

17th Year Woodstock, Illinois, USA, Earth

Marty Metras

ISSUE # 144

Table of Content

Sad News 1	Book Read 3	EWT Projects6
My Plane2	Run Away for Home3	Flying my Plane6
Floats2	The Lone Ranger3	Flying the plane7
EWT Projects2	Another Book Done4	Lawn 7
Airplane2	Bird in the Building4	Other Rides
Pontoons for my Plane2	Airfield4	The Picnic
EWT Project2	EWT Project4	Parade8
Happy Friday the 13 th !3	The Camino5	May Updates8
Garden3	Century Gothic6	

2-May-16 8:49am @*\$

So it is a new month and time to get some things done. We will start with a headache. Yup, I have one. About once a year I get one. It must be my turn. The Square is full of cars. Meaning I had to park on the inside of The Square. That's rare.

I need to get the grass mowed in the back and start working on the garden. It may dry off today so I can cut it tomorrow. Then maybe work on the garden. There is grass growing all over the garden. Maybe I could raise the garden boxes to three feet off the ground or so. Right now it is only about 3" above the ground. Since I wait so long to cut the grass, I am sure that the mower is blowing seed into the garden. I need to work on that.

What else needs to get done soon? Oh yak, both the car and the camper are very dirty. Very, very, dirty! I need to work on that. And the car is rusty too. I need to check that out.

6-My-16 7:07am @*\$

Sad News

I received some sad news this morning. Charlie who I spent time with in Spain has died. He was 80 when he passed. I remember when I first met him. He came up to me and said something like; "Aren't you Mike's brother?"



At first this confused me because I was in the middle of Spain. It is very unusual to be asked that of you when you so far from home. It seems he met me a few days earlier when I was walking with Mike. He remembered me but I not him. After that we kept running into each other from village to village. If memory serves Charlie got to Santiago a day or two before me and I did not see him again.

We exchanged a few emails after we got back home. I will miss you Charlie!

Charles Martell, born on September 18, 1936 in Massachusetts to Charles R and Dorothy Martell. He passed away suddenly in his backyard under a peaceful sky on April 23, 2016 in Sacramento, CA

My Plane

I have the batteries charged and the plane is in the camper. Yesterday would have been a good day to try this out after getting the engine bolted back in, but other things were happening. Other than that, the wind and rain were the problem. I have things to do today but I will make time to try again. §

Floats

I cleared of my assembly table and started working on the pontoons. I have 3 pieces already glued together! I need to use epoxy to hold the parts together. White model glue dissolves when it gets wet. The problem is I am almost out of slow drying epoxy so I ordered more. I have some five-minute epoxy but sometimes it sets up before I am done spreading it. \oplus

I have no idea how long before I will be able to install then on my airplane. Maybe when there is snow to on my runway. © I can use the pontoons on the lake at city park or maybe on the wet grass at Raintree park. Wait, I could use it at Raintree park after a big rain. I have seen that 20 feet deep after a big rain. Ah, maybe I should build faster!

EWT Projects

I installed the phone wire to FAX machine yesterday. This is a fact that the FAX works now. The telephone is wireless and there wasn't phone wires in the office area. I forgot that when we were wiring everything else like internet. It is the same wire just different ends on the wire.

Next project is the ball rack and the boxing gloves shelves. I need to make up some stuff for the ball rack. These are the 24-30" Swiss balls so I need to make the mounts for these. I will work on that after I play at my airport.

After the ball rack is built I can move the balls out of the way so I can hang the boxing gloves shelf. I have all those parts.

By the time I get these Michelle will think of something new to do. Bring them on!

8-May-16 8:50am @*\$

I came up here for a cup of tea because the grass is still wet. I will get out and try flying again today. No I haven't been flying yet but I think today might be the day. Yesterday I taxied from one end of my driveway to the other end no stop. It seems I can taxi straight on the black top. I will try again in the grass at Raintree Park. Maybe...wait not "Maybe!" I will fly today.

But first I need to make the corrections to the last issue of MRT. I will do that now!

11-May-15 10:01am Starbucks

Here I am again! ©

Airplane

I still seem to be doing something that is causing this thing to stay on the ground. It rained yesterday So I decided to seek help with flying lessons. The Chain-O-Lakes Eagles have an airfield and instructors. It is a RC club and I am going to a club meeting on the 18th. I will see what they have to offer. Maybe I can offer them something and learn to fly my plane.

Pontoons for my Plane

I have started assembling the pontoon kit. It should not take 15 years to get them ready to get this done. Thought I bought the kit about 15 year ago. I did not open the box until about a month ago. I started working on it May 1st. Let's see how long it takes.



