

Island life, doing things on Marion Island

The Wanderer

THE
GEO

TOP

10

SCARIEST

Macro
Gallery

HALLOWEEN



SANAP

South African National Antarctic Programme

Understand, develop and conserve



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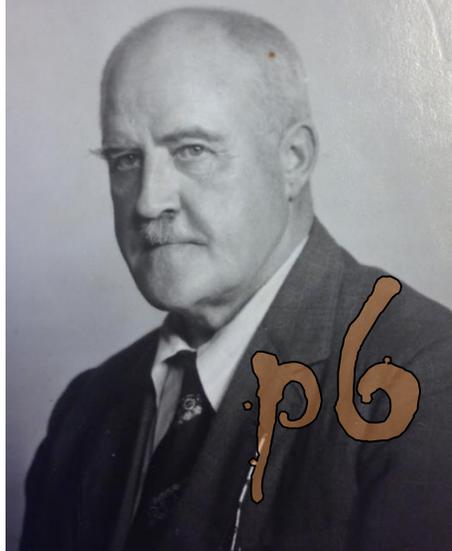
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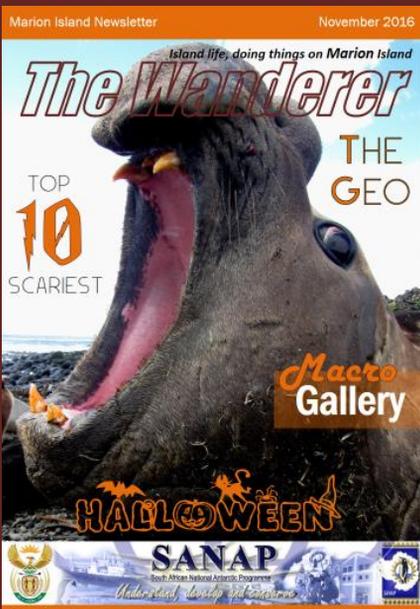
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Cover: Tank
Photographer: Kyle Lloyd



Letter from the
Editor

We are smack bang in the middle of *The Wanderer*, with five behind us and five to look forward to after this one. This issue is all about duality. We look back on the fun had during Halloween and share in the Elephant Seals' birthday. We also look forward to the next few months together on the island, perhaps putting the *Attribution theory* (pg. 27) to use in fostering understanding.

Above all, it is important to be present in the moment as encouraged by the *Marionites Prayer* on pg. 29, with the general take home message of being one with life. So take the time to appreciate the small things in life;

spending that extra quality time with a loved one or simply enjoying a sunset, such as this magnificent one experienced at Swartkops Amphitheatre (a rewarding end to a trying trip where Jess and I processed over 300 Macaroni Penguins). Literally though, I encourage you to pay attention to the small things; the macro world surrounding you. It is utterly wondrous, from intricate spider webs among the mosses to the miniscule blossoms of vascular plants, you will find them all in our Marion Macro Gallery. Enjoy!



CAMILLA KOTZÉ
EDITOR



The Geo

DOWNLOADING THE MULTIPARAMETER MONITORING SONDE

Photo by Bushnell Camera at Softplume River

Most of you know Camilla Kotzé as *The Wanderer's* Editor in Chief. However, there is more to this Geo than just the monthly Marion Newsletter. The quintessence of Cam lies in natural science, like it does for most of her Marion colleagues.

ON A ROUND ISLAND

Photo by Jessie Berndt

In October 2016, she published her first paper in the journal of *Antarctic Science* based on a chapter from her Masters research in the Antarctic; "*Temporal variability of ground thermal regimes on the northern buttress of the Vesleskarvet nunatak, western Dronning Maud Land, Antarctica*". A second paper from her honours research project, "*Characterising Atmospheric Vortice Streets from the Prince Edward Islands*", is currently in prep.

The physical geography on Marion, which is mostly periglacial in nature, offers a plethora of landforms and landscape processes to study. Thus, aside from fieldwork involving the collection of data on river geochemistry, mires and glacial evidence, the remainder of her spare time has been spent exploring the island. Where possible, she has assisted other field workers in need of a partner. Working closely with Jessie Berndt in particular, she has become somewhat of a sub-birder herself.

Marion is a geographers paradise, who else can say that they inhabited an active shield volcano in the middle of the Southern Indian ocean for an entire year!

It is satisfying to say that the whole of Marion 73 has avidly been involved in helping one another with field work during this busy time of year.



This is what makes Marion so amazing; friendships are fostered via cooperation and the expansion of erudition is facilitated by a hands-on approach across the many boundaries of natural science.

