

GOLD!

Nr. 19 - December 2022

Magazine van de Vereniging Gouden-Kruisdragers Vierdaagse

In this edition:

- All the beauty Elburg has to offer
- The 3Days Marches of 2022 and 4Days Marches - walking symbols
- With the masses or on one's own - the Nijmegen Marches or Camino de Santiago





Content

3	Foreword
4	News
6	General Members Meeting on 18 July 2022
7	Member meeting april 2023
8	All the beauty Elburg has to offer
11	Your 4Days Marches in one photo
12	Lustrum achieved in 2022
13	In Memoriam
14	Powered by GKD
15	Save the date Reunion 2023
16	One of our members
18	The 3Days Marches of 2022 and 4Days Marches - walking symbols
20	With the masses or on one's own
22	Portrait of a member

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

Board

Ir. Frans Leijtens (Chairman)
Coert Peeters (Secretary)
Ed Hendriks (Treasurer)
Irene van Haren (2nd secretary)
Harry van Dijk (Member administration)
Rino Hamelink
Jaimy Pieterse
Michael Kors (added member)

Honorary Members

Dr. Francien van den Heuvel
Francie de Leeuw-de Bruijn
Bert van der Lans
Prof. Mr. Henny Sackers
Arjan Versteeg
Leonie Vink, M.A.

Contact

Editorial staff

Jos Knooff
Jaimy Pieterse
Esther Zijlstra
E-mail: redactie@goudenkruisdragers.nl

Secretariat

Coert Peeters
Audrey Hepburnstraat 39
1325 NR Almere
E-mail: secretaris@goudenkruisdragers.nl

Online

www.goudenkruisdragers.nl
www.facebook.nl/groups/goudenkruisdragers

Member of Merit

Gien Langen-van Kolck
Vicky Henriksen-Delaney, M.A.
Gerard Aarts

Ambassadors

Eiji Takemoto (Asia-Pacific)
Michael Goedeke (D)
Tue Henriksen (Scandinavia)
Katrien Delanote (B, Fr)
Marge Petronis (USA)
Trevor Day (UK)
Susanne Keller (Switzerland)
Jurg Tschabold (Switzerland)

Member administration

Harry van Dijk
De Kromme Geer 50
5709 ME Helmond
E-mail: ledenadministratie@goudenkruisdragers.nl

Treasurer

Ed Hendriks
E-mail: penningmeester@goudenkruisdragers.nl
BIC-code: INGBNL2A
IBAN-code: NL70 INGB 0000375702
attn.: Gouden-Kruisdragers Vierdaagse, Drie

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: Toon de Vos by Stichting DE 4DAAGSE

Foreword

Dear Gold Cross Owners,

Now that we are approaching the end of 2022, the time has come to look back on this year. After two troublesome years we have been able to come together for walks again. And just as we thought we had left behind a few extraordinary years with virtual 4Days Marches, much to our surprise we were confronted with three- instead of four-day Marches. Moreover, they were to be days full of extremes, especially with a view to the weather. But, as every experienced Gold Cross Owner knows: in ten years' time this will have become a one-off edition in our memories. Those who were there to witness it will passionately recount to younger generations what it had been like.

Which brings me to a second activity in the past year: in preparation of our jubilee trail we recorded reminiscences of members telling about the history and traditions of the 4 Days Marches. For if you really want to know anything about that, just ask a Gold Cross Owner! Lastly, our members met at our general meetings in Lent and of course during our "powered by GKD" walks in Almkerk and Elburg. For those who did not feel like walking, a worthwhile reunion programme had been organised in Elburg.

Not everything was okay this year. Our association took leave of a number of volunteers of merit, but at the same time we were able to welcome new, enthusiastic volunteers. There have been several changeovers at the meeting points, in the editorial staff of GOUD! and in our committee. Lots of success and satisfaction to our new staff members: please cherish them. However, the cooperation with the Royal Walkers' Association of the Netherlands (KWBN) is problematic: we do not think the new systems of membership dues and membership records function properly and only little by little do we succeed in adjusting the association's course of action.

So, enough remains to be done for our committee and our volunteers and I am happy to say that everyone is doing their best during these last days of 2022 and, before long, in 2023. I wish you all happy holidays and a great walking-year, with a lustrum edition of the 4Days Marches of Nijmegen!

Frans Leijtens
Chairman



News ** News ** News ** News

Membership Koninklijke Wandel Bond Nederland

Membership fee in 2022

In May 2022, the Members' Council of the KWBN approved a proposal to adjust the membership fee and remittance system of the KWBN from 1 January 2023. There are currently two forms of KWBN membership:

Basic membership: costs € 11.50 in 2022 and for this you will only receive the Wandelvoordeelpas (Hiking Discount Pass) with associated discounts on walking events.

Full membership: costs € 19.00 in 2022 and for that you will receive the Wandelvoordeelpas, the Jaargids (national walking program) and the magazine Wandel.nl.

These amounts are therefore on top of the membership fee of our association: this is € 10.00. So in 2022 you paid € 21.50 for the Basic membership.

This is how memberships will be in 2023 and beyond

From January 1, 2023, there are three forms of KWBN membership:

1. *Basic membership*: costs € 14.00 in 2023 * and for this you will only receive the digital Wandelvoordeelpas (Hiking Discount Pass) with associated discounts on walking events. These costs will increase to at least € 15.00 in 2024 and to at least € 16.00 in 2025.

2. *Complete membership*: costs € 24.50 in 2023 * and for this you will receive the digital Wandelvoordeelpas, free hiking workshops, the replacement for the Jaargids and the Wandel.nl magazine. These costs will increase to at least € 26.25 in 2024 and to at least € 28.00 in 2025.

3. *Free membership*: this costs nothing, but we do share your data with the KWBN,

so that they know who is affiliated with our association and so you can participate online (such as in the Wandel App) in activities of the KWBN. You will therefore no longer receive a discount on walking events or on the Four Days Marches.

Because we believe that with a free membership we are not obliged to share your data with the KWBN, we introduce a fourth option ourselves:

4. *No membership*: we do not share your data with the KWBN and you are therefore only a member of our association.

* In the official correspondence of the KWBN, higher amounts are mentioned, because the association gives us a group discount on every membership. We choose to relay this discount directly to our members and therefore the amounts are lower.

