



GOLD!

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Magazine van de Vereniging Gouden-Kruisdragers Vierdaagse

In dit nummer:

100th Four Days
Marches

'Powered by' crossing
the border

Walking songs for
everybody





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Goud! is een uitgave van de Vereniging Gouden-Kruisdragers Vierdaagse.

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De Vereniging Gouden-Kruisdragers Vierdaagse is opgericht op 24 juli 1951 en goedgekeurd bij Koninklijk besluit d.d. 24 juli 1952, no. 46.

We have a party ...

Are you ready to go? Did you finish your workout? Maybe you belong to the walkers group considering the Four Days Marches as a trip just around the corner? If so you are either a 55 km participant or you take part in one of the "laps of honour", a 50 km extra lap. I am still amazed about people who are able to realise such distances (superhumanly in my eyes), but as we know: they are walkers with different qualities. Personally I belong to the walkers group taking enough time to visit different outdoor cafe's.

In a few weeks the 100th "Four Days Marches" will start and also this year we (our association) celebrate our 65th anniversary. That means: "We have a party" and a party is accompanied by gifts! Last year our association asked the singer-songwriter Paul de Graaf to create a special song on the occasion of the 100th "Four days Marches". At the end of April the result of his efforts were offered to the Foundation "4Daagse". Paul was present as the performer of this song and this evening was a very amusing one.

Now we understand you are very anxious to know more about that song, for that reason we asked Paul to make a full CD filled up with walking songs. He did it and apart from this new song the CD contains another wellknown "4 days marches" number titled "Stappen (all 4 days)", and more nice walking songs and medleys. In short, every walker has to have this CD. All our members will receive the CD together with the June magazine "GOUD", and will be sent separately by post for our members reading the digital "GOUD" magazine. Somewhere else in this magazine you will find more information about this CD and also addresses for sale, a good idea if you are looking for a gift.

aan iemand anders cadeau wilt doen.

Possibly we meet you these weeks during activities in connection with the 100th "4 days marches", f.i. the exhibition at Valkhof Museum, the Flagsparade, the relation concerts, or on the way during walking. On behalf of the board I hope you will have a fantastic and unforgettable 100th "4 days marches", during walking, on the road sides and/or galleries, or celebrating downtown.

Leonie Vink, chairman



Source: <https://www.flickr.com/photos/45844873@N00/938224391>
2007

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

Should you move, please let us know your address in good time stating your membership number, so that we can send your mail to your new address.

We would also appreciate it if you could also inform us of any changes with regards to your e-mail address or bank account. The latter is especially important in case you pay your fee by direct debit, but also for receiving this magazine or other information from us.

We do notice a lot of rejected e-mails when we send something to our members and this can easily be avoided when we have the right contact details.

Cancellation of membership

The board asks you urgently to announce your intention of annulment membership per 2017 before 1st October 2016. The membership will be terminated at 31st December 2016. We will be able to report your cancellation to the KWBN in time.

After 1st October 2016 you owe dues 2017, after all we have to pay remittance 2017 (probably 11 Euro per member) to the KWBN. Be aware of these regulations, it prevents a lot of annoyance in case of late annulations.



British Air Cadets (Photo: Frans Leijtens)

Winner!!

On February 13 of this year, WS '78 - in cooperation with our association - organized the Jubilee Gold Medalist walk. No fewer than 849 people participated, among which at least 197 of our association. To enter in a lottery, our members filled out a ticket with their name and member number. The lucky winner is Rogier then Hoven, who has already been sent his prize (a gift card).



At our next 'Powered by GKD' walk, we would like to know how many of our members participated, so don't forget to fill out your ticket; it could be your lucky day!

Clarity on the membership fee 2017

On Wednesday evening 25 May 2016 the Ledenraad (Members Council) of the KWNB (the Netherlands Walking Association) convened at the National Sports Center Papendal. During this long meeting the reports on 2015 were approved. It was clear that the association has made a loss over 2015, due to disappointing revenues from membership fees and sponsors, higher personnel costs and higher contributions to trails and organized walks.

