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Feedback from my friends

Each month I am going to try and add a little from my friends. I like hearing from you so I thought you might like to hear what I hear. No I am not singing "...Do you hear what I hear..." That I will save for Christmas!

Marty,

Thanks for the reminder. It's been one crazy firestorm after the other at Weber. Days I wish I were right with you - - enjoying each moment a little bit more. Only 20 more years to go for me!!! LOL.

Keep plugging away Marty - it's inspiring to me to see your energy and your always doing things!

From Jon

5-Mar-17 9:45am @\$ 42°

Yesterday was 32 years since I started working at Knaack. It was also 10 years since I retired from Knack. I know I thought it was the other day but that was the last day I went to work. I started working there on 3-4-5, March 4th, 1985. Wow, I have been gone 10 years!

What should the next ten years bring? This first day I will sit at Starbucks working on my

Newsletter and drinking tea. The last 10 years have been interesting. What did I do?

The last day I worked it snow so bad they tried to talk me out of driving to Crystal Lake. I decide I had to be there for the last day.

A month and half later I was on a plane to Germany to visit with Mike and Petra. From there I started walking across Spain. I made about 200 miles before I was done in.

After I came home I took it easy for a couple years. I am sure I did something. I can't think of it right now.

About 2010 I thought we should have a family gathering on Dad's 100th birthday. With Marie's help I gathered all the information to get the family tree up to date from Mom & Dad to Sam's twins. I think there were 42 people. I had figure out how to do that, I did. Now it is getting near Mom's 100 birthday it needs to be updated again. There are a couple of us working on this now.

Then there were all the pictures from Mom's & Dad's times we need to get together. I scanned can captions up to 2,000 pictures. I had a lot of help with this.

We had the Dad's 100th Metras family reunion on September 11th, 2011, Dad's 100th birthday.

Around Christmas 2011 committer to walk the Camino de Santiago to the end. I decided I

don't finish too many projects. In most cases I just say that is enough or good enough.

Right after Dad's 100th I met Michelle, a personal trainer. She helped me get into better health for my walk across Spain. She turned out to be a great friend and still is.

On May 1st 2013 I walked out my front door and headed to the train station and ended up at St. Jean Pied-de-Port France where I started walking west for the next 48 days. I had a one-way air ride to get there. I never looked back. I didn't have a bad day! When I got to Santiago Spain I booked a plane ride home. And headed to the ocean to see the end of the world before I left Europe. I had a great time!

I arrived home in late June 2012 and started resting for a while. I had lost 15 pounds while walking the Camino. I kept working out at Michelle's, EW Training but still couldn't keep my weight down. Today my weight is where it was when I first retired. ☺

In March 2013 Cork and I got into the Camper and headed to northern California to drop off a trailer full of things. Then to southern California to pick up Mike and take him home to New Mexico. After that Cork and I stopped in Kansas to visit with Marca & Edie then came home.

On this trip, I had many, many things break on the Camper! I replaced a battery, alternator, 4 tires, and a complete exhaust system. It cost me around \$2,500.00 over budget. Oh well, I knew this Camper's parts were old. I could have replaced much of this before I left. I survived! It was a great trip!

I think it was later in the year when I went to South Dakota to visit Marvin for a few days. Marvin was one of the people I hung out with when I walked across Spain. I think Marvin and Dan I hung with for only 5 or 6 days and became close friends. I had a good time with Marvin. Funny, on the way home I blew the LP gas regulator. I got to sleep in a steel tent without heat for a couple days.

After resting up from that I started spending more at EW Training(EWT) exercising and helping doing handyman and computer things for Michelle. After a coupe year EWT was having growing pains. Michelle started to look for a new location.

A year ago, she found a new place. The landlord got the building ready and Feb 2016 we moved in. We needed to do some things before being open for business. Things have come together! Not much handyman things to do for me now. Same with the computer stuff. I am getting lazy!

Next Adventure

Here it is 2017. It is 5 years since I walked across Spain and 10 years since the first time. I need to do something BIG! I am thinking about fixing up the Camper and head on a journey across the USA. I figure I can drive through all 48 states and only cross each one once. There may be a problem with New York and New Hampshire. Their borders are Candia & the Atlantic Ocean. I should figure out how I am going to get to Maine.

