

17th Year

Woodstock, Illinois, USA, Earth

**Marty Metras** 

## ISSUE # 147

#### **Table of Content**

Closet rebuild	How Come 5	Icons 8
Airplane2	Real Kilroys	From the Internet Online 8
EW Training2	My Ad to You	Michelle is on Vacation9
		Airplane Progress9
Past Woodstock Square 22	Airplane 6	Marcia's Looking10
Missing MRT 3	A Teaching Story6	Just Checking10
Ita Darak	EW Training6	Flies!10
		Airplane10
True or Not true 73	Airplane 7	Newsletter Subscription 10
Airplane4	Happy Birthday Mom 7	My Plane 11
Garden 4		My book 11
		My Life Stories11
Open House	Past Woodstock Square 7	Follow up11

#### 1-Aug-15 8:19am @\*\$

Welcome to August 2016. Yes, it is August, already!

#### Closet rebuild

I got a good start on my closet yesterday. I need to pick up shelving after I leave here today. I am thinking I might just put one wood shelf on the two walls and reinstall the wire shelving for the rest. Where the wooden shelf will be will be strong enough to hold me I need a short bed to sleep on. Yes, the shelf is very strong now. I went cheap 20 years ago and had to repair it last month. This time it may last

another 85 years. I did not really go over-kill. I just did a better job this time.



Written, Edited, by Marty Metras

## Airplane

The transmitters for the plane are on the way back to HiTec to figure what is wrong. I will have more time to work on the pontoons as soon as I get the closet stuff back in the closet. Yup, I will be able to get to the assembly table to work on them. I have had to major stoppages while I have worked on them. This makes me basically start over. It there a big gap of time on any project you need to really look things over to figure out what you were doing.

## EW Training

Now that Marco has left I wonder what will happen. Things change all the time but this is a little different. Oh well, time will tell.

#### 5-Aug-16 10:18am @\*\$

Haven't I been up here since the 1st? Hmmm, I thought I was. Anyway, HiTec got my radios but they said it would be 7 to 10 days for them to look at them. Maybe August will not see my plane in the air.

I could maybe put my very old radio in it. By the time I figure that out the servos are not compatible with the radios I am using now. I think I will just wait and get this plane flying before I go with something else. After all I started this project fifteen-years ago. What is a 

Now I need to suck up my coffee tea and go home and get my hose for Michelle. Today is water fight day and her hose is broken. Mine is not. I have 10 minutes to finish my tea and get home unhook the host roll it up and get back to EW Training.

So much for my coffee break!

#### 7-Aug-16 7:21am @\*\$

What's going on here? I am missing the 1st to 6th of August! I see that OwnCloud is updating so maybe that is just the problem. If so it is just that is not synced up yet. I will check in a little bit. If not, I am starting over here. Bummer! 🕾

I decided to start listing what I remember was on The Square in downtown Woodstock in the past. I am sure I may have some to the

places wrong. Most likely the dates. Maybe you could let me know you remember. I know some of you are not old time Woodstock'ns residents but you have heard some stories.

## Past Woodstock Square



Since I am sitting here in Starbucks, I will start at the corner of Johnson and Van Buren Streets.

Next door on the corner is a new ladies clothing store. Even though I walked by it many, many times I don't know its name. Before that it was a book store. They moved down the street in Bohn's old building a year or so ago. Starbucks is in the same building.

I know Starbucks was here in September 2009 because that is when I got my first Starbucks card. Using The Starbucks card get a free drink once in a while.

I think that before this was Starbucks it was Lang's Hardware (True Value). The building was both Starbucks and the Ladies store next door. Lang's used the basement too. They used to have model trains and toys down there. Before that it was a grocery store A & PI think. Where did A & P go? They were in Woodstock somewhere. Was it on Route 47 where Bohn's Ace Hardware in now? I'm not sure.

The next building is Stage Left. It just east of Starbucks. This place I don't remember what was in there before. I remember there was building there before. They tore it down before Stage Left. Stage Left is a restaurant and stage extension for the opera house next door. Ah Miss McHenry County just walked in. So Miss McHenry County drinks coffee. ©

I wonder what was in there before Stage Left. I don't remember. They say there was two buildings in there before. One on The Square and one the faced out the back on Calhoun Street. They also said that there was a space between them like a court yard. I have no idea! Do you remember this space?

