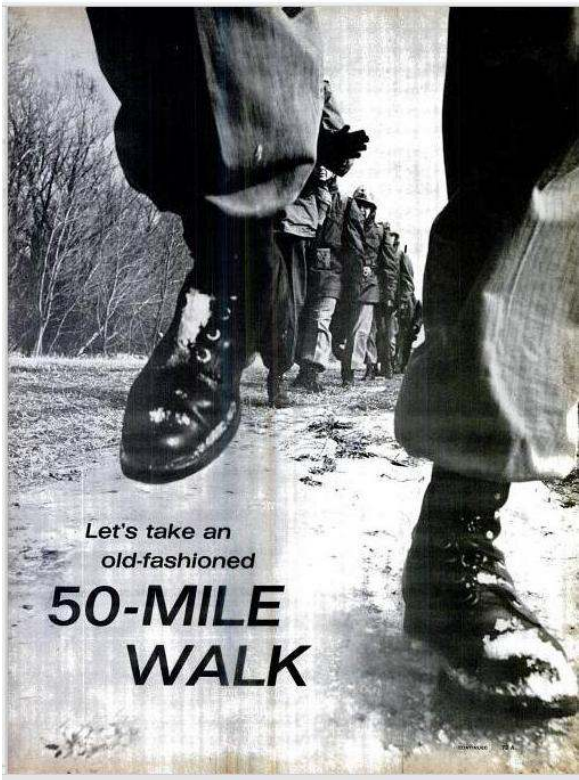
strated, he had warned about the dangers of automation and the increase in free time, leading to a decrease in physical exercise and hard work. Particularly the fitness of his military in this time of Cold War were a big concern to him.

On Tuesday, February 5, 1963, the White House issued a press release which said that the President had discovered the 1908 Executive Order, and had asked David Shoup, Commander of the American Marine Corps, if his officers still had the same fitness. The President added that he had also inquired with his Press Secretary Pierre Salinger about the fitness of his own staff. Even though both Shoup and Salinger started their tasks (an inquiry of a military superior is an order, after all), someone beat them to it.



Robert (Bobby) Kennedy, the President's brother, was part of the White House staff. He was the Attorney General in his brother's Government, and did not shy away from a challenge. On Saturday, February 9, 1963, at 5 AM, Bobby Kennedy, four colleagues and Bobby's dog Brumis (a 100-pound Newfoundland) took off from the Old Angler's Inn (the old fishermen's cafe) in Great Falls, Maryland (near the town of Potomac, north of Washington). They took the hunters' path along the Chesapeake and Ohio Canal, which runs parallel to the Potomac River from Washington to the village of Cumberland, 180 miles further inland.

The mood in the group of six was great in the beginning. Rumor even has it that Brumis acted so wild that he pushed James Symington, Bobby's secretary, into the canal a few times. Halfway through, past Leesburg, things changed. The walkers were about to give up because of the cold weather, the melting snow that turned the path into a muddy slush, and





because they were wearing dress shoes, meant for wearing with a nice suit. Unfortunately, the media had heard about what Bobby and his friends were doing, and the first journalists and photographers showed up in helicopters to follow the group. Still, one by one, Bobby's colleagues gave up, and after 35 miles, it was just Bobby en Brumis. Rumor has it that Bobby told the last person to give up: 'You're lucky your brother is not President of the United States'.

After 17 hours and 50 minutes, Bobby arrived in the town of Harpers Ferry, where the Potomac River meets the Shenandoah River. The town already has a rich history, because it is right at the border of Virginia, West Virginia and Maryland. During the American Civil War, the fiercest battles were fought there: freed slaves were smuggled to the north, and battlefields like Antietam and Manassas are less than a half hour away from Harpers Ferry. Now, with Bobby Kennedy's arrival, the town became the first finish of the very first Kennedy Walk in history.

Rumor has it that Bobby had actually planned to follow the Potomac River 15 miles further to Camp David (the Presidential country residence). However, he was picked up at Harpers Ferry and taken to Camp David, where his wife Ethel welcomed him. The distance between The Old Angler's Inn to Harpers Ferry downtown was just shy of 50 miles, but there you have it: the legend was born.

Pierre Salinger, the White House Press Secretary, whose nickname was 'Plucky' (brave), walked six miles a few days later and jokingly declared that he had failed his boss' test: "I might be plucky, but I'm not crazy". His colleagues later gave him a Retired Walkers Survival Kit. Because of the publicity around Bobby's hike, several groups all over the US had started for their 50 mile hikes. For example, five 13 and 14-year-old Boy Scouts from East Dubuque in Illinois finished their 50 miles within 13.5 hours that same weekend. Several military (Marines and Airforce) personnel also volunteered for their Kennedy Walk.

In the meantime, General Shoup had ordered the Marines in Camp Lejeune in North Carolina to walk the 50 miles, wearing their helmet, pistol and a light backpack (12.5 kg in total). On February 12, 1963, 34 Marine officers, led by Brigade General Rathvon McClure Tomkins (who was 50 years old and still had a limp due to an old grenade shard), walked their first Kennedy Walk. The aimed standard was determined collectively by the participants of those first weeks: 50 miles in less than 20 hours.

It goes without saying that the media contributed to the Hike challenge mania which lasted from February to April of 1963, and it was the beginning of the Kennedy Walks in the Netherlands and abroad (Canada, South Africa, England, Ireland). Sittard became the first recurring Kennedy Walk in the Netherlands: on April 20, 1963, seven boys and girls participated in the first edition of the Netherlands' first Kennedy Walk.