Next the new walking community Wandel.nl was presented. This will go live no later than 1 July and is designed to draw more walkers (in particular non-members of the KWBN) to the association and its products. Walking clubs can also promote their event much better by contributing to the site: it will not only show a list of dates in a calendar, but also include

photographs, movies and a comprehensive story on each organized walk.

Next week the new KWBN committee would like to take a large step forward in the cooperation with Wandelnet (the association that manages Dutch hiking trails), where the KWBN and Wandelnet will set up a formal relation in anticipation of a full merger.

Finally, the budget for 2017 to 2019 was approved; a budget in which the KWBN converts the current situation (with an annual loss) into a balanced budget for 2018 and beyond. This includes the new proposal for the membership fees. This proposal sets the membership fee (for a 'standard' membership) to 12 euro in 2017, 14 euro in 2018 and 16 euro in 2019. These is serious increase, but also a necessary increase to keep our association financially healthy in the future.

By adopting this budget, the association has also adopted all advice of it's Committee Membership Fees. This includes budget cuts to the KWBN fixed costs, an improved advocacy for it's members and organizations and improved communication to it's members. The current unhealthy situation where the association made a serious loss on each of it's members will thereby be solved.

And what does this mean for the members of the Association of Gold Medalists? First, the full membership fee for 2017 is now clear. The membership fee will be 22 euro for members that are affiliated to the KWBN through our association and 10 euro for members that are affiliated to the KWBN through another association. The unwanted situation with double membership fees will end on 31 December 2016 and we are very pleased with that result. Also, there is no need (after 2016) to introduce the donator status in our association (and in our articles and regulations). Your committee will consider offering the 'basic' KWBN membership (which costs 8 euro in 2017, 9 euro in 2018 and 10 euro in 2019) in addition to

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2018 and 10 euro in 2019) in addition to the 'standard' KWBN membership in the future.

Renewed website

Two months ago the website of the association is completely renewed. After months of preparations by a student, several members of the board, especially Vicky a fresh look is realized. Not only the 'frontend' has been changed completely, also the 'backend' has been transformed. Through a new and better interface it is easier to publish articles - and news - at the website. We invite you to have a look.

Rectification

We were notified about a small error that slipped into the list with lustrum rewards in the previous edition of our magazine. The sisters H. M.W. Oosschot from Amsterdam and M.Th.A. Oosschot from Zoetermeer were merged into one person. We would like to congratulate both ladies with completing the Marches for the 25th time.



'Acting class' by the Germans (Photo: Frans Leijtens)

Review of our policy

When adopting the Policy 2013-2018 it has also been agreed to review this plan half way and to make adjustments where needed. The board performed this review early 2016 . A large and important part of the 2013-2018 Policy has already been achieved. Only a few mentioned initiatives are not picked up, partly because a

very high workload is needed to achieve these plans. For the coming years the board will focus therefore primarily on stabilizing ongoing initiatives and improving our internal operations .

The full review is available on our website, but currently unfortunately only available in Dutch.



Groups line up for the beer tent at Heumensoord (Photo: Frans Leijtens)

Concept minutes of meeting

Summary concept minutes

This is a summary of the concept minutes of the General Meeting on April 9, 2016. The complete minutes of meeting will be made available at the latest three weeks prior to the meeting on July 18, 2016. These minutes can be downloaded from our website.

On Saturday afternoon, April 9, 2016 your board had a meeting of its own first to review the strategic plan 2013-2018 and to discuss some pending issues. At 15.00 45 members arrived for our general meeting, including honorary member Bert van der Lans and member of merit Gien Langen-van Kolck, in the Kolpinghuis. Due to personal circumstances, Francie de Leeuw was absent. The chairman opened the meeting with the latest news on the Four Days marches amongst which the Flag Parade and the Star Tours (marches from every province in The Netherlands to Nijmegen): there is a lot going on around the upcoming Four days Marches. Furthermore, the T-shirts that our members can order, were shown. There was also a moment of silence to

remember the members that passed away last year.