Many times when I am on vacation and out of town, I wonder what is in Woodstock I am missing out on. Onetime I was wondering about restaurants so counted them and came up with 63 of them. The first time I stopped

counting at 40. I think the last time I counted was in 2009.

One time I was wondering about parks in Woodstock, I counted 23. These were public parks that Woodstock call theirs. Other the restaurant and park counts have changed since then.

Maybe I should count parking spaces. The City says there are 2500 within 5 blocks of The Square.

Then next place on The Square is The Woodstock Opera House. I think it might have been there forever. I know that it was the city hall when we first lived in Woodstock. The Police department was there. I remember spending some time in jail there. I was about 6 years when my Dad took me in to show me the jail cell. He locked the door and walked out. I just went over and sat on the bed and waited for him to return. I think he was trying the scare me. I guess I knew he was not going to leave me there because I was not scared. He told me that is where I would spend my time if I ever was bad.

I must be good because as close as I have been to a jail cell it at the Woodstock Public House that is a restaurant in the Old Court House building on The Square. I'll tell you about them later because I am going counter clockwise around. I am still in the first half of Van Buren Street.

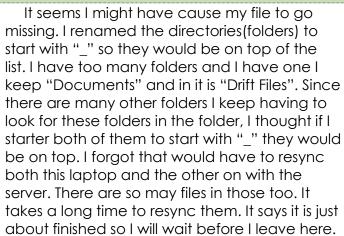
Back to the Opera House. I said it was the City Hall. The city people worked there. The Fire Department parked the trucks inside the back. Maybe the police car and Tiny motorcycle too. Back then the population of Woodstock was around 7,700.

My brother Mike says that the Library was in the City Hall building too. I don't remember that. Though I have seen in some pictures in the past.

Now I am at the corner of Van Buren & Dean Street. It is time to give this a break for now.

The weather is calm so I might just go to the airfield and see if my little plane flies. It has been so long I may need to re-train. ©

## Missing MRT



Maybe August 1<sup>st</sup> to 5<sup>th</sup> will be sitting there and waiting for me. If not, I will need to go home and make sure both the Laptops are turned on and go fly my plane and leave them both at home-alone. ©

Ok I can go home now because I see the files dated Aug 1st and  $5^{\rm th}$ . And my coffee is done too.  $\odot$ 

## Its Back Histellaneous

Yes, after the sync my first few days of August showed up. I grabbed Aug, 1<sup>st</sup> & 5<sup>th</sup> and added then to this version. I feel better now!

#### 9-Aug-16 9:16am @\*\$

The flies are back at Starbucks. They or maybe it is it is bugging me. In any case FLIES BUG ME!

No I forgot what I wanted to write. Maybe I should go outside and sit with the Spinning Wheel Ladies. I just had a thought. What do the spinning wheel ladies do when Tuesday falls on a different day of the week? Would they still come here?

Bye!

## 10-Aug-16 7:59am @\*\$

## True or Not true

Hi all! Seem the we all remember things different. I have been writing my life's stories and I came across a note in there. It seems I sent a draft to my brothers and sisters to read to see how I was doing. This was a good and bad thing. One told me I had spelling errors, and other grammar, and still another told me I had parts of the story wrong. That is when I changed the name of the story from "The Life and Time of Marty Metras" to "Marty's Life Stories." There are stories as I remember them. I will get most of the spelling and grammar problems fixed as I go along. The story is different because of who remembers it.

Marie reminded me of one time I was playing one the trucks parked in the garage next door. She asked me if I remembered when I slipped and cut my knee and had to have stitches. I laughed and asked her for details. It seemed she remembers Cork and me playing on these trucks and I had gotten hurt. She had many of the details but one was wrong. Cork has a scar on his knee not me. I remembered playing on the trucks with Cork and I remember it was Cork, not me, slipping off the bumper and hurting his knee. Marie insist it was me but Cork has the scar.

That is why they are my stories. They are what I remember from my past. I need some help to remember that there was a story there or that you want to hear about it. I will fill in the details as I remember it.

I guess that while at a jury trial there are 12 people the decide who it right and who it wrong. Listen to all the stories and you decide what you want to believe.

### Airplane \*\*\*



Seems that my transmitters have been checked out and are on their way home. The problem was one of the transmitter was set in "Mode 1" and the other to "Mode 2." This confuses things.

