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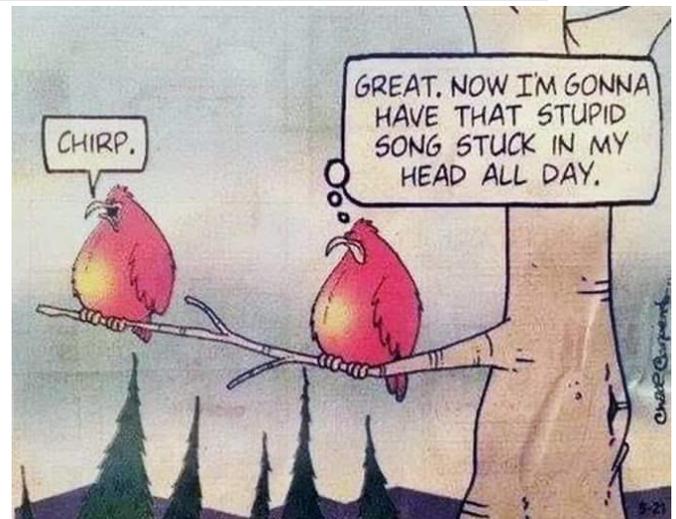
30-Aug-21 3:49 pm @Home 81°

Not too bad outside today! Amazing what 10° will do.

Facebook

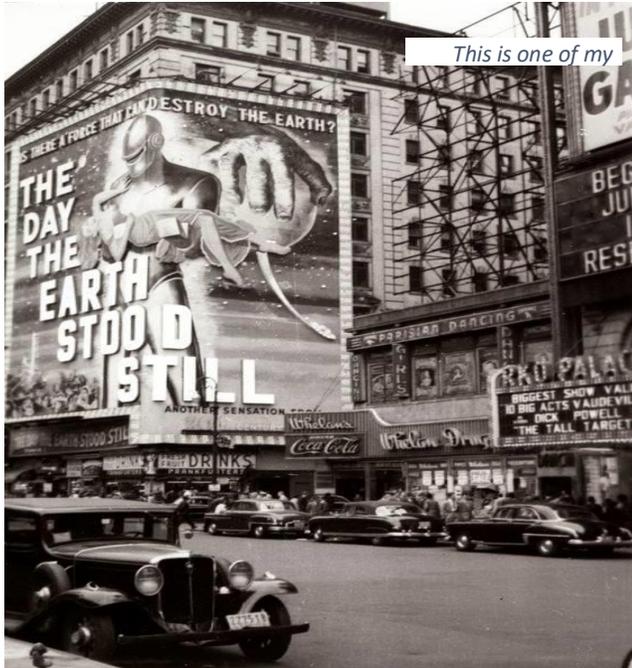
I was out on Facebook this morning and found out I have many groups showing up on my feed in the last few days. These are all special groups. I have no idea how some of them found me.

I looked anyway because they were interesting. Here are a few pictures I thought were neat.



This one is for you, Major General

Marty's Random Thoughts



This is one of my

Supergirl

I have been watching Supergirl. It is getting old. I have been sleeping through half of them. It was ok at first, but I get bored with it now. It may be time to find something else to sleep through!

1-Sep-21 7:31 am @Home 61°

Cool Morning

Nice cool morning. I woke up early and decided I needed to walk up to Starbucks today.

After getting awake and finishing breakfast, I grabbed my hiking pole and headed out the door. Before I got off the patio, I desired I would rather have my walking stick. I came back and got it.

My hiking pole is aluminum, and my walking stick is a wooden pole that feels more stable. Both serve the same purpose, but they feel different sometimes. I also have two tree branches that are walking sticks. I have had them for years.

I bought the wooden walking stick because it screws together to fit in the backpack well. The aluminum hiking poles are much lighter and telescope down to fit in my backpack too. I have two of these and will take them to Spain with me in the spring.

They say using a walking cane takes about 10% of the weight when hiking. Two about 25%.

