

# *Ultreia et Suseia! The Newsletter.*

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**Vol 3. No 1.**

**February, 2023 Christchurch Camino Group**



‘A journey is best measured in friends, rather than miles.’ Tim Cahill

## **Editorial**

### **It’s All About the People**

One of the special ‘gifts’ of the Camino for me was the People. Here I’m talking about the locals as well as fellow pilgrims. I was especially impressed with the Spanish people. How hospitable they are. The number of times locals went out of their way to make sure I was redirected back to the Camino was impressive. And of course they are so supportive and encouraging with their “Bide Ons” and “Buen Caminos.” How willing they were to ensure I had a bed for the night when I made the request at their local bar. I was totally surprised by the camaraderie exhibited by other pilgrims. Their willingness to share their resources amazed me. No matter what I had suddenly needed, a pilgrim has come up with what was required. Of course this unreserved giving has a paying forward element. I was party to one of these. I limped in to a bar and requested a small bag of ice to place on my foot. Within minutes a pilgrim came over and offered to massage my foot with this special cream. She was suffering from a sore knee and spoke of its healing power as she massaged my foot. Soon I was on my way. A group of Brazilian pilgrims I had met earlier invited me join them in their roadside picnic. Almost immediately up the road came an English pilgrim from my last evening’s albergue with whom I had spent an enjoyable evening. He stopped to chat. Finally the pilgrim who had massaged my foot appeared. She was walking with a pronounced limp. I called out to

her and over she came. Immediately the English pilgrim offered her a spare knee brace he was carrying. The circle was complete, and all within around 40 minutes!

Philip, Ultraia et Suseia

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### **Noticeboard**

#### **Scheduled 2023 Christchurch Camino Group Meeting Dates**

It is planned to have 4 meetings spread throughout 2023. Next meeting: Monday 3 April. The two remaining dates and the venue will be shared when the South Library rebuild commencement date is announced. As a backup we have tentative bookings at the Upper Riccarton library for August and November.

#### **Christchurch Camino Walking Group**

The Christchurch Camino Walking Group is for those who have walked or intend to walk a Camino. The group meets on the third Sunday of the month, usually at 10 am. The walks are a mixture of flat and hill walks around Christchurch and surrounding areas. They provide an opportunity to try out new walks, and exercise with people who share a love for the Camino. Please contact Cecilia for more information and to join the separate mailing list: [Cecilia.chchcaminogroup@gmail.com](mailto:Cecilia.chchcaminogroup@gmail.com)



**Image:** Head to Head Walkway ~ near Governor's Bay.

### **Advice Given to Pilgrims**

We wish to emphasise that all information and answers given by our presenters, organisers and meeting participants are provided in good faith, and have been found to work for them/us on that particular occasion.

The information provided is a starting point for your research so that there is a range of possibilities to investigate and can be adapted to suit individual needs.

### **Ivar's Camino Forum**

This forum is an excellent resource when seeking answers to Camino related questions. There is a search engine to utilise which will bring up answers if the question has been previously asked. Otherwise try asking your question.

[www.caminodesantiago.me](http://www.caminodesantiago.me)

### **November Meeting Resource**

At our November meeting Elma recommended '**Where Wine Flows Like Water, A Gastronomic Pilgrimage Through Spain,**' by John McAneney. US\$5.99 Kindle, and US\$15.99 paperback, both second edition. The first edition is available to read in-library at Turanga.

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## **February 2023, Christchurch Camino Group Gathering Follow Up**

Thanks to Daphne for the **Pre Meeting Slideshow**. We were treated to beautiful images selected from the '**St Jean Pied de Port to Pamplona,**' (outskirts,) section of her Camino Frances.

In recognition of this newsletter's "People" theme a short film by Emma Buglisi was screened before the meeting commenced [3 min 50 sec]. (It appears to have been removed from Vimeo.)

**Apologies** were received from Sharon and Jan, Liz, Elma, Clare and Steve, Sue, Gemma. We had 28 attend our gathering. Gemma is making great progress on the Te Araroa Trail and has made it to the Nelson Lakes.

The **Introductions** revealed that a significant number of attendees were heading off on Caminos, mainly the Portuguese. Two are heading off to Rome via the Francigena.

In **Things to Share** Midge showed the Hikers Wool she found very useful as part of her foot care. It was purchased from a tourist shop upstairs at the Arts Centre. She also showed us a dressing (eg. Hypafix) she placed over any blisters. She highly recommended the socks with individual toe compartments.

There was a brief discussion regarding the downstream consequences of anti inflammatories. Consulting your doctor and taking what is right for you is recommended.

Alan walked his own "Camino" in the holidays: from Christchurch to the Akaroa Lighthouse. He had organised accommodation along the way.

### **Welcome Back/Departure Ceremonies**

Ceremonies for those returning from 2022 Caminos and leaving for their 2023 Camino before our April 3 meeting. The following participated in the **Welcome Back ceremony**: Glenda, Midge, Doryan. No one was departing before our next meeting on 3 April.

