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2-Nov-11 3:42pm 59°

Hi!

3-Nov-11 9:53am 41°

Now what was I going to do today? Well let me think a little and maybe I will think of it. In the mean time I will type some things.

I noticed coming home from breakfast that there is a strong wind from the east. I like east winds when the leaves are falling. Most of them blow into the street and when it turns they blow down the street and not so many in my yard.

Four of us got to gather and put \$2.00 each in to buying lottery

tickets. And I think we might have won a little. I have to go check to see if this is true or not. Wait I can go to the internet and see if we did or not. I'll be back...please standby.

If I am reading this correctly I think we won \$3.00. That would be great! It means we invested \$8.00 and our return on investment was about 37.5%! Wait it mean we just cut our lost. We really lost only \$5.00.

Well however you put it we have \$3.00 to have a party with. Tomorrow if we get to gather I will have the cash and we can decide how we will invest it. It will be up to the group to decide.

Fun exercising

When exercising Michele has me do something different each day. This gets you to use all of your muscles. It is working because I keep finding muscles I didn't know I had. Sometime I find out they were hiding and didn't like be found. I know this because they start to tell me.

I am amazed how you muscles don't like coming out of hibernation. I think they don't like waking up and they just need a day to stop complaining. Then they get with the program.

Yesterday Michelle brought a great big beach towel and sat on it. At first I thought I had to practice sitting on a towel for when I might go to the beach. I laughed when she told me to grab the other end of the towel and start pulling her around on the floor. I thought she was joking.

Michelle wasn't kidding. And on top of it I found some muscles and we polished the floor a little too.

Michelle, don't you have a little red wagon? ☺ I love this job!

VCR Belts

Remember last week I order new belts for my VCR in did belief that I found them so quickly. Well yesterday I received them. Oh, that what I was going to do today.

I only ordered them on October 29th! 5 days shouldn't cause me loss of memory how to put the think back together. I think I will go do that now.

4-Nov-11 11:03am 42°

I hope the temperature goes up a few more degrees so I can Rain-X my windows on the car. One of the things I don't like about the cold is the frost on the windshield. With the thing Rain-Xed the frost doesn't stick so tight and make it so much easier to get it off the glass.

The problem is you need it a little warmer when you apply it. It isn't that it is very hard to do. You just have to remember to do it. You know me. Never do today what I can put off until tomorrow.

VCR Repair

Yesterday I installed the new belts on my video tape player. All seemed to work well so I put all those screws back it there. I only had to remove one thing because I missed a screw.

Then I decided to put it on the shelf where it was and re-hook all of those wires. So far so good! I put a tape in there and started it playing and noticed that the quality looked better.

After about 3 minute I heard a snap and it stopped. Well I had to unhook everything and open it up to see why it stopped.

I found the new belt and a pulley lying in the bottom of the case.

After looking over I found the pulley was a press fit and was going to be a problem. After a few minutes I thought I might super glue it in place. Well it must have worked



because I am DVDing one of Mom's tapes as I type and it had been running almost 45 minutes.

Well there was one other problem that stumped me for a while. I had no video for a while. When I set it up I had a wrong wire is a wrong spot. I get credit for that not the video tape machine. As Heather might call it is was a Martyizum.

Oh I see the screen is blank. Maybe the first t...Nope! It was just a gap in the video.

This first tape is a video of what was on those Super-8 movies. I haven't been watching it. I am just waiting to see how it works out. So far the VCR seems to be working just fine. Wait, I wonder if I turned on the DVD recorder. I better go check...

...Pay attention Marty! ☺

Yes I didn't have the DVD recorder turned on. So I ejected that tape and started a different one marked "Family Picnic 1987"

Now I am not sure if this tape is bad of the VCR is having trouble playing it. The last tape was bad because the way the movies were copied. This isn't getting any better.

Well I have to go and deal with this. I'll tell you about it later.

5-Nov-11 8:03pm 43°

This Moring I met up with 4 old friends from Knaack. Jon, Jerry, Bob, Tom and I got to gather and talked about old times. Jerry and Bob still work at Knaack so they filled me in

on some of what is happening. Both Tom and Jon left Knaack a few years before I retired.

It is good seeing old friends. Thanks for inviting me Jon!

7-Nov-11 1:25pm 57°

Did you know?

The word, "typewriter" is the only 10-letter English word you can spell with the top row of keys on a keyboard.

Source: <http://www.chestercreek.com>

8-Nov-11 11:23am 42°

Cold wet and raining today. I am glad I got my walk in yesterday morning. I walked out to E.W. Training for morning workout. When it is above 45 and the wind is low it is nice walking.

