

Issue # 139

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7-Dec-15 6:32pm @home

I know I was thinking about not having a December issue. So!

Feedback form # 138

Hi Marty,

Thanks for November 2015 MRT. I am sure I will have some thoughts on thoughts so I will start this before I begin reading and then I will not have to take notes. I can just switch over to this. So:

- Goal lists? Yes, I have had many—mostly on paper or in Word files where I could periodically re-sort based on priority that may have changed. It was a table with the first column the priority number. That let me fine tune easily---but then I had to actually do the things....*
- The weather. I have yet to miss snow living where it isn't. Same for sub-zero temperatures. And the same for leaves in the desert—which by the way does have some trees under which it is actually cool in the middle of the day. As for rain, it only comes in the rainy season here too—but it has been huge this year (over 70 inches)—but then it doesn't rain the rest of the year.*
- What is a Hoody? You were wearing one....*
- Oh! Christmas letter. Ours is done except for a picture on 12/12 12 years later and some proofing.*
- Thanks for all the not so random thoughts.*

Have a good flight. Sounds like you will be done in the dead of winter when the air is cold and dense.

Peace and Joy,

Mike

We're in India. Check out our blog at

India.WalkingWithAwareness.com.

PilgrimageCreations.com

WorksAndWords.com

Christmas letter

I have yet to start on it. Cant today it is a bad day Dec. 7th 1941 happened today.

8-Dec-15 10:10am @Home

After working on my model for a while I remembered I was going to go exercise early this morning. Then I had ideas for my Christmas letter so I am working on that. My workout will wait another hour or so.

10-Dec-15 6:58am @home

This morning I tried to get to the 6:15 class at EWT. Even though the alarm clock was set of five I slept to 5:30 with it buzzing all the time.

Buzz! Buzz! Buzz! And more buzzing. How many times did that buzz? Well I finally got up. I could have used another fifteen minutes. It was cutting it too close.

Anyway I was there on time but nobody else showed up this morning so I just had a short session. I need to eat breakfast and get ready for my blood test at nine.

New Word Today

"**Wassailing**" is something I don't think I have ever done before. Have you I thought about it a lot of times. I don't remember anybody asking me if I wanted to go wassailing with them. And It is not something I might want to start doing alone.

Oh I see there is a drink that goes along with wassailing. Wassail is a beverage of hot mulled cider, traditionally drunk as an integral part of wassailing.

13-Dev-15 11:10am @*\$

Well that is another birthday out of the way. I turned twenty-three again. This is the third time. Next year I will be 35 again. It will be the second time for 35. Anyway I had a good birthday and am pushing 70. Only 85 more to go!

I have been busy the last few days. I have been working on the wings for my model. Yesterday I was sanding the wing. I had forgotten how time consuming sanding balsa wood can be. It is not like pine. Pine you can almost use a grinder it is so hard. Balsa on the other hand is so soft you must be very gentle or you make a quick mess of it. I don'y have any filled yet so I need to be really careful.

I now have the nose and tip of the first wing shaped. No it is not near ready yet. I think I might that the other wing outside to sand it. Yes, I have been sanding in the bedroom. I keep the vacuum running most of the time while sanding. It is not the easiest way. The wind would better outside if it does not rain. It is 60° out there. They say rain but the sky tells me other.

I have been outside cutting up brush to burn. It is nice out there. I also put the roof back on the greenhouse that the wind removed a while back. I had to fix the

reinforcing I used years ago. That was cheap rope and is came apart. I know have wire. It should last much, much longer.

While cutting up the brush the phone rang. Michelle said the latch/Lock on the training center was broken. So I went there to check it out. The last time this happened I did not have my tools with me so I just patched it. I lasted 2-3 months! This with tools in hand I over hauled it. This time I completely disassembled it and made sure the whole thing was clean and working. Mostly what had happened was the set screws came loose. The little screw drive I did not have the last time. I should be good for another two years now. Then it may need a new latch and lock assembly. Wow, I'll ne 71 then! ☺

I need to finish my tea and go home and do some sanding on my wing.

