

TERRA NOSTRA

A person is walking away from the viewer on a wet beach at sunset. The person's reflection is clearly visible in the shallow water on the sand. The sky is a mix of blue and orange, with some clouds. The ocean is visible in the distance.

ISSUE 6
WONDERS OF WALKING

Fire Walkers
The Monk & The Merchant
Sleep Walkers
Acquainted With The Night
Walking in the Underwater World
World's Longest Walk

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LOOK OUT FOR THESE!



Foreword

Issue 6 is our chance to look at the simple act of walking in a little more detail. Almost all of the staff articles in this issue come from Miss Portch and as a staunch supporter of DoE and a general lover of the outdoors she is a bit of an expert on the subject.

According to Henry Thoreau, an early-morning walk is a blessing for the whole day. When many of us have been trapped inside for so long there is nothing more freeing than opening the door and letting your feet take you off on an adventure. Whether you walk the streets of your town, or you seek out the open spaces of nature there is always something of note to see on a walk. Perhaps just by slowing down and neglecting the car we take the time to breathe in our surroundings.

As always, thank you for the contributions of staff and pupils alike. In this issue you will find articles on: fire walking, sleep walking, underwater walking & the world's longest walk. In amongst these you will also find a suggestion for a local walk, a poem by a famous writer and several pupil photographs.

If this issue is designed to do anything, it is to get you to consider putting down your pens and taking an hour to go outside and simply walk.

Mr Green

X



FIRE WALKERS

By Miss Porlich

A smoky silence chokes the crowd as the anticipation builds. Embers smoulder under a thin veneer of soft, their cherry red cores glowing malevolently. Barefooted and white-robed, the monks approach the flaming runway. Water hisses as it boils away in the heat. They stride confidently forward defying the fire. The crowd holds its breath. One step. Two steps. Three steps. Before long the first of the monks is across the pathway unharmed. This is the act of fire walking, the leap of faith practised by many cultures.

The art of fire walking was once well practised throughout the world. In South America, Asia and even some countries in Europe. Priestesses in early Greece walked barefoot on hot charcoal in honour of the goddess Artemis and followers of the goddess Feronia in Italy walked on the embers of a pine wood fire. But has this been consigned to history or does this still happen today? If so, where can fire walking ceremonies still be found?

There are many reasons why someone might decide to undertake such a trial. Some walk for healing purposes, others as an initiation ritual, and for some as a test of strength or courage. Today, Buddhist monks in Japan still carry out this tradition each year. This annual tradition takes place on the second Sunday of March at the Fire Walking Festival.

If you want to visit the Fire Walking Festival just listen for the noise. The excitement of the festival can be heard from miles away as chanting fills the air and this has been the case for the last 600 years or so. What was once a secluded religious ceremony now sees thousands of tourists from around the world taking part, completing the fire walk alongside the monks. The embers on which the fire walk takes place can reach a sweltering 450°C, and knowing that human skin begins

to char at 160°C, would you be able to attempt a fire walk?

The festival starts with the building of a symbolic square bonfire, made up of fern leaves and wood. As the bonfire is being built, others dance around them with their weapons creating beautiful routines. These weapon dances were once a ritual directly connected with imminent or recent combat; however, it has now become a part of the celebration of the Fire Walking Festival, to build the atmosphere ready for the big finale. As soon as the bonfire is lit and roaring, the weapons are thrown into the fire.

Once alight, the bonfire is only burnt for a matter of minutes before a team of monks douse it with buckets of water to calm the fire and create the burning floor that will soon be a runway for the monks and any other who wishes to walk the fire. If you choose to take part in the fire walk, a small fee of ¥500 must be paid, which is roughly the same price as getting a coffee from Costa, which would you pick?

To make the fire walk possible, the fire has to be calmed with water. The monks then take a 20kg bag of soil and pour it over a 2 metre stretch of embers from the symbolic bonfire. This creates a runway of embers that the devout shall cross. The soil serves two purposes, blessing the fire and covering the embers so the heat is not as intense, as the fire can get extremely hot. The fire walker is unlikely to suffer severe burns purely because they are walking, the time of contact between feet and embers is minimal, far too quick for their feet to burn or char. As long as the walker keeps walking they will successfully complete their fire walk.

The festival and the ceremony still take place in order for the monks to cleanse themselves from the temptations and influence of evil spirits, to pray for world peace and longevity, as well as to ensure themselves a spiritually safe passage in life, and of course good health and protection. There are many beliefs of what fire walking will do for you, it is a powerful tool designed to help transform fear and to inspire people to do things they initially did not think were possible. The ceremony is also important as it forms part of the training the monks must go through, worshipping Buddhist teachings and the ancient mountain on which the festival takes place, Mount Takao.

