



## Welcoming Our New Board Member

In 2005 Friends of Peace Pilgrim relocated our supply of books and mailing duties with a group of dedicated volunteers in Oklahoma City. Two years ago our archives also were transferred there. We are fortunate to have a



*The Friends of Peace Pilgrim Board (left to right):  
Bruce Nichols, Cheryl Canfield, Richard Polese, Barbara Reynolds, Jeff Blom, Maurice Hoover, Mayte Picco-Kline.*

wonderful office space and storage room donated by the Epworth United Methodist Church who have wholeheartedly embraced our mission for keeping Peace Pilgrim's message alive in the world.

Shortly after setting up our office in Oklahoma, our board felt it important to have good channels of communication with our volunteers. This included having a representative attend our annual meeting.

Our initial approach was to recognize the Oklahoma volunteers collectively and have different members rotate in attendance at board meetings. We followed this practice for several years.

Recently, both the board and our Oklahoma City volunteers felt it might be more practical and efficient to have one permanent representative. Maurice Hoover was the choice of the Oklahoma contingent and his appointment to the board was quickly confirmed.

Our board now has seven members. Cheryl Canfield and Richard Polese are our original board members and two of the five compilers of the book. Richard lives in New Mexico in the home where our book was compiled. He also is the owner of Ocean Tree Books, the distributor of the commercial edition of the book. Cheryl lives in California and is our board's president.

Jeff Blom is also a resident of California. Jeff is another long-time board member and spent a number of years working with John and Ann Rush when we were located in Hemet, California.

Mayte Picco-Kline lives in Pennsylvania and is the translator of our book into Spanish. Mayte also publishes

a Spanish-language newsletter and has spearheaded the creation of our online translation project.

Barbara Reynolds lives in New Jersey and is greatly responsible for the resurgence of interest in Peace Pilgrim in Egg Harbor City, Peace's hometown. Barbara has helped coordinate our annual celebrations there.

Bruce Nichols anchors a number of our activities and hosts our operations center in his home in Connecticut.

Our newest board member, Maurice Hoover, has been a key volunteer in Oklahoma City since we first relocated. Maurice brings keen organizational and management skills to our work as well as a deeply peaceful presence.

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## Oklahoma Update

*What do you do when 50,000 Steps Toward Inner Peace booklets arrive and need to be moved up three flights of stairs and down a long hallway to a storage room? Board member Maurice Hoover tells how it is done in Oklahoma with a little volunteer help from the high school across the street:*

The shipment of *Steps* booklets arrived at the trucking depot in OKC last Friday, and the youth from the high school gym class across the street made quick work of bringing the 72 boxes upstairs on Wednesday. The kids were great!

I did it a bit differently this time and brought the whole group (38 kids) into the office before we started and briefly told them about Peace while standing next to her tunic. I shared with them that we view our work as a continuation of Peace's pilgrimage, and that now they were going to be a part of it too. Some of the girls seemed to really connect with the fact that this was all about a woman who had done such an amazing, brave, and loving thing.

When we were done, we gathered again and I shared Peace's quote about one person devoting all her time for peace, making *news*, but all people just doing what they can making *history*, and then encouraged them to do the kind and loving thing whenever they see an opportunity. This is how they can personally change the world, one small act at a time.

I saw the promise of the future in them, they inspired me!

I also spent some time with Carl, the church's administrator, both before and after the kids were there, and offered our deep appreciation for Epworth's support of our mission. Carl said they are happy we are there and that our work is truly important. I asked him to pass our thanks on to the minister and the board, and he said he would be happy to. Our relationship is strong!

**"Only if we understand, can we care. Only if we care, we will help. Only if we help, we shall be saved." ~ Jane Goodall**

## New Jersey Happenings

*Fall of 2012 was abuzz with Peace Pilgrim activities in her home state, New Jersey. We share some highlights with you here and hope you will be able to join us in the fall of this year for our 2013 events:*

**Egg Harbor City** hosted its fifth annual Peace Pilgrim Celebration on the weekend of September 14-16 2012. The three-day event included an evening yoga gathering, the traditional inter-generational peace walk and picnic held at the Peace Pilgrim Park, and a joint Unitarian/Quaker service at the Unitarian Universalist Congregation of the South Jersey Shore.