Another interesting fact: in 1963, during the first 30 days after President Kennedy's

press release, the Amos Alonzo Stagg Foundation presented all those who successfully finished 50 miles within 12 hours with a bronze medal.

After the first period of the walking mania, the American Council for Physical Fitness quickly released a statement saying they had their doubts about these extreme challenges, although they obviously fully supported the benefits of hiking. The American Medical Board also stated that they preferred a program of more balanced training.

And this first Kennedy Walk? People still do it every year! There are multiple hiking clubs around Washington and Harpers Ferry. Besides a popular 50-mile run (in part on the Apalachian Trail and a good portion of it on the original hunters' path), there is a small group called Freewalkers. Every first Saturday following February 9, they walk from Great Falls in Maryland and take the hunters' path until downtown Harpers Ferry, West Virigina, 50 miles further away.

An Iron General Shows His Mettle

THE WALK

...marched with a cigar between his teeth, maintaining a position in the middle of the group. If the crowd had gone over a hill of molten lava or up a mountain of broken glass, Laskowski would have been right there in the middle, saying nothing about it, a tough cookie. Laskowski's rules for good health are simple: "I smoke about a pack a day, and a few cigars, and I drink an average of 15 glasses of beer every evening except on weekends, when I don't. Also, I do a hell of a lot of marching."

First Lt. Donald Bernhart waited to cross the finish line first. It was not, officially, a race. The real "winner" would be the man with the best adjusted time after allowing for nutritional rest periods. Bernhart did not give a damn for this notion. Almost from the outset it was clearly apparent that he was going to cross the line first, and he did, with an overall time of 12:47 and a marching time of 11:44. At the end, still smiling and in a manner that embarrassed no one, Bernhart mentioned God, the Marine Corps and his girl to the victor.

Second Lt. Martin Shinek may have been a typical, energetic, run-of-the-mill Marine, but by chance he also happened to be a typical, average, run-of-the-mill marathon runner out of the University of Arkansas. Luckily, first selected Shinek for this march, the 2nd Division brass marveled at the circumstance.

Lieutenant Shinek is also a pretty fellow, with a stack in his head. He marched as though he intended to set some sort of record—galloped as long as he could and took two extended, legitimate rests. His overall time was not notable, almost 24 hours, but when he was moving, he moved. The record for 50 miles marching time with a 25-pound load is now held by Lieutenant Shinek. 9 hours 51 minutes.

Second Lt. Harry Grounau was the least compassionate man in the group until the halfway mark, where everyone else stopped to rest. Grounau kept going, leaving a stream of observers gaping after him. "I promised my wife I'd be home for dinner," he said and disappeared around a bend in the road. His overall time was 12:46, best in the group, one minute less than Bernhart's. He grinned and remarked that he had blisters on his feet. "I got them playing in a basketball game last night."

For most, it was not an extraordinary march. Every officer finished well within today Roosevelt's limits without difficulty. But the Laskowski march had one element, or rather one man, far above the ordinary.

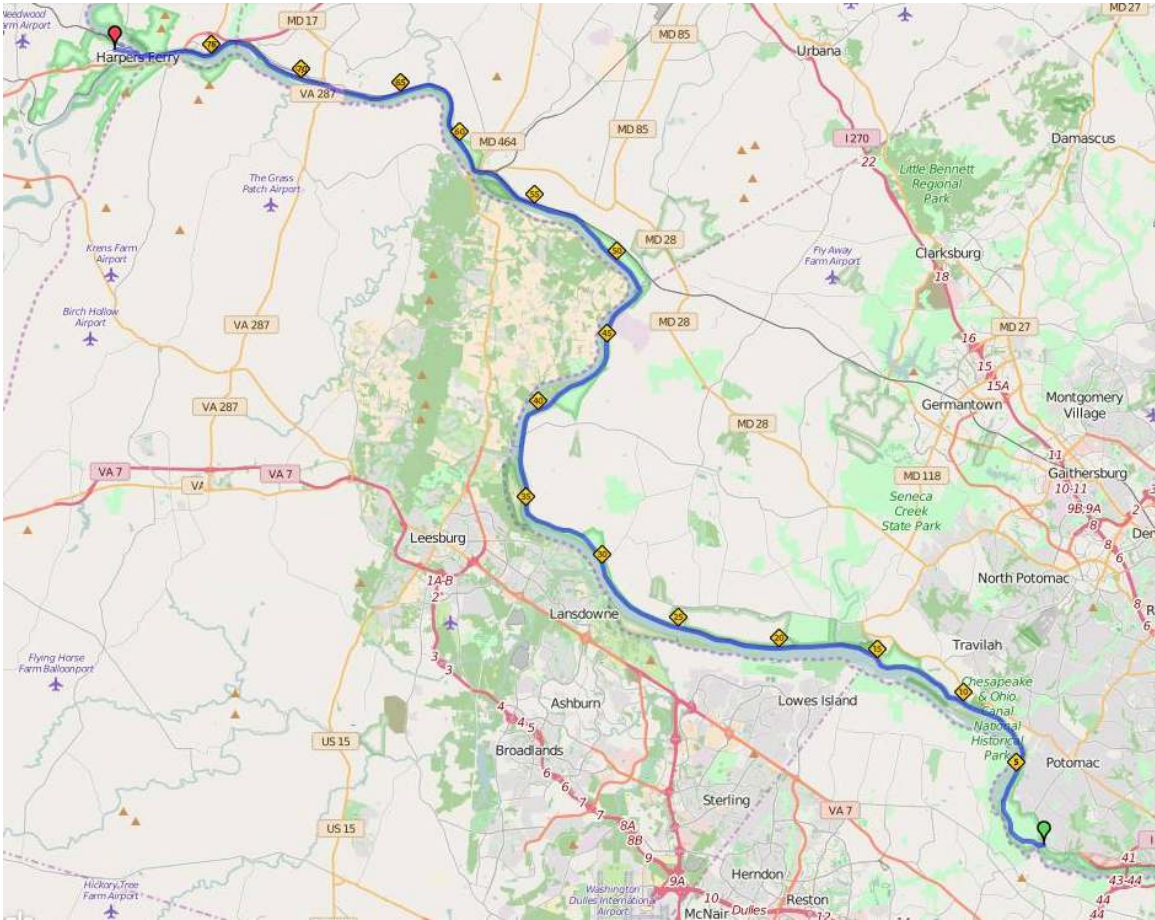
Brigadier General R. M. Tompkins turned up at the starting point carrying a stick—not a riding-crop-like swagger stick, but the stout, smoothed branch of a tree. The general is 31 years old, most of the lieutenants who marched with him are in their 20s, the youngest of them 24. The general is a short, slender man, smaller than any in the group. Early in the march he pulled frequently, but as the hours passed his face stiffened into a hard mask. He had no pleasant look; it seemed to be aversive, angry or contempt. Looking at the little man with his stick and his gear with his side gliding dutifully beside him, one might have disliked him instantly and intensely.

