

Issue 100 March 2012

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NUMBER 100

AND

STILL COUNTING

1-Mar 11:59pm 34°

So I tried to cut the end of my finger off with a utility knife this morning. Well, there was a lot of blood. ☺

I know you should always keep your tool sharp so they cut and don't slip. It is when they slip when you get hurt. Always move a sharp tool away from your body when using it. The way when you slip you will stab the wall and not your body. Never try to catch a sharp tool when it falls. Just get out of the way and let fall. It is easier to fix a hole in the floor than your hand. Besides if you try to catch you might hit it and cause to go in a different direction and put an eye out.

BE CAREFUL!!!!!!!!!!!!

Sent from Marty's iPad

Wow!

This is issue # 100!

MRT, Mar-3, *\$

Before I finish this issue I thought I would follow up on a few things I saw in this issues that I did not finish telling you about.

Backpack

The backpack is more or less ready. I may need to replace the pants and shirts with smaller sizes. I can wear size 40 pants and maybe 38s now. Shirt size went from XL to just large without problems with buttons popping off. What a difference! Thank you EWT!

I need to go through the other things to just make sure I am not packing more stuff than what I need. If I need more I can just buy it. If I have too much stuff I will most likely be carrying is as dead weight.

New Logo

I have been thinking about a new logo for Marty's Random Thoughts. Now that I have my little hiker logo for my Walking the Walk journal I keep thinking about one for MRT newsletter. Oh well something will randomly come to mind.

Learning Spanish

I am getting off track learning Spanish. I haven't worked on this for a couple weeks. I need to get back at it so I don't forget what I already learned.

Heading change

I changed the headings from date, time, and temperature on some things because I am doing my notes from random locations. It is now what is written for, date, and location code. Where code is "TC" for Town & Country, "*\$" for Starbucks....Hummm, would that mean that "*€ " would be for Euro Bucks. ;-)

Many times while I am using the iPad for the notes I don't know the weather because I have to look out the window first. So you won't get the temperature. You will just have to look it up in my weather history data at

<http://doerofthings.com/weather> .

Well I have to go home now it is getting to noisy in here. There must be fifty people in this place. Besides I need to edit #99 and get it printed.

MRT, Mar 4th, *\$

Trying to do some lessons Spanish this morning and there is too much background noise here at Starbucks. No, this time it isn't the music that is too loud. It set at a nice volume today. Today it is the microphone just pickups too many sounds when I speak the words. Almost every word

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I speak to it laughs at me. Well maybe it is me. I guess I could save this until I get home.

I worked a little with the iTranslate program. I could speak English to it and to speak Spanish back to me. It understands my English very well. That is neat because a lot of humans do not. Something went wrong with that because I told it to translate English to Spanish and it was giving me a German translation. Aren't computers fun!

Sent from Marty's iPad

6-Mar-12 10:42am 44°

It was a little cold, damp and windy this morning when I walked out to EWT for my workout. I had a very strong head wind almost all the way. It was like walking up hill all the way.

I got home a few minutes ago and it is walking with that strong of a wind pushing you too. I am pooped!

Not to worry, I will be rested up in a short time and be able to take a break.

Taxes

I started working on my income taxes yesterday when things weren't going so well. No, not the taxes they were just fine. It was my printer. I tried to print and nothing was happening. Then I noticed none of the lights were on. I thought it must be just turned off. Nope, it was dead! Power is getting to it but nothing is working.

I looked up and I see I bought it in January 2009. It is over 3 years old and out of warranty. So I priced a new printer. They are only about \$150.00 for a better one. Well just about like the one I have. I am looking at one that prints on paper up to 13x19" and yes it is only \$149.95. I paid \$1,800 for my first print in the earlier 1980s

and \$1,100 for my laser printer and it was a demo. If this stuff gets any cheaper they will have to pay us to take it.

Well I need to get back to my taxes. When I finished them I can think about rescheduling my trip to Spain. I am thinking about going sooner than May.

Later, around 2:02 pm

Well I didn't get any of my taxes worked on nor did I get MRT edited for you yet. I did get a cup of coffee drunken and read a book since this morning. I guess that is something.

Book finished

I read a whole book while at Starbucks at lunch time. This book titled "Spain and Pease" by Howard Fast was a free down for my Nook.

The book is about Spain during World War II and a few years after it. It is a short story about how people over came some of the rough times. This book is only about 30 pages and was very interesting.

I give it 4 stars on the MRT scale.

That said it is back to the taxes before the urge for another break sets in. The last one took over 2 hours. It sure makes me remember the days when I used to work at the Auto-Lite. I think those breaks were two hours every ten minutes. Yes it was like taking a work break sometimes.

Ok Taxes....

MRT, Mar 7, TC

Wow I blew of working out on Monday and worked out yesterday and today. I'm a little tired this morning. This may be the workout or it may be that I have walked both days. The shortest route is 4-1/2 miles round trip. Sometimes I make detours.

You do know sometime my shoes drag me to Starbucks. That gets the trip to near five miles.

When I start walking the Camino I will walk ten to fifteen miles a day. These five miles will be a stroll by then. I will even have twenty pounds to carry around with me then.

