

ISSUE # 146

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1-Jun-16 9:16am @EWT

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2-Jul-16 7:47am @*\$

Change

So something is going to change. What is it? Maybe it is the last half of 2016. Maybe Trump and Clinton will be beat. These are the latest Third party candidates, Gary Johnson (Libertarian) and Jill Stein (Green).

It looks like there are 1,780 candidates for this office. Maybe we could find someone? Johnson I never saw before but I did here of Stein once. Oh well we have 5 months to decide.

List.

In January 2013 I made a to "ToDo List" and put it on my iPad. It got moved to my iPhone 4S then to my new iPhone. It 92 things listed on it. I see that 29 will be removed from the list. That is a third. I see there a bunch of things on the list more than once. Maybe that means I need to

attend to them first. Maybe that means I forgot that I added them to the list because the list is too long. Many time is say to edit the list as a listed item. Maybe I should do that.

There are a few things I need to tell you about. "Find a Wife" is one of the items. I wonder if I really want to do that one. It says "Live to Jan-1-2100." That has always been my plan! How about "Update the Metras Family Tree." Amber, you have not sent me that information yet. Many item on this list saying "Clean..." And my favorite "Don't get stuck trying to make this List."

In any case this list is not a complete list of "TODO" items or projects that are not done. I just was what I was thinking about when I made the list. So maybe some of the items on my list will get me thinking about the item. Maybe not!

Book

I have been reading another book about Sedona. It is titled "The Call of SEDONA, Journey of the Heart" by Ilchi Lee, 2011. I picked it up for a buck on Amazon. It is a book

telling about Lee's journey to Sedona and why he moved there. I am just half way through it. I like it!

Airplane

I have almost all the parts I need to get my plane modified so I can try to fly it again. I fixed the hinges between the stabilizer and elevator. I cut out the old one and installed newer hinged to close the gap between them. I built a mount for the new batteries. They have a little longer cables so it will be easier to plug them in. I also tested UBEC that takes the place of the battery for the receiver. I can't test it with the ESC, motor controller because I don't have the right connector on the motor. Yes, I did not verify they were the same so I order them yesterday. I should have them on Tuesday.

I need to mount the receiver so I can get the batteries out to charge them without moving it. And the same for the UBEC. I think I know how I will do this. I think under where the pilot might sit would be a good place for the receiver and UBEC. Then I could install a pilot too.

If that block the camera I could move the camera-mount in the front window or to the outside of the plane. I also need to make sure the center of gravity is near where it should be before I get too much of these things anchored down too tight.

It's getting too busy up here at Starbucks for me now. I think I should finish my tea and make my leave.

3-Jul-16 6:05am @*\$

It happened again. I woke up in the chair at 4:11am. I thought about going to bed though I decided to just stay up. I figured I could save a bunch of time not undressing and redressing. So here I am here just after they opened.

I have read a full chapter in my book and printed out the draft copy of MRT to review. I also glued in the other battery mount in my airplane. And it is only a little after six o'clock. Maybe, I will get things done today, also maybe not.

What can I Do

Mess with the computer, read more of my book, proof issue 145, go for a drive, cut the grass, clean the camper, take those shopping back to Walmart, and anything else that comes to mind. All of these thing I just listed will only last until around ten o'clock. I could get a lot done if I really wanted to, couldn't I?

Well, I will put the keyboard away and look at the June issue and then see what happens later. Later...

Later still @*\$

I have proofed issue 145 and now I can go home. What else was on my list? Oh well, I'm going home for now.

Continued from #145

...The wasn't room to continues this last month.

256 Years Old Man Breaks the Silence Before His Death and Reveals Shocking Secrets to The World

May 20, 2016

Posted by [Rahul](#)

He Wasn't the Only One

According to one of Li's disciples, he had once encountered an even older 500-year-old man, who taught him Qigong exercises and dietary recommendations that would help him extend his lifespan to superhuman proportions. Apart from Qigong and a herb-rich diet, what else can we learn from this Master of Longevity?

How about this: On his death bed, Li famously said, "I have done all that I have to do in this world". Could his peaceful last words also hint at one of the biggest secrets to a long and prosperous life? It's interesting to note that in the West, we're often taught to believe that aging is something that must be "beaten" with high tech infrared devices and state of the art medication.

