

Issue 122 Feb-Mar 2014

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28-Jan-14 8:50am CL

This morning my car, that never fails to start, failed. I am in Crystal Lake getting that checked out. In the 11+ years it has only failed to start 3 times. This month it failed 3 or 4 times so I am guessing it is just the battery. It will be the second battery that I have replaced, if that is the problem.

In the mean time, I wait. I am having a cup of the coffee here in the waiting room. I don't know if I should call it coffee but that is what they called it.

31-Jan-14 9:47am Home

I have just completed the 24-Day Challenge and I must say it has helped me lose weight and inches. I will not bore you with then numbers just yet. I need to do an official weigh in before I start bragging.

Many of you may not know what this 24-Day Challenge is for sure. Well I could stumble through the process of telling you and miss many of the important parts.

There is a nice video telling all about it.

<http://24daychallengemovie.com>.

Then contact Michelle at E.W. Training with your questions.

Contact her at (815) 308-5021 or info@EWTrainingWoodstock.com.

I say contact Michelle because she is my source for this entire AdvoCare product.

I can say, "**This works!**"

2-Feb-14 9:23am Home

The sun is shining! Is this great or what? I know that Groundhog must have seen his shadow, but the sun shines!

About 2 years ago when I was getting ready for my trip to Spain I also thought about driving to the 48 states in one trip. I am thinking this again.

Now that most of the stuff is fixed on the camper I know about what it might cost for the trip. With the A/C, Muffler, Battery, Alternator, Tires, and whatever else I fixed on that trip last year I must be about ready for another field trip. Oh, I have to fix the furnace maybe even replace it. But what the hay!

If I do this I need to have an idea what to pack. This might be easy. I can just pack the stuff I did when I went to Spain two year ago. Maybe add a couple pots for cooking. I don't need any more than I



needed when I had when I walked those 550 miles. I will add a printer, laptop, and the tool box full of tools. With a little more space than the backpack I can carry a little more stuff. I don't want to get carried away.

The hardest part of this trip will be to leave all of my friends for a couple months. Yes, I will ask a few of you to go along. So if you are interested let me know. I don't know when this will happen but if I find a friend to travel with I can work around time constraints. My time is adjustable.

Today I am thinking 48 states in 48 days. This is I go alone. I would drive about 250 miles a day. I know gas prices are down now but that can change.

The last time I was thinking this gas prices were near \$4.00 a gallon and I had that big motor home which only got about eight mile to the gallon. My Chevy gets about 16 on the road.

The next hardest thing will be to get ready. If I am going to be gone for a couple of months like when I walked the Camino I need to pile up some money and shut down as many services I won't be using at home. That in its self can be a pain. What can you just put on hold and what do you leave on. I think I may have notes on what I did 2 years ago. It should be about the same as last time. Did I learn anything the last time that I can do different. Maybe!

Now let see if I can find the route I made last time....

Wait, I haven't published January's MRT yet.

8-Feb-14 9:08am *\$

I didn't feel like making my oatmeal this morning and I came up here to have theirs. So they gave me brown sugar so I used it. I forgot how sweet that is. Then they gave me two tea bags in my mint tea.

That was minty! Maybe today is going to be an overdo it day.

I have been working on converting a video I made with that new Camera I told you I bought last month. After spending hours working to have a 20 second clip I am wondering if I will be doing much of this. It may be the software I am using. Sometimes free means you paid no money for it but you need to spend lots of time learning or processing. In the case of the software that came with the camera it is very slow in the converting. The editing is slow because I am learning. After I found 20 seconds to convert it took an hour to make so I could view the finished video. No you may not ever see it.

The next thing I did was to looks for another video editor. This one is easier to use but is still slow converting it in to a viewable movie.

I tried 3 or 5 free video editors on my laptop and the Linux PC and found noting very smooth running. I do not think all the issues are the software. Some of the issues may because the software is designed around newer computers. My computers are getting outdated and I need to think about upgrading.

My PCs still work well enough for what I normally use them. It is just that some the newer software likes newer hardware.

Maybe I should check what is out there in the way of PCs and laptops. Even my iPad is starting to show its age. Maybe I should get a job to pay for my computer addiction. :-)

9-Feb-14 5:19am Home

It is only about 7° outside and I don't feel like going out there. There is that snow I have to move, a Yoga class at 7:00, and I think I need to go to Starbucks. Hmm...What to do!

I made some oatmeal that may warm me some. There is that video I am editing.