On Friday evening over seventy people, including Peace Pilgrim's ninety-seven-year-old sister, Helene Young, came to the Egg Harbor City Middle School for an evening of peace and yoga. A number of area yoga teachers donated their services and took turns leading the assembly in a series of gentle postures and relaxation exercises.

At nine the next morning walkers assembled at the Peace Pilgrim Park for the traditional two-mile inter-generational peace walk to Peace Pilgrim's birth home. The route was altered slightly this year so the first of two Peace Pilgrim poles could be dedicated in a new garden area at the Egg Harbor City Community School. In the afternoon the community celebrated with a potluck picnic.

The final event of the weekend was a Peace Pilgrim Interfaith Community Service held at the Unitarian church with guest speaker Marcello Spinella, a professor from nearby Stockton College. Marcello shared a message about the life, work and teachings of Peace Pilgrim and the inter-connections between inner and outer peace and how these manifest in our lives and in the world. The 2013 celebration will take place on the weekend of September 20-22. We hope you can join us.

At the end of September, Friends of Peace Pilgrim held a Peace Pilgrim Appalachian Trail Retreat at the Appalachian Mountain Club's Mohican Outdoor Center in the Delaware Water Gap National Recreational Area. The Appalachian Trail runs right by the center and Peace Pilgrim would have been walking through the area exactly sixty years before as she completed her historic walk of the Appalachian Trail in 1952.

Sixteen people gathered surrounded by the rich fall colors of the southern New Jersey hills to share the impact that Peace Pilgrim had on their lives and "walk in receptive silence amid the beauties of nature." Meals were shared, friendships formed or deepened, and the joy of sharing a peaceful sojourn nurtured and inspired everyone.

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### Peace Pilgrim Welcomed at Butterfly Garden, Cross-country Trail

Students at Cedar Creek High School in Egg Harbor City, New Jersey, the birthplace of Peace Pilgrim, now have two special places on campus to contemplate peace.

On Saturday, October 20, students, staff and Friends of

Peace Pilgrim gathered at the school to dedicate a butterfly garden and take an inaugural walk along the Peace Pilgrim Trail.

Students worked with school district personnel and community volunteers to design, plan and build the garden, which will serve as an outdoor classroom and quiet area for students.

Amid the butterfly bushes and Knock Out roses, stands a Peace Pilgrim Pole that the Friends of Peace Pilgrim donated to the school shortly after it opened two years ago.

A local sawmill manufactured plaques for the trail made from native white cedar that display Peace Pilgrim's twelve *Steps Toward Inner Peace*. The plaques, which are located along a one-mile stretch of the cross-country trail, will encourage students to find harmony with every step they take.

The school has special meaning to the members of Peace Pilgrim 100, the Egg Harbor City group that conducts an annual celebration of the life and work of the city's most famous resident.

Egg Harbor City had been without a high school for nearly 50 years after it regionalized its school district and closed Peace Pilgrim's alma mater, Egg Harbor High School. As a teenager, Peace Pilgrim, then Mildred Lisette Norman, was valedictorian of Egg Harbor High School's Class of 1926.

Principal James Reina thanked Peace Pilgrim's sister Helene Young, 97, Friends of Peace Pilgrim board member Barbara Reynolds, and Peace Pilgrim 100 Chairwoman Nanette LoBiondo Galloway for donating the Peace Pilgrim Pole and encouraging the school to incorporate Peace Pilgrim's *Steps Toward Inner Peace* along the trail.

"This is your garden and walking trail as much as it is ours. Anytime you want to use them for a peace walk or community event, please consider them yours," Reina said.



Galloway thanked students and staff for "embracing" Peace Pilgrim and incorporating her message into the school's character education program.

"Keeping Peace Pilgrim's message alive is more important than ever today, especially since our country is fighting two wars. My hope is that students will continue to embrace her message, and that her words will help them resolve their own conflicts," Galloway said.