The Clamps in the back are holding prats together waiting for the glue to cure. 6/3/16

EWT Project

I started working on the Swiss ball rack for the new location. Right now they fill a room that will be used for other equipment. Because the wall is different most of the parts we brought from the old location need to be modified. I have a good start so it won't be long. I need to do some sanding and painting. Those are the two thing I really done make as my favorite things to do. Want to help?

Next will be some shelving for the equipment room. I can't work in there now because all those Swiss balls are in the way. Oh Well, I'll wait. ©

13-May-16 4:04pm @*\$

Happy Friday the 13th!

Enough about that.

I'm out of sandpaper. I need more. I don't think I have been out of sandpaper for 20 years. Really! I have been using sand paper I bought any since the mid-90s. I keep finding package of it and I put it where it belongs. I haven't had to sand much so I never run out. Now I have to look around and see if I have any more 50,60,80 Maybe some 100 grit. I still have some 180 and a little 220. I think I have a couple sheets of 150 too. Do you buy sand paper the same way? After 20 years things change. ©

It's raining! Hmmm.

I assembled all of the brackets for the Swiss balls without buying anything. All the wood, screws, and bolts I had already. I just needed to cut it to size. Now I need sandpaper. What is this world coming to? I guess I should go and get some.

Garden

I planted most of my garden in the last week or so. I have not seen anything trying to get out into the sun yet. Maybe those seeds are resting yet. The rain we had filled two barrels. If it gets dry, I have some garden water.

I have planted tomato, peppers, radishes, and eggplant. I have rhubarb & strawberries from last year yet. I also have raspberries over by the garage. I have a little more room so I may plant some more stuff. I haven't thought about it much. It is getting late so I don't know yet.

Book Read

I read a whole book from cover to back today. It was an only about 70 pages but it was a first for me. It was about the Sedona Vortexes. Most of it I already knew but I read the whole book!

I need to find another book now. I have one in the van to read. It is titled some like "...Heaven and Earth..." If remember it is about asking for what you want and you get whatever you need.

I haven't started reading it yet. I know if you ask for something you usually get what you need and not what you want.

Four years ago when I walked the Camino I would ask for thing and go around the corner and found what I needed. I am sure I wrote about that in my book. I can't remember any details right now. Maybe It is Friday the 13th or something.

Run Away for Home

I am thinking about running away from home again. I still don't have any where I want to do or see that is not near home. Maybe some other time. ©

I was clearing off my table by the chair I watch TV with my eyes closed. I found the draft on my life story I started writing a long time ago. I just thought about it. If I finish it does the mean it done? My life not the story. I should change its title for the "The Life and Times of Marty..." to "My life up to Now." That way the book would get done and I would not. ©

Maybe I could take my Life Stories and hop in the camper and finish parts of it on the road. I mostly write down what comes to mind anyway. It is almost my Random Life Stories.

16-May-16 8:49am @*\$

The Lone Ranger

This morning after exercising I found out I needed to dry my laundry a little more before I came up here. I decided to watch TV a little while waiting. I didn't see anything on Netflix I wanted to watch. That is when I decided to switch to the antenna and see what was there. The first show was The Lone Range. I had not seen that in a very long time. It was funny, in

black & white, and only a half hour. I used to watch that all the time. I even remember it for the radio days! At the end I wondered when it was published. It had a copyright of MCMXIV. That is some 63 year ago. I was only about 9 when it aired. Wow! It was still fun to watch.

My clothes got dry. I thought it was nice to put on a warm shirt. Now I am here.

Another Book Done

Yesterday I could not get near here because of the Fair Diddley®. I started up here and could not find a parking spot anywhere near The Square. I decide to just go home and stay.

I decided to read another book. I started reading it and the next thing I knew I was finished. This book told me the things I need to know to relocate to Sedona. At the back of the book were stories of people the decided to mover there and why. After reading this book I decided if I like all of the cost would only be minor and would take care of their self If I really wanted to be there.

If I can pay the taxed, meet new people, find a place to sleep, and a place to eat, I would have it made. Now I need to go there again to see if I still like as much as the first time I went there in the early 1990s.

Bird in the Building

People have been telling me there was a bird inside EW Training. I paid no attention to this because I did not see the bird. Today Michelle told me that is the first thing we need to do today. I saw the bird! So when I return, I will see if I can find the hole where it is getting inside.

I see holes but nowhere near where I thing the bird came in. I guess I need to find out if there are more ways for then to get in and plug those three holes I can see. I hope I can find the birds entry door can close it down and lock it! Ok, it looked to be a black bird.

