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Whoops

I see Jeremy's ad for Delaware Electric got left out of the last issue. Sorry Jeremy! I did not have access to all my templates.

On Going

I am going to try and add to my newsletter much more often this month.

4-Jun-22 4:51 pm @Marie's 63° F

Spam

Since I was in the Hospital until now, I have not emptied my email SPAM Folder. It had over 1,400 SPAM items in it. I looked through it and only found three that I might not have called SPAM. None-the-less, that was only 0.2% false positive. I think that would be about over one hundred per day.

I get a lot of SPAM!

Rest and recovery

I am still resting and recovering at Marie's. I have been moving around a lot. I am going for a walk occasionally. The other day I had my best day at 5,000 steps.

5,000 steps are only about two miles. That is much better than last year when I averaged only 1.35 miles per day.

I sent my next goal to 6,000. Each time I hit the goal I will raise it another 1,000

steps. I need to get over 20,000 steps to say I am back in shape.

20,000 steps would be around eight miles. At that point I will be physically ready for the Camino walk.

On the Camino I walked an average of 24,000, around ten miles a day.

For now, I will only walk outside on nice days.

I can do this! 😊

I do not know how long before they let me drive. I am guessing another month.

When I can drive, I will be at home and be able to go various places to walk. I could even walk to Starbucks and the Dairy Queen. 😊 I should be walking now!

Cart

I just found a cart that might work for walking the Camino. I do not have all the details just yet, but you can see it at HipStar.net.

MARTY'S RANDOM THOUGHTS



6-Jun-22 9:23 pm @Marie's 63° F

Camino Cart

I have been looking at carts for walking the Camino. I told you about the HipStar cart.

It looks to be 23.5" wide and will hold 50-60 pounds

That is what I am looking for. It is a little pricey, But I think it might do the job.

There are a new company and not ready the ship for a month or so. I can wait.

Here it is!



HipStar team, Included Items, Harness & Hand break

Nothing else to report today.

8-Jun-22 9:22 pm @Marie's 54° F

What happen to Summer?

It has been cold and rainy around here. It is more of our Yo-Yo time of the years. Will it ever be warm again?

LVAD Vest

I made a vest to hold my batteries and controller. It is working well but I think I might do better.

I bought a fishermen's vest I think I can modify it so it might work a little better after it is modified.

I also bought some longer t-shirts that I might make work.

The shoulder back and vest that came with the LVAD do not work that well.

The vest I made was from a free pattern I got from the internet. The controller rest on my chest and is uncomfortable. Also, the batteries are too close to the front and rub against the drive line a little.

I will try to remake it but may go with the t-shirt or the fishermen's vest. We will see as time goes on.

Cough

I have been coughing since the 3rd of April and it is getting to me. This has been a dry cough the does not seem to come from anywhere.

I have tried many ways to get rid of this. Ricola cough drops. I just read the instructions and it says to take three in row ever two hours.

That is more than I started to take. So, I will try more and see what happens.

Other than the cough I am doing quite well. I need to get out and walk more.

We will see how things go with the weather so I can get out and go for a walk.

11-Jun-22 10:56 am @ Marie's 64° F

Here it is Saturday again. Another week has gone by, and I am not driving, not at home, and not alone. I must wait until next

Marty's Random Thoughts

month to find out when I can do any of that. It is for the best.

I want to be at home where my stuff is so I can use some of it. I want to drive again because occasionally I want to go somewhere without a driver. I like to be alone with my thoughts. Hence walking across Spain. I would to be alone occasionally. As for riding in the back seat, I never was much for that. You can see more from the front seat.

The reason I am not driving or riding in the front seat is the air bag. If it goes off, it could knock my pump out of place or something. My Camper is a 1994 Chevy G30 drive train. It does not have any air bags!



Anyway, I am doing fine with little problems. And I am longing for things to get back near normal.

I need to get in some training and research to see if I am going to walk the Camino next year.

I am still planning this trip. The cost of the plane flight is around \$915 for Aug-Oct. I cannot look for May next year because nobody is posting those flights yet.

I am using Kayak.com because it is the easiest for me to use.

Also, the price for my nightly stay has risen about 20% too.

I the exchange rate for Euro is @1.05. When I went in 2012 it was \$1.66. The Euros I but will cost me 60¢ less. Therefore, it may cost me about the same.

I wonder about food cost.

For now, I am planning a dream.

14-Jun-22 5:01 pm @Marie's 95° F

Does that say HOT?

Seems like it is hot today. I was sitting out on Marie's patio reading a book for a while and it was just too hot out there for

me. Now I am inside thinking it is too cold in here.

I want to go home! I have better control over my own environment there.

But I am here, and I am dealing with it as best as I can.

I am waiting for a call from the doctor so I can tell him all my problems. No, not LVAD problem, which is fine.