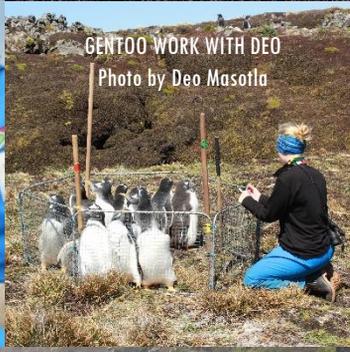
POST-GLACIAL SCOUTING ON TAFELBERG

Photo by Camilla Kotzé

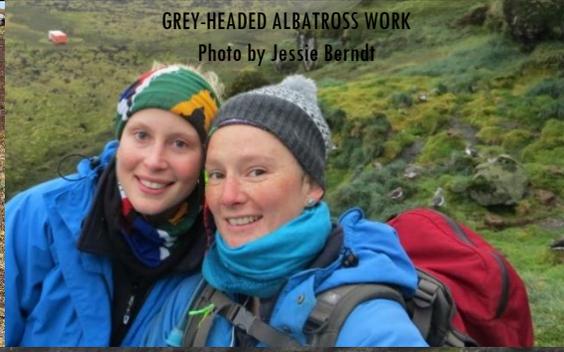




PUP WEIGHING WITH SYDNEY AND THE GUYS
Photo by Camilla Kotzé



GENTOO WORK WITH DEO
Photo by Deo Masotla



GREY-HEADED ALBATROSS WORK
Photo by Jessie Berndt



WEANER WEIGHING AND BULL WATCH WITH KYLE LLOYD
Photo by Kyle Lloyd

Happy Birthday Elephant Seals!

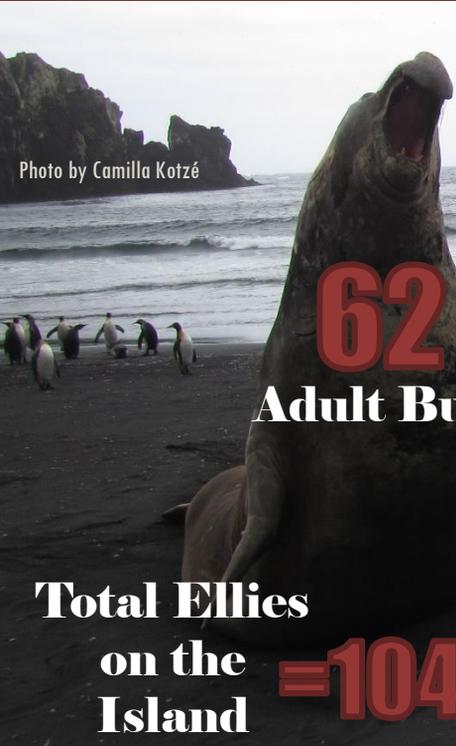


Photo by Camilla Kotzé

62

Adult Bulls

**Total Ellies
on the
Island =1044**

To commemorate the peak of the Elephant Seal breeding season on October 15th (the Ellies Birthday), the sealers circled the island to count the total population of these stinky sea creatures. Here are some breeding season stats...

Heaviest Weaner

=169,1 kg

(without the net)

515

Adult Cows

425

Black Pups

23

Weaner Pups



MARION GEOECOLOGY

BY NUMBERS.....

0 trees

2 sandy beaches & spider species

3 Seal species

4 °C difference between summer and winter temperatures

9 field huts

11 Springtail species

19 km between Marion & Prince Edward

20 insect species

22 indigenous vascular plants

46 recorded liverworts

52 Mite species

28 different bird species

40 Percent of the worlds Wandering Albatross's are found on the Prince Edward Islands

72 km of coast surrounding Marion

94 recorded mosses

130 Scoria Cones

293 km² area of Marion



188 identified lichen

50 km to the east is the nearest land, the French Crozet's

1200 masl summer

1240 masl lies the summit

1769 km shortest distance between Marion & SA

2004 year most recent volcanic activity

450 000 age of the oldest surface rocks

The Captain of the Solglimt goes for a walk on Marion Island in 1908 and takes a photograph

On the 16th of October 1908, the Norwegian sealing vessel, Solglimt, hit an uncharted rock off Marion Island's north-eastern coast and was deliberately grounded in Ship's Cove in a sinking condition by its young Captain, Anders Harboe-Ree, then only 27 years old.

Captain Anders Harboe-Ree at the age of 26, taken in Hamar, Norway by Inger Barth in 1907, photograph courtesy of Henrik Harboe-Ree



Captain Harboe-Ree and his crew spent a month ashore living in huts they had built in the valley above Ship's Cove until rescued by two Nova Scotian sealing schooners.

The Captain had a camera with him and during his time on Marion took a number of photographs, including two of his wrecked ship. He also recorded in an article he wrote in Durban, South Africa after rescue to the Norwegian newspaper *Morgenbladet* that he went for an inland walk.

“One Sunday I was off myself. Not only to search for precious stones, but to see the island. When you start walking into the island, you realise how big Marion Island is, and the farther you go the wilder the nature gets. The island is of volcanic origin and consists of lava and annealed stones which have been ejected out of the ground in the most peculiar shapes. There are lots of craters from burnt-out volcanoes and several places the lava looks like petrified rivers which have suddenly stopped in their flow.” (in translation).