In many cultures, water is used to wash away the sins of a past life and clear away evil. A fire walk is quite literally a baptism by fire. Whilst it may appear far more dramatic and have far greater risks involved, it is but one of many types of spiritual cleansing found globally. No matter where a person comes from, the language they speak or the god they choose to worship the desire to cleanse oneself of evil is universally present in human society.





THE MONK & THE MERCHANT

1 St. Catherine's Oratory, also known as The Pepperpot, is the remains of a medieval lighthouse built in 1314. The tall octagonal tower stands today as a result of the theft of wine from a ship that ran aground on the Althefield Ledge. As punishment for the theft of wine due to be received by the monks of Uivers in Piccardy, Walter de Godefont, was ordered to construct a lighthouse and pray for the souls of the drowned sailors. By doing so he narrowly escaped excommunication from the Catholic Church. Today, The Pepperpot is the only surviving example of a medieval lighthouse in England.

2 The Hoy Monument is an imposing landmark towering over St. Catherine's Down. At 72ft tall and topped with a distinctive ball, this monument is identifiable from miles away and serves as a distinctive landmark to all walkers. The monument was originally constructed to commemorate the visit of Alexander the 1st, Emperor of all the Russias to Britain in 1814. Despite not visiting the Island, Michael Hoy a successful Russian merchant was determined to celebrate the Tsar's visit. After all, Alexander the 1st had been central to the defeat of Napoleon Bonaparte and a staunch ally of Britain in the Napoleonic War.

If you walk to the South side of the monument and read the inscription something of a dichotomy of opinion is revealed. For William Dawes, who was a commissioned officer in the military clearly didn't share the high opinion of the Russians that Hoy did. Whilst he was renting Hoy's Hermitage after Hoy's death Dawes had the monument inscribed with a memorial to those men who fell fighting the Russians at Sevastopol in the Crimean War.

Key Information

Distance: 4.7 Miles

Time to complete: 2 hours

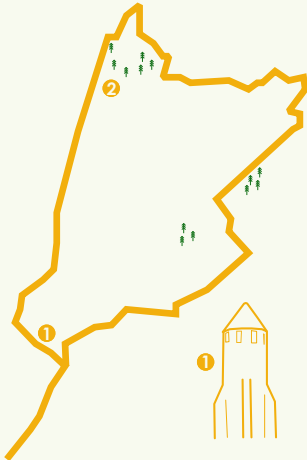
Difficulty: Moderate



SCAN ME

Instructions for this walk can be found at:

<https://www.nationaltrust.org.uk/st-catherine-down-and-knowles-farm/trails/the-monk-and-the-merchant-walk>





SLEEP WALKERS

By Miss Porlich

Have you ever found yourself waking up in a completely different place? Do you feel like you've walked miles before even waking up? An impressive 2.5 billion people are known to be sleepwalkers, which is the equivalent of a third of the world's population. Have a look around you, one of the 3 people closest to you are probably sleepwalkers and they might not even know it!

The idea that so many of us will sleepwalk at some point in our lives is an intriguing thought, surely not that many people really do it. 2.5 billion is a lot right? In reality, the number of people who sleepwalk may even be higher than what is thought, it is an incredibly hard number to gauge. For those that live alone, who it is to know when they make journeys in their sleep, they could make a trip to the kitchen or further afield and return to their bed with no knowledge of their night time adventures.

There are many stories from all over the world and throughout history of people sleep walking, doing everyday tasks whilst they sleep as well as some slightly stranger, and more concerning activities. In 2017, it was discovered that one woman had been going out for regular nightly drives in her car as well as on her motorcycle. These journeys seemed normal at first, the woman's landlady just thought she enjoyed a night time drive, but upon asking her about where she had gone things started to get strange.

The woman had no recollection of leaving her house and was shocked to hear that she had. Sleepwalking was the only answer. She had experienced sleep walking in her past, taking unknown midnight strolls during school camps which got her into a lot of trouble. There was only one solution. Each night, she now locks her keys in a time-locked safe, one that only opens at 06:00. Has this worked? Or does her sleepwalking now take her other places?

Perhaps an even stranger story, is that of Lee Hadwin. By day, he is just an ordinary man, one with no artistic talent. However, by night he is a world-renowned artist, the difference being that he is asleep. At the age of 4, his parents discovered that he would make scribbles at night when he was asleep. Over time, the more he slept, the better his art became. By age 15, he had created three portraits of Marilyn Monroe that looked like someone with artistic training drew them - and he had none. Now, at the age of 40, he calls himself a 'Sleep Artist'. An unpredictable but seemingly successful line of work. His artwork has been known to sell for thousands and can be found at exhibitions all around the world.

