



# *With All Due Respect*

*Preserving America's Memories*

Quarterly Newsletter  
October 2015, Vol. 4

## *Keeping in Touch*

*By Nancy Ann*

Have you ever found yourself at a funeral where you run into an old friend that you've all but forgotten about? Or are there the same friends and family that you only see at weddings or funerals? Does the same comment come up each time? You know the one. The "We should get together more often" comment. But there is never any follow through. It's no secret that one of the two parties needs to instigate action in order for this get together comes to fruition.

Going forward, be prepared. Keep a small notebook and pen with you wherever you go. When you run into an old friend, get his/her address or phone number. Follow up on this lead and arrange to meet for breakfast or lunch. If distance is what keeps you apart, then get out some stationery and write a letter. Everybody enjoys getting something other than bills and junk mail!

You don't have to wait until you send Christmas cards to catch up. You can put a smile on an old friend's face and some warmth in his/her heart just by popping a nice little letter in the mail every now and then throughout the year.

If writing letters aren't your thing, then pick up the phone and give your friend a call. If

you catch them at a bad time or get the answering machine, try again later or leave a message. It will mean a lot knowing that you stopped to think about him/her.

### **Inside this issue:**

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*A North Minneapolis Memory*  
*By David E. Burke*
- WADR **FREE** Presentation
- Plus more!

**PLEASE SHARE THIS WITH YOUR  
FAMILY AND FRIENDS!**

## Who are we?

We are a small group of individuals that feel it is important that the children growing up these days are aware of who it was and what it took to make America, the Land of the Free, not only a possibility, but a reality. The *With All Due Respect* project is our way of getting your stories out there. Please share! We cannot do this without the help of our seniors!



Nancy Ann-Founder of the *With All Due Respect* project. The WADR project is something that has been on her "list" for a long time and she is looking forward to putting it into action in 2015. She works fulltime while pursuing her writing career.

[www.nancyannbooks.com](http://www.nancyannbooks.com)



The youngest of eleven children, Mary Farias grew up on a farm in Corcoran, Minnesota. She is the co-owner, with her husband, Marc Farias, of Tucson Gymnastics Center in Tucson, AZ. She is the author of the children's book series *Gym Rats*. Farias avidly studies

nutrition and she and her family follow a whole-foods plant-based diet.

## 100 years ago...

**October 12, 1915:** Ford Motor Company under Henry Ford manufactures its 1 millionth Model T automobile.



**November 29, 1915:** Fire destroys most of the buildings on Santa Catalina Island, California.

**December 4<sup>th</sup>, 1915:** Henry Ford's peace ship, Oscar II, sails for Europe 'to get the boys out of the trenches by Christmas.'

## A North Minneapolis Childhood Memory

*Contributed by David E. Burke*

It was Monday morning in early December. I was awake but still in my crib. I attended kindergarten at Ascension School in north Minneapolis, but school was not in session because it was the feast of the Immaculate Conception. My mother came into my bedroom with dire news. I did not know the meaning of "dire" or even the meaning of some of the words she used. But the tone of mother's voice left no doubt the news had very severe consequences

"Our country is at war," my mother told me. I was five years old when I heard the news. It was December 8<sup>th</sup>, 1941.

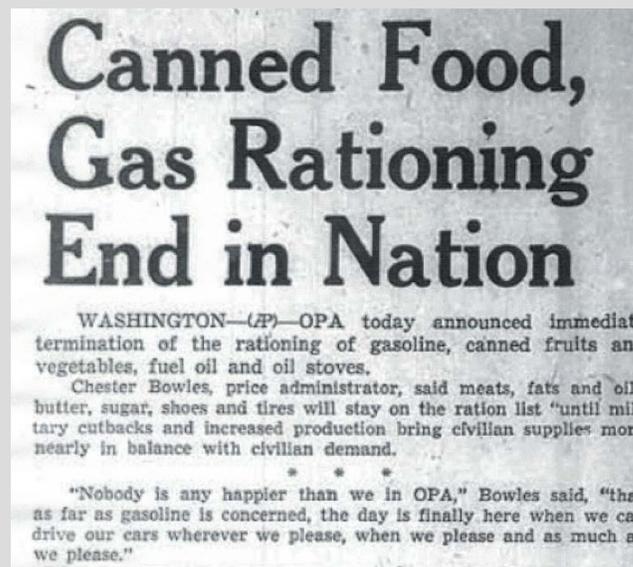
The war brought many shortages to our country. Actually, there wasn't a great surplus of goods to begin with. The world was in an economic depression during the 1930's. Our family did not own our home nor did we have a car. My parents walked to work or road the streetcar; we children walked to school. Of course, everyone walked to school. Even the Minneapolis public school system did not operate busses. But the war brought on even more shortages. The federal government issued all civilians ration stamps for necessities like food, gasoline, tires, etc. That meant, in addition to paying money for groceries, you also had to give the ration stamps. So even rich people had to be very careful about their use of food, gasoline, tires, and lots of everyday necessities that we now take for granted. Abuse of the ration system was considered very unpatriotic, and a federal crime.

