



GOLD!

Nr. 16 - June 2021 EN

Magazine van de Vereniging Gouden-Kruisdragers Vierdaagse

In dit nummer:

- Behind the scenes - NGS
- The return
- Royal decorations





Content

Foreword	3
News	4
The return 1946	6
General meeting	9
Behind the scenes	10
Relaxation for the feet and a desire for Nijmegen	13
Thank you!	14
In memoriam	14
Portrait of a member	15

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

Board

Leonie Vink, M.A. (Chairman)
Harry van Dijk (Secretary)
Ed Hendriks (Treasurer)
Irene van Haren (2nd Treasurer)
Ir. Frans Leijtens (2nd Chairman)
Rino Hamelink
Arjan Versteeg

Honorary Members

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

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)

Contact

Editorial staff

Arjan Versteeg
Jos Knooff
E-mail: redactie@goudenkruisdragers.nl

Secretariat

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

Online

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

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, Driel

*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: Herman Schimmel*

No matter what, keep on walking!

Once again the 4-days marches are cancelled. It's a disappointing message but the reason is to be better safe than sorry. So we have to wait until it is safe for us all to walk in the surroundings of Nijmegen. It's fortunate that you can walk at pretty much every moment you want, so that shouldn't be the problem.

I don't know how your situation is but last year I found a lot of very pretty places in the vicinity of my home town. I choose not to go to the busy and well known places and woods near my house but to the more quiet and hidden places just around the corner! Those places are most of the time filled with singing birds, flowering plants and with a nice sun shining these places are as beautiful as the well known ones. This may prove that you won't have to travel to exotic places just to be outside. I hope you'll have the same experience.

In the past year some new walking paths are developed in the Netherlands, regardless of Covid. Near Breda (in Brabant, the south of the country) we got the "Oranje-Nassau" path, near Wageningen (Gelderland) there is the new "Pad van de Vrijheid" (Path of Freedom, because in Wageningen the surrender of the German troops in the Netherlands was signed), the county path near Hoorn (North-Holland) called "Westfriese omringdijk", the Dutch Mountain Trail near Kerkrade (Limburg, Netherlands mountainous province) and to mention as last "Groninger Borgenpad" (Groningen in the far north of the country). You can find all of them in www.wandel.nl.

As of April 30 our "Kloosterpad" (Monastery path) leads you in 15 stretches past about 50 (former) monasteries and abbeys in the province of Brabant, the total of stretches is 330 kilometres long.

This year 70 years ago our association "Gouden kruis dragers" was found. We cannot celebrate this anniversary the way we would like to. But it is a memorable fact to spend some time on. We would like to, if government measures allow us, celebrate this during the member gathering on July 18th in Hotel Van der Valk in Lent. A nice gathering with our members on the day that should have been the "4-days Sunday" closed with a small dinner. Just to see old acquaintances, meet new walking mates and talk about the past period. And of course make plans for the future! So watch out website and your e-mail for detailed up-to-date info.

If you would like to participate, as far as travel is permitted, sign up, but full is full!

On behalf of the board I wish you a good summer and maybe I'll meet you in July!

Leonie Vink, Chairwoman



*The mill in Elden, just off the route of the 50km.
Source: www.pixabay.com*

News ** News ** News ** News

Decoration day

Last April, 2 of our members were surprised by the mayor of 's-Hertogenbosch with a royal award.

Those two Gold Medallistst are not unknown persons to many of you: Francien van den Heuvel as honoree member and Gerard Aarts as a member of merit. They earned these awards not only by doing many volunteer work for our association, but also by doing many other activities.

The Gold Medallistst will remember Francien as our treasurer for about 20 years a few years ago. Many members have been in contact with Gerard in his role as member administrator for almost 18 years.

Francien started her volunteer activities already at the age of 8. She started at that

age with distributing the parish magazine. From her age of 18 she became secretary of our walking association. She continued her activities.

She also have been active within the "s-Hertogenbossche Vierdaagse" association, as treasurer of the Noord-Brabant walking circle and she have set up the "55-plus walking".

Within the church she prepared baptism for about 20 years, she was a lecturer and responsible for making coffee. In 2010 she was active not only as a social worker, later on as a EHBO treasurer and now she is busy in the vaccination street.

Gerard started from the age of 18 as a youth leader at Concordia, after which he

started to do more and more. He is administrator of the church contributions, he runs the general administration of the Willibrord church, is also a sexton and he processes the funeral administration.