## Two Journeys Inspired by Peace Pilgrim:

### Peace Artist

*We learned about Peace Artist from a mutual friend. He had already been running for almost a year. His journey ultimately lasted 7000 miles, at which point, like Forest Gump, he decided he had run enough. He has since returned to his home in Oregon where he now coaches young gymnasts, feeds the homeless, creates art and continues to go by the name "Peace." Here is one of his updates from the road that we found inspiring. You can learn more about his pilgrimage at <http://www.thepeaceartist.com/>*

What a Year Can Bring (August 15, 2012, in Payson, AZ)

**One year ago** the Peace Artist was born. Today, the Peace Artist is one year old. At that moment I left Seattle, Washington with the intent to circumnavigate the continental United States...it was a leap of faith. I stepped out with no money, no food, and no real knowledge of how it was all going to work out. I did have one thing though, I had the earnest belief that all people are good. I believed that all people are really loving, and all people are genuinely good natured. I believed that any action done with compassion in mind would be supported by the universe.



I believed that the very fabric of the universe is love. I believed that although my actions to most seemed fool-hearty...it was possible. I believed that I could do something for peace. I believed that if I did what I was able, others would be encouraged and inspired to do what they could. I believed that if we all just practiced kindness, if we each just swept our own porch, the whole world would be

clean. I believed that if I used the gifts, talents, and skills that I was born with and those bought with hard work and sweat for good, then the universe would do the rest.

I believed that the universe and nature would provide food for me. I believed that people without me ever asking would, because of their very nature, want to help me achieve my goal. I believed that I would be taken in by perfect strangers and given a shower, a warm bed, and a hot meal without ever asking for such things. I believed people were who they hoped they were.

I believed that my body would make it. I believed that shoes would be provided when I needed them. I believed that flat tires would be fixed, that sunscreen would last, and that water would be given freely. I believed that all people already know the way to peace, and they can actively choose it if they want to. I believed that we as a species are headed toward peace rather than away from it.

I believed that I would be able to love on people by drawing their portraits. I believed that I would witness and paint incredible and majestic landscapes. I believed that animals would be kind to me. I believed that love is everywhere. I believed that living a life based upon peace was not only do-able, but preferable. I believed that every moment was another chance to love on someone. I believed that this exact moment right now is all we have. I believed earnestly that there was nothing more important than being loving.

ONE year later... *Nothing has changed.*

I was a pilgrim for peace. Many people erroneously have thought that I am just for peace as opposed to war. But, I am for peace in all things. Peace between nations yes, but peace amongst peoples, peace with nature, peace with animals, and often more difficult...peace with oneself. I have been a pilgrim for peace. Now, for lack of a better term, I am a monk for peace. A Sufi, a brother, cenobite, contemplative, mendicant, friar, abbot, prior, novice, oblate, postulant, lama, or marabout.

I am preparing to create a sanctuary of peace. Like most monks, I will grow my own food and do what I can for others. Doing work in the world for love, helping children, aiding those in need, providing shelter for those that have none. But like all monks, I must go to the sanctuary daily, my sanctuary is my studio. I go to paint. Like Fibonacci, Martin Luther, St. Francis, Fra Bartolommeo, and Fra Angelico there is work in science, writing, and art to be done.

Many things have changed since I started this journey one year ago, but one thing has not changed: **AND THIS IS THE WAY OF THE PEACE ARTIST- IT ALL BEGINS WITH GRATITUDE: LOVE, HELP, MAKE ART & PEACE.**

**An American journalist was interviewing Mother Teresa who was attending and washing the sores of a leper. The journalist said, "I wouldn't do that for a million dollars." Mother Teresa without looking up from her work said, "Neither would I."**

## Pursuit of Happiness Walk

On Saturday, August 25, 2012, Paula Francis and Linda Wheatley left Stowe, Vermont on a 44-day, 594 mile walk to convey the importance of measuring the success of our personal and collective lives by our level of happiness. On September 12, board member Bruce Nichols hosted two "Happiness Walkers" at his home in Connecticut. Paula had been joined by her friend Celia Roberts while Linda took a few days off to visit her family. It was a delight to offer hospitality to these two pilgrims. Paula wrote about her night here, "Twenty years ago I read a book called "Peace Pilgrim". I was inspired by Peace Pilgrim's words and deeds and it set me off on a path of discovery and a desire to take a long walk, a pilgrimage... Peace Pilgrim remains my inspiration for this journey and I am more inspired than ever to take her message of peace and happiness on the road to others. I feel extremely blessed and humbled." Here is an excerpt about a typical day on the road written by Linda. They will be walking again this summer in Canada. You can learn more about their project and journey at - <http://www.happinesswalk.com/>