19-May-15 8:45am @*\$

Last night I went to the Chain-O-Lake Eagles club meeting. That is the COL Eagles R/C Aircraft Club. It seems that the members I met were older people like me. There were a

couple of people that might have been in their 50s. They are a friendly group and I like the ones I talked with. During the meeting the rest seemed to be ok too.

They told me they were willing to help me learn to fly as they do that all the time. I didn't make arrangements for the training as it was getting late and I did not want to stay any later. They were collecting funds for the club's picnic and every one was standing in line to pay out money. I left so I wouldn't be driving after dark. Not one of the things I like to do.

22-May-16 9:17am @*\$

Before I go into how nice it was yesterday and today I have to tell you a little about the airfield.

Airfield

So yesterday morning I decide to go to Richmond or whatever city has clam to the COL Eagles' airfield. It is out in the country but "COL" is "Chain-O-Lakes." Anyway, I got there around eight o'clock yesterday morning and the gate was locked. Thinking maybe someone was just late, I went to McDonalds and came back. Then I drove around the block and then came back. The gate was still locked.

I drove slower to make sure I was in the right place. The airplane on the post helped me think I was in the right place. The GPS also told me it was there and from what I could see it looked like an airfield. So I decided to drive the block the other way so I would be on the other side of the road. It was only and extra mile that way.

I wondered why nobody was there to open the gate. I was thinking about just parking in front of the gate but it was too close to the road. Not the safest thing to do. It was a nice day for flying. I just came home to do other things.

EWT Project

I stopped and visit with Michelle a little and setup to install the Swiss Ball rack. Marco was working with a client so could not get too involved, so Michelle and I went to have

coffee at Ethereal. Yes, I do not always go to Starbucks!

When we were finished Michelle headed to Marengo to look at the pictures the photographer took and I headed back to EWT to work on that ball rack. Marco and he's clients were still active so I just did some more of my prep work and waited.

When they were finished and I thought they had left I started making noise. Marco called me and told me his client Marcos was from Spain and had walked the Camino. You know me I had to talk and talk about that. Marcos says he had only walked the last 100km because of time constraints. I told him I was thinking about waking next year. He told me I should wait the next holy year.

He looked up to see when the next Holy Year was and it was 2021. Then we found out that a Holy year is only when July 25th lands on a Sunday. Hmmm, where do they come up with this? I had noticed that this year there already three time as people than when I was there in 2012. There are always a lot more hikers on the Camino. I think next year would be fine if I go.

The cost of the Euro has gown down. I think it was only \$1.21 to 1.00€. When I was there in 2012 I think it was around \$1.60 to the Euro.

Back to my ball rack. I have all the hanger mounted and I need to sand and paint the pipe today. The shelving in the equipment room can wait. It is too nice to spend another day inside. Maybe I'll try the air field one more time before I try another club. We'll see! It may not be the club for me or it could be just a happenstances. \oplus

23-May-16 9:19am @EWT

Seems I have not updated my birthday list yet. I was just thinking about it but I can do nothing from here. I cannot search for here. My web site is not that open. I need to be home for that.

I got busy this morning and missed the 6:15am class at EWT. Then I went to Starbucks and missed the 8:30 class too. So as soon as class is finished I will get to working on the project I didn't get finished yesterday. Oh well!

24-May-16 8:15am @*\$

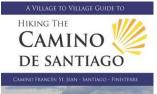
Ok what's happening today? Let's see...I have my tea and my laptop. What else is there. The Farmers marked it going on in The Square today and I found a parking spot.

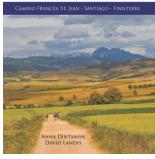
The Camino

I am 50/60/70/80/90/100 years old—am I too old to walk the Camino?

People of all ages walk the Camino de Santiago! The average age of walkers is probably closer to 60 than it is to 20! If you are in good overall health and able to walk on uneven surface, you will most likely be able to walk the Camino, or at least certain sections.

While many hikers average 20-30 kilometers per day, you can always do shorter days and take rest days to do the Camino at an appropriate pace for your needs. It's a great idea to get a check-up with your doctor before you hit the trail to be aware of any health problems that could be an issue.





For you women I found this!

I'm a woman, is it dangerous for me to walk the Camino by myself?

