



yesterday morning. I used heavier weights than I usually do. I get gung-ho and some time I feel it the next day. In the long run this makes me a little stronger. For a day I'm a little uncomfortable for a day then I am fine.

Well the reading what's in my pocket will wait. I printed it as a booklet and it too small to read. I did this to save paper but I wasted paper and ink because I have to print it again. Oh well!

And Anila will need to eat alone because Stephanie just brought me a piece of coffee cake. Oh if I eat it fast I can still join her and have some more coffee. This coffee cake it g-o-o-d!

## **13-Oct-12 10:22am V**

### **Prep Garage sale**

After helping Michelle at her parent's house this week getting ready for their garage sale, I am sitting here away from all of that. I loved helping out but I think it might me to thinking about a fire sales instead of a garage sale at my place.

There is a lot of work involved getting the stuff together you are willing to part with. There is a whole process to having a garage sale I had not thought about. First you decide you are really going to have the sales and then, when will you have it. Then you have to go through and decide you are not emotionally attached to the things. It is amazing how many things one can just not part with for one reason or another. In my case I have always said; "I may use that in the next twenty years or so." Now I have found things I have not used in 20 years three times. Maybe I should reset my time to NOW!

Ok now you have things to sell. You need to sort it in to like things together for the sale. It is easier during your sales and

for you to prices things seeing what you have. And you also see the blue thing you must keep for yourself and can't part with. How did this get out here with the sales stuff, stuff?

Well so you have been through most of the stuff and now you need to start pricing things. This in itself can be a big issue for you. You may have paid \$10 for something and just can't believe someone would pay \$7.50 for it. After all it is new. Forget that! Price it for \$1.00. If you are lucky you may get fifty cents. It is hard to almost give away your things. Look at it like this; you are asking people to pay money to help you clean house. How else would you get people to pay you to clean house?

I myself resisted buying anything at the garage sales. Well I did have my eyes on a couple of things that I may just not be able go without going back and buy. I have until three o'clock.

So here is the plan. Yes I am thing about a plan. Just thinking! ☺

### **My Garage Sale Plan**

So I have a lot of stuff to filter through, A Lot! If I start going through my garage and de-clutter it, this may give me room for garage sales stuff. Then start working on the house clutter and put that stuff in the garage too. I could work on it between other projects through the winter into the spring. Then in April, the rainiest month of the year, have a garage sale. This is October and 6 months away. Remember some of this stuff I have had for 20 years three times. It may that me six months to break the sixty years of emotional attachments.

So that is my thoughts on my garage sale. If the mean time, if you need anything asks for it. I may have one of

those. I have many, many, many things I am willing to part with. I do!

### **14-Oct-12 6:06am \*\$**

Being it is Sunday I think I'll talk a little about God. Many of you know I'm not a church goer, but I do believe God is here with all of us. Sometimes I wonder what he is thinking when I read the front section of the newspaper. It is full of so much negativity. Then I realize that he is not causing all of that, it is us. We cause all of our own problems and God just sits back and laughs at us. He might be thinking that some days we will get along.

Well I have been reading this book, "11 days in May", and one of the questions was something like this 'What is God's greatest modern creation?' Since time seems to be speeding up it has to be the Internet. It allows us to shrink time to near zero. We can all communicate in no time with everyone else in the world at the same time.

Over the last decade we have been able to talk to each other, do business, send pictures, and just talk to each other right now. Even the telephones work over the internet. For those of you who don't understand you should know this. If you are on the internet your computer is connected to every other computer in the world that is also connected to the internet. A little scary but true!

Even with this people still must try to control us. It is not God! God might be saying something like; "Here is a neat tool that I like. I wonder if they will use it for something good."

A quote from the book; "... The Internet has helped the world to realize that you are all one, not just in form, but also in light..."

And as many thing in this world we all don't need to all be on the Internet.

This concludes my preaching for this Sunday.

### **16-Oct-12 7:31pm \*\$**

Yesterday was a rough day for some of my friends. Julie's daughter, Mary broke her arm again. The way I heard it the last time was just a month ago. Guess she was playing too rough too soon at school yesterday. Get well soon Mary!

Michelle dad, Gary went to the hospital yesterday around the same time. He was having shortness of breath. As with all of us he is in hospital and they are running test. Get well soon Gary!

Wish them well!

Note: Both of them are doing well!

### **Starbucks**

Well, I see a fly on my donut. Oh this is Tuesday. The spinning wheel ladies are here. I wonder if I am in their way. Well I wait and see before I leave. ☺

### **New Friend**

I was about ready to leave here and somehow the Camino came up. I don't talk about the Camino as much as I use to when I first came back from Spain, but if the subject come up...you know. Well Jenny asked me all kinds of question so I bent here ear. She has been thinking about walking the Camino.

### **18-Oct-12 8:37am TC**

This morning I was wearing my new sweet shirt at Starbucks. No one noticed the color matched my eyes. Here is the photo I posted on Facebook.



Check out the back page for the latest offers.

Let them know you saw that name in **Marty's Random Thoughts**.

What you think?