**Let me try to give you** a sense of our adventure. We begin most days dropped off at a coffee shop so that we can do a little "work:" contact our hosts and gear-transporters for the next couple of days, check email, blog and post on Facebook, plan the route for the day, etc (have a cappuccino). Often our brightly-colored shirts, screaming "Serious About Happiness" or "Life, Liberty &...", attract some attention and we spend time chatting with and recording customers and/or staff. We time our departure based on any plans we have at the receiving end of our day (our host's needs), a 3-mile an hour walking pace, short breaks every 2 hours or so, a lunch stop and a little extra time for interviews and the unexpected. An 18-mile day with a 5 pm meet-up time would have to start no later than 9:30 am, for example.

Paula writes down our route according to MapQuest and I bring it up on my phone's GPS. My GPS changed our destination one day, putting us on heavily-trafficked, exposed and anything-but-charming Route 1 for 14 miles before we collapsed in a cool Starbucks in Darien, Connecticut. Paula and I compared the remaining route and discovered that I had taken us off course about a mile. Luckily, our fatigue made us a little giddy so we somehow saw the humor in this mistake (adding a mile to an 18 or 19-mile day is a lot). The remaining 5.3 miles of neighborhoods and relative quiet were so pleasant.

We stop within the first half hour for a short meditation. A river bank, a cemetery, or a roadside grassy spot allow us to quiet our minds and ground ourselves daily in

our purpose. We often walk in silence after that for a while. Our friend back in Vermont, Pascale, loaded two iPods with chants and Buddhist teachings. These were wonderful on the long, open stretches of Vermont, but have been lately neglected as we've had to focus more on directions and traffic.

The roads have varied, as you might expect. Pavement is endless, the dirt roads and the hills of Vermont and Connecticut are behind us, sidewalks start and stop, nice wide shoulders to none at all. Sometimes we are crossing a busy road every few hundred feet because the sidewalk ends or the curve in the road makes us invisible to oncoming cars. Sometimes we are walking through beautiful neighborhoods of elegant homes and trimmed lawns; sometimes we are on open stretches of littered and loud highway. We've modified our route spontaneously if we find a long-cut that is a little more pleasant. I often marvel at the number of cars, the constant flow of these little motorize contraptions with determined-looking drivers - "Where are we all going!?"

Paula and I check in with each other throughout the day, "How're you doing?" or "Need a break?" We realized after the first few days, back in Vermont, that what we're doing is a bit extreme. Our legs and feet have had to adjust, and not without complaint. Paula's nursing a third set of blisters and my calves and lower back not-so-politely request stretching throughout the day. Although much of our time is silent and experience sensory, we've had some wonderful conversations, and I treasure my friendship with Paula more every day.

A typical day finds us welcomed into a home and family, handed towels and directed toward comfortable guest rooms and the shower. Wine, dinner and conversation keeps us awake until about 9, when we can no longer keep our eyes open, and our hosts shoo us off to bed. Oh, and do we sleep well!



*Celia and Paula in Connecticut.*

### New E-Book Available

Are you an e-reader? If you own a tablet or electronic reading device you can now have a quality copy of our complete book at your fingertips. We have recently created a high quality electronic file of *Peace Pilgrim: Her Life and Work In Her Own Words* that will be used in the production of our print edition. One benefit of this is that we are now able to offer a PDF (portable document file) version that you can download from our website that is identical to our printed book. You can find a link to this file on the main page of our website - [www.peacepilgrim.org](http://www.peacepilgrim.org).



## Some Notes from Our Friends

### from Brandon in Nevada:

Hello, and good day. My name is Brandon, but I'm known by most of my friends and family simply as Riversong. In doing some reading and research on the website of Daniel Suelo, I came across his humble admiration and inspired love for Peace Pilgrim. I watched an inspiring one-hour documentary about her. I feel so blessed to have learned thus far from the heart of Peace's teachings and love. I would immensely appreciate it if [peacepilgrim.org](http://peacepilgrim.org) [You] would send me my own copy of *Peace Pilgrim: Her Life and Work In Her Own Words*, as well as one copy for my father. So that is a total of two copies. Once again, I thank you in advance, and am most grateful and happily looking forward to read and learn and feel the love of Peace in her written words. I am nineteen, and my Father and I are trying to bring balance and harmony, peace and love, not only into our lives, but into the lives of many others in our community and more.

