

Issue 121 January 2014

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28-Dec-13 8:03am *\$

I just remembered that it issue # 120. Have I been doing this for that long? It may be time for me to move on to another pass time. No, I don't mean stop writing Marty's Random Thoughts. I mean it has been long time since I have been in a rut. I think it is time for a V-8.

For those of you do not remember that was a commercial from way back. It went something like this. 'In a rut? Climb out of your rut and have a V-8'

I have things to be done and 2014 maybe the year to do them. It could also be a year of travel, which means if I am traveling, I cannot get some many things done. Hmmm, I can work on the things I need to get finished at any time if I could talk myself in to working on them. I could just put an hour a day to work on things to get them to the point, I can say it is out of my life.

I have many, many started projects. I think I need to either work on then to try to finish them or decide to end them and get them out of my life. Another way of saying it is to start de-cluttering my life. As I have said in the past most of the clutter in my house and my life are projects I have started and not completed. I know that my life is a project and never

completed. I like working on that project and plan to keep working of it for the next 90 years or so. The little projects never seem to get my attention. Maybe, just maybe I could give them an hour a day of my attention next year.

Let see that would be about 365 hours to work on started and incomplete projects. I had about 65 hours a week I thought I reclaimed when I retired 7-1/2 year ago. That is over 3,300 hours a year. A 40-hour week is 2,000 hours a year. Therefore, if I decided to work 10 hours a week on trying to bring projects to completion or to end them might be a do able thing.

Like a New Year's resolution, which I do not like to do, maybe I could!

A plan of attack!

Yes, I have to attack this. It is not going to happen unless I attack it.

Let see if I take those 300 hours and start in one room, I could work one hour a day. I would be finished before Halloween 2014. That would be the over view.

Now some of the details

Am I telling this to you or just trying to convince myself to get started. I guess it does not matter.

Therefore, what is the first step? I guess I need a spot to start. I need to clear

off a table so I have a workspace. Wait I was thinking I have a 1,200 square foot house. I forgot I have an 11,000 cubic feet house in addition, the basement. I am starting to scare myself! :-{

Well if I clear a table I can start piling stuff on it I need to remove from my house. By remove, I mean put it into other boxes.

The other boxes would be four, save or view later, its home, give away or sell, and trash. Yes, I think it could be that simple.

The "Save/View" box would be stuff you just cannot part with.

The "It's Home" box would be things that are in it wrong placing like electrical stuff that is found in the plumbing box, etc.

The "Give Away/Sell" box is for things that somebody else might want.

The "Trash" box is really a big trash can for the things that no longer have value. This could also be two containers one for the landfill and one for recyclable stuff. Thought it could be just one.

Maybe I could go have breakfast then home to get started. [see Update 1]

29-Dec-13 6:48am *\$

There is only three days left in this month. So, they talk at the other table about all the snow forecasted for next week. I looked yesterday and it looked like 1 to 3" forecasted for seven out of the next 10 days. Let it snow! I cannot stop it so just let it snow!

De-Cluttering

Yesterday I started looking for the top of the ironing board. I removed almost all the stuff piled on it. Most of it was put away or trashed. There is still some stuff on it. Today I might get it cleared folded up and put away. The next thing is the table behind it. I also removed some of the stuff from it. I will see how things go today. [see Update 1]

30-Dec-13 10:59are EWT

There are only two days left until I need to remember to write "14" instead of "13". Tomorrow night I will be up all night practicing writing "2014", "14" instead of going out, driving between bars, and dodging the unstable automobile operators. Dad spent a lot of time in the bars but he said the New Years Eve for the amateurs. I never much liked spending my time with amateurs drinking. So about twenty years back I decided to just learning to write the New Year so, I do not write the wrong year too many times. So remember that in three days it is 2014 for about 365 days.

24-Day Challenge

Starting January 6th, 2014

5-Jan-

7-Jan-14 10:49am Home

Yes Home! I am a little cold for now. However, I think I feel an urge to go for a drink.

Yesterday I noticed the furnace was acting up. After messing with it for a while, I called Tom and it seems that the problem was the COLD air outside. The intake for the burner is outside. As soon as it started sucking in that cold air, it would hit the warm moist air in the pipe and it would create snow in the pipe. Really, it snows in the pipes. After 10 minutes or so, it drifts in the pipe and blocks the airflow and the sensor shuts down the burned until it melts. Then it would run for a while. I had checked the pipe outside and it looked clear. I must have checked it after it had melted.

After talking to Tom, he told me I could pull the bypass plug so it could suck inside air until it warmed up. I sat in the basement for a half hour after opening the bypass and all was well. Thanks Tom!

This morning my car would not start. It seemed to have enough battery to turn it over but not enough spark to burn the gas to make it run. I jumped it and it started right up. I think that is the first time in eleven years this failed to start because of the cold. In addition, it is only the fourth time it failed to start for any reason. I may keep it for a few more years. [see Update 2]

18-Jan-14 7:07am *\$

So where have I been? I see I have not posted anything in a while. Maybe I have been frozen. This month has been one of those up and down winters so far. Even the next few days. Today it's 10° then tomorrow up above freezing than right back to cold again. It makes me think about moving to Arizona, South America, or maybe Capron.

Is Capron still there? I have not been in quite a while.

South America may be too far from my Starbucks trips. Now Arizona has a Starbucks. I have been there. Maybe I could hop in the Camper and see if I could get there without something falling off onto the road. :-)

I need to go out to EWT and talk to Danielle before she leaves today. I think she may be able to help me solve a problem with some software issue.

