

WESTMINSTER CRIER



It's Summer!



July 4th Golf Cart Parade

Starts at 4 pm at the Community Center

Barbecue Follows

Bring your own meat to grill and your own beverages!

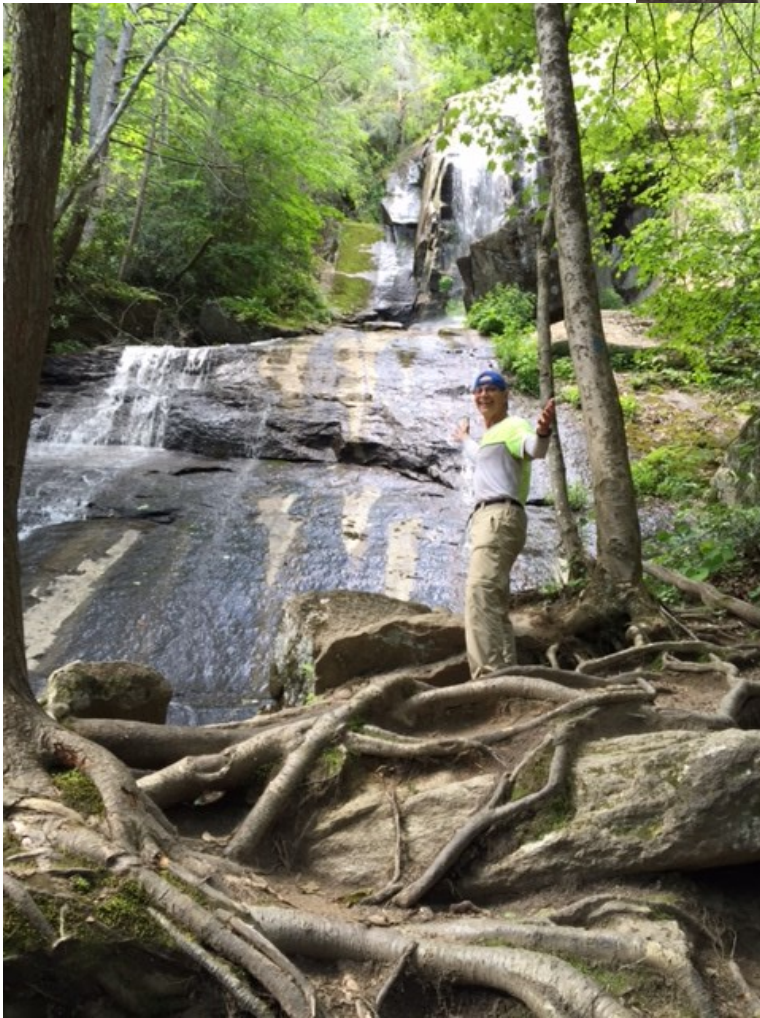
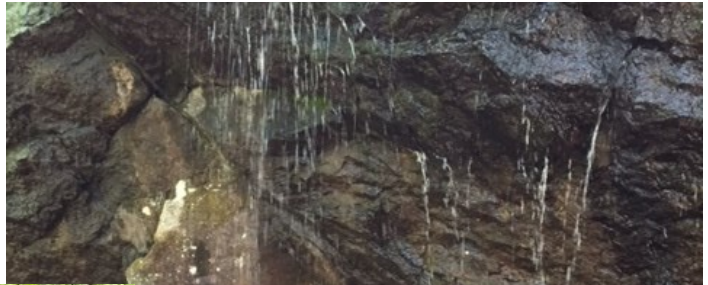
To all clubs of Westminster!!

I would like to "shout out" and spotlight clubs in the Crier. I will be in contact!

Updates from the Trail

June 8th

Good day today. Got a large breakfast at the B&B that runs the hostel. Big 2 days! After all the great scenery



Thursday, the views have been few and far between.

I have decided to end my hike here in Damascus VA.

When I started planning this hike I read an article about the mental aspect of being on the trail for such a long time. It stated that if everything wasn't in good order at home, it will be difficult to keep going. It also warned that the loneliness and not having someone to share in the experience will be another

obstacle to completing the thru hike.

All 3 proved correct in my case, and I stopped because of what can best be described as homesick-



ness. I missed my best friend and two pugs. I have been home for 3 days now and everything is good here, and I have made the right decision.





I have hiked over 475 miles, been to places I thought I would never be, seen

places most people will never see, learned a lot about low grade, constant pain thanks to blisters, experienced fatigue on a new level, felt the inconvenience of no phone service, no TV for up to 8 days (didn't miss it), worried about where to get water, been unarmed and alone within 50 feet of a bear, stood on high mountain tops with 360 deg views, hiked over extremely rocky slopes alone, wondering how I would get off the mountain if I got injured, saw the Milky Way on a clear night and so many beautiful forest scenes I can't begin to count.

What a big feeling of accomplishment! I never hiked and camped a day in my life before embarking on this venture and by the end I felt I had a good routine but the one thing I didn't get good at was food. I have rambled on long enough. I hope you enjoyed following along.