As long as you walk during a reasonably popular season on a popular route, you will be guaranteed to have other people to walk with. The Camino is overall very safe for women, though there have been a few incidents reported over the years of women being flashed or otherwise inappropriately approached. In 2015, there was a particularly tragic case when American pilgrim Denise Thiem was murdered near Astorga. The perpetrator has been apprehended, and the case seems to have

been an anomaly. Always be aware of your surroundings and stay within earshot of other walkers. Carry a whistle that you can use to alert other walkers in an emergency situation. Three sharp blasts are a universal distress symbol.

Carrying a mobile phone may help to increase confidence in case of an incident. In remote areas of the Camino, police often patrol to keep pilgrims safe. If you are so unfortunate as to experience any inappropriate behavior, please report the incident to authorities. Tourism is an important industry in Spain, and local authorities are keen to keep tourists safe and happy.

No one ever asked me but I saw this on a web site and I should have told you.

25-May-16 6:57am @*\$

I messed up yesterday and forgot to save this. There is a paragraph missing. I have no idea what it was. Oh well! \otimes

Century Gothic

Yup, Century Gothic will be my new Normal font. It uses about 1/3 of the ink as many of the other fonts. I knew this but forget from time to time.

26-May-16 5:59pm @*\$

EWT Projects

I finished the Swiss ball rack and the shelving in the Equipment room. All the boxing mitts catcher mitts, and most of the balls have a home now. There are a few Swiss balls that won't fit on the rack. I am looking into that. You can only stack them so high or they come down.

Flying my Plane

I have a couple answers from my inquiries into learning to fly my plane and the Clubs airfields.

One is to go to their annual picnic this Sunday. They won't let me fly alone because I am not a member yet. Once a member I will have a key to the airfield. To become a member, I need to attend 2 meetings and then be approved by the membership. The problem is the second meeting is June 15th.

The other club also said I can't fly there alone until I become a member. I don't know the restricts to become a member. It seems the last meeting was last Monday. The email I receives said there is always someone at the airfield Monday afternoons at 4:30. Maybe I will check them out.

I was getting frustrated because no one was answering my emails. I decided to buy a small plane I could hand launch and would not break easy. I ordered a Champ, looks like my Piper J-3 Cub. It is only 80"narrower than J3. I ordered it less than 2 days ago and it came today. Now the winds are light I think I will go home and try it.

The winds will be less a concern with the big one once I learn to fly it. It will also easier to fly once I learn this small one. The only problem I see with the Champ will only fly 5-6 minutes on a battery charge. I bought an extra!

I best get going while the winds are down!

27-May-16 7:20am @*\$

I decided to go next door to the Clay Street school parking lot. There were only two cars in it and I could avoid them. I tried taxiing to take off a couple of time with not much luck. Then I decided to hand launch it. After all it only weighs 1-1/2 ounces.

I was in the air. I gave it a little more speed then it started going left so I turned it right. It turned! I remembered you should only make tender moves. Turning too fast will cause stalls. I got it turned almost all the way back to me when CRASH! There is a shed in the way. Oh well I hit the front porch a couple of times too.

I went over to pick it up and start over and noticed the propeller had broken. You know I bought an extra battery so I could fly 10-12 minutes. I never thought to get an extra prop.

A lot of good that extra battery is with only a half of a propeller. \odot

I'm done for the weekend. It was fun while it lasted. This may be a good thing. I will have time to cut my grass, weed the garden, go to the parade, check out those other airfields. And sit here with my tea and watch the people.

28-May-16 10:33am @*\$

Whoops, I forgot this was Saturday and Farmers Market day on the Square. I drove up here! After making one complete loop I head out. I had to park at the city lot next to the VFW parking lot. That is like driving half the way home. Someday I will learn I can walk up here all the time. Starbucks is packed too!

Flying the plane

So the propeller is on the way and should be here today. I will be able to fly later. Boy is Horizon Hobby fast. I will have bought the plane, crashed it, bought new parts and had it back together inside one week. Tower Hobby is fast too but did not have the plane I wanted.

The wind is quite strong and they call for rain later. I might not get out to fly until tomorrow. We'll see.

Lawn

I finally cut in the back yard. It was over a foot tall. I kept put it off until it rained. It was still wet and clogged the mower a few times. Maybe I should just plan to gut it on the same day of the week. It is pretty easy to cut. Ok, how about every Saturday or Wednesday? Ouch! That tea is hot!!!!!!!!!

29-May-16 9:14am @*\$

Today it the COL Eagles R/C Club's annual picnic. Mike invited me. I am going to go and see if I can find some to help me get my plane in the air. It is kind of windy right now. I don't know how it will be at noon. If nothing else, I may get to meet some of the club members. Maybe I'll latch onto someone who can help me later.

