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# LA CONCHA

Newsletter of American Pilgrims on the Camino

March 2017

## Spiritual Gifts of the Final Third

by Jennifer Hofmann, Salem OR

Perhaps you've heard that the Camino unfolds in three parts—one each for the body, mind, and spirit. The last third begins around Ponferrada and goes through Galicia. It's a magical, green place of Celts, mist, and moss. It's where a star once shone over a field.

The challenge of this final third is volume. Many people join the path to Santiago just for the last hundred kilometers. New faces with even newer gear show up all perky and excited. The trail itself has less space between pilgrims. While this grates on many, it also presents a spiritual opportunity.

While walking blissfully alone on a beautiful morning in Galicia, I was swarmed by a group of shiny, daypack-wearing pilgrims. When a few stopped mid-trail to mess with their iPods, I'm not proud to admit how infuriated I felt in that moment. This is my trail, I thought to myself. I'm the real pilgrim.

Later that morning, I met Paula, a clothing store owner from Milan, walking her first day of the Camino. Despite our language differences, we managed to chat most of the day about our lives, where to find water, and good foods to try. We laughed a lot.

As we walked, a local man gave me a hand-carved walking stick, and I offered it to Paula as a gift. She thanked me with tears in her eyes. "I only have a week," she said. "It was crazy trying to get away.. With my husband and kids and my business, I didn't have time to get a stick. And I really wanted one." Later, when we parted, she gently held my face in her hands and said, "You are my Camino angel."

What a gift Paula gave me. If I'd brushed her off as a superficial "tourigrino" focused on getting a compostela, I would have missed out. Instead, I connected with a beautiful soul on a very real spiritual journey—even if it was

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shorter than my own. She helped me realize that I can't know another person's heart.

If we choose, the final third of this pilgrimage can show us what living the Camino in our everyday lives will be like. Although it's easy to resent the big groups at the end, they are our Camino angels. Sometimes the very thing you resist can become your teacher. ♦



*Pastel colored heather blossoms line the high altitude trail between Rabanal and Acebo.*

*Photo by Gene Cheltenham, Los Angeles CA*

## Message From the Chair

Dear *La Concha* Readers,

It is both a great honor and humbling experience to serve as the board chair of American Pilgrims on the Camino. I've got some big shoes to fill. For the past three years, Cheryl Grasmoe has led us through a time of growth and expansion with grace, thoughtfulness, and wisdom. She consistently helped us focus on the things that mattered the most. She is a living expression of our mission, "To foster the enduring tradition of the Camino." I'm so happy that I will have Cheryl's support and guidance for my term as she moves into the past-chair position.

I will also have the support of chair-elect Scott Pate. Scott approaches every situation with a spirit of curiosity and facilitation, always seeking to develop the best answers for everyone involved.

As the position of chair had become more demanding, the Board determined that we would use this revolving leadership to ensure continuity and stability of American Pilgrims on the Camino. I know my success as chair depends on my very skilled and passionate co-leaders.

Our board is made up of some incredible individuals. It's my great pleasure to welcome two new board members. John Long brings a wealth of non-profit leadership experience and will be a welcome addition to our work with communication and chapters. Many of you may already know Emilio Escudero. He is a longtime American Pilgrims supporter with involvement in his local chapter, hospitalero training, and presentations at the National Gathering.

As a board, we often discuss how we continue to maintain our current level of Camino support



*Jeff demonstrates the roominess of the bunks at the Calvin Center. Photo by Peg Hall*

including issuing credentials, maintaining our website and Facebook page, publishing *La Concha*, training hospitaleros, encouraging chapters, making infrastructure grants and holding our national Gathering. American Pilgrims accomplishes so much through the dedication and support of board members and other key volunteers, as well as the members, friends and supporters. Thank you all for your support of the Camino. Together we are American Pilgrims on the Camino. ♦

Buen Camino!

*Jeff Stys*

Board Chair

☪ "Walking with a friend in the dark is better than walking alone in the light."

~ Helen Keller ☪



*The trail between Zubiri and Pamplona winds past sheep contentedly grazing in the lush, green fields.  
Photo by Gene Cheltenham, Los Angeles CA*

## The Camino is...

*by David Jennings, Kings Beach CA*

The Camino is a walking retreat, a prayer, a classroom, a mirror, a confessional, a therapist, and a challenge both physical and mental. The Camino is all that and more. You just have to keep an open mind and heart – be open to the experience. Pilgrims often sum it up as, walk, eat, sleep; walk, eat, sleep; walk, eat, sleep; but it can be much more than that.

Maybe the best Camino gift of all is introspection. The Meseta on the Camino Francés is an area of many miles of flat, straight path with little distraction. Here is the opportunity to meet with self, that inner person. We all have personal



*The Meseta encourages introspection.  
Camino Francés 2012*



*The perfect place for contemplation.  
Portuguese Coastal Route 2016*

issues of one kind or another: career, family, medical, financial, religious, but in this age of 24/7 connection there is little private time. Quiet and time, the two things that present society disallows, are highly prized on the Camino. Time to think of ourselves, to review our values and beliefs, to consider our options in answer to our problems. This quiet time has been proven to have mental, physical, and spiritual benefits. The Camino provides the perfect time and place for meditation, reflection, and contemplation.

It is your Camino; it is not about daily speed or distance. It is about recognizing the lessons of the Camino, lessons to be learned, or more importantly, lessons to be renewed and practiced. It is all about you: the real you.

Ultreia! ♦

# 2017 Gathering -Just around the Corner!

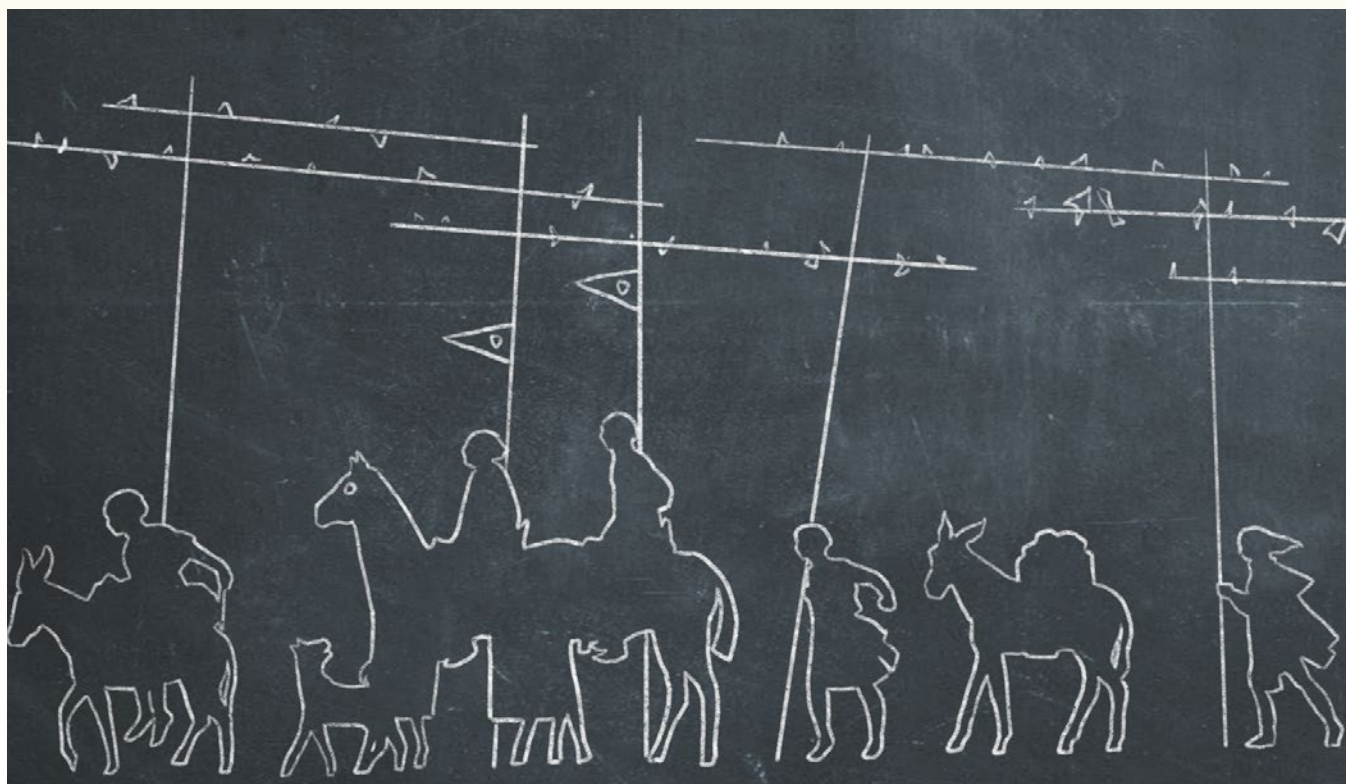
## *The Camino Community: Past, Present and Future*