Thinking about the backpack it is 25 Lbs now and I have a few things I want to add to it. Ground mat, hat, and something else I can't think of right now. I need to go through it again. I want it to weight only around 20 Lbs.

Sent from Marty's iPad

3-Mar-12 9:39pm 31°

Sure has been nice the last couple days. I finished the income taxes and it is all filed. I came out better that I thought it was going to be. I won't have to deal with that until next year. I am glad it is over.

Now I have a pile of regular paper work sitting here staring me in the face. It will wait until tomorrow.

I have gone for three walks in 3 days. Each walk has been around 5 miles round trip. That is all the walking I want to do in a day. Tomorrow I will be driving out to EWT for my workout. When I walk out to workout I get there at the last minute. I have to change my shoes and feel guilty when they wait for me. I know I could just leave home 10 minutes earlier except I don't want to get up that early. I do about two miles in 30 minutes. That is fast enough carrying only an extra pair of shoes.

My plans for tomorrow are to do this paper work then go through the backpack and see if I can reduce the weight a few pounds. At last check it was 25-1/2 lbs and I didn't have my walking stick, ground pad, or hat in that weight. I think I might be able to go through it again and see how many

fears I have stuffed in that small space.

Fears get heavy!

When I say fears I am talking about those things you pack because you think you might need it or it might come in handy. After letting it sit for a week I am sure the fears might have decided to stay home. I am still looking for 18 pounds plus food and water which would be around 23 pounds. I would like it to gross at 20 pounds fully loaded.

Well I'll need a good night's sleep to help with the process.

Good night! . . . Whoops!

Before I hit the hay I see the previous issue has not been checked yet. Well I moved it to the top of the paper work pile. That does not mean I will work on it first. It does mean I will see it first.

Good Night again

9-Mar-12 9:49am 27°

Here it is the 9th of March already. And I am just publishing the previous issue of **MRT**. Printer is broken so I am using the old printer. I have to remember how to turn the paper over to print on the back side. I think the other printed is not going to survive. We'll see!

I need to get the newsletter out and do some paperwork today. Then back to lightening up that backpack. I will be leaving for Europe in about 7 weeks.

MRT, Mar 10 8:41am, V

So this morning I figure I needed to go see Mary & Heather. I missed last Saturday and I was having withdrawal. ☺

While sitting here talking to Arlo and watching how busy it was, I wondered if I would even be able to squeeze in a "Hi" to them. After Arlo left and other started to leave and I got a little talk time in. I am

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always happy when I can visit with my friends.

I remembered I had errands to do this morning and if I go to TC after here I most likely will not get them done until next Wednesday. It is not TC's problem, it's me. I like to ketchup with all the gossip. I try very hard to not spread it but I do like to listen to it.

Now I am starting to spend too much time typing this when I could be doing those errands. Well I can't leave here yet I still have coffee in my cup. ☺

At noon I need to be at EWT and that will last until 2:00. And I need to be at TC for lunch at 1:00 so I best get going soon. There are those errands waiting for me to get done before noon. And there is this coffee sitting here too.

Oh well it's time to get started.

MRT, Mar 11, 8:11am, TC

Funny I haven't been put the time on the heading because I have to look around for a clock because I don't wear a watch. Well... There is a clock right on the top of the screen and the date and time is displayed on the top of my note pad.

Maybe I should look for an app that also displays the temperature on the top of the screen too. If I had that all I would need to know is where I am and I could stop using my desktop computer except for paper work.

I think this iPad is staring to spoil me. It is even fixing some of my spelling while I type. This is a good and bad thing. The bad part is I will not learn how to spell as fast.

MRT, Mar 13, 7.48am, TC

So I am not the only one that is having trouble sleeping. I have had a couple of people said they have not slept well the

last couple of days. I wonder if it is the weather or maybe it is the solar storm they were talking about. I would thing about taking some of those sleeping drugs but they work in revise for me. The last time I took a sleeping pill I was up all night waiting for something to happen.

So what do you do to get to sleep on those sleepless nights?

Training

Last Saturday Michelle and the other trainers at E. W. Training gave a Kettle-bell class to show people how to be safe when exercising. They also trained us technique. It seems that all of us slip to the dark side without some guiding, to only for exercising but in life too. Thank you EWT team!

Is it time to go yet

I am ready to start walking the walk. I can't leave until I finish things here. I guess I need to find some more things to do to keep me from climbing the walls. Well I will figure out something to do. Maybe I could just go for coffee more often. I don't know if I could drink that much more coffee. Well I could try! ☺

Spring is here

I just got home and I know it must me spring because there are fish worms on my drive way. This only happens when the ground is to wet. And since the ground isn't frozen the worms cannot go for a walk. Well whatever worms do to get around. So it has to be spring!

New clothes don't fit

Saturday I bought some new exercise pants and you know they don't come in my length. They only come in everybody's

length. The first pair I almost shrunk too much so they are now pajamas.

I took both pairs to Aunt Annie and she shorten the almost 2 inched. I was walking on them because they were so long. You do know Aunt Annie does mending don't you. Thank you Aunt Annie. Great job!

Fantastic Day

I spent some time outside today because it has been the best day for outside things since last September. I worked on the motor home a little to make sure it survived the winter. It looks fine!

I just came in from sitting on the front porch read a book. It is almost six o'clock and it is still over sixty degrees.