Round trip is about 5 miles so I get three workouts. First exercise walking out to the gym and one while Michelle is telling me to keep moving and sometimes to stop talking. ☺ The third workout is after I finish breakfast and remember I am still two miles from home without a car.

Michelle offers me a ride but I decline because I like walking when the weather is nice.

Sad News

My Aunt Margaret died last Sunday. She lived to be 93 years. Aunt Margaret was the last and youngest of my Dad's brothers and sisters.

Marie and I were fortunate to visit with her this summer when we made

our trip to Michigan. She will be missed.

Letter to the Editor (Me)

I received an email from Mike about a couple things I didn't have correct or didn't have the whole story. Here it is.

Hi Marty, Editor

Just finished with the latest Random Thoughts. Have a couple things for the editor: First there were 139 people (not 90) made citizens that day. And then you had a quote of a note on 18-Jun-11 the note just says "Nickleson, KS Zoo." We stayed at the Nickerson, KS Exotic Animal Farm B&B on 2 may 09 but were at the Katy trail on that day. Check out the pictures on WalkingEast for several of the animals in Nickerson.

*Peace and Joy,
Mike ...
WalkingEast.com*

Thanks Mike for putting me straight!

What to do

Since it is cold and wet outside those leaves in the back yard can wait. I could go watch TV and I could sit there and do some paperwork. I could go out and make a salad and eat it too. I am hungry so I might just do that and watch another MacGyver. After all I am viewing the final season. I think after this MacGyver becomes Jack O'Neal in Star Gate SG-1. ☺

Well I think Eat, Watch TV and then maybe this Paperwork.

Please watch this video

It is called "The Last Text"

<http://cyberdriveillinois.com/special/lasttext.html>

It is 10 minutes long and well worth watching.

While I was there I renewed the license plates for the motorhome and the camper. Now I can go somewhere with them.

9-Nov-11 7:06pm 34°

If it already 34° me thinks I might have to get up earlier in the morning to scrap frost. Luckily I applied a couple layers of Rain-X® on my windows the other day.

Oh, thinking about cold, I saw a few snowflakes mixed up in the rain between one and one-thirty this afternoon.

From my INBOX

Cork passed along something the bears repeating.

*"Marty,
I don't send on many things but this would work good on Frank and Ernest.
Cork"*

I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family and work.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.

I've been in Flexible, but only when it was very important to stand firm.



Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favorite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

And, sometimes I think I am in Vincible but life shows me I am not!

Whatever 'state' you are in, enjoy yourself and have a great day!!!!

Source: Email from Cork

I guess I am not the only one that stays awake all night the dream up this stuff. Thanks Cork!

10-Nov-11 10:59am 37°

Ok it has started. Snow that is. This morning it snowed a little at Starbucks and then again now. I got out there to clear out the trash that blows into the yard before so I could go out and rake the leaves in the back yard when it dries. Luck for me it was too wet to rake leaves. ☺

Around noon I got a knock on my door. It was my new Slide Scanner I ordered it 2 days ago from Tiger Direct. I was surprised it took so long to get here. It was funny because it was shipped via UPS and delivered by the US Post Office. Yes I watch the tracking information on UPS's web site and noticed it was dropped off at the Post Office for deliver today.

It is nice to know those guys work together.

Now I can start working on those slides again.

It took me only 5 minutes to learn how to use this Slide/Film/Photo converter. It is slick!

Let's see how many I can do before I get hungry.

Yesterday I went over my self-imposed diet of 1,500 calories by over 1,000 calories. I just ate and ate and ate yesterday. I have about 800 calories to go today. Maybe I can save some of them for yesterday. ☺

Now the slides and eat later.

11-Nov-11 10:41am 40°

We will start with today is 11-11-11 and there was a full moon. Enough said about that.

Mom's Slides

Yesterday I got the device to convert slides into digital media. It works great. I am almost done with all of them form Mom's treasure box.

This converter, called "Wolverine SNaP" is a snap to use. You could ever convert all of your 35MM slides without using a computer. It also does negatives and photos up to 5" x 7". You just insert the slides and preview it on the screen and push the button and it converts and saves it on a memory card. You can also play them back on the little screen.

Without using a computer you would need to take the memory card to some place like Wal-Mart or Walgreens to have pictures printed.

The only thing I don't like about it is the full size 2" x 2" slides get cropped. It is made for the 35MM

slides that measure 1-3/8 x 7/8 inched. The full size slides measure 1-1/2 x 1-1/2.