He also have been the chairman of a bridge club in Vught for 25 years, and is treasurer of the Maasland and Meiry district, where 51 bridge associations are affiliated and are supported.

As a summary we can say both Francien and Gerard are "die hard" volunteers and have great pleasure to help other people. On behalf of the association we congratulate both of them with their award.

They are decorated as "Member of the Order of Oranje-Nassau".



Francien and Gerard together with the mayor of 's-Hertogenbosch.
Photo: Sandra Peerenboom

News ** News ** News ** News

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 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 send your message regarding any changes to ledenadministratie@goudenkruisdragers.nl. Thanks in advance.

Cancellation of membership

The board asks you urgently to announce your intention of terminating your membership per 2022 before 1st of October 2021. The membership will be terminated at 31st of December 2021. We will be able to report your termination to the KWBN in time.

After 1st of October 2021 you owe the membership fee for 2022, since our association has to pay remittance 2022 to KWBN. Be aware of these regulations, it prevents a lot of annoyance in case of late terminations.



Source: www.pixabay.com

General meeting July

As communicated earlier by e-mail and through our website, the general meeting of last April is moved to July 18, 2021. The agenda is published in this magazine once more and on our website. Unfortunately the maximum number of attendees has been reached and it is not possible anymore to register yourself. Without registration you can't attend.

Will you switch over too?

There are a lot of members who receive this magazine digitally already, but there are still about 1500 members who don't and still receive it through regular mail. The advantage of receiving this magazine digitally is not only that you will receive it faster, but you will also help save costs for our association.

If you want to switch over to the digital version, you can send an e-mail to: ledenadministratie@goudenkruisdragers.nl

Wanted: enthusiastic writers

We already have a few volunteers who contribute to this magazine, but with new ideas being generated by the editorial staff we are looking for more enthusiastic volunteers who would like to contribute to the magazine. It would be great if members from outside The Netherlands sign up; there are ideas for which you don't have to be living in The Netherlands!

If you are interested or if you would like to know more, you can send an e-mail to: redactie@goudenkruisdragers.nl



The return (1946)

The thirtieth Four Days Marches

The thirtieth edition of our power walk, then called Vierdaagsche, was, in 1946, a challenge for the participants, the organisation and the inhabitants of Nijmegen and its surroundings.

A contribution by Marcel Claassen

After seven calendar years, which had not passed by unnoticed, dozens of the almost four thousand walkers of 1939 did not return. Among them De Geuzen (the “Beggars”) of walking club “Flardinga” in Vlaardingen. But the devotees who had had to do without the marches for such a long time, could not wait to earn their incentive medal or – straight away - their so called “decoration for proven marching skills”.

Not only the area around Nijmegen was damaged during the war, but the whole country was afflicted by scarcity and desperation. Yet, the thread was picked up. The cities of Utrecht and Breda were ready – not without self-interest – to take over the organisation of the Marches from Nijmegen, but marches supervisor J.N.Breunese stayed with Nijmegen and the local newspaper advised housewives of host families on how to prepare simple meals and makeshift beds.

On 3rd of December 1945, the “Action Committee Four Days’ Marches” set about raising money in order to enable the NBvLO to make a restart, since all the equipment of the organisation had disappeared. The walkers could not be housed in the army barracks and the campsite on



The old town with railway bridge, seen from Valkhof around 1946.

Photo: A.A. van der Borg

Source: Fotocollectie Regionaal Archief Nijmegen

the Molenveld. The civilians were accommodated in private houses, which led to long standing friendships. The city of Nijmegen arranged overnight stays in school buildings and boarding schools (vacant during the holidays).

A walker remembers: “I was accommodated in the Wezenlaan. The two of us slept in a stifling hot attic. There was a washbasin and a jug. No shower or bath. When we returned home there was a small tub of water in a cramped yard. It was a 45-minute walk to the start of the 55 kms and back again! There was no scheduled bus service.” a)

The condition of the roads was far from ideal and shoes were hard to come by, but army boots and patched up footwear would have to suffice. The first day no longer led to Groesbeek, but through Bemmelen, Huissen and Elden to Elst. At Lienden, the 55 kms made a short detour

and joined up with the rest at Valburg.

The second day went straight to Druten and back via Wijchen.

On the third day the whole Graafseweg was walked down as far as Alverna and then past Nederasselt, Overasselt, Heumen, Mook and Plasmolen to the Sint Maartensberg. From Groesbeek, the route does not go along the Zevenheuvelenweg yet, but along the Nijmeegsebaan and past De Meerwijk to Berg en Dal.

