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Happy September

No, it is not September just yet. That starts in about 5 ½ Hours.

I must get out of here and start walking. Maybe I will walk over to the Dairy Queen. At least I can treat myself for the walk. Bye!

...I am back! It took less than 20 minutes round trip, and I only bought ONE Dilly Bar, and it was gone before I got to the front of my house.

I got a little week near the railroad tracks because the grade went up hill.

I will be happy when I can walk a full hour. For now, I am ok with 20 minutes ...how far is that?... Google makes this ½ mile to the Dilly Bar. That makes this about 1 ½ MPH.

Wait, it took 5 minutes so order that Dilly Bar and it was really 18 minutes round trip. That is a mile, but that is still 26 minutes a mile. Let us say 2 miles an hour 10 miles a day. 55 days to walk the Camino.

I need to do a little better than that! I want to walk slow but not get tired. Say 2 to 3 miles an hour and maybe 6 hours walking a day. That would be about 30 days. I could take a day a week off and not walk. That would make it about 35 days. And 4 days traveling will be come 39 days.

The last time it took 48 days. I wonder why. Well, 53 days round trip. Is that right? May 1st to June 23rd is 54 Days home to home.

What was the 48 days I have been telling people?

My 1st step on the Camino was May 4th and was in Santiago on June 16th, 41 days. I guess the rest of these days were travel and going the Fistera.

48 days was something I have been telling people. No matter I enjoyed the whole adventure and planning it again.

My legs are starting the stiffen up. I think I will try for Starbucks in the morning. It too is ½ a mile!

EWT is 1.8 to 2.0 miles depending on the route. It is 37 - 40 minutes per Google. I remember about 45 minutes. Funny, at ½ MPH it will take 2 hours.

At 2 MPH it will take about 30 minutes. We will see!

Near 75

1-Sep-20 8:09 am @EWT 60° 🌞

Not that I have started my training I need to think a little about gear & clothing.

I will be pushing 75 years of age when I head out in the spring, so I really do not want to carry everything I have in my house. 😊

Today I am wearing my fast-drying trousers. You can wash them in the sink, and they will be dry in an hour.

Funny thing I remember. I got caught in the rain and when it stopped, I was dry in less than an hour.

Another funny thing they still fit! 😊

I see I only have one pair, so I need to find another pair before I go.

I see there is a hi-tech shirt in the pile too.

I figure I could spend up near \$500.00 if I buy all new clothes & gear.

I have a lot of gear and a couple back packs so I will not be spending any \$500.00. I do not know what the clothes will cost. I need to replace all of my under clothes with the hi-tech stuff.

I call then hi-tech clothes because they are lighter, breathable, and dry fast. I have found they are warm too.

It is too early to buy new clothing because my size will change before spring. For now, it will be pricing them.

Eyeglasses

That is another hundred dollars I can add to my Camino trip fund. I expect to pay about \$350.00 or

so for my grasses and the exam. It only cost about \$200.00. I think I should start adding the funds I think I am saving into the bank.

I had them put my lens into my old frames and now I can see again. Not perfect but they will do until my new glasses get here next week, Tuesday.

Since it has been 3 years, I saved on the cost of insurance for those years too. Sometimes it is cheaper to pay for things than pay for the insurance.

10 Years Ago

I just looked at my August and September 2010 issues of Marty's Random Thoughts, issues # 77-78.

August 2010

They fixed the parking lot at the school next door. It still looks good!

Jessica & Chris were wed. This is Bill's & Kim's kid.

I bought a new camera that I used a couple years to me to Spain.

The biggest story was the school parking lot in August.

September 2010

After hearing for 6 months about Town & Country going to get booths, they finally got them.

It seems I only paid \$1.50 for a cup of coffee at Starbucks. Well it was just black coffee. I do not know how much it is now because I drink lattes now, they are \$5.00.

Annette & Dave's 19th anniversary was in Sep. 2010. Wow, it is now 29 years!

