

Issue # 76 July 2010 *Cont.*

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20-Jul-10 8:39am 68°

Wow, 68° that is the coolest morning I remember in a long time.

The ladies with the spinning wheels were at Starbucks

Update 76-6 this morning. I haven't talked to them but I think there are once a month group. I

will have to look up in past newsletters to see when I noticed them before. Today is the 20th and 3rd Tuesday of the month. That means I should look at my newsletter entry for Jun 20th and June 15th for a pattern. Aren't you excited that I am going to do this for you? ☺

Next Book

I started my next book today. This one is titled "Sue Kenney [Update](#) 76-6's My Camino". I met Sue while in Albuquerque at the American Pilgrim's Gathering I attended with Mike [Update](#) 76-8 and Petra 76-16 in March 2009.

We all sat at the same dinner table along with Sue's mother as well as a couple other people who I don't remember their names. Sorry!

At that time I only know Sue as another pilgrim who walked then Camino (Camino de Santiago). Others at the gathering were seeking guidance because they were planning to do the Camino too. All of us were telling of our experiences or concerns about the Camino.

As the evening went on people were getting up in front of the whole room and telling their stores. After 2 or 3 people had giving their speeches I was getting bored. Some people just don't make it.

The last speaker was Sue Kenney. I was surprised. I had no idea she was on the speaking list. I was wondering if she would put me to sleep. After a couple of

minutes I wanted to listen to her story.

Sue is a good story teller. The group got very quiet and listened to her every word. I was impressed! And she was sitting right next to me at the table all night. I smiled and I might have even had a tear or two listen to her story.

After she ended her story everyone wanted her attention. They loved her story as much as I did, but she was sitting at my table.

I didn't know until then that she had written at least 2 books. I got two that day and I asked her to sign them and she did.

Back to the book I am reading. The full title is "Sue Kenney's, My Camino, A true story about the spiritual journey of a woman confronting her deepest fear." It is a small book only 200 pages.

I started reading it this morning and got lost in the first three chapters. I sat in Starbucks reading through two cups of bold coffee. Usually one of those bolds coffee winds me up to get out of there. I have to go get some breakfast and may read some more. I'll let you know how this one goes after I finish it.



Garden

Tomato

The other day I told you about the tomatoes that were about ready to pick. I picked a few of the Cherry Tomatoes.



First Tomatoes picked in 2010

I have eaten all of these except the one that is still green. I have more to pick in the next couple of days. So far only the Cherry Tomatoes are red.

Turnip

Today I looked up turnips and found that you usually harvest them before the weather get to 80°. I was a little late. Since most of the leaves were eaten by some kind of bugs I thought I would pull them up and see what was there. There was one big one and a few small turnips.

Cooking them so I could eat them was another internet search. Basically you cook them like you would potatoes. You can boil,

bake, fry, or even eat the young ones raw. Older Turnips tend to be bitter so I wanted to boil mine.



The 2010 Turnip harvest

When you have older Turnips they said to change the water a two or 3 times and/or boil a potato with them to get the bitter out.

I cleaned my turnips and cut them into 1/2" pieces and tossed half of them because they were yucky inside.

I boiled the rest in water for five to ten minutes 3 times changing the water each time.

They looked done so I drained the water and added a little butter and eat them. One of them was a little bitter. All in all they were very good. I'll have to buy some Turnips once in a while and cook them just to see what they taste like if grown by someone else.

Beets

I have to see about the Beets next. Those should have been harvested a while back too.

Bugs

Bugs have eaten a lot of my garden. I have one pot that no bugs have been in yet. It is right beside the Cabbage the will not be eatable. If I have a garden next year I might think about getting some chemical bug killer. So far I have used dish soap, ceter vinegar, and water mixture. Oh I had some hornet killer I used on the Grapes to try to kill the Japanese Beetles. The just laughed at me and went back eating.

I did use the "Milky Spores" stuff that should kill the grubs. I will have to wait until next year to know if that works.