His Secret To Long Health:

Li was asked what his secret was to longevity. This was his reply: "Keep a quiet heart, sit like a tortoise, walk sprightly like a pigeon and sleep like a dog." These were the words of advice Li gave to Wu Pei-fu, the warlord, who took Li into his house to learn the secret of extremely long life.

Li maintained that inward calm and peace of mind combined with breathing techniques were the secrets to incredible longevity. Obviously, his diet would have played a large role. But its fascinating that the old living person in recorded history attributes his long life to his state of mind.

Why Is This So Hard To Believe?

With the average lifespan for the Western world currently sitting between 70-85 years, the thought of someone living over 100 years old seems like quite the stretch. The thought of someone living over 200 years old seems extremely suspicious. But why don't we believe that people can live this long?

We have to keep in mind that some people in this world don't live a grueling 9-5 lifestyle, they don't have to deal with the stresses of debt, they aren't breathing polluted city air, and they exercise regularly. They don't eat refined sugars or flour, or any foods that have had pesticides sprayed on them. They aren't living off of the standard American diet.

They aren't eating fatty meats, sugary deserts, and genetically modified foods. No antibiotics. No alcohol and no tobacco. Their diets not only exclude junk foods that we so often indulge in, they also include superfoods and herbs which are like steroids for our organs and immune system.

They also spend their spare time in nature practicing breathing techniques and meditating which have been proven to improve mental, physical, and emotional health. They keep things simple, get proper sleep, and spend a great deal of time in

nature under the sun. When we get a chance to relax in the sun, we feel instantly rejuvenated and call this a "vacation". Imagine spending a lifetime doing that in the mountains, and combining that with perfect mental, spiritual, and physical well-being.

I do not doubt for a minute that if we all did the things we knew we were supposed to do, that living to be 100 years old would be commonplace. When we treat our bodies right, who knows how long we can live for?

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

4th of July at 10:30 in the morning

@* \$

Happy Independence Day!

I am sitting here at Starbucks listening to Paul and this other guy, I can't remember his name, talk and talk and talk! They are covering all subjects. Well many subjects from religion, politics, and physics. Next they will start on sports. I am just sitting back here at my table listening.

Funny I just looked out the window and saw my camper parked in front of Wards (The Mall for you timers) old building. I really thought I drove my car and parked in front of the old post office building. It looks like my Camper from here. It does! Wait there is no "FoodShed.coop" sticker or EWT magnet. Must be someone elses.

Da Plane

I am putty sure I have the plane balanced now. I left the camera out for now. I had to add about 16 ozs. behind seat. I also installed the servos to drop the hook and tow a banner.

Where I had the camera you could only see the wires and not out the window very well. I will look this over and maybe mount it on the outside or move it upfront near the center of gravity. Most likely either place would work.

Oh, that camper is gone!

Now there are 4 of them guys talking religion! And it is someone's birthday too.

Everyone is singing! Now more politics. Nobody talks of who will be the next. Who will Trumps running mate is what they talk about. I think I will stop listening. ☹

Task

What was I going to do yesterday? Hmm. I went to see Aunt Annie. I worked on my airplane off and on a lot. I looked at the grass and thought about mowing it. I need to go and water the garden. Thing looked dry yesterday.

Oh, there was someone down the street setting of roman candles. They looked nice.

Oh, I need to water the garden. The forecast says it will rain Wednesday. That is not soon enough for my garden and both rain barrels are empty. Guess I need to hook the hose back to the house I use city water just once more. I think I need one more barrel. You got an empty barrel I could have? I would like 35 to 50 gallon, a clean, open top barrel with a lid. I think one would do nicely. I have two blue plastic barrels now.

6-Jul-16 8:16am @*\$

Well those guys say it could rain off and on until Friday morning at 7:00am. You know those guys? So far this morning it only drizzles. It says we got 1-1/8 inch so far today. I'll take it. We need some rain for the garden and my rain barrows. I checked and both rain barrows are full. I didn't setup the second overflow and it has nowhere to go. Well nowhere planned.