### from Sandip in India:

Thank you very much Maurice, and all other volunteers who believe and live for Peace Pilgrim. I had requested her book, which I received yesterday. The response was very encouraging for me, because I didn't expect to receive it so soon. I live faraway in another corner of the world and most things I request from abroad, even from the USA, take a lot of time to reach me. I am glad and happy that the volunteers were so efficient and punctual in their serious work. I fully appreciate it and applaud them for it. Thank you for doing so much for people around the world. I started reading the book yesterday and now I realize that *Her Life and Work In Her Own Words* is not merely a document or manuscript; it is something that I had needed and strived for for years. It's a self-discovery of the divinity of human existence. It is such a sad thing that she is no longer with us today, but her words and ideas and her memories remain fully intact in our hearts, so it can never ever fade.

### from William in Colorado:

I met and provided housing for Peace Pilgrim several times in the late sixties and seventies as she passed through Denver. Her pacifism was rooted in faith and religion and changing peoples' hearts. Mine was more politically based - survival of humanity and civilization from war and militarism. As Einstein (whose pacifism was more mine) stated about another - "she confronted the brutality of the world with the dignity of the simple human being - and thus rose far over her opponents." One conversation with Peace Pilgrim I still recall many times a year. We were discussing depression, stress and mental illness (I think she worked once with the mentally ill) - she commented how inspiring, how stress lifting, and how therapeutic, "walking into

the sunrise" was. She must have walked into thousands of sunrises and sunsets in her wonderful pilgrimage.

### posted by Sharon on our Facebook page:

I met Peace when I was a little girl. I still remember her smile and the way her hand felt when she took mine. She died the next day in that car accident that also took a family friend.

### from Ginny:

I met Peace Pilgrim at our Quaker Meeting in the 70s. I was so impressed by her dedication to her mission to live simply and to love others. She embodied the teaching of Jesus, "to love one another" (John 13:34) and live simply, "consider the lilies of the field" (Luke 12:27). She taught through her life not with judgement but in peace and love. She was an inspiration to me. She helped me to be a better person.

### from Julie in California:



I've recently made a tribute quilt about Peace Pilgrim for an upcoming exhibit entitled "Women Who Broke All the Rules," and in it I utilized two of the photos from your website's photo gallery. The quilt will not be sold, just exhibited. I just wanted to get the word out to more people about Peace's life and pilgrimage which I find so inspiring.

### posted by Ashley on our Facebook page:

I just recently learned of Peace and her journey. I got the book, *Peace Pilgrim* and read it almost non-stop till I was through. I shed many tears of spirit while reading about this woman's amazing life and message. I was glad to see this page on Facebook and I look forward to reading and learning more about her from the website. Thanks for keeping her legacy going!

**"With an eye made quiet by the power of harmony, and the deep power of joy, we see into the life of things."  
~ William Wordsworth**

## Offerings from Friends of Peace Pilgrim

Dear Friends of Peace Pilgrim: Here are publications we offer freely to all who ask. Many of our friends inquire about sending a donation. These are always welcome but are not necessary to receive our offerings. Friends of Peace Pilgrim is an all-volunteer 501(c)3 non-profit organization. Donations and bequests are tax-deductible. All money goes directly to our work, helping us to continue producing and distributing materials to all who ask.

### PUBLICATIONS

**PEACE PILGRIM: Her Life and Work in Her Own Words** (Standard Edition), 224 pages. Compiled by five of her friends after her transition in 1981.

**PEACE PILGRIM** (Compact Edition), 224 pages. This book is the same as the Standard Edition except smaller.

**PEREGRINA DE PAZ: Su Vida Y Obra en Sus Propias Palabras**, 216 pages. (Spanish edition of *Peace Pilgrim*)

**STEPS TOWARD INNER PEACE**, 32 pages. Peace Pilgrim relates her own steps toward inner peace and gives ideas for working for world peace. (*Steps Toward Inner Peace* is also available from the Center in Spanish, Chinese, Arabic and Hebrew. Please call or write for information.)

**PEACE PILGRIM, An Extraordinary Life** by Ann Rush, 16 pages. Peace Pilgrim's life is traced from her ordinary beginnings through a transformation to a life of unusual commitment.