Thursday, March 23 - Sunday, March 26, 2017

The Calvin Center  
Hampton, Georgia (Just outside Atlanta)

We are really looking forward to welcoming you to the 2017 Gathering, which will take place at the Calvin Center, in Hampton, GA (just outside of Atlanta.) We have an exciting schedule with diverse presentations, including pilgrimage as peace building, the evolution of hospitality on the Camino, and the music of the Codex. There will also be sessions geared towards the first-time pilgrim ranging from what to pack to Camino first-aid. Special guest, Rafael Sanchez, Director of the Xacobeo, the Galician governmental department focused on the Camino, will join

us to share the exciting plans that are in store for the upcoming Holy Year. You will have an opportunity to take guided walks in the beautiful natural environment, participate in a mediation session and walk a labyrinth. Of course, we need our social time as well. For the first time ever, we will have a scintillating Flamenco presentation as well as a Camino Trivia night. This is the perfect opportunity to reconnect with our pilgrim friends from all over the country and to make new ones. We are looking forward to seeing all of you at the end of the month! ♦



Graphic by Luis Javier Martinez, @Luigipanda

# American Pilgrims Grants for Camino Infrastructure

In keeping with the part of our mission that specifically aims to support Camino infrastructure, In 2016, thanks to your membership and donations, American Pilgrims made grants of more than \$45,000.

Of the 12 applications received, we were able to fund 10 exciting infrastructure projects in Spain and France. In addition to projects on the Camino Francés, we received applications from Valencia, the Camino Mozarabe and Cadiz.

Projects included signage for less travelled routes, construction and improvements for albergues and welcome centers, and one for clean-up on the Camino. Keeping the Camino clean is an issue growing in importance as more and more pilgrims find the Camino. American Pilgrims is proud to help.

One grant was made for granite marker stones on the Camino Mozárabe. Veronica Jimenez, from the Asociación Jaén Jacobea shared her appreciation, writing:

"We continue working so that our Camino Mozárabe, which is also yours, can become more well-known and travelled upon. We recently walked the section that arrives at Alcalá la Real, so that we could enjoy viewing our kilometer markings. We will always remember and credit your organization for this project."

In the photo she is wearing our patch. She said, "I enjoy the opportunity to explain the patch and the



American Pilgrims organization."

Another grant went to the Albergue Betania on the Camino de Santiago Sureste in Cadalso de los Vidrios. They published an article in their newsletter about how important our funding was to them. They used the grant and the article to solicit additional funds, goods and services for completion of the project. This

albergue had received funding as early as 2012 to start to remodel an old building. About 500 pilgrims used this route in 2016.

These two grants are examples of the projects American Pilgrims funds to develop and improve the Camino infrastructure. They are typically made to non-private albergues and to charitable organizations in Spain, Portugal and France. Each grant is limited to a maximum of \$6,000.



Article in the newsletter of the Albergue Betania, 2016



Veronica Jimenez from the Asociación Jaén Jacobea

American Pilgrims membership dues support the grants program. Please feel free to share information about the program when you are on the Camino. More can be learned on the American Pilgrims website. This year the Grant Round opened on March 6, with final applications due on May 1, 2017.

# Hospitalero Impressions

by Larry & Vanetta Burton, Missoula MT

Having completed our Camino walk in 2013, we felt a lingering sense of adventure, gratitude and a desire to serve. After attending Hospitalero training in February 2016, we were excited to return to Spain as volunteers, our assignment being Logroño, Spain.

The Parroquial de Santiago el Real supports an albergue that does not require its guests to be pilgrims. Credentials are not ordinarily checked. There is no limit on sleeping capacity, with overflow being accommodated in the church.

Our days ran from 5:00 a.m. to 10:30 p.m. Breakfast was set out the night before, allowing pilgrims to have a bite to eat and leave whenever they wanted. Three large espresso pots provided coffee for up to 70 people.

By 8:00 Vanetta and I began our cleaning ritual: kitchen, dining area, 4 bathrooms, showers, and 2 dorms. By 10:00 we planned our menu for dinner and were off to the market, a 6-block walk with cart in hand.

Upon returning we were greeted by pilgrims waiting for the doors to open at 1:00. In order to save time and provide the pilgrims a reference for what to expect, we designed 2 large posters, one for each dorm area, listing the evening schedule, in Spanish and English.

Larry made checking in a positive experience and had a way of helping pilgrims to relax. One of the most entertaining questions was, "Be ye vegetarian?" As long as we knew ahead of time, we could



*Pilgrim dinner in Logroño*



*Larry preparing dinner.*

prepare a meal for their dietary needs: vegetarian, gluten free, vegan, and food allergies.

Each day we greeted tired, hungry, and anxious pilgrims. Most needed to know they had a place to stay. With an open policy no one was turned away. Once they picked out a place to sleep, had a shower, did their laundry, had a bite to eat, they were transformed.

Within a few hours, the personalities began to appear. By dinner, the large dining room was filled with laughter and conversation. Each evening, a



*Larry, Vanetta, and new friends from Colorado*

group photo was taken at dinner. Their smiles filled the screen. In the morning, while they ate and were preparing to leave, it felt like we were visiting with friends known

for longer than a few hours. Photos taken, hugs, smiles, and sometime tears, pilgrims walked out into the dawn. ♦

**Editor's note:** The Burtons received the Hospitalero Training Scholarship and later a Michael Wyatt Hospitalero Service Grant.

# El Camino de Santiago

by Kelly Elaouadi, Quincy MA

No sólo es una ruta que atraviesa España,  
Con la esperanza de que el apóstolte acompaña,  
Es una manera de vivir que te sana,  
De todo en esta vida que te daña.  
Es una senda con millones de huellas,  
De peregrinos que siguen las estrellas,  
Todos buscando una existencia más bella,  
En una época que puede ser tan fea.

El hecho de caminar y caminar y nada más,  
De conocer a gente hablando tantos idiomas,  
De pensar en tú mismo y no en todo lo demás,  
Llena los ojos de tantas lágrimas.

Cruzas cientos de kilómetros de paisajes tan bellos,

Donde la gente de los pueblos te acoge entre ellos,  
Caminas rellenando tu credencial con sellos,  
Mientras sigues el Camino por los signos amarillos.

¿Qué les da a los peregrinos la fuerza de llegar  
A la tumba del apóstol para a él las gracias dar?  
Para mí, las montañas, las salidas del sol, y el mar,  
Me inspiraron a ser más fuerte y a poder continuar.

Es imposible describir lo que significa el Camino,  
Y el honor de llevar el título de peregrino,  
Es una aventura que cambió en mis ojos el brillo,  
Y tendrá para siempre un lugar sagrado en el corazón mío. ♦



## American Pilgrims on the Camino (APOC)

**Facebook: Year in Review** - A Facebook group is as valuable as the people in it. When it comes to the American Pilgrims on the Camino Facebook group, the numbers speak for themselves! At almost 15,000 members, our group has proven to be the ultimate destination for all matters Camino. Just in the last year, about 3,000 (a 28% increase) pilgrims and pilgrims-to-be joined this incredible community rich in experience, hope, gratitude, and of course, opinions. About two-thirds of the people joined in the first half of the year with the rest joining in the second half. If this is any indicator, we are about to welcome a bunch of new pilgrims in the group. If you would like to join the conversation and get to know the new faces of the Camino, join us at <https://www.facebook.com/groups/AmericanPilgrims/>. For all those who already contribute to the group, thank you. Your contributions are greatly valued and impact so many in the pilgrim world. ♦



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# Finding My Way: Autumn on the Camino Frances

by Brett Payne

reviewed by Peg Rooney Hall, Gainesville FL

Rich in color photos and maps, with chapter summaries and narratives that welcome the reader into the author's personal experience, *Finding My Way* is an illustrated memoir that walks the Camino with grace and joy. The New Zealand author pulled me into his story from the start with the playfulness of the photo of him on the frontispiece standing in a fountain under an umbrella held by a pilgrim statue.