Now I have five of them does that mean I will be walking on air. 😊

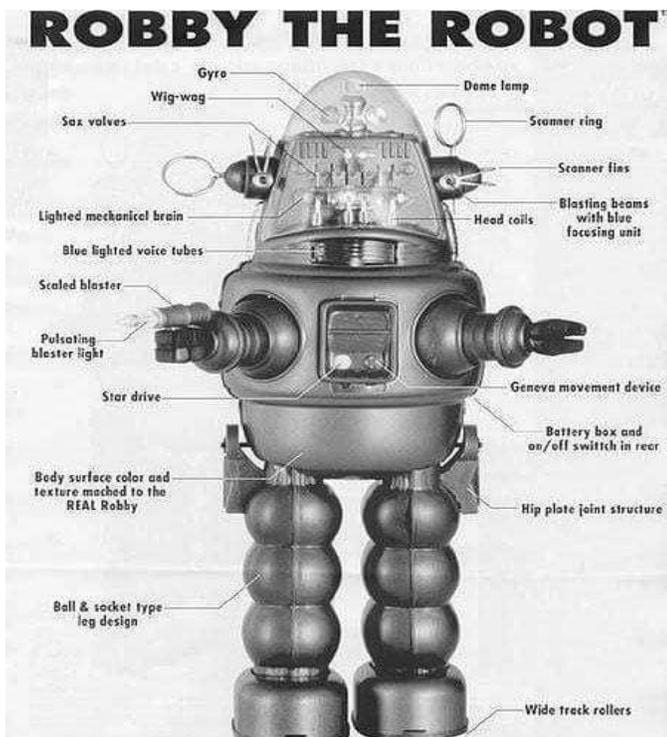
The two-aluminum poles weigh about the same as the one wooden stick. I do not need to carry weight.

Today my backpack weighs about twenty pounds. I want to get it down to around ten pounds.

Well, I walked to the end of the driveway and then back to the house. I grabbed the car keys and drove up to Starbucks.

On my next trip, I will walk a little more. In no time I will be walking to Starbucks.

Since I have not been doing any walking for 4 years I am out of shape. I need to start



This is my favorite Robot from TV

Those are the pictures of the day. Thinking about Facebook, I should let you know that August MRT is ready for you.

Marty's Random Thoughts

slow. I have 6 months to get ready for the Camino.
September 1st, 2021, the training starts! Yes!!!!

You Know You're On The Camino When

1. A good day is no new blisters
2. Second skin bandages are coveted
3. Kilometers make sense
4. A 20k day is a walk in the park
5. You start checking out other pilgrim's backpacks
6. How much does it weigh is a necessary question
7. At check in you ask if there's ladders
8. You drink 3 liters of water and don't pee for 6 hours
9. You forego lotion
10. Ooh ooh lotion AND conditioner is only found at the Paradores.
11. Nap at 5. Eat supper at 8
12. 10 euros gets you pasta carbonara chicken vegetables dessert and wine
13. Tan lines are worse than farmers
14. Buen Camino is the preferred greeting
15. Camino fellowship abounds

This is so true!

03-Sep-21 2:07 am @home 68°

Doctor's Visit

I just came back from visiting the cardiologist. We had a long talk. Seems they do have a local pacemaker doctor now. My last one was in Lake Geneva Wisconsin. The one before was in Rockford Illinois. Now in McHenry!

This will be a lot more accessible for me. I do not like driving that far anymore. Well, on vacation would be fine.

It seems my heart is having trouble pumping blood through my lungs. That explains why I am so weak at times. I am fine for most tasks, but at times I must recover too often. I need to learn to slow down some more.

I have always been a gung-ho kind of person! I need to think before acting.

Things are not all bad here. I have an appointment with the lung doctor in a couple of weeks and the new pacemaker guy next week.

I also will have a visit with the heart failure/transplant doctor soon. Wait, he is the consultant that goes over all the options to see what the best options are.

I am not ready for an LVAD or a new heart just yet. Some more pills for my lungs next.

I will just start eating better and taking it easy and stick to the plan.

Marty's Random Thoughts is good for 100 to 1000 more issues.

Wait 948 more years. Remember 2100 in 79 years, not 83 years from now!



In a RUT

Yup, I am in a rut! I watch too much TV and sit in front of the computer for too long. What can I do about that?

I need to stop dreaming about doing things like walking across Spain and do something that might help that happen.

I have 99% of the gear I need. And I have enough money available. I could go tomorrow if I had the plane ticket. Maybe Supergirl could fly me there and save me a nickel or two. She is real, isn't she?

New TV

I want a new TV. Well, I will need one soon. For now, I can unplug it every day or so to drain the electrolytic capacitors. Yup, I am sure that is what is wrong with it. From past knowledge it the capacitors are old and leaking. After a while, they get hot and leak more. When you remove the power, they drain through the system and become ok until they get hot again.

I do not have what it takes any More to undergo this kind of repair.



Marty's Random Thoughts

I checked and they estimate it would take about three hours or \$300.00.