The Mode settings are kind of the setting you use when you decide it the controls are left or right handed. Mostly it is Mode 1 in Europe and Mode in the USA. One was received from the factory in Mode 1 and the other Mode 2.1 missed this! I knew about the different modes and looked at them. I was blinded by the problem that the Trainer/Buddy box setup was not working and missed it.

Oh well, it is fixed and on the way back to me. Maybe I will get to fly yet. ©

#### 11-Aug-16 2:08pm @home

So I will find out if this updates and syncs up so I can use it on my other laptop when I get up to Starbucks. Seems like the last to time it didn't sync. So if this is the problem I might be able to figure out if this is the caused. The last time I just made it work.

It's hot out there today. It shows 90° F. Maybe it will warm up later. © The forecast is for rain tomorrow and that will make it a little cooler, maybe. The weather will start aettina less summery pretty soon. Thought it is August so It could still give us some very hot days. After there are still 6 weeks of summer left. I think I have had enough to the hot summer.

#### 13-Aug-16 5:57am @\*\$

Well it is synced up this morning. I guess that is ok.

## Garden \*\*\*\*

My garden as little as it is, is doing ok. I have harvested some cherry tomatoes and some green beans. The green peppers are getting bigger but not near ready to pick yet. The bigger tomatoes are still quite green. They are looking good. I also have some wild tomatoes from last year. They are big plants but I have not seen any fruit yet. They may be just big plants. I didn't plant any root crops this year.

Oh yah, Cucumbers. I only planted a few plants but I keep picking them and more come back. I planted the big kind. They say they are not the best to make pickles. Since I have so many, I am going to try am make some fermented dill pickles. They are stored in the Fridge and last a month or two. I may try canning a few too. I will see how to do that later.

It is really easy to ferment dill pickles. It is a little like making wine. So maybe today I will start the fermenting process. They sit on the counter for a few days before they go into the refrigerator after pickling them.

## Open House

#### September 10th, 2016 9:30am to noon

There will be lots of things to do while you are here! We will have a mobile Hydrostatic bodyfat testing unit on site.



Make your appointment to get tested online at http://www.goldstandardtesting.com/Signup (signup must be done from a PC not a phone)

Take a class while you are here and join us in raising funds for a local charity (\$25 for the class)

#### Classes start at 9:30 and 10:15

Bring the kids to try out our obstacle course starting at 11:00.

Also joining us will be:

Jake Stegmaier from Northwest Healthcare Emilee Bozic a Certified Reflexologist Billie Cornell Young Living Oils

Enter our raffle drawing for tons of prizes!

#### Bring your family and friends!

See you here!

More information as it becomes available.

### 14-Aug-16 7:18am @\*\$

## How Come Miscellaneous

Why is the way it is? Date is Day-Month-Year. That is because today is more important than the month. The time is there because way back when I started leaving my name on things I fix them I would get asked; "When were you here?" I used to just fix things and leaving my name and saying some like "FIXED METRAS" on or around it. Later I added the time and date when I was there. It was kind of a "Kilroy was here!" sign.

I added the location later when I was writing notes on vacation so I would have an idea where I wrote it.

Why Day first. I think I picked up that when I went to Spain the first time. In Europe they do it that way. I got confused some time where I looked at the date written like "08/10/16" thinking it was August 10th when in Europe it was most likely October 8th. Or was it.

I started writing out the month for less confusion.

I used to add the temperature but it got too hard to look it up all the time. Therefore, I stopped adding it.

## Real Kilroys

The Oxford English Dictionary says simply that Kilroy was "The name of a mythical person "One theory identifies James J. Kilroy (1902–1962), an American shipyard inspector, as the man behind the signature.



The New York Times indicated J.J. Kilroy as the origin in 1946, based on the results of a contest conducted by the American Transit Association to establish the origin of the phenomenon. The article noted that Kilroy had marked the ships themselves as they were being built—so, at a later date, the phrase would be found chalked in places that no graffiti-artist could have reached (inside sealed hull spaces, for example), which then fed the mythical significance of the phrase—after all, if Kilroy could leave his mark there, who knew where else he could go? Brewer's Dictionary of Phrase and Fable notes this as a possible origin, but suggests that "the phrase grew by accident."