Being it is so nice I decided to make me an Italian sausage on the grill. In my case it is a frying pan but I can dream. I will take the rest of the day off.

MRT Mar 15, home

At 11:11 I started for a walk. I was heading for EWT via TC but didn't stop at all except for traffic. On the way out I look to see if there were more aluminum cans since I picked them up two days ago. I was surprised to count nine already. I know I could have missed a few but most of them were out in the open and it would have been hard to miss all of them.

I went to go to EWT to get some water but Julie drove by and said no one was there. She offered to let me in but I declined. I wanted to walk five miles and see how it felt.

Five miles is about what I will walk at a time when I go to Spain. Therefore I would like to know these things. It took two hours to walk five miles. The last half I picked up cans which slowed me down a little. Even so that is 2-1/2 mph. Wait...

Well Michelle called so you know I just had to go TC for lunch. I'm home now and sitting on the front porch thinking about things. Yes, things!

I'm thinking about walking across Spain in six weeks. Many people have asked me how long I will be gone. My answer to that question is hard to answer. Many people can get a month off from work so they do the whole five hundred miles in 30 days. In 2007 I went 200 miles in 16 days. I tried to hard and was way out of shape. This time I have prepared and am in a lot better shape. Still I am not planning to push myself so I am thinking I might take 40 to 50 days. I leaving May 1st and think I will head home July 4th. I have not schedules a return ride back home yet. Maybe I'll find a nice porch like where I am right now and sit there enjoying the day as I am right now for a few weeks and not get home until Labor Day. Realistically, I will miss all of you and am thinking late June to early July when I will be sitting on my porch again.

For now I am going to put this iPad away and sit here and read a book. Well I have to turn a little because the sun is in my eyes right now.

Walking the Camino de Levante

No not me! Mike is heading back Spain to walk the Camino de Levante. To read about his journey check out this link: walkingwithawareness.com/cdlwalk.htm

I am trying to get him to join me for coffee while he is in Spain. We will both be in Spain at the same time for a while. We will not be near each other than in the same country for 10 days or so. That doesn't mean we couldn't meet up for coffee after all the country is on about 550 miles across. I know this because I am going to walk those 550 miles starting in May.

MRT, Mar 17, 1:08pm, TC

Did you see it rained a little this morning? Funny, Erica was looking over my shoulder and was laughed when she said "little rain". How much did we get?

When I use the external keyboard it does not fix the spelling as I type. I need that help sometimes. Anyway it rain didn't it.

Thinking about the Camino

I was thinking about my upcoming adventure. I keep thinking, and thinking about it more and more ever day. I still five weeks left. I will have to wait, won't I. ;-(

MRT Mar 18, 9:22am, *\$

So when I get home I have to look for my Woodstock pin for my hat. Somewhere at home I have a Woodstock-Bird hat pin. I have a yellow arrow to point my way. I thought I should get a Woodstock pin so I remember where home is. I have an American flag that flashes red, white and blue but I think that is too much. I may see if I have a small flag. I don't need to be like our government and push my Americanism in everyone face. Just a little pin to let people know prod of where I live.

I don't want to put too many things on my hat because it will push on my head most every day for a couple of month. Even though it is only a few gram those gram mount up after a while. I think by back pack is around 11,000 gram.

The backpack is another thing I need to recheck. I have been adding things to it and not checking its weight. Yes, I have been removing things too. It is time to check the total again. Do I need paper, camera, guide book and an iPad and if I take to iPad do I need an iPhone too? All three of those groups kind of do the same things. Am I staring to pack my fears

again? In case you do not understand "packing yours fears", it when you start to take thing in case you think one will fail and you might need the backup. It is not like home when you have a second car that you don't drive or fifty sets of dishes. Or in my case, I have four backup to the stuff on my computer just in case. Wait I think there might be six. ☺ I have never lost any data that caused me any harm when I was not backing up my data. I have had more problems when my backups failed and I tried to recovered data I didn't need other than to have it. If you can live without it why have it?

Wow! I think I just learned why I have so much stuff. Maybe my home is cluttered because I am packing my house full of my fears....OMG a lady just came into *\$ with a screamer. Well I think I am going home and see if I can unload some of my fears.

MRT, Mar 19 8:21, TC

I just don't feel like doing anything today. Yesterday I packed up the backpack and it is fully loaded today at about 23 pounds. My thoughts were to pack out to EWT for my morning exercise. Well I didn't I let the alarm ring forever before I got up. That meant I walked. I was dragging while I worked out and even as I sit here eating breakfast.

I'm not bored, just no ambition. I think it might be Monday. Wait it is Monday!

Maybe I should have another cup of coffee.

New place to hang out

Well it is not new. I just don't feel like doing much today. So I came up to Starbucks to have a cup of coffee and read a little. It feels like rain so the backpack will sit in the car for now.

There are days from time to time when I just don't want to do anything and still get thing done. It started yesterday when I didn't even feel like watching TV with my eyes closed. Yup, I went to bed at 9 o'clock. When the alarm went off I laid there 30 minutes waiting for it to stop. I had to get up to stop it. So here I am telling you this while trying to come up with something else to do today.

Right now I think I will put this away and read a little more. Bye!