Then, the minutes from the meeting of July 20, 2015 and the annual financial statements for 2015 (with a brief presentation by the treasurer) were approved by our members without any major changes. The bylaws were reviewed and the major changes were highlighted by Martin Pegels. The members present voted unanimously on the amendments with which the bylaws were re-established. Then the board presented the budget for 2017 and the new fee system for 2017. The Secretary elaborated on what the Commission Contribution Scheme will recommend to the board of the KWBN. The contribution of the KWBN should be brought to a more cost-effective level, but in addition to that. KWBN

should also save money and improve its products and communication. Although the payment to the KWBN has not yet been established for 2017, our contribution is set for 2017 at 10 euros, plus the payment to the KWBN (if applicable). The secretary emphasized that the members should trust that KWBN contribution will only rise in all fairness. Two board members were re-elected: the composition of the Board remains unchanged. Finally, the members had the opportunity to ask questions. Although the timing of this meeting was changed to the afternoon at the request of members, there were also members who felt more comfortable meeting in the morning. The meeting was ended with a drink.



Bron: <https://www.flickr.com/photos/pasemi/7710260220>
2012

General Meeting invitation

July 2016

Herewith we would like to invite you for our General Meeting in Nijmegen on Monday July 18, 2016 in Kolpinghuis, Smetiusstraat 1, Nijmegen, starting 2.00 p.m.

The board suggest the following agenda:

1. Opening by the chairman
2. Incoming correspondence & announcements from the board
3. Minutes of the General Meeting held on April 9 2016
4. The 100th Four Days Marches and (other) business regarding the Marches
5. Reunion 2016 in Wijchen
6. Reunion 2017
7. (other) Proposals of the board
8. Proposals from the members
9. Any other business
10. Closure

General Meeting notes

Please submit your questions to the Secretary in writing and no later than one week prior to the Assembly. This will allow the Board to do research if necessary. If KWBN or Stichting De 4DAAGSE wishes to address the Assembly, they will do so immediately after the Opening. Prior to printing this magazine, the Board did not expect to make any proposals. The Board anticipates closing the Assembly no later than 3 p.m.



Foto: Frans Leijtens



Foto: Frans Leijtens

Reunion in Wijchen

Invitation September 10, 2016

We cordially invite you to our reunion. This event will take place in Zaal Verploegen in Wijchen.

The location is:

Zaal Verploegen

Woeziksestraat 100

6604 CM Woezik/Wijchen

Phone: +31-24-6423011

You might now the location of from the route of the second day. It can be found within a walking distance of 10 minutes from the train station in Wijchen.

The program for the day is as follow:

10:00 Welcome by the the reunion committee and along with some coffee our chairman

Leonie Vink will welcome everyone.

10:30 Performance by choir "'t Koor"

12:00-13:00 Lunch

For the afternoon, we have the following options:

1. A tour through Wijchen with a visit to the castle.

2. Next door of Zaal Verploegen at "Hof van Kaatje" you can play 'Boerengolf'

3. For people who are (partially) disabled, a wagon is available for a tour through Wijchen.

The day will end at 17:00.

For further information you can contact the comittee at Special-events@goudenkruis-dragers.nl.

Francie de Leeuw

Francien van den Heuvel



Photo: Arjan Versteeg





WvanVeluwBV

EMAILLE ZILVER GOUD



Voor iedere prestatie een blijvende herinnering!

Insignes – Sportmedailles – Eretekens – Penningen – Emblemen – Naambadges – Awards – Sportbekers – Relatiegeschenken

W. van Veluw B.V. Woudenbergseweg 19B 3707 HW Zeist T: 0343 492200 E: info@vanveluw.nl I: www.vanveluw.nl

The Four Days Marches are celebrating!

