



# LA CONCHA

Newsletter of American Pilgrims on the Camino

[www.americanpilgrims.com](http://www.americanpilgrims.com)

December 2012

## Camino Continues to Beckon to Pilgrims



*On the Way: Puerto de la Pedraja  
Photo by John S. Daly, Albuquerque NM*

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### Dear Fellow Pilgrims,

As I reflect on 2012, I am amazed by the year's activity within the community of pilgrims. More pilgrims than ever have arrived in Santiago, and nearly 200,000 pilgrims will have received their Compostela by the end of the year. In addition, many more are walking toward Santiago in stages, and will complete their journey in a future year.

Even more gratifying is that so many American pilgrims are reaching Santiago, almost double those who arrived in 2011. More Americans are learning about the Camino. They have seen the movie *The Way*. They have a friend or co-worker who has been on the Camino and told them about it. They have attended an American Pilgrims on the Camino chapter hike or potluck and been infected with the enthusiasm of those who have gone before them. The Camino is no longer a well-kept secret.

With more people on the Camino, the albergues are being refurbished to provide better lodging, several through the help of our grant program. One 2012 hospitalera told me that when she had been at the same albergue as a pilgrim in 2007, it had been a dark and dreary place. Now it is bright and freshly painted, the kitchen has been remodeled, and new bunk beds have been installed.

Through your membership in American Pilgrims on the Camino, you have contributed mightily to bringing more people to the Camino and helped to make the albergues better.

- American Pilgrims on the Camino membership is over 900 strong.
- We provide venues for others to learn about the Camino, through the activities of our 10 chapters and through our Facebook page, which has over 1,000 participants.
- Our tireless webmaster Gene McCullough maintains and constantly updates our website, which is chock full of information and resources.



It's Christmas morning 2005 in Pamplona, as Lisa and the students and I are getting ready to walk to Puente la Reina. The day before, Lisa had bought the tree in a 1€ store, cut out paper ornaments, and bought Christmas cookies for all the students and put them under the tree.

- More than 200 of you are trained hospitaleros, and 21 served at albergues in 2012.
- Albergues in four different locations on four different Caminos are making needed improvements thanks to our grant program.

One of the most common desires expressed by pilgrims who have walked to Santiago is the desire to give back. As you see above, your participation as active members of American Pilgrims on the Camino supports and gives back to the Camino in so many ways.

As this year draws to a close, I want to express my thanks to each of you for believing in the mission of American Pilgrims on the Camino and for your continued membership. You are the reason that our organization can give back to the Camino in truly wonderful ways.

Happy Holidays and all the best in 2013. May the New Year find you in Santiago in both body and spirit. ♦

*i Ultraia!*

*Carlos Mentley*  
*Chair*





# Gathering 2013, Santa Barbara CA

## Hidden Life of the Camino

American Pilgrims on the Camino announces its 16<sup>th</sup> Annual Gathering of Pilgrims March 14-17, in Santa Barbara, California. This year's theme, *Hidden Life of the Camino*, celebrates those things unseen or unnoticed along the trail.

We are back at the Mission Santa Barbara again this year. Founded in 1786 by Spanish Franciscan friars, Old Mission Santa Barbara, with its rich history and lush grounds, is known as "the Queen of the Missions." The stately and beautiful church, with a commanding view of the ocean from its front door, and ten acres of beautifully landscaped gardens invite the visitor to retreat from daily life to the tranquility of the setting. The area is great for strolls at dusk or dawn. More details on the Mission can be found at:

[www.santabarbaramission.org](http://www.santabarbaramission.org).

The Gathering starts with the Welcome Reception Thursday evening. It is your first, but by no means last, opportunity to catch up with old friends and meet new ones.

Sessions and presentations start Friday morning and continue through Sunday morning at 11:30. The Camino's hidden treasures will include a session on bird life led by Merry Roy, a discussion of the Camino's geological features and rock formations by Bruce Perry from the Department of Geological Sciences at California State University and Paul Dworjan, Senior Geologist at URS-Alaska, and an introduction to two beautiful monasteries near but not on the Camino by Marsha Holm and Emilio Escudero. Martha Stortz, Professor of Historical Theology and Ethics, will speak on the process of re-entry and adjustment into post-Camino life.

The program will include some of the perennial favorites on Camino practicalities, including packing essentials, Daniel De Kay's ever-popular session on first aid, and Q&A sessions for new pilgrims. Marlena Lambert will show us some easy ways to support our physical and mental health during a long hike. Denise Donovan, from the International Bed Bug Resource Authority, will tell us how to deal with that bane of pilgrim life, bed bugs.

If you can't make it to Spain this year, be sure to catch veteran California Mission Trail hikers Stephanie Dodaro, Ron Briery, and Kurt Buckley as they introduce you to this 800-mile trail that connects 21 California Missions.

We will have plenty of opportunities for you to entertain and be entertained as well (see special events box below).

To register online, please visit [www.americanpilgrims.com/events/events\\_national.html](http://www.americanpilgrims.com/events/events_national.html). Write to [registration@americanpilgrims.com](mailto:registration@americanpilgrims.com) if you have specific questions about the Gathering.