My pickup died and I had to let it go. It was my last pickup. For now!

Mike & Petra started walking again after Petra had healed from her fall. They will be in Jerusalem soon.

There are other random events in Marty's Random Thoughts in 2010 too.

Life Story

I was thinking I have not written much about my life story lately. I also was thinking; "Yes I have!"

I have been writing a lot since 1999 in Marty's Random Thoughts. I do not leave much out of my newsletter.

I need to go back to my random life and fill in the gaps before 1999.

I was wondering how many of you have written any of your life story to pass down to your descendants. I do not have any descendants but if someone would like my newsletters after I stop writing, there is a pile of them right behind me. 191 issues of them!

Freed to Go

2-Sep-20 11:13 am @home 72° ☀

I just came back for my heart doctor. she sees no reason I should not plan on walking the Camino. She said things are stable but to remember the number for 911, that is 112 in Spain.

We talked about my issues and she was ok with them. I will check back in with her in March.

This makes me feel a lot better I will not have to go without her approval. Things have been stable for the last six months.

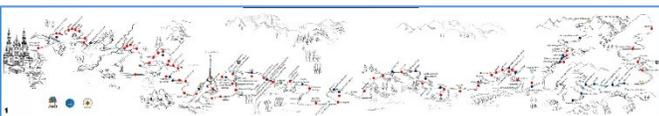
Now I need to get out there and walk every day for the next seven months. I need a plan!

The Whole Plan Map

The Plan is to go from the upper right-hand corner of the map to the far left in a couple of months. I will post this full-size map and the three parts on the MRT blog if you want to look at it a little closer.

Wait, I have a Camino blog this time.

<http://doerofthings.com/camino3>. I will soon be posting all the Camino related stuff on that blog.



Camino Map

Off the Grid

3-Sep-20 11:20 am @EWT 77° Partly Cloudy

Looking

I am planning on hiking across Spain next spring. It will take about two months. I have done this before but not using a CPAP machine. Although Spain has electric I can use, everyone in the albergue might also be using it and it might not be available for me from time to time.

I need a CPAP machine that I could run with a backup battery. I see many small battery packs on Amazon with 120 Volt AC and 100 watts on them. There are also a lot of batteries made just for the CPAP machines.

I am looking for a low power CPAP machine, a light Battery to carry and I could use it for other things, and maybe a Solar panel to put on my backpack during the day.

Can you point me in the right direction to find these things?

I have been using a big ResMed unit for the last 6 months. It is time to get off the grid.

Can you help?

Marty

Starbucks Walk

Well this morning I walked up to Starbucks and did not need to call a taxi to get home.

I got a little tired about 2/3 the way up there, so I sat on the bench in the park. Five minutes later I was walking again. Round trip was only 30 minutes.

That comes out to 2 MPH.

There is a place in Crystal Lake that sells CPAC equipment. I sent that email to them so they could see what I might find.

Well, they did not understand what I was looking for. I had to talk them through. Once they understood what I want to do, they really did not have anything I could use. They seem to not have a spirit of adventure.

They basically said, "We only have what the manufacture sell and they only work on that Manufacture's machines." It seems to me they do not want to work with me.

Back to my drawing board!

The Battery

I want a light battery that will supply 120 Volts AC at 100 watts, and USB that can be charged with 110/220 VAC or via a solar source.

The price for the light battery pack that can do this from about \$100.00 to about \$500.00.

I want one about 100 watts or so. Their size is about twice the size of the one I use to keep our coffee warm. The problem with those is they are USB only.

The bigger battery packs are heavy and large. You can get all the things I want on them. The problem is they are BIG and HEAVY!