Everyone in the country had to contribute to the war effort. Even we little children had to help. We collected cans, rubber, and all sorts of recyclables. When we washed our hands at school, we only received one half of a paper towel to dry them. Our government asked all civilians to not eat meat on Tuesdays. We had to practice blackouts at night. All of the lights in the city were turned off so that in case of an air raid, it would be difficult for enemy bomber pilots to see the city at night. There were Air Raid Wardens who patrolled their neighborhoods to be sure no light could be seen from any of the houses. People with big yards planted large gardens called Victory Gardens.

The war in Europe ended in May of 1945, and the war in the Pacific ended in August. I remember that August 15<sup>th</sup> afternoon. It was less than 2 weeks past my ninth birthday. My mother came home from work early. "The war's over," she said. "Let's go downtown and celebrate!" I don't remember where my father was. I know my sister, Loretta, did not want to go because she disliked crowds. Be that as it may, mother and I went downtown and celebrated the end of the war.

The celebration downtown Minneapolis was a truly happy occasion. The pictures in the paper the next afternoon carried captions about the bell ringing, horn-blowing, kissing, dancing, and happiness. Parades were banned in downtown Minneapolis, but children in the neighborhoods had many parades with wagons and dolls and dogs and tricycles.

Many businesses like Powers Department Store, Donaldson Department Store, The Dayton Company, and Minneapolis Gas Light Company (to name a few) took out full-page ads in all the newspapers thanking "Him" even thanking God, by name, for our victory.



## Nutrition, Naturally!

### Winterize Your Healthy Habits

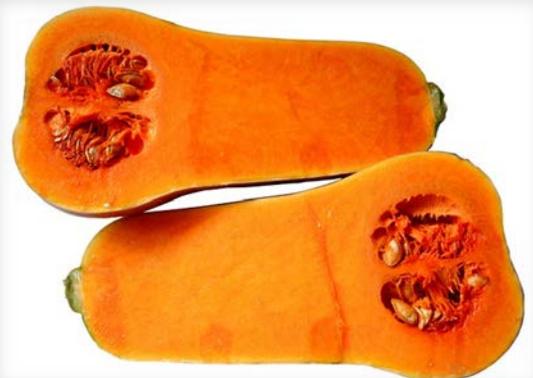
*By Mary Farias*

As the weather cools down and the holidays approach, it's easy for us to get busy and forgo the healthy eating and exercise habits we developed over the warm summer months. We need to remember to keep moving and keep eating those vegetables! Here are some helpful hints to keep the holiday weight gain at bay:

- Keep moving. Bundle up and head outside. If it's too cold, head over to the mall and walk there. Of course, if you have a treadmill or other exercise device, use that. Make it a priority each morning to get your walk in.
- Eat a salad everyday. We do seek the comfort of warm foods during the winter months, but ensure you get the nutrients and phytochemicals your body needs by eating raw vegetables everyday.
- Add pumpkin to your oatmeal. Pumpkin is in everything this time of year. Instead of getting the high-fat, high-calorie latte or pastry, opt instead to add some pure pumpkin puree to your morning bowl of oatmeal. Add some cinnamon, nutmeg and a little agave nectar, and you have pumpkin pie for breakfast - without the fat and calories!
- Roast vegetables. Turkey isn't the only thing that can be roasted this time of year. Potatoes, sweet potatoes, beets, carrots, garlic, onions, and a variety of squashes dominate the produce shelves during the fall and winter months. Cut them up and roast them together in a hot oven. They will caramelize and have a delicious flavor.

- Keep up the whole grains. Wild rice is a wonderful accompaniment to roasted vegetables. Grain-based soups (barley, brown rice, wild rice) will warm anyone on a cold winter day.
- Apples, pears and oranges are now in season! Take advantage, and try to eat one of each everyday.
- If you're going to a holiday party, chances are, they won't have salad to snack on, and the chances are they will have a variety of high-calorie, high-fat seasonal snacks that will put your body in overload. Eat a salad before you leave, and just take small tastes of your favorite holiday foods.

You've worked hard this summer to establish some good habits. Don't let go of them just because the weather turns cold. Change a few things, and you can remain healthy and happy over the winter!



**SEND US YOUR  
FAVORITE  
HOME PHOTOS!**

**Do you have a fun or favorite photo that you would like to share? Please send a **copy** of it to one of the addresses provided on the WADR Submission Guidelines page.  
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*Grand Dill on the farm Henry Dill Hoess's*

We have yet to have anybody tell us what this would have been used for...If you know, please share your knowledge!