100 Years of Four Days Marches at a glance

Marcel Claassen looks back on 100 years of Four Days Marches. Starting at the very first edition, through the silver and golden editions to the developments around the 75th edition, he ends at the special edition of this year; the 100th!

The Four Days Marches are celebrating!

On Wednesday, September 1, 1909, 296 military personnel and 10 civilians started the first Four Days Marches, organized by the Nederlandsche Bond voor Lichamelijke Opvoeding (NBvLO). There were 15 different routes, throughout the country. Some routes were not used, due to a cholera outbreak in Rotterdam, and the bad condition of roads in the province of Friesland.

Participants walked from one military base to the next; 249 finished. After these first marches, Queen Wilhelmina allowed military participants below Officer's rank to wear the medal on one's uniform.



Commemorative medal of the NBvLO. Children did not get the Decoration for Marching Skills as the Gold Medal is officially called.

Photo: unknown

Source: Fotocollectie Regionaal Archief Nijmegen



At the left-hand side the Prins Hendrik barracks

Photo: unknown

Source: Fotocollectie Regionaal Archief Nijmegen

The SILVER Four Days Marches

In 1935, the Nijmegen Four Days Marches celebrate its 25th anniversary. Nijmegen's first time as starting point in the marches was in 1917. In 1924, Breda was the last city other than Nijmegen to be the starting point.

Participants stay at the Prins Hendrik Barracks of the Colonial Reserves; the Flag Parade is held on Molenveld.

On that Monday night in 1935, 3,030 participants parade through Nijmegen's downtown, where many citizens have their flags out. Three participants are at the top; they participated for the 17th time.

The Board receives the city's badge of honor, and company Smits van Heumen offers used sinks, cans and other do-

mestic items at a reduced rate; there is a crisis going on, after all.

The GOLD Four Days Marches

After WWII, the number of participants grows steadily, and the Cold War causes many drafted soldiers to walk the Four Days Marches at least once. On the occasion of the 50th anniversary, Jan Cottaar writes the book *On Golden Foot*. Its title is derived from the magazine published since 1955 that carries the same name.

Four years earlier, the Association of Gold Medalists organization is established in cafe Raafs, located on the Grote Markt in Nijmegen. Its members actually organized training walks back in 1946 and 1948 already, at a time when only 8-10 walking associations would offer training walks. Today, we can train every weekend, or

even during the week.

More people have more free time, which makes the Four Days Marches and Nijmegen more popular in the world.

The World is Walking

Preparing for the 75th anniversary, Chris Bos, leader at the time, has an interesting thought: he doesn't want to set a record in the number of participants each year; instead, he aims to have the number of participating countries grow. He finds those numbers in foreign guest workers and refugees in the Netherlands.

In 1989, right before the fall of the Berlin Wall, he even manages to bring a unit of Russian naval cadets to the Four Days Marches. The picture of Russian and American 'brothers' at Heumensoord travels the world. Also, history lends a helping hand in the growing number of participating countries, due to the end of the Soviet Union and Yugoslavia.

In 1991, the Four Days Marches history (with many improvements and additions by volunteers of the KNBLO Archive and Tradition Committee) culminates in the book *The World is Walking*. Marti van der Laaken-Maan designs an art piece with the same name for the garden of the Vereeniging building.

Nijmegen also has the Four Days Marches Monument created by Vera Tummers--van Hasselt (1966), the Breunesebank (bench) by Charles Hammes (1966), the Gladiola Arch (Arch of Triumph) by Huub Kortekaas (1996), and the monument for people who passed away during or because of the Four Days Marches (2007). The 75th anniversary is marked by a plaque at the corner of Broerstraat/Square 1944.

The World Walks to Nijmegen

Something unique happens in 2006: due to the extreme heat and the death of two participants, the 90th Four Days Marches is cancelled after the first day; it becomes 'the Unfinished One'.