I looked at this trip in 2011 but went to Spain instead. As I recall, at 250 miles a day it would take only 48 days and be about 12,000 miles. ~~I got up to 16 miles per gallon it cost only \$900 for fuel. At 9 mpg it cost \$3,500. Figure \$2000 for break-downs. \$250 for oil changes. Say \$100 a day I might be able to do the in 50 days for \$5,000. \$7.00 to \$15.00 per day for fuel. Wait~~ None of these numbers look right.

12,000 miles 200-300 miles a day, MPG 9-16, gas cost from 2.25-3.00, and 48-60 days. This is better to figure.

Ok from \$1,350 to \$5,000 for fuel, or \$28.00 to \$83.00 a day. That sounds more real. That means I should budget \$10,000 and only spend \$5000. Now I need to rethink this. ☺ I need to be at home to figure this out. I could live with \$2.25 per gallon but maybe not \$3.00. I can live with 16 mpg but maybe not 9! These numbers are based on the cost of fuel. It might be different. My head is hurting. I'm going over to Aunt Annie's and say "Hi!"

8-Mar-17 8:23am @*\$ 40°

Don't feel that warm ☺ It must have done an update the faces are yellow.

Did I tell you I finished my Income Taxes? Well I did. Since I pulled no money from my IRA I received everything I paid in. This means for the

first time in over 50 years I broke even. It is about time! ☺

Now I can go and get my back checked out. Last Wednesday I did something to make my back hurt. It has been a week now and it has not healed itself. It is time to go to the doctor. I figured any minor hurt does not require a trip to the doctor. This one hurt has not changed for a work and it is more than a hurt. Every once in while it is a PAIN!

Hmm, I sitting it the window and looked up and there is a decal on the window. I was trying to read it through the glass backwards. When I noticed, it is crook eyed! Hmmm! It is just slightly angled. Maybe 1/8" the width of the decal. That funny I can see that when I am so close to the window. Oh well, I'm good!

Will be able to get in to the Doctor today? I'll call from EWT just in case Michelle need something. I might be too windy to go fly a kite.

The other day I was watching some show about World War II and the sound was so clear. I heard a helicopter coming. Then I remember they didn't have helicopter WW-II I stopped the news reel and heard it outside. I went outside and there was a big chopper flying over very low. It had already pasted me so I didn't get to see anything but a few lights. I thought it was funny it was part of the documentary I was watching. It sounded part of it.

Later I found out it was Flight-for-Life and some got stabbed near The Square. I think that is part of why I say I feel safer walking across Spain then sitting in Starbucks. Ok, I feel safe here!

We have had a lot of trash blowing around the last couple of days. It is windy! I need to get out and get rid of all the stuff the blew into the yard. I will wait until the wind lets up so I don't need to do it twice.

Oh crap! I just check the weather report a and see it is going to be cold for the next week. Highs just below freezing. The winds will be lighter though! ☺ Maybe some snow on Monday.

11-Mar-17 7:01am @*\$ 14°

It is cold! What happened to our nice weather? What happened to my warm letters? Oh, here they are! There is the warm weather, a week from Monday.

Last night I had a wacky dream. I only remember parts of it but here goes. I was in the ER at hospital and this lady come in the room and says; "You don't need me!" and leaves. Later, she comes into my room a gain and says she in the wrong room and I didn't need her help, then leaves. The next time she come in the room and tells me she is on the way to go help someone else and want me to know she was still around. Then next time she came to my room she said she had a few minutes so we talked then she left again without telling me what she did. The next time she came in she said she came there so often she was going to being me something that would cement us together.

I didn't see her for a while and asked around to try find out who she was and what's her name. I got nowhere! Somebody said she worked elsewhere in the hospital. Another said she thought she was married. But nobody really known who she was. Finally, she came back carrying a bag of cement and dropped it on the table. She said; "May this will help to hold us together! Take it home with you." I knew I was going to be just fine but had no idea what to do with an 80-pound bag of concrete.

A couple days later my doctor sitting on the chair next to the bed talking. I looked through the window and saw someone that looked like that lady. She wasn't in hospital clothing so I wasn't sure. She grabbed that bag of cement from the hall and brought it back in the room and plopped it on the table and said; "Now don't forget!" She turned around and walked out of the room. I saw her get on the elevator.

Now, what was that all about? I woke up and here I am. Wondering if had some meaning or was just a dream! ☺ What should I do with that bag of cement? Any ideas? Please advise if you can.

