

Issue # 131

TABLE OF CONTENT

Doomsday.....	1	In the Past	4
Happy Easter.....	2	Garden.....	4
Camino.....	2	Last Frost Date	5
Sinus	2	Marengo, IL (McHenry county):.....	5
Sinus	2	Information.....	5
Garden	2	Museum.....	5
Garden	3	Garden.....	6
Garden	3	Exercising.....	6
Starbucks	3		
Summer Children's Program	3		

4-Apr-15 6:53am @home

Friday morning I had my sinus surgery. All went well. No pain after words. This surprised me because many told me it would be very painful. I had some bleeding because I was on blood thinned so long. Right now I get a drop or two now and then, I am still stuffed but air is passing through my nose a little. But it has not been 48 hours yet.

It was funny, in the hospital I think they told me they were going to put something in my IV and they opened the contents. The next thing I knew it was about two later and the surgery was over. Other than being groggy I was fine.

I want to thank Cork and Marie for their help Friday. Also Aunt Annie and Michelle for checking up on me. Thanks!

I have been staying home to rest up. I may try Starbucks in the morning. We'll see what the morning brings.

Doomsday

When is the world going to end next? I want to be ready. I still plan on living 85 more years. It is really 30953 days. At 2000 calories a day and 8 glasses of water I need to start preparing. I hadn't thought about how much food I would need until just now.

I eat between 1,500 and 3,500 calories a day. That means at 2,000 calories I need to have 62 million more calories starting tomorrow. A #10 can of wheat has about 8,800 calories. That means I only need about 7050 cans, 1,126,000 servings, or 38,700 pounds of wheat. Does Sam's Club or Costco sell 50 pound bags? I will need about 775 bags. I need wheat not flour. Wheat stores better.

I'm getting tired just thinking about stacking all that. I think I might think about something else! ☺

Oh, that is a quarter of a million gallons of water!

5-Apr-15 8:21am @*\$**Happy Easter**

All seems to going well this morning. There is only a little discomfort from my surgery on Friday. That would be why I am at Starbucks drinking tea. It is getting crowded and noisy so I thinking I will be leaving soon.

7-Apr-15 10:29am @EWT**Camino**

Michelle is watching a video and I am looking on Facebook at American Pilgrims on the Camino's (APOC) postings. I am thinking very strongly about walking the Camino again. It is April 2015 meaning in two years I will be about 70 and it may be time to go for the walk.

Maybe this time I will have some more hi-tech stuff. Meaning lighter and better. Like the six-million dollar guy it will be better stronger and in my case lighter. The last time I think I had 26 pounds. They say you should only have ten-percent of your body weight. Guess I need to eat more or find lighter gear.

I next need to look through my gear list and see what I never used. Much of it can stay home. I need to look in my book and see what I took before. No, I don't remember what I took with me. And I don't really remember if it is my book either. I will have to check.

I think I should set a small spot about the size of a Banker Box and just fill it with I need. No more than that. Well, I'll try!

Sinus

I have an appointment at 1:30 to see how I am healing up. I think I am moving right along. I am sure the Doctor will tell me his thoughts. I should know more about it later.

8-Apr-15 6:41am @*\$**Sinus**

Yesterday I went to the doctor and he said that all is going fine. I need to just flush it out and don't exercise for a week. So I plan on going to Yoga Sunday to see how it goes.

He didn't say I should not lift anything heavy

...

Someone was just talking to me about Knaack and people who worked there when I did. I have no idea who she was. Guess the next time I should ask! Hmmm...

Anyway I can now left heavy things. Not car but maybe a bicycle. ☺

Who was that Lady? She got a black ice tea and Diana and Peggy don't know. ☹ Oh Well! You know that is going to bug me for a long time. I think I will read my book and try to not think on it.

9-Apr-15:42am @*\$

Here it is Thursday and it rained. It that because it was thirsty? ☺ Sorry!

Garden

So I have been reading my book about gardening and it may be time to get started. I plan on a garden this year. I almost started one the last few years but got busy or maybe lazy. No matter I had the attentions to have a garden. Maybe this year it the year.

I plan on using the ideas from this book "All New Square Foot Gardening" by Mel Bartholomew. I had the first edition from 25 years ago and had a few gardens. This book it telling me how easier it will be now.

I have not started planting so you have time to tell me what I might grow. I have some seed and will plant them. I don't plan to make it one of those 50 foot row gardens. I will just be just a small garden. If I make it too large I will get discourage and walk away. I have done that before.

I have some herbs, Wheat, Quinoa, Tomatoes, and some old seed to check out. Maybe I will plant some flowers too. We'll see when I get ready to plant. It is still a little cool out there.