It is going to be a nice day for a picnic! Sunny, high around 79°, and a little windy are always nice for picnics. The forecast for the winds and not so good for flying. Not until eight o'clock this evening will they be down to around seven miles-per-hour. Maybe I won't be flying today.

I guess it is going to be Hotdogs, hamburgers, and pop today!

Other Rides.

I have many thinks I could ride, yet I drive the camper or the car. I have an electric shooter that sits in the garage with flat tires. I have a bicycle that is in the dining room. Yes, with flat tires. I also I have a four wheeled scooter that needs to be pushed. It is like a skateboard with a handle for steering.

I would get the bicycle out of the house and start riding it I might get in better shape. As for the electric shooter. I put new batteries in it and thing I have not been out riding it since. That was one or two years ago. I think it will go up to 12 miles on a charge. I drive my car and camper less than that in a day. Maybe I should put air it those tires.

Oh, I have another modes of transportations too. It is my feet. I have covers for them for when they are in uses so they don't get damaged too badly. It is my feet and legs. I have even learned how to deal with them when the fuel gets low. If I get real tired I can just lean forward and let my foot and leg swing forward to stop my body from going too far and smashing my face on the ground. Yup, I have done that.

Maybe I will head home in a few minutes and air those tires and see if the bicycle and scooter still work. Maybe I should check the air in the tires in the car & camper too. Then I will head to the picnic at the model airfield.

30-May-16 7:26am @*\$

The Picnic

Yesterday I got all the grass cut. Then I headed to the COL Eagles R/C Picnic. As I predicted it was way too windy for a beginner. I had a good time visiting with Fred, Bob, Dan, Leo, Mike and a few others I don't remember their names. Sorry guys!

The airfield looks to be ok. Thought they was a little kid running around the pilot area while

they were flying. No one was watching out for



this. This wasn't safe. No I did not say anything either. After a while some one stopped them. This was clear in the rule and was well marked.

The picnic tables were in disrepair. There was plenty of food and drink to go around. It seemed to be the same people that were at the meetings that were at the picnic. There were a few wives.

People visited and talked about flying but most did not because of the wind. It was a fanatic day to fly a kite. There was one doing that.

The airfield it nice though it could have some of the tables fixed in the observer area. The airfield and get ready areas are well make for safety but seemed to be no one watching.

The path from the gate at the road to the airfield was just grass but seemed to be solid and flat. There was a big motorhome there besides mu Reattack.

For the most part it was ok. It needs some work. On the other hand, I did not know what to expect. I will go to the next meeting on June 15th to get more information. Maybe I can help with some of the thing I do not agree with.

31-May-16 8:34am @*\$

Here is it the end of the month. I decided to check out Google Maps to see I could find my house. I see that they took the picture before they replaced my sidewalk. The sidewalk across the driveway was still all cracked. Then I remembered I saw the Google car drive by taking their picture. So I looked at the front

porch look. I had already seen my car sitting there. I thought I could seem me sitting on the porch. You know I had to zoom in and see if I was really sitting there. Sure enough I am sitting on the porch! ©

So you see I am famous. ©

Parade

After helping Michelle directorate her car. I went to the Memorial Day Parade yesterday. I took a bunch of pictures. I walked up to Michelle's car and asked for some of the goodies she was passing out. When I stepped back I just about didn't get a picture. Who was her rider? Hmmm, I saw there was another in the car but I don't know if it was a guy or gal. Show you who I was interested in. ©

Oh, I did get a picture before the parade started. I guess it counts.



Oh, I got to go!

1-Jun-16 9:11am @EWT

Oh, it's next month. And my web site is down. In just my blog but everything. I am dead in the water. I hope to be back up soon.

May Updates

- My Plane is still not in the air.
- o I am still working one the floats.
- o I have nor ran away from home yet.
- The bird is locked out.
- The garden grows.

The MRT Backer Page

WALKING THE WALK CAMINO DE SANTIAGO 2012 BY MARTY METRAS



ISBN# 978-1-304-42330-6

NEW ADDRESS March 2016

Functional Strenath Training Center

E.W. TRAINING

1270 McConnell Road Woodstock, IL 60098 (815) 308-5021

info@EWTrainingWoodstock.com EWTrainingWoodstock.com



My book is available in two media, paperback and eBook. Paper books are available online from Lulu.com, Amazon.com, and from me personally.

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

Become a shareholder FoodShed.coop



FoodShed.coop Local food store startup



Pilgrimage Creations

Mike Metras and Petra Wolf mikem@worksandwords.com PilgrimageCreations.com

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

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

Randomly Published on Friday, June 3, 2016