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28-Sep-21 9:21 am @EWT 61°

LVAD

Looks like I may be getting an LVAD. It is a pump the goes into your chest the help the heart. I have not started the evaluating process yet. I must check it out before they do that.

If I get this done, I will be back to normal in about six months. Being I have never been too normal it is hard to say what they mean by normal.

My normal is different than your normal.

It is the procedure about which I am thinking. The operation is more perplexing then the 5-way bypass I had 22 years ago.

By the time you get this newsletter, I should know more.

2-Oct-21 11:34 am @home 77°

Me and My Health.

It seems like I will be getting an LVAD if I pass all the scrutiny. They do not do the LVAD transplant lightly.

I am willing to go through the operation. First, I need to talk to friends and family for support. throughout my life, I have been a loner. This is a new thing for me to ask for help.

The process goes something like this.

First, 2 days in the hospital in Chicago to see if my body can take the operation. There is a whole team of doctors that check me out.

If I pass these tests, it could be up to 9 weeks before they do anything to me. Maybe ordering parts and getting into people's schedules.

A day for the operation. Well, 2-6 hours.

2-8 days in the cardiac ICU.

Marty's Random Thoughts

Next would be the regular ICU.

I lay around in the hospital bed for 2-8 weeks. Well, that is what I remember. I am sure that is for the training on how to take care of my new LVAD.

My support comes in here. They will learn how the help me if needed. Who to call and what to do if I cannot?

After talking to the doctors, I will change. I will have more energy and be able to do things I have not been able to do in the last few years.

I will not be able to play hockey or football. This is ok because I have never had a desire for that before.

Unlike my pacemaker, which has the battery and controller on the inside. The LVAD has the control on my belt and the batteries are also on the outside. Not sure what that means yet.

You need to be careful not to snag the wire that goes inside you to the LVAD.

I can live with the controller and the batteries. I think a vest to carry them around should do good for that. I carry electronics and batteries around now.

What Brought This On

Here is the history as I recall it. Years back, I started getting tired out while exercising. I stopped for the most part. About a year ago I started losing energy when I did anything physical. Lately, I get exhausted easily.

Simple things like moving the recycling to the curb I would run out of energy. Mowing the lawn and leaning the yard almost does not happen anymore. Standing and sitting I am fine. Getting up out of my TV chair is a little hassle.

It is not the strength to do it, it is the overall energy I need to do these things.

It is putting an old battery you know is bad, but you know it will work for minutes. The machine is fine it just needs a new power supply.

In my case it is my heart, it is only pumping 12% and we want to boost it.

An LVAD is the first step before a heart transplant. I am willing the get an LVAD before I get a transplant.

To decide today or at least this weekend if I am ready.

Back from Lunch

I am back from lunch where we talked about this LVAD operation I want. Looks like my support group will be there for me. Monday I will call the doctor and get this started.

Thanks, Michelle, Diane, Steve, Tammy, Marie, Cork, Bob, and Jim for your support!

I am sure others will be around as this project gets going. Thank you ahead of time!

Queen Anne Lace

The strip of lawn between the drive and the school I have been growing Queen Anne's Lace this year. The mowing thing is not an option for me.

I have a whip that I thought might work for me because the string wackier would not knock them down.



The grass whip is a blade on a stick that I thought would cut them off but would not. I tried to sharpen it with no luck either.

Then I remembered I had an electric hedge clipper. That made short work of them.

I need to grow something easier to clean up in the fall.

Robot Mower

It is time to figure out how I am going to get the border wire around this part of the lawn. I am spending many trips out to restart Herbie.

Things To Do

Bills

I have bills that came in the mail today I must check out.

Newsletter

I also have a newsletter to finish reading. The "La Concha" (The Shell) is from the *American Pilgrims on the Camino*. It comes out once every 3 months. It is one of the few newsletters I read regularly.

Marty's Random Thoughts

Virtual Camino

I need to update the steps for my Virtual Camino. I am not doing as well as I would like on this. Right now, I am going to finish after I get back from the physical Camino.