These slides I projected on the screen and took a picture of them with my digital camera.

Both ways the quality is about the same with the SNaP converter it is much faster. I like it!

Since I have it all setup I went looking for my slides so I could convert them too.

I may have told you I did them about 5 years ago and tried to hurry the job. Well let's just say, "hast makes waste!"

While I was looking for those slides I found another bunch of books I haven't read yet.

While working on that Aunt Annie called and invited me to lunch with her and Marge. You know I did say "Yes!"

So I have time to preview the last batch of Mom's slides before lunch.

12-Nov-21 6:40pm 52°

Aren't we finished with those leave yet. I went out and burnt off a few calories this morning cleaning up more of the yard. I caught myself eating too many calories again so I need to use them up.

What I need to do is watch my eating and maybe start doing more exercising than just those 3 half hour sessions with Michelle each week.

If I eat 1,500 calories a day I need to burn 2,000 calories a day so I lose a little more weight.

So what I am doing right now is uploading the digital version of Mom's slides on to the family's web site for them to preview. I have found this distracts me from going out to the kitchen where I see food.

Now that I am trying to eat better and eat less I am starting to understand what they talk about when the say "See Food Diet." If it is here in the house and I see it I might eat it.

When I get uploading Mom's pictures I think I will box all of that food and get it out of the house.

Back to the Slides!

14-Nov-11 8:25am 39°

Good morning and Happy Monday! I know a lot of you don't like Mondays but I have always liked them. I get to start over with a new week and make things better than the last one. Even when I was working I liked Mondays. Oh yes I have had a few that I did not like as well as other. Those were rare.

Mom's Slides

I finally finished with Mom's slides! They are all scanned and uploaded to the family's web site. And I even made copies and burnt them to a CD for a backup. I even put a copy in the box with the slides for safe keeping. I am glad that is finished.



Next step

Before I start working on the movies, Videos, and albums I want to convert my slides to digital media before I break down my setup. I only have 11 boxes of slides which could be around 300 slides. So this should be finished in a week or so. Well that depends on how many coffee breaks I take.

If someone had a VCR player that works well would like to use it for a week or so. Or maybe just to look at a couple of Mom's VHS tapes to see if the problem is my tape player or the tapes themselves.

The tapes look new and when I play them the video looks like they have been played to death.

My player needs a new pinch roller and I haven't figured out how to change it yet. I only have 7 tapes to play and they may be set for long playing so it could take 4 hours each to convert to digital media, DVDs.

If I only do one a day it could take a week.

The Movies & Albums

The movies are Super-8. I have a projector and extra bulbs so I think I can just project them on the screen and record them with the camcorder.

The Albums I can just use the scanner and do them. They may take a while because many of the photos have plastic covers over them and may not copy well. The photos I have already finished came

out very well so it may not be an issue.

The thing is that there about 20 big albums for me to go through.

Backup, Backup, Backup

Now that I have just uploaded 300 more pictures to the web site I thought it would be time to backup again. I do not like losing my stuff because of a simple thing like a backup.

It takes less than a half hour to completely backup the whole web site. It only takes another half hour to recreate it on my laptop so I can view the copy without being online.

Yes my laptop has a web server built into it so I can do just that. Don't you just love computer when they work.

Thinking about computers my PC that handles my weather station sounds like the bearing is going out. I am updating another old PC to use while I fix it. I hope it is just the fan and not the hard drive. We'll see.

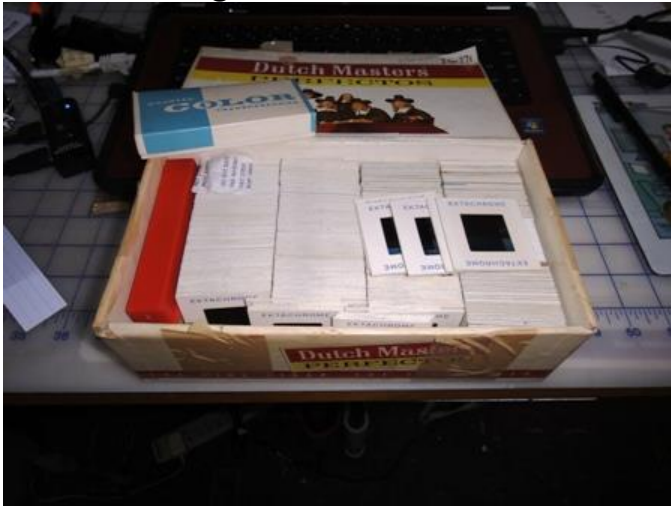
Well I have to check on my backup now.