Tompkins holds the Navy Cross, a decoration for heroism earned only in the Congressional Medal of Honor. He has a Silver Star, two Bronze Stars and the Purple Heart for wounds received in combat. On Saigon in 1968 his right leg was badly torn off by shrapnel and it was the thought of the doctors to amputate it. The general fought them off and kept the mangled leg, attached to him by shreds of bone and muscle. For many months he wore a metal brace, daily and with considerable pain he exercised the leg until at last he could put aside the brace.

He chose to march with the lieutenants and the captains. His leg had an aching, muffled, and noticeable at first but then, if one stared at him, plain ringing. He looked on his face was mixed one of contempt, contempt for pain, contempt for circumstance and time.

Tompkins crossed the finish line after 10:02 hours, over-81, 15:32 marching, ahead of 23 officers. A civilian, who knew almost nothing about his history, asked him why he carried the stick. "I carry it," said General Tompkins, "in case I need a telephone. I'll beat him to death with it."

CONTINUED



Lustrum rewards

Congratulations!

We congratulate the members who have reached a lustrum during the Four Days Marches of 2019.
This time we have 399 lustrum walkers!

15X

Marian Aalbers-van de Donk, Berg en Dal ♦ Kirsten Adams-Perriens, Melick ♦ Morina Asikinde, Rotterdam ♦ Ton van den Baard, Bergschenhoek ♦ Ans Bakker, Grootebroek ♦ Theke Barends, Lent ♦ Wim Barnhoorn, Huissen ♦ Dirk Belder, Veldhoven ♦ Mirosław Benendo, Eskilstuna ♦ Theo van Bergen, Beuningen ♦ Jan Bergsma, Heerhugowaard ♦ John van Blijderveen, Lent ♦ Ingrid van Blokland-Steijger, Montfoort ♦ Thea Boekamp, Gouda ♦ Wim te Boekhorst, Heerhugowaard ♦ Esther de Boer, Haarlo ♦ Hans van den Bogaard, Hilversum ♦ Julia Bolder, Nijmegen ♦ Carel van den Boom, Eindhoven ♦ Reginald van den Boorn, Kessel ♦ Tony Bosch, Landsmeer ♦ Gini Bosman-Vedder, Westerbork ♦ Theo Bot, Zwaag ♦ Betty den Braber-Roodhorst, Wageningen ♦ Rolf Breemes, Rijssen ♦ Arie van den Brink, Lent ♦ Debbie Brugman, Arnhem ♦ Dick Busker, Tiel ♦ Ans Ceulemans, Nijmegen ♦ Martin Cohn, Borne ♦ Anita Cornel, Made ♦ Tinus Dekker, Middelburg ♦ Frits van Dijk, Arnhem ♦ Mieke van Dijke, Alphen aan den Rijn ♦ Pieter Dijkstra, Dronten ♦ Peter van der Doef, Nijmegen ♦ Mia van der Donk, Sint-Michielsgestel ♦ Piet van Dreumel, Nijmegen ♦ Johan Dummer, Utrecht ♦ Sytze Durksz, Sneek ♦ Joke Duyndam, Honselersdijk ♦ Eric Jan van Eggelen, Nieuwkuijk ♦ Hans Eijkemans, Rosmalen ♦ Andre van den Elshout, Raamsdonksveer ♦ Suze van Felius, Santpoort-Noord ♦