Well, that makes me cold because it is so s-l-o-w! Talking to you is warming me. If I let the snow in the driveway sit, it will let me stay warm a while longer. I could wait and go to the Yoga class first. Hopefully Sally has the heat turned up. Then I would be warmed up and moving the snow would be warmer because the sun would be upon it. Yes, the Weather Guys say the sun will shine today starting around eight o'clock. No thanks to the groundhog.

Thinking about the groundhog, I think I might have him for dinner. No, I don't mean invite him to dinner. I mean have him for dinner. Wait, he is only doing his job. I should not wish bad things on him. I should just lock him in a dark room for that one day a year. I could get him a T-V, a nice bed, and maybe a nice fire in the fireplace to keep him warm. I could cater a dinner for him and invite Santa Clause, the Easter Bunny, the Tooth Fairy, and Jack Frost to the party. Maybe then he would forget about going outside to see if the sun shines.

I wonder if that would work. I have almost a year to set it up. Anyone what to help?

I have an hour to get ready for the Yoga class. I have to change clothes. Sometimes they give me a hard time when I am wearing my street clothes. They think I am not comfortable. I am uncomfortable because they think I am uncomfortable. I am just fine until I think about it.

There is 7% more of my video to convert. I have to wait for that so I can change clothes while I wait.

Yoga Class

I am home from the Yoga class and it was good. I need to go there more often. It loosens me up and I feel good for hours. It is only the second time I have been to. The Sunrise Yoga class is Sunday morning at

7:00am at EW Training. If you are interested give a call at 815-308-5021.

24-Day Challenge

After finishing my second challenge I have lost a little more weight. I was thinking back at what I did last time that I did not do this time. Last time I drank a lot of water. This is recommended. They say that your weight and divide it in half and you should drink that many ounces of water in a day. In my case that would be a little more than 3 quarts. 13 cups that is. I was no way near that this time.

So I am going to fill a gallon jug full of water and measure how much I really drink in a day. Other than tea nothing else counts as water. It must be water. Not coffee, milk, orange juice, or anything I add water to. It is just water. I think I will go fill the water jug now. And you should know I am really using a glass water jug not a plastic one. ☺ Those glass jugs I use to make wine work great.

Snowbow

I'm ready to go move that snow now. I looked out the window and I see snow falling but the sun shines. Will I see a snow bow? I see rain bows when the sun shines while raining. Is there a thing called a snow bow?

Thanks to the internet I found out snow-bows are rare but here is a picture.



Neat! Search "snow-bow" on Google for more images.

Well I best go move that snow.

14-Feb-14 11:21am *\$ ***Happy Valentine's Day!***

19-Feb-14 8:52am Home

My soup is too hot so I thought I would write a little. Scary weather this morning! It was 30° at six o'clock this morning. According to my records other than yesterday it hasn't been above 30° since the 20th of last month.

Why is that soup so hot! Yes I am eating homemade soup for breakfast. I made it and was putting it a way for the rest of the week when I thought; "Let's have a cup for breakfast."

So in January there were only a couple of days above freezing. It was much better in December. About half were above freezing. Any way tomorrow "They" say 45° and rain... Fear not they call for snow on Friday!

Now back to my soup.

22-Feb-14 5:46am *\$

So I finally got up on a Saturday morning to get to Starbucks. Erin keeps asking where I am. Now I am here and she isn't. Wait...Michelle just came in...Got to go!

...

Ok Erin, are you coming here this morning? Oh well I'll see you at EWT in a while.

Road trip

I am still thinking about the road trip to all 48 states. I have been telling everybody that Delaware goes from the Ocean to Canada. I got the wrong state. It

is New Hampshire. Maybe I should re-learn the state and there locations. In any case the state the blocks Maine from the rest of the country needs to be driven across twice along with New York that blocks off the rest of them. I may be able to redirect my route through Canada. I just have to remember to take my Passport with me. I wonder if Canada has roads. ☺

6-Mar-14 12:49pm Hospital

No nothing is wrong it is just a blood test for the blood thinner I have been taking for years. I just remembered I had not entered any random thoughts lately. Got to go now, the other guy just walked out. My turn!

9-Mar-14 5:55am *\$

I haven't been up here in a while. I haven't written in my newsletter for a while either. This morning I woke up early and those time gods messed with the time too. With the time change and waking up early I am really up two hour sooner than normal for me.

A year ago yesterday is when Cork and I started off to California to meet up with Mike. It ended up being quit an adventure. I remember replacing things from the gas cap to the tail pipe. It was an interesting trip. ☺

Cork and I were talking about it. It seemed to be years ago not just one. I think we just wanted to forget parts of it so our minds just let it slip into the past. Other than the break downs it was a fun trip.