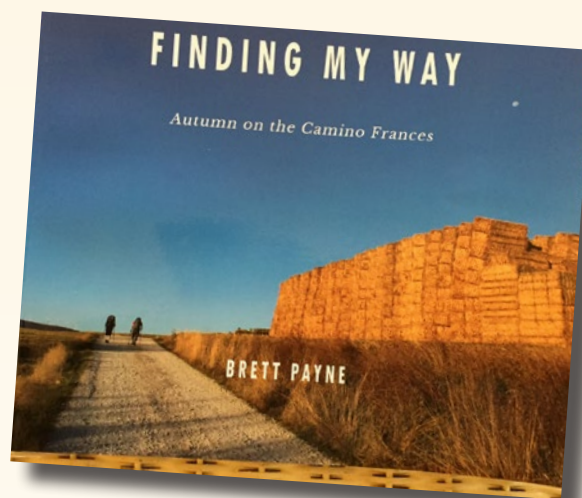
Each day of Brett Payne's 36-day Camino from St. Jean Pied de Port to Finestierre is a separate

"Experienced pilgrims will re-live the good and bad of their journeys."

chapter, beginning with a sello from that day and a banner map of the day's walk. Payne is even-handed in detailing the physical journey and the camaraderie of the experience. I felt his pains and his joys, disappointments and surprises.

Full-color photos grace each chapter and almost every page. Payne walks early and catches sunrises. Rainy days show through in an abundance of glistening, wet images. On overcast days, his photos are saturated with greens. Close-ups and vistas, solitary individuals and smiling clusters, architectural details of interiors and rooftops are treats for the eye.

I stumbled over a few items. I was bothered that no accents are used on the Spanish words. And, as much as I liked the big, full-color maps at the start of each day's chapter, I kept noting that the words are upside-down on the base map over which the Camino route is laid. It puzzled me until I realized that to have the map read left to right, since the route goes east to west and therefore right to left on a page, the map has to be inverted. Having figured



that out, I admired the maps even more and appreciated the effort of including the names of the towns along the route.

Experienced pilgrims will re-live the good and the bad of their journeys. Camino-dreamers will get a realistic sense of the author's walk, and their potential walk. This is not a narrative of searching,

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## Finding My Way: Autumn on the Camino Frances

by Brett Payne

Gluepot Press, 2016

182 pages

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or angst, or trying to change one's life. Payne's is a story of putting one foot in front of the other, making progress despite setbacks, and finding wonders in nature and friendship. It is both a good read and a beautiful book. ♦

# Bad Shoes, Good Friends

by *Chloe Rose Stuart-Ulin, Montreal Canada*

My heart filled with dread. I sat down outside a snack shop along the Camino in rural France and started taking off my shoes. I lifted them away from my feet and peeled off my socks. Immediately my toes swelled, crushing and rejecting my toenails, which had died earlier that week but had yet to fall off. This caused blisters to form under my two big toenails, an obvious problem that my tough-pilgrim attitude had allowed me to ignore.

The snack shop's owner, Edwidge, took one look at my toes and drove me straight to the hospital. Within an hour I was scheduled for emergency surgery to clean out the infections. The doctors told me that had I waited any longer they would have had to remove my big toes.

I'd read on some Camino forums before leaving that you should always get boots at least a half-size bigger than your regular shoes, but they didn't have any size 8.5 in stock where I was looking. Impatiently, I bought my normal size 8s. "My feet have never swelled that much," I reasoned thinking of my long walks with the dog and around campus.

After the surgery, Edwidge drove me to a hostel in Aire-sur-l'Adour where I would spend the next two weeks recovering. She continued to visit, bringing me treats from her store and supplies from the pharmacy. It's thanks to her that I was able to finish my Camino, hobbling into Santiago a month later.

I grumbled a lot about the cost of travel insurance before I left, which for a two-month trip to Europe set me back \$270. It seemed like a lot to pay for something I might not need, but everyone gets a bit hurt on the Camino. When I added up all the medical costs I incurred during my trip, from blister pads to surgery, it came to €1380. All covered by my insurance.

The Camino leads in one direction, but it has endless variations. With the help and encouragement of Edwidge and my fellow pilgrims, I stayed on course and learned to work around my physical limitations; there's more than one way to do the Camino.

My advice: Buy the right shoes, buy the right insurance, and never underestimate the kindness of strangers. ♦



*My arrival in Santiago a month after the surgery.  
Photo by Christ Holton 2016.*



*My feet the day after my surgery in Aire-sur-l'Adour.*

# You Made it to Santiago—Now What?

by Elle Bieling, Weston CO

What was your predominant emotion when you walked into Obradoiro Square? Was it one of relief? Jubilation? Sorrow? What, you ask? Sorrow? Really?

Indeed, one can read many vignettes from our fellow pilgrims who describe the emotional letdown upon reaching the cathedral in Santiago de Compostela. For some, the sorrow that comes when their Camino is over is immediate. Maybe even beginning several days PRIOR to reaching the cathedral. For others, myself included, it took a day or so.

Why so much sorrow? My husband and I took a significant amount of time one day, trying to come up with answers. While we are sure that each individual has varied and differing reasons why ending a pilgrimage is very difficult for them, these are some of the emotions that we experienced:

- I don't want to return to "normal" life full of real worries, real responsibilities and devoid of freedom and adventure.
- My life is too complicated. It is anything but the simplicity I found on the Camino, carrying only what I truly need on my back.
- Gone is the incredible network of support I found, under the theme that the "Camino will provide."
- From lessons learned about myself, I may now have to make real changes in my life! This seems too hard!
- I may never again see my new soul friends.
- I may never again experience such a wonderful and close community.
- I had hoped I would have greater experiences of enlightenment, healing or insights. I am disappointed that I did not.
- I may not find those I meet to be as authentic, open or helpful as are pilgrims on a common quest.
- I may forget all I learned once the euphoria of the spiritual high goes away.

- I may not have the time I need for the reflections that I was able to have on the Camino. I will have to CREATE the time ~ not easy in a stressful life.

I am sure you can think of many more reasons for the letdown!

While we all have heard the cliché that the experience is in the journey, not upon reaching the destination, we really don't quite know how to apply this, do we? The letdown hits us just the same!

After contemplating this dilemma for some time, my husband and I decided that our thinking needs to change. Instead of believing that reaching the cathedral is the goal, what if we believed that the arrival at the holy place is only the beginning. Now we can truly learn to see reaching the "destination" as beginning a brand new journey! (*continued on next page.*)



Elle at the Roman Wall in Lugo,  
Camino Primitivo

## You Made it to Santiago -continued from previous page

Perhaps the lessons of the pilgrimage can continue in our hearts? May we make the suggestion that we all commit to the following:

- Live more simply.
- Start building community, beyond your current church/social circles.
- Commit to living more (w)holy and with more authenticity.
- Open your heart daily to be more willing to receive Guidance, in everything that presents itself to you.
- Look for small miracles, everywhere and with everyone you meet.
- Create a daily practice to keep this open heart alive, even if it is only for 5 minutes.

- Remain open and aware of your body in everything you do and learn the difference between tense muscles and relaxed muscles.
- Remain grateful for the special Camino experience, and transmit this to all experiences in your life!
- Start planning your next pilgrimage! (said with tongue in cheek, but oh-so-true!)

Indeed, the following is true:

*"Faith is not the clinging to a shrine  
but an endless pilgrimage of the heart."*

~ Abraham Joshua Heschel

We love this quote and are striving to remain as open-hearted as we were on our pilgrimages! Won't you join us for this journey into a post-Camino, continuation of a new way of being? ♦

## A Friend Asked? And I replied, "An Outstanding Camino"

by Douglas Bowne, Little Falls NY

As I reflected, I wondered what made this Camino special?

Our route was a great circle, north from León, on the Camino del Salvador, to Oviedo, east on the Primitivo, and then the del Norte following the coast. We turned south at San Vicente de la Barquera, on the Lebaniego and Vadiniense, over the Picos de Europa mountains, and down the enchanting Esla River to the Francés. Finally, to complete our circle, west to the Cathedral of Light, our destination in León. A pilgrimage with enough cultural sites, and iconic scenes to last a lifetime.