Back to Reality

I wish people would stop opening that door. My hands are getting cold!

Harbor Freight

I am thinking of going to Harbor Freight this morning. They are having a Parking Lot Sale this weekend. They have a few things I think I should go buy. It isn't that I need anything. They have some things I think I want. I want a solar trailer that I can use to store some energy. A 4' x 8' that folds is on sale. It could be used for the base. I could put Solar Panels on the side and batteries inside. Maybe on the bottom. I could build the sides so I could move the Solar panels to any side the sun is shining. I could put 4 or 8 batteries across the center. The batteries are heavy and the trailer grosses out at only 1195 pounds.

How much does a 12v deep cycle battery weigh anyway? Ok 85 Lbs! Ok I could install eight batteries that would be 700 Lbs. Four would be 350 Lbs! Let's see, 50% of gross would let me use eight batteries. Batteries are about \$100 each. Now I am at about \$1000 and still don't have any building materials. Then there is the wire and solar panels. How much are they?

Solar Panel Size

I was looking for a panel that was a little less than 24" The trailer was 4'. I figured I didn't really care much about the other size. Well it seems that the other dimension would work better because the panels are closer to 48". Most are 65" by 39". Then I got to think. If it is parked it could stick over the side because it would be fine. Two panels 39" would be 78" (6.5') that would work. I could lay them flat when I drive down the road. 3 panels across the top and make them so you could tilt them up with a little bracing. But what of the cost?

60" x 27", 180-watt panel at Home Depot is \$285. I could use four but that is \$1,150. Ah, Here's an idea! Wholesale Solar has a RV kit that they claim will give 400 watts and come with everything but the batteries for only about \$1450. That is a better deal. I have a grid tie and an inverter. I need to shop a little more but it is an idea.

I am up to \$2,500 now. Let summarize. 400 watts for 6 hours a day for 30 days. That is 72 kWh a month. I use 500 kWh a month. That is 15\$ savings. And it would keep my electric car going

for a while. I need to figure out how much an electric car uses. I only remember only one horsepower were 100 pounds of car. I'll go home and figure that out! Bye!

Electric Car Energy

I have been home and I thought about looking up the estimated energy use an electric car. It says

If electricity is 12 cents per kWh — the national average — it would cost \$3.48 to go 100 miles. Another way to calculate cost is to use the number of kilowatt-hours it takes to recharge the EV's battery. If an EV requires 20 kWh to fully recharge and the rate is 12 cents per kWh, that's \$2.40 to fill up the car.

20 kWh was the number I was looking to find. That means my small Solar panel could charge an electric car a little over three times a month. At \$3.43 for 100 miles I'm not going very far. Wait what I really need is the kWh per 100 miles. One hundred miles is about 4 days for me. Thought the last time I filled with gas was less only 8.2 mi/day. Let say I could drive 10 days for that \$3.48

12-Mar-17 9:53am @home 22°

Video Editing

Well I started a new project yesterday afternoon. I was trying to make an instructional video. I figured it couldn't be that hard. The video doesn't have a title yet. It's a video on how to make your own disinfectant wipes. After lunch, I started making videos of each step. I ended up using maybe 14 short videos. My next step was to edit them and remove a few of them. I found a video editing software that they said was free. Then I cropped the short videos. Next I had to join them together into one movie.

Same software handled that. The software is called 'Free Video Editor 7.3.0' It is easy to use and a little slow. Video editing is slow anyway. I can live with the slowness. This program seems to do everything and it is FREE!

In two hours, I had created the sample videos, edited it, and created a movie. Not bad for free software and not having an idea what I was doing.

Well I need to edit it because there are some bloopers the need to be cleaned up. Remember it is my first instructional video. I made a couple copied in different output formats to see the size and quality of the movie. I know understand for the most how to use the program. I am ready to redo this project to make it cleaner.

The first time I try to join my 12 little videos into a movie I get message that says I must buy the pro version to continue. Bummer! For one instructional video I am not going to invest any funds just yet.

I searched the internet for another so called "free" app. I found "Hit File 4 Express" It is a full version video editor that I can use if I want. They make it available for people like me to learn how to use their product. Yesterday I looked at it and noticed I down loaded the Pro version by mistake so I just installed the Express version to try.