It already has been a busy morning. I have had coffee at Starbucks. I checked out Anila's laptop and found I couldn't help her much. Well it needs more than I can help with. Maybe it just needs a new battery.

Now I am now joining Michelle for breakfast and watching here do office work. Some time doing your paper work in a restaurant is good. You get away from other distractions.

### **19-Oct-12 2:20pm TC**

It had been a rough couple days here. Nothing really wrong just tough.

### **20-Oct-12 5:36am \*\$**

Someone should remover these tables at Starbucks. I just spilled another cup of coffee! I set my cup on the table next to me so I didn't spill. Then I thought I would not want the one I was sitting to wobble so I moved my laptop to the other table. When I flipped this one over to see if it was the table or the leg levelers I bumped the other one and coffee all over table.

As for this table it is wobbling a little. Not because of the feet but most of it is the design of the table. The used wire struts to between the feet and table top and they are too floppy. Oh well I need to live with this until the tables go away. One nice thing is these tables look nice. :-)

### **Book Finished**

I finished that book I was reading, "11 Days in May" I have to give is a rating of 4.5 stars on the MRT scale. I talked about it enough in the past so skip back if you want to know about it.

I have it on my Nook if you want me to share it with you let me know. This book is strange. This book will not work on the iPad

or iPhone. It has weird thing in it. It will work on the PC/Laptop I don't know about the Androids. Anyway ask its mine to share.

### **Next Book**

I grabbed the next book to read off my pile and this one is a hard cover book. This will help to make me stronger caring it around. "Doing Work You Love, discovering your purpose and realizing your dreams" by Cheryl Gilman, (c) 1997, ISBN: 978-0-7607-2822-2. The title kind of tell why I must have bought this one. I have not started reading it yet because I have been typing, leveling tables, and cleaning up spelt coffee.

### **No Place to Sit**

Anila just posted on Facebook that she is there with 26 other people. Either that place is packed or she just wants all of us to stay away. I am amazed the 26 people got up at six in the morning for breakfast on a Saturday. I think I will go to Vaughan's for my breakfast today. That's too crowded for me!

Anila does know that when you post you are with people they are with you, doesn't she?

Will I think I will get another cup of coffee here and the head off to Vaughan's and see if Mary is back to work. She has been off for near a month babysitting her husband, Marty, after an open heart operation. I here they released him so Mary should be back. Last week Heather said she went to Michigan to see her mother so Marty must be ok and on his own. ..Oh that coffee...

### **MRT 23-Oct-12 6:48am \*\$**

I started reading this new book and in the first chapter I have received some insight. I try to do things I am not skilled at or just don't like doing. I think many of us

are doing jobs we do like. What if you only did what you enjoyed? I think we would be happier. I like talking and I think most people enjoy me making jokes of what is happening in the world. I had a friend tell me that I was one of the most authorities on useless information. Well I know I look at the world in a very literal way. I keep telling people that they should say what the mean and not what they think someone thinks will think they are saying.

I mess up the meaning because that is my logical way of thinking. When I return a logical return on a statement or question I get a smile and I enjoy being the joker of the crowds. In a past life I must have been a court jester.

There are things I do not enjoy therefore I resist them. House cleaning, de-cluttering, spelling, and well I could go on and on.

There are things I am good at. I am peasant, persistent, loyal, analytical, and good at patting myself on the back. I like help people help their selves. I can work with my hands and can work alone and with others.

Wow, this sounds like a job interview or a hand in marriage proposal. I think I will leave this subject and go back to other random thoughts. :-)

## Sup

So what up with you? Yesterday my friends thought something was wrong with me. I was not talking much. As most of you who hang out with me know I talk a little more than most people. Yesterday when I woke is when it all started. I think I might have screwed my head to tight and didn't have a screw loose like normal. By early afternoon I think the screws had shaken them self loose and I started to get back to my normal loose screw self. Did you miss me yesterday morning?

I may be back to normal this morning. We'll see what happen when I get around my friends at breakfast.

## 25-Oct-12 6:38am \*\$

I have had my iPad & iPhone for a while now and already I am becoming addicted to both of them. Depending how you look at this it can be a good and bad thing. I almost never leave either of them at home. I am always finding new ways to use them.

Just this morning I was reading my book and found a paragraph I want to send to someone. Retyping it is really not the best way to go. Taking a picture is also not the way. Then I remembered I have my iDevices with me.

I thought it would be nice if there was an optical charter reader (OCR). This is where you scan a page and it translates it to text you can edit. I use one of these at home with my scanner. Well there is an App for that. ☺

I installed one on the iPhone and had it running in five minutes. It was free and very easy to use. You just take a picture of the page and email it to yourself and then they convert it to text and send back to you. On my first try I found it was 99% correct. There was a breakfast crumb on some of the text and messed up that 1%. ☹

After finding this so easy, I thought if the iPad had this app would be nicer because having a nice word processor on it and a keyboard I would be set until I dream up some other things to add to my iToys.

The one on the iPhone is not made to work on the iPad. I am looking for one that is this easy to use. Wait maybe it will work anyway? Maybe I should just try it.... I'll be back.