And then en route home, our emotions stirred as we saw: "Refugees Welcome" displayed from The Palacio de Comunicaciones, in Madrid.

We weren't refugees; just strangers wandering in a foreign land; strangers who had been embraced by so many. Folks delighted to share: conversation, bread, a tomato – proclamations of love despite the



Welcome sign, Palacio de Comunicaciones, Madrid

fears, isolationism and hostilities being expressed around the world. It was our experience of this deep and abiding love on the Caminos of Spain which made this journey special. ♦



# Plant Powered on the Camino - Tips from Spice Girl

by Elin Babcock, Asheville OR

This is a take on walking the Camino on my plant-based plan: "nothing with a face or a mother." I am a V-N-O: vegan, no oil. (Or nuts) I did worry that I would have problems on the Camino.

I did not.

## The Card to Success

Make a card in Spanish, to specify what I can and what I cannot eat:

"Dear Chef, Thank you for helping me stay healthy."

List what you can and cannot eat.

At the end I mentioned, "I do drink wine." Now everyone is happy for me, yeah!

## Emergency Kit

EK includes seeds, nutritional yeast, spices, herbs and mustard.

## The Mother Load

Big find. Health food stores called an Herbolario. Tofu, soy milk, rice and almond milk, tempeh, dried fruits, seeds, and spices.

## Supermarkets

Beans, roasted red peppers, asparagus, lemon, frozen veggies, greens, lentils (bottle of wine) Balsamic vinegar, freezer bags

## On Trail Recipes

Hummus: garbanzo beans, spices, roasted red peppers, lemon, balsamic vinegar. Put in heavy freezer zip-lock bag. Use wine bottle as rolling pin.

## If I Get to Cook:

Stayed two days at an albergue in Pamplona. The other guests named me Spice Girl and gave me an apron with the city's symbol of the bull. They were not too sure when I said I was fixing vegetarian but by the time the aromas filled the common room even the owner came to dinner.

Dry roasted mushrooms: No oil necessary. Cut them and place in skillet over a medium heat. Salt releases their liquor.

One Pot meal: Lentils, beans, frozen tiny peas, veggies, spices. Can be served over greens, rice, or pasta.

Dessert: pumpkin seeds or pepitos, sugar, skillet, parchment paper. Yea, I carry that with me along with a light weight cutting board and my knife. Warm sugar until it starts to melt, add pumpkin seeds and stir till they are coated. Pour out onto the parchment paper. Let cool. Break apart into peanut-brittle sized pieces.

If I have an oven... Rare: Another dessert is baked apples, cinnamon and sugar.

WARNING: People will want your food.

Not to fear. With a touch of planning, you will be plant-strong and on track.

So bottom line to my fellow vegans and vegetarian pilgrims: You Can Do It. ♦

# Camino in the Clouds

by Laurie Ferris, Oakland CA

Have you ever seen those word clouds made up of a variety of words—some small, some large, some even larger? The size of the words is indicative of the frequency with which they are used. I had a brainstorm one night and thought it would be fun to make a Camino word cloud. I asked a question to the Facebook group Camigas (a group for women to share tips about the Camino): “What single word describes what the Camino provided for you?” The first eighty responses resulted in the heart-shaped word cloud.

As soon as I shared this graphic on the Camigas post, more responses kept pouring in! So I made another. The pink text bubble results are from the first 130 replies.

This one was just as striking, but perhaps a little



too busy as there are so many words to process. It does not surprise me that the most frequently used words are Peace, Confidence, Joy, Freedom and Love. Amen, Camigas! My word was Courage, but I had all of those other feelings at different times during my Camino. I was really glad that Vino and Food made the cut, as those were very memorable (and tasty!) aspects of the pilgrimage.

Then I thought: What would men answer to the same question? There is no equivalent Camigos group just for men, so I posted the question to a large group of Camino



enthusiasts from around the world. Since there are both women and men in the group, I asked that only men respond. Naturally, a few women could not resist chiming in. When I eventually got sixty words from men, I decided to make this word cloud in the shape of a Camino arrow.

Clearly, the men really appreciate the freedom of the Camino! Among men's other revealing words were Blisters, Brotherhood, and Adventure. The latest Camino statistics show that men outnumber women on the Camino 52% to 48% (and the gap is narrowing), but men appear to be less expressive about it—at least on social media. No surprise there. *¡Así es la vida!*

I have been fascinated with the phrase, “The Camino Provides.” It is fun to see how a random sampling of people responded to the question. What started out as a simple curiosity turned out to be a fun experiment, showing men's and women's different perspectives on the Camino.

You can read more about it on my website, The Camino Provides. ♦



## Chapter News

From weekly tertulias with the Western North Carolina Chapter to labyrinth walks in Northern California, the 41 chapters of American Pilgrims on the Camino offer engaging activities from coast to coast. The first quarter of 2017 was a busy one for our chapters, and here is a glance at what just 15 of them were up to:

**Hikes:** 34

**Shell Ceremonies:** 2

**Orientations for New Pilgrims:** 11

**Workshops:** 11

**Meals/Potlucks:** 7

These activities indicate that our chapters are working to foster the enduring tradition of the Camino by gathering pilgrims, providing information, and supporting the Camino. If you are interested in getting involved or forming your own chapter, visit <http://www.americanpilgrims.org/local-chapters>.

## The Year of the Chapter

As chair of the Chapters Committee, standing on the shoulders of a great year of chapter growth in 2016, I'm very pleased to announce that 2017 is the "Year of the Chapter" for American Pilgrims on the Camino.

As an organization, we live our mission in many ways, but none more important than through chapter actions.

The amazing and fast growth that has resulted in the establishment of 41 chapters requires American Pilgrims to spruce up procedures, clarify policies, and even gain a little more structure. However, make no mistake about it, the relationship between American Pilgrims and our chapters is special. More than 80 American Pilgrim members volunteer to be chapter coordinators. They keep American Pilgrims robust and build support for the Camino all across the country.

Vibrant and long-lived chapters have active member participation, and lots of it! Member involvement and input at chapter hikes, pot luck dinners, shell ceremonies and paella events are the

life blood of a chapter and thus American Pilgrims. We welcome everyone to join in the fun and appreciate all the hard work that goes into fulfilling our mission.

So, what does the "Year of the Chapter" mean to members, chapters and chapter coordinators? Well, we will be having our first ever, day-long, Chapter Coordinator Workshop at the 2017 Gathering in Atlanta. We will also be making more technical resource training available to coordinators as well as implementing a chapter communications plan to connect chapters and their members with each other. Finally, we have a digital "suggestion box" [chapters@americanpilgrims.org](mailto:chapters@americanpilgrims.org) where folks can send a chapter suggestion, question, or just some good old-fashion advice to this year's chapter liaisons: Carmen Marriott, John Long, Emilio Escudero and me, Scott Pate, Chapters Committee Chair, 2017.

I hope to see you at the Gathering in a few weeks! ♦





*Chapters (this page right to left) Raleigh Area, Sacramento, Silicon Valley, Jacksonville, Northern California, & Western North Carolina.*

*Chapters (page 14 right to left) Albuquerque & Boston.*

# **-SAVE THE DATE- 21ST ANNUAL GATHERING OF PILGRIMS**

## *making Meaning from Memories*

April 12-15, 2018  
Franciscan Renewal Center • Scottsdale AZ



# Inspired to Volunteer

by Elaine Hopkins, London UK

There are probably as many inspirational stories behind volunteering as there are hospitaleros. Here's mine.

In 2014, I'm walking the Camino Francés with Anna, an American I've encountered. We're keen to stop at the tiny refuge at San Bol. We meet an American woman resting. She asks us where we're stopping. "Really? I'm not going there, but you've missed it."

This woman is a teacher with an authoritarian voice that takes me straight back to school. I go into panic mode, and call my Camino guru back home. He reassures me. The topography is as he describes. Anna and I see the path; we also see the teacher and another pilgrim she's collected scurrying along it towards the refuge.

"If there aren't any of the 12 beds left because of those two, I won't be responsible for my actions," proclaims Anna.