The bugs have not bothered any of the Corn, Carrots, Gourds, Onions, Egg Plant, Tomatoes, and a few other veggies.

Onions

The Onions are ready to harvest. I have to see what you need to do for them. I think you just dig then and let them dry and put them in the basement in a mesh bag. I best check first because they are ready!

Oh Onions are easy to harvest. Let then out of the ground when the leaves fall over and dry then cure them as follows. Tomorrow will be a good day to start.

Curing Basics

Here are the basics of curing:

Sun dry for just a short time.

Cure just the onions you'll store; separate the soft, young and thick-necked bulbs and use them first.

Cure thoroughly in a warm, well-ventilated area away from direct sun.

Don't crowd onions during curing; give them room to breathe.

Onions are ready to store when the skins rattle and the roots are dry and wiry.

Source:

http://www.garden.org/foodguide/browse/veggie/onions_harvesting/501

That is easy enough!

21-Jul-10 7:52am 73°

While printing the previous issue I noticed I am out of black ink again. Therefore I am going to use the Century Gothic font for the normal font is the rest of this issue. It uses about 1/3 less ink. I will



see how it goes and you will need to tell me how easy it is to read.

I see when I changed the "normal style font it changed it everywhere. Well I have to make a few tweaks to this.

Well it is Wednesday so I better call Cork to see if he is going for breakfast. Wait...I think Cork is on vacation this week.

Birthday

Carol's Sister's Birthday

What Day of the Week is it

I thought it was Wednesday but had to look at the calendar to make sure. I wonder what is happening that made me not be sure. Maybe it was because I just returned from being out since 6:30 this morning and it is 10:30 now.

I need to get a routine that might help me know the day of the week. This month has been moving along very fast. Maybe if I went back the old routine of doing laundry on Monday it would help. Sundays used to be laundry for me. Let's see how does it go?

Monday:	Wash Day
Tuesday:	Ironing Day
Wednesday:	Sewing Day
Thursday:	Market Day
Friday:	Cleaning Day
Saturday:	Baking Day
Sunday:	Day of Rest

Chore of the Day

My brother Mike's books
For more details go to
WorksAndWords.com/bookindex.htm

**Mike's
Works and Words**



Monday

Monday could be "Wash Day" except I delay two weeks between using the washing machine. With the electricity costing only about 2¢ a kWh I wash clothes at midnight. Then dry on the clothesline next morning. I repeat the process the following day. That way I always save money doing the laundry.

Tuesday

Forget ironing. I almost never iron. I guess that frees me up to have a chore to replace the ironing day. I will have to ponder this.

Wednesday

Maybe I should start sewing again. In a year or so I might get the rest of those 52 shirts finished I was going to make.

Thursday

If I went to market once a week I might spend more time home the rest of the week. Maybe I would miss my friends I see in the restaurants. I go to market once a week and buy things other than food.

Friday

I should just make Friday cleaning day. I'll bet in a very short time I would have a lot of this clutter out of here. After I did that I would be able to find more stuff to replace with my free time on Tuesdays.

Saturday

I love to bake! If I do my Friday chores I would have more space to do some baking.

Sunday

I could rest up on Sunday. I could also rest the rest of the week too. Setting one in seven days to rest is not too bad of an idea. Here is a link about chore day. thenewhomemaker.com/choredays

Today's Chore

Since I am not going to do any sewing today I think I might go out and mow the lawn. I don't think I did it in weeks. It is only a little long but it does look a little ratty. Na, I think maybe after lunch.

Maybe I could put those 50 books aside for me to read later. Wait, that's a cleaning chore. Isn't that a Friday thing? I am confused all ready. 😊

Aunt Annie Update

Aunt Annie is home!

22-Jul-10 12:07pm 78°

It is a little cooler and humid because of sprinkling off and one the morning.

Aunt Annie Update

I just checked in with Aunt Annie. She has been home for a day and she is doing fine being there after being cooped up for 10 days. Yes it won't be two

weeks until next Monday. Isn't seems like it was forever ago when she went in for the surgery.