Even though the first lottery took place in 1916 (600 spots for military to stay overnight), many people were disappointed that the growth of the number of participants was finite. Even after all sorts of resolutions, thousands of entries had to be denied in order to keep the routes manageable. It created a lot of unrest, but now that only first-timers could face not getting in, things have calmed down.

The 2016 edition (100th anniversary) creates a different problem: there is a 10% increase of interest in the 50,000 entries, despite the 10% increase of participants allowed.

Nonetheless, the 100th anniversary promises to be a grand event, with some historic and some unique elements. For the first time since 50 years, the town of Druten is included in the route again. This is because of the fact that a daily distance of 55 km has been reinstituted (this was last done in 1966 and is a one-time event only, because of the 100th anniversary. More people will be walking that distance than there will be for the 50 km!

As a last training, participants will walk

from all province capital cities to Nijmegen, and 100 long-distance walkers will walk an Honorary Distance by walking the 50 km twice on one of the 4 days (thus walking 100 km on one day).

100 11 and 12-year-old debutants will walk their first Four Days Marches, and our Association will celebrate its 65th anniversary. But it is still the Four Days Marches event itself that makes it a party!



'Powered by'

Walk through the Rupelstreek

For the next 'Powered by GKD' walk we will cross the border for the first time and we will visit Belgium. On August 28, W.S.V. Schelle organizes the 39th Walk through the Rupelstreek (Rupel region).



De Laar Chapel in Schelle is a protected monument, built in 1600.



This Cistercian abbey was founded in 1243 and the current buildings date from the 17th and 18th centuries.



The 'Niels Broek' is located next to the Rupel Dijk. It mainly consists of wet grasslands, many ditches and alluvial forests.



W.S.V. SCHELLE vzw
Wandel Sport Vereniging

28 augustus 2016

km

4

7

14

21

28

35

50

**Startlocatie : Gemeentelijke Basisschool
« De Klim »**

Provinciale Steenweg , 2627 Schelle

Starten tussen 6 en 15 uur

28 en 35 km starten tot 11 uur

50 km starten tussen 6 en 8 uur

Wandeling door de Rupelstreek

met al zijn facetten.

**Langs waterlopen, velden, weiden,
parken en bossen.**

Project Sportief wandelen

Ruime startplaats

Laatste afstempeling om 18.00u.

Bereikbaarheid Bus: De Lijn 290-295

Halte Peperstraat op 200m van de start.



**39ste Wandeling door
de Rupelstreek**

Cools R.- Tel. 03 887 69 56 - GSM 0497 43 48 45 - cools.roland@telenet.be

cewe-print.be
Uw online drukker

If you would like to have more information about the routes for this walk, then you can take a look on our website, but also on www.wsvschelle.be. Besides this you can also contact mister Cools, cools.roland@telenet.be, Cell: +32497434845.

In case you are interested in walking 50km, you are kindly requested to notify the organization upfront, Then they know how many t-shirts need to be ordered.



GKD Meeting Point (Foto: Frans Leijters)



Valburg (Foto: Frans Leijters)

Lustrum rewards

Request form lustrum rewards

- Name :
- Initials :
- Address :
- Zip code :
- City :
- Phone :
- E-mail :
- In 2015 I hope to achieve the following lustrum:

- I will / will not come to the reunion in Wijchen (strike through what is not applicable).
- The rewards will be issued here. In case you are not able to attend, you can request to have the reward send to you by mail.

- You can also request the reward online through are website www.goudenkruisdraggers.nl. In case you don't have the possibility to do so, you can fill in this form and senfd it to: Francie de Leeuw, Wedesteinbroek 2007, 6546 RS Nijmegen.



Foto: Arjan Versteeg

Call for action

As many of you may know, I keep a list of names for those who have completed the Nijmegen Four Days Marches 25 times or more. Since the 100th edition is coming up, I thought it would be nice to publicize these names - it would be great to have an up-to-date list.