The teacher sits next to us at dinner and tries to engage us in conversation. Some hope. The hospitalera asks why we're walking the Camino. For a Mexican couple, it's the realization of a life-long dream. For a young American girl who's been reared a Mormon, but feels

at odds with her family's faith, it's so she can "find the head space to have it out with God."

That's big stuff, but the teacher's reason is

even bigger. She tells us that she has Parkinson's Disease. She knows that the best way to defer, but not defeat, the loss of her motor skills, is to walk. And so she walks the Camino annually. Anna and I leave the table chastened, but there is yet more.

A young American man arrives. I find myself alone in the dormitory with him. He tells me that he's about to become a student, and that the United States Air Force is paying his tuition.

"I've just completed two tours of duty in Kandahar. I was only loading transport planes, but even so."

I bear silent witness to his testimony. In spite of my silence, maybe even because of it, I still feel as though I've served a useful purpose.

As I climb into my bunk, I reflect that we can never know what's going on for others. As I drift

off to sleep, I hear St. Matthew's Gospel in my head: "Judge not, that ye be not judged."

It's the most important lesson the Camino is teaching me; also the reason I volunteered. ♦



# 2016 Year-end Camino Statistics

by Gene McCullough, Denver CO

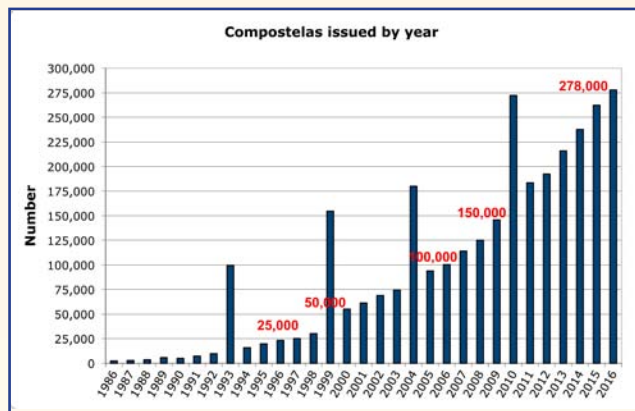
It's the time of year for — Zzzzzzz — the annual Camino statistical update! The central number naturally is the total compostelas issued by the Pilgrims' Welcome Office: 277,913. (This was a 6% increase over the previous year, somewhat lower than the 10 to 12% annual increases for the previous three years. The total exceeded that of the last Holy Year (2010) by about 5,000.

On this side of the Atlantic, the interesting observation is that both the absolute number and the percentage of compostelas awarded to U.S. passport holders continue to increase apace. 15,236 compostelas were awarded to U.S. citizens, 5.5% of the total. These increases continue the trend that has been underway for the past seven years. It appears that the Camino has reached a critical mass in the U.S.

Overall the order of the first five countries was Spain, Italy, Germany, the U.S. and Portugal.

August continues to be decidedly the month of the most arrivals in Santiago, followed by July and September. The odd pattern for the U.S. continued — a very deep valley for compostelas in August. If you want to have the greatest probability of encountering Americans on the Camino, plan a June or October arrival in Santiago. You'll trip over one every time you turn around!

The Camino Francés of course continues to be the most popular route. Except for a bobble caused by the 2010 Holy Year, it has decreased as a percentage of the total every year since at least

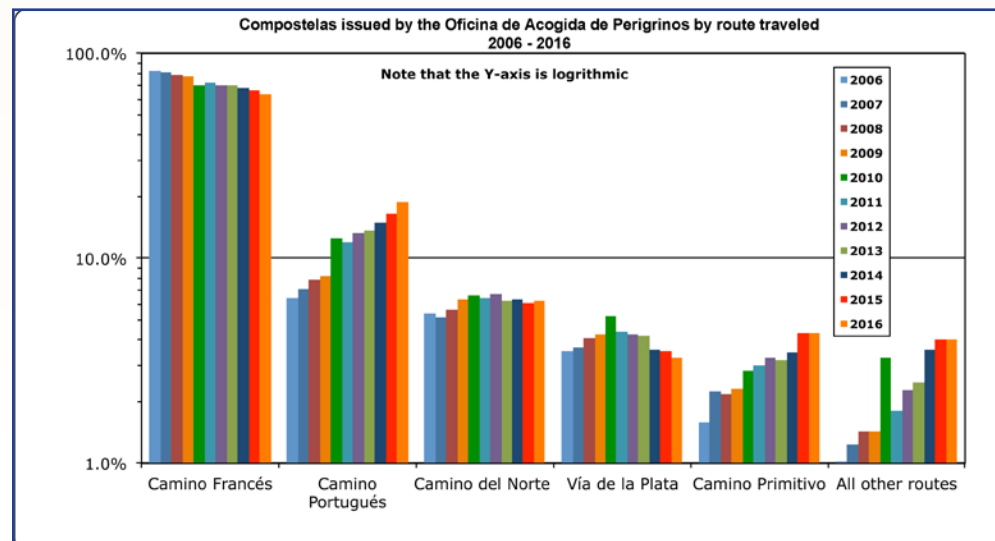


2006, last year accounting for fewer than 2/3's of pilgrims. The slack has been largely taken up by the Camino Portugués, last year with almost 20% of arrivals.

The ratio of males to females continues to be greater than 1.0, but only barely. This ratio has decreased steadily since at least 1991 when there were more than two males for every female. The trend line predicts that the ratio will reach parity this year!

Finally, the number of credentials issued by American Pilgrims continues to increase but not at the pace of a few years ago. In 2016, we issued 7,123 credentials, still a healthy 11.5% increase over 2015.

If you're still reading this you might like to see all of this and more in graphic form. Go to the statistics page on the American Pilgrims website: [www.americanpilgrims.org/statistics](http://www.americanpilgrims.org/statistics)



These statistics were compiled from data published by the Pilgrims' Welcome Office and from American Pilgrims' credential records. ♦

## My Second Camino

by Gregory E. Madsen, Westerville OH

In 2014, my friend and I walked the Camino from Logroño to Santiago, and in Sarria our wives joined us. It was a fantastic religious pilgrimage. Along the way, we met three young men whom we termed The Three Amigos. These three men met for the first time in St. Jean Pied de Port and walked together to Finisterre. After the Camino we stayed in touch and collectively made three wonderful videos about our experience.

In the fall of 2015, the Camino started to call me back. I cannot precisely describe this calling, other than to say my internal voice said I had not finished my Camino journey. In thinking deeply as to what this internal voice was saying, I came to realize I never felt so close to God as when I was walking on the Camino – this I deeply missed. Plus, The Three Amigos video convinced me I had missed experiencing the walk over the Pyrenees and soaking my feet in the Atlantic. I had to go back! I had to walk over the Pyrenees and soak my feet in the Atlantic.

When I announced to my wife I was going back, she said “OK, but you are not walking alone!” I quickly responded: “One is never alone on the Camino!” Soon thereafter I found a church group with which to walk.

The church group’s plan was to walk from St. Jean Pied de Port to Santiago but not to Finisterre.

To me this was the perfect compromise, and then, my 2014 walking friend agreed to walk with us from St. Jean to Burgos.

The walk over the Pyrenees, while very difficult for this 70 year old man, was everything I had hoped for.

Every day on the Camino I touched base with the church group – sometimes walking with them or sharing a meal but frequently traveling with others and staying alone in albergues. So I obeyed my wife, yet had the experience of never being alone on the Camino. In Santiago, I celebrated their completion of the Camino.