It seems when happy things are happening like vacations that time just flies. But if serious things are happing like recovering from an operation the clock slows down. As they say; "Time goes fast when you are having fun."

Garden

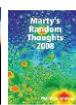
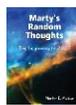
I was out cutting down tree saplings in the landscape and I went over to the vines growing where the compost pile was this spring.

I planted Cantaloupe, Cucumber, and Gourds in that spot. The Gourds vines have taking over. I see lot of Gourds growing on the vines and nothing else.

I looked at the Corn. I saw no ears starting. Neither did I see any noses, eyes, or fingers growing on the corn stalks. Maybe it is too earlier. We'll see.

The wildflowers I planted along the driveway never sprouted.

The grape leaves are just skeletons with those Japanese beetles feasting on them. Sometimes there are so many eating a leaf I can't see it. I guess beetles have to eat too.



August Weather

I was thinking to tell you what the weather is going to be after it has happened. That is not fare. I should tell you before it happen.

Here is what the Farmers' Almanac has to say for the great Lakes area for next Month

August 2010

1st-3rd. Squally, Great Lakes.

4th-7th. Mostly fair, hot.

8th-11th. Showers Illinois, Michigan, then clearing.

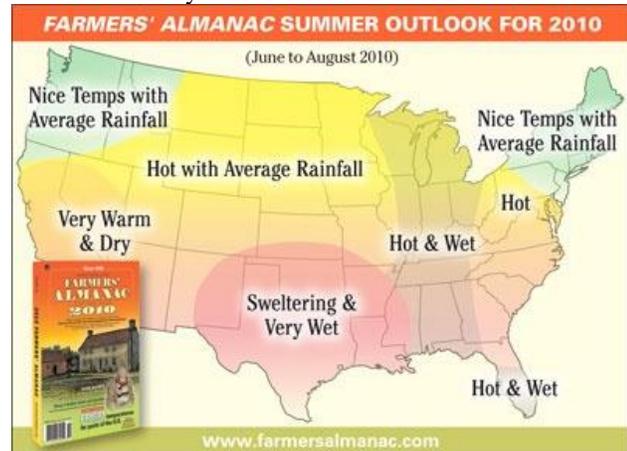
12th-15th. Fair, turning very unsettled.

16th-19th. Thunderstorms Great Lakes, then fair.

20th-23rd. Fair, then showers move into Great Lakes.

24th-27th. Mostly fair and hot.

28th-31st. Stormy.



Quote for Today

Act without doing; work without effort.
Tao Te Chine

23-Jul-10 11:00am 72°

Why am I so tired this morning, I have had enough coffee to keep me awake until Tuesday. Even with that I am having trouble keeping my eyes open. My chair is open I thing I will

head for it right after I get the mail.

Much Later

I wonder why I was so sleepy earlier. I slept and slept. Any way I am awake now and only groggy because of sleeping to long.

So I opened The Little Zen Companion randomly to see what it had to say.

Sitting quietly, doing nothing, spring comes, and the grass grows by itself.
Zen saying

24-Jul-10 9:55am 69°

This morning I went to Starbucks and read a couple of chapters in my book while have coffee and donut. Still in need of breakfast after sleeping so much yesterday I went to Town & country to see if Anila would let me have something to eat.

It was a little busy for that earlier in the morning. In short time Anila told me what I was going to eat breakfast. I am easy some times.

After finishing my breakfast I was going to just sit and watch the people. The problem was that I was on the wrong side of the table. Just then Chris came in so I joined him. Then Tom came in and joined us.

We visited for a while and soon Anila asked; Are you going

to see Mary" I replied;" Heather too!"

Anila Said; "don't eat at Vaughan's because you eat breakfast you already ate."

I normally have something to eat to soak up the coffee when I am visiting. It may be just toast or a muffin.

At Vaughan's it was a little busy Heather poured me coffee and brought me the newspaper. I only read the newspaper at Vaughan's. I wonder why that is. Habit I guess!