Our first **Twenty Minute Talk** for the evening focused on the Camino Ingles or 'English Way' and was presented by Doryan. She and Sharon walked the Central Portuguese Camino

(September) and the Variante Espiritual on to Finisterre and followed it with the Camino Ingles in October. They were joined by Doryan's sister Nelida who was walking her first Camino. We were treated to an excellent PowerPoint presentation with photos illustrating daily life etc. This Camino is 116 km in length and was walked over 6 days. The first important point was that there are two starting points, A Coruna and Ferrol. However only Ferrol delivers the minimum distance for the awarding of Compostela. The presentation was organised around each day, with a slide on terrain profile, and great images illustrating the landscape, buildings and the day's activities like ice cream eating! The presentation concluded with an examination of the pluses and minuses of walking this Camino. These included: Pluses; a good 'first' Camino, shorter so can be added to other Caminos, busy but still quieter than other Caminos, new water fountains, Negatives; fewer facilities, road walking, some steep elevations.

Cecilia presented her **Christchurch Camino Walking Group Report**. The first walk for 2023 was the Waipara Vineyards trail. The March walk will take place in the Arthur's Pass National on the Bealey Spur track. Cecilia also discussed the programme for the rest of the year.

Our second **Twenty Minute Talk** was presented by Glenda who walked solo on the Camino Frances in September/October last year. Her PowerPoint presentation had the title '**Camino Frances, A Visual Perspective.**' She began with 4 nights in Barcelona, 5 weeks to walk, 3 days in Santiago de Compostela following arrival with 4 nights rest and recreation in Porto. In Barcelona was impressed by Antonio Gaudi's La Sagada Familia. She was fascinated by the architecture and light and highly recommends a visit. Glenda grouped her images for her Camino by the following themes: The Pyrenees, Green Landscape & Animals, The Change of Seasons, Green to Autumn, The weather and different skies, The Yellow Arrow, Food and drink, Finding your way, Trying new things, Buildings, Variation in Architecture, Churches, Bell Towers, An ornate interior: Los Arcos, A simple interior: Rabanal, Hostels: A different bed each night. And finally the blue tiles of Porto. In answer to a question regarding personal safety Glenda said she always felt safe ~ while taking precautions like no alleys at night, walking off with a group in the morning darkness.

Our evening concluded with the **Small Group Discussion** session.

### Podcast

'**Rewalking the Camino Inglis,**' The Camino Podcast, Episode 51, Jan, 2021 [51min]

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### Featured Topic

#### Pilgrim Greetings

For me one of the special features of walking the Camino are the pilgrim greetings. It is very encouraging to hear the pilgrim blessing 'Buen Camino,' as pilgrims approach. I noticed in the early days it was mainly the locals and long distance walkers who were partaking in this age old tradition. As the days pass pilgrims increasingly and spontaneously wish one another a Buen Camino. On the routes in France one is likely to hear Bonn Chemin and Bonne Voyage, and in Portugal Bom Caminho, while in Basque Country, listen out for Bide On, (Good road,) from locals. It is believed that medieval pilgrims greeted one another with, Ultreia Suseia Santiago, meaning 'Beyond, Upwards,



Santiago.' At home I'm often tempted to call out Buen Camino to fellow walkers. Pilgrims are also encouraging, and unreservedly offer their support to one another. They all have the same goal, to reach Santiago de Compostela. Pilgrims of many nationalities sit at the same table break bread and share stories. I firmly believe that the Camino promotes peace in our world.

### **The Authentic Pilgrim.**

see Nancy Frey ending p 136 discussion, 'What Makes an Authentic Pilgrim?'

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## **Camino Stories**

### **A Fortuitous Encounter ~ Camino Angel**

I had reached Porto from Lisbon. And I was in pain! I had managed to develop shin splints in my right leg. It was a "rest" day and I was exploring the wonderful city of Porto. Visiting this city required a visit to a Port winery tasting. I hadn't booked as I was enjoying a spontaneous Camino. I made my way across the Duro river bridge and past the establishments offering tours and tastings. All were fully booked as I made my way along the streets. Finally I reached 300 year old Taylor's Port Cellars on Rua do Choupelo. They were still selling tickets so off I went on my self guided tour with my audioguide. The tour ended and I made my way to the tasting garden. I struck up a conversation with a woman seated at the next table. The conversation turned to my Camino and my injury. It transpired she was an out of town physiotherapist and within seconds my ailment diagnosed and a set of exercises emailed to me. Apparently she was in the habit of occasionally taking a long weekend break as leaving her practice and patients for any length of time was difficult.

Oh yes the port tasting was memorable and the exercises journey saving!