We look forward to seeing you all there! ♦



*Meditation on a Rock*

*Photo by Charles Lindemuth, Anchorage AK*



*Enticing lavender*

*Photo by Mona Spargo, Anchorage AK*

## Special Events in Santa Barbara

The **Shell Ceremony** which blesses and sends forth first-time pilgrims.

**5x5 Open Mike** for the storytellers among us and **Camino Cabaret**, where you can belt out a tune or otherwise entertain the audience.

Back by popular demand, the early music ensemble **Ciaramella** will be joining us once again in Santa Barbara. This group's renditions of medieval and early Renaissance music evoke chapels along the Camino and introduce us to medieval instruments, such as the shawm, sackbut, and recorder. A performance not to be missed!



After the glow of cabaret stardom has died down, grab some popcorn and watch one of the many lesser-known **movies** starring the Camino.

**Hospitalero Training** takes place before the Gathering: Tuesday, March 12 through Thursday, March 14.

**Tapas/Paella** requires separate registration. If you love preparing food, then join the Lindemuth brothers as they take you through their unconventional paella and tapas preparation. This is hands-on, so come prepared to work and EAT! Space is limited for this session, so register early to get your spot. ♦

## Raffle Donations

The 2013 annual Gathering — *Hidden Life of the Camino* — is right around the corner. If you have items that you would like to donate to the raffle or auction, please contact [gatherings@americanpilgrims.com](mailto:gatherings@americanpilgrims.com) or send items to 1514 Channing Avenue, Palo Alto, CA 94303. Your donation may be tax deductible.

In 2012 we raised \$815.00 dollars from raffle sales and \$1600.00 from our silent auction item (thank you, Bill Edwards and Amei Wallach). Funds raised help support our grant program. Thank you. ♦



*Heather on the Camino*

*Photo by Cheryl Grasmoe, North Oaks MN*

## Share Your Flower Pictures

Are you always stopping on the trail to photograph the flowers? Do you have a beautiful wildflower picture from the Camino that you would like to show off? This is your chance — we are putting together a common wildflowers of the Camino poster to be displayed at the 2013 Gathering in Santa Barbara. The display will feature photographs of some of the most commonly seen flowers along the Camino along with basic information. If you are interested in displaying your wildflower photography skills, please send your submissions to [gatherings@americanpilgrims.com](mailto:gatherings@americanpilgrims.com)

Submit color or black and white high resolution jpegs (final file size should be between 3-7 MB). ♦



## Mission Statement: Alternative Route to the Gathering

*By Anita Baroldi & Marla Keese*  
*SoCal Chapter Co-ordinators*

### **Didn't get to Spain this year? Going to the Santa Barbara Gathering? Why not walk there?**

A number of Santiago peregrinos have been walking the Camino Real this year: Ron Briery, Stephanie Dodaro, Lin Galea, Martha Lopez, Kurt Buckley, and several others. Plans are afoot to walk from San Diego to Santa Barbara, starting February 20<sup>th</sup> and arriving in time for the Gathering. You will be in the company of seasoned Camino veterans as well as several California Camino pioneers. Spend three weeks helping us reanimate the Camino Real, the "Royal Road."

In California we share a cultural back story with Spain. Of the numerous players, Padre Junípero Serra had a major role. Born in 1713 on the island of Mallorca, his native language was Mallorquín, a regional variation of Catalán, and his second language was Castilian Spanish. The first

Missions were established by the Spanish in Baja California (Mexico), a hot and dry climate, later extending north to Alta California, present-day California. One option on the etymology of our state name is derived from the Mallorquín – California translates as hot oven.

As we approach Padre Serra's 300<sup>th</sup> birthday, peregrina Anita Baroldi has made pilgrimage to his birthplace in Petra, Mallorca. Locals there are proud of their native son and ecstatic that there is a movement towards a California Camino. We have a PDF of the 1914 book Junípero Serra – *The Man and His Work* available upon request. Yes, there is a guidebook, we are working on detailed maps, and this is a work in progress. Come walk with us, come be an American Pilgrim, come walk the California Camino.

For more information, contact us at  
[SoCalChapter@americanpilgrims.com](mailto:SoCalChapter@americanpilgrims.com). ♦



*Mission Santa Barbara*  
*Photo by Anita Baroldi*

## Xacobeo News

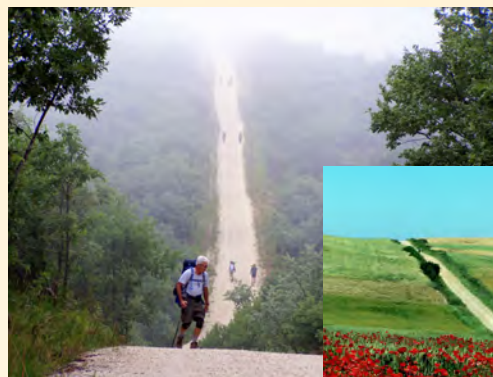
Xacobeo staff will report to us early in 2013 on changes taking place, and we will update you in the next issue. ♦