When Heather asked if I was going to eat I explained; "I can't, Anila told me not eat anything at Vaughn's." Heather came back with;"Anila is your life couch?" I came back with;"I guess she it today."

After thinking about that I think I have a lot of life coaches. Anile is just one of them.

Do I really need a life coach? I have been very good at handling my life to this point, haven't I? I looked to the internet to see what the term "Life Coach" means to other people. Here is what I found.

Life coaching

Life coaching is a future-focused practice with the aim of helping clients determine and achieve personal goals. Life coaches select from among several methods to help clients set and reach goals. Coaches are not therapists nor consultants; psychological intervention and

business analysis are outside the scope of their tasking, Life coaching has its roots in executive coaching, which itself drew on techniques developed in management consulting and leadership training...(more)

Source: http://en.wikipedia.org/wiki/Coaching#Life_coaching

So it is kind of a guide to help you through life's decisions.

Yes I have a lot of people's advice. I listen to what people tell me. I still do what I think is best for me. Many times I am wrong. Sometimes I am right.

One person may have told me to go east another west and still someone else says to go north. In the long run I may decide to go West northwest because I agree with part of what these coaches are telling me. I may come back to the east another time in my life.

I think I like my life with many coaches. I do listen to what people say to me. It may not seem like it all the time. I do hear you!

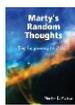
Birthday

Happy Birthday Renee H

Aunt Annie Update

I just tried to call and the phone was busy. Yesterday she told me she wasn't going to lunch with us today. She said that she wasn't ready yet. I was going to call her to see if she changed her mind. I'll call again now and hear if she hung up yet. Nope, still busy!

I have a collection of newsletters I wrote for my amusement and gave to my friends and family for their enjoyment. I put them all in books.



You can preview these and other books at my store at www.LuLu.com/metr33

There is two hours before lunch. I check later.

Field Trip

I have been climbing the walls. I mean they seem to be closing in on me. In other terms I have ants in my pants. Yes, I feel like getting in the car and going somewhere.

I have these ideas. One in Arizona another one is to 48 states drive. And there is that trip to Watervliet, Michigan I was going on the first part of July I never got.

Arizona

I could go to Sedona and spend time just sitting on the mountain top doing nothing except charging my internal battery.

When I spend time in Sedona I always get charged up and am full of energy for months after I return home. It is a great place to just relax and get renewed. I have talked myself into going southwest now.

Watervliet Michigan

The trip to my place of birth is a research project. Work on my life stories I want to look into the TriCity Record newspaper archives and see what was happening around the time when I was born. The library in Watervliet says they have this paper on microfilm for 1946. I would like to look at them.

Watervliet is less than 200 miles from here, a day trip. I am think about making it into an over nighter.

I think we lived in Hartford when I was born and it is only a few miles down the road. I remember nothing of Hartford. I was very, very young. I could check it out and see what is there.

Later we moved the Sister Lakes and then Cassopolis. I was very young there too but I remember some of these towns.

If I stayed overnight in Watervliet I could just drive home the and to all the towns I lives since I was born. Maybe take picture of the houses I lived.

I think it got to an extra day or two to get back to home.

48 States

I while back I thought about take a trip that covered all 48 states without going in the same state twice until I got back home.

I would have to drive through New York and New Hampshire twice. These two stated go from Canada to the Atlantic Ocean. So if I want to go through Main and Vermont I must cross those two states twice.

The initial route I plotted was about 16,000 miles. I figured it I drove about 275 miles a day it would take less than two months.

This route took me through each state capital with regards of state borders. I want to just cover all 48 states just once. I still have to plot the shortest route to navigate through the states only once.

I have an hour before lunch. I will start figuring a route now.

Later

I worked on my route around the 48 states then went to lunch.

I picked lunch for Aunt Annie and took it to her to see how she is doing at home. She is recovering very well. She still has to take it easy on the stairs. When she is ready we will see her out and about a little more.