15-Nov-11 8:47am 42°

So yesterday I started converting my slides to digital media and thought I was finished. So this morning I was going to burn them to a CD for safe keeping. I went to put a copy of the CD in with the slides and another one in with my backups.

So I went to put the slides away and I saw this "Dutch Basters Perfectos" cigar box. I thought; "I wonder...No way!" Yup it was full of more slides. I was full! I don't smoke, why are they in a cigar box?

So I have another day to go through these. Well I did 215 so far another 20 or 30 can hurt me too much. Best get started.



More Slides!

16-Nov-11 10:13am 31°

It is a little cold out there today. After yesterday I am not so cold today.

Later yesterday afternoon and evening the Town and Country Family Restaurant in Woodstock was giving turkey diners to its customers to say "Thank You."

I want to say "Thank you!" for taking care of us.

I ate too much. It was so good. I am trying to eat less and thought about it while I was eating. Nonetheless I just keep eating until I could not move.

Knowing I was going to workout in the morning I thought I would burn off those calories. Well after eating so much even 12 hours later I had trouble moving.

I am starting to learn why I should eat better and less. I feel it when I eat too much.

Anyway, thank you Town and Country!

My Slides

I think all of my slides are converted to media now. Now I have to decide if I want to trash the slides. I have them burnt to CDs and they tell me CDs last 100 years. Some of the slides were mounted in 1967 making those 35 years old. So maybe I should consider them as just clutter and send them to the recycler. The problem is like a lot of my clutter I am emotionally attached to them. I will work on that after I finish viewing what I converted.

Oh, I just scanned and converted the slides to a digital format. I didn't really look at them. I saw them enough to see if the process was complete so I could start the next one.

Maybe, once I preview them I will be able to part with the slides themselves.

Well I have to go count my money now. Or do some kind of paper work.



17-Nov-11 11:30am 28°

Since the cold weather seems to have settled in a little I decided to switch to my other jacket. You will recognize me because it is still a blue jean jacket. It is just one size larger. For some reason it is a little warmer.

Land of the Lost

While transferring the stuff from the one jacket to the other I lost my car keys. Like my Swiss Army Knife it can't be found. How can this happen. I was less than six from the one jacket and wearing the other one. I moved things from the pocket and into the other jacket in the same pocket as the one I was wearing.

When I got to the car no keys! I just figured that they in the other jacket that was still hanging on the coat rack where it always was. Well no keys!

I used them this morning to return from breakfast and had not left the house since. I did walk around the house a little with the new jacket but never was sure I placed the keys in the pocket.

I will be going around the house for the 3rd and 4th time looking to see if I can find the keys. If you work in the *Lost & Found Department* of the *Land of the Lost* please check and see if you have my keys.

For now I am thinking the keys along with my knife are in the *Land of the Lost*.

Hours Later

Ok I emptied the new jacket and looked to see what was there. There were two note books, a camera, and a book to read along with about twelve pounds of other stuff, but no keys.

I looked into the trash can and around on the floor where I might have dropped them. I even checked in the arm of the chair where I watch TV with my eyes closed. No keys! I did find two missing paring knives that were missing.

At this point I started getting creative. I check the dish washer and the refrigerator. Nope!

Nope, they are not here at this computer desk or even near where the laptop is setup near where I was scanning those slides.

Wait, I turned on the printer this morning...Nope, not there either.

Where did they go? Not in my pants pockets. Only the spare set is there. Where is my flash light? Sometimes he can find things I can't.

Much Later

I am still looking! I dug out my big flashlight and put in new batteries. Surprising the last battery was put in it in 2006. This light helps see where it is darker like under the toe clearance on the kitchen cabinets, Stove and fridge. Nothing there! Then since I might have just half put the keys in my pocket I thought they could have fell in an open box or the

trash. I would have heard them fall if that had happen but I looked anyway. I downed a pair of plastic gloves and removed the trash and found no keys. Then I looked into the open boxes and nothing.

Then I got hungry and made a hamburger and watch episode of MacGyver. I thought it might help me think. If nothing else Mac might give me an idea. Still nothing!

If indeed I had them in my hand and didn't put those keys in the jacked I had to lay them down somewhere, but where?

Why can't you push a button on the car to find the keys? You can push a button on the keys to find the car.

I found 3-1/2 pairs of gloves. So I am ready for 3-1/2 month of snow. I know where the other half pair is. It is lying on the sink in the motor home.

Where are those keys!