## WADR Submission Guidelines

- Stories and experiences must be true-life events. They need not be sensationalized, just the facts! We are confident that the story you have to tell will stand on its own merit.
- Your submission can be of any length, however we are currently requesting that you please try to keep it under 1000 words.
- Submissions may be sent at any time throughout the year.
- You may submit as many stories as you wish.
- Share! Share! Share! Please tell others about the With All Due Respect project!
- If you hand-write your submission, please make it as legible as you possibly can, as we will need to type it up for you.
- There is no pay for submissions that are printed or posted. You are sending your story to us out of your willingness to share.
- By submitting, you are granting us the permission to post, print, publish, and share your story in one or more of the multiple formats that we choose.
- If you don't wish your full name to be credited to your story, you can just use your initials, first name only, or first name with last initial, etc...However, we may need your name for internal purposes.
- Submissions will not be returned.
- Photos are always welcome! If you have a photograph to share, please include your name and clearly identify a caption. Also, please send a *copy*, as photos will not be returned.

Mailing address: With All Due Respect  
P.O. Box 47392  
Plymouth, MN 55447

Email: [submissions@withallduerespectproject.com](mailto:submissions@withallduerespectproject.com)  
(Use this address for all inquiries and comments.)

All submissions will be considered for publication. If my submission is chosen, I understand the following:

-It may be edited for publication purposes. (Other than typos and length, we try to avoid this.)

-There is no payment for the use of my submission. (You will receive a copy in the mail if you provide your name and address below.)

-Photos and submissions will not be returned. Please send copies, not originals!

-We will not share nor sell your contact information. We respect your privacy!

Please sign below to acknowledge that you have read and understand this statement and include it with your submission. And THANK YOU!

\*\*\*

Return this form along with your submission. If emailing, please sign & scan this form and send as an attachment along with your submission.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Please provide some information in the event that we need to contact you for more details on your submission (please print):

First and Last Name:  
\_\_\_\_\_

Address:  
\_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Year Born: \_\_\_\_\_

## The With All Due Respect Project

### **\*FREE Presentation**

*(\*Currently for areas that are approximately within  
50 miles of Plymouth, MN)*

When you read the With All Due Respect project newsletter, undoubtedly some of your own stories or memories come to mind. Those are the stories and memories that we want to read! If you live approximately within 50 miles of Plymouth, MN and would like help getting your stories down on paper, we are here for you! The WADR project **FREE** presentation can be adapted to fit most time frames from 15 minutes to over an hour. Whether you are a club or an individual, it doesn't matter. Our goal is to help you help us get these important, historical facts and stories written out so that they can be shared with the future generations before they are lost forever. **EVERYBODY** has a story to share, whether it's happy, sad, funny, or serious. Help us get these stories out to the generations to come. **Otherwise, they will be lost forever.**

**If interested, please contact Nancy either by postal mail or email for more information or to schedule a time and meeting place!**

With All Due Respect Project  
PO Box 47392  
Plymouth, MN 55447

Or

[submissions@withallduerespectproject.com](mailto:submissions@withallduerespectproject.com)

(Please indicate WADR Presentation in subject line.)

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INDIVIDUALS  
SCHOOLS  
GROUPS

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Bridge Clubs!

V.F.W.'s

Church Groups

Rotaries

Schools

Garden Clubs

## GREEN THUMB CLUB

...with Nancy Ann

About 15 years ago, I planted some heirloom New England Asters in my garden. The variety that I planted grew to be about five feet tall and proved to be a hardy perennial. Not once in the past 15 years did this plant succumb to the harsh climate of a Minnesota winter. I was pleasantly surprised to find that, in the fall, the pretty purple flowers attracted many bees.

When I moved about nine years ago, I took several of my perennial plants with me. I strategically transplanted my New England Asters in corners and open areas of my yard, keeping in

mind that they would be a gathering place for bees. They do need support, but a simple tomato cage will do the trick.

I try to encourage bees and help them survive in any way I can partly because I want them in my garden and partly due to reports that I've read about their decline in population because of hybrids, GMO's, and chemicals that are taking a toll on the bee colonies.

When you're planting your garden, consider ways that you can attract beneficial bees in the fall months to help them survive the winter. We need these little pollinators!



New England Asters  
In my garden

## WADR Project

### Topic Ideas to Help Get You Started

1. If you could ask your grandpa/grandma/mother/father only one question, what would it be? Why?
2. Where did you grow up?
3. What was your first job?
4. At what age did you have regular chores? What were they?
5. What was the largest fish you've ever caught? Where did you catch it?
6. What historical events did you live through? What are your memories/thoughts about them?
7. Did you ever have a moment or experience where you had no doubt that it was your faith that pulled you through? What was it?

*These are just a few topic ideas to get you thinking.*

*You can certainly come up with your own topic!*

The *With All Due Respect* project is self-funded.

Help spread the  
word about the  
With All Due  
Respect project!