These amounts are again on top of the membership fee of our association: this is € 10.00.

What if you want to change your membership?

In the newsletter send in oktober, we

asked to respond before 1 November 2022. If we didn't receive a message from you before 1 November 2022, we will continue your KWBN membership in its current form. So that means:

Members with a Basic membership in 2022 will also receive a Basic membership in 2023. Their KWBN membership fee increases from € 11.50 to € 14.00, on top of the fee for our association (€ 10.00 in 2023).

Members with a Full membership in 2022 will also receive the Full membership in 2023. Their KWBN membership fee increases from € 19.00 to € 24.50, on top of the fee for our association (€ 10.00 in 2023).

If you want to change your KWBN membership, please send an email with your name and membership number (R....., on your Wandelvoordeelpas) and state which option you want: the text in italics option 1 to 4. We will see what we can do for you even though the deadline has passed. Please send the email to our membership administration: ledenadministratie@goudenkruisdragers.nl.



Photo: Duncan de Fey by Stichting de 4DAAGSE

News ** News ** News ** News

Vacancies and volunteers

Our association can always use help, but for 2023 there is a specific volunteer vacancy that we try to fill. Our member of honour Francie de Leeuw – de Bruijn used to allocate the meeting points but she wants to transfer this task. The job consists of pinpointing the locations, rental of tents and other facilities, arranging the requests for passes for the volunteers in the meeting points and pre-arranging the bites and drinks. If you would like to assist with this please let us know. Members of the vicinity of Nijmegen of course have the advantage that they live close to the locations of the meeting points, but other enthusiastic members are welcome. Up till now Francie did a great job arranging everything so the script is available and the contacts are already made so you will not have to reinvent the wheel!

In 2023 the board would like to come into contact with other members that think of becoming volunteer or even board member. Some years ago we organized a speeddate: a casual Saturday afternoon where boardmembers and enthusiastic members talked to each other who could or would pick up important tasks or nice jobs. We will plan a speeddate again this summer. Joining will not cause any obligation and the board will be able to talk to you about all possibilities. So if you think you'll be a good treasurer or editor of the magazine GOUD! or the webmaster of our site please contact the chairman at: voorzitter@goudenkruisdragers.nl.

Volunteer positions

We are looking for one or more volunteers willing to organize and prepare our annual meeting points. Francie de Leeuw used to organize these, but she has indicated that she'd like someone else to take over for her. Duties include:

- determining and securing the four locations of the meeting points
- requesting special access passes for the volunteers 'manning' the meeting points
- determining volunteer duties
- buying snacks and drinks for the meeting points
- hiring company to build the meeting points
- securing mobile toilet units with 4DAAGSE Foundation

Many of these tasks can be done in your own time leading up to the 4Days Marches. Francie took great care of these things, and it will be easy for you to take over these tasks.

Would you like to help GKD? Please contact our Chair at voorzitter@goudenkruisdragers.nl

Flag Parade 2023

As usual, also this year our association was asked to bear the flags during the Flag Parade on Sunday afternoon before the 4Days Marches (Sunday, July 16). Are you interested in participating in this Flag Parade? Please register by sending an email to: rino.hamelink@goudenkruisdragers.nl.



General Members Meeting on 18 July 2022

Summary of the concept notes

This is a summary of the concept notes of the General Meeting on 18 July 2022. The full notes will be published in the 3 weeks before the next General Meeting on 22 April 2023 and can then be downloaded from our website.

On Monday 18 July of this year, the Golden Cross Bearers Association returned to its normal routine. For the first time in two years, we were able to hold our members meeting with room for a large attendance. A special moment, preceding a special edition of the 4Days Marches.

The meeting was led by our new chair, Frans Leijtens. He welcomed the attendants, in particular the mayor of Nijmegen, Mr. Bruls. Mr. Bruls was present to pay a tribute to honorary member Bert van der Lans, but unfortunately Mr. Van der Lans was not able to attend the meeting. He would nevertheless be in the spotlights later that week for some extra attention, because he would receive a royal honour.

Mayor Bruls noticed young and committed walkers in the room, who were looking forward to the 4Days Marches. He was happy that he could welcome the legions of walkers again in his town, after an absence of two years.

March Leader Henny Sackers attended the meeting and he also referred to the fact that we had to live without the 4Days Marches for two years. And now, in the first year when the 4Days Marches could be organized again, we are looking forward to an extraordinary edition because the first walking day has been cancelled. The first 3Days Marches are a fact.

Our association is the largest within KWBN, the national walking association of The Netherlands. All the more reason to invite the chair of KWBN's supervisory board, Mr. Loek Habraken, and ask him to update us on the events within KWBN. He briefly addressed the developments in the walking sport during the last two years. Because of the break in the four-day evening walks – local walking events for school children – we missed the opportunity to keep the youth moving. At the same time, walking habits have changed. There has been a strong growth in unorganized walking. KWBN will have to react to this.

On behalf of the board, the chair gave an update on their activities: the search for new volunteers and future board members, the preparation of an amendment of the articles of the association in 2023 and a campaign to attract new members after the marches. The board has also indicated that they want to lobby KWBN for maintaining the membership pass. The board will also provide more information on the new KWBN membership options.

The chair shared some more facts about the 4Days Marches.

Did you know that there was also a heatwave in 1972? The distances were reduced and, sadly, two walkers died that year. There was a lot of commotion about the use of hairnets by the military. The Israelian participants walked on Monday, because Thursday coincided with a religious holiday. Looking forward to the 4Days Marches of 2022, the chair saw that they would be set apart by the warm weather, the absence of one walking day and the farmers protests.

The meeting, which had a cheerful character after two years without the 4Days Marches, was concluded in style by singing the 4Days Marches song.



Member meeting april 2023

Member meeting april 22nd 2023

Are you coming too? With this writing we invite you to join us at the general meeting on Saturday 22 April 2023. The location of the meeting is at D'Almarasweg 22b, 6525 DW Nijmegen. The meeting starts at 14:00 and will take about one hour.

The board proposes the following agenda:

- 1. Opening by the chairman
- 2. Received notes and board notices
- 3. Minutes of the general meeting of July 18th 2022
- 4. Annual report of the board over 2022
 - a. Report of the secretary
 - b. Report of the treasurer
- 5. Report of the financial commission
- 6. Nomination of the financial commission 2023
- 7. Budget 2024 and determination of the contribution
- 8. Board election
- 9. Further propositions of the board
- 10. Question round
- 11. Closing explanation of the agenda:

Ad 4 and 7: documents to be presented with these agenda items will be available at a later time but at least 3 weeks before the date of the meeting.