I checked the laundry, washer, dryer, and the garbage disposal and nothing! I'm done! They will show up somewhere some day when I least expect them. They'll say; "Smile you were on Canned Camera!"

Much, Much Later 5:30pm

I decided to empty the pockets on the jacket just one more time.

I FOUND THE KEYS!!!!!!!!!!!!!!!!!!!!!! 😊

19-Nov-11 9:22am 40°

I think I already ~~ate~~ drank too much coffee this morning. I think I OD while I was eating breakfast with

Anila and then I went to Vaughan's to have some more while I visited with Mary and Heather.

It didn't help that I ate too much yesterday too. I am just dragging and I have had too much coffee already this morning.

While at Vaughan's I was telling how I would like to start baking again. I know when I bake I eat too much. Even though I give it away it is a small part of what get bakes and a lot never get into the oven.

In the newspaper today there were 2 recipes. One was pumpkin pie and the other for Philadelphia-Style Apple Cake.

The pumpkin pie looked easy but the apple cake I couldn't make because I don't have one of those pans. 😊

On the other hand I found a recipe for some Guilt-Free cookies. The recipe is for 10 to 12 dozen. 144 cookies would last me all day. Well maybe two days.

They are only 144 calories with 2g of fat so I might try these.

What I am wondering how small they might be because they use 3-1/2 cups of flower and 4 plus large egg. If they are 144 calories with 2g fat they must be small. I like big cookies!

If I start baking, you will help eat my bake goods? After all I am trying to eat less now days. Wait instead of have eggs for breakfast I could eat 1/2 a batch of cookies. Almonds are



good for you, aren't they? And they use flour to make bread and a little bread ain't bad.

Maybe I should go to the Gym three times a day instead of three times a week. 😊

Let me think this out a little. When I am working out at E.W Training my heart rate monitor says I burn about 300 calories.

So if I go there 3 times a day it would be around 1,000 calories. And 7 days a week would be near 7,000 calories. I would be free to eat about 48 of those cookies.

Maybe I will only make a half a batch of the cookies then I will only have to exercise for a week and a half. 😊

Modification to Recipes

I have found a lot of things that could be substituted when baking.

Do you know about any of these?

Ground Flax seed can be used for
1 egg = 1 Tbsp Flax + 3 Tbsp water
1 Tbsp margarine, butter or oil
= 3 Tbsp Flax

Apple sauce can be used to replace oil or shorting. I have done this and other then oatmeal cookies it works just fine.

Here is something I just found out. Use Pumpkin to replace butter in quick breads, muffins, cakes, pancakes and brownies. Use half the butter and replace the rest with Pumpkin. I love pumpkin so I think I will try this.

And still another butter replacement.

Mashed bananas can be used in place of oil. They work best for quick breads, coffee cakes and pancake. For every 1 cup of oil, you can substitute it with ½ cup of mashed banana.

Here is the link for the last two suggestions. <http://www.linda-rd.com/blog/egg-replacer-butter-substitute-sugar-replacement-baking/>

You know I am getting hungry now. Maybe I will go make a pancake using Apple Butter for oil and Flax for the egg.

22-Nov-11 3:38pm 37°

What's going? It was 38° this morning at 5:30 when I walked out to breakfast. It only took 37minutes to go two miles. Either I moved faster to keep warm or all of this exercise if starting to work.

Mike and Petra found a place to live with a roof over their head for a while. After them being nomads for the last couple years I can only wonder how that will be like.

I saw a couple pictures and it looked nice. The house is in New Mexico. You do know that New Mexico is on my path when I go to Arizona. 😊

With us getting near the sloppy weather time of year I need a new pair of shoes. When I have been wearing my old shoes I noticed my feet have grown. Wait maybe the

shoes shrank. Any I have been changes before I workout so I get in the habit. I know Michelle might yell if get a bunch of snow slush all over her freshly cleaned gym floor. She would most likely make my mop and wax it and tell me it is a part of my exercise. Remember "Wax on, Wax off" from the Karate Kid?

Don't give her any ideas. She has been giving me home work to do. Maybe it is because I get Friday off from school of the Thanksgivings Day holiday.

I have figured that when I exercise with purpose I am burning 300 to 400 calories an hour. This is when I go for a long walk or am working at E. W. Training. So if I want to lose more weight I need to eat less and exercise more.

"Eat less and exercise more."
There is nothing new in those words.

How did it get to be four o'clock already?

24-Nov-11 9:26am 38°

Happy Thanksgivings Day!