### **A Night In the Open ~ Camino Angel**

It was mid-summer and very hot on the Northern Way. So hot in fact that I seized upon any skerrick of shadow as I made my way along and up a brown painted asphalt cycle way towards Playa de la Arena. Finally I reached the beach. The temptation of the crashing waves was too hard to resist. Luckily a Swedish pilgrim I had conversed with previously offered to look after my pack, passport and money. He would sup on his beer while I made my way through the hordes of locals and into the cooling water. After joining him for refreshments I paddled along the length of the beach to the albergue at Pobena. But it was full, as was all the emergency accommodations. Those who had heeded Dave Whitson's guidebook advice and taken the metro out of Bilbao had nabbed all the beds! Don't worry the hospitalier said we have a place for everyone. She directed a volunteer to escort me to my place of rest for the night. We walked through the town and stopped at a church gate. This looks promising I thought as we made our way to the church porch. He then motioned that the slabs of stone fashioned in to a form of patio was it! Once he had gone I walked around the church to a lawn. Here unrolling their bed rolls for the night were 4 other "lucky" pilgrims. As I don't carry a sleeping bag or yoga mat my bed furnishings were rather meagre. I had a silk liner and my towel to mark out my spot. While eating my meal at a restaurant another pilgrim acquaintance offered me her sleeping bag, for use as a mattress only she hastened to add. I accepted, pleased to have something more than a silk between me and the grass.

I can't say it was my most comfortable night on the Camino. The view of the Compostela of stars was great. And we were safe from the local police who rigorously patrolled the beach for rough sleepers.

### **No Bed at the Inn ~ Camino Kindness**

I was walking the Nordt in 2016 and practising my recently acquired 'I'll find a bed somewhere,' policy. It was late, even for me. It was dark and I had been slightly lost in a forest. When I finally

chanced upon the albergue I was greeted with the news that it was full and the hospitalero had long since departed for home. And this is when a chain of acts of kindness came in to play. A Spanish cyclist called the hospitalario who said she would return. Two pilgrims whisked me inside and had a steaming drink in one hand and a biscuit in the other before I could remove my pack! Soon an unused attached building was unlocked. It was pointed out that this part of the building wasn't completely sealed. Where the eaves meet the walls there was a gap fitted with wire netting to deter flying visitors. I was directed to a comfortable couch and shown a pile of blankets to mitigate the free flowing ventilation!

I learnt at least two lessons. Firstly be considerate, and allow for margins of error, secondly not to be judgmental. I had previously meet the pilgrims who instantly had appraised the situation and had seen the need to provide some sustenance. One had masses of tattoos, rings and studs. This was in 2016 when body decoration amongst the masses was just getting underway. The adage, 'Never judge a book by its cover,' comes to mind!

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## **Camino Poems**

### **Fifty Five Days**

The emails cascade  
at a finger flick.

Fifty five days of heart-centred  
adventure flash past.

Compassion, companionship, connection, and communion.

It's all about the people,  
the people,  
the people!

Philip, 2011

He aha te mea nui o te ao. He tāngata, he tāngata, he tāngata.

Maori Proverb. (Whakatauki)

(What is the most important thing in the world? It is people, it is people, it is people.)

### **Gifts to the Star Gazer**

Heavenly displays continue to fascinate  
providing a glimpse of never ending  
beauty.

An idea is born as the stargazer's  
persistence reveals possibilities and  
unending potential.

Stars emerge, their qualities slowly  
revealed,  
as light replaces shadow  
each joining the glittering galaxy  
stretching across the universe.

© Philip 2013.

**Image:** Ceiling of Santia Maria, Enuate



## **Camino Families**

Pilgrims will often refer to a “Camino Family,” when discussing their pilgrimage. But what is it exactly? Camino Families often form in the first 48 hours when pilgrims depart from a major starting point. They tend to be quite fluid and are more likely to be composed of solo walkers. Individuals may walk together, perhaps in pairs and then congregate as a group especially at drinks and evening meal time.

On my Le Puy-en-Velay Camino I deliberately stayed in the monastery adjacent to the cathedral to possibly meet up with pilgrims at the communal meal on the night before departure. This worked for me. I ended up walking with a French married couple for over 850 km until they stopped at Puente La Reina. On the del Norte I was part of a family of 5, from 5 different countries. We walked together until the time was up for 3. Injury forced the fourth member on to a bus, leaving me to complete the journey as a solo walker. So although I was no longer a member of a “Camino Family, there were usually other pilgrims to chat to and share an evening meal.

**‘Camino Families. What is a Camino Family? Do you need one?’** robscamino, YouTube, [22.23]

**‘Meaningful friends: forming a family on the Camino,’** My Camino the Podcast, [43 min]  
**One of my talks from my Canadian tour!! Our place in the Camino Family,** My Camino – the Podcast, Dan Mullins, 7 November, 2022, [38 min]

## **Camino People Resources**

**‘Estrellas Moments of Illumination Along El Camino de Santiago: a memoir,’** Suzanne Maggio, 2021, Christchurch City Libraries, 946 MAG [4 copies] (First reviewed, August, 2022) Suzanne comes to realise the important part people play on her Camino. As the journey progresses Suzanne describes the places she passes through and recounts her interactions with other pilgrims. Each chapter usually brings forth one pilgrim she met and the light they brought to her journey. As well she comments on her feelings, past experiences, and the impact the Camino experience is having. One year later she notes that the Camino is still transforming her life. She is an established author and has an easy writing style. This is rich storytelling and about so much more than a retelling of a journey.