On the fourth day the 55 kms, after leaving Cuijk, passed Sint Agatha on their way to Oeffelt. Here a ferry takes the walkers across the river. The roads leading to this ferry are a nightmare: steep and littered with rocks. From Gennep for 20 kms on end along the Rijksweg; then past the temporary military hospital in the Nebo and along the Groesbeekseweg



The Canadian cemetery in 1946.

Photo: Fotopersbureau Gelderland

Source: Fotocollectie Regionaal Archief Nijmegen



A street scene with a so called Canadian Military Pattern (CMP) in the front, taken over by civilians after the war. Tram of line 1 moves through the street towards Hengstdal around 1946.

Photo: unknown

Source: Fotocollectie Regionaal Archief Nijmegen

to De Vereeniging, the start and finish location, to collect the medal.

It turned out that nowhere in the country silk ribbons for the medals were to be obtained. Therefore, one of the managers of Begeer (the producer of the medals) travelled to Paris in order to obtain the badly needed material for the ribbons at the last moment. In 1946, seventy walkers finished the Marches more than ten times. Misters Van der Kaaij from Elden and Dinkhuijsen from The Hague as often as twenty-two times.

Being commander of the Development Service, major Breunese is not enabled to direct this lustrum edition of the Marches. Instead, there is a triumvirate; three men from Breunese's entourage: D.P. van Wa-

geningen, W.J. Bijleveld and D.A. Avenarius. b)

The military were not allowed to partake, nevertheless there were 19 detachments with 301 men among the 4011 finishers. In order to be able to fulfil their compulsory attendance of the municipal elections, a special arrangement was made for ten walkers. c)

Hopefully, our return will not take seven years and it remains to be seen if then, too, many things will be different from 2019!

References:

- a) (Book) De wereld wandelt (1991), page 79
- b) (Book) De wereld wandelt (1991), page 35
- c) (Newspaper) De Gelderlander, Thursday 25 and Saturday 27 July 1946



Handing out of medals after the thirtieth (?) Four Days Marches.
Photo: Foto Grijpink, Nijmegen
Source: Collectie KNBLO, Regionaal Archief Nijmegen

General members meeting July 2021

Information about the general meeting

As communicated earlier through e-mails and our website, our general meeting of last April is moved to July 18, 2021. At this moment the maximum number of attendees is reached and it is not possible anymore to register. Without registration you will not have access.

For members who will be present we have published the agenda and the notes to the agenda once more. The meeting will take place at Hotel Van der Valk in Lent and starts at 3:00 PM. You can enter starting 2:30 PM.

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 19 July 2020
4. Annual report of the board on 2020
 - a. Secretary's report
 - b. Treasurer's report
5. Report of cash audit team
6. Appointment of cash audit team 2021
7. Budget 2022 and determination subscription
8. Election of the board
9. (other) Proposals of the board
10. Any other business
11. Closure



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 2022 at € 10.00 + remittance to the KWBN.

Item 8: Ed Hendriks is periodically outgoing and eligible for re-election. Periodically outgoing and not eligible for re-election is Arjan Versteeg. The board proposes to have Coert Peeters filling the vacancy in the board.

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: The board proposes to organize the reunion 2021 together with the 'powered by GKD' walk. It will be in Elburg on Saturday 25th September 2021.

The board intends to close the meeting at 4:00 PM

Behind the scenes

The Netherlands Association for Sports Massage

In this issue of behind the scenes, we meet with Mr. Bert Jansen, a masseur who is a member of NGS, the Netherlands Association for Sports Massage.

A contribution of Jos Knooff



Happy masseurs

Bert has been an active masseur for some twenty years now. It once started as a hobby. He explains that ‘as a people person’ he was looking for a meaningful activity in his life besides his work. When his employer announced a major restructuring some seven years ago, Bert plucked up enough courage to turn his hobby into his work. After a nine-month training he became a certified sports and wellness masseur, so that he could start his profes-



sional career. In his practice he treats, among other things, pulled muscles, stiff muscles or other problems of the locomotor system. When he is in doubt on the nature of the injuries, he refers the patient to another practitioner. He is regularly consulted by sportspeople from a local sports club, including walkers; walking injuries are not unknown to him. At NGS he volunteered as a sports masseur at the Four Days Marches. For over sixty years,

NGS has contributed to the physical well-being of walkers during the marches. NGS masseurs can be found in the resting areas with a first-aid post and at the finish on the Wedren.

