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### 1-Jul-18 705am @\$ 77° Sunny

Being it is 77° already I think it will be hot again today! I think I might spend the day in the A/C or may attempt to cut the grass in the front of the house. Being that I was down in Santa Fe last week the grass missed me and tried to reach out. So, my lawn needs a good haircut. It does! Maybe I should bail it and give it to a family who has horses. ☺

I get these neat smiley icons when I type :-). Meaning ☺ guys. I can't find them in the system to set them up. I can find the "autocorrect" I used for the € ¢ and °. I can only find symbols that are in the character set and not how I can get the graphic Icons. I'll keep looking. Any ideas?

In another half hour I can go home and try to cut my grass. I think 8:00am isn't too early to make noise outside. Everybody is up and around, aren't they? I hope so!

I miss Aunt Annie and Mike. I need to learn to deal with it because until it is my turn I will miss them. Life goes on. It took a long time to get use to Mom, Dad, and Jake not being here. Well I need to stop feeling sorry for myself and move on. I cannot change the past. As Mike once said. "There is only NOW!"

I need to get to proofing the previous newsletter. I tried to listen to it with my headset because I am at Starbucks and found that I forgot to charge the battery. Yup it is wireless. Maybe I should put a set of ear buds in my laptop case too. If I keep adding

"just-in-case" things in my laptop case, I'll have to start calling it a tool box.

Thinking about tool boxes, it is too small too. I need more things "just-in-case" in it too. I need an electrical, plumbing, computer, and general handyman tool box to carry around with me. I keep getting somewhere and not having the tool I need to do a job. Then I must run home and get it to return and find out I left one laying on the computer at home. Yup another trip.

When the guy was there installing the dish washer last month, he had a nice tool carrier. You could see all the tools and they were in the right spot. If something wasn't there you knew what was missing and you could put it back before you left for another job.

I have many places where my tools end up. In the house, garage, car, camper, EW Training, or somewhere else. Either the whole tool box or a tool or too.

Oh, it is overcast a little I should go cut the grass before it gets too sunny. Bye!

### Little Later

I went home gassed up the mower and moved the water hose out of the lawn. That is when I noticed I had not burnt the sticks in the fire pit. After looking to make sure the wind was blowing away from the house next door I fired it up. I always check the wind to make sure it is out of the south, so I don't get any complaints. Because it was damp it took some doing to get it started. After it started burning it burn quite fast. Now it is just

smoldering. The wind is still out of the south, so, the school is getting most of the smoke...whoops it switched to out of the south, southwest. Sorry people in the back. ☺

The ideal direction of the wind is out of the south, southeast. That is rare, so I burn when I can. Sometimes the weather gods laugh at me and change direction after I light the fire. That was the case today.

I am sitting here at my picnic table keeping an eye on my smoldering fire. I will not leave the fire until it is out. I do not want Smokey the Bear to take me over in the corner and talk to me. I would get scared if that would happen. Bears can't talk! Can they?

There is a couple crows out in the play grounds flying around. There are quite a few crows in this area. I also have rabbits and squirrels this year. The crows are big! Their wing span must be about three-foot. The rabbits are new this year. They must have chased the chipmunks out from last year. I had a mess of them last year. They drove the squirrels away last year, but they are back. I had a family of raccoons a few years back and a Fox ran across the street in front of me in front of the house about 10 years back.

I hear a lot of birds but don't see them much. Maybe I could install a bird feeder. How do you keep squirrels out of them? Maybe I could run a wire between the clothes poles and hang a feeder on it. I think this might work. Maybe not as they cross the street the telephone lines. Well they try! I see many dead squirrels under the wires crossing the streets where they slipped and got hit by a passing car.

It may be time to go check out my fire. Looks like only heat coming from it. Where is that water hose?

### **2-Jul-18 8:48am @\*\$ 67° sunny**

Looks like it might not be so hot today. Maybe I'll mow the lawn later. The grass is too wet now. I got nothing else for now.

