

ISSUE # 145

Table of Content

4:00pm @*\$..... 1	Where your Data 4	Happy Summer 8
Web Services 1	Darn its Back..... 6	My Airplane 8
Fly Day 2	My Stories 6	Research 8
Garden..... 3	9:21am @ Honda 7	Rebuild Airplane 8
Airplane..... 3	Fly Today 7	Battery 9
Detours 3	Other Airplane..... 7	Plane..... 10
...../...../...../...../..... 4	Sick..... 7	

1-Jun-16 9:16am @EWT

I am waiting for a response from my hosting service to let me know what is wrong. I forgot how much I used their service for my internet stuff. Waiting...!

4:00pm @*\$

I almost fell asleep at home a little time ago. So I came up here to get a coffee to wake up. I hope it cools a little so I can see if it works. Waiting...! Nope, still too hot!

Web Services

Earlier I got an email for NS about the problem with my web services. It seems that I sent way too much data that was allowed and they shut me down until I get it fixed. They basically told me I sent too many emails at one time. I have been helping a friend send emails and I guess I sent too many at once. I think the count was 325. I looked a long time ago and could not find the limit. On GoDaddy it is something like 200 an hour and/or 300 a day. I don't know what the rules are at Network Solutions.

I sent them an email with what I was doing but they told me it could be 24-48 hours before it is turned back on.

They basically shut everything down but my email. All three of the websites they host which includes all of my blogs. Bet you didn't know I have 6 or 7 blogs. Some are not as active as other so I lose count. Wait, there are six domains they supply. They host four and I host the other two.

Funny thing I just renewed most of my URLs for another 5 years. I still need to renew "DoerOfNothings.com" and "Metras.org" before October or maybe lose them. And then there is the hosting area. If I don't renew it, I will have to host it myself. We'll see!

When I get home I will need to call then and see if I can get things up.

2-Jun-16 4:22pm @*\$

When I get home I will get the last issue ready to publish. You won't see it right away because my web service is still locked. I can still publish it because that is done offline. My working servers are at home. It is the other one that are being hosted that you can get to. I

am only about 30 hours into the 48 they say I need to wait. I can wait another day. But I will be on the phone about the time tomorrow.

I forget how much I go to my web site. It is a lot. Or it is a lot because I can't get to it.

3-Jun-16 2:16pm @home

☺ Good things have happened today. My web services are back online. I made a phone call and it took about 10-minutes total. ☺

After having some coffee with Michelle at Ethereal I decided to head out to City Park and check out my little plane if it wasn't too windy or crowded. Both were good. I head back where the Sportsmen's Club used to be. There was almost no one there. And the winds were very light to none. I walked up to where they put that football field and it was a little windy up there but I did not need to go up there.

Fly Day

The people left and I walked back to my hanger (camper) and got my Champ (little plane.) I put the extra 4 batteries in my pocket and I was ready. I turned on the transmitter and set the throttle to zero and turned on the Champ. I was ready!!!!!!

I walked out in to the open area a little set the throttle to max and gave the little plane a toss into the air. I was airborne! Yes, I only went 50 feet or so the first time but I had flown!

I cut the throttle and walked over and started it out again. Each time I better and better at controlling it. After 10 or 15 flights the wind started to pick up. I was below the hill so it blocked it for the most part.

Just before I quit I had a little control of the plane. I was making very light turns and one time I went in a complete circle around me and almost did a figure eight. I was basically trying to just keep it in the air.

Just before I quit because the winds were getting a little strong for me, I kind of had a little control of my little Champ. I flew it into the wind and turned it around and downwind for about 100 feet past me. Then I did a right turn and went cross wind for a way. All this time I was still in the air. I wasn't flying in a straight line

but I was making it kind of go where I wanted to go.

I think the wind or maybe it was me but it started to drive to the west and it was harder and harder to get it back to me. I am only flying 25 to 50 feet off the ground. Not sure but I was not very high. I was out here 100 to 200 feet from the sheriff's radio tower. I didn't want to get any further west because Highway 14 is just on the other side of the fence.

As I said before; "If I becomes a safety issue I will drive the plane into the ground before I let it hurt someone." I had already put it in the ground when it was getting too far away from me.

This time it was near that fence and maybe on the other side. I couldn't tell from where I was. I tried to turn it back to me and it went down. I knew then it had crossed the fence. I walked over to get land marks and may see where it went down. It had crossed the fence but I could not see it through the trees and brush.