Garden

Tomatoes

Since I didn't think I wasn't going to have many Tomatoes on my vines I search the internet for advice. I didn't know you could prune Tomatoes to increase the yield. So I picked one and ate it and went back and pruned the Tomatoes vines to like more like trees. I'll see if this helps get me a few more of the little red fruits.

Kohlrabi

This is a funny looking plant. I had no idea when to harvest or cook this thing. It is a cross between a cabbage and a turnip. Not really but it is weird

looking. I guess you can steam it and eat it. You can bake, stir-fry, mash, and cook it like most veggie. And if they are young you can eat them raw.

Those turnips were good I think I will try this Kohlrabi and see how it is at Kohlrabi chips. Yes it says I can make chips like potato too. I let you know later.

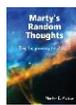
Couple Hours Later

I tried the Kohlrabi raw after slicing it a 1/4" thick. It tasted it and it was a little like a cabbage heart and a little spicy.

I tried baking it like potato chips. They may have been too thick because it was taking way too long. They were more like baked Kohlrabi. They were just half baked. They tasted raw.

The other half of them I cut and boiled in water like carrots. This made them nice and tender. I liked much better boiled. It still tasted a little like boiled cabbage but it was different. It was good!

Now you should know that was the end of the Kohlrabi in my garden. I think I might try to grow some more. It says I could have a fall crop and it could be fine until it gets to 20°. Yes I said 20°!



26-Jul-10 11:41am 83°

Yesterday was so nice. I tried doing nothing all day. The problem was that I could find any to help. Everyone was busy doing nothing somewhere else.

Today might end up be another day like yesterday.

Well I didn't do much today either. Maybe tomorrow I might do something. I think I might rest up so I can take a break tomorrow without getting tired.

Birthday

We have another one starting her terrible twos. Happy Birthday Lillian P!

27-Jul-10 9:42am 78°

After Breakfast I came home to see I hadn't gotten the mail yesterday. That isn't like me. I always like to get the mail inside so I can throw it out later.

It was only a Netflix movie. I was going to sit down and watch it but decided to finish my book instead.

Book 7

I finished another book, Sue Kenney's My Camino, 2004. Thank you Sue, I loved it! On the MRT scale it is 5 stars.

She was one of those books I couldn't put down.

This is a story about Sue's journey to find herself while

walking across Spain on the Camino de Santiago alone.

I have read 3 books people have who walked alone long distances. You come away with a different view of self.

Sue is a good story teller. It is a very good book.

Next book

I have already selected my next book. I paid \$6.00 for this book a discount place. It has to be good at that price.

It is a full size hard cover book containing over 400 pages and it has small print. It is going to take a while to finish this one.

Oh, I haven't told what it is. It is a book that might change my life if I read it all the way through. I know, shut up and tell you.

"Clutter Be Gone! Cleaning Your House the Easy Way", Don Aslett, 1999.

I figured if I am going the start reading books I need to read one that may help me get a little organized. My life and my house are running in a random state. And you know my thoughts are a little random at times too.

So Clutter Be Gone!

Tongue twister

Repeat this ten times in a row without pausing. Can you do it?

Tommy Tucker tried to tie Tammy's

Turtle's tie.

Source: <http://rvtravel.com/issue439.shtml>

28-Jul-10 9:48am 81°

It seems like it might be another hot and humid day. Well I will find things to do in the cool somewhere.

De-clutter

I started to read this new book about clutter this morning. I think it made for me. Well people like me.

Here are some of the reasons they tell me about why you might not to part with our stuff.

Clutter Reasons

Long outdated packets of garden seeds:

“Those expiration dates are just, gimmicks to get you to buy new seeds.”

Owner of a world-class junk collection: “It runs in my blood—show me a Dane [Pole, Italian, Scot, German, etc.] and I’ll show you a clutter collector.”

Three extra cars: “I’m the victim of a materialistic society.”

Pots from all the plants that died: “If I’m de-junked, I’ll be too sterile a person.”