### **3-Jul-18 7:34am @\*\$ 66° Sunny.**

It seems my grass got too wet and long to mow yesterday. I kept clogging the mower. Then I went inside to wait for it to dry a little. Well, the next

thing I knew it was dark and I shut it down. This Morning I NEED to get the grass cut. The little I got cut looks nice but right along the cut grass is 12" long grass that really looks bad. I MUST get out there and get it done.

### **Checking In**

I am not talking about "checking in" at EWT. That is another whole story. I am talking about how are all of you doing? I thought that Mike was doing fine because I heard from him from time to time. I still had no idea he would be gone in such a short time after I talked to him.

If you are hurting or leaking that red stuff, get it checked out. I am not talking about smashing your finger or bumping your head. Those things are being stupid for the most part. A little pain like that will teach you to remember to not put your finger in the door jam, before you close it. I am talking about internal pain and/or bleeding. The people at the hospital can help you sort that out. Most of us have insurance to pay for that.

So how are you doing? Répondez s'il vous plait.

### **Remembrance Gathering**

Katie in Santa Fe will host a Remembrance Gathering for Mike on July 15 at her home. Katie is the lady Mike & Petra have been house sitting for the last few summers. I met her while I was down there last week. She says I met her a few years back at an American Pilgrim on the Camino (APOC) gatherings. Sorry Katie, I don't remember.

I think it would be good to go back to Santa Fe and show my support. Cork is going. I don't want to do all that driving but I will get there. I think Marie is going too. I haven't talked to Marcia and Edie yet.

### **4-Jul-18 7:43am @\*\$ 78° Sunny**

Is today Independence Day or the 4<sup>th</sup> of July. To me it is the 4<sup>th</sup> of July because Independence Day was a movie about ET. In any case, Happy today!

### **Less we forgot!**

**IN CONGRESS, JULY 4, 1776**  
**The unanimous Declaration of the thirteen**  
**united States of America**



hen in the Course of human events it becomes necessary for one people to dissolve the political bands which have connected them with another

and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of

Happiness. — That to secure these rights,

Governments are instituted among Men, deriving their just powers from the consent of the governed,

— That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form,

as to them shall seem most likely to effect their

Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn that mankind

are more disposed to suffer, while evils are sufferable than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security.

— Such has been the patient sufferance of these Colonies; and such is now the necessity which constrains them to alter their former Systems of Government. The history of the present King of Great Britain is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute Tyranny over these States. To prove this, let Facts be submitted to a candid world.

He has refused his Assent to Laws, the most wholesome and necessary for the public good.

He has forbidden his Governors to pass Laws of immediate and pressing importance, unless suspended in their operation till his Assent should be obtained; and when so suspended, he has utterly neglected to attend to them.

He has refused to pass other Laws for the accommodation of large districts of people, unless those people would relinquish the right of Representation in the Legislature, a right inestimable to them and formidable to tyrants only.

He has called together legislative bodies at places unusual, uncomfortable, and distant from the depository of their Public Records, for the sole purpose of fatiguing them into compliance with his measures.

He has dissolved Representative Houses repeatedly, for opposing with manly firmness his invasions on the rights of the people.

He has refused for a long time, after such dissolutions, to cause others to be elected, whereby the Legislative Powers, incapable of Annihilation, have returned to the People at large for their exercise; the State remaining in the mean time exposed to all the dangers of invasion from without, and convulsions within.

He has endeavoured to prevent the population of these States; for that purpose obstructing the Laws for Naturalization of Foreigners; refusing to pass others to encourage their migrations hither, and raising the conditions of new Appropriations of Lands.

He has obstructed the Administration of Justice by refusing his Assent to Laws for establishing Judiciary Powers.

He has made Judges dependent on his Will alone for the tenure of their offices, and the amount and payment of their salaries.

He has erected a multitude of New Offices, and sent hither swarms of Officers to harass our people and eat out their substance.

He has kept among us, in times of peace,  
Standing Armies without the Consent of our  
legislatures.