By kind courtesy of the Captain's grand-daughter, Cathrine Harboe-Ree, the Antarctic Legacy of South Africa has obtained digital copies of the photographs he took on Marion Island, some of the very earliest ever taken at the Prince Edward Islands. One of these is the landscape view featured here. With the help of the Marion Island Facebook Page the general locality from where the photo was taken has been worked out and the features identified as described below (note the original hi-quality 23.9-mb TIFF image was used for this purpose).

Photograph description

In the far background Piew Crag is discernible as a pale line on the horizon in the photo's centre with Katedraalkrans and First Red Hill clearly recognizable to the right. The slope on the right is Long Ridge roughly between the Second and Third Sister (where it gets steep).

The hill below First Red Hill is the First Sister. The gentle slope on the left must be the western flank of Second Sister (which has such a gently-sloping extension). More clearly visible on the hi-quality is a prone figure in the foreground, seemingly reaching below ground, perhaps into a bird burrow.

Going for a walk from Ship's Cove, the Solglimt's Captain could have gone along the coast to Sealer's Beach and then headed inland along the eastern flank of Long Ridge: reasonably easy going.

With grateful thanks to Cathrine Harboe-Ree, Librarian, Monash University, Melbourne, Australia and Henrik Harboe-Ree, Norway.

Article by John Cooper, Antarctic Legacy of South Africa, Department of Botany and Zoology, Stellenbosch University, South Africa.

BELOW: An inland view of Marion Island, taken by Anders Harboe-Ree in October/November 1908; the earliest-known landscape photograph taken at the Prince Edward Islands



ABOVE: An inland view of Marion Island, taken by Camilla Kotzé in November 2016, 108 years later.



Ultamate

Accessories

PHOTO BY NOTHANDO MHLONGO

Sophisticated Snoods

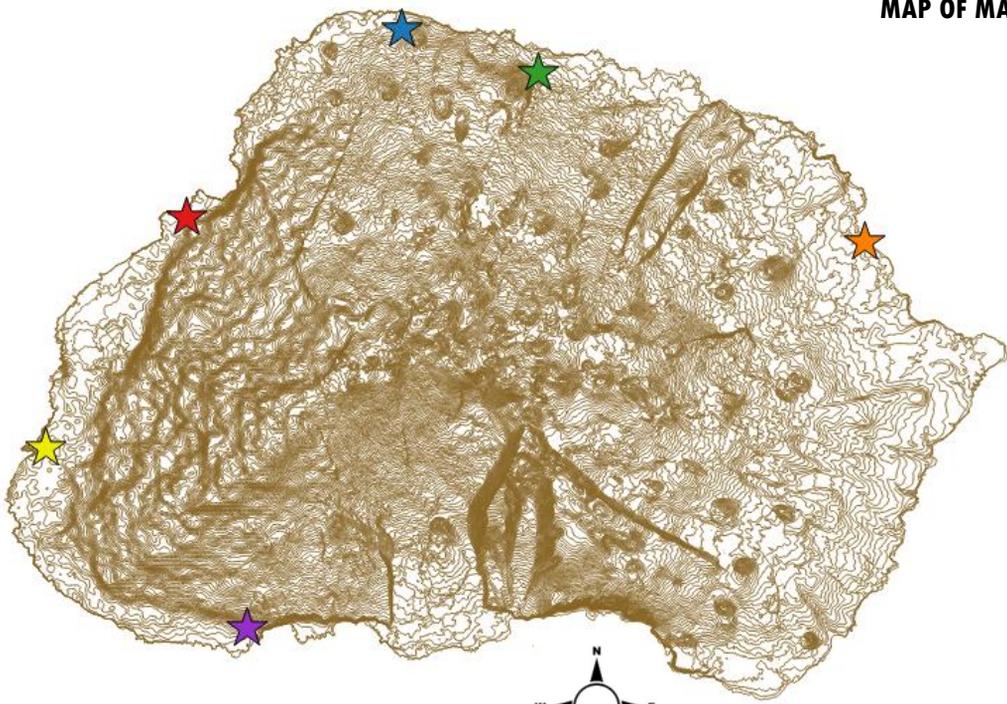


TEXT BY CAMILLA KOTZÉ

Thando knows just how to celebrate summer in style on Marion. For those sunny yet still nippy days, accessorise with a knitted headband and/or suave snood. It's a timeless look, which T-bird pulls off splendidly!

