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9-Jul-22 10:28 am @Marie's 72° F

Feelings

Here it is the 9th of July and I have not entered anything into my newsletter. What's up with that?

I was sitting out on the patio checking out Facebook and was thinking how bored I was getting. I thoughts; "I wish I was home where I could do my thing."

Well, it is getting to me not being able to go anywhere without a driver. No Starbucks, Dairy Queen, or EW Training impulsively.

I could be working on my railroad or making a grilled cheese. I could watch TV or be reading a book.

I am feeling a little sorry for myself. I don't need that feeling. STOP THAT Marty!

I have a lot of plans in my head for the garden and the landscaping at my house too! And there is that CNC router sitting in the garage collecting dust.

Well, next week I will be going to the hospital in Chicago and then I should be released to go home.

I will still have to have someone on call, but I cannot see that happening. It could but I am in rather decent shape.

I want to go home!

Book

I started to author another book. This one will be about me walking the Camino again.

I was thinking about how I am longing to walk it again and all the challenges I need to deal with before going and then while walking. Then I thought, there is a story there.

Now since I am thinking about it, I need to go and write some more.

11-Jul-22 9:29 am @ Marie's 72° F

Clean up

Yesterday I spent most of the afternoon at home alone. I was clearing up space for a new cabinet to help organize some of my stuff.

I have a lot of sewing stuff all over the place as well as model railroad things that could be arranged in this new cabinet.

Marie is remodeling a little and is replacing a multi-drawer unit that would help me a lot. Since she does not have room for it anywhere, I will take it.

I still cannot lift that much so Cork and Marie will deliver it tomorrow.

I spent yesterday making room for the cabinet. I moved a lot of boxes getting tired after every 3 or so. I rested and went back at it until around 4:00 pm.

I called Marie to come and get me when she had time as I am not driving yet.

We are going shopping in a while to restock my cupboards. Before I went to the hospital in March, I cleared my house of food. I need to restock my cupboards.

Since I have some time before we go shopping, I will write in my next book a while.

16-Jul-22 10:0r @Marie's 67° F

Walking the Camino

My plans to walk the Camino seem to be going better but not as well as I would like. I have been going to EW Training and walking on the treadmill. I have walked an hour the last two times.

I am walking slow at 1.1 to 1.3 MPH. and I walk 30 minutes the 20 then 10 minutes. I am not getting too tired.

I tried walking around the gym, but I push myself too much and get tired too easy. On the treadmill I have a fixed pace. It is working out well for now.

I used to walk 3 MPH with the backpack. That was 10 years ago. Well, I would slow down after a long day carrying 20 pounds on my back.

Next week I might get to go home and stay overnight. I need to get back to doing my stuff. This will help me build my strength where I can start walking a little easier.

Back Home

I spent some time at home alone yesterday. Well not long. Maybe an hour then another hour when I was alone.

I was doing a little clean up and not working too hard. Maybe next week I will stay overnight alone.

I must work on my book now.

23-Jul-22 11:14 @Home 77° F

At Home

Yes, I am at home! Since last week I have stayed over night at my house. Some time during the day I would get dropped of and the next day I would head back to Marie's

I have been away from home for almost four months now and have forgot how I lived here.

I am sure it will come back to me. It will just take a little time.

I had a routine before, but I was driving. I need to go back into the hospital in Chicago again next week for them to check out my heart. If all is fine, I should start driving again.

After four months will I remember how? I guess I could just back down the driveway and then back to where I park and see how I do. There are no broad trees for me the hit.

😊 I need to prepare a little before I go into the street where there are cars and people for me to run over.

Camino

I have been reading this issue of La Concha newsletter. This is the newsletter that the American Pilgrims publish.

This issue is about re-Igniting the Spark. I sent them an article and they published it. It is in the Summer 2022 issue.

I am still thinking about walking the Camino in May. Does anyone want to go along?

I have an open schedule. April and May the snows have gone and it is nice weather. Another suitable time is September & October. Most of the sweltering summer

days have past, and winter has not set in yet.

Late November brings snow and cold until mid-March. I could dress for the winter but would not have to carry all that extra gear to keep warm. And a place to stay would be harder to find too! That is why I like May.

I am not sure I would walk the whole 500+ miles this time. I would like to, but I don't know how my body would handle it.

We will see!

Virtual Camino

Last year I started the Virtual Camino on 19-Mar-22. They say it is 568 Miles. It took me 480 days averaging 1.22 miles-per-day. Yes, there were a couple of months when I was not walking. Looks like March and April. About 60 days. So, 420 days at 1.35 Miles per day. It was the best I could do at the time!

I got auto switched to The Wonderland Trail it is only 141 miles. I am 17 miles into it.

I am still thinking of walking the Camino in the Spring.

25-Jul-22 2:16 pm @Home 75° F

Happy Monday!

Marie dropped me off at my house this morning. I ate breakfast then decided to walk up to Starbucks.

I didn't know how I would do so I got my walking stick out of the car and headed out. It is about ¼ of a mile. All went well. I only stopped a few times for a truly short rest.