Highly recommended.

**‘Suzanne Maggio - Estrellas you meet on the Camino,’** The Camino Café Podcast, [56.23] ~ on both You Tube and podcast. A great complement to the book. Suzanne explains the meaning of the title and how she structured the chapters. In the podcast a great deal of time is spent discussing the importance of connection and the Camino Family. One of the best podcasts I’ve heard.

**‘Spirits, History, Estrellas and love. Suzanne Maggio’s Camino Joy,’** My Camino the Podcast, [56 min] 10 January, 2023

**‘Who Will You Meet on Camino de Santiago,’** robscamino, You Tube, [16.05]

**‘Camino Families. What is a Camino Family? Do you need one?’** robscamino, You Tube, [22.23]

**‘Meeting People on Camino – Tips for Introverts and Extroverts,’** robscamino, You Tube, [29.26]

Lots of practical suggestions given.

**'Real Pilgrims – Us and Them on the Camino de Santiago,'** robscamino, You Tube, [11.40]  
A discussion regarding the different types and styles of pilgrimage. An exhortation to be accepting of the pilgrims walking the final 100kms.

**'Should You Walk the Camino Alone or with Companions – Camino de Santiago,'**  
robscamino, You Tube, [13.30]

**'Should I Walk My Camino Alone – Camino de Santiago Alone,'** robscamino, July, 2022,  
YouTube, [20.08]

**'My First Day on the Camino Frances as a Solo Pilgrim,'** Vanhalla Adventures, "Finding My Way," August 2022, [14.13]  
Crystal is an experienced vlogger and so this is a really professional series. Locate 'Finding My Way: a Camino Frances Documentary,' on the YouTube channel under "Playlists" to see all her Camino Frances vlogs.

**Camino de Santiago 2022 |Australian Family Hike,** Callum & Claire's Adventures, YouTube [55.55]

This video has some excellent photography and is a very good representation of a long through hike as a family on the Frances finishing in Finisterre.

**'Communing With Pilgrims,'** a film by Philip, YouTube [19.11 ]  
Request the YouTube link from Philip [chchcaminogroup@gmail.com](mailto:chchcaminogroup@gmail.com)

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## Featured Article

### Photography on the Camino

One of my passions is photography. The Camino is a wonderful place to indulge this past time. The landscapes are ever changing and the built environment filled with exquisite scenes just asking to be captured on film.

With the development of SD cards this hobby is relatively inexpensive, and the images are instantly available. On my 70's overland expedition from London to Singapore I was limited to 36 exposures per roll and I had to wait 5 months to see the results! Economical usage was the name of the game, and there was the temptation to include too much in each frame. Nowadays the photographer has the capability of taking dozens of photos each day. Some make a review, and cull as part of their daily routine, although a small screen can make decisions difficult.

Cameras on the mobile produce quality images and may be shared readily on a number of platforms. Many leave their camera at home. I still load mine on to my belt for easy access. This gives the capacity to revert to manual operation and compose images under less than optimal conditions. However I rarely do this, electing to stay on auto mode.



Christine Valters Paintner utilises photography as a contemplative exploration. One tip she gives is to think about *receiving* a photograph rather than *taking* it, an act of yielding to a greater presence.

I have found a good photographic record is a great aid to my recollection of events. Each image evokes the feeling of the occasion. Over time and a number of Caminos images can begin to blur and details become patchy. Once home a review of photographs can be a great aid in recalling events and pilgrims.

**Image:** French barn, Le Puy route.

## **Photography and Film-making on the Camino de Santiago**

### **Capturing the Mystical and Engagement With the Sacred on Film (from August 2022)**

Following my second and third Caminos I explored my thoughts and experiences regarding mystical and sacred experiences as I drafted and amended scripts for two documentaries. I had felt moved to delve into these two areas once home in an attempt to make some sense of my time on the Camino. 'Walking the Camino, the Mystical Way,' was the title which sprang to mind as I walked along the Northern Way. I had been amazed by what might be called 'mystical happenings.' Things kept happening to me, and around me that I couldn't explain. On several occasions on the Norte I had deviated from the marked route to escape the bitumen and walk more scenic coastal trails. Just as I had hesitated at a cross roads a local helper would materialise, seemingly out of nowhere and indicate the way.

My second documentary, 'Walking the Camino, Engaging with the Sacred,' was an exploration of practices which might enhance the spiritual connection as I made my next pilgrimage along the Camino Portugues.