Readers' Round Island

MAP OF MARION ISLAND: Position of Rooks



LEGEND

- ★ Cape Davis
- ★ Mixed Pickle
- ★ Repetto's
- ★ Rooks
- ★ Swartkop's
- ★ The Butternut Hotel
- Contours

1.25 0 1.25 2.5 3.75 5 km



ROOKS

by Camilla Kotzé

Rooks Hut, Rooks Peninsula and Rooks Bay are named after J.A. Rook, a three time expedition member and officer-in-charge between 1949 and 1952

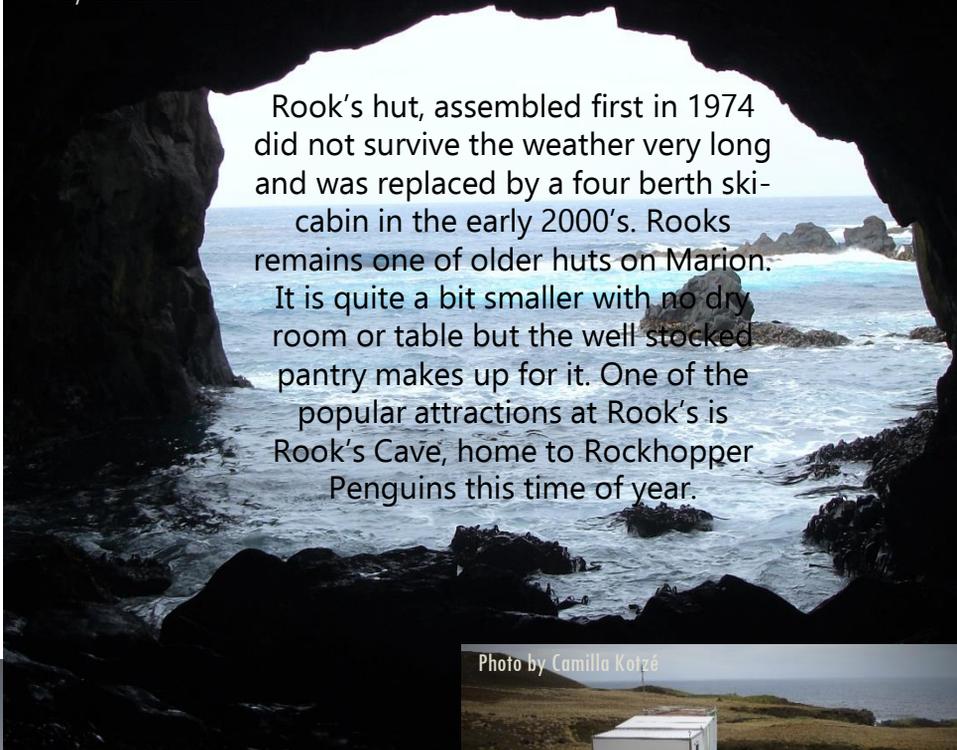
The Walk from Swartkop's to Rook's

From Swartkops, you can either go in front of or behind, La Grange's Kop, following the interior or coastal route respectively. The coastal route is more picturesque, crossing the *Cotula* coated toffee lava (aka pahoehoe lava) . The walk takes just over 3 hours. But with such gorgeous scenery of waves crashing against rocky crags, time will fly. Before you know it, you will be sitting in quaint old Rooks, sipping a hot cup of tea.

Photo by Camilla Kotzé



Photo by Alta Zietsman



Rook's hut, assembled first in 1974 did not survive the weather very long and was replaced by a four berth ski-cabin in the early 2000's. Rooks remains one of older huts on Marion. It is quite a bit smaller with no dry room or table but the well stocked pantry makes up for it. One of the popular attractions at Rook's is Rook's Cave, home to Rockhopper Penguins this time of year.

Photo by Camilla Kotzé



Photo by Camilla Kotzé



HUT RECIPE OF THE MONTH

by Camilla Kotzé

Sweet 'n Sour Pork

**Serves 2*

Ingredients

Picnic Ham: 1 can

Mixed Veg: 1 can

Whole Mushrooms: 1 can

Pepper: Pinch

2 minute noodles: 2 Packs

Mrs Balls Chutney: 4 tbsp.

Vinegar: 4 tbsp.

Apricot Jam: 1 tbsp



Method

Place the noodles a bowl of hot water and cover with a plate for 5 min.

Cube the ham and combine with the rest of the ingredients in a pot. Cook till warm enough to eat.

Photo by Camilla Kotzé

MAXIMUM WIND GUST	156.2 km/h
TOTAL RAINFALL	99.8 mm
HIGHEST IN 24 HOURS	17.8 mm
TOTAL DAYS WITH RAIN	20 days
TOTAL DAYS > 1 MM	12 days
TOTAL SUNSHINE	127.5 hours

SAWS STATS October

	AVE	MAX	MIN
TEMPERATURE (°C)	5.2	8	2.4
PRESSURE (hPa)	1009.4	1014.8	1003.4
HUMIDITY (%)	82	100	51

*Look a little
bit closer...*

Gallery

A selection of excellent photographs taken
by our team members

Compiled by Alta Zietsman

**“Stretching his hands up to the stars, often man forgets
the flowers at his feet.” –Jeremy Bentham**

One of the most deceiving things on Marion Island is size. Birds are bigger with Wandering Albatrosses nesting everywhere, Elephant seals dwarf field assistants working with them, and snow covered mountains intimidate anyone

who dares to climb them. But the biggest deceit of them all is the small world that lies between the rocks and grasses. As soon as one looks closer, a new world awaits with small flowers, mosses and insects crawling about.