Like my last laptop, it is old technology, so it is not worth fixing when I can buy modern technology for half the cost of the repair. It is only a thirty-two" screen. A fifty" will fit in the same spot and have all the new bells and whistles for about the cost of the repairs.

I will wait some more for a new one.

Different Car

I bought this PC Cruiser a little over a year ago. I got spoiled with that Honda I had before.

This PT Cruiser leaks noise through the firewall. In the morning it sounds like the engine does not have any oil in it. By the time I drive it a little, it quiets a little. But is still noisy. It A/C is not working very well. There is no cruise control on it. Funny, it is called a "PT Cruiser." 😊 Oh, and it needs a new set of wiper blades! It has 153,000 miles on the odometer. That is a record.

The Camper has 143,000+, but it is a 1995.

I need two vehicles. One to replace both.

Next Vehicle

What should I get to replace both the Camper and the car?

I need a pickup for hauling things. I like the Camper for road trips. I like the car for around town.

What about a motorcycle. It would be good for road trips and around town, but not much good for hauling or camping.

A pickup would be good for around town and hauling things. If it rains you will need a cap. Caps are ok if your load fits.

A van could be used for the camper, hauling, and driving around town. Smaller loads and smaller van.

How about a Jeep Wrangler? A two-door one. Short, so easy to get around town. Small pickup box, so you could haul some stuff. It would be fun to make road trips where there was no road. As for camping...well, they do have a trailer hitcher to tow a trailer.

I wonder if they make an electric one yet.

The Wrangler is now a four door. It comes in a hybrid and the price is about \$51,025. I will look for a used one with only two doors.

Enough of this. Time to more Kara Danvers!

6-Sep-21 10:55 am @home 72°

Happy Labor Day

Happy Labor Day to all you people who are still working.

New Camper

This picture popped up and I thought it could be my next camper.



You can get this camper from Amazon for \$199.00. "LEGO Creator Expert Volkswagen T1 Camper Van 10220 Construction Set (1334 Pieces)"

For another \$40.00 you can get a lighting kit for it.

I will wait for a little bigger one. The bigger ones come with lights. 😊

I just looked and you can get a lighting kit with a remote cheaper than the set from Lego.

Amazon, leave me alone!

It is a nice Camper though.

OH, the make this fancy box to display it too. I cost about \$60.00.

Starbucks

Spent the morning in Starbucks reading a book. Still no regulars. I last week I saw Walter and what's-his-name...What was his name? Oh yah, Gary! In passing I saw John last Saturday.



Marty's Random Thoughts

I wonder where all the regulars went.

FarmBot

Since I am dreaming, I should tell you about the FarmBot. The FarmBot is a CNC that plants, waters, and weeds your garden.

From what the web site says. You need to build a garden box and put in some dirt. When it is harvest time, it emails you.

Well, you need to tell it what to plant and put the seeds in the hopper. It picks up the seed and plants them where you want. It checks to see if it needs water and waters it. If it sees a weed, it digs it out. It monitors and lets you know when it is time to harvest your crop.

I checked and it says seeds that are too small or too large the machine has a little trouble. I am not sure what it means too small or too large. Peas and poppies. Or is the coconut palm too large and then the tropical orchids weigh in at 10 billionths of an ounce. Can you even see that?

The Black Mustard seed from the Bible was around 1.0 mm in diameter. Oh about 0.04." Pretty small back then.

I was over at the FarmBot site and found the neat video about gardening. You would like it. The FarmBot is near the end of this video.

<https://farm.bot/blogs/news/farmbot-featured-on-netflixs-ada-twist-scientist>

Lexi

My niece!



Lexi 2021, World Champ in her weight class 116 lbs. Bossed up!

8-Sep-21 9:22 am @EWT 64°

Virtual Camino

I see yesterday I made it 1% of the way around the world on my virtual Camino. Who would have thought that less than ½ way across Spain was 1% of the way around the world?

I am slowly making it across Spain on the virtual Camino. Right now, it looks it will be April when I get to Fisterra. It will be nice to make it to the end of the world.

I have walked 613,463 steps or 252 miles.

FoodShed.coop

What is happening here you may ask.