I knew I would need to drive out on the highway and see if I could find it. Of course I had to walk a long way to get back to the camper. I left the out of the park and out on to US 14.

I knew it had to be somewhere between the radio tower and the first utility pole. I parked there and looked around and saw nothing. The grass was 2 foot tall. I was looking for anything yellow. Then I spotted a patch of yellow. Nope, just a garage bag! I started in the middle between the tower and the pole. I figure I should see it. Then I noticed it could have gotten caught in the trees or brush. I looked and looked. I kept looking in all directions because the grass was so long and there was a lot of raspberries to climb through.

That is when I hear a car start to slow down. I thought they might think I broke down and I wanted to tell them I was ok. Well, I wasn't.

I couldn't find my plane. ☺ Just then the car started to pull away and low and bold there was my Airplane on the other side of the highway! I yelled to the car thanking them for finding my plane.

When I got back to the road I noticed the plane looked broken. It was! The wing was

broken. I will see if I can glue it together and order a new one. I figure it either hit the highway hard or a car. In any case I need a new wing.

I learned that this plane needs to be further from the traffic or I have to give up lot earlier and drive it into the grass. I will do better the next time. Every day in every way I will get better and better. ☺



It was fun!

06-Jun-16 8:31am @*\$

Now that my little airplane fixed and the wind blows too much for the plane. ☹

Garden

I fixed that chicken wire fence for my garden. It was the second one I made last year. I wasn't as good as the third one. And the first one will make nice parts for the next one. Last year I tried to make a fence for around the garden that would keep the varmints out and I could move easily for mowing and harvesting.

The first cage kind of worked but it was a pain to move out of the way. The second one had a much better idea but the materials I used were too weak. The third one was solid and easy to move. They say 3 is the charm! It was.

So yesterday I rebuilt the second one using better materials. Because I rebuilt it, it was a pain to build. I needed to remove all of the staples and broken boards. I put my blood and sweat into it. No tears when I drew the blood, just a Band-Aid. Being it is rebuilt it is not quite

as good as the third one from last year but it is much, much better without all of those broken boards.

I don't think I will rebuild the first one. I think I will just make a new one when it is needed. I may not need it as I may not need it.

All of the law is mowed and most of the trees are trimmed. Now I need the blood to dry up on my fingers. Raw chicken wire is hard on them. Most of the time I wear gloves when I am working with those things. It must have been a nice day to make me forget. It was!

Sore fingers make it hard to type too. Oh well it happened and I need to get over it. A Band-Aid and some time will take care of it.

Airplane

Sore finger won't stop me from flying my plane. I use my thumbs to mover the joy sticks. My problem as of late have been the wind. It is going to windy. Looks like Wednesday will be the next not so windy day. Thursday also looks ok except they are calling for rain. At this rate maybe I should go out to Galt and take pilot lessons. While I am flying around I could look for an airfield for me to use when City or Raintree Parks are busy.

I know these clubs have airfields I couldn't use because I am not a member yet. The next club meeting in June 15th. Yup, it is only 10 days from now but it may as well be 10 weeks. ☹

My fingers are sore. I need to go get a Band-Aid. Bye!

8-Jun-16 10:10am @*\$

I got my pacemaker tested out in Rockford this morning. While I was there I thought I would check out the hobby store that was only 10 minutes away and on the way. Bummer, they didn't open for an hour. So I headed back home and here I am. Oh, the pacemaker battery is only good for 8-1/2 years That's a good thing because it is a year-old now. ☺

Detours

The winds have been light to nothing all morning, but I had to go to Rockford. And Michelle invited me to pick strawberries with her, but I had to go to Rockford. I returned an hour early so I thought I might pick strawberries

some 1000 pictures in that folder I am backing up all of them. Before I delete them to save space on my server I will find the last backup to make sure there is an overlap of files.

I cost only about 25 cents for the DVD and can save so much data. A memory stick would work too. If you are a techy you could use an old hard drive. In any case you should make two backups if it is important to you. Store both copies in different places. If your computer dies you could restore your data.

I say store the backup copies in different places. Depending how important it is to you will determent how far apart you keep these copies. When I worked at Knaack we stored one copy in Iron Mountain Michigan, and had a full system back up in Ohio. But they were a big company.

I look at it like this. If your computer burns up, it can happen. You do not want your only backup in the drawer of your desk to burn up too. At least have it in the other room of the house away from fire and water. And keep the other copy away from your current location. Maybe at your friend's house or in the drawer of your desk at work.