Ad 6: Joke Poppe, Jose Honkoop and Dauphine Noordanus will also be forming the financial commission in 2023 with Martin Pegels as reserve member.

Ad 7: the board proposes to maintain the contribution for 2024 of € 10, with the addition of the (eventual) remittance to the KWBN.

Ad 8: Frans Leijtens, Harry van Dijk and Rino Hamelink are resigning boardmembers and re-electable for a next term. Irene van Haren announced her resigning from the board. The board therefore applies Michael Kors as a candidate for this vancancy. Michael assists the board for a couple of months already as a candidate-boardmember, he has been proposed as a candidate-boardmember to the general meeting in April 2021.

Every other member that will be applying as a candidate has to offer his/her application in writing at least 30 minutes before the start of the meeting. The application has to bear at least 10 signatures of members that have the right to vote.

Ad 9: in 2023 the association will nominate two walking tours as “Powered by GKD” walking tours in which our members can take part for free and in which they can earn a stamp. (5 saved stamps will qualify the person for a bronze “Powered by GKD” pin). The board proposed also to organize a reunion at the same tim as the 2nd “Powered by GKD” walking tour in this year.

The board aims to end the meeting at 15:00.



All the beauty Elburg has to offer

Reunion September 24, 2022
Annemieke Martinus-Claus and Patrick Veenhuis wrote a report on the 2022 reunion. Annemieke chose to visit a museum and take part in a city walk, while Patrick participated in the walk organized by GKD.



This year's reunion took place in Elburg on September 24. Elburg is a historic town that has a small harbor. In 1233, the town was granted city rights.

Approximately 40 people attended the reunion and were welcomed by the Chair, with coffee and cake to boot. We could choose one of two options: either visit the museum and guided city tour or participate in the organized march.

Museum
The Museum is in an old abbey and showcased art about church and religion. We saw frescos featuring Thomas and Catharina, as well as numerous oil paintings of Elburg (among which some by Cornelis Springer, who is one of the most prominent painters of the Dutch Romantic Period). we also saw what the living conditions during that time were, as well as bizarre and gruweling circumstances among which people were punished.

The City Wall
A big part of the wall is still in good condition. People actually built little houses in parts of the wall; one of them housed a family of 10 kids; in order to go to bed,

they had to climb the outside of the wall in order to get to the sleeping quarters.

Museum Sjoel
Used to be a synagogue and features Jewish life in the province.

Organ Museum
We also saw the Organ Museum (the only one in the Netherlands).

St. Nicholas Church
And we visited St. Nicholas Church. This church was hit by lightning in 1693 and resulted in the collapse of part of the tower. It was never rebuilt because of the cost.



Then we had lunch and were given the opportunity to go into town on our own. We visited the harbor, some art galleries and a wide variety of shops. We also happened to run into a group of men dressed as medieval soldiers, accompanied by a massive cart carrying the first barrels of 'bock' beer. There was lots of music as well – it reminded me of the 4Days Marches atmosphere!



At 3:30 we went back to the hotel for the last official event of the day: lustrum awards. Francie de Leeuw-DeBruijn received a reward for successfully completing 50 editions of the 4Days Marches. Francie has been actively involved in our association for many years.

We'd like to thank Rino and Frans for the organization of this great reunion in beautiful Elburg.

The second option for today's program was to participate in the Powered by GDK walk. I chose to do the 15 km.

Start and finish were in the garden of the abbey. The route took us through some busy streets to two beautiful estates: Old Putten and Schouwenburg. I took my time with the walk and took plenty of photos. The walk led to Zwaluwenburg Castle, and then back to Elburg. We had some rain that day, so I was glad to have brought a dry set of clothes and shoes upon my arrival back at the abbey. I was one of the awardees due to having completed my 20th edition of the Nijmegen Walk. After some drinks, snacks and music it's safe to say that it was a fun and successful day.



Saint Nicholas church





Your 4Days Marches in one photo

Private Facebook group - Gold Medalists Four Days Marches

We placed a request for a photo within our private Facebook group. If you are not yet a member of this group, you can find it by searching: Gold Medalists Four Days Marches - Gouden Kruisdragers Vierdaagse within the Facebook-searchbar. To become a member you have to send a request to join and view more content. Thanks to the people who responded to the request!



Maurice Pieterse could walk 40 Km's this year for the first time again. His daughter in law Mieke walked the last edition 40 Km's and walked this year for the second time. Maurice's son Aaron and Mieke's brother Tim had to walk 50 Km's. To be able to walk all together they all walked 50 Km's.



The photo of Marisa Geerlings shows the total of 100 times finished 4Days Marches added up. From left to right, 40 times, 12 times, 11 times, 11 times and 26 times of participation. Three nationalities that got together because of the 4Days Marches and who have walked for years in different teams. In the 2nd year Marissa participated she was addressed by the man on the right hand side because of the text on her walking-shirt. Thereafter they walked together to Molenhoek and parted there. Coincidence caused that they literally ran into each other at the Wedren. Since then he comes over from Canada to do a "walk in the park" in Nijmegen. Because of this mister Marisa gained another walking partner, the most left situated man (from Scotland) was this year's Marissa's partner in crime at 40 Km's. Both did hardly any training but finished any way without a lot of problems.



Some people had to observe how the 4Days Marches walkers performed from the side of the road. Michiel Boot has dropped out a couple of times since he started in 1999. The 4Days Marches started for fun with 30 Km. At first only the Nijmegen 4Days Marches, where later other marches followed. He also became motivated to do volunteer-work at other marches. With the help of fortune he got 2 free tickets to the stand and that was the reason he could see the 4Days Marches from the side of the road. But for next year he has already booked a hotel room, and he will walk again.



Ruud Horst posts a photo in which you can see that even the vicar of Overasselt is cheering the passing walkers.



Frans Verhees writes a report of every day of the 4Days Marches. He posts this at facebook. His 4Days Marches report of this year can be read in this edition of "GOUD"!



Because the first day was skipped this year, Monique van Ingen and her walking companion walked the Friday in the color of the town of Huissen.