Oh, if you did not get my Christmas letter just wait a few day and you can read it online where the newsletters live. I only mailed a few this year. Most people have computers and it is much easier and cheaper for me to just post them. I mailed some to the people like Aunt Annie who doesn't have computers.

I forgot my mouse and this touch pad sucks on this laptop. Therefore, I am done typing here for now!

[check for rev3]

20-Dec-15 11:01am \$*\$

What happened I entered something in this newsletter yesterday but it is not in this version? I thought I saved it as **rev3**. Maybe it is sitting on my computer at home yet. I don't think I lost it as I started a new ver2-a. That way I have this that I type.

I see Tim is going to stay home up north and not go to Florida. It must be warm in Iron Mountain like here. It has been very warm this winter. I'll take it.

Road Trip

I plan to go to Arizona after the first of the month. I know I have been talking about going somewhere for a long time. Well I will be starting prepping after Christmas and then just leave. I have no plans for this trip other than I am heading to Sedona Arizona and sit on top

of them mountain for a while. So consider this your notice.

Since I have gone to Spain and spent six months prepping I know I have over prepped. I will put some food, water and a change of clothes and I am out of here. Well I will stop the mail and lock the house.

I need to give Michelle her mailbox key. If I forget that I will just mail it back to her except it will be locked in her box. ☺

I plan to basically just go and be back when I get here!

There are enough Starbucks on the road for me to write notes. And there are enough grocery stores to get food and yes, gas stations too. Yes, I am out of here!

My shirts and model plane can wait until I return. Wait, maybe I could take them along for those long nights when I can't sleep. No! I don't think so. Road trip!

For Today

When I get home today I need to go to the garage and do some rough sanding on my airplane. It is too messy doing it in the bedroom. ☹ I also see the greenhouse cover came lose and is flopping in the wind. It needs investigating. It looks like a pin came free that holds the whole thing together. It is warmer today and I see these things I need to fix.

Well here it is but what is this date?

16-dec-15 4:15pm @Home

Happy 1st Anniversary Michelle and Grant!

FoodShed.com

Who are we?

FOODshed CO-OP. **YOUR** community-owned GROCERY STORE

We are a group of dedicated volunteers who are working to open a full service, community-owned grocery store in McHenry County, IL. Food Shed Co-op is owned by our members (owners) and will be open to the public. Our store will offer more **LOCAL**, more **ORGANIC** and **HEALTHY, NATURAL FOODS**. We are dedicated to supporting local farmers and producers. Our products will be

fairly priced and both our vendors and our staff will be fairly paid. Food Shed Co-op will contribute to a strong local economy and a more resilient community.

We don't have our store yet, but we are building the community support necessary to open our doors soon! Help us take back our food system by voting with your purchasing power, supporting local food and helping to provide healthier food choices to our community.

<http://FoodShed.coop/ownership>

21-Dec-15 7:38am @*\$

Well I found the missing files so I added it just above.

Winter or not

Is today the first day of winter? It rains! Shouldn't it be raining? It is winter, is it not? Oh, winter starts at 10:48pm. That is why it rains. I guess maybe tomorrow it will be wintery. Or maybe not this year. We could skip winter and jump right into spring.

I am going to be a long night tonight. Let's see, 9 hours and 7 minutes of daylight. That leaves 14 hours 53 minutes of tonight, right? That shorten the day quite a lot. 81% of the moon for about 3 hours will be lit so maybe it won't be so bad. The Christmas lights are lit up too. That will help too.

Model Airplane

I am at the point where I can start balancing my plane. Quite a while ago I checked it and found it was on off 10 grams at the wing tip. Now that I have it near ready to cover the wing parts I checked and the ailerons are where the weight difference is located. The right one is 20% heavier than the left one. That is about ½ an ounce. I looked them over to see if I could see the cause. The little difference in looks is not the cause. A half ounce of balsa woods it a lot of wood. The heavier one it a little longer but not 20%. It was late so I made no changes last night. Today I am thinking it might be the glue. Glue may be heavy. I need to check this out before I start adding a lot of glue. It is almost imposable to remove glue without starting over. If I start

making changes to the ailerons by adding weight, I could cause a big change to the flying. So I will start by looking it over before I start making too many changes.