Photo credit: Kyle Lloyd



Above: A close up look of one of the invasive slugs found on the island.

Photo credit: Camilla Kotze



The flower of *Aceana magellanica* can be deceiving with its beauty, with seeds attaching to field workers socks and thermals that can be difficult to remove.

Photo credit: Alta Zietsman





Photo credit: Camilla Kotze

Above: *Crasulla moschata* is common around the coast of the island with its striking red stems.

Below: With summer approaching a new bud of the small fern *Blechnum penne-marina*, pushes its way through the dead leaves on the ground.



Photo credit: Camilla Kotze

Photo: Camilla Kotze



The coastline of Marion island makes for a beautiful background to the vegetation found along the coast.

Photo credit: Elana Mostert



Photo credit: Alta Zietsman



Above: Sanionia uncinata is known for its crescent shaped growth form.

Below: The mosses form some of the most beautiful flowers found on the island.

Photo credit: Alta Zietsman



Photo credit: Alta Zietsman



Above: This lichen is often mistaken as some sort of mushroom, but on closer inspection forms part of the *Cladonia* genus.



Photo credit: Camilla Kotze

Above: The spores of one of the 100 or so mosses found on the island stand tall among the surrounding macro-landscape.

Below: Although not much is known about the mushrooms found on Marion Island, a variety of species can be found on the island including poisonous ones.

Photo credit: Alta Zietsman



Lichen species bring colour to the volcanic rocks on the island including this orange lichen from the *Caloplaca* genus.



Photo credit: Alta Zietsman



Photo Credit: Camilla Kotze



Photo credit: Alta Zietsman



Photo credit: Camilla Kotze

Above: Another colourful lichen carpets a rock found along the coastline.

Below: Liverworts forms small gemmae cups filled with gemmaes that get dispersed when rain splashes them out of the cup.



Photo credit: Alta Zietsman

Photo credit: Camilla Kotze



Above: *Cotula plumosa* forms crescent shape inflorescences with its small yellow flowers.

Photo credit: Camilla Kotze



Left: With spring approaching a variety of flowers can be spotted among the green vegetation.



Photo credit: Camilla Kotze

Above: The flower of *Ranunculus biternatus* hides away between the safety of a moss carpet.

Below: The small flower of the invasive *Sagina procumbens* peers out from the crowd.

Photo credit: Alta Zietsman



Below: Azorella selago is a common cushion plant found on the island.

Photo credit: Marileen Carstens



Below: A close-up view of the flowers of Azerella selago.



Photo credit: Camilla Kotze

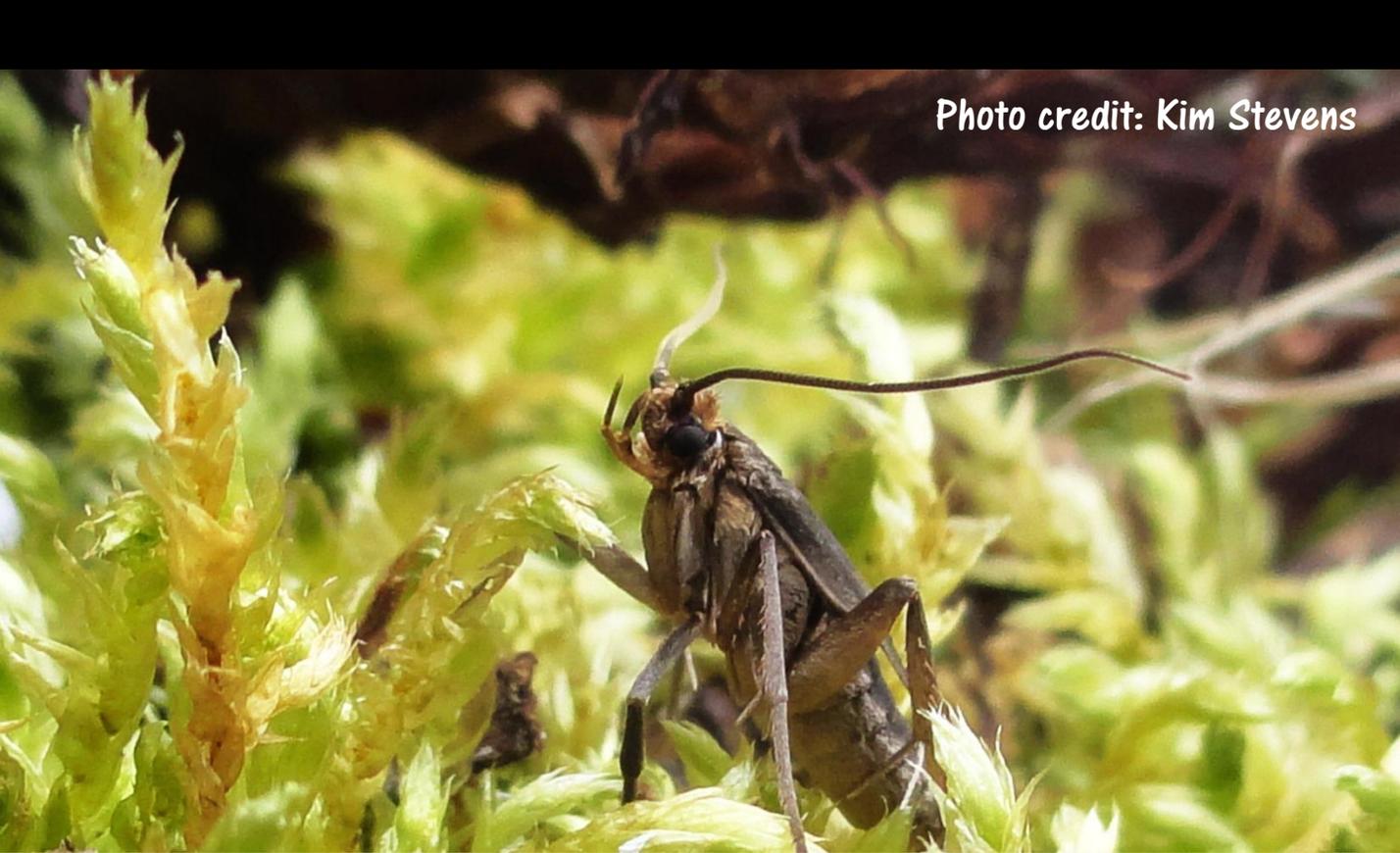
A close-up photograph of a flightless moth, likely a species of grasshopper or similar insect, standing on a vibrant green moss. The moth has long antennae and a dark, textured body. The background is a dense carpet of moss, with some taller, yellowish-green stalks visible on the left side.