Source: https://en.wikipedia.org/wiki/Kilroy\_was\_here

Oh wow! Is says "...origin in 1946..." That is when I was born! Maybe I should check the bottom of my feet. ©

Maybe I should start a "Marty was here!" campaign. I need a simple logo. Wait, I have a logo, "MRT".

I need to go home now!

#### 15-Aug-16 8:04am @home

I woke up late this morning so I have not been out to exercise yet. I usually go to the 6:15 class, Since the next one isn't until 8:35, I had some time on my hands. I decided to check on my book sales.

"Walking the Walk" is still selling. Mostly the e-book version. Though the sales are light, very light. At this rate I will not be on the New York Times best sales list for the next 1,000 years. Well unless I start selling them myself.

### My Ad to You

Marty's book about his walk across Spain on

the Camino de Santiago is available in e-book and paper book forms on Amazon.com and Barnes and Nobles (BN.com). It is also available in paperback on LuLu.com.

Do a Google search for "Walking the Walk Camino de Santiago 2012" for all the place can find my book.



You can also find my first book by going to LuLu.com and/or search Google for "my Camino de Santiago Adventure Marty Metras" or something like that. The first book was titled "My Camino de Santiago Adventure." Lulu.com is the main source for this one.

### 16-Aug-16 3:38pm @home

## Airplane

I just received a FedEx package with my transmitters in it. I need to charge up the batteries and then get to the airport and see if I can still fly. Wait! I have not flown yet. Mike has been doing the flying. It has been so long I don't know if I remember how to get to the airport.

Maybe I'll figure out the way. Maybe before this newsletter get published I will have some news for you. ©



A Sufi teaching story tells of a man who prayed continually for the awareness to succeed in life. Then one night he dreamed of going into the forest to attain understanding. The next morning, he went into the woods and wandered for several hours looking for some sign that would provide answers.

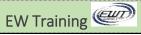
When he finally stopped to rest, he saw a fox with no legs lying between two rocks in a cool place. Curious as to how a legless fox could survive, he waited until sunset when he observed a lion come and lay meat before the fox.

"Ah, I understand," he man thought. "The secret to success in life is to trust that God will take care of all my needs. I don't need to provide for myself. All I have to do is totally surrender to my all-sustaining God."

Two weeks later, weakened and starving, the man had another dream. In it he heard a voice say, "Fool. Be like the lion, not like the fox."

. . .

Source: Master of Life Newsletter



# Maggie Kearns Memorial Engineering Scholarship

Maggie wanted nothing more than to be an engineer from a young age and had just finished her first year in the University of Illinois

Aerospace Engineering program before passing away unexpectedly from a stroke at the age of 19. As a little girl when she played with her Barbies she would add elevators to the doll house and make sure everything was organized perfectly in order. Her dream was that everyone would one day own their very own hoverboard to scoot around town so we didn't



spend our life stuck in traffic trapped in our cars. Come join us Saturday, September 10th for an open house at EW Training in Woodstock and take a group fitness class to stay healthy this Fall. Proceeds will go toward a scholarship for a graduating senior girl who will be entering the engineering field.

Help us pass on that dream!!!

Class times are at 9:30 and 10:15am Sat Sept 10th.

More open house details as the come in.

#### Airplane 🧦



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Maybe I'll figure out the way. Maybe before this newsletter get published I will have some news for you. ©

#### 17-Aug-16 7:21am @\*\$

### Happy Birthday Mom

Let's start out with Mom's Birthday. Mom was born in Wall Lake Iowa on August 17th, 1917. She would be 99 years old today. I seems like yesterday her and I road my motorcycle up to Lake Geneva. Yes, it was a fun day. It was some time in the early 1980's when I talked Mom into going for a ride on the motorcycle. Mom would have been in here 60s, I was around 35. I never thought She was going to say yes. Mom jumped at the chance.

I had told kind of what to expect and how to be safe. We were off to Lake Geneva to visit Cork. My Brother Cork was the manager of Schultz 5 & dime store up there. We enjoyed the adventure.

Love you Mom and Happy Birthday wherever you are.

#### **Itching**

The other day I was out cleaning up the yard and must have got into some kind of itching weed. My right wrist from the back of my hand up my arm itches. I have no idea what it was but I remember that last year it happened too. I was wearing gloves and long sleeves to try and me safe form these scary things. Any way if it isn't better tomorrow I will need to do something more than wait. Grrr 🕾

### Past Woodstock Square





Albert Readel Grocery Store

Next place going around The Square in on the corner of Van Buren and Dean Streets. In my Woodstock life time there have been three restaurants on

that corner, Vierigg's, Angelo's and now it's Papa G'. Angelo move the door from the

corner to Van Buren makina it difficult to enter the building. It is still that way today.