If you are hoping to complete the walk this year for the 25th time or more, or if you are not yet on the list, please provide me with the following information: Mr/Ms, last name, initials, number of times you have participated and the year during which you had achieved the highest number.

The publication will cost 5-6 euros, incl. shipping. Please keep an eye out for an email from me. If I don't have your email address yet and you are interested in buying the booklet, please let me know; phscharp@kabelfoon.nl.

Walking songs for everybody

'The most beautiful 4 days of the year'

By Leonie Vink

When I was 18-20 years old, my sisters and myself made a habit of going to cafe International (Smetiusstraat near the Kolpinghuis) on Friday night before the "Four Days Marches", just to get in the mood. Inside the tables with Smyrna clothes and some aged ladies at the bar, sipping a glass of wine, with a white little poodle lying at their feet.

Phil and Tony's attendance book

Apart from the present regulars also the quartermasters who made preparations at Heumensoord to receive the military from abroad (U.S.A., Canada, UK, Denmark, Sweden, Norway and other countries), the fire brigade and the Natres (national reserve) were present. And every year the Austrian "Oberst" was present and you could find him on the dance floor.

It was a mishmash of languages and a real recognition party when old friends met each other the 3rd week of July. And true to tradition the "Four days Marches" could only start after having signed the attendance book from Phil and Tony, two walking friends from England, with their own registration ritual for years. Insiders knew how to find this book behind the bar.

Music

But how does it come into my mind? It has everything to do with our anniversary gift. So let me start at the beginning. At the end of 2014 the 100/65 committee was established, Ton Leenders, Ivonne Vink and Stefan Zegers got to work to generate ideas for finding an appropriate anniversary gift. Out of the enormous amount of ideas the subject "Music" was mentioned repeatedly.



Recordings at The Shamrock

Midyear 2015 they asked the singer/song writer Paul de Graaf (from Nijmegen) to write an anniversary song and he got to work with full enthusiasm. Later on we considered it a funny idea to offer all our members a CD with walking songs, as a special anniversary gift. And again Paul de Graaf got started with this idea.

Sponsors

Our budgeting concerned only the special song by occasion of the 100th "Four days Marches", but to defray the costs of our gift to the members we had to look for different sponsors. Fortunately we found them! W. van Veluw BV – producer of our quinquennial awards – was immediately prepared to contribute. Exotische Reizen Suriname – organizing every year a walking trip to Paramaribo (4 days marches during the evening), Irish Pub The Shamrock – the place where walkers meet together – and Het Loopcentrum at Horst, all of them did contribute. And so did the Delta Lloyd Staff fund.

A funny pub

In February the recordings were in an advanced stage, at that time Paul de Graaf

proposed the idea to have a little choir consisting out of Gold Medalists, to sing along the medley as a vocal backing group, location inside a funny pub. And now we are coming back at Cafe International, transformed in Irish Pub The Shamrock some 20 years ago by the new owner Danny van der Pluijm, and still a meeting place for many walkers from many countries. Danny, with all his hospitality, opened the doors for us and on a dark Saturday afternoon we (about thirty) entered the pub to make recordings conducted by Paul de Graaf.

The result

A magnificent result. In addition of the



special anniversary song the CD contains different old and new songs, titled : "The most beautiful 4 days of the year" . The official "4 days marching" song is not missing and the parade march of the "Gold Medalists" is renewed. Maria Driessen from Studio Driessen made the finishing touch with a colorful cover , to make the jubilee gift definitely finished. We hope you will enjoy this CD, either on your way or at home.