Links to 'Walking the Camino, The Mystical Way,' and 'Walking the Camino, Engaging with the Sacred,' are available from Philip: [chchcaminogroup@gmail.com](mailto:chchcaminogroup@gmail.com)

### **Filming on the Camino de Santiago ~ an Aid or Distraction?**

Since 2016 I have been filming documentaries on the Camino. I now have a total of nine. Each examines the Camino journey from a different perspective. Subjects examined include; the effect moving through the landscape has on the pilgrim, making the journey a pilgrimage, engaging with the sacred, useful practices. Before I depart I have a fully written script, with key scenes to be filmed to illustrate the themes I'm developing.

However the thought crosses my mind that the filming might be distracting me from my primary focus of being on the Camino, and in the moment. I am heartened by the following quotes:

'The camera is an instrument which teaches people how to see without the camera.' Dorothea Lange.

'When I photograph, what I'm really doing is seeking answers to things.' Wynn Bullock.

My intention is to look more deeply and capture on film the essence of what I'm feeling and observing, be it an image or a clip. It is easy to suddenly become an observer behind a camera rather than a participant in a unique event. An important part of my post graduate university education was acting as a participant observer in researching a particular subject. One study took a year of participatory research so I'm familiar with the pitfalls. I like to believe that with a camera in hand, my observational skills are heightened, that in framing scenes of beauty in my mind's eye requires being in the moment; noticing such things as the ripple effect of the wind on a field of wheat, or light playing through tree leaves. A chance encounter with a high voltage electric fence designed to keep in a flock of geese brings this 'total awareness' into question though. As those who have seen the blooper clip can testify by hearing my mild expletive as I'm jolted backwards after accidentally touching the wire while filming!

Writing and researching the script prior to departure means I've thought about aspects of the journey ahead. Molding hundreds of images into a coherent story is a great way to process the

events once home. Sharing the finished product with like minded individuals is the icing on the cake!

### **Filming on the Camino de Santiago ~ Learning to be a Cinematographer and Film Maker**

On my 2016 Camino Nordt I had this urge to make a film. I had thought of a title, 'Walking the Camino the Mystical Way,' but I had no experience. My first mistake was to turn the camera on and let it run as I walked!! I put out an intention that I would meet a skilled cinematographer who would offer me some tuition. And before the end of the day I did! A lecturer in cinematography at the university in Barcelona agreed to give me a tutorial over breakfast the next morning. We met, I was armed with a series of questions and by the end of the meal I had received sufficient advice to ensure I ended up with enough footage to make the 20 minute documentary. Once home I set about learning how to edit and manipulate the sound. Part of my training for this was viewing around 6 times, the documentary by Linda B Smith, 'Walking the Camino Six Ways to Santiago.' Each time I focused on a different aspect of the story telling. eg I would watch how sound was utilised. I could see that sound bites could be added to enhance the production. So I learned how to go on line and add the sound of rain to my rain scene. Subsequently I "borrow" sound bites from my clips ensuring my films were truly authentic.

Before setting out on subsequent Caminos I write up a detailed story board, included a list of images and sequences I need. For my last two Caminos I had 3 documentaries planned for each. This was slightly ambitious as each takes around 2 weeks of editing. However my goal was achieved. I now have 9 Camino documentaries covering different aspects, eg. Immersing in Nature, Communing With Pilgrims. These are available for viewing on YouTube. Just email Philip for a link: [chchcaminogroup@gmail.com](mailto:chchcaminogroup@gmail.com)



### **Capturing an Iconic Image**

We are fortunate to have some of Peter's photographs on our posters. I particularly love the one taken on the outskirts of Castrojeriz with Iglesia de Nuestra Sonora del Manzano in the foreground, and the castle on the hill in the background. I was determined to see if I too could capture this iconic image. My image though was taken at dawn and so has a muted quality. After breakfasting in the town and charging my phone and camera (I had stayed at San Anton, and was to

stay at St Nicolas that night and both were without electricity), I returned to visit the church, which is now a museum and well worth a visit.

**Image:** Castrojeriz at dawn.

## Photography As a Contemplative Tool

In her very interesting book Christine Valters Paintner provides a guide to the inner journey.

One of the contemplative practices advocated is photography. Rather than 'take' a photograph she advocates 'receiving' them.

'Receive them with gratitude, noticing when you start to grasp taking photos rather than simply letting the images arrive to you as gifts.'

Once the image has been captured the reader is urged to spend time softly gazing at it. While doing this she advocates time spent on journaling about the experience.

One technique which appealed was to look for an image that shimmered. On the Camino Walking group's walk along the rail trail to Lake Ellesmere the image pictured was doing just that, shimmering!



**Image:** A shimmering tree, Little River Rail Trail

**'The Soul of a Pilgrim: Eight Practices for the Journey Within,'** Christine Valters Paintner, 263 PAI, Christchurch City Libraries, (3 copies).