MRT Mar 20 9:07am, Vaughan's

I just got to Vaughan's after leaving TC 15 minutes ago. That is I walked from home with my fully loaded backpack. I stopped at Starbucks for a cafe con latte. Yes I need to try out my Spanish for coffee with cream. Linda understood and that is what Susan made me so I guess I can speak Spanish now. ☺

It only took me about 35 minutes to get from Starbucks to Town and Country. This means either I can handle carrying an extra 24+ pounds or I am walking too fast. The weight did not bother me thought I think I have the backpack out of balance. On the other hand I may just have the straps adjusted wrong. After all it is only my second time with my backpack. It is 24+ pounds which I think is too much. I have 2 quarts of water (4-1/2 lbs) and no food. There is also no iPad. I need to try to lower the weight even some more. I am thinking I want only 18 pounds fully loaded but 20 would be ok too.

Walking from TC to here I had adjusted the straps some and the backpack seemed to fit much better. I guess after reloading the pack and getting used to the strapping it will be just fine.

Now I need to check on to shoes again. These are too narrow. I want my shoes to

feel good on my feet. I don't want to have problems with my feet in Spain. The taxi and bus fee are too high. I want to enjoy my walk. I had sore feet last time and it was the shoes!

Oh, I have to walk home before I look for shoes. Well I have to finish my coffee and visit with Mary before I head home. Oh, I should see if I have a bag to pick up cans before heading out too. I saw a half pound on the way here. Sometimes I find bags blowing around but not this morning.

So far I have received bags from Anila, Mary, Wal-Mart, and Jewel. They helping me clean the streets of cans. Oh, I will still take you empty ink cartridges and recycle them for you.

MRT Mar 21 9:14pm Home

I was out in the garage to get my walking stick for tomorrow and noticed two bright lights in the sky. At first I thought they were air planes. No they were something else. No, not flying saucers. They were due west in the sky. After looking them up in my sky map on the iPad, another App, I see it was two planets, Jupiter, and Venus right at the feet of Aires. I haven't been out star gassing in years.

After looking around a little I remember why. There is so much light pollution from the streets and it is hard to see the stars in the haze. Years ago when I was in Sedona Arizona I drove out on a county road and spent a few hours just watching the sky. I wondered how far I would have to drive to get away from here to get away from the light pollution. I would have to be somewhere where there is no traffic to disturb the quite. It would be perfect with a sleeping bag or maybe just a convertible to sit in and watch the night skies go by.

Maybe I could squeeze in a night before I go to Spain. Maybe I could have a

picnic some and some wine with friends. We could sneak out in one of the parks in Woodstock after dark some night before the bugs wake up for the spring.

For now it is late and I am getting sleepy. Good night!

One more thing before go to bed. While I was reading my book I found this quote I thought you might like to read.

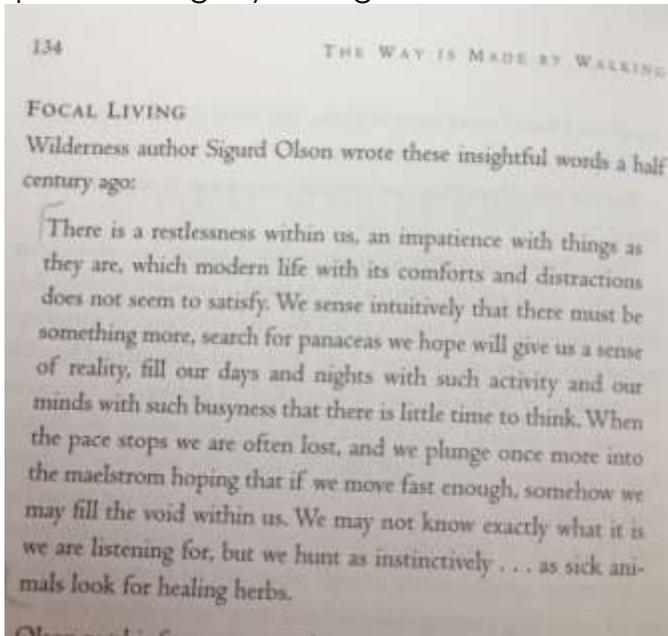


Photo of the Month



Would you believe they were talking behind my back right in front of me? Yes they were really texting each other but I was not invited. See the dollar lying there. I tried a bribe. ☺

MRT Mar 22 10:22am, Home

I walked out TC for breakfast this morning and picked up can again. My total is about 3-1/2 pounds now. If I get top dollar which is 55¢ a pound, I only need 996-1/2 pounds to pay for my trip to Paris. So if you want to help save up your cans and ink cartridges for me. The empty ink cartridges have value or me too. Use all the ink first that has value to you. Just put them in a plastic bag so they don't mess you up.

Check out the back page for the latest offers.

Let them know you saw that name in **Marty's Random Thoughts**.

MRT Mar 23 10:45am,*\$

This is a map to the main route of the Camino de Santiago that I will be starting to walk in May. I will begin at point 'A' and most likely going beyond point 'B' or have I told you this before?

I came up here to read my book so I think I will put this away and read some for a while.....well that didn't really happen. It seems like I know too many people that come into Starbucks. ☺. I just started reading a paragraph and someone else came in. You know I had to stop reading and say hello and find out what's happening.