Funny, the picture here is where I ran left and walked about a mile and took a break. This is when I realized I was going the wrong way because the people who were behind me never caught up to me. I turned and they did not. Good thing I could see back to the intersection. The sign looked that it pointed the other way.

I am at 272 miles. Need about ten miles more for halfway. It says 7-May to get to the finish. I am averaging 1.37 miles per day. Yes, per day! My pace used to be 2.5 miles per hour. 😊

This is day number 196 and 298 days left.

Tammy has not updated in a month, so I am not going to tell you how far ahead of me she is of me.



3-Oct-21 10:29 am @home 68°

Birthdays

I started this issue without putting the birthdays in it first. While looking them up I was wondering why I never added them to a database. Meaning, when written on paper calendars. I have too many calendars!

I must manually copy information into a new one each year. With so many sources and doing it by hand, some event dates are missed.

I know how to build a database as I was a database administrator for years at Knaack.

If I do that and have it at hand it would be easy to add new dates when I need to and would not have to remember the dates.

I know, I am a numbers person and when I worked at Woodstock Diecast, I could think of as many as 169 names and birthdays on request from memory. And even now I remember them.

Times change and my memory are getting cluttered with other things.

I need to work on this.

Remember This



If I remember right, it was 59 years ago!

What Next



By [Tim Binnall](#)

Star Trek's famed Captain Kirk will soon venture into space for real as iconic actor William Shatner will join the crew of the second Blue Origin launch scheduled for next week. Rumors that the legendary entertainer would be a participant in the launch had been circulating for the last few weeks and his inclusion in the endeavor was finally made official on Monday. In a [statement](#)



Marty's Random Thoughts

issued by Blue Origin, Shatner marveled that "I've heard about space for a long time now. I am taking the opportunity to see it for myself. What a miracle." Remarkably, the actor will wind up making history with the launch, set for October 12th, by becoming the oldest person ever to venture into space at a staggering 90 years old.

The pending rocket launch is not the first time that Shatner has been attached to a private space company as the BBC [reports](#) that, around a decade ago, the actor had been in discussions with Virgin Galactic to participate in one of their launches. However, he said, talks fell apart when company founder Sir Richard Branson wanted the Hollywood star to fund his flight. "He wanted me to go up and pay for it," Shatner said in a 2011 interview, "and I said: 'Hey, you pay me, and I will go up. I'll risk my life for a hefty sum of money.' But he didn't pick me up on my offer." Fortunately, Blue Origin is footing the bill for next week's flight which will undoubtedly attract considerable attention as legions of Star Trek fans watch the beloved Enterprise captain make history.

Source: Coast to Coast AM

Occasionally, I get something neat in my email. What the hay, here is their ad!

While we wait for next week's launch, Coast Insiders can check out William Shatner's [6/12/2008](#) appearance on C2C wherein he discussed his remarkable career including his roles in *Twilight Zone*, *Star Trek*, and *Boston Legal*. Not a Coast Insider yet? [Sign up today.](#)

6-Oct-21 7:18 pm @home 64°

Not much new

Today I noticed leaves have fallen from the trees. Soon I will have to deal with them.

Tim and Iris know a way to deal with it. They travel to the other side of the country. I have a better way. The wind puts them over by the fence and then I do not have to rake so many.

I like Tim and Iris's way better.

My Car

I had a bad wiper blade shortly after I got it a year ago. I finally replace all of them last week. I will not have to use them much this winter.

I also have a bad wiper switch. It seems it is to be one of those unfixable switches. The wipers come on all by their self. If you fiddle with the switch, it stops sometimes, but mostly not.

After checking online, it seems that is the bad part. It does not look too hard to change it.

It is one of those five-minute jobs that only take five hours. We will see!

7-Oct-21 8:34 am @EWT 65°

Geocache

I have only one active Geocache out there. Someone found it yesterday. It has been a year since the last person spotted it.

Random Thought

I have been telling you my life as it goes on. If I see you on the street, you will have to tell me about your life. I have been telling you about mine all these years.