I have a safe place in my safe. But I tend to get sloppy about these backup things. I have had 3 major data loses. One the only thing I saved was the pictures. Last year I lost 12 years of financial data. I think I only lost the backup. I was a pain in the gluts to looks all of that financial data. It took me a month to start over to have just work data I could trust.

Every once in a while you should look at your backup data to make sure it is good. If you keep using a data drive they do go bad and tell you it did backup your data. I have had them go bad!

Here is my backup method. Or one of the safe ways. How often is up to you. It depends how much time you want to recover your data manually. I will assume you are using DVD here but you could us USB memory drives or whatever.

Get 3 new DVD.

1. Backup your data to the first DVD
 - Verify that backup
 - Put it in a safe place

2. Backup the next time to the second DVD
 - Verify the backup
 - Put it in a different safe place
3. Next backup goes to the third DVD
 - Verify this backup too!
 - This DVD should be stored in a third location

Say you backup once a day. Monday you do a backup and store it in your closet. Tuesday you do another backup and store in in the garage across the street. It is clean and you have his in your garage. Not next door. Fires and get both houses. On Wednesday you do another backup and take it to work or mail it to your brother in Sedona Arizona. I like Sedona and it would give me a reason to visit.

On Thursday you would start with the first one again. Same with Friday and Saturday. Sunday is a day of rest. Maybe just verify one of the backups to see if you could read it. Monday you start over.

By verifying your backup data, you will have the minimize the lose.

I used DVDs in my example. If you were doing a backup every day you might be using a lot of DVDs. There are reusable DVDs. You could rotate them. When you create the third backup you would use the first DVD next.

At Knaack we rotated tapes ever month. Meaning we had a 30-day cycle of tapes before we reused it. And on the first of the month we would archive that tape for 5 years. Yes, it would sit for 5 years!

Here I think once a week I might want to do a backup of your Pictures, Marty's Random Thoughts, and my Financial data. And the other data once in a while. You may have music and video too. I do not!

What brought this on. Oh Yes! If your computer crashes the apps can be restored but your data in lost without a backup! It has happened to me.

While I type I am backing up about 4gb of picture files from my iPhone!

13-Jun-16 8:31am @*\$

Today might turn out to be one of those days. I don't feel like doing anything. I'm sitting

at the window counter at Starbucks trying out their electric outlet that is just under the counter and easy to get to. Neat idea. You use to have to crawl around under the counter on the floor to get to the outlet. It is nice where it is now!

Darn its Back

That Windows 10 upgrade message is back. I turned it off so it would stop popping up. But after a month it came back. I found another way to stop it popping up. Let's see how long it holds. I removed that MS update and told it not to install itself too. Let's see how long this lasts.

14-Jun-16 11:06am @EWT

So I got the pacemaker checked out and it was fine. Today I went to my heart doctor he said things are fine too. Not I need to get my glasses, teeth, and go see my general doctor to get those things checked out. I figured I should get my body all checked out then maybe I will head for Sedona or Spain. ☺

Tomorrow evening, I will go to my second meeting at the COL Eagles R/C Club. One of their rules is that you must go to two meetings before you can become a member. I think I will join the club. I like the guys I have talked to and I think they like me. Maybe after they get to know me they will love me. ☺

I can start asking for someone to help me get my big plane in the air without breaking it too much. I am sure they can help me get it off the ground or show me what I need to learn to do it myself. Anyway, they do not let you fly from there airfield until you have been checked out. This is either a AMA rule or a safety thing. I kind of agree to this.

Tomorrow is Wednesday and I did not cut the grass on Saturday so I need to mow the lawn. Remember I decided to not wait 6 weeks! Maybe I'll cut it when I get home today.

My Stories

I wonder what happened to "The Life and Times of Marty...." Remember my life stories. I was just thinking about that. Maybe I will add it to my "To Do" list. I need to find my long term "To Do" list and see what is on there. With any

kind of luck, I can cross out a few things from it. It has been so long since I saw it, I don't remember if it is on paper or in the computer. Do you remember?

I just scanned my cloud and didn't find my "To Do" list. It may be somewhere else or it is on paper. Now I am Scanning my web host. There are a ton of files to search for "*to-do*.*" so I don't know what I might find. I am thinking it is on paper somewhere at home. This scan will take a long time but I will still look.