## You Tube

**'Camino de Santiago Camera Gear- What You Really Need,'** robscamino, You Tube, [12.37]

**'7 Photography Mistakes I see all the time,'** Nigel Danson, You Tube, [19.33]

This video focuses on mistakes with photo composition, and how to correct them.

Great advice, easy to follow.

Search "Nigel Danson" for his channel and other great videos on photography eg. '7 Photo Composition Mistakes I See Beginner Photographers Make,' 'The Only 4 Rules of Composition that you need to know.'

**'Why doesn't my PHOTO look GOOD? An honest composition review,'** Nigel Danson, You Tube [20.38]

In this video Nigel discusses some of his composition fails. He balances with some successful images whose composition meets his expectation.

**'3 Photography Skills You Should Learn (and will pay off forever),'** Nigel Danson, You Tube, 2021, [19.59]

Nigel shares 3 photography skills which he considers essential. He provides plenty of examples, some in the field.

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## Article

### Camino Movies

Here is a list of movies about the Camino de Santiago. Excerpts from the publicists' blurb has been included, as has the movies availability.

**The Way, One Man's Spiritual Journey Along the Camino de Santiago,** by Mark Shea, 2008, [1:15:38], YouTube, Documentary

It is over 10 years old, and a remastered anniversary edition is available from Mark's Overlander.tv website for AU\$12. The original version is available free on You Tube. On his website Mark explains that he didn't realise his journey and script followed the arc of The Hero's Journey. He had thought his documentary was a failure. It has had 1.5 million YouTube views. Excellent and essential viewing.

**'The Camino Voyage,'** 2018, [94 min], Amazon Prime

This Camino documentary commences with 4 pilgrims making a 2500 km sea voyage in a 24 foot curragh (naomhog) rowboat (with a sail) along the coast where possible, from Eire to A Corona in Spain. To avoid the Bay of Biscay they travel via canal. It's great to see them problem solving like true pilgrims. Once on land they walked to Santiago along the English Way. There's a great Celtic soundtrack, wonderful cinematography, with great carousing. The journey takes place over three years.

**'Camino Skies,'** 2019, [1hr 20 min], Documentary, Christchurch City Libraries, 946 CAM

Currently available on TVNZ+ Themes of spirituality, wellbeing and religion, this is an inspirational journey of six strangers from New Zealand and Australia walking the 800 km Camino de Santiago to overcome the personal and physical trauma that life has dealt them. Through blisters, shin splints and heat, the Camino forces pilgrims to defy their age and physical ability, while acting as a catalyst for change?" The film follows the Caminos of 3 Australians and 3 New Zealanders who have compelling reasons for making the journey. A faithful rendition of the typical Camino, beautifully filmed. **'God's Cocaine: The Addiction of the Camino,'** Terry Wilson 946 WIL, Christchurch City Libraries, (3 copies). A book written by cast member Terry Wilson.

**'The Way,'** (2011), USA, Drama [ 2 hrs 2 mins], Amazon Prime

"An American father travels to France to retrieve the body of his estranged son, who died while attempting the pilgrimage to Spain's Santiago de Compostela. He resolves to take the journey himself in an effort to understand both himself and his son."

**'Walking the Camino: Six Ways to Santiago,'** 2013, [1hr 19 secs], USA documentary, Kanopy via Christchurch City Libraries, also Amazon Prime.

"Follow six people on a spiritual pilgrimage."

This Camino documentary follows 6 pilgrims as they make their way individually from St Jean Pied de Port to Santiago de Compostela. Brief soliloquies to camera, and voice overs tell the individuals' stories and provide the story arc, and that of pilgrimage, against the backdrop of the Camino's landscape and Spanish culture. This is the gold standard of Camino story telling. Highly recommended.

**'Looking for Infinity: El Camino, An Introduction to the Journey of Lifetime,'** 2017 [1 hr 42 min], Documentary, Australia, Amazon Prime, You Tube.

"... an intimate and fascinating look into the pilgrims' journey, seeking to probe some of the timeless questions confronting humanity."

Has an amateur feel to it.

**'I'll Push You,'** 2017 [1hr 40m]

Two Best Friends, One Wheelchair, and 500 miles Patrick Gray, Justin Skeesuck.

**‘Antoinette in the Cevennes,’** [96 mins], cinemas

A subtitled French comedy set on the Chemin Robert Louis Stevenson which commences in Le Puy-en-Velay. It even features a donkey!

Breakout hit of the Christchurch French Film Festival.

**‘Life in a Walk,’** Documentary, [1 hr 16], Christchurch City Libraries, DVD 306.8742 LIF, Amazon Prime, \$3.99

A father and son bond as adults as they walk the Camino de Santiago.

**‘The Unlikely Pilgrims,’** (2013), [1hr 30 mins], Documentary, Australia, Amazon Prime.

“Ronan knows that taking three recovering addicts to walk an 800 km pilgrimage in a foreign country is a big ask, what he can’t foresee is the tempestuous result of his counseling philosophy in action”

An interesting if rather odd project.