9-Oct-21 6:32 am @*\$ 60°

Starbucks

It has been so long since I have been at Starbucks with my laptop, I forgot all I needed to do to get it working. I had to set up Wi-Fi and make it secure.

I thought I would bring my new computer, well I got it in August. It is not new anymore. Well, I was wondering how long it would run on the battery. So far it is working.

Long Time Ago

I just noticed tomorrow it will be 55 years since I started working at Woodstock Die Cast. back then they were the largest employer in McHenry County. We were also the second-largest die-cast job shop in the US. Jarvis Web was the largest. They were so big; our factory would fit in one of the bathrooms. So, the story went.

I remember going to Jarvis Web plant to check out the software for Knaack. At the time I had forgotten they were Woodstock Die Cast's competitor. By then Woodstock Diecast had closed its doors for business.

I learned things while working there. I also had fun. Time moves on!

LVAD

I have been doing more research on the Left Ventricular Assist Device



Marty's Random Thoughts

(LVAD). How will I live with a machine inside of me? Here are my thoughts.

They say I could be in bed up for three to 6 months. Looking at all the paperwork they have sent so far, I could be in the hospital for two of those months. Six months is how long before I go to Spain to walk the Camino again. Yes, I am still planning on that.

The LVAD needs external power 24/7. Either plugged into the wall or from the batteries. I will be truly bionic at this point. After the implant, there is no return.

Nice, this is the batteries last about 17 hours on a charge. This means I could walk across Spain. I would need to stop and charge the batteries.

I think the batteries and controller that I would wear would weigh about 5-1/2 pounds. I would also have to carry an extra controller and batteries with me just in case. And there is the charger whatever that weighs. I estimated the total weight could be twenty pounds. That is what my loaded backpack would weigh!

Wait, Mike and Petra walked half the way around the world. They had a cart. Could I do that? I need to investigate that.

The book the LVAD people sent me talks about all the things I might run into when I get the LVAD. The stress of the biggest issue. People get more frustrated and with that comes stress. I have been good with stress in the last 50 years. It will be a new lifestyle I need to learn.

Think about stress, I will need a caregiver. The book says the caregivers get stressed out. I am thinking I help with that by learning to take care of myself if I can.

After reading the LVAD book, it sounds like this caregiver help is in the first couple of months. That will be in the hospital. That will be the hard part.

It says that I must be able to walk around when I leave the hospital. This tells me I will be able to pee alone. This would be a good thing. 😊

When I had my open heart in 1999, I stayed with Mom for a couple of months while my sternum healed back to gather.

Yes, that was 20 years ago, and I may heal slower nowadays. It is another one of those that will remain the see things.

I am still waiting the get this process started. My health must be evaluated.

I am still working on the caregiver too. Someone may be one the one person on what to do if the alarm goes off and I cannot respond. The caregiver needs to go into Chicago with me for training to learn stuff. Me too! I need to check this out.

Will a family or friend be my caregiver or do I hire someone. Do they have to live with me or are just on a 24-hour call? I just need someone to come to see me once a day. More questions!

I know I will not be driving until the LVAD team releases me. Until then I will need a driver. They said I will need to go to the clinic as much as once a week to start. Someone will need to do my shopping. I can do most of that at Amazon. 😊

What about laundry?

These things will be until I heal from the surgery. That is why I have not 100% committed. I am at about 80%

I do not want my people to feel obligated they need to help me recover. This is just to let you know what would happen. It also helps me through the thinking out the process.

My coffee cup is empty. Should I get it refilled? Hummmm!

Ok, this is a 2-coffee morning! 😊

Pilgrimage

I am getting to leave for lunch...Oh, I am home now!

I was wondering how the number of people (pilgrims) registered in Santiago this year. It looks like 135,000 so far. I estimate 180,000 by the end of the year.

While I was looking for these numbers, I found this website. <https://oficinadelperegrino.com/en/>

There is information on this site about the Camino without all the ads and hype on other sites.

If you are interested, go to the menu at the top and start with [Pilgrimage] then select



Marty's Random Thoughts

[Introduction]. This web page would give you a quick overview what the Camino is about.