The wing without the ailerons is much closer to being in balance. The 10 grams is near the center of the wing. It will much easier to balance that. 10 grams is 1/3 ounce. I forgot which wing. 1/2 ounce is 14 grams. Maybe one wing and the other aileron. Don't know from here. I think my weight was on the right side. That would make the left wing heavier. That means I would need to work on both sides.

Maybe when I get home I'll figure that out. If I start making changes from here I might make the wrong changes when I get home. After I get the wings covered I will need to do some fine tuning to the balance. I only need to be close now. 20% is not close!

When I bought the model kit in 2001 I bought an engine and the radio for it too. I checked the servos (controllers) are not heavy duty for the large scale airplane. I received the new radio the other day and have been checking it out. For now, I can say, "Wow!" Controls have changed it 15 years. I can make each servo do whatever I want. You can control the whole thing. Once installed you can make the adjustments electronically with the transmitter. You still need to install it right but after that it is computer controlled.

I need to slow down and make sure I assemble the aircraft first. I will learn to fly after it is assembled. Hurriedness makes waste!

22-Dec-15 noon+12 @*\$

Interesting Drive

I pulled on to Main Street and almost got run over by a big truck. He did not stop at the STOP sign on Washington Street. I was ready for him. Most people they to run me over at that spot. There is more...

It is noon so the parking spots are hard to find. I decided to go around the square 3 times. I only had to go around once! When I pasted Main Street there was a car on the right lane with their left turn signal flashing. I was on the left and say a car backing out. The care in front of me was on the left too with their right

blinker flashing. I smiled and saw a car on the right backing out of spot there too.

So we have a car the right turning left and another on the left to turn right. Interesting. I just smiled and waited to see what would happen. Sure enough. Both cars got out of the parking spots about the same time. They were across from each other. The cars I was waiting for could have turned right and took the spot even though they had their left turn signal on and the same with the car on the left could have parked on the left. That is not what happened. The car on the right turned left in front of the car on the left and then the car on the right parked in the empty spot on the right.

After waiting and laughing I drove to Starbucks and someone backed out of a parking spot and I took it! No, it was on the inside of the square in front of the door. ☺

Why am I here

I came up here because I was charging the batteries on my GoPro. I had all these things I was going to do with this thing that did not happen. Now I have somebody that is interested in it. Once charged I can learn a little about it and then maybe they will take it. That is reason # 1.

Model Plane

I have the balance figured out on my plan and know how I might fix this. But I need to wait for some stuff first. I should have what I need tomorrow or Thursday. I found Tower Hobbies and SIG Mfg. ship stuff out right away and I have it in about 3 days. One is in Iowa and the other one is in Illinois. Buying kind of local is much faster than China. I have waited 30-40 days from China but the price is right. On the other hand, I ordered something from China and it was delivered in about 3 days too!

I had to use epoxy on a part on my plane it takes 1-1/2 hours to dry. It is much stronger and it holds the wing anchor. It needs to be strong. Anyway I can go home now. It should be setup by now.

26-Dec-15 11:49am @*\$

I hope your Christmas went well. I celebrated Christmas ever with Cork's family.

We were surprised when Marcia and Dan walked in the door. They live in Kansas. Marcia had emailed me asking where the family gathering was this year. I didn't think they really wanted to know where to show up. It was good to visit with them. Aunt Annie even came! I had a good time all night.

I went to Aunt Annie's Christmas Day and Marcia and her family show up again. So we did more visiting. It is nice to see family on holidays! Especially the ones that live 800 miles away.

Now I need to get back to normal. That is my kind of normal not your kind of normal. ☺

Airplane Project

I am at the point on my model plane where I need to assemble the wing and leave it installed for a while. Being that the wing is nine feet wide and the plane is five feet long, it is a problem with space.

Yesterday I decided I need more room. I thought about just moving another table along a side of the other one. The problem with that was the two door that got in the way. I started moving into the dining room. This morning I started measuring and found it would block door in there too. Either 2 or 3 would be blocked. I would have to break my work area setup each time I worked on it.