This is Toon Hendriksens report of the 4Days Marches in 4 photos

Lustrum achieved in 2022

Congratulations to all!

This year, we can congratulate 284 members with achieving a Four Days Marches lustrum.

Eligible members who were present at the reunion in Elburg received their rewards that day, the other rewards were sent by mail to the ones who were not present.

15 Times Four Days Marches

Hilda Molenhuis, Trees van Heijningen, Diana Mensink, Jos Schweitzer, Jaap Peters, Michel van Krimpen, Jan Vogelsangs, Jolan van Oorsouw, Adi van Oijen-Brussen, Co Vink, Greet Commandeur, Gerrit Jan Wessels, Henk Mulder, Henk Bos, Betty Bos, Jef Gehrels, Caroline Kerbusch, Hans Hillen, Hans Verweij, Jeanne van Roosmalen, Frank de Bont, C. Coster, Pierre Verstegen, Josephine Koch, Carola Regts, Wilfred Kats, Ilma Bernards-Hendriks, Marc Spierings, Anja Knoope, Jose Sturkenboom, Elly ten Katen, Clemens Witjes, Feike Voorwinden, Benita Verbakel, Carla Zuidema, Arjan Doek, Hans Steeman, Hans van Heeswijk, Mirjam van der Vinne, Jan van Benthem, Ruud Koningen, Saskia van der Post, Martin Homburg, Alexandra Rietbergen, Ap Buitenhuis, Erwin Bierman, Piet-Hein van Drunen, Gerard van der Westen, Arnie Roskam, Leendert van den Ouden, Ton Onclin, Rose-Mary van Engelen, Ingrid Braad-van Veen, Paul Loven, Anja Huibertse-Groeneveld, Frans-Olav Koekkoek, Theo Boerboom, Eduard van Herk, Marianne Kleihorst, Huid de Vries, Wim Heutz, Rob Tinus, Alex van Laar, Aly van den Pol, Michel Janssen, Nol van den Tempel, Jos Willems, Els van den Boom-van Lierop, Joyce Himbrecht, Wim Spruijt, Noël Bovens, Gerard den Hoed, Pieter Verheggen, Niels van Schie, Jos de Bakker, Hans-Dirk Springborn, Ton Roland, Klaas van den Hoek, Andre Risamasu, Joke Stroosma-Oostdijk, Fred van Zadelhoff, Karin van der Linde, Jos Rikken, Carla Verhoeckx, Eric Vermeulen, Daan Rosenberg Polak, Chris Schoonenberg, Bart Roling, Jaap Compas, Jordy Kriekaart, Adam Blank, Patrick van der Meer, Cornelis van de Vendel, Arjan Geytenbeek, Marco de Groot, Gerrit de Wit, Gerda Hein-van Kasteren, Robin Schimmel, Jan Seijsener, Erwin van Doggenaar, Manuel Herren, Ton Thijssen, Patrick Hegeman, Coen Bakker, Sander van Zundert, Frank Nihof, Antoon Bosch, Henk Hoefnagel, Kees van Roon, Ingrid Nelissen, Maurice Pieterse, Maria de Louw, Marja Roskam, Saskia van der Post, Ingrid van Blokland-Steijger, Martin de Boer

20 Times Four Days Marches

Cok Roessen, Sjaak Robben, William Broeks, Rob Keetlaer, Toos van der Linden, Jos van Mackelenbergh, Henk Rutten, Berry Kleverwal, Ben Schulte, Jantje van Zanten, Bernadette van Koetsveld, Marcel Logmans, Martijn Standaert, Yvonne Verschoor-Meursen, A. J. Kwant, Cees van Vliet, Marius Mennink, Jannie Wichers, Koos Wichers, Ria van Dis-de Groot, Rolf de Vos, J.P.M. Roeven, Johan Buytenhek, Joke Dessing-Wijte, Harold Spaninks, Frank Gros, L.G.S. Wieringa, Ria Selderbeek, Aad Littooij, Harry Eggen, H.J.J. Janssen, Gerrit Overdijk, Patrick Veenhuis, Gerard van Laar, A.J.H. van Bladel, Wil de Groot, Liesbeth Boerkamp, Ria Hilhorst, Monique van Ingen-Boogaars, Jan van Rooijen, Will Barten, Geert van Beek, Marco Declémy, Erik Dekkers, Aad Hulst, Matheus Reawaroe, Franklin Schalk, Tom Schelfhout, Louis Pulles, Ria Mandersloot-Delies, Dolf Klijn, Sjoerd van Manen, Ger Naber, Pim van Riel, Sascha Schwarzkopf, Dirk Sinay, Carola Wiesell, Renger Bakker, Miriam Krouwels, Nel Redegeld-Verhoef, Leen Wielhouwer, Johan Soers, Koen van Uitert, Jan Kluitman, Wim Bens, Pieter Tijsterman, Gerrit Worst, Charles Zwartjes, Jan van den Broek, Sjef van den Dungen

25 Times Four Days Marches

Marcel Boer, Robert Hirschel, M.C. Luiten, Dedde Hoekstra, P. Elberse, Gijsbert Nagtzaam, Maria Peters-Prinsen, T. Galama-de Haan, G. Modderkolk, L.W.M.B. Janssen, Bert Feikens, Paulus Murkes, Ferry Rinsampessy, Marian van Soolingen, Wim Nijland, Dirk van de Graaf, C.C. Pas-Heufkens, Teun Bleijenberg, J.G.T. Maas, J.W. van Xanten, Marian van Basten-de Groot, E.M. Berendse, D.H. de Groot, Y.W. Cheung, Dick de Graaf, R. van Kraanen, A. Verhoef, C.J.J. Barten, P.A. Wijn, R.M.P. Paul, T. van der Tas-Hager, W.A.G. Cobussen, Joke Duivestijn, J. Aland, Marijke Egeraat, Huub Schuurmans, Heralt Rosenow, Ron Elderson

30 Times Four Days Marches

Ton Swart, Piet Wierks, A. de Haan, L.J. Bloem, Jan van Doodeweerd, M.W. Kup, W.A.M. de Groot, B.B.M van Hees, A.H. Roozendaal, Richard Klein Bennink, Willy Mennen, Willie Schober-Engels, Annie Beekmans, Jo Brobbel, M.E. Kampert, A. Kroeze, Eric Mulder, P.J. van Veen, Wim Kijk in de Vegte, Susanne Keller, H. Wilke, M. Weis, Ron Kooij, Annie Leuverink, Harry Beuker, Mike Leasa, Mija Hoofd-Zier, Frank Verweij