The parts for my airplane didn't come yesterday so I didn't work on it. It says the parts will be here today. I was only guessing Tuesday. I forgot Monday was a Holiday.

I Keep Forgetting

I know that there a lot of things I can change. There a lot of things I cannot change. People you cannot change unless they want to change. You can only give them the idea how thing might be better for them if they change what they are doing. Sometime this takes a long time. I have a problem with change even though I know a change is needed. I am for the most part set in my ways and feel safe the way I am.

Some people drive the same route ever day because they always did. Even though there are other ways that are safer and shorter they are in this pattern. They could have smoothed, and straighten the other path but still the drive their normal path. Why is this?

When EWT moved to the new location I needed to find a new route. After four years at the other place, I needed to think about getting there. Now I have been going there for four month I am not quite settled into a new route. I am still deciding which left turn is better for me to make on the way there or the way home. So far it makes a difference the time of day and the direction I am going. I am in change mode now.

Finishing Something

Have not been a finisher. I start projects to have something to do. It seems to be the journey and the finished project. The only thing I remember that I finished lately was when I walked across Spain four years ago. Now I am working on my Airplane. I started it in 2001 then stopped in 2003. Then in 2015 I started working on it again. And am still working on it. Tomorrow I should have it to charge the batteries and try to fly it again. Once it is done and airborne I can learn to fly and then move on to the next project. I wonder what that might be. Maybe I will get to Sedona or Iowa. ☺

8-Jul-16 8:36am @*\$

The End is Near

That is the book. I am at the appendix. I have two more Sedona books to read. One is about the 130 hiking trails. I forgot what the other one was about. I will know when I finish this book.

The End is Here

My plane is ready to test fly. I have it all balanced and all the electronics are anchored. I just need to load up my field kit. And load it into the camper and head to the airport.

I spun up the motor to see how it went with double the power. I stopped at three-quarters power. Not the propeller to spin faster inside

the dining room. It was too scary! It has power now. It should go now.

I Am Distracted

My mind is connected to Bill, Wendell, and this other lady talk. It isn't that I am eavesdropping I am just listening to them. Yes, I do eavesdrop from time to time. Here come Ed. Maybe he will distract them.

My mind is still wondering. I think I will go home.

9-Jul-16 6:53am @*\$

I was just thinking I have not driven around archiving Woodstock to video in quit a long time. Way back when I bought my Camcorder I bought it to archive Woodstock by videotaping it. I would drive around the inside and outside of The Square and video it. Then I would drive from the Court House to K-Mart and back and video that. It is too windy to fly my airplane and the sun shines. It might be a good day to do that. I wonder where my video recorder is. I know I need to charge the battery too.

I am sure there is a lot that changes since the last time. I don't even remember the last time. Maybe this time I could post it to the internet for all to see. I know I have a bunch of tape and I think most have been copied to DVDs. I wonder where I stored them for safety. Yes, I forget where I put them so they were safe and I could find the easily.

Let's see, with the Farmers Market going on 'til one o'clock, I should wait until after lunch. By then the battery should have charges. And maybe I could find the archives from before and a couple blank tapes. Those mini-DVDs don't hold enough time. I'll look for both cameras anyway. The DVD camera will hold about 15 minutes but the digital camcorder can record an hour or two. But I would have to copy the tape to DVDs. It is much harder than transferring the mini-DVDs to regular DVDs.

Maybe it will just depend on which recorder, battery, and charger I find easily or first. I think I can put my hands on both of them in 15 minutes. I think I will go look for them now. See you later.

Noonish @home

It is a fantastic day to fly an R/C model airplane. That is where I just came back from doing. Well I was not doing the flying but it was my plane. It flew just great! Mike, my trainer was doing the flying because I have not been checked out yet. He took it off and did a little trimming of the controls and then showed me a few things. I had it trimmed so nice he should me it going upwind and downwind without him touching the controls on the transmitter.

I was glad that all the modifications I made a big difference. I was a little sad that he did not let me fly. Nobody at the airfield had a HiTec radio today. I need a second transmitter to hook up as a student. One of the main rules is you can't fly until you have been checked out by an instructor. He would use the over ride switch in case I messed up and he needed to take control of the plane.