Talked to Mike

I did tell you he is walking in Spain didn't I? Skype is a nice app for the PCs and the new phones. If you have an Internet connection you can make a free phone call clear across the world. Anyway he got to a slow start after a set back on his first day. You will need to read his web journal to learn the details.

<http://levante.walkingwithawareness.com/>

Mike will be walking the Camino de Levante if he ever gets going.

MRT Mar 24 8:10am, TC

Yesterday I heard about a friend that has a spirit visiting them at night. That would be shaking and touching them. Scary! Last night they slept with the light on and the screen turned on the cell phone.

MRT Mar 25 7:21am, TC

So I have had breakfast after dressing up in these old big clothes that are way, way too big. I put these on because the new clothes were still in the washer and quite wet. Since I was hungry I thought what the heck.

The pants are so big I could not tighten the belt enough to keep them above my ankles. Today I am wearing both a belt and suspenders. It is like wearing clown pants. I dropped from size 44 to 38. Though the size 38s are a little snug.



As for the shirt it is an extra large so I could use it for a light jacket. Large size is fine.

With Michelle and her trainers they are slowly whipping me into shape. Now if we could get me to help by eating a little better.

My weight lose has leveled off. Even with the walking it seems to be stuck. I know it is because I am eating too much. I am eating much better but still eat too much.

Not Sleeping Well

For the last few weeks I have not been sleeping well. I'm just restless for some reason.

After Anila started getting busy I decide to go home and take a nap. Well just then Michelle and Erin came in so I visited them until the sleepy started to get to me again.

I came home and must have left the sleeps at TC because I wasn't sleepy. I decided to put away my laundry while waiting for the sleepiness to get home.

Here it's is three hours later and the sleepiness had just caught up to me. So I came out to the front porch to see if I can take a nap without falling out of the chair. I haven't sleep on the front porch in the twenty-two years I have lived here. I don't

want to sleep too well because Aunt Annie will be here in an hour. If I fall asleep inside she will never wake me unless she comes in and shakes me. So maybe I'll tell you more about this later. Night!

MRT Mar 27 7:35am, TC

I walked out to Town & Country this morning with my backpack over loaded. I put my iPad and my portable stool in it and put on my blue jean jacket on to add even more weight. My idea here it to carry a little extra weight around town to get my body use to the load. Then reload it lighter before I go to Spain. I don't know how that works but it is logic to me.

Lottery

Someone said that one of the lotteries is over \$300,000,000.00 tonight! I have to stop and buy a ticket to see if it will pay for my trip to Europe. Hay, if I win maybe I could pay someone to walk the Camino for me. With three-hundred million dollars I could pay many people to walk the Camino for all my friends who say they can't afford it. We could all sit in a coffee house somewhere and hook up a live camera on the people I hired to walk for us then watch them on TV in some bar. ☺

Wow, just think of the neat thing we could do with \$300,000,000.00! I hope you spend a dollar to see if it is your turn. If I don't win I wish one of you do. It would be nice to know someone that won big. Most of us can afford \$1.00 to donate to the lottery fund. All I can say for sure if you don't have a ticket, you CANNOT win. And if you have a ticket you might just get lucky. Just one buck gets you in.

MRT Mar 28 3:35pm home

I just returned from the doctor and he wants me to go in for some test. They won't

be done until next week making it April so you may have to wait until next issue for the results.

Don't worry, these are routine test and I think he is just covering his butt, well my butt too. I haven't to see the cardiologist in over a year and a half and he just is looking out for my well being. I am just fine. We are just checking to see if I really know what I am talking about. Besides he won't give me more meds unless I need them.

I'm trying to get him to cut back my meds and this is part of the process.

My appointment is in Harvard on Monday at 7:15am so I will miss my morning workout at EWT. I may be able to make it up on Tuesday even though I have to be in Harvard for the second half of the test. I guess Medicare won't pay for the both test on the same day. Funny!

No parking

After returning from to doctor I thought I would go to Starbucks and read a little. I drove by twice and started around the square and once I was more than half way home, that is where I went. I'm on the front porch eating a snack and getting the keyboard all sticky.

Lottery

A couple of us bought lottery tickets yesterday trying to win that \$363,000,000.00. Well I haven't checked if we won anything but I know it was not the 300 mil. I just heard that is up to \$500,000,000.00 now. I just love putting all those zeros in to our money.

So I thing we will be trying for 500 mil!

It is getting cool out here. I better start reading and put this away for now.

MRT Mar 29 10:33am, V

So that lottery prize is figured to be \$500M by the drawing. If I/we get a cash payout it is almost \$1,000,000.00 a day for a year. Wow!!!! Now I am thinking how I can spend it without offending anyone. My cut of out pool is 25%. That makes it a little easier. My cut should be about 100 mil.

I could buy a whole bag of Tootsie Rolls and hire someone to open them for me. Wait I could hire someone to eat them for me too. ☺ Wow, Mary just said she would eat them for me and I wouldn't have to hire somebody. Its fun to open Tootsie Rolls maybe I will open my own. Maybe I'll buy two bags and share them with all of you Tootsie Roll lovers. Wait I don't need no lottery to have a Tootsie Roll party. Maybe we could have a Tootsie Roll party after I return from Spain. Email me if you are a Tootsie Roll fanatic and maybe we could get to gather for Tootsies and coffee.