I just got one hit but I think it will be nothing. It is in the DoerofNothing area. It is quite old, 01/13/2009!

I can't look just yet. I am searching "*todo*.*". I maybe should be searching "*to*do*.*". I don't know how I stored the file. Hmmm!

After seeing these folder names flash by the screen, maybe I need to do some housekeeping. It's an hour now! I am sure I will not find it here. I still have time so I will let it run.

17-Jun-16 7:59am @*\$

I am now a paid member of the Chain-O-Lakes Eagle Clubs. Yes, I joined a club. I has been a very, very, very long time since I joined any club. They seem to have a lot to offer that I cannot get on my own. I think I might have something I might be able to offer them too.

Sunday Mike is going to help me fly my J-3. From what other members have said, he is a good trainer. Mike has been working a lot and has not been around but he said he would be at the airfield on Sunday. So Sunday I may be in the air. I hope my airplane doesn't get air sick. ☺

I got my membership card and I have the key to the gate to get on the airfield. Now when I drive out there to see who is there I can open the gate if I am alone. Their rule says don't fly until you get checked out. This is a good thing because it is for safety. When I was at Raintree park I was alone. If I crashed I only could have hurt me. Wait, I never got off the ground! ☺

At the airfield the grass is cut twice a week and would be much shorter than Raintree park. At City Park the grass was in much better shape but the area was too small. It was even a little

small for my Champ. The Champ wouldn't hurt much if it hit you. You could even grab it as it flew by. That is if I could steer that close. ☺

Anyway if Mike can help me get this thing in the air it will be great. After a few take-offs and landings, I will be able to learn to fly. I am a quick learner as long as I don't get to cocky. I know it only takes one bad landing to ruin your day. Every day in every way I will get better and better!

Today I need to go to Crystal Lake to that hobby store I didn't like the first time. I need to pick up what I think might be the right buddy cable. There is a cable I can plug into my radio hat hooks up to a trainer's radio where he controls my plane. When he flips a switch then I have the controls.

The trainer will fly the plane and make sure it is trimmed out and flies ok. Then the buddy/trainer will hold the switch that disables his/he control of my plane. It will be under my control then. If I get into trouble he just let's go of the switch and take control to help me get out of a messy situation.

Anyway there are two different buddy cables They only have one and I think it might be the right one so I will get it. One has a three connector cable and the other is two wires. The three wire one won't be here until Tuesday even if I go to Nevada to get it. The two wire cable may be the right one. We'll see!

It is 8:50. I wonder when they open. Ouch, not until 10:00am. Wait, that's only an hour.

9:21am @ Honda

Yup I early getting to Crystal Lake. I remembered that the A/C on my Honda had stopped working. I had time to get it checked out. I have had this car since June 2002 and have not had any thing done to the A/C. That is 14 years! This car has been good to me. Why do I want a new car? Hmmm!

The A/C on the camper hasn't worked for a couple years. I don't know if I want to fix it. I spent a lot of money the last time and after a year it stopped again. It is a little older in than the Honda. The Camper is a 1994 Chevy. I have had it since. June 2nd of 2011. I have only had it for 5 years but it is 22 years old. The Camper I have had the second longest on any

other vehicle. The Sundance I had just 5 years. The Honda holds the number one place. I have had a total of 55 vehicles since I started driving.

Thought I want something different both the Honda and Chevy start in the morning which is the number one thing I want. The second thing I want is safety. Both of these are safe. Both are useful vehicles. The camper makes a really good truck and tool box. Once in a while it is a motor home. ☺ The Honda still goes a very long way on a tank of gas. So for the most part the only reason to replace them is just that I need a change. I do not need different vehicles!

So I need to wait an hour and before my car gets services. The \$200.00 is that for a complete A/C service and an oil change. I just need to wait.

19-Jun-16 7:00am @*\$

Fly Today

Today is the day! Around ten o'clock I will be starting to learn to fly my J-3. By the end of the day I should know how long I can fly on one charging of the batteries. I don't know this yet. If the time is a little short I will know I need a second set charging and waiting.

It takes up to two hours to charge them the way I am charging them now. I am not fast charging them yet. The battery life will last a lot longer using a normal charging rate. Fast charging them could get them too hot. These batteries are expensive is why I did not buy extra right away. Anyway I should have an idea later how long a charge last. I hoping for an hour.