First Battery

Built in Automated Safety Checks



- Reverse polarity protection
- Reverse current protection
- Over voltage protection
- Low voltage protection
- Short circuit protection
- Jumper cable spark protection
- Timer circuit protection
- Auto power off

This battery is ok at first until you see it has only 65 watts delivered to the AC outlet on the side. Its input power is too low, making it take a day to charge it. Maybe longer. This

battery cost \$120.00. Note: you can jump a car with it.

The battery I use to keep our coffee takes a day too.

Second Battery



This battery looks better to me. You could charge this battery in 6-7 hours and it has 100-watt AC with a peak of 150

watts. The manual even says for solar charging. But you cannot jump a car. It sells for \$130.00. I added it to my Wish List!

Oh, it has USB-C too! A definite plus!

Third Battery



This one looks better than #2. The charge rate is faster, and they say it AC output is 100 watts. Higher input and at the 12VDC outlet 10 Amps. It has USB-C and you can

start your car. It is made for cars.

This unit sells for only \$99.00.

Those three batteries were the smaller ones. Less than 3 pounds. The rest of them weight more and are bulky. Not for hiking, more for camping.

I am looking for one that might run a CPAC while all the USB outlets are in use. I might not find what I want and have to end up with something close.

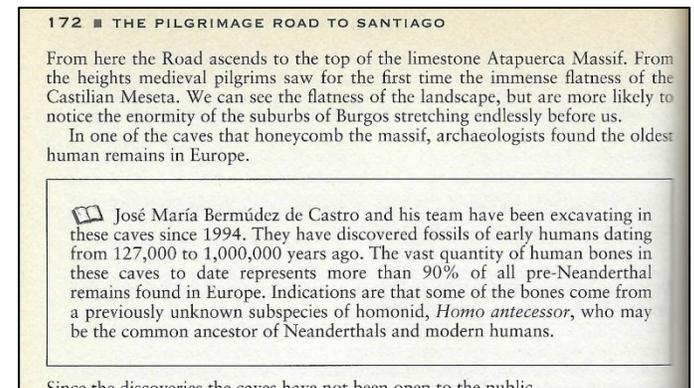
Portable Solar is next. Maybe this issue is turning into a product review. 😊

Break time!

Strange but True

4-Sep-20 12:16 pm @home 71° 🌞

I was reading my book while eating lunch and thinking about the Family Tree. I read a few pages and came across this about a cave in Spain near where I will be walking next spring.



After reading this part of my book I am thinking that some of my people may be from Spain and I

have not gone far enough back in my ancestry history yet.

Where are your people from?

Portable CPAC

After looking more for a CPAP machine to take with me to Walk the Walk again, I am thinking I will look again later.

The Machine retails for about \$700 and the battery made for it retails for about \$400. Then I need a portable solar panel that cost around \$100 for a 30-watt charger.

I looked for around 30-watt because anything with higher output units are around 4-1/2' by 2 feet. I do not call that portable! This size also weighs too much.

Right now, I am up to needing an extra \$1500, so I will wait and look again later.

iPhone Contacts

I am getting a lot of SPAM phone calls and TEXTs. I do not spend a lot of time using my phone as a phone, more as a computer. I get a lot of interruptive calls and text. I have 8 pages in my contacts.

Here is what I want to do; Have one ringtone for all the people that are NOT in my contacts and another one for my contacts.

Meaning if you call me and you are not in my contacts it will go to voice mail unless I answer it. I have made my default ringtone a silent.mpg. So, I will not get interrupted. When the phone rings and I am driving in a construction zone near a school, I look at the phone and pull over when I can, and get back to you.

Right now, the only way around this it to go into each contact and change the ringtone in two places. With 8 pages of contacts it is going to take days to clean this up.

I find no way around this, so I am going to start cleaning out my contact list.

If I miss your call/text/email best leave a message because I will not know you called.

This is not going to go fast!

So, if you have a way to setup one ringtone of none contacts and another ringtone for contacts in the contact line, please let me know!

Getting Ready

5-Sep-20 12:11 pm @home 72° 😊

I do not feel like getting up to look out the window, but I can see the sun is shining.

