



Nova Scotia/Nunavut Command  
The Royal Canadian Legion

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## All Branch Mail Out #77

**Date:** October 22, 2021

**TO:** NS/NU Branches  
NS/NU Executive Council  
NS/NU Zone Commanders  
NS/NU Past Presidents  
NS/NU Command Staff

**From:** Comrade Valerie Mitchell-Veinotte  
Executive Director  
NS/NU Command, RCL

**Subject:** 2022 Nijmegen March

**Message:** Comrades: Please find attached/enclosed information on the 2022 Nijmegen March Team. For widest distribution please.

## **Annual opportunity for a Legionnaire to participate in the Nijmegen Marches**

Each year, Dominion Command of The Royal Canadian Legion invites Legion Members to apply for an opportunity to participate in the world's largest walking/marching event held in mid-July in the Nijmegen area of Holland. A call for applications is announced to Provincial Commands and Branches in Fall each year.

*Legion members interested in applying to participate in the 2022 Nijmegen Marches are required to complete and submit the application form to their Provincial Command office by 14 January 2022.*

There are some expenses involved for the Legion member such as the purchase of marching boots, personal medical coverage, and travel to and from the departure airport.

### **POLICY**

The parameters listed below constitute the Dominion Command policy on having a Legionnaire attend the event as a representative of the Legion. They are:

- a. Must be a Legion member in good standing in the year for which he or she applies to attend;
- b. Must have the endorsement of the Branch and Command to which he or she belongs;
- c. Must be physically fit and able to perform the required preparation training;
- d. Must be acceptable by the Department of National Defence for participation;
- e. Must be able to handle own costs for medical, transport, accommodation and meals should he or she become sick or unable to participate at any time after starting the trip to Nijmegen;
- f. Must be in possession of a complete and proper Legion uniform as defined in the Ritual and Insignia manual (Chapter 1);
- g. Must wear the Legion uniform as prescribed in the General By-laws when participating in events such as wreath laying ceremonies, receptions, etc.;
- h. Must be responsible for the provision of all materials and documents required by the Department of National Defence;

- i. Must be responsible for all costs and expenses not covered by the CAF; and
- j. Must have a current up-to-date passport with at least six months remaining on it after the end of the event.
- k. Must adhere to any provincial or federal government and international vaccination requirements indicated at the time of the journey and marches.

The Nijmegen March is a grueling 4 day affair that requires a high level of fitness which is achieved only through training. The selected candidate must ensure that they follow a training regime that will allow them to complete the following two minimum standards prior to the Nijmegen 4-day march:

- a. March a minimum of 500 km with a 10 kg pack over the training period; and
- b. March at least two 40 km marching days on successive days.

Note: Preference will be given to those who have not yet had the opportunity to participate in the Nijmegen Marches if other criteria meets the above policy.



**DOMINION COMMAND, THE ROYAL CANADIAN LEGION  
2022 NIJMEGEN MARCHES INDIVIDUAL APPLICATION FORM**

**To be filled out by the Candidate**

**PLEASE TYPE IN THE INFORMATION REQUESTED OR HANDWRITE IT LEGIBLY.  
ATTACH ADDITIONAL INFORMATION AS REQUIRED.**

First Name and Family Name: \_\_\_\_\_

Male or Female:             Male             Female

Legion Membership Number: \_\_\_\_\_

Branch Name & Number: \_\_\_\_\_

Home Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Contact Phone Number: ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ @ \_\_\_\_\_ . \_\_\_\_\_

Members interested in applying to participate in the 2022 Nijmegen Marches are required to complete and submit this application form to their Provincial Command office by **14 January 2022**.

**CERTIFICATION OF REQUIREMENTS:**

1. Are you a member in good standing (*The General By-Laws*, section 101.c.) as of 1 January 2022?

(circle one):    **Yes**    **No**

Describe in general terms your experience as a member of the Legion and, if applicable, your experience in the CAF or the RCMP (attach a separate page if necessary)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



2. The Nijmegen March is a grueling 4-day event that requires a high level of fitness which is achieved only through training. The selected candidate must ensure that they follow a training regime that will allow them to complete the following two minimum standards prior to the Nijmegen 4-day march:

- a. March a minimum of 500 km with a 10 kg pack over the training period; and
- b. Complete at least two 40 km marches days on two consecutive days.

I confirm that I am physically fit and able to perform the required preparation training.

(circle one): **Yes** **No**

3. I am aware that I am responsible to handle my own costs for medical, transport, accommodation and meals should I become sick or unable to participate at any time after starting the trip to Nijmegen.

(circle one): **Yes** **No**

4. I am aware that I am responsible for all costs and expenses not covered by the CAF.

(circle one): **Yes** **No**

5. I am in possession of a complete and proper Legion uniform, as defined in the Legion *Ritual, Awards and Protocol Manual* (chapter 1), and I am aware that I must wear the Legion uniform as prescribed in *The General By-Laws* when participating in events such as wreath laying ceremonies, receptions, etc.

(circle one): **Yes** **No**

6. I am aware that I am responsible for the provision of all materials and documents required by the CAF.

(circle one): **Yes** **No**

7. I have a current up-to-date passport with at least six months remaining on it from the end of July 2022.

(circle one): **Yes** **No**

8. I am aware that I must adhere to any provincial or federal government and international vaccination requirements indicated at the time of the journey and Marches.

(circle one): **Yes** **No**



**BACKGROUND:**

1. Do you exercise regularly? (circle one): **Yes** **No**

If so, list your activities, describing how long you have been doing it, level of intensity and approximate frequency:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

2. Have you ever participated in a long-distance running / walking / marching event, including a prior Nijmegen March? (circle one): **Yes** **No**

If so, provide brief description, location and date:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Note:** Preference will be given to those who have not yet had the opportunity to participate in the Nijmegen Marches.

3. Describe in general terms the training program you intend to follow should you be chosen to represent the Legion at the 2022 Nijmegen Marches, keeping in mind the basic physical requirements attached and distance walking / marching:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

4. In your own words, please describe your motivation to represent the Legion at the 2022 Nijmegen March (attach on a separate page).

**APPLICANT:**

If chosen as the Nijmegen March representative, I agree to be available for media interviews and to provide short regular updates for Legion public use before, during and after the Marches. I also agree to help share my story via the Legion's social media channels at appropriate junctures along the way. Support from Legion staff will be provided to carry out these public updates.

Signature: \_\_\_\_\_

Applicant (print name and sign)

Date

**APPROVAL:**

Supported by: \_\_\_\_\_

Branch President (print name and sign)

Date