It is just a safety thing and I am ok with that. I spent too many hours working on this plane to have it in pieces. And I do not want my propeller sticking through the roof of some one car. I can wait!

The last time I flew was before I upped the power. When we were flying it was only about 1/3 power. Now that I have a controller that can handle the power the motor can use and enough battery to supply it, it will go. Now I think it has enough power to drill post holes! ☺

Now I need to find a transmitter that is compatible with mine that I can use as a Trainer/Student. So next time I might fly. Me!

If you could have been there you would saw how nice it flew. Now I need to learn to fly. I know the plane will fly,

13-Jul-16 7:48am @*\$

Here it Wednesday. Maybe you didn't know that.

Last night I had dinner at Michelle's. She is a good cook and I enjoyed myself. Thanks Michelle!

Tonight is the COL Eagles R/C club meeting. I am looking forward to it. Maybe I will remember more of the guy's names. So far I remember Mike, Leo, Bob, and Larry. These guys I came put names to faces. I need to

work on this names things. Remembering peoples names is one of me week points. What did you say your name was!

I ordered my Trainer/Student radio. I don't know when it will get here. Most places are automated and I get an email that I ordered and when it was shipped and the tracking number. There something about saving 50% on the price. They need to cut some things out to save money to get the price down. I need to except these things. I kind do but I got spoiled. Oh well it coming via the US Post Office.

14-Jul-16 10:10am @*\$

Poll of the Day

Thanks for your pick! D=67%, R=33%

864 picks

What do you think? This was the Starbucks survey at the login screen today. I would have thought it was more like 50-50 today. Well, we will see in about 4 months.

I went to the COL Eagle R/C club meeting last night to find it was the Knights of Columbus. Whoops it is next Wednesday. Well, I got the car washed in the rain! ☺

15-Jul-16 10:06am @*\$

Well I stopped at the barber shop and though about having cash to pay then. I checked and I didn't have enough with me so I had to come over here. I almost never use cash any more. Therefore, I don't carry much with me. I have never seen anyone pay in the barber shop with anything but cash. Since I am here I must remember to pick up a little at the ATM when I leave.

I still have not hear about my Buddy box yet. If it does not show up with the mail today I best, ask them where it is. Has it shipped yet? Not knowing is rough on me. Don't you feel sorry for me? Oh woo is me! ☺

I was home watching video for a while this morning and almost fell asleep. Now I am tires and my eyelids are getting heavy. Why is this? Oh maybe it is because I have not been sleeping that good lately. Maybe after I get

my hair cut I should just go to bed and sleep until tomorrow morning. Or maybe after I cut the grass. Or maybe after lunch. Or, or, or, or, wait it is bed time now. ☺

My antivirus, AVG, just added a new update. I need to reboot. I'll see you later.

17-Jul-16 7:35am @*\$ where else

Frustrated

I am frustrated this morning. Well it started yesterday. I bought and another transmitter for my R/C plane to use as a buddy box. I would use one transmitter as the trainer and the other as the student box. Well I am doing something wrong or something is broken. Well it is raining so I can't fly anyway. ☺

Setting up the two transmitters as trainer and student are straight forward in the manual. Well I must admit that the manual is a little unclear on how to really do it. One manual tells how to do all the setting. And other on tells it will work with any HiTec radio. They make it sound so easy. I need help.

Wednesday it the COL Eagles club meeting. I am sure that someone might know what I do wrong. I will take the thing with me and ask for some help.

Wait there is more frustrating, though it is minor. I ordered a bagel with cream cheese. Do you know that you can't read a book whitest you eat a bagel? Well, the binding on my book is so tight you can't hold it open with one hand and a bagel with cream cheese in the other. Well, you can't turn the pages without setting the bagel down and wiping your hand. Then you lose the page and need to search for it.

So I'm on the computer typing. Now it rains very hard! This is good, we need the rain as I mowed the grass, yesterday! Everyone is coming in all wet. Not me!

I think while the lights are still working I will read my book. Yes, it almost storms.

This book it "SEDONA, The Essential Guidebook" by Dennis Andres, 2011. Hmmm, guide book it one word! I always thought it was two.