Back in the 1940 the removed the building and replace it with what is there now.



Building is gone

Back then it was Albert Readel Grocery Store.



Vierigg's

Right now sitting here I can't remember the order of things as I walk east on Van Buren Street, I must need a break from this. I know what is down there I just

can what come after thy took that building down. ©

#### 18-Aug-16 8:14am @\*\$

So I forgot to look yesterday when I left here to see what was next. Maybe I'll look today. Maybe!

There are a lot of people using Starbucks mobile ordering today. Maybe you didn't know you can use your cell phone to order you Starbucks stuff. You can even be just standing in a long line at the counter and order your drink. Sometime you will get your drink a little faster. Some people just can't wait! I should try

it some time. Wait, I haven't even looked at the app yet.

Today I have a blood test scheduled. I wonder if I can do that over the phone. © Hay Pat, how was my test?

#### 19-Aug-16 6:37am @\*\$, again!

It's Friday! I bet you thought it would never get here. For the last 2000 years or so it has been showing up once a week. Who was it that invented the 7-day week anyway?

I have heard people say that they would seem me on the second Tuesday of next week but there are only 7 days. Does that mean there would be no Wednesday, or what? So who did invent the 7-day week? Hmmm!

#### Icons 🔝

I am playing with the idea of putting Icons in the headings. I put some in this newsletter. I don't know if I will continue doing it. What you think?

I am thinking I don't want to do all the extra work it that's to insert the icons. Also in draft the TOC looks cluttered. I have enough clutter in my life. I may not do this. I will look again later.

#### From the Internet



## Why We Have a Seven Day Week and the Origin of the Names of the Days of the Week

Today I found out why we have a sevenday week and the origins of each day's name.

Two of the earliest known civilizations to use a seven-day week were the Babylonians and the Jews. The Babylonians marked time with lunar months and it is thought by many scholars that this is why they chose a seven-day week (though direct evidence of this being why they did this is scant). That being said, each lunar month was made up of several different cycles—on the first day, the first visible crescent appeared; on approximately the seventh, the waxing half-moon could be seen; on approximately the fourteenth, the full moon; on approximately

the twenty-first, the waning half-moon; and on approximately the twenty-eighth, the last visible crescent. As you can see, each notable cycle is made up of about seven days, hence, the seven-day week.

You'll notice I used the word "approximate" a lot in there. This is because the moon phases don't line up perfectly with this schedule. As such, as far back as the 6th century BC (which incidentally is also around the time the Jews were captives in Babylon), the Babylonians would sometimes have three seven day weeks, followed by an 8-9 day week, presumably to resynchronize the start and end of the weeks to match the phases of the moon.

In their normal seven-day week, the Babylonians held the seventh day of each week as holy, much like the Jews did and still do. However, the Babylonians also held the day to be unlucky. Thus, similar to the Jews (but for a different reason- the unluckiness of the day), the seventh day had restrictions on certain activities to avoid dire consequences from the inherit unluckiness of the day. The final "seventh day" of the month for the Babylonians was a day of rest and worship.

#### ... there is more...

Source:

http://www.todayifoundout.com/index.php/2013/04/the-origin-of-the-7-day-week-and-the-names-of-the-days-of-the-week/

There other idea why we have a 7-day week. I just choose the first one I found. If you do some research on your own, you may find out that it goes back to 2000+ years when we started to write thing down. So it could have been a 7-day ween since the Big Bang. God needed a rest.

#### 21-Aug-16 9:28am @\*\$

Yesterday was the Electric Fly in and the COL Eagle R/C club airport. I kept getting interrupted and never got there. The rain didn't help either. It looks windy outside here so I may

not get out there today either. I guess I am not going to get any hotdogs or hamburgers.

I have the batteries charged and the radios working now. So I may just go there and see what is happening. I don't need to fly my plane and crash it because the weather is too bad. I can just watch the guys that know what they are doing crash theirs. ©



#### Michelle is on Vacation

While Michelle is out on vacation I am keeping an eye on EW Training. I am not doing any of the training just making sure the building is there when she comes back. Aaron, Amy, and Sally can run the gym. I will help with the other stuff if they need it. It is what I do.