He has affected to render the Military  
independent of and superior to the Civil Power.

He has combined with others to subject us to a  
jurisdiction foreign to our constitution, and  
unacknowledged by our laws; giving his Assent to  
their Acts of pretended Legislation:

For quartering large bodies of armed troops  
among us:

For protecting them, by a mock Trial from  
punishment for any Murders which they should  
commit on the Inhabitants of these States:

For cutting off our Trade with all parts of the  
world:

For imposing Taxes on us without our Consent:

For depriving us in many cases, of the benefit of  
Trial by Jury:

For transporting us beyond Seas to be tried for  
pretended offences:

For abolishing the free System of English Laws  
in a neighbouring Province, establishing therein an  
Arbitrary government, and enlarging its Boundaries  
so as to render it at once an example and fit  
instrument for introducing the same absolute rule  
into these Colonies

For taking away our Charters, abolishing our  
most valuable Laws and altering fundamentally the  
Forms of our Governments:

For suspending our own Legislatures, and  
declaring themselves invested with power to  
legislate for us in all cases whatsoever.

He has abdicated Government here, by declaring  
us out of his Protection and waging War against us.

He has plundered our seas, ravaged our coasts,  
burnt our towns, and destroyed the lives of our  
people.

He is at this time transporting large Armies of  
foreign Mercenaries to compleat the works of death,  
desolation, and tyranny, already begun with  
circumstances of Cruelty & Perfidy scarcely  
paralleled in the most barbarous ages, and totally  
unworthy the Head of a civilized nation.

He has constrained our fellow Citizens taken  
Captive on the high Seas to bear Arms against their  
Country, to become the executioners of their friends  
and Brethren, or to fall themselves by their Hands.

He has excited domestic insurrections amongst  
us, and has endeavoured to bring on the inhabitants  
of our frontiers, the merciless Indian Savages whose  
known rule of warfare, is an undistinguished  
destruction of all ages, sexes and conditions.

In every stage of these Oppressions We have  
Petitioned for Redress in the most humble terms:  
Our repeated Petitions have been answered only by  
repeated injury. A Prince, whose character is thus  
marked by every act which may define a Tyrant, is  
unfit to be the ruler of a free people.

Nor have We been wanting in attentions to our  
British brethren. We have warned them from time  
to time of attempts by their legislature to extend an  
unwarrantable jurisdiction over us. We have  
reminded them of the circumstances of our  
emigration and settlement here. We have appealed  
to their native justice and magnanimity, and we  
have conjured them by the ties of our common  
kindred to disavow these usurpations, which would  
inevitably interrupt our connections and  
correspondence. They too have been deaf to the  
voice of justice and of consanguinity. We must,  
therefore, acquiesce in the necessity, which  
denounces our Separation, and hold them, as we  
hold the rest of mankind, Enemies in War, in Peace  
Friends.

We, therefore, the Representatives of the united  
States of America, in General Congress,

Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the Name, and by Authority of the good People of these Colonies, solemnly publish and declare, That these united Colonies are, and of Right ought to be Free and Independent States, that they are Absolved from all Allegiance to the British Crown, and that all political connection between them and the State of Great Britain, is and ought to be totally dissolved; and that as Free and Independent States, they have full Power to levy War, conclude Peace, contract Alliances, establish Commerce, and to do all other Acts and Things which Independent States may of right do. — And for the support of this Declaration, with a firm reliance on the protection of Divine Providence, we mutually pledge to each other our Lives, our Fortunes, and our sacred Honor.