I wonder how many people will show up to the Yoga class this morning. I hope they know that the seven o'clock class is at this time zone and not the next seven o'clock time zone. Wait is this standard

time of day light saving time? I cannot remember which is which. I think we need to use the time that the sun uses or go on one time all across the country like Europe.

Walter is here I need to visit then go to Yoga class.

Tokens

Wow! I just got a call from New Jersey. Barbara Johnson called me. You may ask; "Who is she?" I didn't know either. It come to be she found one of the "Doer of Things" tokens I had made in 1979 showed up in some things they were going through after her mother died. She said her husband's dad was none other than Kenny Johnson. I was thinking maybe Kenny Johnson I used to know from Woodstock. But they said he had never been in Woodstock. Well they meant it was a different Johnson. Barbara said he had always been in New Jersey. So it is a mystery how they got one of my Doer of Things Tokens.



11-Mar-14 8:12am *\$

Oh it's March! When did that happen? I see I never published the February issue. I guess there won't be one.

Isn't it funny how sometimes one thing gets pushed aside for another? This is the

case for my newsletter. What have I been up to anyway? Hmmmm....

I have been cooking my own food more than before. It used to be I would rip the top off a can or box and eat the pre-paired foods. Now I am buying more fresh food and cooking it myself. Yes I am! Hence I tried cutting a tomato the other day with a dull knife and found it still cuts fingers. It isn't that bad but the Band-Aid is on my typing finger. ☺

Data Conversion

I am also working on a data conversion. Well it is not so much a conversion as it is going from a paper based system to a computer based system. I have been working on this for over a year. Things are coming together. We are live and I am now entering the history data back to the beginning of the year. Like any change over there are always a few loose ends to take care of.

All in all this is going really good. I am thinking by All Fools Day I can be fully live. And yes I picked All Fools Day because you never get finished unless you are one of those fools. Even the best plans have room for improvements. I just made a couple yesterday. Though minor I still had to undo some of what I had done to make it easier later.

I have said for many years; "I spend hours to get out of ten minutes work. But you will never have to do the ten minutes work again!"

The other thing I keep telling people it that computes are tools. It may take a little time to learn how to do something but it must save you time and/or money. If not then use a paper and pencil. I use a paper and pencil for many things and I am a computer guy!

This morning I am taking a break for a while. My laptop just updated itself and it scared me a little. When I powered it up it

told me to wait while it finished updating 39,509 files. That is a little scare even for me. It was an operating system update and those scare me even if it only updates one file in the operating system. It seemed to do ok so I thought I would take a break before I went on my conversion.

15-Mar-14 9:32am Home

So my Kitchen light died. It had 40 watt fluorescent bulbs. The bulbs were black on the end. That is a sure sign it is time to replace them. The other thing the ballast looked leaky. It was time to rethink this lighting. I looked at the new LED bulbs. They are a little expensive but they save a lot of energy. So I decided to bite the bullet and just do it. I save a little because the LED bulbs don't use ballast. It was very easy to rewire the fixture. The only tool I needed was a screwdriver and wire cutter to remove the old ballast. Wow, I can see in the kitchen again. I forgot how dim fluorescent tubes get after the age.

If I leave this light on one hour a day I'll save about three dollars a year. Since I forget to turn this light off all the time, I will save a lot more than that.

I thought about changing this thing before. I decided I would wait until it failed. The price of the LED bulbs has come down a lot over the last few years. It made sense to do it now.

I wonder what else I can change to save me some energy. It has to save money and energy. Almost all my lights are compact fluorescent except for in the ice box and the closet ceiling. Those two have been there for 10 years and can wait until they blow out.

16-Mar-14 8:47am *\$

So I didn't win the lottery, but I had one number. The grand prize is \$400,000,000.00! I like typing these long

numbers. I know next week that will be the balance in my investment account.

I see the Power-ball is \$80,000,000 next week too. I will start by winning it and working up to 400 million.

Conversion

Yesterday we processed the first live transaction through that software and all went well. Even the transaction that failed was due to external issues and nothing we did. It makes me feel good that it all went well. On the first of the month will be the second batch and the end of the first full month cycle. After that test we can start working on the backup incase...Well you know me Backup, Backup, Backup!