Sjos Frissen, Sittard ♦ Cor Gaarhuis, Alkmaar ♦ Alie van Galen-Bor, Culemborg ♦ Ger Gasseling, Nijmegen ♦ Ben Gerdse, Oosterhout ♦ Hans Gerrits, Warnsveld ♦ Henri Gerrits, Sint-Michielsgestel ♦ Silvia Gerritsen-van der Hoop, Groningen ♦ Karin Gibcus, Groningen ♦ Henk Gietema, Joure ♦ Sean Gilmartin, Hertford ♦ Toon de Goeij, Rotterdam ♦ Mario van Gorkom, Oosterhout ♦ Cock Gortzak, Roelofarendsveen ♦ Olga Greep, Rijswijk (Zh) ♦ Ewa van de Haar, Elshout ♦ Gerrie Haklander-Kamphorst, Hierden ♦ Ian Head, Crawley ♦ Iris van Heck, Rotterdam ♦ Jack Heerlien, Julianadorp ♦ Annemieke Heijneman, Alphen aan den Rijn ♦ Tini Hendriks, 's-Hertogenbosch ♦ Frans Hesselberth, Schiedam ♦ Riek Hilgers, 's-Gravenhage ♦ Leonie Hilgevoort-Hymans, Ter Aar ♦ Rob Hinse, Bennebroek ♦ Wim Holtman, Ochten ♦ Ludie Hommerson, Dodewaard ♦ Dennis van Houten, Amsterdam ♦ Peter Houweling, Dinteloord ♦ Ralf Huisers, Hilversum ♦ Math Huyts, Bunde ♦ Christ van Iersel, Helvoirt ♦ Anneke Jakobsen, Biggekerke ♦ Henk Jans, Rijkevoort ♦ Gerard Jansen, Leuvenheim ♦ Roeland Janssen, Nijmegen ♦ Gert-Jan Jaspers, Cuijk ♦ Har Joris, Linschoten ♦ Dirk Kaars, Marken ♦

Dick van Kleef, Opheusden ♦ Marian Kockx-Schreutelkamp, Rotterdam ♦ Gerrit van der Kolk, IJsselmuiden ♦ M.M. Kors, Zutphen ♦ Manfred Kraaijenzank, Deventer ♦ Peter Kruit, Eelde ♦ Annie van Laak-van Pelt, Berkel-Enschot ♦ Harry van Laar, Noordeloos ♦ Marike de Lange, Nijmegen ♦ Aida Langenhuijsen, Heeswijk Dinther ♦ Hans Lankhaar, Veenendaal ♦ Rehuel Latuheru, Moordrecht ♦ Riet Laurensen-Vogels, Zeeland ♦ Ilse Lebbink, Asperen ♦ Martina Lippelt, Helmstedt ♦ Elly van Loon-van der Pluim, Groot-Ammers ♦ Mia van der Maas, Waalwijk ♦ Charlotte Maclaene-van der Sandt, Elst ♦ Anies Matahelumual, Moordrecht ♦ Jan Megens, Overasselt ♦ Jantinus Meints, Woerden ♦ Daphne Mendes, Alkmaar ♦ Jan Mengers, Winterswijk ♦ Marilynne Mingou, Heverlee ♦ Gerard Monkel, Gouda ♦ Wout Musters, Vught ♦ Kari Ness Nielsen, Sandvika ♦ Henk Niehot, Schiedam ♦ Beate Nilsen, Trondheim ♦ Thea van Nispen, Zundert ♦ Marcel Nooijen, Lent ♦ Cornelis van Ojik, Veenendaal ♦ Kitty van Olst-Bierenbroodspot, Hardenberg ♦ Irene Onderweegs, Witmarsum ♦ Teun van Oorsouw, Megen ♦ Berdina Otten-Kuppen, Malden ♦ Marco Pankow, 's-Gravenhage ♦ Theo Pastoors, Nijmegen ♦ Ineke Pater-van Poelgeest, Nieuwegein ♦ Rik Peelen, Erp ♦ Marijke Peters, Nijmegen ♦

Christian Pfluegler, Munster ♦ Jan van de Pol, Barneveld ♦ Johan Poolen, Hierden ♦ Suzanne Prior, Billingshurst ♦ Hans Puts, Beuningen ♦ Dieter Richter, Halstenbek ♦ Bastiaan Rietveld, Breda ♦ Ben Roctus, Capelle aan den IJssel ♦ Dick Saämena, Venray ♦ Piet Saämena, Venray ♦ Corry Saarloos, Made ♦ Sjaak Salman, Noordwijk ♦ Jan van Scheppingen, Huizen ♦ Philip Schild, Wageningen ♦ Erik Schipper, 's-Heerenberg ♦ Axel Schnettkamp, Neustadt ♦ Fred Scholten, Heesch ♦ Gre Schrooder, Hensbroek ♦ Ryan Slaghekke, Apeldoorn ♦ Bert Smale, Apeldoorn ♦ Rien Snoep, Rhooen ♦ Inge Snoep-Vliegenthart, Rhooen ♦ Antonique Spithoven, Dronten ♦ Marisha van Splunter, Amersfoort ♦ Ina Stegeman, Rijssen ♦ Willem Stolz, Schiedam ♦ Sjors van Summeren, Ewijk ♦ Eiji Takemoto, Otsu Shiga ♦ Anneke Tissink, Noordwolde (Fr) ♦ Endah Tjokrosoeseno, Amsterdam ♦ Jan Tollens, Hengelo ♦ Peter Toonen, Velp ♦ Karin Vaars-Soer, Terborg ♦ Hans van der Vecht, 's-Gravenhage ♦ Rien van de Ven, Den Helder ♦ Luc Vergeer, Warnsveld ♦ Esther Verhage, Nijmegen ♦ Fred Verkoelen, Meijel ♦ Joop Verpaalen, Milsbeek ♦ Hans Verwer, Sassenheim ♦ Heddy Verwoerd, Herveld ♦ Gerrie Visser-van Vught, Pernis Rotterdam ♦ Wil Volgers, Sint Pancras ♦ Maria Volgers-van Koolwijk, Sint Pancras ♦