If the express version is anything like the Pro version I will need to learn more than the so called free stuff I tried yesterday. The Hit Film 4 Express should be down loaded so I'm going back. I'll let you know how it goes.

13-Mar-17 4:47pm @home 29°

This is A Keeper

I grew up with practical parents.

A mother, God love her, who washed aluminum foil after she cooked in it, then reused it.

She was the original recycle queen before they had a name for it.

A father who was happier getting old shoes fixed than buying new ones.

Their marriage was good, their dreams focused. Their best friends lived barely a wave away.

I can see them now, Dad in trousers, tee shirt and a hat and Mom in a house dress, lawn mower

in one hand, and dishtowel in the other. It was the time for fixing things. A curtain rod, the kitchen radio, screen door, the oven door, the hem in a dress. Things we keep.

It was a way of life, and sometimes it made me crazy. All that re-fixing, eating, renewing, I wanted

just once to be wasteful. Waste meant affluence. Throwing things away meant you knew there'd

always be more.

But then my mother died, and on that clear summer's night, in the warmth of the hospital room,

I was struck with the pain of learning that sometimes there isn't any more. Sometimes, what we care about most gets all used up and goes away...never to return. So...While we have it ...it's best we love it ...And care for it ...And fix it when it's broken ...And heal it when it's sick.

This is true. For marriage ... And old cars ... And children with bad report cards ... And dogs with bad hips ... And aging parents ... And grandparents. We keep them because they are worth it, because we are worth it.

Some things we keep. Like a best friend that moved away or a classmate we grew up with.

There are just some things that make life important, like people we know who are special ... And so, we keep them close!

I received this from someone who thinks I am a 'keeper', so I've sent it to the people I think of in the same way ... Now it's your turn to send this to those people that are "keepers" in your life. Good friends are like stars ... You don't always see them, but you know they are always there. Keep them close!

God won't have to ask how many people you forwarded this to, He already knows your decision.

Source: Email from Wendell



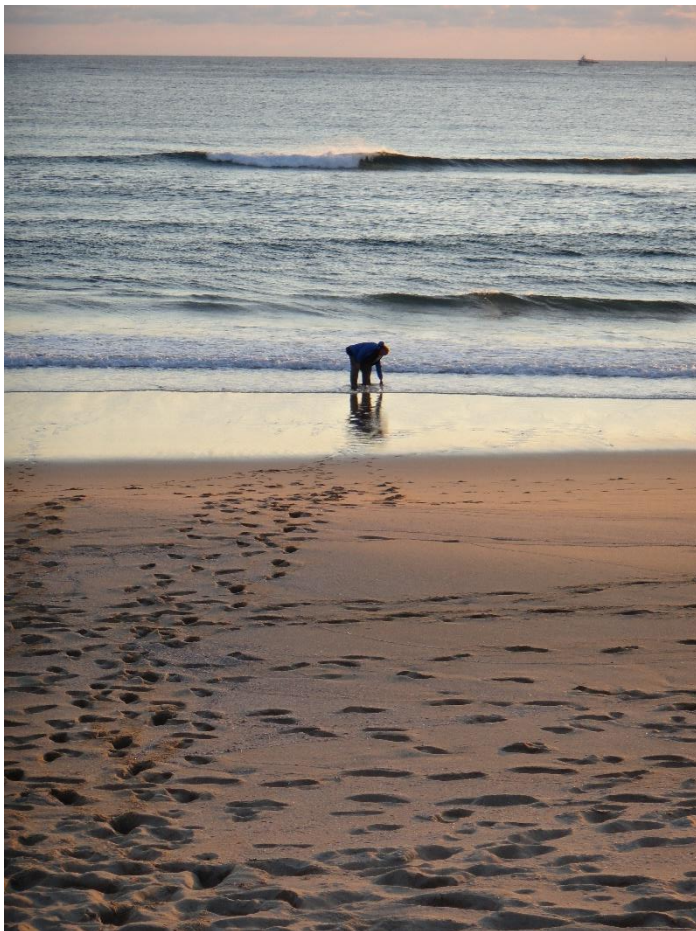
April 23rd, 2008: I touched the Pacific Ocean the first time!

16-Mar-17 10:04am @EWT 27°

The weather is still a little on the cool side here. Per the calendar, it will be spring in just about a week. Does that mean that the weather will start saying warmer? The weather guys say it will be in the 40s and a little in the 50s for the next ten days. I will take it. It is better than when the thermometer only shows one digit. Or that minus

sign leading the digits. ☺ I need some warm weather!