**New Hampshire:**

**Josiah Bartlett, William Whipple, Matthew Thornton**

**Massachusetts:**

**John Hancock, Samuel Adams, John Adams, Robert Treat Paine, Elbridge Gerry**

**Rhode Island:**

**Stephen Hopkins, William Ellery**

**Connecticut:**

**Roger Sherman, Samuel Huntington, William Williams, Oliver Wolcott**

**New York:**

**William Floyd, Philip Livingston, Francis Lewis, Lewis Morris**

**New Jersey:**

**Richard Stockton, John Witherspoon, Francis Hopkinson, John Hart, Abraham Clark**

**Pennsylvania:**

**Robert Morris, Benjamin Rush, Benjamin Franklin, John Morton, George Clymer, James Smith, George Taylor, James Wilson, George Ross**

**Delaware:**

**Caesar Rodney, George Read, Thomas McKean**

**Maryland:**

**Samuel Chase, William Paca, Thomas Stone, Charles Carroll of Carrollton**

**Virginia:**

**George Wythe, Richard Henry Lee, Thomas Jefferson, Benjamin Harrison, Thomas Nelson, Jr., Francis Lightfoot Lee, Carter Braxton**

**North Carolina:**

**William Hooper, Joseph Hewes, John Penn**

**South Carolina:**

**Edward Rutledge, Thomas Heyward, Jr., Thomas Lynch, Jr., Arthur Middleton**

**Georgia:**

**Button Gwinnett, Lyman Hall, George Walton**

Source: <http://www.ushistory.org/declaration/document/>

**6-Jul-18 8:19am @\*\$ 68° Sunny**

It looks to be a nice week out in front of us. It says sunny, little winds, and all most no rain for the next 10 days. And the temperatures will be in the 60s to 80s for the ten days. Will we survive that? I'll try!

I got to go out to EWT today and spray the weeds. I missed a few of them the other day. That stuff killed everything it hit before. I see no signs of life in what I sprayed. This stuff works!

When I get home, I need to use the weed-n-feed stuff in the back yard. It worked well in the front yard. The stuff I used is not as powerful at killing weeds as the stuff I used at EWT. The stuff I used at EWT should kill all green stuff and I need to be very careful where it gets sprayed. The weed-n-feed stuff at home isn't that bad. You still must be careful but not so much.

It doesn't kill the grass and if careful not the veggies & flowers. The people will be gone at EWT when I return so it is safer to spray the green stuff killer and not worry about people walking it in to the gym.

**Camper**

When Marie and I went to Santa Fe a couple weeks ago the refrigerator failed me. I checked it out and didn't find the problem. I checked the price to replace it and was surprised it cost from \$600 to

\$800 plus installation. Maybe I need to see if I can get this one fixed before I put out a bunch of money for a new refrigerator. You don't have a fridge that is working that I could shoehorn in to my camper, do you? ☺

...Police and fire trucks are blocking me in right now. I think something is going on in "Wards" building. Wards building is the Mall on The Square around the corner from here. Wow, they are gone already. Problem solved! ☺

I should go spray weeds now.

### **10-Jul-18 8:22am @home 70° Sunny**

#### **Mike**

I miss Mike! Cork has been in close contact with Mike's wife Petra and the lady where she lives, Katie. Petra has called me a few times. A bunch of us from Woodstock are going to Santa Fe for the Remembrance Gathering for Mike. I plan on driving my Camper down there again.

#### ***In the meantime:***

This is an obit that one of his Army buddies was going to put in the ASA newsletter. It is very nice. Thought you might be interested.

*Michael E. Metras—a man who parsed the difference between pilgrim, traveler and adventurer—died of heart failure June 26, 2018 in Santa Fe. He was 75.*

*Mike was a self-described pilgrimage guide and the long walk was his métier. While walking the 500-mile Camino de Santiago in Northern Spain in 2003, he met a kindred spirit, Petra Wolf. They married a year later. The couple walked other European pilgrimage routes, and then, in 2009, they set out on foot from Southern California for Jerusalem. The journey lasted 23 months and spawned the book, Encounters on the Road to Jerusalem. What he learned from walking 5,300 miles, he said, was the walk itself was the destination.*

*In 2013, they left the beaten path to begin an internal spiritual pilgrimage to India that lasted 4 years.*