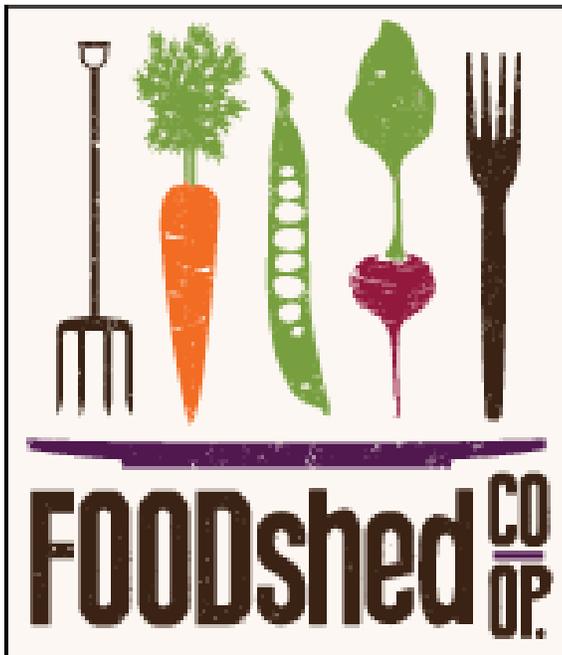
Marty's Random Thoughts

We have our 1,200 owners and the land. This means we start gathering the funds to start construction. We are working on the funding as I type in this newsletter.

We have a bunch of money in the works, but still need more to get the job done.

Figure 1 Take back our local food system!

The plan is to be open in 2022.



Take back our local food system!

Become an OWNER

9-Sep-21 10:15 am @EWT 66°

Cool

What a difference a couple of weeks make in the weather. It has been so much cooler at night lately. The daytime temperature has not been bad either.

Yes, fall is near! I see some leaves in the yard yesterday, so fall is coming.

HMR

They say the HMR program might help me lose the weight I need to lose. I said the "HMR" must

stand for "Help Marty Recover." "HMR" really stands for "Health Management Resources."

I watched one of their intro videos. It would seem you get to go to a meeting every week, buy their food and pay a fee. Well until you develop the habits to go on your own.

The insurance would pay some of this. I need to check this part out.

Boredom

I know 90% of what I eat is from boredom. When I leave the comfort of my chair, I go to the kitchen. There I look for something to eat. I usually find something.

I need to go out the front door and walk down the street until I need to head home.

I have been saying that for years. I need to start acting on those thoughts.

If I am going to be healthy enough to walk across Spain, I need to lose some weight. Walking would be the healthiest way to start working on that.

Pacemaker

Yesterday I went to the new pacemaker guy. He checked it out and all looks well.

I went to the new guy because he is in the same office as all my heart doctors. It is nice to have all those doctors in the same place.

July 2020 is when my pacemaker was last checked.

It still checks out ok

They installed it in 2015 and the battery is still good for 2-3 more years.

Enough about my health. How is yours?

Oh Yah

There is a theory that if ever anyone discovers what the Universe is for and why it is here, it will instantly disappear and be replaced with something even more bizarre and inexplicable.

There is another theory that this has already happened.

Douglas Adams, "The Restaurant at the End of the Universe"

Marty's Random Thoughts

Domain Names

I have five domain names I pay for every few years. They are my name, my newsletter, my cloud, and a couple of others.

The one I was going to dump, is the one I have paid for the longest.

I will keep MartysRandomThoughts.com if I keep doing these newsletters.

Marty-Metras.com...well it is my name!

My cloud just makes things easier for me.

Doer of Things has been around since 1979 and a URL since...well forever. It was my first internet address. I should do something with DoerofThings.com.

The cost of maintaining these addresses is going up again. I should do something about that.

Maybe just go eat lunch!

Volkswagen

Many of you may not remember all the VWs I had in the past. I had a mess of them. Here is what I am looking at now.

Next year the Volkswagen Type 20 could be out. The VW Type 20 will look a lot like the Type 2 from the 50s and 60s. When we were kids, they were for the Yuppy. I like the idea of them bring it back as an electric vehicle.



Volkswagen Type 20 Concept

That is not all Volkswagen is looking to do with their vans. They have another concept

idea for a few years down the road. The VW ID Buzz is also an electric but looks a lot more modern than the VW Type 20. What do you think?



Volkswagen ID Buzz Concept

I tend to like the Type 20 a little more.

10-Sep-21 4:10 pm @home 78°

Flight to France

I have been watching the flight cost to get to Biarritz France where I would catch a train to start the Camino next spring. I also want to fly from Santiago back to Chicago when finished.

When I started looking a year ago it cost was around \$250.00. In May this was going to cost around \$870. This was more realistic.

I figure would cost from \$700 to \$900 all along. Covid kept it down in the beginning and in July it was \$754 and Aug it was \$752.

I stopped check until today. What happened? The price for the same route on the same date is \$1,751! Is this because they opened Europe or is this because of the Covid-D. I am not paying any \$1,751!