Photo credit: Kim Stevens

Above: The flightless moth is native to Marion Island and is the only moth species found on the island.

Below: One of the many spiders found on the island crawls through a maze of moss.

A close-up photograph of a dark brown spider with long, thin legs, crawling through a dense, intricate maze of green moss. The spider is positioned in the center of the frame, moving towards the right. The moss is a mix of bright green and yellowish-green, creating a complex, textured environment.

Photo credit: Camilla Kotze



Photo credit: Marileen Carstens

Above: Spiders on the island form miniscule webs between the mosses that get decorated with small water droplets every time it rains.

Below: A variety of weevils are found on the island, with some displaying magnificent colours like this little green fellow.



Photo credit: Camilla Kotze

HALL@WEEEN



After weeks of preparation, mostly on Louise's part, the Halloween party on the 31st of October was a great success! It was a nice excuse to dress up and do something out of the usual Marion schedule. Therefore, everyone made an effort for the occasion, from alien creatures to zombies, see them all in the *Halloween Hall of Fame* on the next page.

M73 would like thank Louise Gadney for the amazing décor, clearly years of nursing gave her a unique edge. Also, thanks to the baking committee once again for the treats (Alta Zietsman and Camilla Kotzé).





John

Frankenstein 1



Phillip

Frankenstein 2



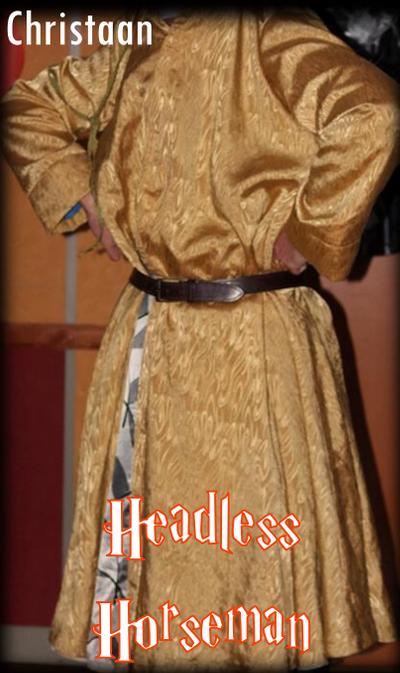
Morgan

Mummy



Sydney

Zombie



Christaan

Headless
Horseman



Kim

Cat
Woman



Marileen

Joker



Alta & Naz

Corpse Brides

HALLOWEEN HALL O' FAME



Albert & Deo

Zombie

Grim
Reaper



Thando & Gerald

Witch

Mummy



Kyle

Alien



Louise & Travis

Clown

Joker



Zuko & Elana

Mummy

Mermaid



Jess & Cam

Bat

Skeleton

Falling into a penguin poo puddle

The demented call of the Light-Mantled Albatross from Rooks Cave

Angry Cam

TOP 10 SCARIEST THINGS ON MARION

Being crushed by an Elephant Seal Bull

Getting mired

Travis's beard

Black lava fields

Spiders

Being blown off Karoo Kop on a windy day

Getting bitten by seals/penguins, OUCH!