People Keep Asking

Again someone asked if I was ready. I am ready but the world is not ready for me. There are a bunch of things to complete to before I leave for my pilgrimage. Yes I am now calling it a pilgrimage.

When I first thought about walking Spain it was going to be an adventure. The more I learn about me walking the walk it is a pilgrimage.

Bed time and still awake

Hear it is 9:30pm and I was going to head in to try and get some sleep. I remembered I had a couple pages of thoughts that were still on the iPad that needed to be added to this issue. Well they are up above now.

I was just watching a video about Pete Seeger. He was a folk musician from the last century. Funny thing I think I knew every one of the songs they played but not the man. I download two of his albums onto my iPhone and I think there were 57 songs.

I must be in a mood that I am starting to listen to music again. In the last 10 or 20 years I stop listening to music where they were singing because you couldn't hear the words because the music was so loud and you couldn't hear the lyrics. In most cases I called that acid rock. I general like all music but if there words being sung I like to hear what they are saying.

Anyway I have about 60 songs to listen to while I am out for a walk. I like to listen to the bird, frogs, and the crickets too.

100

As near as I can tell this is my one-hundredth issue of my newsletter and I should put something special into it. Tonight I am not sure what that might be.

I think this issue may run in to April because I don't think there will be another one until I come back from my pilgrimage.

Today I am thinking that may be July maybe August. I was invited to stop in Albania for a visit when I get finished walking the walk. So it all depends how I feel after walking 600 miles.

I will spend a lot of time making sure I am ready to become a world traveler in April and not as much time working on my newsletter.

Tomorrow I will be start making a list of things that have to get finished before I leave town. But tonight I will just sleep on it.

MRT Mar 30 8:06am TC

Boy is it busy here in Town & Country this morning. The little time I have been sitting

here eating breakfast I think there was a complete turn over. Maybe it is the rain that draws people into restaurants. Most of the people I see are regulars. There are many that I know work outside. So that is why I think the rain has something to do with the crowd. There a few empty spots so I think I can hang around some more.

Let's see I'll check on Mike's progress. Well he hasn't posted anything since last weekend so I need to move on to other things.

Whoops Anila came over and starter reading over my shoulder. I best not start talking about her. ☺

MRT Apr 2 12:20pm, *\$

Wow, it is April already and I don't win any of that big lottery money! Even though scratch off tickets I find while walking are not even giving me a dollar.

I guess this mean I will be buying my own coffee for now from the money I already have.

I went to the Harvard hospital this morning for the first of two days of testing. I am trying to show them doctors that I can walk across Spain. I know I am ok but they don't hang around me long enough to see how much I do so I have to show them with test. Today's test went well for me. I should have the results later this week.

Now I will be starting to get things together for my trip. There are less than thirty days before I leave.

MRT Apr 3 9:33am Harvard

Yes I am in the hospital! No there is nothing wrong. Everything is just fine and I am here to prove it to the doctors. I am having some heart test that I don't always remember what you call them. Wait I have paper work that has what you call them.

Let's see...Treadmill Cardiolute(R) Stress Test yesterday and Echocardiogram today. I think I aced the test yesterday. Today's test I think I just lay there and they do an ultrasound to look at my heart. I am pretty good at just laying there doing nothing so this can't be hard on me.

...11:00am at *\$

I am back in town now. I went into Wal-Mart while I was still in Harvard and these cookies jumped right in to my hand and say "Buy me, buy me, I'm only six dollars!" what is a guy to do. I only ate 1/4 of them on the way to Starbucks. That is why I'm at here to get away from those cookies and to wash the tease out of my mouth. At least that way I might not reach for one so quickly. Until I get back in the car. ☺

So the test seemed to go well. I will have to wait for the official results from the doctor in a couple of days.

Now that those tests are out of the way I can go to the dentist and get the tooth I chipped fixed. I have been waiting to finish these tests before setting up an appointment to get it checked out.

I have a lot of little things to get finished or least put in the hands of others before I leave on my pilgrimage to the grave site of Saint James. Did I ever tell you that is who is in Santiago Spain? Yup, his grave is in the basement of the church in Santiago de Compostela. I have only 27 days before I leave home for Europe.

5-Apr-12 11:44am 46°, Home

My Heart test results are well and I have been giving an ok to go to Spain. I told the Doctor that he would be one of the few people that might stop me but he shouldn't push his luck trying to stop me. I smiles because he gets to serous some

time. He reminded me to take my medication with me and to use it.

Readiness List

I still not made my list of thing that I must do before I leave town. Maybe I can do that tomorrow or the next day or April 30th.

The backpack is packed and ready. Today it will weighs 24 pounds. I am putty sure all is in it. I will remove a couple of things for the flight. I don't need to ship water to Europe. I think they have water over there I can drink. Same with food I think they eat over there too. No reason to have that with me.

I have a CTA pass that should get me to the airport in Chicago after I get off the train. I have my plane ticket near the backpack and my Passport is in the backpack. I am so ready!!!!!!