For the next few days, I traveled alone to Finisterre – first taking a bus to Cee and then doing a day-walk to Finisterre. By then, my wife was resigned to my solo travel. Sitting on the shores of the Atlantic, I realized our journey is never over – we remain pilgrims forever, and I am hearing the call of the Camino all over again. ♦



*The author contemplates his next Camino!*



## Bilbao & the Basque Lands

by Dana Facaros and Michael Pauls

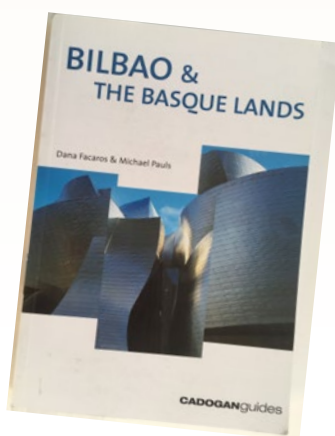
*reviewed by Jerald Stroebele, Anchorage AK*

This is one of the British Cadogan Guide series, a delightful one. It could also have been titled Bilbao and the Basque People. Interlink Publishing states “The Cadogan Guides offer guidebooks for the discerning traveler, written by travel experts. They are renowned for a deep understanding of culture and history, and opinionated, witty writers.” I agree. A pilgrim on the Camino del Norte walks 214 km through the Basque province of Euskadi or about one quarter of the way. On the Camino Francés the pilgrim walks 20 km from St. Jean Pied de Port through the Pays Basque province of France to Napoleon’s Pass on the Spanish border, then another 152.5 km through the mixed Basque/

### **Bilbao & the Basque Lands**

by Dana Facaros & Michael Pauls  
Cadogan Guides, The Globe Pequot Press  
Connecticut, 2001  
305 pages

Spanish province of Navarra, to Viana-Logroño and the very Spanish province of La Rioja. Any traveler benefits from learning a little (or a lot) about the people and their country in advance of the journey. Many of the provinces of Spain have their own local languages which differ from the national Castilian Spanish. Knowing a little (or a little more) of the local (and very different) Euskera language and culture will greatly help the humble pilgrim. “Say a word in Basque to a mountaineer, and although before you were scarcely a man to him, you suddenly become a brother.” (Victor Hugo, 1843. The full quote is on page 49.) If you have already walked a Camino through the Basque country, and your feet have recovered, this guide book will reinforce your already warm appreciation of the Basque people. *Eskerrik asko*. (Thank you, in Basque.) ♦ P.S. Cadogan rhymes with toboggan



## The Camino in Colorado

*by Victoria Drexel, Corvallis OR*

After walking my third pilgrimage in 2015, I felt as though I owed the Camino. Over hundreds of kilometers, the path has given me great friends, strength, faith, and an extensive knowledge of blister remedies. So, I began looking for a way to give back to the Camino. My first step was joining American Pilgrims on the Camino. Then, an American Pilgrims grant allowed me to attend the hospitalera training last November.

I didn’t know what to expect from the training—would we practice cleaning toilets? Learn how to splint an ankle? Well, we didn’t do either of those things, but there in the hills outside of Denver, I did find exactly what I was looking for. Along with about thirty other pilgrims, I learned some hospitalera practicalities—never put out all the toilet paper at once, bring more Band-Aids—but more importantly, we learned how to approach the responsibility of being a hospitalera. Pilgrims may come to your albergue after their best walking day, and they may come in on the day they’re thinking about quitting; as the hospitalera it’s your job to give both of those pilgrims what they need. By recalling our own memories, both good and bad, we identified the qualities of a good hospitalera: compassion, empathy, confidence to manage the busy world inside an albergue. We also just had a lot of fun.

For two days, the retreat center in Colorado felt like a cozy little bar somewhere on the meseta or tucked among the vineyards of Rioja. Only among other pilgrims can such a genuine, rousing conversation about socks exist. On the last night, we broke into groups and prepared a familiar meal, *ensalada mixta y sopa de lentejas con pan y vino*. We sat together at long tables and shared our hopes and fears for future pilgrimages and hospitalera posts. The weekend was like a taste of the Camino.

Almost immediately after, I sent in my application to be a hospitalera and recently found out that I will be at Grañón in the last two weeks of June! I feel so lucky to be placed at Grañón and thankful to American Pilgrims on the Camino for making it possible for me to attend the training.

If anyone finds themselves in Grañón in late June, please stop by and give me the opportunity to wish you “Buen Camino!” ♦

# The Short, Glorious Life of Rodrigo LaMosca

*by John & Lis Silliman, Portland OR*

It was late in the month of September  
By the light of the Spanish moon  
Near the mosque they call La Mezquita  
In the country of Al Andalus

I was drunk with the night blooming jasmine  
And the sensuous sound of guitars  
When he came to me suddenly, swiftly  
Like a messenger sent from the stars

He said, Buenas noches, Querida  
I have searched for you all of my life  
Your personal perfume excites me  
My desire is to make you my wife!

I admit he was small, dark, and handsome  
His persistence was not without charm  
I adored this mysterious stranger  
And I thrilled to his touch on my arm

In a bar in the old gypsy quarter  
We feasted on tapas and wine

Swept up in this magical evening  
I was blind to the passage of time

As the bells in the ancient cathedral  
Slowly were tolling the hour  
He said, Life is fleeting, Querida  
We bloom only once, like a flower

My name is Rodrigo LaMosca  
But my friends call me Buzzi, it's true  
And you are, my fair señorita?  
Come closer, I whispered, I'll tell you

As the first rays of dawn pierced the window  
And a drowsiness clouded my head  
He leaned in to press his advantage  
But this is what happened instead

He fell into my glass of Rioja  
And the last words that I heard him cry  
I will love you forever, Querida!  
With your name on my lips.....I die!! ♦

**Editor's note:** You can view the author performing the poem at <https://www.youtube.com/watch?v=hv-JwdzH8kY>

## ¡Buen Provecho!

Talk about a Warm-You-Up soup! The Galicia region of Spain is cool and wet. With lots of mist and rain there is a lingering dampness that seeps into your bones. Galicians figured out a few centuries ago how to warm up from the inside out. Caldo Gallego is on every menu and is deliciously different at each place – even with the same basic ingredients. You can make this soup quickly and enjoy it for a few days.

I made the soup without a recipe based on memory when I came back from the Camino. In fact,

it was the first thing I cooked. I used chicken broth only to find out when I did a recipe search that most Caldo Gallego recipes also use a ham bone or pieces of sausage. My favorite recipe boiled the potatoes until they were mushy and dissolving into the broth.

Over the past couple of years, I've developed my own version of Caldo Gallego. It's a perfect comfort food for fall and winter. Besides, when I eat it, fond Camino memories come back ♦

### Caldo Gallego Soup

From the kitchen of Suzanne Ball, Manhattan IL

- 4 tablespoons olive oil
- 1lb mild Italian sausage  
(sliced-2 inches thick)
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 2 cans white beans, undrained
- 1 tsp dried thyme
- 8 black peppercorns
- 4 whole cloves
- 6 oz thick bacon, chopped (or ham bone)
- 2 quarts hot water
- 2 potatoes, diced
- 2 cups kale or collard greens, chopped
- Salt and pepper to taste

#### Directions

- Place olive oil in a large, heavy soup pot over moderate heat. Add the sausage and cook until lightly browned. Remove with a slotted spoon and set aside.
- Add the onion and garlic to the pot. Cook until the onion begins to soften and brown, about 10 minutes. Add the beans, herbs and spices, bacon (or ham bone), and water. Increase heat, bring to a boil, and then reduce heat and simmer, covered, for 1 1/2 hours. Check the pot occasionally to stir and skim off any foam that may float on the surface.
- Add the potatoes and the sausage. Cook for another hour, partially covered. Add kale and cook for another hour, uncovered, stirring thoroughly every 15 minutes. (By now, the soup should be quite thick.) Season with salt and pepper to taste.

Serve with a rustic bread and red Spanish wine. Close your eyes and remember your Camino. ¡Buen provecho!



# Dragonte

by Patrick Eibergen, Chicago IL

Brierley's guidebook to the Camino Francés depicts three routes out of Villafranca del Bierzo. The map is even featured on the back cover.



*Dragonte fountain.*

The center route, often referred to as the "Pereje," follows the nearby river and does not require climbing. It parallels a small highway with frequent guardrails.

The route on the right, sometimes called the "Duro," or "Pradela," begins with a steep incline, but the climber is soon rewarded with spectacular views of the surrounding countryside.

Perhaps five to ten per cent of peregrinos choose this path, compared to the 90% or so who do the "Pereje."

From my experience, less than one per cent walk the third route, the "Dragonte." It also begins with a steep climb, followed by two more, as well as descents through exceptionally rugged and isolated terrain. There are few or no facilities for several miles. The views though, and the sensation of doing something extraordinarily different, make this way my favorite.

I first walked up there in 2015, against the advice of the local tourist office—"If you get lost and need to

be rescued, you will have to pay for it." Later, I was stopped by a worried citizen who gave me the same stern warning, something about "thirty people in the last three years." He also cautioned, "no señales!"