Heart Transplant

I just got a letter from Northwestern Medical. It was the Advanced Heart Failure Center telling me that because of my age I will not be getting a heart transplant. They do not think I would survive the surgery. I figured that might happen. But they do not know how tough I am.

This could change after all my test. For now, no new heart!

The LVAD operation is still being considered.

I have been listing the things I have to get ready as I am going to be out of it for a couple of months.

It is about what I did before I went to Spain in 2012. Oh, it is time to leave for lunch.

Camino 2012

I just saw a picture showing the halfway point of the Camino Frances. There are two pillars you walk through. When I saw the building, I knew I had taken a picture of it. I do not remember the pillars but here is the long-closed Albergue.



Just one hundred feet to the left of this old albergue is the approximate center of the Camino

Here I sat and took a break, and I did not know I was only a few feet from the halfway point of the Camino. Note my walking stick and backpack.



2012 Just outside of Sahagun

Looks like I walked right through the center and those two statues without seeing them. Maybe because the sign was in Spanish and mi español es malo.

11-Oct-21 1:56 am @home 74\$O

Electric Car

Yeah, I am still looking for the right electric car for me.

I found the Japan 1947 Tama got 200 MPG. It looked like it had lead acid batteries like cards used back then. I need to look to the past instead of the future.

Check it out.

<https://www.youtube.com/watch?v=Wd90zrMmrqo>



Marty's Random Thoughts

I like the Electric Volks Wagon bus because of its looks. And the Chevy Bolt, maybe because I could get it serviced.

15-Oct-21 3:49 pm @home 54°

Caption James T Kirk

So, Captain Kirk got to go into Space. Fifty years ago, he traveled light-years in seconds. This time he traveled only sixty-six miles in only fifteen minutes. In five hundred years from now, he will get to go faster!

At 90 years old, no doubt! He loves it. And for \$250,00.00 you can too.

LVAD

I have been working on all kinds of tests to see if I qualify for the Left Ventricular Assist Device, more well known as an LVAD.

I have all the appointments set up for the test just to see if I qualify for them to do the surgery. I think in my mind I am ready. They need to make sure I will survive the ordeal.

I will know more after all those tests. It will be a couple of weeks before those tests are complete. I think the last one is in the middle of November.

There may be more tests because of these tests. I will have to wait and see what happens.

In Captain Kirk's time, they were still doing tests. By Captain Picard's time, they were replacing the heart with a titanium pump. I do not want to wait that long!

Anyway, I can still wait for the outcome to see where I go from here

Walking the Walk Again

After I recover from the LVAD replacement I can start planning my trip to Spain to walk the Camino again. Or just go in the spring anyway. I will just have to walk a little slower than I thought when I started to think about Walking the Walk.

People may think I am nuts even thinking about walking five hundred miles across Spain with a bad heart. One must have a goal.

I was going to go in the spring of 2020, And again this year. COVID got in the way. So, the plan goal is for spring 2022.

Email

I am still hearing about people not getting an email from me when I post my publish alerts. I am getting emails bounced back too.

All I can say right now is that I am sending them to you. I cannot do too much more. I announce it with email service and on Facebook.

9-10 people are looking at Facebook and about 25% of the MRT blog. I cannot come to your house and open my email for you 😊

I try to get Marty's Random Thoughts published by the first of the month. Sometimes I get delayed and publish as late as the 10th.

You could just look. Just go to <http://MartysRandomThoughts.com/mrt> and look.

16-Oct-21 8:38 pm @Home 50°

Virtual Camino

I just checked and I finally got halfway across Spain on the Virtual Camino. Here are my stats as of today

Member Dossier

Member since:	March 17, 2021
	708,787 steps
Total steps:	#7,142 out of 18,741
Total distance:	289.2 miles
Best day:	10,331 steps April 29, 2021
Camino Francés	289.2 miles
Position:	#284 out of 1,832
Time on Camino Francés:	210 days.