## Internet went South

Well it needed to leave Starbucks because the internet went s-o s-l-o-w the new scan to text software would not load. And I used all of this month's bandwidth with AT&T. I guess I need to buy a little more bandwidth or go to Town & Country as I did. It is where I am now. Well here comes my breakfast.... bye!

## 27-Oct-12 6:40am \*\$

I don't think I told about Mike's new blog. It is named "Steps." I won't go into the details but I will give you the link so you can check it out.

<http://steps.walkingwithawareness.com>

While checking it out this morning I clicked on the RSS thing so I would be notified when there is something new posted. I haven't done this on my iPad before and wasn't sure how it was handled. I the PC it can go to your browser or to you email. It's different on the iPad. It seems it is a Podcast. I have never used Podcasts before so now that it is setup I hope someone post something new so I can see what happens next.

So go to "Steps",  
<http://steps.walkingwithawareness.com/>  
and read one of Mike's post and leave a comment if you so desire so I know what happens next. Maybe you could comment on the content of Mike's post and not just so I can check out my iPad. Enjoy Mike's thoughts.

## In Pain

Wednesday I did the 8-Point Challenge at EW Training. The last time I did this was in February and my score was 850. This time I was tired and ate too much breakfast just before the challenge. I was shooting for just 851.

I got off to a very slow start and was just dragging. I was just struggling and didn't thing I would increase my score by eave that one point.

There were only three of us at the 6:30 class Wednesday. I thought I would be lucky if I place third. I was not competing with the other. I was competing with myself but it is nice not to be last.

Well at the end of the Challenge Michelle added up the points for each part and WOW! My score was 1544. I told her;" "You had to add wrong as there is no way I could have done that much better that the last time." She said;" The total was correct!" then he told me I had the high score of the three of us and I won a "T" shirt.

Minor problem it I am still a little sore from pushing myself so hard. This is not a bad pain just the kind that tells me there are some muscles that were sleeping and didn't want to wake up for this challenge.

After working out just three days a week for just an hour I have gone a long way. I can only imagine where I could go it I started working at it.

Thanks Michelle and the rest of the gang at EW Training! <http://ewtnow.com>

## 5 and Half Years

It has been 5-1/2 years since I retired. I feel great!

## 28-Oct-12 9:10am \*\$

Yes it nine o'clock and I am at Starbucks! I slept until 7:30 this morning! I am up at five most days. I must have needed more sleep today.

I found a new App for my iPhone the other day and I tried it this morning. It lets me take a picture of some words in a book or whatever and convert it to text I can edit with the computer. Here is an example

of what I scanned in the book I am reading.

**Try This:**  
Switch your negative thinking to positive. Say to yourself:  
"Life is perfect just the way it is. Everything that happens to me is happening for a reason. I'm doing exactly what I'm supposed to be doing right now. I'm just too close to it to understand the end result."  
Take one step at a time. With every step you increase your own security.  
Source: Doing Work you Love

Well I play enough with this morning, I need some breakfast. Just coffee isn't cutting it today.

**30-Oct-12 7:10am \*\$**

So tomorrow is the day. I am sure all you hollow weensy will be out here in full dress uniform. I think I might see what I can come up to scare you. I might!

I will have to remember to take pictures and add them to tomorrow posting in my newsletter.

**Feedback in the INBOX**

I have received and email from Heather today. She commented about clutter. I thought might like to read it.  
I was thinking about you today...well actually about your clutter. Do you think there is something different in the brains of people that dive right in & get it done, compared to those of us that...umm...are forced to buy books about getting rid of clutter & how to get organized? I think there must be! Sometimes is doesn't even occur to me to jump in & get some things done - things that take no time at all, but my mind just doesn't consider the fact that it will only take a second to just jump in and do it - instead I think of all the things leading up and completing the task & figure it's far too much to accomplish right at that minute...maybe we're more naturally more quantitative? What do you think?  
Source: Email from Heather

Thanks Heather. I do think my head might be screwed on different than many others. Sometime I even think it might be a little cross threaded.

MARTY

**31-Oct12 954am 31°**

**HAPPY HALLOWEEN!**



Is there a twin in my life?

Thanks for putting up with me Michelle.

**3-Nov-12 10:44am 37°**

Cold weather has set in and my body doesn't like it. It is warm here sitting in front of the computer getting this issue ready for you. It is time to get some warmer clothing out. I didn't used to get cold. I wonder what happened. Oh well, I'll deal with it.

**Happy November!**



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## Starbucks Woodstock Square



129 Van Buren Street Unit B  
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## Vaughan's Family Restaurant



790 South Eastwood Drive  
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Phone: (815) 338-3391

See Mary & Heather on Saturday morning

<http://vaughansfamilyrestaurant.com>

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## Pilgrimage Creations

Mike Metras and Petra Wolf

[mikem@worksandwords.com](mailto:mikem@worksandwords.com)

<http://www.walkingwithawareness.com>

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Check out the back page for the latest offers.

Let them know you saw that name in Marty's Random Thoughts.