I hope all of you enjoy your holiday. Many of you work on our days off so other of us can enjoy it. For all of you I wish to say a special **THANK YOU!**

Exercising

As you know I have been working out ever Monday, Wednesday and Friday morning at 6:10am at E. W. Training. I haven't missed a day or been late since September 27th. Well

this will change tomorrow morning. No I am not going to quite. I love this to much to stop. Tomorrow I will be taking the day off so Michelle can get a rest. She has been working every day since I have I first started.

For the last couples weeks she has been asking me if I would be there Friday morning after Thanksgivings Day. I just thought she meant would I be available. One day I got the feeling that maybe she needed a day off. So I asked.

Michelle is loyal to her clients. The customers come first. She was telling me that she would be there for me if I wanted to workout. So I asked her how many other people would be there on Friday. Well, it seemed that it would be just me and her. "Oh!" I said; "I think I need a day off. I won't be in Friday." I guess she needed a day off and the only way she would take the day off is if I did.

Michelle I want you to take Thursday and Friday to visiting sister. I need to go shopping.

Shopping

I picked up the newspaper this morning and it felt like it weighed fifty pounds with all the ads in it. While eating breakfast I went through the advertisements to see what was there.

I see two ads for 70" flat screen TVs for \$1,999.99. WOW! I am only 68" tall. So I could stand it on its side and with a camera use it for a full size mirror! If I hung it on my wall and



used it as a TV, I would soon have a sore neck from turning my head back and forth watching all the action. You know that is cheaper than buying a project and hanging a screen on the wall. So I just turned the page and looked at other things.

For more than 5 years I have been looking for a light jacket like the blue jean jacket I wear all the time. I would like one that is light and with big pockets like the one I wear but I would like the color white. With all the crazy drivers out there I want a white one for walking when it is dark out. The dark blue isn't the easiest to see.

I like my jacket because it is light and has big pockets to carry all my stuff. And I have been wearing it for so many years it is my trade mark. Well isn't it?

So today I spotted an ad for a white men's jacket at Sports Authority®. And there is a coupon on the same page for \$25.00 cash card too.

I have seen many ads for white jackets but most of them are women's jackets. I was beginning to think men didn't wear white jackets. I don't care if white jackets are for women. It is just that a man's jacket would fit me better, besides the buttons would be on the right side.

Who was the person who decides that men's and women's clothes need to button different anyway?

So tomorrow I think I will brave the traffic and the crowds and go see what this jacket looks like. Maybe it is time for a new image. I can always sew in pockets for my stuff, either that or start carrying a purse. ☺

So I looked at every page of those ads and the only thing that caught my eye was the iPad. I see they start at \$499. If I bought one of them now I would need to make my pocket bigger in my blue jacket. I will leave the iPad on my wish list.

My wish list has iPhone and iPad on it. Well it is not really a list I am just telling you here that my desk top PC is getting old.

Thanksgivings Dinner

Aunt Annie, Marge, and I are going to Isabel's for a turkey lunch today. Since Aunt Annie and I have survived heart attacks on most of the holidays we have been going out to celebrate most of them since 1998.

My first one was on Thanksgivings day 1998 then on Jeremy's birthday I had the by-pass then Mom's birthday in 1999 when they wired me back together when I came apart. Aunt Annie it was Easter. It seems like both of us were getting afraid of the holidays so we started to have one last meal. So Marge celebrates because we like her and after she is 91 year young now and that is a celebration too!

Buttons

So I went to the internet to see why women's and men's buttons are on different sides. They don't know either. Many theories and I stopped looking. I think I will go to zippers. Wait, Are they the same? ☺

Another Finished Book

Last week I finished another book, "Breathless" by Dean Koontz. This book started off strange. Ever chapter started out in a different place. I had to look at the cover of the book for the first five chapters to make sure I was reading the same book.

I watch a movie like that once. After each commercial I had to check to see if it was the same channel and then look at the clock.

After a couple more chapters each part went into more detail and in the last part of the book stories started to merge together. By the end the book it all ended in one place.

I am not going to tell anything about this book because anything I tell you might give it away for you. I will tell you I loved it and I give it 5 stars on the MRT scale. This is my highest rating.

Next Book

I started reading my next this morning after I almost busted my noise on the door at the restaurant because I did read the sign that wouldn't open until 7:00 this morning.

So I got up early enough to get there at 6 o'clock and it was dark inside. Then I saw the sign. So I went to Starbucks and started reading this new book.

Title "Losing and Finding Myself on the Camino de Santiago **I'M OFF THEN**" by Hape Kerkeling, 2006.