19-Jan-14 6:48am Home

I woke up early this morning and thought I could get out and move that snow out of the drive and walk ways before I head to Starbucks for my morning tea. Well, I heard the wind chimes just banging away, looked out, and saw it was very dark and windy. Then I looked at the thermometer and it said it was C-O-L-D, 10°. For me that say have some hot chocolate and wait. Cold, wind, and dark want me to stay in where it is warm, dry, and no wind.

Now it is getting lighter, the temperature is way up to 14 °, and I am heating that water for the hot cocoa to pre warm me before going out in the wind to move that snow. Maybe it will be up to freezing before I get out there.

Ok while that cools a little I should tell you it is no sugar added hot cocoa mix I am drinking and not hot chocolate. I am on the AdvoCare 24-Day Challenge trying to lose some more weight. Moving snow today will be my exercise this morning.

I went through the 24-Day Challenge in October, lost 13 pounds, and kept 11 of it off. After the first of the year I thought I should do it again and see if I could lose some more and keep it off. Last time I lost most of the weight I the first 10 days. I am on day-14 and have logged a 4-pound loss so far. Today I am thinking it is the cold weather that is keeping me inside. When I am inside, I sit around a lot. I have been going to EWT 4 days a week but it may not be enough. [see Update 4]

Oh, I see it is day light I think I best bundle up and go out and play in the snow. I know if I wait for you to come over and do it for me I will not get the exercise.

Let us see...sweater, scarf, hat, jacket, coat, gloves, and yes, I drank my hot cocoa. Let us do this!

27-Jan-14 6:51am *\$

I have not been up here for a while. For that matter, I have not been much of anywhere. It has been just too cold to go anywhere. Even Michelle closed EWT a few time this month. And I heard the schools are close today and tomorrow.

I have been learning to use my new camera. It will be a nice to use once I learn the Ins & Outs of it. I bought a GoPro Hero3+. It will do almost anything I ever wanted to do with a camera. The learning curve is steep for me. Unlike most of the other camera I have used in the past, this one you need to make most the setting

yourself. There are almost no automatic settings to rely on. A lot of the work you do with this is camera you do after you take the shots.

The nice thing is I am learning how to do something new. The GoPro will take high-speed and time-lapse movies. It will also take action pictures and snapshots. It is small enough you could wear it or even tie it to a balloon and send it up to take some pictures high up in the air. In addition, even dive in the water and take some under water pictures.

I bought a quad copter to take Ariel pictures but I am sending it back. I cannot make it work. I do not mean flying it. It does not work. I need to learn how to use the camera and then I can get the helicopter later. I will box it up and send it back after I go home.

Since EW Training will be closed today, I think I will go out there and install all that trim I have cut and am waiting for me to install. That is unless something else comes up. [see Update 3]

End
Marty

Updates

1: De-Cluttering is not happening as fast as I would like. This is due to no motivations and nothing else. The ironing board is cleared and put away and the table behind it has a good start. The problem is that these flat surfaces tend to suck things back onto them.

Maybe I need a can of repellent spray.
☺

2: The furnace seems to work fine with using inside air. When it warmed backup I closed the by-pass and it kept running. I have the by-pass opened again and will leave it open until the cold weather leaves us. The way things look that may be August. ☺

3: I am still learning how to make the new camera do what I want it to do. It is not like my other cameras. The battery on this camera goes dead very quickly, less than 2 hours. I guess you trade being too fancy things for something else. My phone last 2 days and my other camera last about two weeks on a charge. When you are learning you don't like to leave it site and charge all the time. You could forget what you have learned. Anyway I have ordered a spare battery.

4: The 24-Challenge just finished and I need to get measured up so I don't have anything to report just yet. I feel it will be a good report so read next months issue.

The sun shined all day yesterday so I am guessing the Groundhog saw his shadow so there will be six more weeks...

MARTY

The MRT Backer Page



Marty Metras

Marty has always been a doer of things. For the last 50 years has lived within a mile of the same place. When he retired in 2007

decided it was time to travel and see the world. His brother was living in Germany and he and his wife were planning to move back to the USA in a few months. Since Marty had only been out of the United States once in the 1960s on a trip around Lake Michigan it would be a new adventure.

Marty's brother Mike and his wife Petra told him he could walk across Spain while in Europe. Never being in a different country and not really being able to speak other languages there was a lot of fear. So he tried to learn a little German and Spanish. Then he committed to 5 days walking in Spain after Mike said he would walk with him for the first week. Even after Petra & Mike said it would take 10 to 12 days walking on the Camino to decide if you are going the whole 790 kilometers.

After a few days visit with Mike & Petra, Marty and Mike headed off to Spain and started walking the Camino de Santiago from Roncesvalles. This trip was Marty's first book, My Camino de Santiago Adventure. Many things did not work out the best so Marty gave up and came home.

Then in 2012 Marty decided that he needed to finish something in his life. He booked a plane ride to France and walked down to the train station from home and headed to the airport. On the walk to the train he decided he would not turn back unless someone was injured. In the next 7 weeks he did not have a bad day.

This book is all about Marty Walking the Walk in the spring of 2012

**WALKING THE WALK
CAMINO DE SANTIAGO 2012
BY MARTY METRAS
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Marty's book is available in two media, paperback and eBook. Paper books are available online from Lulu.com, Amazon.com, and from him personally.

You can download the eBook vision for Nook and Kindle from BarnesAndNoble.com and Amazon.com.



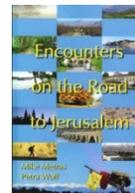
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