I went anyway, and yes, I often got lost, but I decided to return the next year and paint some yellow arrows in strategic places. Through the American Pilgrims on the Camino Facebook page I met Matt Sanchez, then the owner of the Magdalena Albergue in the nearby town of Vega de Valcarce. We agreed to work together on the project in September 2016.

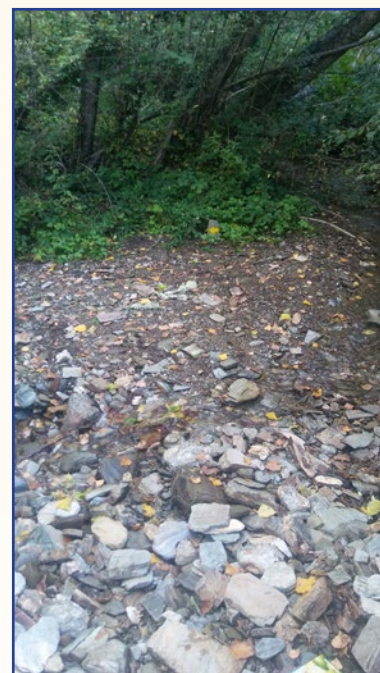
That month, by coincidence, I was staying at the Albergue Leo in Villafranca, and mentioned my plans to the owners. Imagine my surprise when they became ecstatic and welcomed me as if a family member!

They are the people who built the beautiful welcoming fountain in the town of Dragonte. They were thrilled to hear of my plans since they have a passion for encouraging

more pilgrims to walk the road less travelled.

The night before I began my project, they drove me up to Dragonte where we talked to the local mayor and enjoyed a small feast in their second home there.

For more information, join the Facebook Group, "Friends of Dragonte." ♦



*Spectacular scenery  
Dragonte route, October 2016*



*Waymark along the Dragonte route.*

# The Journey Never Ends

by Hany Farag, San Francisco CA

I planned to walk the Portuguese Camino by myself in 2016. I expected to meet friendly pilgrims and to hear the traditional “Bom Caminho.” Yet I didn’t expect it to end, or not end, the way it did.

I started from Porto taking the coastal route. The third day I arrived at Viana De Castelo exhausted and worrying about the longest, toughest day ahead. I saw some German pilgrims at a bar in the square; they invited me to join them. We compared notes from their German guidebook and my Pilgrim’s Guide to the Camino Portugués by John Brierley. Someone floated the idea of an early start the next day. Helga, Josefa and I agreed.

We packed in the dark and headed for the road. The only sound was our rhythmic footsteps hitting the ground. We stopped in cafés and photographed old churches, so typical of the architecture of Portugal. The day ended smoothly, as did the following days.

At Redondela, Josefa and Helga opted for the boat. I continued on land, following Brierley’s book. We parted, but agreed to meet two days later in Padrón, in spite of the lack of a functioning mobile phone.

Luckily, both parties made it to Padrón on time. It was like meeting a sibling you haven’t seen for years. We



*The three amigos reunited  
Wiesbaden, Germany, February 2017*

went to an outdoor café for celebration and dinner. Moments later, a smiling man approached me: “You are Hany, aren’t you?”, he said. I recognized the man as John Brierley, while he continued: “On the boat your friends told me they would reconnect in Padrón with a man using my book.” We chatted with John, took photos and he signed my book in Galician! Events such as this can happen only in the unique world of the Camino.

A few months later, I had the opportunity of a stop-over in Germany. We enjoyed a weekend Camino amigos reunion. We browsed Wiesbaden and crossed the Rhine to Mainz to attend Sunday service in Dom. We visited the Saint Sebastian church and bought cards of Chagall’s stained glass. The gift shop stamped our cards with a St. James pilgrim Camino stamp. We concluded the reunion with plans for the next date: San Francisco in May. ♦



*The three amigos with John Brierley  
Padrón, Spain, September 2016*

## Hospitalero Happenings

American Pilgrims continues to be a strong volunteer presence along the Camino. We work closely with the Spanish Federation of Associations of Friends of the Camino to provide hospitaleros in the eighteen donativo albergues the Federation assists. Many of our hospitalero volunteers have also served in private, municipal, and parochial albergues also that are not connected with the Federation. Hospitalero opportunities also exist in France, Portugal, and Italy. ♦

Sixteen new hospitaleros (pictured below with instructors) were trained in Los Gatos, CA in Feb 2017. Congratulations to our newest hospitalero graduates.

- |                      |                     |                 |                 |
|----------------------|---------------------|-----------------|-----------------|
| • Guy Joaquin        | • Genette Foster    | • Tina Garcia   | • Daniel McCabe |
| • Richard Williamsen | • Marlys Edwards    | • Thomas Anglim | • Francis Kim   |
| • Nancy Williamsen   | • Fumi Knox         | • Laurie Ferris | • Anna Kim      |
| • Julie Losi         | • Mara Luisa Tejero | • Karen Logan   | • Maura Monroe  |



**Upcoming Hospitalero Training**  
**March 21-23, 2017 in Hampton, Georgia**

## Contributors

- |                   |                    |                          |
|-------------------|--------------------|--------------------------|
| ♦ Elin Babcock    | ♦ Patrick Eibergen | ♦ Greg Madsen            |
| ♦ Suzanne Ball    | ♦ Kelly Elaouadi   | ♦ Gene McCullough        |
| ♦ Elle Bieling    | ♦ Hany Farag       | ♦ John Silliman          |
| ♦ Douglas Bowne   | ♦ Laurie Ferris    | ♦ Lis Silliman           |
| ♦ Larry Burton    | ♦ Peg Hall         | ♦ Chloe Rose Stuart-Ulin |
| ♦ Vanetta Burton  | ♦ Jennifer Hofman  | ♦ Jerald Stroebele       |
| ♦ Gene Cheltenham | ♦ Elaine Hopkins   |                          |
| ♦ Victoria Drexel | ♦ David Jennings   |                          |



## Welcome, New Members!

We are pleased to welcome the following new members who joined American Pilgrims on the Camino from December 2016 through February 2017. We look forward to meeting all of you at future Gatherings and events.