35 Times Four Days Marches

Marcel Versteeg, B.L.M. Larsen, Jacobus van der Wal, T. van der Westen, Mariet Wouters-Wolken, J.A.W. Peters, Gijs den Ouden, Hans Remeus, Leon Vermeer, H.W. Laterveer, Peter van Zeventer, J.W. Borghans, Alexander Bot, Klaus op de Hipt, Rene Peters, Mw. Jans-Prinsen, HR. B. Ostergard

40 Times Four Days Marches

Nel Eisberg, Aad van Grevenbroek, J. Keetman, Frans van Leeuwen, Wim Sloomaker, Barr

45 Times Four Days Marches

Paul Scharp, Jan Stevens, Gerard Giebels, J.N. Nahon, Peter Mittermeier, Hans Rennie

50 Times Four Days Marches

Francie de Leeuw-de Bruijn, Harry Pruijsten

55 Times Four Days Marches

Wim Modderkolk, J.A.M. Maassen, Hansruedi Weber



In Memoriam

J. Schweitzer	Beverwijk
A. de Graaf - van der Starre	Santpoort Noord
W. Leliveld - Bijvank	Beek
G.M.A. Peek - Ederveen	Haalderen
C.W.P. Janssen	Milsbeek
H.G.A. Borgonjen	Oosterhout
H. Pikker	Utrecht
B. Sluijters	Rhenen



Words of thanks for Ben Sluijters

The editorial staff received a notice of death of Ben Sluijters during the preparation of this edition of the magazine. Ben was one of the volunteers involved in translating texts from Dutch to English. Ben contributed since the circular was translated and offered to non Dutch speaking members of the association. Ben continued his voluntary job when we started GOUD! in 2013. We recieved his last contributions for the magazine in June this year. We lose in Ben a dedicated volunteer who contibuted for almost twenty years . The editors of GOUD! wish the relatives of Ben much comfort and strength in these difficult times.

Powered by GKD

In Barchem / Ruurlo at 12 februari 2023

Every year during the winterseason walking sports association DOS Barchem organizes a number of beautiful walks "De Winter5maandse". The track of these walks are plotted in the environment of Barchem. There will be a different track and startlocation every month. Every walk will have a stop that will be runned by volunteers of DOS Barchem and the revenues benefits the organizing association.

The fourth walk of this winter will take place at 12 februari 2023 and at Tennisclub Ruurlo, Loolaan 94 in Ruurlo. This will be the only walk this winter that does not start in Barchem.

The track goes in the direction of Wiersse. The stop is at a farm on estate "De Wiersse" owned by the family Klein Geltink.

The route follows the Kleine Wiersse and through the woods behind the swimmingpool De Meene back to the canteen of the Tennisclub Ruurlo. The track of the 15 and 25 Km walk passes castle Ruurlo that hosts Museum More (see <https://www.museummore-kasteelruurlo.nl>) and the track of the 25 Km follows a part of the lovewalk (see <https://liefdespad.nl/>).

The cost for participating are € 4,-; members of the KWbN get a € 1 discount. Members of our association can apply through Rino Hamelink: rino.hamelink@goudenkruisdragers.nl and can take part without any costs. Please state your name, residence and KWbN-member-number.

Your passport 'powered by GKD walks' will be stamped at the finish.



Start:

25 Km: 9:00 AM - 10:00 AM;
15 Km: 9:00 AM - 11:00 AM;
10 Km: 10:00 AM - 12:00 AM;
6 Km: 10:00 AM - 12:00 AM.

For more information about "De Winter5maandse" look at the site of DOS Barchem: www.wsvdosbarchem.nl.



Save the date Reunion 2023

Reunion

The reunion in 2023 will be organized in combination with a Powered by walk, just like this year.

The walk and the reunion will take place on Saturday 30 September 2023 in Buren (Gelderland).

When writing this article we are working hard on the final agenda (which might be published on our website at the moment this magazine will be published), but it will look roughly like this (times subject to change):

- 10:30 welcome with coffee & tea
- 12:00 lunch
- 13:30 visit to one or more museums (at least the Military Police Museum)
- 15:30 gathering walkers and non-walkers
- 16:00 lustrum reward ceremony
- Joint closure with a drink

Powered by walk

Saturday 30 September the 9th edition of the Betuwse Torentocht, a one-day walk, will take place.

The walk will connect the five towers of the little city Buren and the villages of Erichem, Kapel-Avezaath, Kerk-Avezaath and Zoelen.

The participant can choose from different routes at each participating church and determines his walking distance himself. The routes will mostly go over paved roads and partially over private property: through several orchards, along and through Betuws Wijndomei, estate Zoelen and estate Thedingsweert. The fruit will give extra color tot his unique walk!

The starting point, for us, will be at the church in Buren.

In every church you will have the opportunity to rest and to eat and drink something.



One of our members

Report of the 4Days Marches 2022 by Frans Verhees

Our member Frans Verhees record his 4Days Marches 2022 in a report. Frans served in the Reservists for 30 years. Since 2007 he was 4Days Marches detachment leader of his battalion for four years. Besides that he participated in the marches six times as a soldier without being a detachment leader. In 2013 he quit service and he participated 7 times as civilian. Nowadays he participates with buddy Loes, who he met four years ago.

Do you like sharing your own experiences of the 4Days Marches in GOUD! magazine? Send your report to jaimy.pieterson@goudenkruisdragers.nl and perhaps your report is read by the other members.

First (respectively second) day of a historic 4Days Marches 2022

Today was, as usual, the day of Wijchen. The alarm clock went off mercily at 02:10 after a warm and sticky night. Around 03:00 I went to Cuijk train station to take the 03:23 that would take me to Nijmegen and at 04:30 I arrived. Loes arrived shortly after me together we listened to the opening speech of Henny Sackers. And the 10-second countdown to the official start. Just before 05:00 we were en route.