Addresses for sale

From July 1st this CD "The most beautiful 4 days of the year" is available for sale in short supply at :

ANAC (Energieweg 100, Nijmegen),

Hotel Mercure (Stationsplein 29, Nijmegen),

Bruna (Zwanenveld 90-120, Nijmegen),

Bruna (Daalseweg 263, Nijmegen),

Bruna (Fuchsiastraat 22-24, Nijmegen),

Bruna (Hatertseweg 829, Nijmegen),

Spac Sport (Groenewoudseweg 336, Nijmegen),

Irish Pub The Shamrock (Smetiusstraat 17, Nijmegen),

Beer & Bites (Priemstraat 9, Nijmegen),

Spijshuis Uylenspieghel (Ganzenheuvel 71, Nijmegen).

The CD can be downloaded as from July 1st via iTunes, Spotify and Zazell.



Foto: Frans Leijtens

4daagse van Paramaribo in Suriname

inclusief 9, 16 of 23 daagse rondreis

Doe mee op
19 tot 22 april 2017

53^{ste}
editie



Ultieme natuurbeleving, Jungletours en nog veel meer!

www.exotischereizensuriname.nl

Handover of the anniversary gift.

During the search operation of the anniversary committee 100/65 to find an appropriate anniversary gift, the music choice was a quite logical one, because the "Four Days Marches" is inextricably bound up with music. This event is always framed with music, on and along the ways. The GKD members were asked via facebook about their "4 days marches" essences. With all responses Paul de Graaf got to work and made a smooth and modern song out of it, it is a song reflecting in a proper way what it's all about during the "4 days marches" : friendships, stories and to overcome yourself.

At the end of April our anniversary gift - the CD single " 100th 4 days marches" was handed over officially to Johan Willemstein, marching manager and chairman of the Foundation "4Daagse", during the annual joint meeting of the two boards.



Foto: Frans Leijtens

The unrecognizable Wedren

Review anniversary walk Nijmegen

Last February WS78 organized a 'powered by' walk in Nijmegen; the Gold Medallists Walk. The attendance was enormous and also some of our foreign members participated. One of them was Katrien Delanote, our ambassador for Belgium, who made a short report.

How happy I was to read the facebook--page of the association telling me that an anniversary march was held and organized in Nijmegen! I asked Ivonne and Henk (they own the house where I have found a friendly place to stay during the Four Days Marches) quickly if I could stay with them. And ... they said yes! The result, I walked with a nice group of friends a walk of 20 km on Saturday 13th of February.

At the start of the march it was clear that people were enthusiastic about the organization through WS'78 (walking organi-



Foto: Katrien Delanote

zation).

The weather was good; a cold, but sunny day. After the coffee we started in the Goffertpark, what a revelation! A green zone at the border of the city. We passed a train station and continued towards the center of Nijmegen.

I enjoyed all the beautiful places down town; what does the city look different without the 4days-fuzz. Along the Kolpinghuis, through Kronenburgpark and the Hezelstraat with its nice shops (I confess, I came a day earlier for the shopping experience), the well-hidden St. Jacobschapel in the direction of the quay along the river Waal. The fast running water reflecting rays of sunlight ... time to take

a rest and another coffee!

We continued through the city center towards the Flemish Arsenal and the unrecognizable Wedren: an ordinary parking lot without any stands, tables and parasols, no bands playing underneath the trees, no stage with musicians playing music, even without floor boards on the grass! The walking duo looks abandoned without the huge pile of gladiolus at their feet.

We crossed the St Annastraat and arrived at the rest stop of the WS'78 where we were presented soup and coffee. After this stop we walked along through some districts of Nijmegen before entering a muddy road underneath the trees. After eating some fruits we took the final part along the channel to start/finish.

It was nice to meet many friends again and see so many place known of the Four



Days Marches. I returned home satisfied after a nice sleep at 'my' 4days attic and a nice breakfast. Full of energy and before you know we are at the start of the 100th Four Days Marches of Nijmegen.

I am looking forward to it!



En route in the Goffertpark (Photo: Katrien Delanote)

het LoopCentrum

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In het LoopCentrum vindt u een uitgebreide collectie wandelschoenen van o.a. Hanwag voor de sportieve wandeltochten, boswandelingen of gewoon een blokje om.