So I went back to the bedroom and started measuring. I use to use a twin bed about 20 years ago. Now that I have another one I will have more room on the east wall if I move the bed under the window. So after a bunch of measuring I started moving things. Right now the bed and the one table is moved. I even cleaned as I went. ☺

So with the table on the east wall and the bed on the North wall I now have room for the other table from the dining room. The wing will block the closet door and the entry and bathroom free to pass. I will just leave my clothes on the bed for the next 6 months. ☺ I guess I will need to figure that out. But I will have room if I move the bed to block the bathroom door. I can use the other door into bathroom. Every room has two doors except for the porch. I only go in there, never out! ☺

I came up here to get away from it for a while. I need to move the other table in there and clear them. Then I will be able to work on the struts. The struts hold the wing lever. I still have a lot of more work before it sees the sky.

Ok it is almost lunch time. I forgot this is really Saturday, isn't it? Oh I need to go shopping for a rasp. Or it is that spelled wrasp? In any case I need a wood file!

27-Dec-15 11:03am @*\$

2015 is near the end and I need to finish up this newsletter. I will tell you it has been a great year even though my battery went dead on my car yesterday. Well I guess I left the...wait I left them on again...Ok they are off now! The buzzer is broken that reminds me. It is also the light does not come on when you open the door. I was going to check the fuse yesterday but it was raining, cold and the wind was blowing. Today it is just cold and windy. I guess I could just leave the lights off. No I need to fix this!

The cars have fuses located in three different places and the book is not clear which fuses runs the door light and the headlight buzzer. I will have to use the trial & error system to find it. You know, just check each one. Oh well it will need to wait until I finish my coffee.

Moving

Yesterday I moved the other table into the bedroom so I could work on my model airplane. What a project that turned into! I thought I could just have slid it through the door and place it where I wanted it. Not the case! I put a 32" door core on the top so I had a flat surface. It would not fit through the 30" door opening. Not a real problem I would just clear the table remove the top

Do you know how much sewing stuff was on that top? I did have the other sewing table cleared so I moved it to the other table. Now I have no room on that table to use it. Once it was cleared I removed the 32" top and thought I could just slide the table in the bedroom. Nope, too wide! Seems a 30" door opening is without the trim and the table is too wide.

Next step it to remove the stand so I can fold down the table. Some of these folding table have 11" extensions on the legs so I can stand up while using them. This one has a stand that is the size of the table. I need to remove it. It is not an easy task because I made it just fit. Anyway I got it off and folded the table name moved both into the bedroom. I tried to reinstall the stand. I could not get the legs in the holes. I could not make it fit. I decide to just make new slip on legs.

So I measured the other table and went to the garage to cut new legs. The legs are only 1-1/2" PVC pipes and I have a lot of that I have salvaged over the years. So I'll looked for some that I could cut 2 pieces' form so there was less scrap. I cut them sanded the rough edges and figured I would be done in a few minutes. Things do not all work out like you would like. I was all cover with plastic saw dust. I looked like it snowed all over me. The static electricity just makes it stick. After cleaning up there saw dust I returned to the house and used the vacuum to finish the cleanup.

So I put the feet back on the table and moved the stand out of the way in the dining room. I installed the extension legs and move the table near where I needed it. I reinstalled the door top and placed the plastic cutting board back on then the board I used for the pinning this down. Thinking I would be ready to start working on my airplane again. No quite! The table is 1-1/2" lower than the other table. Hummm.

It looks like the two tables have different legs and the PVC pipes fit on them different. The tables are the same but made by someone different. Bummer! Well I can live with that. But there some other problems.

Most of my model tools and parts are on the back table and the front table is in the way. Today it reminds me of a pool table. You need four feet on all sides. You need room to make a shot without banging the cue stick into the wall. I need things off that back table that I cannot get to easily. Well I pulled out the first table a little and got what I need for now. I will live with this for now. I will make do until I can figure out where I have a spot 13' x 13' plus enough room to walk around the outside

edge. I have no rooms that big. Well the garage but it is too cold out there.