*An author, photographer and numismatist, Mike was the son of the late Lawrence and Esther Metras. He was born in 1943 in Watervliet, Michigan. The family moved to Woodstock, Illinois, in 1953 where he attended Marian Central Catholic High School. After being graduated from the Loras College, he enlisted in the Army and was trained as a Swahili linguist. He served in Phu Bai, Vietnam, and Asmara, Ethiopia. He left the Army in 1970 and spent six months exploring East Africa and climbing Mt. Kilimanjaro.*

*He worked as a technical writer for Pansophic until his retirement in 2003.*

*Mike is survived by his wife Petra, a vision quest guide; two brothers, Maurice (Diane), and Martin; and three sisters, Marie Klapperich, Marcia Grubb (Daniel) and Madeline.*

*A Celebration of life will be held July 15 in Santa Fe.*

*In lieu of flowers, please take someone you care about on a walk, long or short.*

I should go for now as I have nothing else right now.

### **17-Jul-18 12:18pm St. Vincent's in Santa Fe NM SUNNY!**

I came to Petra's in Santa Fe from Mike's Memorial for Sunday at 4:00pm. I was eating breakfast at 9:00am and didn't feel right. I had an upset stomach that turned into vomiting, but nothing came out.

I thought this was altitude sickness. I thought this because Woodstock was at 950 feet and Santa Fe was 7,200 feet. I have had something like this in the past. I drove from Woodstock to Santa Fe in 1-1/2 days. I just figured that my body had not adjusted to the altitude yet.

About 9:30-10:00 I had slight tightening in my chest. It felt a little like a heart attack. I decided to come to the hospital to get it checked.

In the next 16 hours they gave me a million test...well a hundred anyway. Seems it was gallstones. So, the testing is over or, so I thought.

This morning I got an echocardiogram. I need to wait until tomorrow, Wednesday, for all the blood thinner to be flushed out of my system. So, I wait now.

They will be removing my gallbladder tomorrow if all is right. I am still having pressure in my chest and get dizzy if I stand up too fast or move too quickly. All in all, I feel I am going to be home in a week.

They have been fantastic here at Christus St. Vincent Medical. Life is good!

#### **Recovery**

They told me that my recovery should be good and should be able to drive in a couple of days. I must clear this, but I am ready to be home!

### **26-Jul-18 9:57am @EWT 72° Sunny**

It is a lot cooler that it has been where I was. I have been in Santa Fe recovering from having my

gallbladder removed on the 18<sup>th</sup>. The operation went well, and I could lay around no longer at Katie's in Santa Fe. The walls were closing in on me and the doctors told me it was ok to drive home if I took it easy. I figured on driving slowly and taking 4 days to get home. It took only 1-1/2 days to drive from Woodstock to Santa Fe.

I spent Thursday through Sunday resting and figured on leaving around noon to drive home. I finally left Katie's/Petra's around 3:30. I had a good time visiting with Vince & Lynn who were also staying a Katie's. Katie was away, and Vince & Lynn were staying at Katie's house too.

Katie is a friend of Mike & Petra's and owns the house where they were staying. Mike & Petra stayed in the round house in the summer when they are in the US. I think Katie travels a lot and Mike & Petra baby sit the big house while she is gone.

While I was recovering from my operation Petra, Lynn, and Vince were baby-sitting me. Thank you!

### The Memorial

Sunday was Mike's Memorial and I got sick around nine o'clock. Petra drove me to the hospital because I was having a little of the feeling like when I did when I had the heart attack. I didn't want to take any chances. I found out later Sunday it was gallstones.

I missed the Memorial! I heard the Memorial went well. Sorry I missed it.

### Hospital

Monday, they told me I needed to have my Gallbladder removed but need to wait for two days to let the blood thinners get out of my system. Wednesday, they removed my gallbladder and in two hours I was laying in my hospital bed recovering. Thursday, they let me leave.

The whole time I was in the hospital I had a great time. All the people were wonderful. I remember hearing someone say "...Starbucks...".