## Pilgrims on the Move: Statistics Show Growth in 2012

From January 1 – November 30, 2012:

- 190,935 pilgrims arrived in Santiago de Compostela, which is a 5% increase over the same period in 2011
- 7,038 United States pilgrims arrived, 90% more than the 3,674 who arrived in 2011
- Americans represent 3.7% of total pilgrims



*Photographer's brother,  
Bill Daly*



*Pilgrims and Poppies  
Photos by John S. Daly  
Albuquerque NM*

The Camino Francés is still the preferred route. Approximately 70% of pilgrims from all countries travel that route, followed by 13% who take the Camino Portugués. ♦

**Source: Pilgrims' Office, Archdiocese of Santiago de Compostela**

## Chapter News

The spirit of the Camino stays with us well beyond our return, and many of us miss the Camino camaraderie. If you wish to join fellow pilgrims for frequent outings, Camino presentations, and culinary adventures, visit our [Local Chapters](#) web page, checking often for event updates. In addition to those reporting below, we have the following active chapters: Puget Sound Region; Portlandia Region; Southern California; Boston; Orlando; and our two newest chapters, Western North Carolina (Asheville), and Atlanta Metropolitan Area. If you are interested in forming a chapter in your area, contact our Chapter Liaison at [chapters@americanpilgrims.com](mailto:chapters@americanpilgrims.com). ♦

### Northern California Chapter

We are happy to report a welcome home party attended by 56 for 18 NorCal pilgrims walking the Camino in 2012. Although we probably missed some late returnees, we love them all. A great potluck – as always. Last month 13 pilgrims braved rainy weather to hike in a beautiful redwood forest. We were amazingly lucky: the weather cleared, providing beautiful scenery with the mist in the trees and the sun breaking through to the pilgrims below. ♦

*Rennie Archibald & Bob Holm – Co-Coordiators*

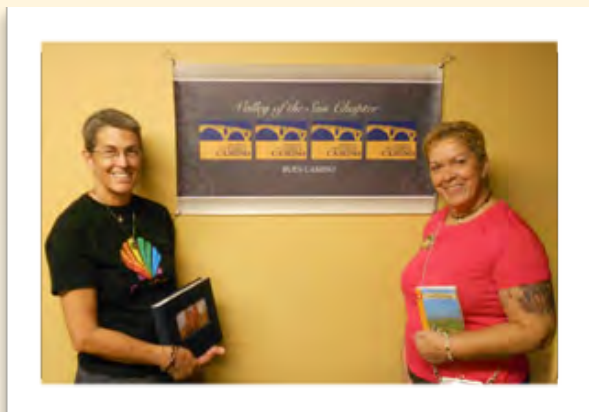


*Better than four  
Photo by Cheryl Grasmoe, North Oaks MN*

## More Chapter News

### Valley of the Sun Chapter

Since our August exploratory meeting, we've enjoyed four well-attended events, including a get-together with lots of info, sharing, blessings, and



*Laura and Aleida with chapter banner*

scallop shells; a five-mile hike (see photo) followed by breakfast; a December hike in the McDowell Sonoran Preserve; and a holiday dessert get-



*Our first hike, Phoenix Mountain Preserve*

together. We have almost 100 Phoenix-based current and future pilgrims on our mailing list and a chapter banner! ♦

*Laura Prato & Aleida Howard – Co-Coordinator*

## Texas Gulf Coast Chapter

Our chapter keeps on growing with new folks at every event! Quite a few of our members traveled on the Camino this year, and several have plans to go in 2013. It's always fun to get together and share experiences. Our most recent event was a picnic and short walk to a labyrinth. How do you like the design of our chapter T-shirts? ♦

*Jeff Stys & Mary Jane Miller – Co-Coordinator*



*Walk to a labyrinth*



*Texas Gulf Coast Chapter T-shirt design*





## Revised Membership Categories and Fees

Effective January 1, 2013, American Pilgrims on the Camino will have three distinct membership categories with corresponding annual fees:

- Individual Membership will continue to be \$50 per year.
- A Household Membership, referring to new or renewing members who wish to include on their membership up to three additional people from their immediate household, will pay \$60 annually.
- The \$15 Student Membership continues to be a bargain.

While this slight increase in the Household Membership is designed to help defray rising administrative costs, we should let you know that you can save \$10 in 2013 by renewing your membership early, prior to January 1, 2013. Renew NOW at the current \$50 rate for you *and* your household, and your renewal will take effect on your regular membership anniversary date. For example, if your renewal date is July 1, 2013 and you renew now, you will not need to renew again until July 1, 2014. ♦

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## La Concha Guidelines Revisited

### Photo/Image Submissions

We love using Pilgrim photos in the newsletter and on the website. Here are a few rules of thumb to make it easy for you to know what format and size to submit and make it easy for us to use them!