Attribution Theory

by Johnsonian J M Skelete



J's Covariation Model

J's (2016) covariation model is the best known attribution theory. I developed a logical model for judging whether a particular action should be attributed to some characteristic (internal) of the person or the environment (external).

How do we attach meaning to other's behaviour, or our own? This is called attribution theory. For example, is someone angry because they are bad-tempered or because something bad happened? "Attribution theory deals with how the social perceiver uses information to arrive at causal explanations for events. It examines what information is gathered and how it is combined to form a causal judgment". Attribution theory is concerned with how and why ordinary people explain events as they do. I believe that people are naive psychologists trying to make sense of the social world. People tend to see cause and effect relationships, even where there is none! I didn't so much develop a theory myself as emphasize certain themes that others might take up. There were two main ideas that I put forward that became influential:

1. **Internal Attribution:** The process of assigning the cause of behaviour to some internal characteristic, rather than to outside forces. When we explain the behaviour of others we look for enduring internal attributions, such as personality traits. For example, we attribute the behaviour of a person to their personality, motives or beliefs.
2. **External Attribution:** The process of assigning the cause of behaviour to some situation or event outside a person's control rather than to some internal characteristic. When we try to explain our own behaviour we tend to make external attributions, such as situational or environment features.

J'S Correspondent Inference Theory

In my early age I thought that people pay particular attention to intentional behaviour (as opposed to accidental or unthinking behaviour). My theory helps me understand the process of making an internal attribution. I say that we tend to do this when we see a correspondence between motive and behaviour. For example, when we see a correspondence between someone behaving in a friendly way and being a friendly person. Dispositional (internal) attributions provide us with information from which we can make predictions about a person's future behaviour. The correspondent inference theory describes the conditions under which we make dispositional attributes to behaviour we perceive as intentional. I use the term correspondent inference to refer to an occasion when an observer infers that a person's behaviour matches or corresponds with their personality. It is an alternative term to dispositional attribution. So what leads us to make a correspondent inference? I say we draw on 5 sources of information:

- **Choice:** If a behaviour is freely chosen it is believed to be due to internal (dispositional) factors.
- **Accidental vs. Intentional Behaviour:** Behaviour that is intentional is likely to be attributed to the person's personality, and behaviour which is accidental is likely to be attributed to situation / external causes.
- **Social Desirability:** Behaviours low in socially desirability (non conforming) lead us to make (internal) dispositional inferences more than socially undesirable behaviours. For example, if you observe a person getting on a bus and sitting on the floor instead of one of the seats. This behaviour has low social desirability (non conforming) and is likely to correspond with the personality of the individual.
- **Hedonistic Relevance:** If the other person's behaviour appears to be directly intended to benefit or harm others.
- **Personalism:** If the other person's behaviour appears to be intended to have an impact on others, they assume that it is "personal", and not just a by-product of the situation they are both in.

The term covariation simply means that a person has information from multiple observations, at different times and situations, and can perceive the covariation of an observed effect and its causes. I argue that in trying to discover the causes of behaviour people act like scientists. More specifically they take into account three kinds of evidence. I believe that there were three types of causal information which influenced our judgments. Low factors = person (i.e. internal) attribution. High factors = situational (i.e. external) attribution.

- **Consensus:** the extent to which other people behave in the same way in a similar situation. E.g. Johnsonian smokes a cigarette when he goes out for a meal with his friend. If his friend smokes, his behaviour is high in consensus. If only Johnsonian smokes it is low.
- **Distinctiveness:** the extent to which the person behaves in the same way in similar situations. If Johnsonian only smokes when he is out with friends, his behaviour is high in distinctiveness. If he smokes at any time or place, distinctiveness is low.
- **Consistency:** the extent to which the person behaves like this every time the situation occurs. If Johnsonian only smokes when he is out with friends, consistency is high. If he only smokes on one special occasion, consistency is low.

Let's look at an example to help understand my particular attribution theory. Our subject is called Androtti. His behaviour is laughter. Androtti is laughing at a comedian.

1. **Consensus:** Everybody in the audience is laughing. Consensus is high. If only Androtti is laughing consensus is low.
 2. **Distinctiveness:** Androtti only laughs at this comedian. Distinctiveness is high. If Androtti laughs at everything distinctiveness is low.
 3. **Consistency:** Androtti always laughs at this comedian. Consistency is high. Androtti rarely laughs at this comedian consistency is low.
- Now, if everybody laughs at this comedian, if they don't laugh at the comedian who follows and if this comedian always raises a laugh, then we would make an external attribution, i.e. we assume that Androtti is laughing because the comedian is very funny. On the other hand, if Androtti is the only person who laughs at this comedian, if Tom laughs at all comedians and if Androtti always laughs at the comedian then we would make an internal attribution, i.e. we assume that Androtti is laughing because he is the kind of person who laughs a lot. So what we've got here is people attributing causality on the basis of correlation. That is to say, we see that two things go together and we therefore assume that one causes the other. One problem however is that we may not have enough information to make that kind of judgment. For example, if we don't know Androtti that well, we wouldn't necessarily have the information to know if his behavior is consistent over time. So what do we do then?