Sleepwalking doesn't always have a happy ending. Whilst you would be happy to wake up to find out you are a secret 'Sleep Artist' or maybe even a 'Sleep Chef'. You might not be so happy if you wake up to find yourself in jail. For a small minority of people, that walk is the last they'll ever take. In 2009, this was nearly the case for Michael Rumsey. What he thought had been a night of peaceful sleep in his bed was in fact a night time adventure that cost him over £4000.

Little did Michael Rumsey know; he had actually spent his night sleepwalking through the streets of London on a wrecking spree. In one night, he caused £6142.32 worth of damage to 28 cars parked up and down the streets of his neighbourhood. He was seen by his neighbours in the early hours of the morning, scratching cars, sloshing tyres and removing windscreen wipers. They were shocked by his behaviour and promptly called the police. The arrival of the police startled Michael but surprisingly did not wake him until he was arrested a few hours later.

Michael had no memory of his rampage, and was completely clueless about what he had done to prompt an arrest from the police. Luckily, his sleepwalking story held up for him in court and he was ordered to complete 150 hours of unpaid work and pay the damages of over £4000. Imagine if a night of sleepwalking landed you in jail? How would you feel?







ACQUAINTED WITH THE NIGHT

By Robert Frost

I have been one acquainted with the night.

I have walked out in rain—and back in rain.

I have outwalked the furthest city light.



I have looked down the saddest city lane.

I have passed by the watchman on his beat

And dropped my eyes, unwilling to explain.



I have stood still and stopped the sound of feet

When far away an interrupted cry

Came over houses from another street,



But not to call me back or say good-bye;

And further still at an unearthly height,

One luminary clock against the sky



Proclaimed the time was neither wrong nor right.

I have been one acquainted with the night.





WALKING IN THE UNDERWATER WORLD

By Miss Parich

There is so much to see in the world around us, so many places we go that hundreds if not thousands of people have been before. We have walked on the moon, on top of volcanoes and through the wilderness, but have you ever taken a stroll on the ocean floor? Do you ever wonder what it would be like to walk amongst coral reefs and at the deepest, darkest depths of our oceans? Believe it or not, this is actually possible.

Ocean walking is the undoubtedly the coolest new way to explore the world underwater. You do not even have to have any experience of spending time underwater, so do not worry, you can still give it a go even if you are not a fish!

The idea that you can stroll along the ocean floor, surrounded by clear turquoise waters is mind blowing. Not only can you observe the marine life as it swims around you but you also have the opportunity to hand feed the fish and get close to creatures you never knew existed. The worry of not being able to breathe is taken away as there is a constant supply of fresh air pumped into the helmets that make this amazing activity possible. Your head stays dry and you can even reach in, to touch your face, adjust your glasses or scratch your nose.

One of the most popular places to take part in an ocean walking adventure is the Great Barrier Reef. This breath-taking part of the world is visited by over 2 million people every year, but how many of these

people know that they can walk alongside Green Turtles, Clownfish and Manly Shrimps? The Great Barrier Reef, lying in the Coral Sea off the coast of Australia, is the world's largest coral reef system stretching for over 1,400 miles. What makes this ecosystem so special is that it is the only living organism that can be spotted from space. It's bigger than the UK. As a matter of fact, this organism is bigger than the UK, Holland and Switzerland combined. It's an utterly unique wonderland, unlike anywhere else on the planet, that offers world-class experiences you just cannot find anywhere else.

Anyone over the age of 12 can take their adventure to the Great Barrier Reef to the next level, by donning a specialised ocean walking helmet, a weight belt and descending to the ocean floor. Once your feet are planted firmly on the soft sand, it is easy stroll through the hundreds of brightly coloured fish including the vibrant parrotfish, surgeon fish and fullies that swim so close you could touch them.

What makes this all possible is the specialised ocean walker helmet. The helmet is designed to continuously pump in air without the wearer having to use a snorkel or other breathing mask and to provide an open view of the sea life and floor. These helmets also hold the air very well. No diving or snorkelling or underwater experience is required, you simply walk along the ocean floor just as you walk along the pavement; you do not even need to be able to swim thanks to the weight belt. With a clear view through the transparent diving helmet, it is perfect for photography or underwater sightseeing.

You may be thinking that this sounds like an amazing experience, but Australia is pretty far to go. Luckily, you do not have to travel all the way to Australia to take part in an underwater adventure; ocean walking can be found much closer to home. Ocean walking is a popular activity on many European holidays, particularly around the Mediterranean Sea, but believe it or not you can also ocean walk here in the UK. Well, the technical term for it here is underwater walking. This is because the sea that surround us are not as diverse in life as the coral reefs, and they are much colder, ocean walking off Ventnor Beach in January is not something many people would want to do.

Underwater walking is a popular activity of the Sea Life Centre in Manchester, and much easier to get to than

the coast of Australia. The activity allows visitors the opportunity to get up-close to the fish in the 11.4m tall tank. With over 35 species in the tank and an impressive 1,092 marine organisms, this incredible experience will only set you back £40.