- Submit no more than a maximum of 3 photos/ images per story or topic
- Format: 300 dpi; jpeg or tiff image files (please do not submit photos in a Word document)
- Photos should be 2 MB or less in size
- Photos should include the following Information:
  - Photographer's Name
  - Photo/image Description:
  - Location & Date
  - Identity of People in Photo (please specify "from left to right" or "from top to bottom") with the exception of large groups such as the chapters

### Narrative Submissions

Please submit narratives as Microsoft Word documents of no more than 400 words. ♦



# Hearts on the Camino

By Lynn Ashcraft-Yonashiro, San Francisco CA

I'm not sure when I first noticed a heart on the Camino. I believe it was in the smiles and on the faces of those pilgrims I met along the way. It started with the huge heart belonging to my companion and friend, Maria. It seems that she drew hearts to her and therefore to me.

As I walked I found myself mesmerized by the movement of the wind through the trees or the sounds of water gurgling past in the streams. The sounds and smells of nature surrounded the path and lay under my feet. Everyday there was rain. Sometimes the path was muddy and treacherous. It was in Galicia that I began to watch my feet more closely, to ease the steps over rocks, through mud, and around cow piles.

The first heart on the path amused me, the second brought a smile to my face, the third and fourth got my attention, and then I began to see them everywhere. Even when my eyes left the path to take in the pastures, valleys, fences, walls, and farms, I still saw hearts. My camera began to ride in my front pocket and often in my hand, snapping hearts up like posies until a bouquet warmed my own heart.

There is no finer symbol of my relationship with the Camino than these hearts. I know everyone thinks of scallop shells and yellow arrows, but I suggest to you a different and endearing symbol and I hope it warms your heart as it has mine. ♦



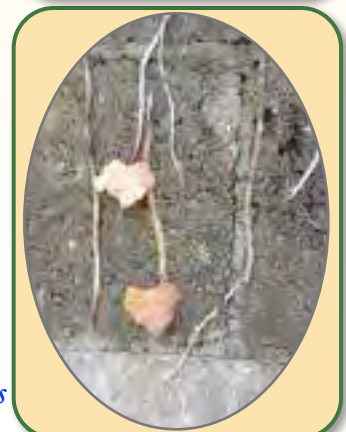
*bulging heart*



*fitted hearts*



*hearts and flowers*



*wall of hearts*

*A man sees in the world what he carries in his heart.*

—Johann Wolfgang Goethe

# Camino de Santiago

Guidebook reviewed by Bill Edwards, Mattituck NY

There are numerous guidebooks to the Camino Francés, including the increasingly dated guides by Alison Raju (2003, Cicerone Guide) and Cordula Rabe (2007, Rother Guide). For an up-to-date English-language guide the best choices are those by John Brierley, Bethan Davies, the Confraternity of Saint James, and this new translation of Sergi Ramis's 2010 guide, which unfortunately spends too much space on superfluous walking instructions and too little on quality maps. The evolving infrastructure on the Camino reflects newly opened albergues and the closure of old ones, so it is important to have an up-to-date guide.

## Camino de Santiago

By Sergi Ramis

(Translated from Spanish by Peter Barraclough)

Aurum Press, 2012.

With its abundance of color, the Sergi Ramis guide competes directly with the John Brierley guide, which now appears in a new edition almost annually, clearly reflecting the ever-growing number



of English-speaking peregrinos. It also competes with the Confraternity of St. James' annual updated guide, whose *raison d'être* is to keep the peregrino abreast of changing infrastructure. The fourth guide of note is the Pili Pala Press version by Bethan Davies, which while in black-and-white does offer an excellent

historical narrative as well as detail on the flora and fauna along the Camino.

Every Camino Francés peregrino will find life easier by carrying at least one guide containing critical information about albergues and other places to stay, not to mention maps and elevation guides showing the distances and challenges ahead. That being the case, here is a recap of the Sergi Ramis guide's features compared with three current competitors. The choice is yours. ♦

Guide	Brierley	Ramis	CSJ	Davies
ISBN	978-1-84409-589-6	978-1-84513-708-3	978-1-90636-431-1	978-0-9731698-2-9
Pages	288	185	74	182
Dimensions	8¼" x 4¼"	8¼" x 5¼"	8¼" x 5¼"	8½"x5½"
Weight	10.7oz.	12.7oz.	4 oz.	6.7oz.
Index	No index	Yes	No index	Yes
Color photos	270	350	None	No color
Albergues Info	Integrated with text	Located in appendix	Integrated with text	Integrated with text
Other Housing Info	Integrated with text	None listed	Integrated with text	Integrated with text
Maps by stage	Excellent	Fair & limited	No maps	Difficult to read
Town maps	Big cities + 13 towns	Big cities only	Santiago only	Big cities only
History/Monuments	Excellent	Adequate	Cursory	Very good
Annoyances	"Mystical Way" narratives	Pointless step-by-step narrative. Albergues not integrated with text.	Lack of maps	No color; maps hard to read.