The march was a day full of recognition, I met former Natres colleagues (Reservists) and a few buddies I met at my former accommodation in Malden. I also met the group of ladies again, who I met at the last Kennedy march in Someren. There's plenty of forage offered along the way. Is it not from people along the road, it's coming from companies like Jumbo supermarket, Bavaria and Red Bull. In particular the slices of melon tasted very good with today's heat, which varied from 26 to 32 degrees; a refreshing treat. We also enjoyed the ice cream we were offered. Since there was quite some wind, it turned out to be a pleasant walking day.

A lot of walker were dressed up in pink today. We also saw some people with a t-shirt of the Elfstedentocht (Eleven cities skating tour in Friesland), who must have taken a wrong turn somewhere. We finished at 13:30, for the next day a temperature of max 22 degrees is expected and the distance is again a bit less than 40km.



Second (respectively third) day of the 4Days Marches 2022

Yesterday I got a tiny blister on my left foot from a vicious little stone. Host Jan managed to fix this issue in a professional manner and I didn't have nay problems with it after that.

We had a late start this day and the start only opened up at 05:45. On the first marching day of this unique 4Days Marches 3720 people didn't show up and at the end of the day ut turned out 1490 people dropped out.

The temperature dropped to 18 degrees this morning and didn't really go higher than that. Rain was predicted and....we got it. Around 07:30 it started to drizzle, but I didn't trust it and put on my raincoat. Just after 08:00 it was dry again so I took

off the raincoat right away. Of course you won't get wet from the rain, you will because of the exhalation of your body.

Just before Mook we were offered a nice warm pancake with the size of a flour biscuit. It tasted deliciously and was a real treat. It is these small gestures of people along the road that make this event so unique. We agreed to have a cup of coffee at 09:00, but we couldn't find a good opportunity and therefore we postponed the coffee break to Plasmolen. We enjoyed the coffee with apple turnover. Around noon it started to rain again and it hasn't stopped. Walking in the rain is no fun at all, but the good thing is that most of the rain falls next to you.



Of course we visited the Canadian war cemetery in Groesbeek where 2619 Canadian soldiers are buried who fell in WWII and paid our respect. We were followed by a detachment of the Royal Dutch Airforce which paid its respect too. During this, the Last Post was played. It is and remains impressive and we owe it to those, who brought us our freedom, to continue to do this in years to come.

Tomorrow it is already the last day and we can start early. Tonight we will hear if the detachment of the 30NatresBat (Reserves Battalion) is amongst the nominees for the coveted banner so, fingers crossed.



Third (respectively fourth) day of the 4Days Marches 2022

The day of Cuijk. Today is really going to be the last day of the Nijmegen 4Days Marches, the world championships for ordinary civilians. The alarm clock went off again at 02:20, mercilessly. We had the early start.

Loes and I passed the starting line at 05:00. The temperature was pleasant at 16 degrees. Around 07:00 we had a nice cup of coffee with an excellent piece of cherry pie. Life is a party, but you need to hang the garlands yourself! Close to 07:30 we continued our march towards Cuijk, where several people were waiting for us.

Completely satisfied we continued our way to Malden. During a sanitary stop, a couple at the side of the road asked us if we participated before. We told them truthfully that Loes was participating for the 9th time and I for the 17th time and that we are walking buddies. Whether Loes and I knew each other for a longer time already? I said no; we know each other exactly 6.5 days over the past 3 editions. Besides that we have little to no contact and that keeps it nice. The man said to his wife that they should perhaps try it in the same way. I told them I can recommend it.

After Malden we passed the last checkpoint and we continued to the Via Gladio-la. It was so busy at the side of the road that it seemed that everybody in The Netherlands was here to welcome us. Wonderful to be able to experience this again and again. After we finished we collected our rewards, took a final drink and said goodbye to each other with the agreement to take on the 4Days Marches challenge next year together again. Loes, thank you very much for an unforgettable 4Days Marches! You are awesome! Eveline & Jan, thanks a lot for taking good care of me. I couldn't have had it better.

We are back at home. 30NatresBat won the pennant and a beautiful and unique 4Days Marches in three days has come to an end. I fully enjoyed each day, after all, you should only remember the good moments and park the bad moments somewhere and let those make you stronger. I wonder what next year will bring.



The 3Days Marches of 2022 and 4Days Marches - walking symbols

A contribution by Kees Brinkman

People who won't record their memories to the 3Days Marches, will eventually not be able to remember them. The same could happen to the symbols of the 4Days Marches that can be found in public places. This contribution covers these two topics.

In a spirit of relief and optimism, the Board of the 4Days Marches Foundation announces on 1 February 2022 that the registration would be open from 14 February. After two years without Nijmegen, we have picked up the thread of the marches again. By the end of April, it turns out that the number of registrations is lower than expected and therefore the board extends the registration period. After the closure of the registration, the number amounts some 45,000 walkers, 42,174 after correction. The reasons for this might be: the uncertain times because of corona, the war in Ukraine, farmers' protests. At the same time, we are confronted with some kind of national hobby: the stirring by doom-mongers, panic-mongers and people with an attention addiction. Together they keep going around in the same circle of doom and sadness. But it's not easy to discourage 4Days Marches walkers and they simply start training. It is, after all, a party and we can't predict what will happen before that. At the end of June, RIVM, the Dutch National Institute for Public Health, warns for another coronavirus wave. The farmers announce actions during the entry. March Leader Henny Sackers is concerned. On 11 July, Mayor Bruls is clear: no farmer will enter



If you become soaking wet by the rain, you mumble some strong language. But when we collectively walk in the rain, we are having fun. This is how the poncho-parade came into being.

the town. So, to put it briefly, the preparations are full of worries and tensions. On top of this all, a heatwave is approaching with temperatures of 37 degrees Celcius. On Sunday 17 July, the decision is made: the first day is cancelled. It would be irresponsible to send thousands of walkers into the heat. I haven't heard a single person who did not agree to this. A few hundred walkers do start anyway. It's their choice and the organization cannot forbid it. It sparks the discussion about global warming and holding the event in another time of the year! The warm Wednesday is followed by a wet Thursday, and finally by a cheerful entry. On Sunday, Monday and Tuesday, 38,455 walkers have signed in. 34,934 of them have successfully completed their walk. The number of walkers who dropped out during the three walking days is 3,521 or 9.8%. That is something to reflect upon.