Other Airplane

Since I glued the motor back in I have not been out flying my Champ. These batteries are a lot cheaper so I have 5 of them and they are all charged and ready to go. If then J-3 Cub batteries need a charge, I can fly the Champ for a while waiting. Yes, I have a charger that I can use with the car battery.

Sick

Yesterday I woke up to sore throat. It slowly has been going away. This morning it is only

minor. But now my nose runs. I feel ok just slight sore throat and runny nose. You know, a summer head cold. I think it has been 3 years since I had the last one. I guess I need to work on my system so I can resist these thing better.

20-Jun-16 9:10am @*\$

Happy Summer

They say summer starts today. I'll take instead of that cold white stuff.

My Airplane

Yesterday My Plane got into the sky. Well I didn't but Mike, my trainer did. After spending an hour or so getting the radios to work as master & student. We took the plane out to the staging area and Mike taxied it down the runway and took off. In to the wind he climbed to 50 or 100 feet. And turned cross wind then down wind. He said it was sluggish. Meaning it was hard to steer the plane. So some else was saying it was the J-3 Cub that flew that way. Mike said it wasn't that. It was real sluggish! He said it just have any power and he was fitting the wind. I thought he might just be running the motor to slow he said it was wide open!

Anyway he turned in cross the wind and then into the wind and landed the plane. It landed on all three wheels! Just like it should. I went out and brought it back to the pit area. Then I disabled the power. After Mike flew his plane I knew he could fly.

I shut down my plane while Mike was flying. When he was finished we talked about my options. The biggest problem was the engine/motor had no power. Thanked him and headed for home with a big smile on my face. IT FLYS!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Research

When I got home I got onto the internet to see if all my parts we compatible. The Motor, Batteries, and the controller(ESC) need to work together. First thing I found was that the motor needed 33.3 to 44.4 volts to use it full capacity. Then I looked up the batteries. This I didn't need to do because I already knew I only had 22.2 volts. Half speed! ☹

Then I looked up the controller and found out it was I need to match up the batteries

and not the motor. It seems I needed an 80 AMP controlled for the motor. That was kind of ok. The controller would use a 6s battery, which I had. Then I read closer. The controller was only good for a 6s LiPo battery. That is 22.2 volts. The motor required 33.3 to 44.4 volts. That is a 12s or 44.4 volt.

I need a new controller and twice the voltage in my batteries. I could put two more batteries in series but the controller would burn up. I could replace my 2 batteries with 2 new batteries to get the 44.4 volts. I still need a new controller.

Then new controller is only a little larger than the one I have. I need to do this.

As for the batteries I need to check on size, price, and is the room in the plane for the new batteries.

This where that stands today. Now I can start working on my floats again. I am so happy it flies!!! ☺ ☺ ☺

Oh, I also need to replace the hinges for the elevator. The gap it two wide. We used duct tape to cure this.

22-Jun-16 *\$ @ 6:06am

This morning I thought I would start out with a cup of coffee. Yes, coffee and not tea! It is going to be a different kind of Wednesday with different things happening. I guess most days are like that, aren't they?

I have a blood test today. They are always on Thursday. Wonder how I got a Wednesday. I must have been asleep when I set it up.

I need to find a replacement window. A window pane just fell out on the ground and broke in a bunch of pieces. I scooped it up and then measured it before trashing it. I has been so many years since I have fixed a broken window I had to think on how it might be fixed. And then it is a double pane of glass. I need to find one today. This pane is going to be a pain!

Rebuild Airplane

I have most of the research done to get the right parts for my plane. When I ordered the controller for electric motor on my plane I matched the batteries for it. The motor said it needed an 80A controller. It is! The controller is

made for a 6s battery that is only 22.2 volts. That part is fine but that is as far as it does. So shorting the plane by 2 feet and cutting 4 foot off the wing and it might work.

The motor is big enough to handle 44.4 volts but the controller is not. So I need a different controller. That will mean I need to double the voltage of my batteries. I could just put two more batteries in series to double my battery voltage. The problem with four batteries is the cost and maybe the space in the plane. The cost of two new 6s batteries to replace the two 3s batteries I have is just a little more than two new batteries.

Battery

For those of you that don't know what I mean about 3s and 6s it is kind of simple. In the LiPo batteries world they try to confuse us but it is really simple. A "2s" LiPo battery has two cell wires in series. So my 6s battery has 6 cells wired in series. You would ask why they did use "c" for cells. They use "c" for draw able Current. Meaning a 20c battery cannot be drained as fast as a 35c battery.