Maybe the next time I could buy a bigger house? And I have been looking to down size to a tiny house.

Well this is enough for this year.

Happy New Year.

Marty

31-Dec-15 7:06am @*\$

Guess I did not get finished with the 2015 newsletter just yet.

Fiberglass

I have fitting with fiberglass resin they wouldn't setup for the last few days. It normally would setup in an hour and a half but overnight for sure. It has been 3 days now and there is still some in the mixing cup there is soft. It says on the label if you put more than 15 drops of hardener in the resin it will cure much faster. Well it isn't working! I thought it was because it was old, very old! After looking up online they say that it should be ok forever.

Well after two days I decided to scarp it off and start over using epoxy glue. It is a little harder to work with but in 2 hours it was cured. I tossed that old resin and will get new someday.

I really didn't need to use much of the fiberglass. Maybe six square inches. It was a stick mess to clean off. It took me 3 days to do a job that should have only take a few hours. Yes, it was another one of those 5-minute projects! ☺

I am working on those parts of this model plane project that are very time consuming. I am building the wing struts now.

You need to fabricate the aluminum ends by drilling and filing them. Then you need to cut and shape the main struts. Then epoxy them together but only one end. Let dry. Then you need to temporarily mount then and fit the other end. Then you epoxy the wing end. Then when dry you mark the hole location on the wing and epoxy the blind nuts. Or those called bind nuts. No matter they are blind bind nuts that you epoxy in place where you cannot see them.

After you find out if all of that mounts smoothly you take it apart and fiberglass the ends so they are reinforced. Then you have the support struts to build and mount and unmount and mount and unmount and then there is a brace. That you mount and unmount then epoxy and then let that dry. Then you mount it again to make sure it still fits correctly. Then you sand it and get it ready for painting.

That sounds like a lot of work. Well there is a left side strut too. ☺ It is very time consuming. It is the glue/epoxy dry time that make it take most of time. It is fun when you miss read the instruction and have to redo something after it is glued and it has cured. This time it was the fiberglass resin that never cured. It is still sick! ☺

Grocery Shopping

I need to go grocery shopping when I leave here. I am almost out of food. I have some tomato soup and green beans. No Milk, bread, oatmeal, or much of any other staples. I am planning to go to Woodman's in Carpentersville. It is a long drive but I want to check it out. I is an employee owned and I think it is the largest grocery store in the state. I want to check it out because it may be what I would like the FoodShed.coop grocery store to be modeled after. We do not need to be the biggest grocery store but we need to be one of the best!

I was there a couple weeks ago with Michelle and didn't have much time to look around much. I was impress with what I saw with the first visit. I need another look. I will let you know in the next issue what is think.

HAPPY NEW YEAR

Marty

What is Wassailing

From Wikipedia **Wassailing**:
The tradition of **wassailing** (*alt sp wasselling*) falls into two distinct categories: The house-visiting wassail and the orchard-visiting wassail. The house-visiting wassail is the practice of people going door-to-door, singing and offering a drink from the wassail bowl in exchange for gifts. This practice still exists, but has largely been displaced by caroling. The

orchard-visiting wassail refers to the ancient custom of visiting orchards in cider-producing regions of England, reciting incantations and singing to the trees to promote a good harvest for the coming year.

Updates

That Fiberglass resin in the cup started to setup in a week but not cured in 8 days. I just pitch out the cup. Hmmm!

The buzzer for the light on the car is working again. It seems the door switch got jammed. The seat belt does not always retract and some time the buckle blocks the door. It seems to be near the switch. It must have jammed it in. Therefor the ca never knows when the door is open. Hence no dome light and no head light buzzer.



Before the move



After the Move

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 German. Mike and his wife, Petra 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.

Mike and Petra told him he could walk across Spain while in Europe. Never being in a different country and not really being able to speak her 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 (500 miles)

After a few days visiting 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 for 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



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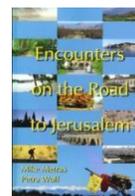
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E

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