HANWAG



*"Ons persoonlijk advies kan
veel klachten voorkomen
en zorgt voor meer
wandelplezier."*

Rob Driessen,
adviseur bij het LoopCentrum

WAARDEBON

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Voor meer informatie en openingstijden kunt u terecht op www.hetloopcentrum.nl

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.

Dhr.	A. van Aalst	1933	Cuyk
Dhr.	P.A. Bijl	1922	Amersfoort
Mw.	C.A. van Bommel-Coppens	1930	Wijchen
Dhr.	G.C. Broere	1932	Zoeterwoude
Dhr.	W.G. Eickmans	1941	Eindhoven
Mw.	P.S.P. Engels	1963	Bemmel
Dhr.	G. de Groot	1939	Waddinxveen
Dhr.	J. Habrich	1935	Juchen
Dhr.	J.C. Pelupessy	1944	Nijmegen
Dhr.	D. Purmer	1939	Ruurloo
Dhr.	H. Schults	1937	Weesp
Dhr.	L.O. Thellenberg	1946	Sundbyberg
Dhr.	J. Veenstra	1925	Arnhem
Dhr.	A.C.A.M. Vromans	1943	Hilvarenbeek
Dhr.	J.W. van Wandelen	1935	Zaandam
Dhr.	P.A. Wilhelmus	1920	Haarlem



Bron: <https://www.flickr.com/photos/111347625@N06/25665131673/>

Four Days Marches Service

The board of the foundation "Vierdaagsemis" has the pleasure to invite you for the festive celebration of the 55th Four Days Marches Service on Sunday July 17, 2016 in the St. Stevenskerk in Nijmegen.

The service starts at 10.00 a.m. The church will be open at 09.00 a.m. We ask you to come in time.

The celebration will be lead by Father Aloys van Velthoven and Reverend Joop Mol. Music is provided by the Parnassus Choir from Wijchen in cooperation with the Medior Choir from Nijmegen. These are accompanied by an orchestra, performing the Missa brevis Sancti Joannis de Deo by Joseph Haydn.

You are more than welcome to join.

Board of the foundation "Vierdaagsemis"

Marcel Claassen - chairman
Gien Langen-Van Kolck - secretary / treasurer
Jan Maasen - board member

Portrait of a member



Name: Carsten Teuchert
Residence: Bremen, Germany
Age: 52

How would you describe yourself in one sentence?

I thank God every day for the beautiful life he gave me and I try to pass on some of my happiness to others

How do you fill your days?

I am self-employed in renovation and renting of residential and business premises. In my spare time I play underwater rugby as leader of a team in the Bundesliga and I work as a volunteer to supply palliative care in a hospice. I sing in choir.

What makes you happy?

I try to create happiness in the things I do.

Why did you start walking the Four Days Marches?

A friend told me about it. I was fascinated immediately.

How many times did you participate?

This year will be the 19th edition. I took part as individual and as member of military groups, but most of the times as member of German civil groups. Two years ago I was able to convince my wife, now she takes part as well.

What is your secret for a successful Four Days Marches?

Willen is kunnen (you can if you want)

How would you describe your most memorable encounter and most enjoyable memory of the Four Days Marches?

This was a couple of years ago at a warm summer day. We walked for already 30km. We encountered a long track without any audience. All walkers seems exhausted, many of them

feeling little pains. I started a song with my group. After a while hundreds of walkers sang along. When the song was ended an enormous cheer was heard amongst the walkers and the people along the track - we had reached the next village.

Which is the last walk you took part in?

Some days at the peninsula Rügen in the East sea. There are fantastic tracks and places

Do you have anything more to add?

I wish all walkers success, fun and nice weather.



Indien onbestelbaar retour: Van Karnebeekstraat 153, 3317 KW, Dordrecht



A group of tram conductors during the Four Days Marches (1935)

Photo: unknown

Source: Fotocollectie Regionaal Archief Nijmegen