The power I need for my motor and new controller should be something like "44.4v, 12s, 30c, 5000mAh". Two 6s batteries wired in series would work for this. With the right controller I could almost pull the motor off the plane 😊

These batteries are a little smaller than double physical the size current batteries but cost is not double.

Now I need to find a controller (ESC) that will work and not get poor. The same for the batteries. I need to find a couple batteries the value is right too. Battery is a value thing because they don't last forever. The controller and motor should last a very long time.

This means I will be price and value shopping. While I fix the other things on my plane. Yes, I need to fix some things.

The hinges on the elevator are keeping the elevator too far from the stabilizer. I need to move it closer that means replace the hinges. And the power switch need to move to the outside of the plane. Right now I power up the electronics before I mount the wing. This is a safety issue. You really want to leave this off when you are not using the radio. If someone

else happened to be on the same channel the plane might take off. Not a good thing. ☹

I also need to modify the way the batteries are mounted and maybe the controller too.

I have to go check on the Window at EWT now.

23-Jun-15 8:28am @*\$

Wait it is the 23rd already! The year is half over. I should work on my floats one of these days. I have not been working on them. The next part requires a bunch of sanding. It is messy so I need to move out of the bedroom. 😊

I have to do move along on pricing on the parts I need to modify the power train on my plane. I still need to price some good batteries.

I haven't been working on it much because of the money. I'm not broke I am just spreading out the spending a little. I decided to live off SS funds this year to see if I can do it. For the most part this is working. I almost have lived like I had a bottomless pit where my money come from. I am starting to see the bottom a little. I still can't make out the color of the bottom just yet. 😊

The \$350.00 or so I need to spend might dent that a little plan to much right now. So I am searching out better pricing for my stuff. Some time you cannot find a better price but you find free shipping or no tax and the product pricing is the same. Right now Amazon has a good price with free shipping for the controller (ESC) They may have the best pricing on the BEC/UBEC and Programming Card too. I'm still looking. Now it looks like batteries are a commodity and prices are all over the place.

Ok back into search mode....

24-Jun-16 7:14am @*\$

I read a couple of chapters of my book while thinking about Sedona. Mike said I should just go! He is right you know. But I am not ready. When it is time I will just pack up and leave. As for now I have this plane to finish getting in the air again.

In my life I start project and don't often finish them. In 2012 I walked across Spain starting out

at St. Jean Pied-de-Port France and ending in Santiago de Compostela Spain. That was the goal. I did it!

The current project it to make my plane fly. I started is in 2001 and restarted it in December 2015 with a 12 year break in the middle. Now I have change the hinges while I wait for my parts to get it back in the air. It is going to take a while because I need to mount all the electronic stuff differently. I need to remember to rebalance it as I do along too.

Maybe I can get my floats ready for the water too.

I lost my train of thought so I stopped. No, someone talked to me and we talked for a long time so, well I forgot what I was thinking. Later!

25-Jun-16 5:10am @*\$

I just finished another book! That year I read 12 in 12 months is happening again. Thought these have been books around 100 pages they are still books. The next couple of them are about the trails near Sedona. I bought a bunch of used books for a buck so I need to read them. Well, don't I?

This issue is getting quit long. I guess I can put more in it and get it out of my system.

Story


I had seen this before and again when Mike posted it on Facebook. I thought you might enjoy it.

256 Years Old Man Breaks The Silence Before His Death And Reveals Shocking Secrets To The World

May 20, 2016
Posted by [Rahul](#)

What is the longest a person has ever lived for? Meet Li Ching Yuen, a man who lived an astonishing 256 years! And no, this is not a myth or a fictional tale.

According to a 1930 New York Times article, Wu Chung-chieh, a professor of the Chengdu University, discovered Imperial Chinese government records from 1827 congratulating Li Ching-Yuen on his 150th birthday, and further documents later



congratulating him on his 200th birthday in 1877. In 1928, a New York Times correspondent wrote that many of the old men in Li's neighborhood asserted that their grandfathers knew him when they were boys, and that he at that time was a grown man.

Li Ching Yuen reportedly began his herbalist career at the age of 10, where he gathered herbs in mountain ranges and learned of their potency for longevity. For almost 40 years, he survived on a diet of herbs such as lingzhi, goji berry, wild ginseng, he shoo wu and gotu kola and rice wine. In 1749, at the age of 71, he joined the Chinese armies as teacher of martial arts. Li was said to be a much-loved figure in his community, marrying 23 times and fathering over 200 children.