I over slept this morning. I was nice and warm under the covers. When I finally got up I noticed it was daylight. And the sun was shining too! I thought it might be nice and warm by the time I got out to the car to come out here. It wasn't! Oh well, the sun is still shining. ☺



June 18th, 2012, me touching the Atlantic Ocean the first time!

Where Next

I wish I could put my finger on while I want to be somewhere else. It is like I am being pulled in many directions. Walk across Spain. Maybe not. Drive through 48 states in one trip. Maybe. Go to Sedona and sit on a mountain for a week. Maybe drive out to Iowa and say "Hi!" to Steve and Wally. Well! I don't know. I will figure it out one of these days.

Oh, I could go to all fourteen of the Woodstock's in the US. Yup, there are 14 of them. It was a thought. I could go to all the Starbucks in the US on my trip to the 48 states. Na, I would be on the road for years!

19-Mar-17 10:45pm @home 46°

Out of India III

Mike has another newsletter from India. You can read it from PilgrimageCreations.com.

I like it that others do a newsletter then we know how they are doing. Why don't some more of you do it? Maybe I should start one. ☺

I have been doing my newsletter for 18 years now. Wow!

Did you notice I am at home? I went up to Starbucks this morning and was there for 2 hours. I sat listening to all the talk about horses, bicycles, and poly-ticks today. I never got the laptop out to play with it.

Terrarium

I just built my second terrarium today. The first one I put into a half gallon Mason jar. It looks ok but there is too much graphic formed into the glass that doesn't make it that easy to see inside. It is nice but...

The other day I was walking through Walmart and I saw the glass container with a glass lid that jumped into my cart. I wanted to come home with me. Today it became a terrarium. I planted some old ground cover seeds and some of the bigger ground cover that is growing on the north side of the house. I planted it out there about 20 years ago. It still grows quit well. Then I went over by the garden and dug up some moss and put it in there. I dropped in a few wild flower seeds and a Spider that was clinging on to the moss. I landscaped it with some tree bark and a few crystals I dug up 15-20 years in the past in Arkansas.

Plant generally don't do well in my house. I keep looking for new ways to add some life inside. I used to grow plants inside the just grew like weeds do outside. I used to get Mom's dead plants and water them occasionally. Then next thing I knew they were blocking the sun I the room from coming in the window. When I

moved into this house they slowly all passed on to where ever plants go when they die.

I had some plants that were in 2" pots when I bought them. It took two of us to move them into this house. My problem here is I do not have enough windows that sun come through. Maybe I could get Bob to move his two-story house that is blocking mine. ☺

Maybe I should look for another house. That or remember I live where "the-sun-don't-shine."

Anyway, I think if I put my terrariums on the wall between the bathroom and bedroom doors they will get enough sun form the skylights. The sun pass that wall most days when the sun is out.

20-Mar-17 3:34pm @home 58° !

I have been busy clearing off my desk. It has been getting out of hand. I found some coupons that expired last November so I figured I should keep go down and see what color it is. While going through the stuff I found an email from Mike that is talking about something in Issue #127. I thought I best read it and see what I had written.

From Issue#127

27-Dec-14 8:54am @Home

Would You Believe

I was working at the Auto-Lite in 1976 and living on East Jackson Street in Woodstock. I use to go to The Three Brother Restaurant all the time. I started hanging around Maggie (Margaret) and we had a lot of fun and went out a few times. One thing turned into and another and we ended up in bed. It wasn't too long after that I found out she was married to Tom.

I knew Tom so I stopped hang around with Maggie. Even back when I was 30 I believed you don't fool around if someone that was married. You limit things to friendship.

About 9 months went by I found out I may be a father. I talked to Maggie. She and I decide to not tell anyone about our affair. She decided that they would raise the baby as if it was their own. I just figured that Tom knew.

It wasn't long when Tom & Maggie along with the baby, Jessica moved away. For a very long time I had heard nothing of Maggie. I thought of Maggie often and just a little of Jessica. I wondered what ever happened to them.

Next thing I knew ten years had passes. I finally found out they had relocated to Maine. I figures I would never see them again. Even to this day I have never been to Maine. I always go to the southwest on my field trips.