When I got to Starbucks, Mike was sitting there. He asked how far I walked and where I lived. Mike did not remember me.

I told him who I was and where we had met. Then he asked me all the questions about my LVAD. You know I asked him if he was going to walk across Spain with me.

He said he knew some one who had did the walk.

Then Jim came up and we talked for a while. He said he had a friend the had a heart pump for 20 years. He said he was doing fine.

We talked for a while then he left so I went inside to get my coffee.

I called Steve to see if he had time to visit. He said the grass would wait and he drove up to Starbucks.

We talked until we had finished our drinks. Then he gave me a ride home.

I ate lunch and watched an episode of Star Trek. Now I am here typing.

I will spend the night then head out to EW Training in the morning to walk on the treadmill for a while. Maybe I will do a little body work and weightlifting. I did say a little, didn't I?

Oh well I must go and do something.

Near the End

Today it the 25th so it is near the end of the month. In case I don't get time later I wanted to let you know what it might feel like on Camino. I have placed the "Final Reflection" page at the end of this newsletter. Enjoy it and join me in the spring to do it all over again.

This was in the Summer 2022 issue from The American Pilgrim on the Camino, *La Concha*.

Oh, this is the issue where I got something published too. 😊

Christmas is 5 Months Away



Looks like it might be a record year. The record is 347,578 in 2019. Then in 2020 only 59,590 finished. 2020 was the year the world got sick!

I figure on average that if 997.14 pilgrims register in Santiago per day for the rest of the year, will give us 363,957.

Lorenzo Peregrino on Facebook has been posting these numbers for the last couple of years. Thanks Lorenzo!

8-Aug-22 12:43 pm @Home 75° F

So, it got into August, and I forgot about my newsletter!

Home Again

I am at home now and hope to be so for quite some time. I cam home on August 1st and it feels great!

I am not driving yet. I have another test before they let me do that. I feel I can drive and would like to, but they (the doctors) told me to wait.

I have been getting into the groove and forgot all about this newsletter.

It has been slow to adjust to being alone again. That may be because I can get into the car and just go any time I want. I need to plan all my trips. This is some thing new for me. I want to drive again!

Well, I need to finish this newsletter and get it off to you.

Follow up

- Still not Driving!
- Located at home now
- Still thinking about the Camino
- Trying to get back to my routine.

FINAL REFLECTION

Rekindle that Old Camino Feeling at Home

*by David Drury
Medford, OR*

A jolly piece of urban folklore that was circulating unsigned during the depths of COVID-19 in 2020. Whoever the original author was, thank you!

While we wait to walk the Camino once again, here are some tips to rekindle that old Camino feeling right here at home.

- Sleep in your sleeping sheet in a different room of the house every night, covered with a blanket that the dog uses. Use the worst pillow you have, or better yet, a fleece stuffed with old clothes.
- In the winter leave the window open; in the summer leave it closed.
- Shower in lukewarm water. With one hand holding the shower door shut and the other on the tap, wash your hair. Dry yourself inside the shower cubicle, avoiding the drip and not tripping over your flip-flops. Use 1/3 of a towel.
- Wash your clothes by hand in the sink using the same sliver of soap that you showered with.
- Sit outside of your front door for a few hours waiting for someone to show up and unlock it.
- Wear the same two shirts, pants, and underwear for six weeks.
- Ask someone to shine a flashlight in your eyes while you are sleeping.
- Have your family wake you up at 5 a.m. by rustling plastic bags by your ears.
- Walk to the store and buy one bread roll, one slice of chorizo, one slice of cheese, and one banana.
- Ask for that food by pointing and using sign language.
- Strike up conversations with complete strangers and pretend that you have known them your whole life. Ask if they prefer shoes or boots, and enquire about the health of their hips, knees, and feet. Try to remember where in Canada they are from.
- Carry one water bottle with you at all times and ask strangers to retrieve it for you, as you cannot quite reach it.
- Wear all the clothing that you can, then ask someone to soak you with a garden hose.
- Tap a spoon on a plate to recreate the sound of trekking poles. Continue to do this until your family threatens you with heavy blunt objects.
- Take many pictures of arrow- and shell-like objects.
- Add cow manure to your garden and sit downwind of it for two hours, preferably at lunch time.
- Go to the post office and mail some clothing back to yourself.
- Go to Starbucks and ask the barista to stamp your passport.
- Sit in the sun in such a way that only the left side of your body gets tan.
- Say “Buen Camino” to everyone you pass on the street!

Marty's Random Thoughts

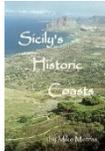
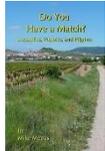
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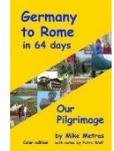
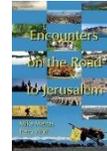
← MY CAMINO DE SANTIAGO ADVENTURE
WALKING THE WALK, CAMINO DE SANTIAGO 2012 →
2ND EDITIONS
(2021 MAY BE MY NEXT CAMINO TRIP)



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can be found on
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FoodShed.coop

1498 owner 10-Aug-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, August 10, 2022 08:06:00

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