I have been working using the Bluetooth keyboard and my iPhone. It is giving me a few issues. I have Word on the phone, but Word will not let me save the file into my cloud. I could use OneDrive.

I tried WordPress on the iPhone and that went well. I just need to find a way to spell check and proof what I post.

I walked to Starbucks this morning and there were many people at the Farmers Market. I had to wear my mask much sooner that I would like.

The hardest thing I need to do to get ready is going to be getting my body of mine in better shape.

Oh, I signed up for "Americans Pilgrim on the Camino" this morning. I was a member back in 2012. Maybe they can guide me a little. I need to read they newsletter and see what they have to say. With 50,000 members they may have something for me.

Full Voice Mail

Here is something new for me. My voice mail box got full. This is the first time ever. I had junk in it back for over a year. I always delete my voice mail as soon as I listen to it.

It seemed to me that on the iPhone it was deleting it from the voice mail box at AT&T. I have been removing it from the phone simply fine. It did not delete them from the AT&T voice mail box.

Today has been cleanup day. I went through my Contacts and removed 60% of the old contacts.

Many were people for Knaack. I left there 14 years ago. I have not even thought of most of them.

There were many from Visibility. Visibility was the software program we used for Knaack. I have not talked to any of those people in years either.

There were many people and firms that have been long since out of my life.

There about 500 people in my Contact list before I started to purge. Now there are less than 200. My phone is lighter now.

Now I can go back and remove some more.

Mistakes

I may have deleted a few that I should have not. That will just let those calls go to voice mail. Please leave your name if you call so I know it is you! I do not answer the phone if I cannot ID the caller.

When this project is finished, I will have two ringtones. People not in my Contact list the ringtone will be the "Sound of Silence". Meaning it will not ring. Everybody in the Contact list will have a ringtone. Mostly the same or something catchy.

Please leave your name. 📞 🗃️ 🧠

New problem

I just went the start changing the ringtones from the iPhone, and I still have 500 contacts. What up with that? Bummer! 😞

Do I have to do this again on the phone? Well not today!

Family Tree

7-Sep-20 8:08 am @home 65° Light

Again, I do not feel like walking over to the window to look at the sky.

I received an email from Ancestry.com that someone posted some information the show someone born in a few years. Unless they were a "Born Again" there was an error I needed to fix.

This was in the 1600s, so it is hard to do very much research. I decided to delete that document and look at the other hints and use a common date. Some time you have to use your best guess.

I was going to walk up town to get some coffee but here I am at home.

Happy Labor Day

All of you hard working people should get today off. I know some of you want to be working to earn funds so you can eat next week.

When I was working, I would work 24/7 if they would let me. Maybe that is why I have the funds to go to Spain next year.

Well I am heading to Starbucks for coffee!

Learning Spanish

At my home, I am taking lessons in Spanish. Now I speak Spanish, but I cannot speak Spanish. 😞

En mi casa, estoy tomando lecciones de español. Ahora hablo español, pero no puedo hablar español.

I only got some of that. I had to use the Google translator to get it. ¿Quizás mi español es lento?

Back to the lessons for Spanish.

Cold

9-Sep-20 7:08 am @Home 51° 🌧️

It is COLD and rainy outside. I am going to walk up to Starbucks anyway. I need to get use to this weather if I am going to walk throughout the winter.

The cold got here just after Labor Day like the hot got here right after Memorial Day.

Does that mean the snow will fly right after Thanksgivings Day and grass will start growing right after Saint Patrick's Day?

Well I must get going before the rain comes down.

Too Cold

Well, I dressed for the cold and my car jumped out in front of me and offered me a ride, so I took it!

I got coffee and headed to EWT. When I got here Michelle had all the doors open and it was only 60° in the lobby. She was doing a video class, so I did not give her a hard time about it.