Fabric scraps your mother, sisters, cousins, and friends were delighted to get rid of: “I’m a natural scavenger.”

Source: Page 10 of the book “Clutter Be Gone!”

This is only a few of the many excises in the first 20 pages of the book. The next Chapter is titled “Committing Junkicide”. I think I have to read this whole book. I will call this book my therapy.

Comment

I received some feedback of one of my readers about a previous newsletter.

Hi Marty,

"Try doing it with the engine running." I love it.

I think I wear 7-5/8 hat size.

I was amused to read about your problems with "misspelling" and "missed spelled" in the your "Random Thoughts" because you misspelled misspell (these are the correct spellings). Those spelling checkers have saved me so much and I learn so much from them. I had to touch you on this. It's such a classic mistake that we all make once in a while: describe something that is incorrectly being used and use it incorrectly ourselves as we do it!

I enjoyed and enjoy the newsletter in spite of the misspelling!

...

Peace and Joy, Mike

Thanks for the feedback Mike. I will work on the misspellings.

Restaurants

I haven't been keeping up with the restaurants in Woodstock.

I saw that McDonald's has glass in the windows and they have been working there since the picketers left next over. Maybe it was the same strike. I can't really tell you about other places.

Maybe you could help. Just let me know about any restaurant openings or closings you know about in the 3 months or so.

My list is at doerofthings.com/lists/restaurants/

I have a collection of newsletters I wrote for my amusement and gave to my friends and family for their enjoyment. I put them all in books.



You can preview these and other books at my store at www.Lulu.com/metr3

29-Jul-10 10:27am 74°**Garden**

I decided to harvest those Onions I planted at the end of March. I say after the greens die down I can harvest them any time. Well that was a month ago.

I guess all you have to do is to lay them out in the sun and let them dry for a day. Then you put them somewhere where that can cure. This means in a dry place for a couple weeks to get real dry on the outside. In the garage I guess. Then you put them in a mesh bag in a cool dry place until you are ready to eat them.

I planted 36 onion sets and harvested 35 onions the other one I left for seeds. It is the best yield of anything I planted.

Birthday

Kim told me that today is Edna's 89th birthday. Happy Birthday Edna!

Next Door

They have been stripping the black off the school parking lot all morning. Maybe by next week I will have a brand new parking lot to look at out my bedroom window. Isn't that exciting?

30-Jul-10 8:38am 70°

For you who do not remember today is Aunt Annie's birthday, more on this later.

While reading a little more of the book, "Clutter, be gone!" I think it might be time to start. I am only at page 67 and already I am starting to realize what it cost me in time money and piece of mind to keep this stuff. It cost money to house your stuff. It cost time to find things in your stuff. Your stuff uses up room you could use for other stuff.

Another thing I read today was you have to clean your stuff.

Have you noticed I have called my junk/clutter stuff and things? I have not read enough yet to really get started committing junkicide.

One of the things I saw today was talking about a bath towels. You have 8 of them but you only one gets used because it gets cleaned and goes back on the towel rack in the bathroom.

I have a dozen after cleaned I use the same two. I rotate them so the wear even. It is the same thing. It is a waste of space and time to have so many.

I have most of my screws sorted in bins with dividers so if I want a size I can go get the size I want quickly. Well I can't get to

the bins because stuff is piled in front of them so I go buy more. Then I spend an hour to dig out the bin and put the extras away and find I have done this the 2nd or 3rd time. I swear I won't do that again but I do!

This is an example and minor issues of what clutter means.

Since the book has not got in to those parts about how to de-junk I will work on it at my own pace.

Noise or Nice Weather

We all complain about the weather for time to time. We also complain about noise.