Foto : Stichting De 4DAAGSE - Bianca van Uden

Harry Vos, Zwolle ◇ Martin Vos, Papendrecht ◇ Janny Vos-de Pee, Klaaswaal ◇ Bjorn Waernér, Örebro ◇ Tonny Walters, Nieuwe Pekela ◇ Monique van Weerden, Gorinchem ◇ Fransje Wels, Druten ◇ Tom Werkhoven, Barneveld ◇ Kees Westerweele, Middelburg ◇ Willem van Winden, Berkel en Rodenrijs ◇ Amaraida Winklaar, Zoetermeer ◇ Klaas van Winzum, Lage ◇ Willemien de Wit, Schoonhoven ◇ Esther van Woudenberg, Cothen ◇ Marco Zuiderwijk, Venhuizen ◇ Caroliene Zwart-Ruedisueli, Bavel ◇

20X

Martien Arts, Wijchen ◇ Johan van den Baard, Berkel en Rodenrijs ◇ Bennie Baars, Hoogvliet ◇ Eelko Bakker, Breda ◇ Paul van den Berg, Nijmegen ◇ Pieter van den Berg, Zeewolde ◇ Ferdie Berkers, Asten ◇ Jan de Bie, Houten ◇ Antoinet de Boer- Muurlink, Hengelo ◇ Gabriëlle Bokkerink, Nijmegen ◇ Marike Bongers, Rotterdam ◇ Astrid Bosch, Scharmer ◇ Netty van de Brand- de Groot, Veghel ◇ Harrie Brands, Zeeland ◇ Lide Brons-Kappelle, Oudorp ◇ Albert van den Brul, Arnhem ◇ Jan Castelijns, Duizel ◇ Richard Courtney, Hightworth Swindon Wiltshire ◇ W.A. Daam-Liefrink, Elst ◇ Marry van Dijk-Veth, Papendrecht ◇ C.W.M. Dortland, Cappel aan den IJssel ◇ Phil Duffield, Belfast ◇ Daan van Ee, Leiderdorp ◇ Marianne Emmerzaal, Malden ◇ Harindra Fernando, Bergen Dal ◇ Jan Gasse, Beuningen ◇ Jan van der Geest, Oud Ade ◇ Christiaan Goedkoop, Zoetermeer ◇ Erna ten Have-Vollebregt, Honselersdijk ◇ Katrin Heinicke, Breda ◇ Monique van Hijkoop, 's-Gravenhage ◇

Wil Hovens, Apeldoorn ◇ John Jansen, Zetten ◇ Jos Joosten, Alkmaar ◇ Wytse Kelder, Loenen (Gld) ◇ Jacob Kleef, Assen ◇ Ab Knopert, Zutphen ◇ Tineke Koster-van Delft, Linschoten ◇ Tiny Kouters, Roosendaal ◇ C.J. Kwakman, Enschede ◇ Koos Lansbergen, Vlaardingen ◇ Rene Lemckert, 's-Gravenhage ◇ Yvonne van Lieshout-de Brons, Maren Kessel ◇ Dick Linck, Bussum ◇ Charles Louwes, Winterswijk ◇ Joep Malestein, Amersfoort ◇ Dinand Mans, Meeuwen ◇ Anneke Mattheij, Molenhoek ◇ Frank Maurits, Zwolle ◇ Loes Meisner-Baartse, Nieuw-Vennep ◇ Michel Moerkerk, Amsterdam ◇ Trees Pas-Borst, Breda ◇ Huub Peeters, Maarhees ◇ Marge Petronis, Wheaton ◇ Deliana Pison, Apeldoorn ◇ Roy Portier, Rotterdam ◇ Eric Prangmsma, Nijverdal ◇ Rudolf Raphaela, Weesp ◇ Marco Rombaut, Hulst ◇ Peter Romijn, Zoeterwoude ◇ Gea Roosenberg, Bussum ◇ Trijntje Schelling, Heesselt ◇ Geert Seegers, Ooij ◇ Ludo Straat, Lelystad ◇ T.H.M. Veerman, Volendam ◇ Samini van der Vegt-Amatali, Wijchen ◇ Peter van Velzen, Kudelstaart ◇ Cees Verbaan, Bodegraven ◇ Lammie de Vries-Steensma, Workum ◇ Arie Warnars, Dordrecht ◇ Greet van der Weij-van Delft, Noord-Scharwoude ◇ Ine Westerbeek, Veghel ◇ Margreet Wierda, Rhenen ◇ Diny Wijnand-Huisman, Groningen ◇ Harry Wildeboer, Wageningen ◇ Ron van Winden, Zoetermeer ◇ Jan van de Wouw, Boxmeer ◇

25x

Ans Arens-Heiming, Ooij ♦ Simon van der Bas, Zwolle ♦ Rene van den Berg, Nijmegen ♦ E. Boeringa, Uithoorn ♦ Richard Boosten, Nibbixwoud ♦ Yvonne Bos-Rops, Gouda ♦ H.G.M. van den Bosch, Nijmegen ♦ Lalita Bosma, Moordrecht ♦ Wim Compeer, Utrecht ♦ A.G.J.M. Dinnissen, Wijchen ♦ W.G.H. van der Geest, Groesbeek ♦ Betty van der Harst, 's-Gravenhage ♦ J.B. Hasselbach, Arnhem ♦ M. Hazeleger, Ede ♦ J.A.M. van den Heuvel, Alphen aan den Rijn ♦ J.H. Hindriks, Hardenberg ♦ C. Horsman, Ouderkerk aan den IJssel ♦ T. Huntjens-de Jong, Den Helder ♦ N. de Jong-Keizer, Broek Op Langedijk ♦ Mieke Kalkman, Houten ♦ H.J. Klosse, Nijmegen ♦ Martha Kok-Ruitenbeek, Voorthuizen ♦ Ton Konings, Venlo ♦ Wim Kooijman, Beverwijk ♦ Jan van Laar, Nijmegen ♦ Jan Willem Lammers, Bergen op Zoom ♦ M. Maas, Beek en Donk ♦ E.A.M. Masselink, Bemmelen ♦ Anneke Nabuurs, Groningen ♦ T.C. M. Niels, Millingen aan de Rijn ♦ Riek de Nobel-van de Wiel, Leiderdorp ♦ I. Ottens, Groningen ♦