I have allergies; I think.... Got to go!

16-Jun-22 4:51 pm @ Marie's 89° F

Starbucks

I have not been getting up to Starbucks and I would like.

I did get invited to Starbucks Chicago Roastery.

It looks like this>



It is right across the street from the hospital I stayed.

I saw it and tried to get everyone to take me there. 😊

They serve cocktails there.

Sad News

I am sorry to let you know my brother-in-law, Dan Grubb passed away yesterday.

Rest in peace Dan.

Daniel D. Grubb, 66, passed away June 15, 2022, in Hutchinson, Kansas. He was born September 15, 1955, to Samuel and Dorthea (Carver) Grubb, in Great

MARTY'S RANDOM THOUGHTS

Bend, Kansas. Daniel loved life, especially spending time, and going places with his children and grandchildren; he had a sense of humor and was sarcastic. During his working career he was a welder and served for 32 years in the military as a First Lieutenant, being stationed in Iraq and Kosovo. Daniel enjoyed watching Sci-Fi and Action movies; flipping houses; fly-fishing; animals and guns. He is survived by his wife, Marcia Grubb; son, Jonas Grubb; step sons, Joshua (Hulya) Hernandez and Nathan (Samantha) Hernandez; daughter, Lindsey (Josh) Mitchell; step daughters, Renee Hernandez and Samantha Hernandez; brothers Noel (Kristin) Grubb and James (Teresa) Grubb; sisters, Linda (Don) Ewing and Sammie (Melvin) Reif; 12 grandchildren, Alexia, Ethan, Livy, Jentry, John, Trevion, Trinity, Serenity, Chasity, Amya, Arda and Kaydince and he is preceded in death by his parents.

21-Jun-22 11:36 am @ Marie's 86° F

I am sitting out here on the patio soaking up the heat with the laptop.

I keep forgetting the laptop will run up to 12 hours on its battery. It says so on the sticker!

I have been trying to do things on my iPhone when I could have been using the laptop.

There has been nothing new been happening with me. Yesterday I helped Marie a little eager the living room. I went over the E W Training to help Michelle.

I still long to be home and be able to drive.

I am getting soft and need to start doing things.

Things that are much easier with my tools. I need to make a vest to carry this

LVAD controller and batteries. I have the first one I made at Marie's, but I need to make another one. I need one that closes in the front. I can make that much easier at home.

I want to work on my model railroad a little.

Even sitting on these chairs using the laptop is not easy. I want to go home!

If I could drive. I could go to Starbucks when I like. 😊

Do not take this wrong. I am doing fine under Marie's care. I am just getting home sick!

24-Jun-22 6:42 pm @EWT 88° F

I am out at EWT helping, well watching Michelle paint. I need to change the outlets and switches when she is finished. Most likely Monday or Tuesday.

I need to start doing things. My body is starting to rust! 😊

It is nice to start doing things again.

27-Jun-22 11:43 am @Marie's 70° F

This month is running down. I got some time here so I thought I might enter a few thoughts before it is finished.

Seems like I have been here forever, but it has only been 3 months. I went into the hospital on March 28th. I have been at Marie's since April 25th. That is two months here.

As much as I know better, I should be out walking around. I am capable of walking!

Seems all I want to do is sit and watch TV or checkout Facebook.

I have a visiting nurse that comes weekly and draws blood. I am ok.

I want to go home and start driving again. Once I can do that, I can start getting in shape to walk the Camino. I need to get started because it will take until May to get back into shape. Yes, I am still planning to walk the Camino again!

Marty's Random Thoughts

I also miss my daily trips to Starbucks. I have only been there 2-3 times since March. I miss going to EW Training every morning too. 😞

I have a lot of other things I have missed out of since I have been here. Things like gardening and model railroad come to mind.

I was always doing something. Right now, I cannot think of what I use to do.

Oh well, it will come to me.

For now, I will finish off this issue and start the next one.

29-Jun-22 10:50 pm @Marie'S 73° F

Virtual Camino

I just updated my virtual Camino steps and as near as I can figure I have only 0.7 miles to go. I started tracking my walking on March 18, 2021. I have been something like one year and fifteen weeks.

Tomorrow I should finish that.

I will let you know if I made it in the next issue.

Marty's Random Thoughts

The Backer Page

MY BOOKS



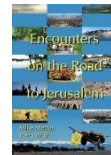
← **MY CAMINO DE SANTIAGO ADVENTURE**
WALKING THE WALK, CAMINO DE SANTIAGO 2012 →
2ND EDITIONS
(2021 MAY BE MY NEXT CAMINO TRIP)



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



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



FoodShed.coop

1471 owners 29-Jun-22

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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This Issue is Being Randomly Published on Wednesday, June 29, 2022 11:21:00

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