## ¡Buen Provecho!

This recipe is adapted from Spanish super-chef Fernán Adrià. Adrià proposes this change to the classic tortilla recipe. Instead of the traditional potato, he cuts the work and time in half by using crushed potato chips. Even if you are a traditionalist and are tempted to turn up your nose, give it a try. Adrià's recipe makes a decent tortilla if you have little time to cook and still need to get dinner on the table. Adrià's recipe does not include onions, and they are not necessary, but if you love onions and have the extra time, they take the dish up a notch. ♦

From the Kitchen of Fernán Adrià from his cookbook *Cocinar En Casa*

Submitted & adapted by Mona Spargo, Anchorage AK

### Tortilla Española

1 thinly sliced onion  
4 oz. (about 2¼ cups) crushed thick-cut potato chips  
2 oz. thinly sliced serrano ham or prosciutto  
¼ cup finely chopped canned piquillo peppers or pimientos  
1 tbsp. thyme leaves  
8 eggs, lightly beaten  
Kosher salt and freshly ground black pepper, to taste  
2 tbsp. olive oil



Heat one tablespoon oil in a 10-inch, nonstick, ovenproof skillet. Add thinly sliced onion and cook at medium heat until soft and translucent. Set onion aside, wipe down skillet.

Heat broiler to high. Combine potato chips, ham, peppers, thyme, eggs, and salt and black pepper in a bowl and let sit to allow chips to soften in eggs, about 5 minutes. Heat oil in the skillet over medium-high heat; add egg mixture and cook, without stirring, until bottom begins to brown, about 3 minutes. Transfer to broiler, and broil until set and golden on top, about 3 minutes. Cut into wedges to serve

## Reminder to Hospitaleros-Take the Survey

Hospitaleros! Remember to complete the online survey.

If you have ever taken the hospitalero training course, we would like your feedback. Whether or not you have volunteered, we'd like to hear from you.

Please [take the survey](#).



*Hospitalera Cheryl Grasmoen prepares pilgrim breakfast in Villalcázar de Sirga.  
Photo by Annette Argall,  
Baltimore MD*





## Camino Musings

By Jim Doilney, Park City UT

This has been a most extraordinary experience. In the shadow of the moment, I haven't quite processed that we walked 500 miles by choice. I do know going was great and I thought as never before. Here are a few of my journal musings:

- Why does my mouth still move faster than my brain? Can I change this?
- The Camino question is not 'How far is it?', but rather 'Can you keep going?'
- The best thing for chickens is for people to continue to like free range eggs. Michelle says thank you to Spain's chickens - seriously. I ate an average of 4 eggs/day. There is no other protein available without meat. Lentils, other beans and veggies are generally cooked with Iberian ham bones and/or pieces. That is about 192 eggs in 48 days.
- 40 Camino hiking days tightens your buns. No pilgrim wiggled as much at the end as they did at the beginning.
- Most people have too little time/money or too much intelligence to do this.
- Very few things matter and nothing matters very much.
- I've often crossed the fine line between high self esteem and conceit.
- It doesn't get any easier. At 80 miles away from Santiago I really don't want to finish. Finishing is the toughest part with most long achievements.
- Will I live long enough to stop giving unsolicited advice?...unless it's watch out for that truck!
- Sometimes the detour is the main road.
- Watching our laundry dry, we saw an acorn fall. Michelle asked how many people get to sit and watch an acorn fall?
- Everything I say has been said before. I'm too old to lie to myself.
- Not since Vietnam training had I marched so far with a pack, watching others falter along the way.
- Exaggeration about this trip would be superfluous.
- Pre-Camino I often hurried along from nothing to nothing, unsure where I'd been or was going.
- Camino-ing changed my focus from becoming to being. ♦

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*Life is so full of meaning and purpose, so full of beauty - beneath its covering ....*

*Courage, then, to claim it, that is all. But courage you have, and the knowledge that we are all pilgrims together, wending through unknown country, home.*

[Excerpted from a letter by Fra Giovanni to his friend, Countess Allagia Aldobrandeschi, Christmas Eve, 1513.]

## Camino Signs

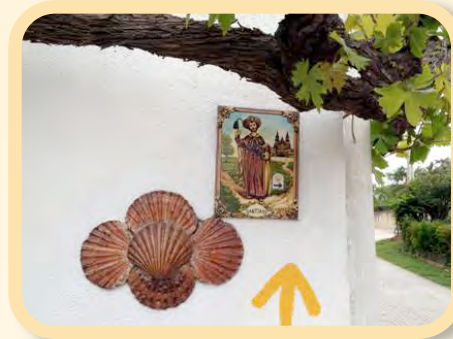
There is no end to the variety of yellow arrows on the Camino. Whether their maker is well-known or unknown, they all have the same purpose: to guide pilgrims. ♦



*Showing the Way from Betanzos*  
Photo by Lynn Liptak, Wayne NJ



*Memorial to Don Elías Valiña Sampedro,  
O Cebreiro priest who developed the  
system of yellow arrows*  
Photo by Mark Cobb, Asheville NC



*Art and practicality near Estella*  
Photo by Mark Cobb, Asheville NC



*On a private home on the Camino Inglés*  
Photo by Lynn Liptak, Wayne NJ



*Look carefully for the yellow arrow on this  
ancient tree just before Triacastela*  
Photo by Mike Dunican, Lake Stevens WA







*Cows may show you the Way – just outside St. Jean.  
Photo by Mark Cobb, Asheville NC*



*On the GR 65, Geneva - LePuy, a few kms before Yenne, France  
Photo by Ralph Alcorn, Oakland CA*



*On the Caminho Português with two  
Maui pilgrims.  
Photos by Linda Gravatt, Hana HI*





## Thank You, Spain

By Lilian D'Auria, Lincoln CA

Thank you for maintaining the path and trails to the Camino de Santiago.