W.R.H.M. van Poppel, Sittard ♦ Angela Raymakers, Nijmegen ♦ A.M. van Rooijen-Berends, Woerden ♦ H.T.H.M. Simissen, Nijmegen ♦ Peter van der Sloot, Vught ♦ Door Smets-Konings, Maasbree ♦ Theo Spinders, Zoetermeer ♦ M.S.J. Suidman, Nijmegen ♦ J.E. Theunisz-Sanders, Lisse ♦ Michael Thyregod, Odense ♦ Martien Timmerman, Apeldoorn ♦ C.J.M. Timmermans, Dinteloord ♦ Louis Titselaar, Oeffelt ♦ W.A.M. van Veen-Liefrink, Nijmegen ♦ Simon Veenman, Weurt ♦ Kees Vermeulen, Colijnsplaat ♦ G.J. Verspui, Gorinchem ♦ Ada Vredevoort-Monnee, Dodewaard ♦ Detlef Weldert, Lahnstein ♦ H.J.J. Wetzels, Geleen ♦ T.H. Wolters-Straten, Nijmegen ♦ Timothy Wyer, Felixstowe ♦ Anne Maria van Zuilen-Belleman, Geldermalsen ♦

30X

Jan Aalbers, Weurt ♦ Cees Bakker, Akersloot ♦ Ans Berends, Grave ♦ Gerd Beyer, Ulm ♦ John te Brake, Vlijmen ♦ Arend van Buren, Arnhem ♦ Ger van Dreumel, Wijchen ♦ Spike Elliott, Macclesfield ♦ C.H.J.M. van de Geer, Nijmegen ♦ Cees de Graaf, Dordrecht ♦ Follie Hengeveld, Zutphen ♦ W. Hooijkaas, Sint Oedenrode ♦ Eric Hop, Arnhem ♦ Marguerite de Jong, Amsterdam ♦ W.B.M. Kluitman, Beek ♦ Sonja Las-van der Stel, Nijmegen ♦ Frans Leijtens, Huizen ♦ Willem Maaskant, Barendrecht ♦ M.S. Meinardi, Winschoten ♦ Marcel Melching, Spijkenisse ♦ Fiffy Moerkens-Aarts, Leuth ♦ A. van Neerven-van Extel, Beek en Donk ♦ Kees Otten, Maarssen ♦ Peter van Reeuwijk, Velsbroek ♦ Frans Roelofsen, Putten ♦ J.M. van Rooijen-Joppe, Spijkenisse ♦ Theo Rutten, Beuningen ♦ Yvonne van Schaijk - van der Loop, Sippenaeken ♦ Han Veenendaal, Krommenie ♦ Ton Verlaan, Arnhem ♦ Hilmar Vogts, Winsen-Aller ♦ Rene van Weezep, Nijverdal ♦ Paul van der Werf, Zwolle ♦ Wilma van der Werf, Maarssen ♦ Jan Wijdoogen, Haarlem ♦ H. Zweegman, Hoofddorp ♦

35X

C.T.J. Aben, Woerden ♦ Louis Appy, Uden ♦ R.O. Bouma, Wirdum ♦ W.F.T. Bouwman, Anna Paulowna ♦ Helma Ebbeng-Koning, Wijchen ♦ Jose Eigenhuysen-Derks, Nijmegen ♦ Peter van Erp, Kekerdorp ♦ E.C. Grootveld, Sliedrecht ♦ F. Kruijer, Apeldoorn ♦ Hans Reynders, Beek ♦ Lieke van 't Riet-Knook, Alkmaar ♦ Hans Schuurs, Nijmegen ♦ Paul Splitthoff, Didam ♦



Foto: Stichting DE 4DAAGSE - Ger Loeffen

40X

Frits van Dam	Doornenburg	Wim Kluijtmans	Gemert
Kees van Driel	Hazerswoude-Dorp	Henk Noordover	Zoetermeer
Coby van Driel-Goedegebuuren	Bleiswijk	Roland Peters	Wijchen
E.C.W. Engelen-Keller	Gendt	Wim Wellenberg	Deventer
Dirk Haan	Hengelo	Adi Wetten-Castelein	Veenendaal

45X

Diny Aelen	Nijmegen	Gien Langen-van Kolck	Lent
Olga van Akkeren	Rijswijk (Zh)	C. Mudde	Maarn
J.J.H. Colijn-de Raat	Batenburg	Gerard Peters	Nijmegen
Rien van der Gaag	Gouda	Harm Spijker	Vleuten
Jos Hendriks	Nijmegen	Bas Vooijs	Veere

50X

H.A.J. Bax	Nijmegen	Herman Schaeffer	Amersfoort
Toon Hendriksen	Huissen	Maarten Schakel	Zierikzee
Ineke Kok	Amsterdam	Jan Thijssen	Nijmegen
Huub Raijmakers	Oss	Andre Zeelen	Haps

55X

Willy Underberg	Utrecht
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70X

Dick Koopman



Walking with your eyes open

58th Four Days Marches Church Service

Would you be able to walk with your eyes closed? I would not recommend it; before you know, you run into an obstacle and get hurt. You better keep your eyes open, for your own and other people's safety. I could leave it at that, but there is more, much more to see and do in the world, albeit with open eyes.