Thinking about backup, my laptop is about to fail. The video display is displaying weird things for time to time. It is shutting down itself way too often. "Too Often! Once it too often!" The memory card keep telling me I just pushed it in but it has been there for a week. Let's see what other reason I can think of. I want built in Bluetooth and a number keypad and a white keyboard. White keys with black letters are easier to see. Yes they show the dirt easier but you can work in the dark easier. The light from the screen is enough to find those little letters. Oh my laptop is red. That is not good. It is like having a sign on it saying "I am over here! Come and get me." I am not worried some might steal it but why advertise it is sitting there. I would rather have a green one, Emerald green. After all tomorrow is St. Patrick's Day. I may not be Irish but I like that color. My iPad has a green cover and I think the iPhone is greenish too.

You know I am talking myself into going shopping for a new laptop.

21-Mar-14 6:48am *\$

Spring started yesterday and now the weather will start warming. Yesterday I also had a spring popped in my back. That is why I am here at Starbucks and not exercising this morning. I tried lifting a heavier weight and lifted it wrong. It is still sore this morning so I am in recovery mode. The best thing I can do now is take it easy and apply a little heat. The body will heal itself if you give it some rest and the time to mend itself. The problem is most of us having things to do and cannot just do nothing. I on the other hand have been good at sitting around and doing nothing for years. I should be back near normal by Monday.

In the mean time I have to take it easier for a while.

22-Mar-15 7:09am TC

Since I have been nursing a sore back the last couple days, I thought I would come out and see Anila at Town & Country for breakfast instead of working out this morning. Well, I did need to catch up on the gossip, didn't I? Well it seems that she had a lot less to tell me than I would have thought. Either I remember wrong or there was nothing going on that needed to be repeated.

I did find out that her sister is still out of town. The best guess is that she is in Florida. The rest of what I heard it just rumor and not confirmed or repeatable.

You know me I love listening to rumors and gossip but I try my best not to repeat it until I get more of the facts. Or at least when it sounds more real.

So I had a nice visit with Anila and it is time to leave. She is getting busy with customers and I am getting it the way.

I decided to come up to Starbucks and I found they rearranged all the furniture.

They put the big table in the back again. This is good place for it. I am not sure on the rest of the changes yet.

23-Mar-14 6:25am Home

I just talked to Mike and Petra in India. Yes they are still in India. We had a nice talk.

The calling card credits had run out so I thought I would use Skype. I haven't used Skype for over a year and had to update it. Then since I was calling a phone number I had to buy \$4.95 worth of credits. I had no idea how long I could talk to India for five dollars. After we talked for 15 minutes Mike called me to see if his new phone worked. Well I talked to those guys for 24¢. I would have thought it would have cost a bunch. So using Skype to India was about a buck an hour?

It was about 6:00am here and 5:30pm in India.

Ok! It is time for me to go to my Yoga class. Bye!

28-Mar-14 7:21am TC

Well I teed off at ATT. On the 26th I decided that thing had have changed enough in 6 months it was time to try upgrading to U-Verse again. Well after being on the phone until wee hours of the night, some eight hours...well let say it is not resolved yet. I need to call them back when I get home. Maybe it is time to switch ISPs and phone companies.

Catching Punches

So yesterday was good, in the morning! Michelle was working out while I was working on some computer. I saw her put on some boxing gloves so I thought I might be in trouble. Not the case! Even though I tried to snick by her without her seeing

me, she just smiled and asked if I wanted to catch punches.

I have been avoiding the boxing classes because I feared getting punched or I would hurt someone if I missed the catching mitts. Well I gave in and Michelle used me for a punching bag, so to speak. I had no idea what I had been missing! Michelle told me where she was going to swing and all I had to do was put my hand in the way to stop the punch. No wait; I was wearing those padded mitts used to catch punches. What my job was to put force against the punches Michelle was throwing to make more resistance. I wasn't catching her punches just slowing them down. But really I just think she wanted to beat on me.

Thanks Michelle for pounding me in to the ground. I needed that! ☺

30-Mar-14 5:52am *\$

Tomorrow is the end of the month so I think it may be time to end this issue.

Now that I have my email working on new internet service I can send this home and read it to see how many typos I can fix before you see it.

So Walter said he would be back in 5 minutes. He had to drive from here at Starbucks to Heartland pick up Roy and bring him back here in five minutes. I asked him if he was going to turn on the lights and sirens. He said;"It only takes 5 minutes to get there and back.

Well it took him 17 minutes. Hmm...

I got to go to Yoga class now, bye!

6-Apr-14 5:54am *\$

Well here is next month and I have a little room left on this page to fill before I publish this issue. Wait, I see there are 9 pages. That there will be least one blank

page if you print this on both sides of your paper.

I think I will just leave it and go do something else.

Bye!

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
ISBN# 978-1-304-42330-6**



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.



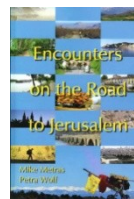
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