MRT Apr 7 7:44am TC

While at Town and Country for fish fry last night there was nowhere for others, I had to leave to make room. I was taking up a booth when I noticed that there were people standing waiting for a place to sit. I paid my bill and gave up chair.

Amber baby

Yes I am a great uncle again. Edie's youngest Amber had her first baby, a boy! More details when I know more.

Sorry Julie

I thought I knew that guy who said "Hi Marty." I was looking for a spot to sit at Starbucks. While walking away from the long line of people waiting to get their morning coffee I wonder; "Who was that?" while being preoccupied looking for a place to sit and read my book. A few minute later this guy came over and I knew I know him from somewhere.

Don't you hate that when you know someone but you just can't place them?

If I would have seen him at EWT I would have known who he was. I even recognized the voice but just could place the face or voice. Do you wonder too? It was Julie's husband. Julie is one of the trainers at E. W. Training and I have talked to him many times. Wow, I can't remember his name today. Sorry! *(Note: His name is Jean)*

23 days left

Ok I have to make a list now. I back home thinking about all of those things that I must do before I leave the country for two months. Here are a few.

My Journal

Do you want to read my Journal notes? I will be posting some of them just so you will know where I am and what I am doing. That way you will be able to surprise me with a visit in Spain if you would like. ***If you join me in Spain I will buy your coffee for a day or two.***

There are a few ways to see my journal notes.

<http://camino.doerofthings.com>

<http://www.doerofthings.com/camino>

Or go the Marty'sRandomThoughts.com and select the link on the front page.

All of these links go the same place.

I won't be sending emails when I post something like the last time I was on the Camino but you can register on my journal site using the

"RSS – Posts" and/or **"RSS – Comments"** you will see near the bottom of the right column in my journal page.

If you click on **RSS Posts** it lets you get an email every time I post something new. After you click on this link it will show you what to do to have it send you a message when something new is posted. It all

depends how your computer is setup what is will asked you so I can't help you with that. Not to worry you will only gets posts from me because I am the only one who can post things.

If you want to know when anyone replies with a comment then select **RSS – Comments**. It does the same thing for comments. They could be from any one. You will automatic be notified of comments to your comments without using this.

You do not need to do any of this. You could just go to one of those links when you feel the urge to do so. It is all up to you.

My TO-DO-LIST

Stop Mail

Put Direct-V on hold

Ask someone to do a drive by the house.

Make sure I have my Meds & and a list just in case

Have plane tickets

Have train tickets

Have email addresses (i.e. iPhone)

~~Pay all bills or put on auto pay.~~ done

Wait I need to go for lunch now it Saturday....

List more late, I'll be back.

MRT Apr 8 9:39am, *\$

Good Morning and Happy Easter!

It has been a great morning. I boiled six eggs and only two cracked while cooling. I think that a new record for me. I have them all colored to take to Aunt Annie.

Oh did tell you Aunt Annie is strained at home because of a cracked bone in her foot if I got the story correct. This happened about a week ago and I am going to show up at her door and see if

she is well enough to hobble over to the door and let me in.

I had breakfast with Michelle and Anila this morning. Michelle was a little sore after running a, was it a 5k race yesterday. She didn't tell me she won but she had fun.

The other day I was packing up my medication for my trip and ran out of one of them. Being that I have packed up sixty days I didn't have enough to last me until I leave. It is one of the meds that help to mess me the last time I was in Europe. I think only 99 people have reminded me to take my medications while I am walking the walk. **I will!!!!**

I have packed up 120 little zip lock bags with morning and evening meds and packed then in 16 bigger bags with a week in each. Then those are packed in full size bags one for morning and one for evening. Other than the refill, I am so ready with the meds.

I am so ready I am getting obsessed. I got ready enough and keep thinking of more things. I will have a backpack weighing 300 pounds if I'm not carefully. It 24 pounds now and I don't really want to go over that mark.

MRT Apr 10 6:30am, *\$

It is time for me to head to Town & Country for breakfast. First I thought I should tell you about a couple of changes I just noticed at Starbucks I did not notice before. First is the music volume is at a nice level and has been that way for a long time. Did they finally get the memo or is my hearing burnt out from it being so loud so long. Thank you!

Another thing I don't think I have said anything about. It has always bugged me that when I went into the bathroom and

there was nowhere to hang my jacket. They now have a hook on the back of the door. I just went in there and tried it and it works great. Now I won't get my sleeves all wet when I wash my hands! ☺ Thank you again!

Now I can suck up my coffee and head out to TC for breakfast as my morning is almost complete. ☺

Mom & Dad's Wedding

Mom and Dad were married on April 10th, 1942. Wow can you believe that was 70 years ago. That is before most of the people I know were born. If you were around for their wedding please let me know how it was. Oh yes I took a picture. Well I have a picture that I took from someone. It was before I was born too.



Mom & Dad on Main Street in Woodstock Illinois in 1942

11-Apr-12 7:23pm 46° Home

What happen to all the summer weather we had a couple of weeks ago? I

guess it is April and we should be getting showers for the May flowers that will bloom in June. I hope someone takes pictures of the May and June flowers as I plan to be in Spain.

Amber's Baby

I just got the information about Amber's Baby and I thought you should know it.

Name: Owen Bo

Weight: 7.5 lbs

Length: 21"

Born: about March 27th

I best ask Marcia because I never can contact Edie or Amber to verify this information.