She took a short break and said, "Help me close these doors and windows!" Then she said, "Maybe we should have gotten hot coffee."

I would drink hot coffee, but I always get the same as Michelle because it is easier. It is also most always Iced, Blonde Latte with Coconut or Almond. When winter sets in and very cold it will be HOT!

So, if I had walked, I would not have to close those doors and wait for the sun to warm this place a few degrees. 😊

Camino

I am starting to put the Camino stuff in the "Walking the Walk again" blog at <http://doerofthings.com/camino3>.

I am doing the to make my newsletter a little more about other things.

Things Happening

15-Sep-20 10:56 am @EWT 21°C Sunny

I see there is smoke in the air from the fires out west.

Birthday

Today is Cork's Birthday. Happy Real Birthday Cork!

Battery

After all that rain we had I quickly went up on the roof and changed the battery in my weather station. I noticed that after the sun went down It was not telling me the weather data. Shortly after the sun came up, I started receiving data again. I thought; "Aha the battery is kaput! So, I changed it.

Sky-Light

While I was up changing the battery, I noticed that the Sky light was not closed. It did not rain in, but it was not closed. I found the screws had come loose and would not let me close.

Those windows were new in 1993. Not surprising I am having trouble with them.

The wood is turning black and the screws were all rusty and had fell loose blocking the slide for moving. This caused it to not close all the way.

I took it all apart to figure this out. Some of it I did from the roof and some from the step ladder.

I must have gone up that ladder to get on the roof a dozen times.

Working on it inside was even harder. My step ladder is six feet and I really needed an eight-foot ladder.

You know I could just reach it by standing on top of it. I know that is not the safest thing to be doing when you are working alone. If somebody were there helping me, I would not have done that.

When I go home today, I will put it all back together and I will be back in business for a few more years.

I really need an 8-foot step ladder!

Coffee Carrier

Before this all started, I was making myself a new coffee carrier that will attach to my walking stick. It is just a way to get coffee out here (EW Training) when I walk out here in the morning. It is hard the carry 2 coffee cups and maybe 2 sandwiches.

I had the design already to start making it when I noticed that battery for the weather station lying there calling my name.

When I finish with the skylight, I can get back to that.

Rain Jacket

I had to replace my rain jacket after I washed it. The lining fell apart, so I have a new one now.

I looked all over the internet and did not really find what I wanted. I broke down and went to the sporting goods store to find out what I wanted was not available. I guess I settled for what they had in stock. It has no inside pockets and no vents under the arms. I think I got spoiled with the one that died on me.

I needed a rain jacket for walking in the rain. Now I can 'sing in the rain' too.

Skylight

16-Sep-20 9:10 am @EWT 63° hazy

Well the Skylight is fixed. My step ladder was not tall enough the reach the hooks for the screen.

I asked Cork to come over and hold my step ladder because it wobbles too much to be safe standing on the top.

Yes, yes, I know you should not step on those last 2 rungs! 😞

Cork brought over his 8-foot step ladder. It did not wobble! It took 10 minutes and I was finished.

Thanks Cork!

Now I can get out there and start working on my coffee carrier for my walking stick. 😊

Coronavirus

I just found a forum site that has all the numbers. I am not too concerned but maybe you are.

It is a Google search link using a Firefox browser. Your results may look different.

https://www.google.com/search?client=firefox-b-l-d&ei=rA9iX4OAEpjRtQaTl4PwDw&q=coronavirus+numbers+in+the+us&oq=coronavirus+numbers+in+the+US&gs_lcp=CgZwc3ktYWlQARgAMgIIADICCAAyBggAEbYQHjoECAAQRzoFCAAQsQM6BQgAEJIDUjM_AVjmIgfFg5_ABaABwA3gAgAGhAYgBrwiSAQM2LjSYAOCgAQGgAQdnd3Mt d2l6yAEIwAEB&sclient=psy-ab

Wait maybe I can shrink that, and it will still work! I could shorten that URL search.