Thank you for the yellow arrows to point which way to go. I used two guidebooks, which were very helpful to determine how many kilometers before reaching the next town, but you can easily get lost without the arrows. Especially helpful when you reach a point where there are several choices. Which way? Where is the arrow? Once you see the arrow, you know you're heading the right way.

Thank you for the little villages in between where you left and where you want to go. The dogs, which I had feared, behaved. Didn't need my whistle, but, of course, it wouldn't have helped me since it was inside my pack.

Thank you for the bars and cafeterias that serve us pilgrims with café con leche, tortillas, croissant, and bocadillos to energize and sustain us so we can continue our journey each day.

Thank you for the farmácias that helped us mend our pain and injuries. They always knew what we needed. Just point to your feet. Quite funny when I had a cold, and it was like playing charades to let the pharmacist know I needed cold medicine. Just cough.

Thank you to the many churches that held Pilgrim Masses and gave us special blessings for a safe journey.

Thank you for the albergues for maintaining beds for us. Where else do you find a place to stay for 5 euros?

Thank you for the incredible weather. In my 33 days, there were only two days of rain. At least, I had a chance to use my raincoat and pack cover.

Thank you for the amazing views and incredible mountains. Spain is a beautiful country.

Thank you for the statues and other religious artifacts on the roadside.

Thank you for the old cathedrals.

Thank you for the people who served us.

And lastly, thank you, Saint James.

¡Muchas gracias, España! ♦

## Legacy Gifts

Please consider supporting the work of American Pilgrims on the Camino well into the future by leaving a legacy gift of any amount through your estate or beneficiary designations. To explore opportunities for making a special or planned gift, please contact:

[legacygifts@americanpilgrims.com](mailto:legacygifts@americanpilgrims.com)

### Tip Board

Suggestions from and for pilgrims  
Please send us yours



Wet boots can lead to blisters - and are just plain uncomfortable. You can dry them overnight by stuffing them at least twice with crumpled sheets of newspaper. Stuff them tightly with as many crumpled balls of newspaper as will fit when you first remove them, then once more with dry balls before you go to bed. Ask for old newspapers (periódicos viejos) in bars.

*Cheryl Grasmoe, North Oaks MN*



# The Camino Less Traveled: El Camino Inglés in Spring

By Lynn Liptak, Wayne NJ

After spending much of our first day on the Camino Inglés enjoying the views of the Ferrol Estuary, we reached the Church of Santa María just outside of Narón. “Usually closed,” our John Walker information stated, but as we read the plaque on the church, “Dedicated to the pilgrims who visit this site on their way to Saint James of Compostela,” a priest arrived and asked if we would like to see inside. Not only did we get to see the English Gothic Christ brought to the church from England in the sixteenth century, but the priest gave us each a rose.

We saw only two other pilgrims our first three days. But this Camino less traveled offered frequent opportunities to interact with local people. A woman walking her dog suggested a detour to see some local sights. Workers in the fields occasionally took a break to tell us a little about farming in Galicia. Another woman called us over to give us a four-leaf clover she had found along the road. The hospitalero in Bruma was from the family that donated the building that was converted into the albergue. He told us the history of the house and his hopes for the future of this remote hamlet. He brought us yogurt for dinner from his home.

On our fourth day, we arrived in Buscas, where there is a church with an eighteenth century statue of the child martyr San Paio, with a knife to his throat. We asked the owner of the adjacent bar about the story of San Paio. She said the only one



*Lauri Massey on the dock at Ferrol*

*Photo by Lynn Liptak*

she was told as a child is that is what happened to children who misbehaved. Apparently her parents shaped the legend to meet their child-rearing needs.

The Camino Inglés has its share of monuments and monasteries, including the lovely Monasterio de Xubia. It includes a couple of wonderfully wacky, weird sites, like the “sculptures” near Seixo, and the O Pasatempo in Betanzos, a public park that features grottoes, a giant lion, and a horticultural maze.

We began our Camino in Ferrol at the docks, imagining the pilgrims of centuries past who disembarked there. Five days later we entered the Cathedral through the Porta da Pena at the Plaza Inmaculada, the traditional entrance for those arriving on the English route. Since this pilgrimage was short, we continued on to the Camino Finisterre and Muxia. Now there were more pilgrims and more albergues. Both Caminos enriched our lives. ♦



*Lynn chats with Galician woman*

*Photo by Lauri Massey, Sacramento CA*

## Creating Pilgrims Through Celebration

By Tom Friesen, London ON Canada

As an hospitalero, I am primarily motivated to facilitate the same conversion I experienced: from tourist hiker to pilgrim. For me, pilgrims are seekers who leave home to find themselves on a physical and spiritual journey. This often includes connections to those other searchers around them.