18-Jul-16 9:19am @*\$

I'm dragging today. Someone said I might be dehydrated. So I am going to start drinking a lot of liquids. Mostly water but a lot. This something I don't do much. Let's see what happens.

I have to go out and see Michelle to find out what she learned. He when to an AdvoCare thing the weekend in Texas. AdvoCare is a nutrition company that sells good stuff. The FDA use them to set quality standards. I guess I should head out there and get some water and listen to her words.☺

20-Jul-16 7:47am @*\$

Monday I was dragging all day. I just didn't have any energy. I kind of took the Monday and yesterday off and did very little. I feel much better this morning. Monday I couldn't even exercise very long. It was like somebody had drained my battery. I was running on empty. I was just drained!

Yesterday when I exercised I did much better. I kind of did ok for a half hour. Then I started to lose it.

Michelle was having trouble talking. I think she brought something back from Texas with her. She did something I have never seen her do before. She had a spook person who hold us what to do. She wrote it down and Melody told us what to do and when to start. I was a nice change. Maybe Michelle will feel better today.

Ouch, someone opened the car door and the sun blinded me! ☺ Now I can see! That is twice this morning that happened. I was reading my book and the page turned white. Oh well, it happens.

Garden

I have a couple cucumbers to harvest when I get home later. I will have 4 in the fridge for tomorrow when it will be very, very hot. I see I have a bunch of cherry tomatoes that are getting near ready. They are starting to pop out like popcorn. I think there are a few big tomatoes too.

The beans and peppers show no fruit starting yet. It might be early for them. I forgot

about the raspberry until they turned. Yup, they are all dried up. Best to start checking them around the first week of July. By the third week they are done.

Last year I cut down the blue grape by mistake. They were mixed up in the mulberry bush. Well it is a mulberry tree that I keep cutting down. I need to check them out and maybe put up some for them to climb other than the mulberry tree.

I keep forgetting I have chives I planter on the north side of the house. They have long since gone to flower and maybe to seed. They have been ten maybe twenty years growing there.

I think it may be time to transplanting some of the Periwinkles I have over by the northwest corner of the house. They grow like weed and I need ground cover on the north side of the driveway. It is hard to mow the grass there. I could also plant some English Ivy along the fence. It would help the grass mowing and maybe climb the fence and block the wind and maybe stop some of the snow from blowing into the driveway. Both the Periwinkles and English Ivy should be easy to transplant as long as I keep them watered. Both of them were just planter there over 15 years ago to just see what happened.

After the heat spell leave I think I might try to transplant them.

23-Jul-16 6:45am @*\$

Boy, is it warm & humid already this morning. I reminded me that the density altitude would be high. You may ask what that is. Well first let me tell you I am going out to the airfield when I leave here to try and fly my plane.

When you file the manned aircraft it is harder to get them off the ground when the you are at a higher altitude. Woodstock is around 950 feet sea level meaning it is take longer to get off the ground than at sea level. I remember when I flew the Cessna 150s back in the 70' that the plane seemed more sluggish when it was hot and humid. I would have to use more runway to get the plane airborne.

So I looked up the density altitude for the conditions that I will be flying in this morning.

Temperature is 76.2° due point is 76° the barometer is 29.89 and the altitude is 882. It calculates that in Ringwood the density altitude is 2600 feet. If then density altitude holds true for the R/C airplanes as the big ones I should have to work a little more while flying.

I should be fine. I had density altitude jump in to my thought as I left the house this morning and had to check it out.

Closet

The other day I heard a big clunk and something fell. I was sleeping in chair in front of the TV and when I looked around I figured I was dreaming. Later I went into the closet and saw the shelving on the floor. The molly screws pulled out of the old wall and took some of the other shelves with it. What a mess!

I had way over loaded the shelving for the way I had put them up. Well they held for 20 years! After clearing all the stuff from the room I decided to repaint the closet and get rid of a lot of the stuff I don't need or want any more. Well I will work on this de-cluttering. ☺

If I feel up to it after I come back from flying my plane. I can't work on it after I come back because I have closet stuff all over my tables or piled in front.

Then sooner I get the closet painted the sooner I can reinstall the shelving. I have everything I need except for motivation. I have heavier duty mounting hardware so I could double up the weight and... No, don't do that, Marty!