According to J we fall back on past experience and look for either:

- 1) **Multiple necessary causes.** For example, we see an athlete win a marathon and we reason that she must be very fit, highly motivated, have trained hard etc. and that she must have all of these to win.
- 2) **Multiple sufficient causes.** For example, we see an athlete fail a drug test and we reason that she may be trying to cheat, or have taken a banned substance by accident or been tricked into taking it by her coach. Any one reason would be sufficient.

"The moral of the story is don't be fooled by the person who thinks he knows it all"

UNDER THE BASE . . .

POEM BY LOUISE GADNEY (SANG TO TUNE "UNDER THE SEA")

Under the base
Is a curious, tangled place...
There you will see
Oh so many pipes
Which would be Yikes
For you and me
But our very own JOHN SKELETE
He will be there
So do cheer

Under the Base
It's a constantly muddy and smelly place
But our very own JOHN SKELETE
He will be there
Repairing you see
Oh crikey not another leak
It's amazing he does not freak
Under the Base
Trying not to pull a face
Full of Grace....



This has to be my favourite picture- Marion's Next Top Model
☺....



Was welcomed by Sydney at Mixed pickle- left them in good peace
with Sydney happy we brought him meat☺



Hello boot rock- was smelling the Butternut Hotel by now- was so
glad I made it out of Azorella in one piece ☺

THANDO'S THROW BACK (SOLO MISSION)

They say some things are better explained in pictures. Allow me to show you the islands beauty and how much fun I had walking alone from Mixed Pickle to Base. Life is indeed better explained with pictures, cause you know we like to spice things up sometimes....☺



Goodbye Base with my ladies- Nasreen and Elana



Of course I'm a Botanist, had to stop and feel my plants and appreciate an amazing algae



Hoppie's Hell reveals so many wonders when walking alone but luckily I wasn't imagining this one. Meet my lonely rabbit on a hill.



I came across a Paddy conference (oh yes they were discussing pretty important issues concerning the cleaning up of the island)

Hey! Penguins say Cheese-me trying to get a perfect shot



Everyone can tell of the joy of seeing base from Skua Ridge, #Joyful moment it was- HELLO BASE, thanking my Egoli powers for the journey

Intomb'Yom'Zulu YaseLangeni signing out ☺



Christiaan

Birthdays



Marileen

THE MARIONITES PRAYER

By Sanele Mkhonza

Let me have the heart of an Indian Yellow-nosed Albatross as it teaches me to be percipient and disciplined, persistent in any conditions that may come my way and only change my position for the better.

Let me have the great and large wings to soar to higher places like a Wandering Albatross.

Let my heart be sweet, gentle, prosperous and beautiful as a Gentoo Penguin.

Let me my heart be majestic and loyal and royal as a King Penguin.

Let my heart be clean and remain white like a Lesser Sheath bill paddy no matter what I go through.

Let my heart be big and fast growing as an Southern Elephant Seal.

Let my heart provide comfort and inner peace when needed like *Blechnum* slope and cushion like *Azorella Selago*.

Let my heart provide showers of love rain like Cumulus type 2 and Let it fly or sour high like upper air balloon and to earth like Stratus type 6.

Let beat of my heart sound give provides and keeps the life of the island and let my pulse be the sign of life.

Let my voice have sweet sounds and songs of love and hope like burrowing petrel.

Let my heart be accommodative as Amphitheatre without the theatrics.

Let my heart be beautiful, be easy, plain and simple like Gazella plain

Let my heart be able to travel to better suitable places like Southern Rockhoppers and Macaroni.

Let my hearts presents be rare and celebrated like the Killer Whales in the bay.

Let my heart be strong and tough as a Gazella.

Teach me and give me the hustle spirit of a Sub-Antarctic Skua.

Teach me to stand tall and alone if needs be like the Boot rock.

Teach me to be opportunistic and effective like a Northern and Southern Giant Petrel.

Give me many good friends like Macaroni.

Teach me to move, manoeuvre and be protective like an Antarctic Tern.

Even if I walk in the valley of Santa Rosa and step up Devils staircase, give me the sense of direction of the GPS.

Let me focus and dominate like a Prion, like Kelp Gull.

Let me be the power source like engine number 1 and 3, and always be ready to help like engine number 2.

Let my breath provide the gentle breeze and blow to the right direction like Westerly winds.

Let me make a mark in the hearts of over winterers and my laughter provide warmth in the cold winter nights.

Let my body heat be the warmth of all over winterers feeling cold.

Let my wisdom provide shelter like Katedraal hut and provide refuge like the Emergency base.

Teach me to create safe high heavens like a Dark-Mantled Sooty Albatross and teach me to be grounded like a burrowing Petrel.

LET MY HEART BE THE ISLAND, LET ME BE THE ISLAND, LET THE ISLAND AND ME BE ONE.



Photo by Camilla Kotzé