Bert started to give massages as a day masseur during the jubilee marches in 2016. A day masseur is someone who works only on one marching day. Bert was scheduled to work on Tuesday.

Was there a lot to do on such a day, when everybody is still fit? There certainly was. A day masseur is working on the Wedren. Walkers have to buy tickets for a massage at the finish, which could in other words be described as paying for a faster recovery. The tickets always sell out completely. Did you know that walking the Vierdaagse puts the body under a great

strain? An average person needs 38 hours to recover from a 40-kilometer walk. So when you start walking again, your body has not fully recovered. After the last day in the marches, the body needs quite some rest in order to recover completely. Making a full recovery might even take half a year. It is therefore a good advice to ensure that you appear healthy and well-trained at the start of the Vierdaagse.

Bert liked the Vierdaagse atmosphere very much, so the next year he volunteered as a week masseur. A week masseur is scheduled at one of the first-aid posts along the route. At such a post, each masseur is charged with one of the various tasks. Besides massage this can be taping or triage. Triage means deciding on the treatment that the incoming patient will receive.

The treatment of the Vierdaagse walkers has become more professional for the last years. This is due to more strict regulations. A file is created for each patient. Because of the rules for data protection, this file is handed over to the walker to carry it along in the marches.

This makes it easier to determine the right follow-up when the walker receives a new treatment.

When the post is early on the route, the masseurs are brought to the Wedren after its closure to support the day masseurs. The days are long and you become dead tired, but being a Vierdaagse masseur is also very satisfying. It really boosts your energy.

The posts on the route can be crowded. Walkers think that they are entitled to a



Massagetent

massage, but it doesn't work that way. In fact, you can only get a massage if there are clear medical reasons. There is not much difference between a massage on the route or a massage at the Wedren. It is a joy to meet people and to encourage them to reach their goals. You treat around twenty people each day. You hear many special and impressive – but sometimes also moving – stories. Unfortunately, these cannot be told here, because also masseurs are bound by the duty of medical confidentiality. They are not allowed to share the things they hear and see with outsiders.

Four days of massaging adds up to eighty stories, which is emotionally very demanding for the masseurs at work. It might sound awkward, but many of them also reach their breaking point on the third day.

The masseurs are accommodated in a school building close to the Wedren. This

building also houses their support and transportation services. In this private accommodation there is room to talk to each other, deal with the emotions and to gather the strength that is indispensable to make it to the finish line.

Bert is looking forward to the next Vierdaagse. He really misses the event now it has been cancelled for the second time, because the Vierdaagse is – and will be – a unique experience that evokes marvelous feelings.

It mirrors an ideal society where everybody is equal and there is a widespread feeling of connection. A society where there is no division and everybody shares the same goal: the finish at the Wedren on Friday afternoon.

Finally, I ask Bert if he has a last tip for the walkers. He answers resolutely: "Seek the services of a masseur". He or she helps you to recover after hard effort and gives you

advice; not just on your physical shape, but also on practical things. For example, that you should try to walk at the other side of your walking partner every now and then to prevent a stiff neck.

What does the Four Days Marches take for NGS:

- 125 enthusiastic masseurs
- 82 massage tables
- 100 liter massage oil
- 500 meter of tape

More information on massages before/- during/after the Vierdaagse:

- <https://www.facebook.com/ngs4daagse/>
- <http://www.vindeenmasseur.nl/>
- <https://www.sportwellnessmassage.nl>



Masseurs in action.

Relaxation for the feet and a desire for Nijmegen

A contribution by Kees Brinkman

I love to wear the golden cross, but the pandemic gives me an undesired one. Missing the Four Days Marches is a bad thing to happen but missing it twice is a disaster. Oh well, so be it, we keep going on, and try not to be too sad. A gold medallist knows how to deal with harsh situations. We will and shall walk regularly, what remains is the memory of past days of meetings, of pain and injuries. The Nijmegen singer Paul de Graaf looked at the suspension of the Nijmegen Four Days Marches as a mercy for the feet who could skip the marches. In 2020 he wrote a song and was friendly enough to send it to me.