A contribution of Kees Brinkman

This was the theme of the 58th Four Days Marches church service which I had the pleasure of attending in Saint Steven's Church in Nijmegen on Sunday 14th July, together with an audience of some thousand other people from all over the world. In addition to the classic hymns there were choir songs, the reading of the creed written by Ton Baeten and community singing.

The service was led by pastor Ruud Willemsen of the order of the Unshoed Carmelites, who hopes to complete the Marches for the tenth time (but not without shoes), reverend Johan Dorst, who also takes part for the tenth time, and chaplain Claus Bieler, attendant of the Swiss delegation.

The theme of the service was the parable of the good Samaritan, which is about a man in distress and in need of help. In this story, two high ranked Jews, a priest and a Levite, refuse to soil their hands by helping a victim of an act of violence at the roadside. A Samaritan, member of a tribe looked down upon by the Jews, has no qualms. The importance of what somebody does, not who he is, is what the story wants to make clear. Help is needed, but not everyone helps. The priest and the Levite do not take action and walk on, unlike the Samaritan, who shows compassion and helps the victim. He has an eye for signs of distress. He tries to improve the earthly life of the victim, he opens his heart and his money-bag. You can also look at the story from a different point of view: what is the aim of the main figures, what will they remember and how would you depict that?



Foto: Stichting Vierdaagsemeis

They are all under way: the traveler, the priest, the Levite and the Samaritan. All four of them will reach their destination. The assaulted traveler and the Samaritan arrive at the inn. The Samaritan doesn't limit his help to giving first-aid and bringing the victim to the inn, but in addition he arranges that the innkeeper provides the victim with aftercare.

Would the priest and the Levite also have stayed at the inn? It could well be. This might be the subject for a painting of a scene at the inn. In the foreground, in the limelight, the Samaritan and the wife of the innkeeper are nursing the victim. Somewhat concealed, in a dark corner, are the priest and the Levite, looking askance at the others and talking with muted voices. Perhaps they are relieved now that the unfortunate traveler has arrived safely. In the background, the innkeeper is preparing a meal.

What would the main players remember of their journey? There will be little to remember for anyone who ignores distress and signs, such as the priest and the Levite. The traveler will gratefully remember the man who helped him. And the helper? He followed his heart, acted accordingly and continued his way. It was explained to the audience in the church that all four men, as we ourselves, must go on, travelling the world with open eyes and in our hearts a prayer full of honest and comforting words: a traveller's prayer. I could read along, I could reflect on it, and now I have to share it with you:

Dear God, grant protection to our feet and peace in our hearts.
Make us aware of other people whom we meet on the way,
to experience together that we, whoever we are, are your people.
We pray you for security and courtesy for all who take part
in the journey along roads wide and narrow.
We pray you for hospitality and help for us all,
not in the least for those who are on their way against their will,
driven from hearth and home. Your blessing we ask for our journey.
Grant us peace, joy and loyalty, worldwide,
today and in the days to come into eternity.

True to tradition, the service was concluded with the singing of the Four Days Marches hymn. A crescendo of organ, trumpet and drums in marching pace led up to the melody of the song that has meant so much for so many people for such a long time. Standing upright and singing out loud, the audience joined in the song. An experience I shall never forget.

Heartened and deeply impressed I left the church, wished the pastor and the vicar success with their Marches and thought to myself: there is no better way to prepare for the Marches then this.



Foto: Stichting Vierdaagsewiel



Foto: Stichting Vierdaagsemiss

In Memoriam

After appearance of the previous magazine, we have received notification of the des-
cease of the below-mentioned members. Our condolences go out to the relatives.

J. van Beek	Hendrik-Ido-Ambacht	P. Koopman	Anrhem
H. Bergamin	Bemmel	A. Koster-Dijkstra	Voorburg
C. Blok	Woerden	C. Kral	Kampen
W. Brinckman	Zoetermeer	J. Krämer	Sittard
D. van Dijk	Barneveld	J. Lieveld	Alkmaar
H. Feith	Eefde	M. Linders	Ysselsteyn
T. Geertsen	Nijmegen	H. Minkjan	Wierden
J. Gobes	Uden	J. Muijs	Amstelveen
M. Hermans	Maastricht	A. Nijkamp	Oldenzaal
J. van den Hoek	Pijnacker	M. van Schie	Heemskerk
T. Hooiveld-Kroese	Grave	J. Weesenaar	Geldrop
H. Janssen	Heemstede	R. Wijling	Spijkenisse
J.J. Kazander	Rotterdam	W. van der Wijst	Zeeland
B. Keizer-den Tuinder	Nieuw-Beijerland	T. de Wit	Uithoorn



Photo: Stichting DE 4DAAGSE - Ger Loeffen

Portrait of a member



Name: Karin Kolvoort

Place of residence: Hilversum

Age: 50



How would you describe yourself in one sentence?

I try to keep myself fit in several ways, I like to come up with plans and ideas, and I am someone who is focused on solutions.