**Footprints: The Path of Your Life,’** (2016), [89 mins], Documentary, YouTube

Set on the Camino del Norte. The current copy is not of the best quality, perhaps settle for Morning Light – Footprints: The Path of Your Life (Josh Garrels) sound track trailer [6.30]

**‘The Road to Santiago,’** Noah Ark Productions, April, 2022, [1.58.06] Available on YouTube free. Filmed in 2011, produced in 2016.

A heartfelt production. Two pilgrims, Alan and Jody set out to make their way from St Jean Pied de Port to Santiago de Compostela. As Alan walks westwards he is seeking to reconnect with his faith. He has also been invited to meet his hero Paulo Coelho in Geneva, Switzerland upon his successful completion of the journey. It was interesting seeing him enter the cathedral with backpack and staff.

An excellent movie.

**3 Caminos** (more a series, Season One 8 Episodes), 2021, 42 min approx per episode.] Amazon Prime.

Five people from diverse backgrounds meet on the Camino Frances in 2000. They form friendships and agree to walk again in 2001 and 2006. Often leisurely, looks and feels like a movie. In Spanish, English subtitles,

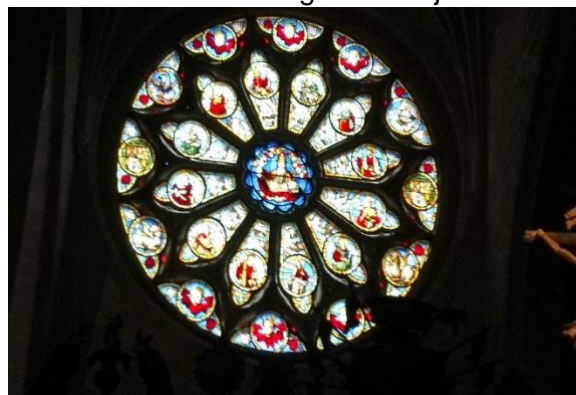
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## Article

### Things to Do In Castrojeriz

Historically considered one of the main landmarks of the Camino de Santiago. Castrojeriz is probably Roman or Visigoth in origin. (See earlier image ‘Capturing an Iconic Image.’)

- Climb up to **castle for views** of Hontanas, Villasandino or Matajudios Castillo.
- Look for the houses bearing the **coat of arms** of their former noble inhabitants.
- Visit the **museum** in the **Collegiate of Santa Maria del Manzano** containing wooden figures, many from the 14th century. Notice



also the magnificent late fifteenth century stained glass rose window on the north side of the temple. **Image:** 15<sup>th</sup> Century Rose Window.

- Spend some quiet time in the **Temple of Peace**, a house on the right hand side of the road as you walk through the village. There's usually an old push bike outside. (Last reference 2019.)

## Ways of Walking a Camino

There are many ways to walk a Camino. How one walks will depend upon a variety of things. Eg level of fitness, intention/philosophy, old injuries, time pressures, finances etc. For those unable to carry their pack most routes have luggage carrying services eg. Jacotrains. In this case the pilgrim must commit to a destination and accommodation the night before. This reduces flexibility but booking perhaps one night ahead only will minimise this. For those seeking more guidance commercial firms offer packages which include accommodation, evening meals and backup if required.

Sometimes when pilgrims become unwell or have tendinitis they may send their pack on over several days to assist the healing process.

Nonbooking pilgrims will listen out for bottle necks ahead and adjust their plans accordingly. It also helps if they can afford more upmarket accommodation when the albergues are full.

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## Camino Tips

### Be Aware of Ticks

Ticks may be found in southwest France and Northern Spain, particularly in spring. Some carry Lyme disease. Remove the tick completely with tick tweezers immediately and disinfect the region around the bite. If you are unsure how to remove seek, the assistance of a hospitaliero, pharmacist, or medical clinic. Always check for ticks if you have been off trail.

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## Reviews

### Books

**'Happiness Is That Way: 55 Days on the Camino Via de la Plata,'** Cici Edwards-Jensen, Mike Jensen, Christchurch City Libraries, 946 EDW, [2 copies]

Cici and Mike set out in October 2016 on their 1006 km pilgrimage each carrying 12 and 15 kg respectively along the Via de la Plata and Sanabres Caminos! They hadn't walked for much more than an hour when they had the realization that this wasn't going to work and action was required to lighten their packs. Both authors contribute alternately and without overlap. This results in a faithful recount of their pilgrimage. There are several sets of photographs depicting pilgrims met and scenery. Both authors share elements of their inner journeys. This is particularly helped by a chapter each on their 2019 Camino Mozarabe where they comment on personal growth. Cici had a particular mission to "make up the miles," when a taxi had been utilised. This would involve walking many kilometres to an adjacent town and back as compensation.

Helpful if contemplating walking these Caminos.