Next thing I know fifteen more years had pasted and I found out that Jessica married to Jerry and they had their first child. Yes, I may be a grandfather. They were living in Buckfield Maine.

Jerry worked in the graphic arts business and Jessica a cop. The child, Betty was 4 years old.

A couple years later I learned Tom had died in a car crash be hit head on by a drunk driver. A year later Maggie drown in a nearby river on one their many camping trip with Jessica's family.

I didn't hear much about them after that until about two years ago. I would get a letter every now and then from Tom's sister, Helen, telling me how things were doing on with Jessica. Helen knew I wanted to know how Jessica was doing but did not want to interfere in her life.

Helen's last letter told me that Jessica was the Fire Chief in Turner Maine and Jerry is still in graphic arts doing freelance work. They have a girl Betty now 25. She is married with 3 children of her own. And Tom 33 is married to two kids.

It seems I have a family now. Helen knows Jessica is my daughter. I guess Jessica learned it when she was 13 but decided to remain Tom's child. He loved and raised her as though she was his daughter.

Now I may have a daughter who is the Fire Chief in Turner who I have never met. I would like to see her some day and meet my great grandkids. I also know that Maggie and I decide to part and that I was not to be part of their life. Helen is in poor health so I may not hear from her again.

Turner Maine is about 1,200 miles from here. I could drive through town on my trip to visit the 48 states. That is if I ever get out of town. This trip to the 48 states seems to get put off for one reason or another. It is one of those "Someday" things.

Now thirty-eight years later I may need to go on a field trip just to have coffee and a donut where the Chief has her coffee.

Source: MRT Issue 127

Mike, Thanks for reminding me I could do that!
Back to clearing my desk!

Wait...Here is another thing. Since we are going to have a Metras Family Reunion for Mom's 100th Birthday this caught my eye.

9/9/11 GleanedFrom Mom's Notes

"Born in Belle Plaine Iowa"

Where Mom was Born

I always thought Mom was born in Wall Lake Iowa. There is a city of Belle Plaine, Iowa. Maybe we have been remembering this wrong. I have a lot of Mom's old papers. Oh darn, there is another project I have got myself into! Google

Maps says Wall Lake is 164 miles from Belle Plaine. Oh well, I'll add this to my list.

25-Mar-17 7:47am @\$ 38°

What happened it was in the 70s yesterday? Maybe He is taunting us.

In the morning, it was very windy. When the wind let up in the afternoon I went out changing the Van over to be a Camper again when the cold front went through. It was windy enough to spin the windmill. Maybe you don't know that the windmill is blocked by the trees mostly. Straight out of the north isn't! I got cold quickly. I was about finished so I headed for the house.

Wendell and Starbucks

This morning Wendell is here showing me pictures of unique Starbucks he has visited while him and Marie, his wife, were on the road this winter. They travel a lot. Wendell say I am one of the few that he can tell about these places. He was telling me about this big Starbucks about 30 minutes from where he says in Wisconsin that a retired student of his had remodeled. It is now a community center for the town with a restaurant, meeting rooms, and a whole lot of other stuff.

Wendell says that these other guy, see the pictures and say things like they have a nice menu. I guess each person sees thing different.

Too guys are sitting on a bunch in the park. Near by a woman is sitting with her dog. One guy sees the dog and makes comments about the breed and how well it if groomed. The other guy talks about her shoes and the brand and how good they look even they stopped making them for 15 years. Each guy saw and enjoyed the view differently. Each person is different. We both see the same things but our focus is different!

Such is true with life. We each do our own thing and it overlaps. Put two lawyers, accountants, computer programmers, dog trainer, or etc. together and see what happens. We are all different!

Vacation

Now that I have my Camper together as a Camper I need to get in and get the oil changer, A/C charges, and get the antifreeze

flushed. Then stock it and head out on my journey. Hmmm, I wonder where I might be heading?

So where should I go, hmmm! Should I try of the 48-state trip? It is about 12,000 miles and a minimum of 48 days. Then there is a tip to all 14 of the Woodstock's in the US. I can't remember how long that might take or how far.

I could go to Sedona and sit on a mountain for a week. I could stop and see Marcia, Edie, and Steve on the way to Sedona. On the way home, I could stop and see Wally and Steve. Maybe even go see Tim in Iron Mountain. He should be back home by then.