According to the generally accepted tales told in his province, Li was able to read and write as a child, and by his tenth birthday had traveled in Kansu, Shansi, Tibet, Annam, Siam and Manchuria gathering herbs. For the first hundred years he continued at this occupation. Then he switched to selling herbs gathered by others. He sold lingzhi, goji berry, wildginseng, he shou wu and gotu kola along with other Chinese herbs, and lived off a diet of these herbs and rice wine.

He Wasn't The Only One

[To Be Continued next month...](#)

Source: <http://www.theunknownbutnothidden.com/256-years-old-man-breaks-the-silence-before-his-death-and-reveals-shocking-secrets-to-the-world/?SA>

Plane

I have cut those old hinged and made new slots for my elevator so I could get them sealed in before the weekend is over. I need to pick up some wire to align the hinge pins all the way across the tail. Doing one hinge at a time just don't cut it.

I had a short piece of wire so I checked the alignment on one side and it looks good. I just need a longer wire I can use for a hinge pin. Ace Hardware should have one.

Most of the stuff I ordered the other day is on the way. I see some of them are being shipped from China. I thought that might be the case when I ordered. I can wait.

I think I will try to get Aunt Annie to come to lunch with us today. It is getting near a year since she has been there at our Saturday gathering. I think it is about time for her to join us. But of course it must be up to her. I can only offer the ride.

I have been thinking I should leave my laptop at home and just bring a book to read. And turn the TV off and read a book. And

when I get hungry, pick up a book and read a few pages. Maybe I could sit down and read a big book in a day. I could ride the train into Chicago and back and read a book. No distractions. Well less distractions!

There are many things I could read a book instead of the other mindless things I do now. I need to work on my plane and I see Ace does not open until 8:00am. What is it with these stores, don't they know I am up at 5:00am and would, like to buy things? :->)

They are getting busy in here now. It is Farmers Market day on The Square. I think I will go home and have some breakfast. Then I can head to Ace.

26-Jun-16 7:42am @*\$

I got nothing today. It is drizzling outside and it must have made me blank. ☺

28-Jun-16 8:36am @*\$

I am sitting in the window again after not finding a good parking space because of the Farmers Market. Sitting just outside the window are three of the spinning wheel ladies. One of them is knitting and one is spinning yarn. The third one is doing something else. She has a board with all kinds of pins sticking up. It looks like she is raking the wool to make it smooth. When she gets a bunch on the pin board she is rolling it up on a stick. Then she starts over. Maybe she is aligning the wool to make it easier to spin. Not sure.

29-Jun-16 7:56am @home

2-Jul-16 7:36am @*\$

It is July now and time for a new journey. Where will I be going from here? What will be doing? Who will I see? I do not have these answers today. I just know I feel that things will change.

Change happens all the time. I keep saying that the only things that is permanent is change. I think I heard that from Mike once about a time. I know if we don't change we are dead. Change happens!

I have been yearning to go somewhere for a long time. And I think it might be getting

closer. Maybe it will be something as simple as washing my hands. Who knows maybe I will become king of the USA. Today I just know something will change!

For now, I will change Marty's Random Thought to the next issue.

Bye, Marty

Follow up

- Champ has not been in the air since I fixed the motor
- Backup I am still working on that.
- I had to replace a strut and the A/C Compressor
- What the spinning wheel lady was doing is called carding of sorts. She was also mixing colors.
- As for my Piper J-3 Cub, I am rebalancing it and should have it ready to test fly again next week

The MRT Backer Page

**WALKING THE WALK
CAMINO DE SANTIAGO 2012
BY MARTY METRAS**

ISBN# 978-1-304-42330-6



Functional Strength Training Center

E.W. TRAINING

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

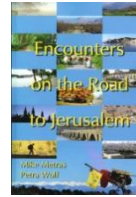
info@EWTrainingWoodstock.com
EWTrainingWoodstock.com



F

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.



Pilgrimage Creations

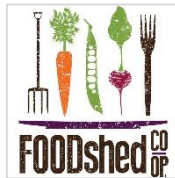
Mike Metras and Petra Wolf

mikem@worksandwords.com

PilgrimageCreations.com

E

Become a shareholder
FoodShed.coop



FoodShed.coop Local food store startup

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 Sunday, July 3, 2016