In Grañón where I worked for the first half of this May with Swiss and Polish hospitaleras, pilgrims were created every night with a combination of prayer, experiencing community together over dinner, and song. Pilgrims often helped to create the dinner for up to sixty which commenced when we gave a blessing for the meal in as many as ten languages. Our guests enjoyed salad and bread served family style with a second course of potatoes, beans, or pasta infused with wonderful local chorizo. Water initially put out was followed by wonderful Rioja wine. Following a dessert of yogurt or fruit salad, we thanked the cooks and then commenced to sing.

Upon arrival, the pilgrims had been told that in our albergue we had a tradition of singing every

evening and they were to bring a song from their country to the table if possible. We began the after dinner song activity by telling them that there is an English expression, “sing for your supper” (*cantad para cenar*), and that we therefore were all going to sing together – which at first they did not believe.

Because it has been covered around the world in many languages and on the sound track of *Shrek*, I started with the chorus from Leonard Cohen’s *Hallelujah*, and I was joined by almost everyone. I asked them to join me again if they knew the verse and injected the chorus half way through to get them all singing together as much as possible. After a couple of verses, I ended it and told them that this was a song from my country. We then used the pilgrim registry to call for a song from each of the nations in attendance which was, of course, voluntary. People joined in as they could. *Ultreia*, *Volare*, and *El Vino que Tiene Asunción* tended to be the most common, but every night was unique, magical, and memorable.

If you come into an albergue where I am the hospitalero, please bring a song. ♦

## Contributors

A special thank you to all the writers, photographers, and artists who contributed to this edition of *La Concha*. Your talents are much appreciated. ♦

- ♦ Ralph Alcorn
- ♦ Annette Argall
- ♦ Lynn Ashcraft-Yonashiro
- ♦ Anita Baroldi
- ♦ Mark Cobb
- ♦ Lilian D’Auria
- ♦ John S. Daly
- ♦ Jim Doilney
- ♦ Mike Dunican
- ♦ Bill Edwards

- ♦ Tom Friesen
- ♦ Cheryl Grasmoe
- ♦ Linda Gravatt
- ♦ Marla Keese
- ♦ Lauri Massey
- ♦ Janice Le Pouvoir
- ♦ Charles Lindemuth
- ♦ Lynn Liptak
- ♦ Herbert Medina
- ♦ Mona Spargo



## Santiago in the Americas

Images of St. James the pilgrim are commonplace in churches throughout Europe, especially along the Caminos leading to Santiago. The identifiers are with him or depicted separately – the scallop shell, the cross of Santiago, the pilgrim's hat, his staff, gourd and leather pouch – and they are represented in stained glass, finely carved images, paintings, jewelry, and on the printed page. It's always a surprise and delight, sort of like a secret handshake, to enter a church or museum in the Americas and discover references to St. James the pilgrim.

Now it seems Santiago has somehow affiliated with the tempranillo grape and wine making in Amador County, California. Pilgrims are surely buying it by the case!

From time to time in Spain one sees Santiago, dressed either as a pilgrim or warrior, curiously depicted on horseback, with sword held high. This is Santiago Mata Moros (the Moor Slayer), the patron saint of Spain who, according to legend, appeared to lead Ramiro of Castile's victory over the Moors at the Battle of Clavijo (ca. 844). Less familiar is the fact that late 15<sup>th</sup> and early 16<sup>th</sup> century Spanish explorers carried with them to the Americas the idea of Santiago as their champion in battle. There he morphed into Santiago Mata Indios or, more specifically in Peru, Santiago Mata Inca. ♦



*Santiago Mata Inca from Cuzco, Peru  
Photo by Herbert Medina, Los Angeles CA*



*California tempranillo  
Photo by Janice Le Pourvoir, Pollock Pines CA*

## Association News

### Grant Program

The American Pilgrims Grant Program had its best year in 2012 providing over \$17,000 in funds to support the Camino both in Spain and in the U.S.

In Spain,

- The Asociación de Amigos del Camino de Santiago de Astorga y Comarca received a \$6,000 grant to install energy efficient windows in the albergue in Astorga.
- The Asociación "Amigos del Camino de Santiago" de la Comunidad Valenciana was awarded a grant of \$6,000 to rehab a building for new albergue in Castronuño (Valladolid) on the Camino de Levante.



*The albergue at Arrés*

*Photo by Herbert Medina, Los Angeles CA*

In the U.S.,

- The William & Mary Institute for Pilgrimage Studies received a \$4,000 grant to partially fund the International Symposium on Pilgrimage Studies which took place in the College of William and Mary in October 2012.
- The Puget Sound Chapter received an \$813 grant to fund its Notecard Fundraising Project which it hopes will help it to start an albergue partnership program in the coming year.