12-Apr-15 3:36pm @*\$

I decided to stop working on my garden and came up here for a coffee. Big mistake. The coffee taste like coffee. I forgot what coffee taste like. ☹ Oh well I'll finish it because I had to pay for it. ☺

Garden

I paced the two 4'x4' garden boxes where they will get some sun. I need to mix up the soil and install the grid then I can start planting. I kind of know what I am going to plant but am not 100% for sure yet.

I will console my book to see what I might want to grow. We'll see.

18-Apr-15 9:54am @*\$

Garden

Yesterday I planted my garden and watered it the first time. This morning I still do not anything growing ☺

I think I counted 44 squares. Many of the seed were dated 1998 meaning they are 17 years old. There is one package that was 1994 making very old. You may think I may be nuts planting such old seed. The thing is that seed will last a very long time if stored properly. I logged all of what I planted and if it fails I will just replant it with newer seed. Since in most cases they put 100 to 1000 seeds in the packets and I only need 16 for carrots and 1 for cabbage. And a package of good seed cost over \$2.00. I can try the old seed first.

I inventoried my seed packets and I have 126 different kinds and maybe 150 packets. There may be 100 different things and 75 completely different seeds. Yes I have a lot of seed!

The radishes will be the first thing that pops the heads out of the ground. In about a week and then in 30 days I will be eating them. Then I will replace them with something else. That if they germinate ☺

Starbucks

I came up here and the place is packed and has been ever since. They are selling a lot of drinks.

When I first came here there were a lot of people sitting around talking. This is not the case now. Now they are collecting their drinks and then leaving. It is a very nice day outside and they must want to enjoy it before it snows. I'M JOKING! There is no signs of snow for the next 10 days!

Summer Children's Program

Yes this is an ad. EW Training will have a summer program for the kids this year, right here in Woodstock. Here is the information about it.

Summer Kids Program Summer Programs for Kids at E.W. Training

Once again this summer we will offer our Athlete Program. The program will be for boys and girls ages 13-17. The athletes will work on endurance and strength training. We will also include mobility drills to promote athleticism and injury prevention. The dates for the EWT Athlete Program are broken into two sessions the first session starts June 1st-26th every Mon, Wed and Fri. from 11am to 12pm. The price for the first session is \$180. The second session will start July 6th-31st. Every Mon, Wed and Friday for \$180 for the second session. We need a minimum of 3 students for the program to get started and will only be taking a maximum of 20 as we want to be able to work with each student individually and have the time to do so



This year we will also have a children's program for boys and girls ages 9-12. We will play some fun activity based games. They will also be taught some basic skills using body weight and kettlebells. Teaching them these skills at an early age will ingrain proper movement or muscle memory and will carry them into adulthood. There will also be discussions about nutrition and making good choices. Our Children's Program will start June 9th-July 30th every Tuesday and Thursday from 11am to 12:30pm. The week of June 29th - July 4th there will not be any classes for the kids. The price for the summer program for 9-12 years of age is \$210. We need a minimum of 8 kids to get started and a maximum of 20

To get signed up you can call the EWT office 815-308-5021 or Email at info@EWTrainingWoodstock.com Payment is required to reserve your spot. Checks, cash or CC are accepted.

E. W. Training
11820A Catalpa Lane
Woodstock, IL 60098

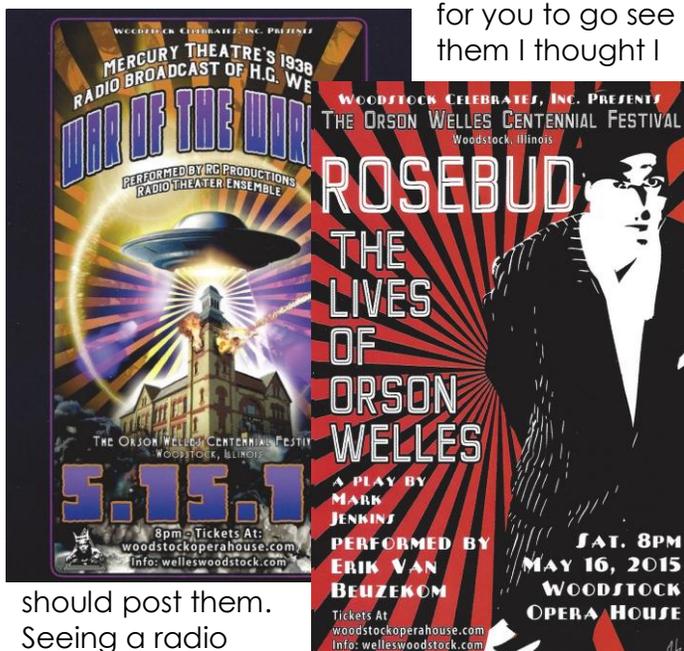
We are really looking forward to having a lot of fun and keeping your children active through the summer!