Well I need to get going now. My airplane is calling me. I will go to the airfield and look at those picnic tables too. I volunteered to rebuild them. They are in sad shape.

24-Jul-16 10:24am @home

Yes, at Home!

Today I am feeling I need to start losing some weight. I want to be below 200 pounds by early February 2017. No more details on this for now.

I got an Ok to fix the benches at the Club's airfield. They are falling apart and need some repairs. It will help to keep me busy for a while. Maybe a couple of days' work. My next trip to Menards I will pick up the materials I need to

do this. I guess who ever started working on them is done. And has no materials left.

Oh, about me flying. It didn't happen. We could make the Buddy box control the plane correctly. I need to figure that out. I will contact HiTec next week and see what they have to say. Bummer! ☹

Today I started painting the closet. There is not much air moving around the so I needed to get out of there for a while. Even though it is water based paint it gets to me if I stay in there too long without ventilation.

I have breathed enough fresher air so I guess I could get back to painting. I set a fan in the door way and try not to trip over it. ☺ It looks like the north and west wall will need two coats. I guess I should paint the whole thing twice and it is done. Did I ever tell you I don't like painting! ☹

Oh well, it has to get don't and by the time I talk somebody into doing it, I can be done.

29-Jul-16 8:22am @*\$

I been busy. I repaired the benches at the airfield that were falling apart. The first one I replaced the rotten parts and decided I might have been easier to build a new one. The second one wasn't as bad. Yesterday I didn't get back out there to clean up the junk I left lying. I will go out this morning.

My trainer/buddy radio setup is very intermitting. I tried everything to get it to work. On average one time out of three it works for a while. These are the hard to pin point the problem. I even wrote the steps I went through so I did it the same each time. This when I decided there was a problem. I have it packed up and need to get a big box to send it back to HiTec to check it out. I'm done!

Yesterday was water balloon day. The EWT Kid Camp is where I spent time filling water balloons. I was doing fine until someone noticed I was still dry. Yes, you can fill up six-hundred water balloons without getting wet. Just don't let the kids notice you are dry. It don't last! We were about done and I am carrying around the last 33 balloons in a tub pass then out. When someone, Alex, came up behind me and dumped a whole tub of water

on me. I am going to get you Alex! ☺ We had fun! And I finally dried out.

Michelle had a big box I can ship my transmitter back to HiTec today.

Announcement

From Michelle;

We have an announcement to make.

Marco is no longer affiliated with EW Training.

We have enjoyed having him here for the last several years.

He has decided to go a different direction and we want to wish him good luck!

Michelle

EW Training

30-Jul-16 9:30am @*\$

Happy Birthday Aunt Annie. 86 isn't it? Or is it 43 again? Hope the rest of it went well for you. When I left around six o'clock you were still doing good.

31-Jul-16 8:03

Airplane Transmitter

Well I gave up on getting my radios for my plane to work as Trainer & Buddy. Meaning I could not get them to work every time I flipped the switch. It should be Plug & Play and it isn't! I boxed them up and sent them back to HiTec to figure out. UPS says they will have them on Tuesday. This means maybe they will be back by next weekend. We'll see.

Maybe I head out to the airport to see if my little plane will fly. It has been a long time since I flew it.

Wait, the lawn need mowing. Wait, it wet for the fog. I guess I talked myself out of cutting the grass.

My closet is waiting for me too. I need to get the new shelves installed too. I am having trouble moving around in my bedroom. Did I tell you that closet is 5 by 5 feet? It held a lot of stuff. I think I will got to the airfield anyway!

2-Aug-16 7:26pm @home

Updates

- My radio for my airplane won't be delivered to HiTec until Thursday
- My closet is painted and I have started installing the new shelving
- I have picked my first tomatoes and beans from the garden. And I have had a dozen or more big cucumbers
- The benches at the airfield are fixed

The MRT Backer Page

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

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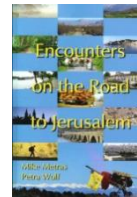
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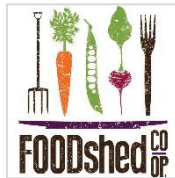
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E

Become a shareholder
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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

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