Today the new total says I have an average of only 1.35 miles per day. I have been walking for 8



Marty's Random Thoughts

months and still have over two hundred miles to go. My projected Santiago date is now 11-May-22.

Model Train Show

Cork and I are going to the model train show in DuPage tomorrow. I should be walking while there. I will get to Virtual Santiago before I start Walking the Walk.

I have not been on one of these Model Train Shows since...well at least ten years. Even longer. It will be neat to check it out.

18-Oct-21 2:21 pm @home 71°

Train Show

We went to the Model Train Show yesterday. Though it was fun I did not buy anything, this time.

There were people but not as I remembered from the past. There were empty display tables too.

There was mostly 'HO' gauge followed by 'N' then 'O.' There was a lot of old trains stuff.

I only saw one table with DCC stuff. DCC is computer control. It was not a particularly good display, so I did not even stop to look at the DCC display.

I did see one seller was selling rolling stock (train cars) for only \$5.00 each. This was a fair price. These train cars go for \$15.00 and more. This guy had boxes and boxes of them.

He also had automobiles (cars and trucks) on the 'HO' scale for \$12.00. I thought that was a little high.

I just looked them up and \$12.00 is about right. He had boxes of them too.

I should unpack my Model Railroad and see what I have. I have all that inventory in a database that I cannot find. I need to open all the boxes to see what there is in those boxes. 😊

If I remember, my layout was 18-feet x 1-1/2 feet. And I know where all those boxes are. Scary!

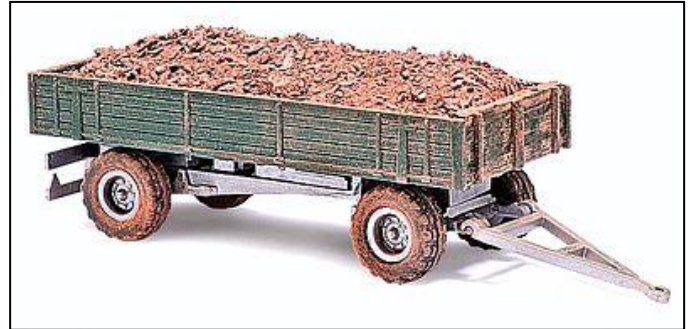
I wonder where I could set it up. Not today!

Ok, I saw a nice Engine selling for \$775.00. It might have been 'G' scales. I just walked by and did not look back. 😊

'HO' Cars & Trucks

Why did you let me go look up those prices on those cars? I found this one website that has 220 pages of 'HO' cars, trucks, and tractors

I stopped when I saw this one!



1958 Low-Sided Farm Trailer with Manure Load

Bye!

19-Oct-21 1:37 pm @Home 69°

León

Yup, I am in Leon Spain today. I have been walking more lately. I am showing an estimate of 204 days before I finish this Virtual Camino.

I must be gaining more steps crawling around on the floor installing baseboard. And doing electrical work. I have not been doing much more walking lately. I should start!

24-Oct-21 4:37 pm @home 48°

48°! So, fall is setting in around here. It looks like it will be staying around that temperature for the next week or so.

Test Weeks

There are a whole lot of tests. These tests are to see if I qualify for the LVAD. I have six different tests I need to go through.

They want to check out my Abdomen, Bones, Chest, Heart, and Arteries. Oh yes, the Prostate doctor too! Then I get a couple of weeks off and I need some more tests.

I wonder if I would do any better if I would study for these tests.

In any case, I hope we learn something from all these tests.



Marty's Random Thoughts

Model Railroad

I looked in those boxes where I stored my model railroad things. I was surprised the number of engines and rolling stock I found.

I did not look at all of it. It was neatly packed and the boxes I opened were easy to see what was in them.

I did not dig through it anymore because I do not have any place to spread it out. If I make room for another project. I will get back into that stuff.

It is all 'HO' scale. If I start over from scratch I would go to 'N' gauge. Right now, I am thinking I would stay with 'HO.' Though, 'N' would save space!

We will see!

26-Oct-21 1:44 pm @Home 66°

It is the end of October already. How did that happen?