In addition, American Pilgrims \$100 chapter mini grants were awarded to the Puget Sound, Northern California and Portlandia chapters to support their programming. The mini grant program will expand next year and increase its grants to \$200 each. ♦

### American Pilgrims on the Camino Board 2012



*Pictured right to left, standing: Herbert Medina, Zita Macy, Bob Holm, Marlena Lambert, Mona Spargo, Cherie Pagett, Bill Edwards, and Ann Howley. kneeling: Cheryl Grasmoe, Annette Argall, and Carlos Mentley*



## Welcome, New Members!

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

- Ginger Allen
- Christopher & Drennan Allen
- Joan K Amero
- Catherine Anderson
- Dawn Anderson
- Thomas Anglin
- Matthew Archer
- Elijah & Andre Arms
- Barbara Armstrong
- Phillip Baldwin
- Susan G. (Trixy) Barnes
- Jose Benavides
- Priscilla Boyd
- Elizabeth Bradley
- Barbara Briscoe
- Peter Bumpus
- Vince Cano
- James & Jeanette Carpenter
- Julianne Carter
- Olivia Caulliez
- Tom Chambliss
- Carol Clupny
- Estelle Codier
- Daniel Coyne
- John, Mindy & Lauren Crean
- Anne & Buck Cully
- Elizabeth Curlin
- Sarah & Amanda Curlin
- Lincoln Dall
- John David
- Nancy de Ita
- Gay & Chuck Dearbeck
- Theresa Devonshire
- David & Amy Donselar
- Elizabeth & Robert Doyle
- James H Dugan
- Ruth Dygert
- Brandon, Owens, & Sam Edwards
- Frederick Eigenbrod
- Kris Ericson-Cano
- Robin & Harvey Fahy
- Anthony Ferreira
- Brian Fox
- Betsy Fullagar
- Michele & JD Gaissert
- DeWayne Gibson
- Mia H. & Seamus Gilchrist
- Layne Goldsmith
- Pam Groshell
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- Nancy Roof Hale
- Sean Hull
- Diane Hull-Chapman
- Rebecca Hunter
- Kathleen Inman
- Wendy & Michael Jennings
- William Johnson
- James Kenworthy
- Avery Kibler
- Amy, Daniel & Ryan Kleissler
- Raymond Klingelhofer
- Raymond Leonard
- Michael Major
- Charles McClain
- Mike McConnell
- Carol McCulloch
- David McDevitt
- Kathleen McKaig
- Gerald Metz
- Lanny Mihardja
- Suzette & John Milander
- Claire Monfort
- Austin Moore
- Don Morley
- Denise & Susan Morrison
- Jerry Morrison
- Helen & Hilary Mountford
- Ernest Mower
- Sara Mullin
- Patricia Nance
- Thomas Nast
- Robert C & Betsy Nickerson
- Cornelia O'Connor
- Helen T O'leary
- Elizabeth Anastasia O'Melveny
- Raymond Ortiz
- Jeff Paris
- Fiameta Pellicer
- Rosa Peraza
- Vincent Perro
- Jean Pirkel
- William R Johnson, Jr
- Helder Ramalho
- Dawn & David Raymond
- Buck Redmond
- Nancy Rich
- Linda Richter
- Bryant E. Riffe
- Joanna Rockhill
- Ian Roeber
- John Rogers
- Monica Rooney
- Carol Routh
- Tom Sanders
- William S. Schmidt
- Martha Sedgwick
- William Sewall
- Marylynn Silvestri
- Sally Simerson
- Thayne Stone
- Vicki & Briston Stone
- Jayme Sullivan
- Fabian Summers
- Haven Sweet
- Virginia & Narong Tanawong
- Wi Kian Tang
- Ed & Ellie Tennyson
- Rocky Thomas
- Jose & Arabela Trevino
- Teresa Van Horn
- Robert D Velasco
- Margarita & Larisa Velasco
- Gene Villano
- John Villegas-Grubbs
- Carolyn Ward
- Thomas & Carol Weiss
- Valerie Wenger
- Patricia Whalley
- Linda Whitehouse
- Gabriel Wilson
- Christine & Frances Winberg
- Kendall & Vera Witt
- Janet Zalewski





*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.*

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## 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 February 10, 2013. We welcome your questions, comments, and submissions at [newsletter@americanpilgrims.com](mailto:newsletter@americanpilgrims.com). You can also submit to the street address provided below.

¡Buen Camino!

*Cherie Pagett, Annette Argall,  
Zita Macy, & Mona Spargo*  
Team La Concha

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## Board of Directors 2012

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Annette Argall – Secretary  
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[grants@americanpilgrims.com](mailto:grants@americanpilgrims.com)  
[volunteer@americanpilgrims.com](mailto:volunteer@americanpilgrims.com)  
[chapters@americanpilgrims.com](mailto:chapters@americanpilgrims.com)  
[hospitaleros@americanpilgrims.com](mailto:hospitaleros@americanpilgrims.com)  
[gatherings@americanpilgrims.com](mailto:gatherings@americanpilgrims.com)

Cherie, Annette & Zita  
Cherie, Annette, Zita & Mona  
Herbert  
Marlena  
Bob  
Marlena  
Mona, Marlena & Zita

## Other Key Personnel

Credentials Distribution: Rosann McCullough

Webmaster: Gene McCullough

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American Pilgrims on the Camino  
1514 Channing Avenue  
Palo Alto, CA 94303  
Fax: 650-989-4057  
[www.americanpilgrims.com](http://www.americanpilgrims.com)