Michelle contacted me each day the first few days since she left. It seems like there is always something you forget when you go out of town. I know I always have things I forgot to do before I left on vacation. You know I will give her the business when she returns. And there are a few things I will save for her so she knows we love her.

#### 23-Aug-16 11:28am @\*\$

#### **Airplane Progress**

Well I went out to airfield a flew my airplane. Things went well. Mike wasn't there but one of the other guys was. He put it into the air, trimmed it out and we got the transmitter working. Then it was my turn. I found out my

thumb was little heavy on the controls. So my guy told me to let him take off. As is normal I forgot his name. Sorry!

So it was back in the air again and that was whne we lost control. Something went wrong. All controls failed. Nothing was working and the plane came down. It crashed! My guy started to apologies. I had to tell him not to worry it was part of the learning part. Nobody and nothing was damaged other than the airplane. Well, the airplane is broken. I can rebuild or replace it.

Once we notified the other that we were going to walk out on the airfield, we walked out to see how bad it crashed. You don't walk out on the airfield when someone is flying. It is dangerous. You could get hurt! I got to the plane and it didn't look good. I am glad I didn't have a pilot in it. There would most like I be a mess.

Its nose, batteries, motor, and other parts were no longer attached to the rest of the airplane. It was not a purity site. I picked up all the little pieces and the other two carried the other parts.

After we cleared the airfield I started looking it over and decide to only take one picture. One was enough! I looked it over to see how bad it was give is a good look. Not 100% sure what happened but I think the receiver power came loose. That is the only think that would cause a complete loose of control of the plane. None of the radio seemed to be broken. When it crashed the batteries came loose and flew through the fire wall and tore it free of the rest of the plane. This also cause to wire to be pulled from the receiver. Yup, that may have unplugged the receiver.

The ESC (Motor controller) was still plugged into the engine. It was not still hooked to the battery. This could have happened because of the crash and not before it. The glue holding the Velcro battery mount did not hold. The glue did not stick well to the Velcro but very well to the Balsa wood. This is a weak point that need to be fixed. No the cause of the crash!

The battery eliminator was Valcroed in place and could have become loose before the crash but I don't think so. On the other hand, it could have a loose plug for the power

for the receiver. This could have caused to control loss!

As for the receiver all the other wire were tightly plugged in. No problem there.

So after I get the damage repaired I need to make sure that all the connections are secure. And I need to find a more secure place to mount the batteries. In any case I have a lot of work ahead of me.

#### 26-Aug-16 8:31am @home

#### Marcia's Looking

I got this message from Marcia.

"Remember family pic from '68, '74, '79 What ever happened to that one......when Edie Metras was a baby and I think in black in white.....I remember driving to the place where the pic was taken......in my mind the place was next to 3 brothers.....although I remember that as a grocery store, was it a photo shoot place before that?.."

I replied to check the Dad's 100th sight. With over 2,000 photos posted there I might take her a while if it is there. If you can help her it would be great. All the pictures are not there. The Mom's 100th sites has a mess pictures too. And there are those that people still have.

So if you have any Family pictures please send them to me so I can post them and get them to Marcia.

Dad's 100th is http://martymetras.com/Dads100th Mom's 100th is http://martymetras.com/Moms100th

I am looking pictures of the Families, not indivisibles so much at this time.

#### **Just Checking**

I do not have many people on my email list I send out telling when I publish Marty's Random Thoughts. I think there are only about 24 email addresses on my list.

I was wondering how many people read your copy. Meaning if you forward you copy to someone else. Maybe you read it online. Maybe you print it out and give it away. I was wondering how wide spread my newsletter is going. At one time I knew that a copy was being sent to Colorado. I know there is a copy in upper Michigan. Santa Fe, and Missouri. The rest of them are around here, meaning Illinois

#### 28-Aug-16 5:14am @\*\$

#### Flies!

Starbucks has flies! Wait, I have my swatter today. Now if it just lands so I can test my skills. I have nailed 7 of them since I started typing this line. Maybe they got the hint. Now Walter has the swatter!

#### **Airplane**

I am working on getting my plane back into one piece. It is taking time to reconstruct. I am trying to epoxy each piece together. It is like assembling a jigsaw puzzle in three dimensions. I have the sidewall and the bottom assembled and glued. It is also reinforced.