I could just drive out to Iowa for coffee and come home too. That would be a day trip. Maybe that is all I need to do for now. Mike and Petra back in New Mexico in another month or so. I could stop there and say "Hi!"

I just need to get out of here for a while! Maybe I should just get in the Camper and go to Wall Drug. It is 798 miles and all right turns from my driveway. Really it is! You drive out my driveway turning right. At Grove Street, you turn right. Then at Route 47 you turn right. You could turn right when you get to US 14 and keep going to Wall South Dakota and turn right into Wall Drug!

I would turn right from route 47 on to Route 120 then right on to US 14. For your that may be thinking you are turning left but you are right on Route 120. Been there, done that!

In any case, it is about 798 miles from my driveway to Wall Drug where the water is free! Maybe I need some FREE water?

29-Mar-17 6:48am @\$ 34°

Happy Birthday Jake

You are happy where ever you are I now! You were always helping others. You helped me may times. I should be there some time next century. Yup I am in no hurry to get where you are for a while. Tell Mom & Dad I said "Hi!"

Wow! It has been 32 years since you left us. You would be 60 years old today. Boy, are you getting old! ☺ Wait, you stopped get older at 28. Well I got you beat at 70!

Saving Money

Ok, many of you know I don't care for doing the laundry very much. Here is how I see it. If I do a load of pants, shirts, underwear, and socks I can just do it once a month. To do that, I need 15 pairs of pants, 15 shirts, 3-4 weeks of underwear, and at least 28 pairs of socks.

Well I am doing a two-week cycle now. When the pants and shirt laundry basket is full it starts the 3-day cycle. Unless I get low on clean socks or underwear this is how it works. Before I go to bed I load the washing machine and set it to start after midnight. Setting it to start after midnight is when the energy is the cheapest. Some time it is as low as 2¢ a kWh.

When I get up in the morning I move them to the dryer and in the next day or so they get folded and put away. No I don't rush in to that folding process. Something I must go to the close basket to get clean clothing. ☺

I repeat this cycle for three or four days until all the clothes are clean and put away. It could all be done in a day but, as I said; "I don't much like doing laundry.

On nice days, I will hang the close on my solar dryer to save some more ~~energy~~ money.

Ok, back to saving money part of this deal. Saving energy is a very small part if I continue as I have been.

I hurt my back and then got lazy and started watching TV and eating. I got way over weight. And I got larger too. Well, all the laundry shrunk my pants and shirts. It did, really! ☺

I need to buy 15 pairs of pants, make or buy 15 shirts. Say \$20.00 for the pants and \$15.00 for the shirts. I am only guess on the price because I have not bought any in quite a while. So over \$500.0 anyway. The underwear is getting time to replace too. I kind of fits ok but needs to be replaces another \$150. My socks are getting near time too. Another \$100 dollars. Let's say \$1000.00 because they all shrunk.

I figure my ideal weight to be around 13 stone 3 pounds. Yup you don't need to know my weight. It is about 84 kilograms. I could drop about 20 Kg. here is how I figure it.

\$1000.00 divided by 20 kg is \$50 dollars per kilo. If I save that \$1000 for clothing and start

exercising again and eat less I could save \$50 dollars per kilogram. I would be down to my 13-stone weight and have enough money to go to Spain walk the Camino again. If I book a round trip flight today for May, it would cost less than \$700. The other \$300 I could use for gear for the walk.

I guess I best get started. I can safely lose a pound a week. I could lose 16 Lbs before summer. At 2.5 pounds, I could lose 40 pounds before summer starts. For health reasons 2.5 Lbs a week is a little much. I will shoot for 1 to 2.5 Lbs for now and see how it goes.

Eat different

To get my weight down to around 185 Lbs, I need to eat much better. Well different. I don't drink enough water. With my weight, I tshould o start out by drinking about 14-1/2 cups of water a day.

I am not eating very much fruit and vegetables. I need to start! The Colby cheese, Bryers Ice cream, and Ritz crackers are out. There are other thing I may have to cut out too. Right now, I just a thinking about my clothes shrinking. Washing in cold water isn't helping much. I must be me. ☺

So here is my goal... I don't like set goals! Before ~~Christmas~~ my 71st birthday, I will weight around 185 Lbs. There are 36 weeks until I turn 71. At that point I can start working on the next step.