4Days Marches – walking symbols

I want to write about items that that are made to preserve memories. For the rain will stop, but the 4Days Marches symbols will last forever, so I hope. Over the years, quite some symbols have been placed in the town of the marches. In this contribution I will describe a few of them – the other ones I will leave aside for now: the Breunesebench and the well-known sculpture of the walking couple in Julianapark from 1966; the 2007 memorial for the victims in 2006; the Vierdaagsplein from 2016; and finally the mural from 2022.

1966. Breunesebench

On Saturday, 23 July 1966, a nature stone bench was placed in Julianapark. A de-

sign by Charles Hammes. With this bench, the giver wanted to keep alive the memory of major J.N. Breunese, who was March Leader from 1936 to 1967, with the exception of 1946. The bench is a gift from the Golden Cross Bearers Association.



1966. Walking monument of a boy and a girl

A sculpture of Vera Tummers – van Haselt, sculptress from Heerlen in The Netherlands. A gift to the 4Days Marches organization for the 50th anniversary of the marches in 1966. The bronze sculpture depicts a boy and a girl. They are walking hand in hand. The girl carries a bunch of flowers, which represents all walkers who have crossed the finish line of the



The Breunesebench.

4Days Marches. The sculpture is 1.9 meters high and is fixed to a bronze plate at ground level. In that way, they are at the same level as the spectators and the walkers. The sculpture has been placed at the north side of Julianapark, which was renamed to Vierdaagseplein in 2016. Colonel Maters, commander of the Nijmegen garrison, was angry over this sculpture. He missed the military element and expressed that in a little rhyme:
*If you take away the soldiers from the 4Days Marches,
the flower of our nation
then the 4Days Marches will not be the 4Days Marches anymore
no matter how gracefully the civilians will walk.*

2007. Commemoration of the victims of 2006

14 July 2007: unveiling of a memorial stone, in the presence of the families of the victims and the March Leader, at the Wedren. Mayor De Graaf: "We cannot start the new 4Days Marches without remembering the tragic events of last year". Two walkers died after the stage on the first day. They were a 57 year-old man from the village of Elst, in the Gelderland province, and a 65 year-old man from Sloodorp, a village in the North-Holland province.

2016. Julianapark becomes Vierdaagseplein

On 31 May 2016, the mayor has unveiled a new streetname sign carrying the name Vierdaagseplein at the roadside of the Bijleveldsingel. De renaming of the square after the 4Days Marches is a gift to the 4Days Marches Foundation to mark the 100th edition of the walking event. On the left Mayor Bruls and on the right March Leader Johan Willemstein.

2022. Mural

A mural of 18 m2 was created on the corner of Molenstraat and Plein 1944 in July 2022. The art team Maurice Broekhoff, also known as Moris, and Ulysses Josso, also known as Santo, depicted the

4Days Marches. Their painting unites the present and the past of the walk. The army boots recall the origin of the marches: in the first place a military training march. The globe symbolizes the international character, with participants from over eighty countries. The background of the painting is the 4Days Marches flag, which was taken over in 1909 from K.N.B. v.L.O., the first Dutch sports and gymnastics association. The gladioli are received by the walkers when they have finished/survived the walk. The globe contains twelve titles of songs that are related to walking.



On the left Mayor Bruls and on the right March Leader Johan Willemstein.



With the masses or on one's own

A contribution of Anneke Jacobsen

I had been doing the 4Days Marches of Nijmegen for a few years when I got into touch with someone who had walked the Pilgrim's Way of St James from the Pyrenees to Santiago. She told me about it and I thought: That is what I want to do. But putting one's plans into action is another matter. It is 800 kilometres from St Jean Pied de Port at the foot of the Pyrenees and you have to take three months off. Because it is very hot on the Meseta plateau, I wanted to go at the end of August. But that's the end of the school holidays and being a teacher, I had to be back then. However, after three years my contract was not renewed. So this was my chance.

Worries about not knowing what to expect

I had no problem sorting out what things I needed and how to carry them. I have often gone camping and this time, too, I got into my head: "Everything you can leave at home comes in handy." So my backpack weighed only 7.5 kgs.

But what did bother me was:

1. How to tell my four children, my family, neighbours and other people close to me.
 2. Can I cope with being away for so long.
 3. How do I get by train and underground to St Pied de Port on my own.
 4. What if I get homesick.
- Telling people about it gradually becomes easier: do not say "I would like to do that" but "I am going then and by such and such means". I can walk and I knew



that the route was marked. But the journey there and potential homesickness were uncertainties. Never in my life had I been on my own. Now I had to travel by train to St Pied de Port alone. After that, en route alone and finding lodgings every day. That was the challenge I took up.

No Hurdles on the Way

By way of Roosendaal, Brussels and Paris I arrived in Bayonne on the evening of 9th September. Including changing trains in Paris, where I had to travel to another railway station by underground. I was not able to get to St Jean Pied de Port by local train that day, so that had to wait till the next morning. From St Jean Pied de Port I walked the first leg through the Pyrenees to Hunto. As from day one everything goes according to plan. Nice contact with the home front by means of weblog. Keeping in touch gives support and pleasure. The weather is excellent,

walking goes easily, the route is marked by yellow signs and scallop shells. The first major city is Pamplona. No bulls in town that day. I stay the nights in refugios, men and women together in dormitories. I attend the local church. I often encounter the same pilgrims. I walk 28 kms a day on average to Burgos. I want to be there in the morning time for sightseeing. That is great: what a cathedral, what splendour. After Burgos it is a short distance to Meseta, then Leon, with seemingly endless roads at first. At one time even a 17-kilometre stretch among newly mown fields of grain. Luckily, I have got the walking guide and booklet "Accommodation" with amenities along the Camino. I enjoy the good weather, the many villages and towns that I pass through, and just being under way.

A Spot of Trouble

Only once did I lose the way. That was after Santo Domingo de la Calzada. I had walked 37 km's the previous day and that was too much. I therefore overslept and many pilgrims had already left. But I was so eager to see the church. High in the church there is a golden chicken coop with a beautiful cock. It crowed, so I was sure to arrive safely in Santiago. There are different versions of the legend of the cockerel in other villages. On my way again, I did not pay sufficient attention and I realised I had taken a wrong turning. I did not want to go back as I was late already and would I get to Belorado? Then a dilapidated car with a little driver passed. He was prepared to take me to the Camino. I got in, but the man started touching me. His eyes were no longer on the road and he started stroking my legs. Before things went wrong, all I could do was to start screaming. Fortunately, it blew over. How relieved I was when I saw other pilgrims and how quickly I got out of the car. Things went smoothly after that and I was no longer afraid. Nor was I on a mission like many pilgrims who carry a stone with them to throw down the mountain near Cruz de Ferro. I just enjoyed myself and had nothing symbolical to throw away.