- |                                   |                                       |                              |
|-----------------------------------|---------------------------------------|------------------------------|
| ◆ Linda Aeder                     | ◆ James Corbett                       | ◆ Bernard Greig              |
| ◆ Ruston Aguada                   | ◆ Sherry and Kevin Cornett            | ◆ Erin Hagmaier              |
| ◆ Terry Alexander                 | ◆ Iris Cortes                         | ◆ Ruthann Haider             |
| ◆ Tami Allen                      | ◆ Susan Corwin                        | ◆ Lisa Hale                  |
| ◆ Paul Amado                      | ◆ Vincenzo Crifasi                    | ◆ Jane Hamilton-Florea       |
| ◆ Mae Anderson                    | ◆ Richard Cunrod                      | ◆ Carolyn & Larry Hatch      |
| ◆ Thomas Anglim                   | ◆ Fred Czuba                          | ◆ Peter Hoff                 |
| ◆ Rod Arakaki                     | ◆ Brian Danker                        | ◆ Mark Holbert               |
| ◆ Bonnie and Krishna Arora        | ◆ George, Patricia, & Gwen De-Filippi | ◆ Maureen (Mo) Horvath       |
| ◆ Trevor Austin                   | ◆ Jennifer Del Signore                | ◆ Brad Howard                |
| ◆ Rachael Austin                  | ◆ Guy Delbrouck                       | ◆ Emily Hudak                |
| ◆ Debbie Barlow                   | ◆ Rho Densmore                        | ◆ Ralph Hueske               |
| ◆ Marsha Barr                     | ◆ Deborah DeVinney                    | ◆ Daniel Hulburt             |
| ◆ David Baxter                    | ◆ Darryl DeVinney                     | ◆ Susana Ikhwan              |
| ◆ Sheron Bealer                   | ◆ Kathy DeWitt                        | ◆ Katherine Jacobs           |
| ◆ Cheng Hong Beh                  | ◆ Tom Doohar                          | ◆ David & Elisa Jelley       |
| ◆ Michele Bell                    | ◆ Erin Dooley                         | ◆ Debra & Jeff Jensen        |
| ◆ Samuel Bellino                  | ◆ Tammi Dunaway                       | ◆ Telia Marie & John Kapteyn |
| ◆ Edith Allison Bennett           | ◆ Phyllis Duncan                      | ◆ Suanne Kauffman            |
| ◆ Danny Bernstein                 | ◆ Sue Dybbro                          | ◆ Mira Kehler                |
| ◆ Megan Berntson                  | ◆ Brad Edwards                        | ◆ TD Keyes                   |
| ◆ Richard Bieling                 | ◆ Laurie Edwards                      | ◆ Francis Kim                |
| ◆ Claudette Boudreaux             | ◆ Kelly Elaouadi                      | ◆ Anna Kim                   |
| ◆ David Bourn                     | ◆ Grace Ernstberger                   | ◆ Anita Kirby                |
| ◆ Laurie Brewer                   | ◆ Katherine Kerr Faulder              | ◆ Grant & Matthew Kirk       |
| ◆ David Brewster                  | ◆ Sharon Fields                       | ◆ Elizabeth Kolonay          |
| ◆ Melissa Brown                   | ◆ Joe Fioretti                        | ◆ Lon Kunz                   |
| ◆ Sue Bushrow                     | ◆ Peter Floistad                      | ◆ Steve Langford             |
| ◆ Margie Butler                   | ◆ Dolores Flores                      | ◆ Lizette Larson-Miller      |
| ◆ Danny Buzzell                   | ◆ Lisa Force                          | ◆ Jeanette Laureano          |
| ◆ Betty Callens                   | ◆ Stephen Forman                      | ◆ Chris Leeds                |
| ◆ Maurya Campeau                  | ◆ William Froming                     | ◆ Karen Leonard              |
| ◆ JoAnn Carreon-Reyes             | ◆ Linda Gaines                        | ◆ Juliana LeVrier            |
| ◆ Michelle, Shea, & Piper Chamlis | ◆ Jack Galbraith                      | ◆ Anne Li                    |
| ◆ Youngmi Cho                     | ◆ Rachel Ganzon                       | ◆ Melissa Lucken             |
| ◆ Kate Cline                      | ◆ John Gehrig                         | ◆ Bill Ludwig                |
| ◆ Maggie Coble                    | ◆ Debby Gentile                       | ◆ Ricardo Macasaet           |
| ◆ Ben Cole                        | ◆ Jeff Gimpel                         | ◆ Judith Mack                |
| ◆ Tom Coleman                     | ◆ Wilfredo Giordano-Perez             | ◆ Erminja Maganja            |
| ◆ Karen Collins                   | ◆ James & Diane Gomes                 | ◆ Stanley Magnusson          |
| ◆ Valerie Concello                | ◆ James Graham                        | ◆ Nick Maione                |
| ◆ Paulina Conner                  |                                       | ◆ Diego Maldonado            |



- |                          |                               |                             |
|--------------------------|-------------------------------|-----------------------------|
| ♦ Jim McCabe             | ♦ Robert Padilla              | ♦ Rachel Siegman            |
| ♦ Charles McCall         | ♦ Kathleen Peters             | ♦ Josephine & Allan Soriano |
| ♦ Bette McKown           | ♦ Catherine Piccola           | ♦ Cheryl Souza              |
| ♦ Deanna McMillian       | ♦ Michael Pitchford           | ♦ Kelly Stefanich           |
| ♦ Douglas McMurtrie      | ♦ Rebecca Plasters            | ♦ John Stephens             |
| ♦ Martin Menez           | ♦ Stephen Pocalyko            | ♦ Chloe Stuart-Ulin         |
| ♦ Marta Merriman         | ♦ Maria & B Matthew Powell    | ♦ Pablo & Paola Suchsland   |
| ♦ Steven Miller          | ♦ Logan Vincent Pratt         | ♦ Holly & Kirk Talon        |
| ♦ Marsha Missall         | ♦ Zella Pugh                  | ♦ Cynthia Tice              |
| ♦ Wendy Molin            | ♦ Rachael & Thomas Quisel     | ♦ Emily Topielski           |
| ♦ Virgil Moore           | ♦ Umbreen Qureshi             | ♦ Jennifer Trundy           |
| ♦ Dennis Morgan          | ♦ Honora Rainville            | ♦ Xina & David Uhl          |
| ♦ Alice Morris           | ♦ Richard Rayos               | ♦ Dia Utterback             |
| ♦ Beth Morse             | ♦ Rupert Reyes                | ♦ Marie Weiler              |
| ♦ Maria Mugica           | ♦ Sheila Riddell              | ♦ Craig Whipple             |
| ♦ Edward Muldoon         | ♦ Gayle Roach                 | ♦ Diane Wilson              |
| ♦ Katherine Murphy       | ♦ Jenni & Rebecca Roeber      | ♦ Martha Wilson             |
| ♦ Linda Elaine Neagley   | ♦ Armani Roots                | ♦ Tricia Wisniewski         |
| ♦ Julie Nguyen           | ♦ Mary & Ellie Rousseaux      | ♦ Karen Wisont              |
| ♦ Gary Northcutt         | ♦ Sandra & Bob Rulec          | ♦ Sharon Witte              |
| ♦ Dennis Nykiel          | ♦ Thomas & Anne Marie Saarie  | ♦ Sharon Woodbury           |
| ♦ Sarah Olson            | ♦ Lola Salazar                | ♦ Mark Wulf                 |
| ♦ Lindy Orist            | ♦ Magdalena "Martha" Schaefer | ♦ Jean York                 |
| ♦ Holly Osborne          | ♦ Kristi Schaus               | ♦ Marjorie Young            |
| ♦ Ricky Oubre            | ♦ Marc Schild                 | ♦ John Zachman              |
| ♦ Earl & Marjorie Owens  | ♦ Kathleen Schwartz           | ♦ Lynda Ziemba              |
| ♦ Scott & Mitchell Owens | ♦ Janet Siegfried             | ♦ Abbie Zislis              |

## Lifetime Members!

We are pleased to welcome the following lifetime members to American Pilgrims on the Camino.

- |                     |                                |                      |
|---------------------|--------------------------------|----------------------|
| ♦ Dana Baggett      | ♦ Bruce Guthrie                | ♦ Jacqueline Saxon   |
| ♦ K Andrew Byers    | ♦ Sheridan Christian Tully Sun | ♦ Julie Scott        |
| ♦ Kaye R Callaway   | ♦ Hedley                       | ♦ Daniel Stalling    |
| ♦ Elaine Chapin     | ♦ Diana Huntress               | ♦ Jeff Stys          |
| ♦ Daniel De Kay     | ♦ Sandy Lenthall               | ♦ Lynn Talbot        |
| ♦ Cathy Diaz        | ♦ John Long                    | ♦ John Homer Theroux |
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| ♦ Victoria Fry-Ruiz | ♦ Zita Macy                    | ♦ Karen Wark         |
| ♦ Lin Galea         | ♦ Yosmar Martinez              | ♦ Bryan Winter       |
| ♦ Cheryl Grasmoen   | ♦ Cristino Rodriguez           |                      |
| ♦ George Greenia    | ♦ Michael Romo                 |                      |



*The mission of American Pilgrims on the Camino is to foster the enduring tradition of the Camino by supporting its infrastructure, by gathering pilgrims together, and by providing information and encouragement to past and future pilgrims.*

## Do You Have Camino Impressions to Share?

With every issue we are delighted anew by the quality, variety, and abundance of submissions – and especially by the fact that so many are from first-time contributors. Your enthusiasm for the Camino and for *La Concha* as a medium for sharing that enthusiasm keeps us going!

So, please keep telling us, in 400 words or fewer, about your Camino. Consider a photo, a poem, or a new found understanding of an idea – a pilgrim's perspective. We have refined our guidelines, so please visit Newsletter on our website for suggestions and

our new guidelines.

The submission deadline for the next issue is, May 19, 2017. We welcome your questions, comments, and submissions at [newsletter@americanpilgrims.org](mailto:newsletter@americanpilgrims.org).

¡Buen Camino!

*Peg Hall, Elaine Hopkins, Steve Lytch, Zita Macy  
Mona Spargo & Jessica Swan*

March 2017 Team La Concha

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American Pilgrims on the Camino  
120 State Avenue NE #303  
Olympia, WA 98501-1131  
Fax: 1 650 989-4057  
[www.americanpilgrims.org](http://www.americanpilgrims.org)

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