Projects of Interest

Over the years I have latched on to too many things. My interest very. I get into something then after a while my interest fades and I start a new interest. At this point, I got back and got interested again in some of these things.

Here are the projects I have been interested in over the years.

- Life: I have always been interested in life. I like living and things that live. I guess I will always be interested in being alive.
- Electronics: I use to be into electronics. I built electronic kits and am still doing electrical things. Wiring things and repairing them.
- Farming: I lived on the farm and liked growing things. Not so much the animal raising part of farming but the planting and growing stuff I liked. I still like planting a garden and having house plants.
- Sewing: I spent time sewing, working on making shirts for myself. At one time I had decided to make fifty-two shirts so I could have a different one for each week of the year. It was a

casual Friday project. Having made more than thirty, I have lost interest.

- Model Railroad: At least ten years ago I packed up all my 'HO' train stuff and put it into storage. Occasionally, I see my layout in the garage, and I call it my "Abandoned Railroad." Lately, I have had a new interest in starting back into the model railroad.
- CNC Router: I go out and mess with this from time to time. There are things I can use it for other than make signs.
I could make buildings for my model railroad. I could make flower boxes. and all those projects I designed to make someday.
I could use it for other things. I just need to do it!
- Marty's Random Thoughts: This newsletter has been around since the last century. I think it will be around longer.
- Computers: I almost forgot about them. I was into the computer before I bought my first one in Jun of 1978. Wow, that was 43 years ago! I am still into them.
- Hiking: I still think about going on a long-distance walk, Camino. Right now, my health is more of a concern. But I am still planning to go in the spring of 2022. I am already thinking of a backpacking project for the spring.
Sewing, model railroad, and Marty's Random Thoughts do not require physical effort.
- LVAD: This project will change life as I know it. That is why I am doing all these tests. I must know it is going to make things better. I am not sure what all these medical tests will review. I have had many of these tests at one time or another in the past. Now that I am older, I am getting them done at the same time to see if I can or should go all the way and have the operation to install the LVAD.
- Camino: I still would like to walk across Spain again.



Marty's Random Thoughts

- Let us stop here for now and get this issue published

November Birthdays

▪ 2 nd	Erik	Nephew
▪ 16 th	Trinity	Great Niece
▪ 16 th	Serenity	Great Niece
▪ 25 th	Michaela	X Niece-in-law
▪ 21 st	Dennis	X-Brother-in-law

Note: If I missed someone or got the birthday wrong, please let me know.

The Follow Up

- ❖ Birthdays: I have started to add all the birthdays in my birthday database to help me remember them. I will start adding other special dates as I can. If want to add something let me know.
I am thinking about things like anniversaries and events. Like Mom & Dad's anniversaries, 10-Apr-42 or 8-Aug-88, lights came on in Wriggle Field. These kinds of things!
- ❖ LVAD: I am still undergoing test to check my overall health. Four of those tests this morning. More as I know more.
- ❖ Wiper Switch: Seems I can wait for a while to change this switch. If you push the opposite way as 'wash' on the switch it works fine, well does not work, for a long time. Meaning I can stop it from coming on by itself. 😊

Marty's Random Thoughts



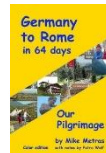
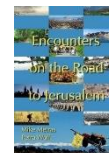
MY BOOKS
← **MY CAMINO DE SANTIAGO ADVENTURE**
WALKING THE WALK, CAMINO DE SANTIAGO 2012 →
2ND EDITIONS
(2022 MY NEXT CAMINO TRIP)



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



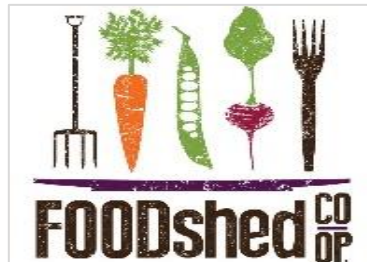
Mikes and Petra's Books
can be found on
LuLu.com and Amazon.com



FoodShed.coop

1280 owners 26-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/Uc3-0lpXe-I>



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