I will have to keep watching this to see if the prices come back down.

I have been checking the prices from Chicago (ORD) to Biarritz (BIQ) France on 22-Mar-21. And then returning from Santiago (SCQ) Spain to Chicago (ORD) on 27-May. Leave on a Tuesday and return on a Friday. That has been the best prices.

I could buy the Volkswagen instead. 😊



Marty's Random Thoughts

11-Sep-21 8:59 am @Home 67°

Cash

I started using my credit card many years ago. Since then, I no longer collect change. I used to have a lot of change.

The other day I noticed I need a haircut. Well, my barber takes cash. I checked my billfold, no cash. Not even a dollar.

I drove over to the ATM and was going to get some paper money. It did not work. I checked the expiration date thinking it must have just expired.

It has been so long since I used it, I think it has gotten disabled. Do they do that to you?

For weeks I have been thinking of getting this fixed. My hair is getting long!

It is funny that you must go to the bank to get your hair cut.

Haircut

I need to look like Harry a little longer.

I got my new ATM card with only a little waiting. Then I went over to the ATM to make sure it worked. That went okay.



Of this I thought, I should get a haircut. I forgot it was Saturday and the Farmers Market was filling town. No place to park anywhere near the Barber Shop or Starbucks. I came home!

Do not tell anyone but I am going to make my own coffee. 😊

12-Sep-21 3:41 pm @home 82°

I went back up town in the afternoon and got that haircut. I wonder if anybody noticed. 😊

Notepads

I have been transcribing my old notebooks and notepads into digital format.

The one I am doing today is the part about when I was in the hospital after I came back for my attempt to walk across Spain in 2007.

Remember the first time? I forgot to take my meds every day. Then being a smart fool, I decided I did not need them. After I got home, I had a stroke. And spent 4 days in the hospital.

I see I wrote a whole bunch during my stay. Must not have been too sick because my writing was slurred. Thought there are many misspelled words.

There is some philosophy in the story.

I need to take a break from it.

Family Tree

I am going to work on the family tree a little more. I have been working on Mom's side of the history. Dad's goes back forty-one generations and Mom is around fifteen generations.

That is why I am working on Mom's to try and get them even.

I have 5,697 people and 1,299 marriages in the Family today.

FoodShed.coop

We need some more money to build the store. For as little as \$200.00 you can become an owner. Once you are an owner you can start investing in building the store by purchasing preferred shares. You can own only eight more. It is the Illinois law for COOP's. The \$200.00 got you the first two shares.

You could loan or donate a bunch of money too. Not sure how that works. You can get information at <https://www.foodshed.coop/cic>



Marty's Random Thoughts

15-Sep-21 19:49 am @Paw Paw 😊 58°

Happy Birthday Cork

I have never figured out how you got to be my older brother when I was born before you. Life is funny that way.

Happy Birthday younger brother that is older than I am.

17-Sep-21 2:41 pm @home 86°

Happy Birthday Dad

Yes, today Dad would be 110 years old. It would be nice to have him here to talk to occasionally.

Happy Birthday Dad!

Mom's Book

I ran across Mom's book that she typed in about 1996. Well, it was 1996. She was living in Walden Oaks. There were a couple other clues in the book that also led me to think that.

I copied all the pages, all 120 of them, and made it into a book for the family.

Ever since I first found it in Mom's things after she died in 2001. I was going to make it available for the whole family.

It has been only 20 years. Good thing I do not rush into things.

I just ordered a draft copy. I should have it in a couple of weeks.

If you would like a copy, shoot me an email, and let me know.

18-Sep-21 9:09 am @home 63°

Happy Birthday Edie!

My baby sister is no longer a baby. Edie you are my youngest sister. We do not see each other much because of the miles we live apart. But you have a Happy Birthday Edie, even without my hug.

FoodShed.coop

We are busy getting money for the Food Shed Store. The designers are working on the plans for the building.

We will be open next year. I do not have a date yet, but I will let you know.

For you other owners who read MRT, let me know who you are. It would be nice to know there is an overlap.

My body is asking me where the morning coffee is. I will see if I can make a cup of Joe for it.

23-Sep-21 12:21 pm @EWT 60°

I am doing fine.

I spent the last 4 days in the hospital. Sunday my energy was drained. A couple of days before Sunday, I noticed it a little, but like most guys I blew it off.

My energy was so low, I decided to go to the hospital and get it checked out.

They checked me out and found out I was full of fluid. After a couple of days getting, it drained away, I started feeling much better.