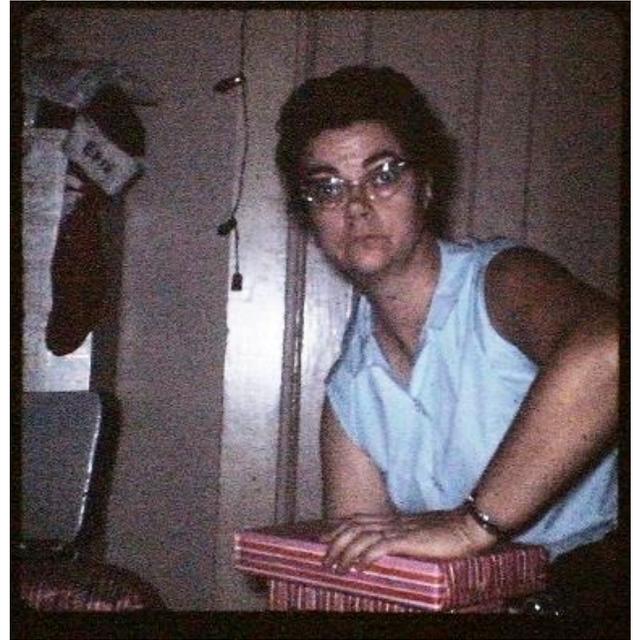
I opened up all the windows because the weather has been so nice. I caught myself complaining about the noise next door. Those guys at the school are running those big diesel machines to make ready to black top the parking lot. I think nice weather comes with a price.

When the parking lot gets empty I think I will go over and ride my bicycle there until I feel I am ready to rid it on the road. It will make a nice practice area. Now the noise is not so bad and the weather is nice too! ☺☺☺

See you can find good in the bad or ugly.

Birthday

We have a birthday. It is the big Eight-Zero. Before I tell you I must show you some pictures I have for olden times. Here are some pictures from times long ago.



Aunt Annie Christmas 1968



The Jansen Sisters in 1974; Aunt Annie, Aunt Betty, Aunt Irene and, Mom (Esther)





Aunt Annie caught from behind at the Jansen Family Picnic 1974



Aunt Annie at Town & Country 2010

Party Time

Aunt Annie decided she was ready to venture out of her

confinement while recouping from her surgery.

Since it was Friday night and Aunt Annie was ready for a trip to the restaurant. I called Cork and let him know we would be there.

Not only was it Aunt Annie's first time out of the house for any entertainment but it was her 80th birthday.

I picked up Marge and Aunt Annie then met Marie, Cork, Diane, Jeremy & Tonya. We had a big party for the birthday lady. Anila brought a birthday cake. We had a very nice party.

Aunt Annie was moving a little slow getting around but seemed to have a great time. Happy 80th Birthday Aunt Annie!

31-Jul-10 4:51pm 77°

And for the seventh time this year a month has ended so a new one could begin.

I am ready to print this issue but I do not have enough black ink. I could change color but then I would run out of that color too early. I used the Century Gothic font with this issue to save ink but it is of any value if the cartridge is empty before you start saving.

Let me know how you like the font. I didn't dislike it.

I have left some extra whit space in this issue just because I

do not have anything to add and it is the end of the month.

Have a good August

Marty

August Birthday / Events

Month	Day	Name
Aug	1	Trent ???
Aug	2	Pat
Aug	7	Lidia ???
Aug	8	In 1988 The Light went on in Wriggly Field. It was raining on Aug. 8th,1988 and the game was delayed or maybe not played at all.

Aug	8	Lulu
Aug	9	Tammy B
Aug	15	Bill & Kim's Anniversary (1992)
Aug	15	Russ
Aug	16	Scott ???
Aug	17	My Mom (1917-2001)
Aug	17	Ronny
Aug	17	Mickey's
Aug	23	Mary A,
Aug	23	Taryn ???
Aug	24	Connie (of Tiny and Connie)
Aug	25	Betsy M
Aug	26	John H. (3 Bro's)
Aug	28	Alex B.

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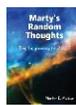
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I have a collection of newsletters I wrote for my amusement and gave to my friends and family for their enjoyment. I put them all in books.



You can preview these and other books at my store at www.LuLu.com/metas3