This book is about Hape walk across Spain the same route I took in 2007. I am already to page 48 and find he was overweight and out of shape as I was when I started. One difference I already see is that I didn't stop for a cigarette break as Hape has many times so far.

This book is about 325 pages and so far I am enjoying it and may spend more time reading it.

Diet

There I used the "D" word. I try not to use four letter words but I am this time. I have been struggling with my eating habits. Today was different. When we went to Isabel's for Thanksgiving lunch I had a turkey sandwich instead of a turkey dinner. Well I did eat a nice big piece of sweet potato pie. I figured it was 400 calories less than the turkey dinner I ate Tuesday last week. Still it was 800 because the sweet potato pie jumped right in front of me and said; "Eat Me! Eat Me!" When that happens what's a guy to do?

Happy Thanksgivings Day



Glenn McCoy



The Duplex

26-Nov-11 10:18am 48°

So what did you do yesterday? I did go shopping for the white jacketed the ad said that they had. They had no white men's jackets in the store. I asked why? He gave me the feeling that men don't wear white.

Guys wear white shirts, hats and drive white cars Why not white jackets? Hummm...

...Well I just went out to the internet and looked for men's white jacket and I saw that everybody has

them. So I guess if I want one I can get it somewhere. The major brands and stores show them on their websites and they come in all kinds of jackets. Maybe the real story is no one stocks them because they get dirty or they don't sell very fast.

I plan to get mine dirty all the time. Maybe I'll wash it once when I don't remember it is white. I just want a white jacket for walking on those dark mornings when people run the stop signs they can see that they hit something. If it is a little dirty they might pay to have it washed.

Hay that's an idea, when it looks a little dirty I could cross the street at a stop sign and dare someone to hit me. If they do I could make them clean my jacket. ☺

Do you feel that I see a lot of cars running stop signs in the early mornings? You would be surprised!

I just think I would feel a little safer if I was wearing a white jacket instead one of those yellow reflective vest the construction workers wear.

I will just start wearing my winter jacket I bought 5 years ago. It will do until I find what I really want.

Out of Sync

Ok what changed? Every once in a while I connect my phone to my PC to update my contact list. It is nice to have the cell phone and the PC lists match. Most times I update only one of them depending where I

am when I have the new information.

I don't do this very often because things don't change very much. Well for a month or so the phone would not connect do get synced.

So I ask you what changes in the last couple month to give me this new problem? Have any of you had any difficulties?

I have reloaded the auto sync software and turned off the firewall and antivirus with no help. In most cases it is one of these things that cause problems when you connect the two together.

I am telling you this because it helps to talk it through when things don't work out. It makes no difference if you are listening or care. It helps me think. Many times when you tell someone your problems even if they are not interested it gives your mind time to sort out things and find an answer.

This might be why I am telling you this now. Not only is my cell phone out of sync I might be too.

Last Day at Work

Tomorrow is Anila's last day at work this year. She is going to Albania along with her family. She has not been home for about 13 years and she is excited and scared at the same time. It can be scary to return home after now being there since she was 18 years. That is before she spoke English, and Spanish.

Before she had children and before she married.

On the other hand it will be great for her to see her aunts, uncles, grandmother, and all of the in-laws. And maybe even some out-laws.

Anile have a good time. I miss you already!

29-Nov-1111:42am 36°

This morning I put on a warmer jacket and was going to walk up to Starbucks to have coffee and read some of my book. Well neither happened. I walked outside and the wind was blowing and it felt very, very cold so I drove. I got my coffee and started to read my book when Victor came in. You know we had to talk. Then next thing I know the ex-teacher lady, then Ed, Dan, and Wendell. Then there was so much going on. Didn't get another word read. Don't you just feel sorry for me? 😊

Dan brought his own coffee so people were giving him a time about it. I find out that Dan was roasting his own beans on a contraption he built from scratch and it is hooked to his BBQ. He even showed us pictures and told us how it worked. Someone in the groups have tried his home made stuff and liked it. Good job Dan!

As usual the subjects of the day covered everything except for poly-ticks. Paul was not there today. 😊



I finally left at 10 o'clock because I had nothing to eat and the place was full. It was nice to sit there and listen to people try and out talk me.

So I headed to Town & Country and found a different group of people to visit with there. Irma, the owner was working. With Anile on the way to Albania while Viollca was going to take them to the airport there was no one else to give us coffee.

After breakfast I decided to just come home and work on those movies.

Oh, I think I need to get one of those iPads. It seems like everyone is getting one as of late. Ed, Wendell, Victor, and I think Dan said he just ordered one. And I know another that ask for help if she gets one. Well I think I should get myself one for my upcoming birthday.