Four Days Song 2020, Walking (four days long) (in Dutch it rhymes :-)

My sweet feet that loyally support me all those years
Take your rest this year
The virus has affected us so much
That you may skip Nijmegen this year 4 days

Even if I could, I wouldn't go home
Twentytwenty no 4-days Cross.
Sweet feet you may stay indoors so well
I save you from blisters and smell

Chorus
4-days long, we will stay home
-
In front of the tube, dreaming of a 4-days Cross

In the mean while all those people that come and go
Just to watch if the 4-days will skip the year
They probably did all they could in Nijmegen
To see if the walk could go on this year

So much uncertainty, it feels so strange
Do we get our registration fee returned
Well we're done for now

Just take a walk around the house
Too bad that things have stopped
Because safety is important now
We leave it the way it is, so be it
But next year we'll be ready to go!



Paul de Graaf
Foto: Yvonne Vrugink

Chorus
Too bad, it's standing still now,
because safety goes before everything
we will leave it as it is, for now.
But next year, will you be present again?

The videoclip can be seen at www.paul-degraaf.nl and on Youtube. The lyrics are an alteration of Paul's well-known song 'Walking (Four days long).'

The second contribution is a self-written poem called:
Hope and desire
I'm writing a sad song this time

What I tell you that has happened
The virus ghost in town and land
Has crippled even our walking party
All of Nijmegen was upset
No partygoer, no walking hero
4days, 4days even though you are of age.
Being with you means a lot to me.
Now we hope maybe next year
Then we'll see each other and the Wedren
Because our tour is strong as iron
And carries a Global brand
Then we'll fight for the cross again
And the gladiolus are for at home
4days, 4days even though you are of age.
Being with you means a lot to me.

Who is helping out with GOUD?

Volunteers

Without volunteers no GOUD! It takes quite some effort to get this magazine in your mailbox. Whether we are talking about coming up with ideas, editing, translating, contribute stories every edition or occasionally, it's all done by volunteers. We'd like to use this opportunity to say thank you to everyone who contributes.

Ronald van Belzen
Peter Berends

Ben Sluijters
Gerrit Tegelaar

Leontine Meijer
Klaus Op de Hipt

Coert Peeters
Martin Pegels

Ferry Rinsampessy
Herman Schimmel

Ton Verlaan
Arjan Versteeg

Francien van den Heuvel
Jos Knooff



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.

W. Baris	Spijkenisse	J. Hut	Haarlem
J. van den Berg	Zaltbommel	P. Keulemans	Best
H.W. Eekhoudt	Berkel en Rodenrijs	H. Okkes	Arnhem
T. van Eijk	Naaldwijk	J.B. Pluimers - Tuinbeek	Enschede
T. Goossenss	Zeddam	C. Schreuder	Geldermalsen
T. van Hoolwerff	Uitgeest	F.A. van der Vegt-Schmidt	Groesbeek
J. van den Hurk	Oss		



Portrait of a member



Name: Marcel Versteeg
City: Papendrecht, The Netherlands
Age: 47

Describe yourself in one sentence.
Someone who is calm, has a positive attitude and quietly enjoys life.

What is your occupation?
As a software developer, I mainly create software for professional audio devices, such as for conferences, intercoms and amplifiers for live shows (10,000 W or more).
I also design and implement user interfaces for different purposes.

What makes you happy?
Spending my free time with my family, and extra dark chocolate with hazelnuts!

Why did you start participating in the Four Days Marches?
Both my mom and dad did, so it's a case of the apple and the tree...The year I turned twelve is when I started and I never stopped.

Don't get too crazy, enjoy the atmosphere and just put one foot in front of the other; that will get you to the finish line.

What is your favorite memory of the Marches?
It was the 100th edition, when I walked the 55 k. The welcome that Druten gave us is something I will never forget.

What was your most recent walk?
Because of Covid-19, there were no organized walks after March 7, 2020. I did participate in the virtual Continental Decurion of walking club R.W.V., and other than that just walks around the area.

Anything else you'd like us to know?
I hope that Covid will soon be over and that we will be able to have organized walks again, and of course the 104th edition of the Four Days Marches next July!



With my brother and father at the Via Gladiola during the 100th Four Days Marches.



72 STE VIERDAAGSE, NIJMEGEN, HOLLAND, 1988

Detachment "Boeren (Farmers) of the Het detachement "Boeren" of the Student Militia "Transvaal" of the Wageningen University and two en funny looking soldiers on the 40km route between Valburg and Slijk-Ewijk on the first day of the 72nd Four Days Marches.

Photo: Wim Bloothoofd

Source: Collectie KNBLO-NL, Regionaal Archief Nijmegen