MRT Apr 12 8:18am, TC

Breakfast is complete. I have been visiting with Ardeen, Anila, and Michelle. And I have read some of my book and had coffee at Starbucks. My day is almost complete and it isn't even eight thirty in the morning yet! I wonder what I will be able to occupy myself with the rest of the day.

Before I got out of there Rachel came in and I sat and visited with her a while too.

Boy did I drink too much coffee this morning! Now at home I have a "drank too much coffee" headache. Well that will teach me.

Getting Ready

Having this headache is not going to stop me from getting me more ready for my trip. Today I will start getting some of my bill together that I can setup up to be paid while I am gone. There are some I can setup to be paid a month or two out on line to be paid when it is time. That is one of the nice things you can do when you use online bill paying service. All you need to do is make sure the money it there and tell it to make payments it when it is time. (Note: That is done but it used up a bunch of me spending money. ☺)

Check out the back page for the latest offers.

Let them know you saw that name in **Marty's Random Thoughts**.

I need to setup the mortgage so I have a place to sleep when I get home. Utilities will take care of themselves. They have been setup for direct payments for years and years. I will also setup the credit card to pay the minimum so I don't get cut off while I am gone. I will most likely need to use the credit card to pay for my ride home.

There are a few more things I will prepay too just so I don't get hit up with late payment fees. I hate them!

13-Apr-12 5:20am 39°, Home

Happy Friday the Thirteenth!

I'm a little earlier for going to EWT for my morning workout so I thought I might type some words of wisdom. As for words of wisdom I must tell you, there is one thing I seem to always remember... Well, I just can't think of it right now. ☺

It is only 39° so I decided to wait a while and drive out to EWT. I like the 6:30 class the 5:30 class is just too early for me. There is a lot of people at the first class of the morning I think I have see the room full when I get there just before they leave.

I am amazed that I get up for the 6:30 class. Getting up in the morning has never been my thing in the past. I must love going out there to see them to get me out of bed so early. I do love working out and they are good to me.

Number 100

This is my 100th issue and would like to tell you some people who have helped to make this possible.

Al, Alan, Alex, Alfredo M, Amber, Ammie, Angelia, Annette, Anila, Anten, Arben, Ardeen, Arlo, Art, Aunt Annie, Bud, Irene, Barbara, Becky, Ben, Benjamin, Berry, Betsy, Bill, Bill & Kim, Bob, Brenda, Bruce,

Cassie, Carolyn & George, Chad, Chelli, Checo, Chuck, Chris, Christ, Christine, Connie, Corky, My Dad, Daniel Boon, Dawn, Dave, David, Denis, Diane, Donna, Druata, Devyn, Don, Ed, Edie, Edna, Erik, Esther, Ethan, Fatima, Flo, Garfield Goose, Gennro, George, Getti, Hazel, Heather, Hilda, Ina, Irene, Irma, Jack, Jack LeLanne, Jake, Jenae, Jessica, Jimmy, John, Josh, Kelley, Kim, Larry, Lawrence, Laurie, Linda, Lynda, Luke, Lucy, Marge, Marc, Marcia, Marie, Marty, Mary, Matt, Melody, Melvin, Michelle, Mickey, Mike, Miki, MJ, My Mom, Ned, Nick, Nicky, Norma Lee, Olivia, Oscar, Pat, Patty, Pedro, Petra, Ryan, Robert, Romberg Rabbit, Ronald, Ronny, Roxanne, Russ, Sadie, Sally, Sam, Samantha, Sandi, Sarah, Scott, Scotty, Shirley, Stephanie, Steve, Sue, Sue Kenney, Susan, Tammy, Taryn, Taylor, Teri, Tim, Tip, Tom, Tonya, Trent, Teresa, Tristan, Uncle Bob, Uncle Bud, Uncle Harold, Victoria, Vicky, Violca, Wally, Walter, Wendell, and Yvette.

I have listed the people I have written about in my newsletter. These are the people I have on my list. I am sure am sorry if I didn't get your name onto my list. I make no excuses for forgetting you. I am just sorry!

Oh what about Owen and Julie! Oh Yes Erin and Marco. Wait I could be here for days trying to remember everyone that missed the list.

The End, Almost

I need to cut this issue here and get on to the process of publishing it for all of you. I need to get back to getting ready for my trip. I only have 17 days to finish getting ready.

Remember you can read my adventure on line at doerofthings.come/camino . Please go there and check it out and leave me a comment so I know if that it

working. And now it is time for a word from the sponsors.

I am accepting empty aluminum cans and empty ink cartridges. I turn them in and use them to pay for supplies for the newsletters. Yes I started picking up the aluminum cans to pay for my ride to Spain. I need about 995 pounds more. I thought I would use them for ink and paper instead.

My sponsors are all of you but I need to mention some of the places that let use their services.



A great movie about the Camino

I'm so ready to go it is starting to hurt.

BUEN CAMINO!



A symbol of a pilgrim walking the Camino



A map of my general route a Spain



Bush Printing Company

Vaughan's Family Restaurant

Three Brothers Family Restaurant



Angelo's Restaurant



I am sure there are a lot of other places I have been known to hang out.

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