Yesterday they let me come home! I still feel great.

Now I need to change what I put into my body. I have been eating crappy and it needs to stop!

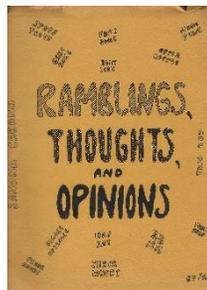
I need to really cut out salt/sodium. It holds a lot of water. I am committed to the new way of eating. If I do not get committed the eating right, I will get committed the having dirt in my face.

I am still planning to walk the Camino in the spring and living to the year 2100. Eating wrong will not help that.

While I was Away

Talk like a Pirate Day

I missed Talk Like a Pirate Day. That is the day I went to the hospital. I noticed it when they wrote it on the white board in my room. Yes, I remembered it.



Marty's Random Thoughts

Start of Autumn

I also was in the hospital when Autumn got here. I watched it on the news. Yah, I watch the news one day. I was bored!

Other Things I Missed

I missed going the Starbucks. I missed my freedom to roam. I missed my laptop.

Most of all, I missed all the people I normally interact with in person. Yes, you are too!

24-Sep-24 10:14 am @EWT 64°

Yes or No

Big questions that we ask ourselves.

Is the Earth flat or round? No, it is believed to be a ball.

Science or God? Both!

Man causes global warming. Yes and no. Man is not helping but the earth goes through cycles. We can only slow the cycle a little.

How to make God laugh. Plan, you will see!

How to make a scientist laugh. Say it is true!

Is a cup half empty or half full? It is all a point of view!

Computers are the answer. I must laugh at this one. Computers are only tools. You should not use a screwdriver to take down a tree. Yes, you could, but a chainsaw works better.

Ok, I have a fly bothering me. I think I will have to deal with that! Hand sanitizer may help. Works for covid, does it not!

Backache

I have been waking up with a backache for a year. I replaced my bed twice. I was still having trouble with it, so I sought doctor's advice.

Doctor said it was arthritis and said therapy would help. It did not! I tried living with it.

When I was in the hospital for 4 days, I had no backache whatsoever. I spent all my time in bed. This got me thinking it may still be a bed problem.

The first night home, I woke up with a s

28-Sep-21 9:21 am @EWT 61°

I see I never finished what I was typing the other day. My back must have been hurting too much.



Oh, the first night home I had a slight backache. Each day it got a little worse.

It is time to try the bed in the Camper. That is just a cushion I do not remember having a back problem from it. It has been a few years since I slept in the Camper.

I could try that tonight. I wonder how much junk there is in there I will have to move first. 😞

September nears the end and this issue of my newsletter too. Time to close it and check out.

29-Sep-21 9:20 am @EWT 61°

What a Pain

I used the free version of Grammarly to help with the editing of the month's Marty's Random Thoughts. It took a long time.

The free version catches hundreds of things. Imagine what it might do if I pay for it.

I had already listened to what I had and fixed a bunch of things. Then I used Grammarly, and it took a while to become clean.

I learned more by using this tool, but I still have much to learn!

There are still somethings I do not understand. They will wait for me to have more skill with this tool.

Enough!

New Subscriber News

Welcome Beth. I see you have subscribed to my newsletter. Please confirm your subscription. This verifies that your email is correct, and you really are you.

October Birthdays

- 18th Samantha, Niece
- 20th George, Nephew-in-law

The Follow Up

- ❖ Too fate for this issue



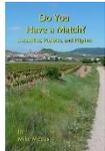
Marty's Random Thoughts



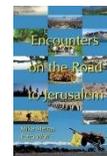
MY BOOKS
 ← **MY CAMINO DE SANTIAGO ADVENTURE**
WALKING THE WALK, CAMINO DE SANTIAGO 2012 →
 2ND EDITIONS
 (2022 MY NEXT CAMINO TRIP)



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



Mikes and Petra's Books
 can be found at
LuLu.com and Amazon.com



FoodShed.coop
 1255 owners 2-Oct-21
 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!



FoodShed.coop Location Video:
<https://youtu.be/Uc3-OlpXe-I>



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 (New Location)

I am selling me used books on Amazon under the name "MRT Used Book Sales." I am clearing out my library. Many of these books look new. If you are looking for a used book and see sold by "MRT Used Books Sales."

This Issue is being Randomly Published on Saturday, October 2, 2021 11:17:00
 Marty'sRandomThoughts.com <https://www.facebook.com/groups/2939809806264780>