The impressive variety of marine life found amongst the tanks at the Manchester Sea Life Centre means that you could very well be walking underwater within in touching distance from sharks. Is this something you could do? The tank is also home to a number of rays, luckily these are not sting rays, and king of the tank himself, the giant sea turtle Ernie. Ernie was rescued from the Cayman Islands just before becoming turtle soup, so the opportunity to walk beside him is really one you should take up.







WORLD'S LONGEST WALK

By Miss Porlich

Most of us walk somewhere every single day, whether it's walking to the kitchen, walking to school or walking to a friend's house. It is something we do without much thought. Those of us that walk a little further might think a little more about the walk, where they are going, what shoes to wear and so on. But how much thought would have to go into a walk that is over 22,000 kilometres long?

Did you know that there is a walking route that spans 22,088 kilometres, trailing through at least 15 different countries and 3 continents? That is roughly the same distance as walking from Ventnor to Newport 1,300 times. Is this something you could do?

This route starts in the southern most village in South Africa, L'Agulhas and travels up through Africa, southern Europe and Asia before ending in the northeastern city of Magadan in Russia. On this trail, there is never a need to use a boat to get across a river; the entire journey can be done by walking. With all this walking, it would take someone 3 years to complete the trip, and that would be without even having a weekend off!

The fact that this walk would take you such a long time to complete is not even the most concerning part. The trail starts in the lovely, temperate South Africa, where blue skies and sunshine are common. The weather here is more tolerable than it may be on other parts of the journey. However, it is not long until the route moves north and away from the delights of the South African climate. As the trail travels northerly, the climate and conditions change drastically, moving through regions

of desert before ending just a few hours from the coldest inhabited place on Earth. To make this journey, you would need an extreme supply of clothing and footwear; sand shoes in the snowdrifts of northern Russia are not the best footwear to have. Similarly, snow boots in South Africa will be uncomfortably warm.

The distance; the range of climate and walking conditions; what else can be said for this walking route? The trail passes through some of the most iconic places on the Earth; with the chance to see sights such as Victoria Falls, the Pyramids and the Himalayas, would it be something to consider? Not only does the journey take you through some beautiful places, it visits some dangerous territories too. Through areas of desert, where lions reign, and dangerous rainforests where a tiger might make a meal out of you, the animals that we share the world with pose a big threat to this walk.

People from all around the world walk for all sorts of reasons, so whatever the reason to do this walk; do you think it is worth the risk? The purpose of walks of great distances are often spiritual, such as the Camino de Santiago. This walking pilgrimage, which leads to the shrine to St. James the Apostle in the Santiago de Compostela cathedral, is 804.7 kilometres long. This distance is nothing when considering the longest walk 27 times this. However, it is a walk much less demanding, and one that is completed by over 200,000 people each year. Walking the Camino is not difficult – most of the stages are fairly flat on good paths, through France and Spain.

No one is known to have completed the world's longest walk; however, Arthur Blessitt could have definitely tried. Arthur Blessitt, a Christian preacher from Mississippi, holds the record for the longest known ongoing religious pilgrimage. He has walked over 40,000 miles since 1967, visiting every nation on Earth during his walking career. Whilst his journey has not been continuous, he has used other modes of transportation such as planes and boats to aid him; for someone who has walked in Antarctica, the inhabited north of Russia may be doable. He has already walked in all the nations along the 22,000 kilometre trail.

At the same time, the long, single journey is likely to be rougher terrain if not the roughest terrain that Arthur Blessitt has encountered. His pace during his documented Guinness World Record-setting walk averaged out to just over 4 kilometres a day. At that

pace, the walk from South Africa to Russia would take him another 13 years, with a lot of downtime each day and requiring 4,800 places to sleep. To think that this walk could be completed in just 3 years, yet alone 13 years is overwhelming, to complete it in this time frame would mean you have to average 20 kilometres a day. Covering a distance of 20 kilometres a day is the same as walking from Ventnor to Cowes each day for 3 years, even in the holidays.



HELP WANTED

A person wearing a yellow jacket and a black backpack is seen from behind, looking out at a rugged, rocky mountain range under a cloudy sky. The person's head is slightly bowed, and their hands are in their pockets. The backpack has two vertical straps with buckles. The overall tone is adventurous and outdoorsy.

Hello future writer!

If you want to get an article published in this magazine please submit a piece of writing on the theme of the next issue by email of no more than 500 words to Ms.Green@allgreen@halslandtreeschool.org

Our next issue is Dinosaurs Rock.

We accept all forms of writing, so warm up your fingers and get typing!

SUBMISSION DEADLINE:

25/05/2021