Lots of things can be told about the Camino, but one thing is clear: nothing differs so much from the 4Days Marches of Nijmegen as the Camino. What I can say is that I have learnt a lot about myself and that I have gained a wealth of experiences.

Portrait of a member

Interview with Mrs. Francie de Leeuw - de Bruijn

Enthusiastic 4Days Marches walkers motivated her to walk herself for one time. In 1966 she was standing along the St. Annastraat cheering at the competitors. Walkers who were in tears because it was over already. This was something she wanted to experience for herself. So in 1967 she walked her first 4Days Marches. And this year (2022) she walked for the last time. Too bad it is over but filled with beautiful memories she looks back. She closes her 4Days Marches with a very special year. Francie de Leeuw-de Bruijn walked this year for the 50th time!

In the 60ties Francie lived close to the St. Annastraat. Her parents housed someone during the 4Days Marches. A man who lived in Hilversum and every year came to Nijmegen on his moped. When Francie came from school she was always curious if he made it home already and how his walking day went on. On the last day they put their furniture alongside the road and she had made arrangements with a neighbour to watch their furniture. Francie observed all the enthusiasm of the walkers. This took care of their registering for the 51st 4Days Marches together with her sister-in-law.

The 21 year old Francie walked very well and she had a different walkingspeed then her sister-in-law, who participated that year already for the 6th time. On their way she met Janus, a military from Twente (a region in the east of the Netherlands), who also marched 40 Km's but with full packing. It caught on immediately and they had the same walkingspeed. They agreed to walk the next year together again and they kept on doing so for 43 years!

Her husband, Jan, also liked walking but he had a different walkingspeed. During the 4Days Marches he paused a lot. One day Francie had to wait for him at the Wedren till 2 minutes to 5. He arrived just in time. Besides the 4Days Marches they



Francie and Janus 2014, in the middle Corine van Dijk (Broadcast Gelderland). Francie and Janus had a great contact wit her.

walked a lot in foreign countries like England, Switzerland, Sweden, Denmark and Norway. In Austria (Maurach) lived friends and so they got invited for the 'Karwendelmarsch'. They said "if you can walk the 4Days Marches of Nijmegen, you can do this too!" You cannot compare it, Francie tells us. The differences in height make it heavier and the snow on the top too, that makes it slippery and scary. It was quite an experience.

Walking motivated her also to become a volunteer for the Nijmegen Wandelverbond (NWV) that became in later years Wandelvereniging Gelderland. In 1992 the NWV opened the Regional walkingsports-office at the St. Annastraat no 43. She went a couple of days a week, next to her job as hairdresser, to the walkingsports-office. People could register for the 4Days Marches at that office and there were a lot of people who did. Next to the



Francie at the walkingsports office.

registering there was a shop where you could buy 4Days Marches goodies. Francie worked there for 20 years.

So she did walk the 4Days Marches with Janus. Till she was 60 years she walked 40 Km's. The first years Janus walked, as a military, 40 Km's with his pack. They have been through a lot together. Special is the year Janus took part for the 50th time (2013) and Francie couldn't walk with him. Her husband was ill and the Monday after the 4Days Marches he passed away. Janus wanted to stop after his 50th time



From left to right: Harry van Dijk (present member administrator), Jan, Janus and Francie.



but Francie persuaded him to walk one more time with her, that is what they did once more in 2015, the year following that Janus passed away. This year Francie walked for the 50th time herself and, just like with Janus happened, without her walking-buddy.

The temperature this year was heavy, Francie tells. She has had Scoliosis for a long time, this is a back that has a skewed

growth and this year it bothered her a lot. With this 50tieth 4Days Marches she closes a beautiful time in her life. She tells it is a pity but she can live with it. This year it really was a party week, she got a lot from all kinds of people. Lots of gifts amongst which a shirt with '50X' that she wore during walking. Every day there was a person with a banner along the road. Nephews, nieces, other family and acquaintances were along the route. Friday night she got 50 roses and of cause the beautiful medal with the 50 on it which was presented to her by Henny Sackers.

On the question "what is the secret for a successful 4Days Marches" she tells you that you should enjoy it. Training? She doesn't train a lot. She tells that she is lucky with good feet and she actually hardly has any blisters. She trained this year less than 100 Km's. Actually I train on Tuesday for Wednesday, Wednesday for Thursday and Thursday for Friday she said laughing. What are you going to do next year? Then I'll be in the meeting points she answers without a doubt. "So I will meet everyone and I will not have to leave the 4Days Marches all together because I am not a walker"



Francie shows her reward with pride.



Francies collection of 4-days memorabilia, Medals, tiles, flags and other green/orange items.



Francie gets her 50th 4Days Marches cross from Henny Sackers.

Gold Cross Owners' Shirt for the 2023 Edition of the Marches



As usual, this year, too, we offer the opportunity to buy a shirt of our association. Carefully read the instructions below if you want to buy one.

Description and price

These are so-called technical shirts of high quality, made of 100% polyester. They come in men's and women's sizes and are white in colour.

The logo imprinted is the emblem of our association with underneath the text 'Sinds 1951'. The logo itself is in the colours of our association, the text is black. The shirts are € 12,50 each and are available in sizes S up to and including XL (women's) and S up to and including XXL (men's). Participants of the Flag Parade receive a €5,00 reduction, which will be refunded during the Flag Parade.

How to order

Before 1 June next send an email to rino.hamelink@gouden-kruisdragers.nl, stating name, residence and telephone number. Mention men's or women's and size. Transfer the required amount to bank account number NL51 INGB 0008 1630 10 of Blue Boot Walking Tours stating your name and '-shirt GKD'. Your order will only be processed after your payment has been received. Sold shirts cannot be exchanged since they are made to order.

How to Collect

Once your order is definite, you will receive a confirmation. With this, you can collect your shirt(s) on Sunday 16th July or Monday 17th July at the Wedren. Those who take part in the Flag Parade will receive their shirts on Sunday afternoon.