What are your daily activities?

I have been working in primary healthcare as a midwife in Hilversum since 1993.

What makes you happy?

Achieving the goals that I have set for a day. Autumn is the season that makes me enjoy nature.

Why did you start walking the Four Days Marches?

It runs in the family! My four grandparents used to travel from Enschede and Hilversum to campsite De Kwakkenberg to take part in the Four Days Marches. My parents met there in their teens, got married later, and had my brother, my sisters and me. My father used to work as a serviceman at the LIMOS barracks in Nijmegen, so that was an ideal place for us to start doing the Marches. In our family, you were simply supposed to walk the Marches when you reached the age of 12.

How many times you participated in the four days walking marches?

16 Times.

What is your secret to complete a four days walking marches successfully?

I have noticed that your emotional well-being determines for 75% whether you will have a pleasant Vierdaagse. I walk on a regular basis, so the distances have become a sort of routine.

What is your nicest meeting or sweetest memory of the four days walking marches?



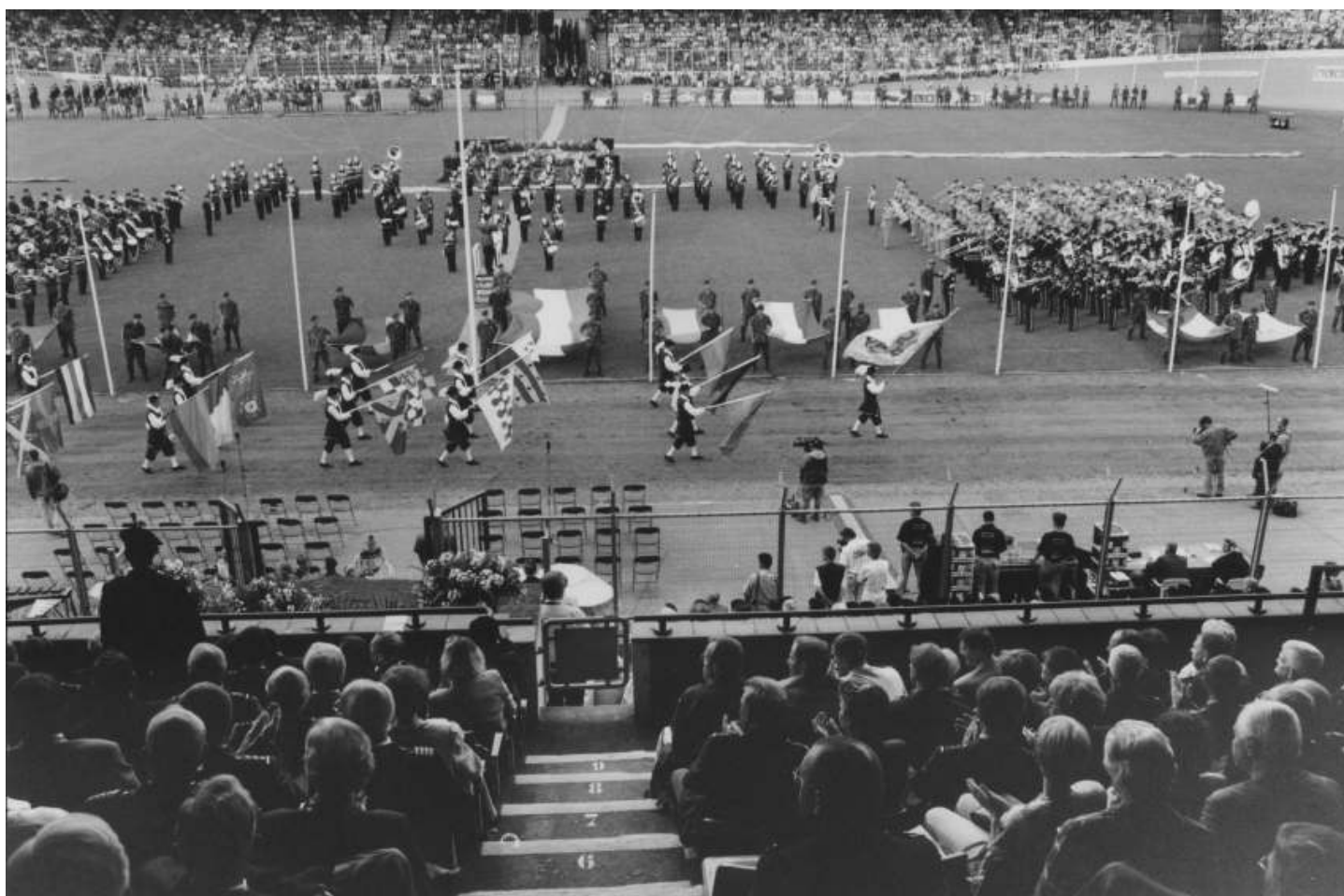
In my teenage years I met Robin during the Marches, an English serviceman. We started a correspondence and since then we have kept in touch. We still see each other! We always meet during the Marches and sometimes also during walking trips or running events.

What is your latest march?

Fungi Walk in Castricum.

Do you want to say anything else?

I hope to be able to walk a part of the Camino in the near future. I'm asking myself more and more why I am postponing this until my retirement. Do not dream, but act, because you never know what life has in store for you.



Members of Gelderse, Brabantse and Limburgse home guards entering the Goffertstadion during the flagparade on the eve of the 79th Four Days Marches.

Foto: Jan van Teeffelen

Source: KNBLO-NL, Regional Archives Nijmegen