Sorry, it will not shorten!

CNC Router

16-Sep-20 9:57 am @EWT 63° ☀

I finally got back out there to start making my coffee carrier. After the machine was setup I started cutting and looked at the time. It said one and a half hours to cut it, so I set my time and went to the house. I get bored watching it cut.

After the alarm woke me up, I went out the start the second half. First thing I noticed was it was cut wrong! Doing some investigating, I found out that a belt was broken.

Today I must replace the belt and start all over. This belt looked like it was pulled apart. Meaning it looked like it jammed, and the machine pulled it apart. I looked at it a little this morning and did not see the cause. It seemed to move freely. I need to look inside and see what else might have caused this. Bummer! 😞

New Glasses

Wait maybe I can see the problem because I am wearing my old glasses. They called and said my new glasses are ready. I need to have an appointment to get them.

In the past I used to just show up. That COVID-19 is making me have an appointment.

Oh well, it is what it is!

Birthday

Happy Birthday Dad, wherever you are!
My Dad would be 109 today. I miss him.

Caddy for Walking Stick

I changed the broken belt on my X-Carve and made the first attempt at my coffee carrier for my walking stick, I found a few things I need to change.

First, I did not make the space between the top & bottom wide enough to fit the battery.

Second, I did not make the holes big enough to get the u-clamp through the side. The drill press fixed that quickly.

Third, I forgot to leave room to tighten the 'U' bolt to hold the carrier to the stick. I could tighten them after I put it together. That would mean I would have to disassemble part of it if I had to move it on the walking stick.

For the most part these were minor problems and easily resolved by making some parts over.

There was a fourth problem I had not thought about.

When you are using a walking stick, it does not stay 90° from the ground. When you swing the stick forward to contact the ground it tilts the carrier about 30°. This is bad. If you have a stopper in the cup it will most likely not spill. When the stick is behind you it is at least 60°.

This is a problem! I need to figure out how to get the coffee carrier to stay level while walking without getting any spillage.

I have an idea. 💡 I need to think on it for a while.

Update

23-Sep-20 9:26 am @EWT 17° C ☀

I have been busy working on Herbie and my coffee carrier for my walking stick.

Robot Mower

Herbie only gets stuck on the tree root next to the fence. About 99.44% time it is the same spot. I think I must make a bridge over that spot.

The other side of the tree is not much better. I need to think on this for a while. Wait maybe I could move the fence. 😞

New Glasses

I have my new glasses and they are fine.

Coffee Carrier

25-Sep-20 8:09 am @EWT 59° ☀

I think I have all the parts cut out for the Coffee Carrier w/heater cut out. Oh yes, this one has heaters for the coffee. Today I will sand them all down and see how they fit together.

Even though I will be working on the walking stick I might not too.

It is designed to swing so the coffee does not spill it also might be too heavy. We will see.

Monopoly Board

I have not played Monopoly in a long time. I think I remember that Woodstock had its own version of the Monopoly game.

Does anyone remember if that is true? Maybe my mind has just been thinking it was out there somewhere.

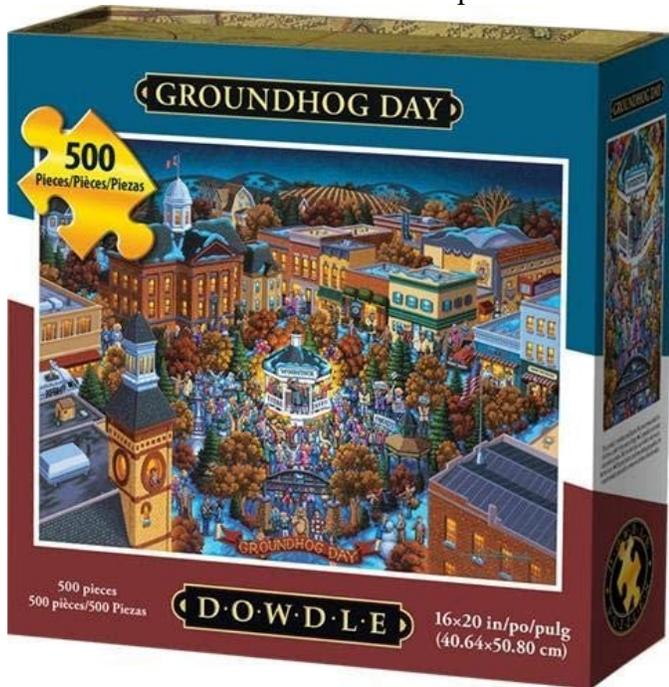
I would like to make a wooden Woodstock Illinois Monopoly Game if somebody has one, I could use to make a copy.