**10 Paths to Santiago: Ten Personal Stories About Walking the Camino Told by Pilgrims from Around the World,'** Marianne Sommer, 946 SOM, 2022, Christchurch City Libraries, [3 copies]

Marianne walks a short section of the Camino and commences as a volunteer hospitalario. Unfortunately it's early 2020 and the Camino is closed down. This slim volume (114 p) is the result of her lock down efforts. She interviews 10 returned pilgrims from around the world and then retells their stories. Each pilgrim reveals much about their lives, and the part walking a Camino played in their personal transformation. There are many nuggets of gold so a rewarding read.

My Camino - the podcast 21 June, 2022, [50 min]

**'Steps Out of Time, One Woman's Journey on the Camino,'** Katharine B Soper, 2013, Kindle US \$6.74

I downloaded a sample of the book and was immediately taken with the writing style, and intelligence of the author. And I knew I would purchase a copy. Katharine completed her first Camino solo, on the Frances in 2001. Her storytelling includes the usual tales of blisters and sore knees. However her stories regarding the pilgrims she meets and her self reflections make for a rewarding read. Of real value are the ideas expressed in the 'Epilogue.' It is here we hear of the transformations which occurred as a result of her Camino.

An enjoyable read.

**'Sauntering to Santiago: The Camino de Santiago for Slow Walkers,'** Kenneth Cline, 2019, Kindle \$US 6

This book is a companion to **'Sauntering the Variant Espiritual of the Camino de Santiago,'** which Kenneth and his wife walked the previous year. This time they are walking the Portuguese from Porto on the Senda Litoral. At the beginning Kenneth details their planning process regarding route, time of year and the apps they required for direction, accommodation and sustenance. Every night was booked, and then once on the Camino the schedule was found to be too ambitious, and the plans had to be changed! The lengths taken to cover every base surely must have sucked the life force out of the enterprise. They began in Porto by walking to their destination and taking the train/bus back to their Porto accommodation. By the fourth day they were spending 4 hours a day commuting! Another trick was to minimise the next days walking by taxiing to a certain point, walking back to their accommodation and taxiing back the next day! I'm not sure what that was doing for a sense of walking across the landscape.

They take a rest day for two days of walking.

Of limited appeal.

**'The Field of the Star. A Pilgrim's Journey to Santiago de Compostela,'** Nicholas Luard [from a private collection.]

Nicholas Luard walks from Le Puy-en-Velay to Santiago de Compostela with his sister and her friend in several stages. He is also accompanied by Francesca, his late daughter an unseen companion of his heart and mind.

Interspersed with the day to day action are letters to the author's late daughter with whom he had a rather stormy relationship. These letters become a parallel commentary on the life of the flamboyant Luard family via the lense of Nicholas. And is truly moving.

Nicholas Luard has an assured writing style, and is the author of numerous novels and nonfiction works. In this work the writing is rich in detail and with the family living in Spain for many years has great observations and a wonderful commentary on life on the "Way."

A quality read.

## **You Tube**

**'How to Avoid Blisters on the Camino – Yes it can be done,'** robscamino, March, 2021, YouTube, [9.36]

Rob outlines his blister free Camino regime. Taking footwear and socks off during the day also helps. Useful advice.

**'Walking the Camino: 500 miles on the Way to Santiago. The St James Way to Santiago,'** Camino.tips, YouTube, [1.07.52].

An experienced Camino walker over 20 years and several routes. Great photography and a good explanation of Camino Families.

**'Camino Frances | An Aerial Montage of the Camino de Santiago,'** AW Videography,| 4K UHD [5.19]

An opportunity to see favourite spots and landscapes from a different perspective.

**'Camino de Santiago | A Celebration,'** Efren Gonzalez, YouTube, [4.03].  
Highlights along the Camino Frances.

## Podcasts

### Footnotes: The Cicerone Podcast

This website is associated with the Cicerone guide book publishing company. It contains a mixture of articles with beautiful images, and podcasts. A number are about pilgrims on various Caminos. The one which caught my attention was an interview with Sandy Brown regarding 'The GR65 – Via Podiensis,' [28 mins]. Le Puy to the Pyrenees on the Camino de Santiago with author Dave Whitson.

**'In Pursuit of Wild Geese,'**- The Camino Podcast Episode 58, January 30, 2023, [1.04]

An indepth conversation between author Beebe Bahrami and host Dave Whitson regarding her motivation for writing the book, and how she went about researching and collecting information about the relevance of the Goose to the Camino. In the last 12 minutes approx they have a discussion regarding photography on the Camino and whether presence is enhanced or degraded during the act of image taking.

**'The Way of the Wild Goose: Three Pilgrimages Following Geese, Stars and Hunches on the Camino de Santiago,'** Beebe Bahrami, 2022, Christchurch City Libraries, 203.5 BAH, [4 copies].

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Article: Things to Do in Castrojeriz, Vol. 3 No. 1.

Back copies of the newsletter have been archived on our website.

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‘Photography is an itch that won’t go away. No matter how much you scratch it.’  
Dara McGrath

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