The Camino

I need to get in better shape if I am going to walk the Camino. Getting my eating and weigh under control are first. Then I need start walking to get into walking fitness. I need to just start walking again. Walking doesn't burn a lot of calories but it is the easiest exercise I can do to get into shape in the long run. If I start walking when the weather get better, I will be walking through the cold winter month. I got used to staying warm and I should get used to the cold again. When I walked the Camino in 2012, I waked trough winter and was in much better shape for walling the Camino. It isn't a money thing so much as a fitness thing for me.

New gear

Next thing it getting my gear together for the 800-kilometer (550-mile) walk across Spain. Much

of the gear I still have somewhere. I should buy some new stuff. Some sat around too long and just need to be replaced. Other thing like clothing needs to be replaced because Just won't fit or they have 600 miles on them.

I will think about what I don't want to take with me and what I want that I didn't have the last time. I took my iPad with me the last time. I never used it so I sent it home. It cost me fifty bucks! I used my iPhone for a laptop it was an iPhone-4S, very small screen! I have an iPhone-6 now and it had a screen twice as large. In another year, I may have a new phone. It will need a bullet proof case. This one has crack in the screen. Don't drop your phone!

Last time I had my back pack weighting 23 Lbs. That was a little heavy. It should be about 10% or less of your body weight. Now 23 Lbs is about right. I will weigh around 185 Lbs. that means only 18 Lbs for the backpack. That includes ½ gal of water that weight about 4-1/2 Lbs. Yes, water is heavy! You always need to have water with you. It is part of the 14-1/2 cups I was talking about. By then I will be down to 11 cups of water a day. I may need more if it gets hot.

The things I really need to look at are shoes. I will make about 2,000,000 steps! I want good shoes! Maybe a half size bigger than I would normally wear. Your feet swell as the day goes on.

Sock go along with the foot care. I wore a pair on nylon sock with wool over them. The reason for the nylon socks what to wick off the moisture. Your feet sweat as they get hot, well mine do! The wool sock grab the moisture and cushion your feet too. The problem is blisters!

Most people get blisters. I got one the first day and again after I had to buy new shoes that were too small. There were people that were dressing their blisters for 1-1/2 hours at night and again in the morning before they started walking. I saw some of the blisters and there were nasty!

I figured good shoes and two pairs of socks save me this ordeal. Keep your feet dry!

The next thing is rain gear. A good rain jacket that breathes and/or rain poncho that you could use for tent if needed. I use my rain jacket as an overcoat when I got cold. I had three shirts that I wore when it got really cold. I don't think I ever used the poncho. Maybe I didn't take that it with me. I don't remember.

A had with a big brim hat. This helps keeps the rain and sun off your face.

I could go on and on with this but I was save this for you if you are going with me. There are reasons for most things I carried in my backpack. Much of it was Just-in-case stuff. If you don't have it, you don't have to carry it. If you forgot it and really want it, you can buy it. They have stores in Spain! Really it is just like Woodstock. The biggest difference is most of the people speak Spanish. Don't worry many speak English too! ☺

It time to stop this and get Michelle a cup of coffee. Maybe I won't today. I think I will just got there and see what happening.

This is getting long! I thing I will end this for this month. Lot of pages to look over.

Happy April, Marty

Follow up

- The Camper is a Camper. It is still not checked out.
- There were about 3200 picture I finally scanned for Mom's & Dad's 100th blogs
- My Terrarium I going quit well but I haven't seen that spider yet
- I didn't start on the Solar trailer yet.
- My Video still needs some work
- Since I started working on me my weight, 3 of the last 5 days I have stayed inside my diet calorie range
- . I wonder how much long I can hold out. :-)
- And I am still in Woodstock!
- I have touched the west coast of two oceans now. 2008 and 2012

Marty's Random Thoughts

The Backer Page

MY BOOKS

**MY CAMINO DE SANTIAGO ADVENTURE
WALKING THE WALK, CAMINO DE SANTIAGO 2012**

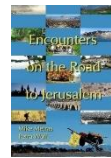


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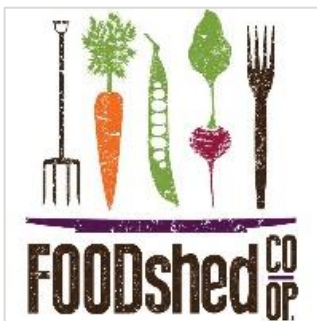
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