This starts in June so I thought you may like to know about it. Most times I publish my newsletter after the event so you never hear about them from me. This time I can let you know before it happens.

19-Apr-15 2:08pm @home

I was out transplanting the Rhubarb into my new garden and decided it was break time. I remembered that Grieg had given me these two Orson Wells Flyers. Since there will be time

for you to go see them I thought I



should post them. Seeing a radio show may be a neat thing to do.

22-Apr-15 9:01am @Home

Did I see snow on the garage roof when I woke up this morning? Maybe I did because it is only 34° right now. Brrr!

In the Past

What were you doing 40 years ago? I found this thing I made for Mom for Christmas in 1974. It has pictures of Mom & Dad and each of the Metras Seven. With the picture is an item that relates to something they were doing in 1974. I have this hanging on my wall and tried to take a picture but am not having any luck. It has a glass front that is glued in place and all the picture have a reflective glare. Making it imposible to get a good view. So I will try to describe it.

- There is a picture of Mike, the oldest, along with an airplane. Mike was learning to fly back then.
- Marie's picture has a school bus with it. She was driving for Special ED. Marie is the second oldest.
- Daddy's picture is of him sleeping in the chair. He has a pull-top ring from a beer can. It is funny because those can off the can back then. I am sure it wasn't from a pop can!
- Mom has a spool of thread. Mon went crazy sewing all things of crafts and clothes. Maybe that is where I got it.
- Then there is me, Marty, I was the strange one. There was a wind up robot with me. I always has something maniacal going on.
- Cork came next. In his pictures his front teeth are missing and there is a Schultz's Family Store name tag. Cork was a store manage until they went out of business.
- Jake's picture has a "Bicycles Don't Pollute" button in it. For years Jake rode his bicycle after he lost his license.
- Marcia has her thumb in here mouth. She has a switch that most likely came Oaks where she worked back then.
- And then last there is a picture of Edie. She was cute 40 years ago. There is a McNeil's Western Style Fried Chicken sign in her compartment. How many of you people from Woodstock remember McNeil's?

I wonder if I get my robot out and wind it, it will still walk? Hmmm.

24-Apr-15 6:41am @Home

Garden

I was up thinking about my garden this morning. It has been a week now and I saw nothing has popped it head out of the ground. I planted things one Apr 17th and a week should be good for the radishes any way. I'll check again this morning when I go out. Maybe I desire thing to grow much faster.

I remember in the past it was April 10th when you can start planting because of the last frost date. Then I remembered on the farm Daddy never had the corn planted until May 30th. I always thought that because he was lazy because many of the farmer had there corn planted mid to later April. Daddy always said he did not like to plant twice. Seed corn is very expensive. And corn grows better in hot weather. So maybe I should have waited.

So I looked the chart in the back of the "All New Square Food Gardening" to check book telling about germination times and temperatures. Did you know that lettuce will that 49 days to germinate when the ground is 32°? On the other hand when the temperature is 59° it only take 4-days. The ground temperature when I planted my garden was

around 58°. But we had frost the first week. Hmm!

Last Frost Date

This morning I decided to look the last frost date for Woodstock to see what the internet had to say. Come to find out that Woodstock does not have that information but 10 mile southwest in Marengo they do. The best chart I found I will show you. I may be getting in too big of a hurry planting!

Marengo, IL (McHenry county):

Temperature	10%	20%	30%	40%	50%	60%	70%	80%	90%
Spring 32°	May 21	May 15	May 11	May 8	May 4	May 1	Apr 27	Apr 23	Apr 17
Spring 28°	May 6	May 1	Apr 27	Apr 24	Apr 21	Apr 18	Apr 15	Apr 11	Apr 6
Spring 24°	Apr 21	Apr 17	Apr 14	Apr 12	Apr 10	Apr 7	Apr 5	Apr 2	Mar 29
Fall 32°	Sep 23	Sep 27	Sep 29	Oct 2	Oct 4	Oct 6	Oct 8	Oct 11	Oct 14
Fall 28°	Sep 26	Oct 3	Oct 7	Oct 11	Oct 14	Oct 18	Oct 22	Oct 26	Oct 31
Fall 24°	Oct 13	Oct 18	Oct 22	Oct 25	Oct 29	Oct 31	Nov 3	Nov 7	Nov 12

Source: <http://davesgarden.com/guides/freeze-frost-dates/index.php?q=60098&submit=Go>

These are percent of chances that it could hit these temperatures. Meaning that May 21st would be the best date to miss Jack Frost. Funny the Farmers Almanac say Sedona AZ last frost is April 18th. So I planted too early for Sedona too.