I walked over to the door and saw a security guard holding on to a cup of Starbucks coffee. I asked him "Did you bring me one of them?" he said, "Starbucks is only down stairs!" I said; "They won't let me cross this line without an escort!" while pointing to the line in the door way and smiling. We both smiled, and I went back into my room and looked at the newspaper.

A little later Bob, the security guard, came in my room and asked me if they let me have coffee he

would go and get me one. I had no restrictions on my coffee. He asked me how I drink it and I said, "Lathe with Coconut Milk!" He said, "That's easy, that is how I drink it!" A few minutes later he was back with a Starbucks for me"

When they wheeled me down to the operation room he held the door for me and I found out his name was "Bob". I will remember Bob! Thanks again Bob!

### 1-Aug-18 20:12 @home 73° almost dark

Here it is August and I am getting ready to publish this issue. It has been a rough month or so. First Mike was sick, so I drove down to see him. Then he dies, and I went back down to Santa Fe for the Memorial. I missed the Memorial because of the gallstones. Then I needed my gallbladder removed.

Then I hung around at Katie's and Petra's until Sunday. Then I needed to drive home from Santa Fe. I took four days to get home. That is about 2-1/2 days longer than it took the last three times.

When I got home I had to rest up for a few more days but really didn't! I must get my pacemaker checked out and then my blood thinners and today I needed to visit with my cardiologist. Well, all in all things are going fine. I am still sore from the gallbladder removal, but I am doing fine.

This afternoon I looked at the grass and it NEEDs to be cut. Well, maybe baled! :-)) I will work on that in a couple of days. I cut up some brush and burnt it this afternoon. When it was burnt down I watered it down and piled some more in the pile for after the wind is blowing out the south or south east. I don't want the guy next door to get too mad at me.

### Main Computer

Another thing is my main computer at home crashed. That would be the one I am typing on right now. Something happened, and I lost all the links to all the apps. All of them on the Desktop and in the search. I tried everything I could find to fix this, and nothing worked. I could use "Run" and start some of the apps. I got to the Control Panel" and made a backup. So, I save the little data I save on the laptop.

Finally, I decided to load Linux instead of Windows. Once things are going ok, I will decide if I want to put the money out for Windows 10. Ubuntu Linux is free and has most of the apps I use.

Right now, I have used LibreOffice Writer (for MS Word), Thunderbird (for Outlook), and GnuCash (Same as in Windows). Family Tree Maker does not have a Linux version. I haven't tried to find anything else yet.

I am happy with what I am using so far. I need to do some database work and I don't know how LibreOffice Base will work for MS Access yet.

I think I will cut this off and get it published  
Happy August and good night,  
Marty

# MARTY'S RANDOM THOUGHTS

## The Backer Page

### MY BOOKS

← MY CAMINO DE SANTIAGO ADVENTURE  
WALKING THE WALK, CAMINO DE SANTIAGO 2012 →  
2<sup>ND</sup> EDITIONS



*My books are available online from [Lulu.com](http://Lulu.com), [Amazon.com](http://Amazon.com) and from me personally.*

### Mike's and Petra's Books Pilgrimage Creations

<http://www.walkingwithawareness.com/ourbooks.htm>

### EW Training

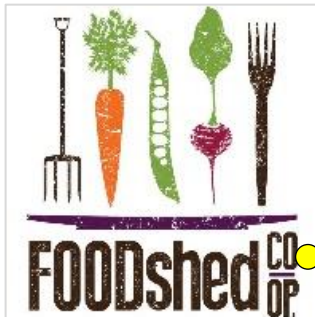
Functional Strength Training

Woodstock Illinois

(815) 308-5021

[info@EWTrainingWoodstock.com](mailto:info@EWTrainingWoodstock.com)

[EWTrainingWoodstock.com](http://EWTrainingWoodstock.com)



### FoodShed.coop

*We are a group of regular folks  
working hard to open a community-  
owned grocery store in McHenry  
County, IL and we hope you will join us!*

Randomly Published on Sunday, August 05, 2018 3:44 PM

You got any thing for this page?