I am working on a battery mount now. I didn't really have them mounted very well before. With the fuselage open I can do this. It will be better than just Velcro. The batteries came out hard and fast. That may have what caused most of the damage. They tore through the nose and hit the firewall and ripped it off the front of the plane.

I had to order a new motor mount. It just smashed it and bent it beyond what I could straighten. I am pretty sure when to nose hit the ground and the batteries came in from behind it got hit hard from both sides. I could not bend the motor mount by hand. So I just ordered a new one. It must have hit hard when it crashed

The flies are back! Maybe I bring in my bug sapper. 🕾

#### **Newsletter Subscription**

I have been sending out an email alert each time publish a new Marty's Random Thought newsletter. If you are getting this alert that is great. If not, then you need to subscribe. You only need to add your email address and I'll get it. Well the system will. If you are having a problem, then shoot me an email.

There a few people that tell me they are not getting my emails. If you have registered as a subscriber, you should be getting the email

notices. But if not then shout me an email so I can check it out. My email address is <a href="mailto:Thoughts@MartysRandomThought.com">Thoughts@MartysRandomThought.com</a>. The location of the blog is <a href="http://MartysRandonThoughts.com/blog">http://MartysRandonThoughts.com/blog</a>. Use the place on right side of the screen where it says "Email Newsletter Alert" to subscribe.

If you get the message that says "Maybe on file already!" you may already on the list. Check your email. If it lets you register, then make sure you respond to the email you will receiver. It is just to confirm you as you.

Want to Help? I also have another app I am testing. If you scroll down the page looking for "Stay up to date" and subscribe there too. I want to test it out.

#### 30-Aug-16 8:56am @\*\$

I guess it is near the end of the month. I want to type something profound at the end of this newsletter. Maybe not!

Do you know it takes almost 5 hours to get two pints of blood? Who would have thought. That is want they called the blood transfusion. Not sure if the is adding or exchanging the blood. Maybe I should ask.

I am sure someone is going to ask me about that statement!

#### My Plane

Today I am working on a new battery box for my airplane. I only glued the Velcro before. Now the will be a box around the batteries. The I will need to work on the center of gravity, so I will have to move the receiver and other controls to help balance the plane. Once this the battery box is installed I can look at the other stuff and start doing the structure repairs.

#### My book

I have been read "Writing Alone and with others." It is interesting. I just got started and it talks about the fear. Yes, there are many fears Pat talks about. I basically says "...just do it..."

#### My Life Stories

I got back to looking at "Life and Times of Marty Metras." That is the tittle I am using right now. I may change later. Each time I work on it, it gets longer. I may have to make into many small books. It starts out 4 years before I was bored. I see I have notes about after I retired now. Almost 70 years of stuff.

I think I will regroup it into short stories. Long books get boring after a while. I have to make the changes into the computer then look at the whole thing and see what is there.

Has anyone else written their life stories? My story is a work-in-process. The book may never get done. I just keep going back to it.

#### 31-Aug-16 11:50am @EWT

Hay, this month is about over. It thought before I close this newsletter I remind you if the E. W. Training open house on Saturday September 10<sup>th</sup> 2016 from 9:30 to noon. Check it out on the web site at

http://EWTrainingWoodstock.com or on Facebook at

https://www.facebook.com/events/676877555804230/ It still fun for me to work out here!

Oh well, it is time to start a new issue. Happy September! Marty

**PS:** I just found out that Michelle's Dad need your prayers. I know many of you are like me and don't believe but send him good thoughts anyway.

He is having heart problems and found that is not a candidate for a pacemaker at this time. He is a lot like me, letting things go too long without doing anything. In any case he is in the hospital for them to see what can be done for him. So wish Gary well with over your belief system may be.

Get well soon Gary!

#### Follow up

- No more icons in the tittle.
   They look mess to me.
- My airplane is not ready to fly yet
   It is coming along but it is going to take a while
- I went home again because the flies at \*\$ were just too much for me

## The MRT Backer Page

# WALKING THE WALK CAMINO DE SANTIAGO 2012 BY MARTY METRAS



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Functional Strength Training Center

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

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#### **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

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## EW Training Open House Saturday September 10<sup>th</sup> 2016 from 9:29am to Noon

1270 McConnell Road Woodstock II