Maybe I should look at the weather data from my weather station and see what days was the last date is was 32°. I should be able to dig up data back to 2004.

For now I wait and see what needs to be replanted. But first I go to breakfast with Marie and Cork.

Information

I had two breakfast meeting this morning. One canceled so there will be no overlap. That is not something I would do. One was 7:30 and the other was 8:00 in the same restaurant. I forgot the first on and accepted the second. I guess we could all sit together I thing we all know each other. Marco called and said that

Greg was not feeling well so the first one breakfast cancelled. Now there is one. Sorry Greg & Marco I said "Yes" to Cork & Marie. I just forgot.

I built a fence around one of my garden boxes yesterday. I have chicken wire over until the plants get too tall. The one I put the rhubarb in I could not cover to start with and the squirrels dug up the ground already. Hay guys there are no Black Walnut in there anymore. And I don't want them in there anymore! Breakfast time!

26-Apr-15 10:26am @*S

Museum

I was looking to see if Woodstock had a museum and we no longer have any. There used to have the Dick Tracy Museum but it closed a while back. Nearby is the Rail Road museum in Union and the Volo Auto museum. After that I decided to stop looking and saw a car for sale through the Volo Auto museum in Volo.

Yes, I am still looking. Here is what I found:



For Sale for only \$39,995.00 through the Volo Auto Museum

When I looked at this I could just see myself driving it around Woodstock. For a few weeks until I decided, WHY DID I BUY THIS! I think I will pass and keep my Honda a little longer. ☺

They have a lot of neat old vehicles for sales. They even have a Jeep with a big gun mounted on it. Oh there had a few old tanker trucks I could use for watering my garden. ☺

Maybe Woodstock needs a museum. Would they come?

Garden

This morning I see none of my seed have stuck there heads out into the sun. Yesterday I planted 72 plants in starter pots. These are just in case I really planted the others outside too soon and never germinate.

Today I think I will start working on the Chicken wire cages to slow down the squirrels down a little. Or maybe I will sit around and do nothing. It looks like it will be a nice sunny day.

It is time for me to seize the day!

27-Apr-15 6:00am @home

Exercising

I know it is six o'clock and I should be heading to EWT for my work-out, but I am taking this morning off. I slept too much and don't feel like it. I think tomorrow or later this afternoon or evening would be a better time today. What about you? I never see any of you out there working-out. Yes that is a shot.

How many of you are doing any kind of exercise? I know Kim & Bill, but what about the rest of you?

I feel so much better since I started exercising after the Metras Reunion on Dad's 100th Birthday. Wow, that was back in 2011. It will be four year in September.

I have backed off a little this year because of medical issues but most of them are behind me now. Now that I am starting backup I need

to take it easy. My mind is telling me to just tear up the gym floor but my body is saying I am nuts and it won't help. Yes, you need to start slow and work back to swinging those 24kg weights. I was swinging

24kg weights. 24kg is about 53 pounds. Right now I am only swinging 12kg (26Lbs).



It is amazing how quick you get soft. I know if I start pushing myself I will be so sore I will take a week of recovering. If I start easy I will be back in shape in no time. It has happened before. Once is a while I play macho man when the room is full of the ladies and I pay for it the next few days. There is no need to do that. The ladies look a whole lot better when you are not sore. ☺



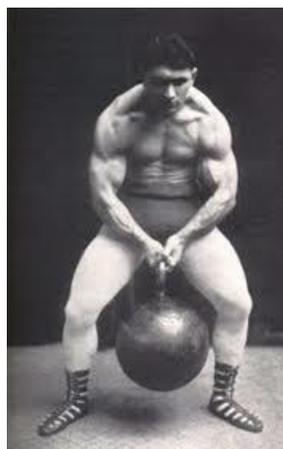
I think I will stay away from the kettlebells for a week and only do body and core work-outs for a week then add in the kettlebells.

In any case I can work on the garden watching things grow. That is if those seeds ever decide to go to the light.

April 28th @*\$ 8:46am

Today I am cutting this newsletter off. Sun Shines and I have a lot to do. Wait, That never stopped me before. ☺

Things to do, Places to be, People to see! Busy, Busy, Bust! Well for now! ☺



What my mind thinks I can do!



What my body knows I can do!

Bye,
Marty



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 German. Mike and his wife were planning to move back to the USA in a few months. Since he 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. He then 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.

Functional Strength Training Center

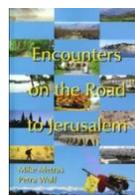
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Mike has written the second edition to
"Encounters on the Road to Jerusalem"