That would be an "iPads 2" if you were thinking about me. ☺

Here it is noon already and I hardly have any calories in me. I think I better go eat something then work on the movie projector one more time before I give up.

Whoops, one more thing in case I forget later.

Merry Christmas

From the INBOX

Since I am getting frustrated with this movie conversion project I was checking my INBOX and I received

an email from Mike. You need to read this.

Subject: Re: The Green Thing
(definitely worth sharing)

"How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak & the strong; because, someday in life you will have been all of these".

The Green Thing

In the line at the store, the cashier told an older woman that she should bring her own grocery bags because plastic bags weren't good for the environment.

The woman apologized to him and explained, "We didn't have the green thing back in my day."

The clerk responded, "That's our problem today. Your generation did not care enough to save our environment."

He was right -- our generation didn't have the green thing in its day.

Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled. But we didn't have the green thing back in our day.

We walked up stairs, because we didn't have an escalator in every store and office

Marty's Random Thoughts

building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks. But she was right. We didn't have the green thing in our day.

Back then, we washed the baby's diapers because we didn't have the throw-away kind. We dried clothes on a line, not in an energy gobbling machine burning up 220 volts -- wind and solar power really did dry the clothes. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing. But that old lady is right; we didn't have the green thing back in our day.

Back then, we had one TV, or radio, in the house -- not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Montana . In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used a wadded up old newspaper to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity. But she's right; we didn't have the green thing back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull. But we didn't have the green thing back then.

Back then, people took the streetcar or a bus and kids rode their bikes to school or walked instead of turning their moms into a 24-hour taxi service. We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space in order to find the nearest pizza joint.

But isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the green thing back then?

Please forward this on to another selfish old person who needs a lesson in conservation from a smartass young person.

Source: Email from Mike

I love it! Thanks Mike!

Follow ups after Proofing

Some things came to mind as I am proofing my newsletter. So time I



tell you about a project or a problem I am going through and never tell if or how it was resolved. You may not care but I think is a lot like my clutter. They are not complete and if I complete a project it in less of clutter and more of just stuff.

So let see what has happened.

Open issues

VCR repair

VCR tapes still need reviewing before finishing them. This will be after I revisit repairing the pinch wheel or bower a tape player from someone.

Movies

I am waiting for a Super-8 projector to preview the movies.

After the two above issues are complete

Mom's Albums

I have started working on Mom's scrap books. Someday I might finish them. There are a lot of pictures to digitize in those treasure books.

Hiking Jacket

I still have not found a white jacket. I may look for bright yellow for walking the dark streets. Maybe I even get one of the doorkie yellow vests with the reflectors on them. If I stall enough it will start be daylight in the early mornings.

Lost and Found

I have not found my Swiss Army knife yet.

Closed Projects

We didn't win any more money on the lottery.

Ongoing Projects

I signed up for another month at E.W. Training. I feel better and better every day. I think I will just keeping exercising.

Calendar

November

Nov-01 Tristan P
 Nov-01 Tom H's Dad's
 Nov-02 Erik T
 Nov-02 Denial Boon
 Nov-04 Aunt Irene & Uncle Bud
 Anniversary (1944)
 Nov-05 Uncle Bud Maynard (1918-
 1985)
 Nov-06 Patty (Mary's Sister)
 Nov-06 Sally Fields
 Nov-06 Cassie H
 Nov-11 Sally H
 Nov-12 Olivia K
 Nov-19 Berry K
 Nov-25 Devin
 Nov-26 Scott M
 Nov-28 Norma Lee N
 Nov-28 Ronny
 Nov-30 Miki

December

Dec-01 Steve M
 Dec-01 Jimmy W
 Dec-01 Tom H
 Dec-03 Joe Anne from
 the 12/05/07 Gathering
 Dec-03 Steve's Sister Donna
 Dec-04 Bill M
 Dec-04 Oscar
 Dec-04 Tammy & Alex B. Anniversary
 1999
 Dec-06 Ryan S
 Dec-09 Flo
 Dec-12 Marty M (me)
 Dec-12 Linda's Sister
 Dec-12 Melody W
 Dec-12 Teri Z
 Dec-13 Arben G (paper birthday)
 Dec-14 Ed P
 Dec-16 Arben & Anila's G
 Anniversary (2002)
 Dec-18 Linda
 Dec-21 Marty A
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Have you read any of Mike's books?

WorksAndWords.com/bookindex.htm

Mike's
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