Jig-Saw Puzzle

I also remember a Jig-Saw puzzle of Woodstock that would be nice to have. I am not sure I have the skill set to make it with the CNC router yet.

I am getting better and better every day with my X-Carve. Someday I will be smart enough to try to make a big puzzle, but not just yet.

I will have to look for one of those puzzles.



Woodstock Illinois

I see you can buy these through Amazon for \$30.00. I think I will pass for now.

I searched the internet and found it listed cheaper, but also out-of-stock.

Leif Erikson Day

29-Sep-20 8:54 am @EWT 8° C Overcast

Christopher Columbus was not the first European to discover the New World! This commonly held belief is wrong. Columbus did not reach the New World until 1492, 500 years after Leif Erikson's arrival in 1001 AD.

...

Leif was born in Iceland in about 960 AD, son of Eric the Red. As was tradition with the Vikings, Leif did not grow up with his family. Instead, when he was eight he moved in with a man named Thyrker. Thyrker was from Germany where Eric the Red had captured him, had taken him to Iceland, but had not enslaved him. Thyrker taught Leif everything he needed to know, including reading and writing runes, the Celtic and Russian tongue, and the ways of trade. Leif was also taught the old sagas, plant studies, and the use of weapons. When Leif was not learning he and his friends would watch the ships come into the harbor; then he would listen to the tales of the sailors.

...

Source: <http://www.mnc.net/norway/LeifErikson.htm>

So, if we do not think Christopher was first then maybe Leif was.

What day is Erikson's Day anyway?

Oh, Google says it is October 9th! That means that he was three days before Columbus.

Columbus Day is on October 12th this year. And it is a Monday!

What is Today

Today is National Coffee Day!

That is what Starbucks tells me. What else is today? Well, today is...

- National Starbucks Day
- World Heart Day
- Broadway Musicals Day
- Confucius Day
- Goose Day
- Michaelmas
- National Attend Your Grandchild's Birthday Day
- National Biscotti Day
- VFW Day
- National Mocha Day

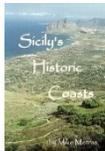
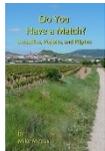
And this is Marty ended this issue day!
See you next time!

MY BOOKS

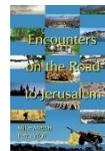
← **MY CAMINO DE SANTIAGO ADVENTURE
WALKING THE WALK, CAMINO DE SANTIAGO 2012** →
2ND EDITIONS



My books are available online from Lulu.com, Amazon.com and from me personally.



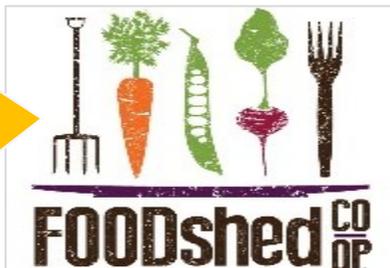
**Mike's and Petra's Books
can be found on
LuLu.com and Amazon.com**



FoodShed.coop

706 owners today

We are a group of regular folks working hard to open a community-owned grocery store in McHenry County, IL and we hope you will join us!



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