**THE PEACE PILGRIM COLORING BOOK** by Barbara Werner and Gary Guthrie, 48 pages – Peace Pilgrim's story with line drawings on facing pages that can be colored.

### AUDIO CASSETTES (while supplies last)

All of our audio offerings can be downloaded from our website as MP3 files.

**STEPS TOWARD INNER PEACE**, Our little booklet in its entirety on audio tape! Narrated by Ann Rush.

**CAMPBELL HOUSE**, 1959 (90 minutes). A talk that is representative of her message. It also has a brief radio interview recorded the day before she "made her transition to a freer life."

**SALT LAKE CITY**, 1955 (60 minutes). A gentle talk to a small group in a friend's home. Sue Millard, sings a song composed by Peace Pilgrim.

**DALLAS CHURCHES**, 1979 (60 minutes). Two talks representative of her vigor, joy, and audience rapport. It also has a song composed by Peace Pilgrim, sung by Don Wittig, and Peace Pilgrim's energizing song, "Fountain of Love."

### AUDIO CASSETTES (cont.)

**PEACE PILGRIM'S SPIRITUAL GROWTH**, (67 minutes). The sound track of the first hour of the *Speaking to a College Class* video. At the end of Side B, Peace Pilgrim relates one of her prison experiences.

### DVD VIDEOS

**PEACE PILGRIM INTERVIEWS**, Includes a short TV program from *PM Magazine*, a 25-minute interview for WIFR TV in Rockford, Illinois, a 30-minute interview at Pensacola Junior College, and our previous 24-minute Highlights video. This DVD is subtitled in English, Spanish, Chinese, Russian, Portuguese, and French. It also includes a wealth of DVD-ROM extras in PDF format and in several languages.

**PEACE PILGRIM LECTURES**, This disk contains over three hours of video including talks given to students at California State University, a question and answer session with students at the University of Georgia, the Pensacola Junior College Interview, and the *PM Magazine* profile.

**PEACE PILGRIM DOCUMENTARIES**, All of our documentaries are now bundled onto one DVD disk. Included are: both English and Spanish versions of *PEACE PILGRIM: An American Sage Who Walked Her Talk* (one hour): a professional quality documentary film, about Peace Pilgrim's life with much new historical footage and interviews; introductions to the "Sage" documentary in English and Spanish; and *THE SPIRIT OF PEACE* (71 minutes) an earlier documentary featuring interviews with those who knew Peace Pilgrim and those who were inspired by her message.

**OUR NEWSLETTER** – To be added or removed from our newsletter mailing list, please contact us at the address below. All of our past newsletters as well as the *Peace Pilgrim's Progress* newsletters sent by Peace Pilgrim during the years of her pilgrimage, and the newsletter *Travesía en Paz* (Peaceful Journey) in Spanish and English are available on our website. You can access them at:

<http://www.peacepilgrim.org/news/index.htm>

### Send Requests to:

Friends of Peace Pilgrim, P.O. Box 2207, Shelton, CT 06484  
or call (203) 926-1581, or email: [friends@peacepilgrim.org](mailto:friends@peacepilgrim.org)

“When you find peace within yourself, you become the kind of person who can live at peace with others.”

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**60th Anniversary of the Pilgrimage - 1953 - 2013**



The Los Angeles Times - January 4, 1953:

**Peace Pilgrim to Start Hike Across U.S. as Antiwar Bid**

Peace Pilgrim, as she wants to be known until she has completed her mission, plans to leave Los Angeles tomorrow morning on a cross-country hike in the interest of world peace.

“The world situation is grave,” she said. “Unless we awake from our lethargy and push firmly and quickly away from chaos, all that we cherish will be destroyed in the holocaust which will descend.”

More or less in preparation for her long hike, she walked about 2500 miles last summer, covering the Appalachian Trail from Maine to Georgia and other routes. She learned, she said, how to live outdoors and expects to sleep out most of the time on her trip.

She believes that the way to peace will be found through overcoming evil with good, falsehood with truth and hatred with love. The Golden Rule, she said, would do as well.

*Peace Pilgrim's note at the top of this newspaper clipping sent to the Swarthmore College library in the early days of the pilgrimage.*