



# *With All Due Respect*

*Preserving America's Memories*

Quarterly Newsletter  
January 2015, Vol. 1

## *Preserving American Memories*

*In effort to preserve and publish the memories of Americans for future generations before they are lost-so that they may never be forgotten, I am putting my With All Due Respect project on my priority list for 2015. It is a large project that is really a labor of love. It will also be a lot of work for a small handful of people to accomplish. But we are determined!*

### **You can help us and here is how:**

***If you were born 1940 or earlier*** and grew up in the United States of America, please send us your true-life stories. Everybody has a story to share! Even if it may seem commonplace to you, it will be interesting to somebody else. You can also send in true-life stories that your grandparents, parents, or other relatives have told you.

***If you were born after 1940*** and grew up in the United States of America, please send us true-life stories that your grandparents, parents, or other relatives born 1940 and earlier have told you. We also are seeking stories from those who were born and grew up in America in separate decades- 1940's, 1950's, 1960's, and so on.

***People of all ages can help with this project!*** Interview your great-grandparents, grandparents, parents, etc...Spread the word and encourage them to send in their stories! They must be true accounts and experiences of

*growing up in the U.S.A. Here are some topics to help get you started:*

- **Childhood Memories**
- **Faith, Family, Freedom**
- **Earning a Living**
- **Historical Events**
- **Inventions, Innovation, Technology**
- **Words of Wisdom**

*These are just a few ideas, do not feel that your stories need to be limited to these topics. We want real life accounts and experiences of how it was "back in the day." It is with all due respect that we are determined to preserve these memories and accounts. If you don't share them, who will? I, personally, dread the thought that many of the valiant efforts, love of country, and strong values of those who are still with us from the Greatest Generation on may someday be filtered out and lost forever if they are not shared with todays and upcoming generations.*

### **Inside this issue:**

- Who are we?
- Fight the Flu without the Shot
- Senior Stories:
  - Marilyn's Story...A Child in Wartime***
- The Book Corner with J. A. Lehnert
- Plus more!

## 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))

An avid reader from the very beginning, J. A. Lehnert is excited to be a part of the WADR project. She has two wonderful children and a big tuxedo cat that thinks he is a dog. Her passions are hiking with her kids, reading, and discussing books. She joined her first book club in the fourth grade, and has been an active member of a book club ever since.



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.

## Nutrition, Naturally!

### Fight the Flu Without the Shot

By Mary Farias

It's the time of year when we all need to answer the question. Should I get the flu shot? Everyone is telling you to get it: the news, the pharmacy, the grocery store... They all tell you the purported benefits of *getting* the flu shot, but do you ever hear the benefits of *not getting* the flu shot? Probably not.

My family and I choose to use nutrition in place of things like the flu shot. All medical drugs are toxic, and each one can harm just as much as it helps. The key to avoiding the flu this season, or getting over it more quickly and avoiding the dreaded complications, is to boost your immune system with the foods you eat.

The way to boost your immune system naturally is to boost your intake of fruits and vegetables, especially cruciferous vegetables. Our bodies actually seek health, not illness. But we have to help our bodies achieve health. The key is to eat lots of fruits and vegetables, and focus on getting as many plant foods on your plate as possible. Only plant foods have the beneficial phytochemicals and antioxidants that your body uses to fight off diseases.

Here are Dr. Joel Fuhrman's suggestions from his book *Super Immunity*:

1. Eat a large salad every day.
2. Eat at least a half-cup serving of beans/legumes in a soup, salad, or another dish once daily.
3. Eat at least three fresh fruits a day, especially berries, pomegranate seeds, cherries, plums, oranges.
4. Eat at least one ounce of raw nuts and seeds a day.
5. Eat at least one large (double-size) serving of green vegetables daily, either raw, steamed, or in soups or stews.

(Always consult your physician before taking, quitting, or avoiding any medications.)

## Marilyn's Story

### -A Child in Wartime

By Marilyn Trouten of Harmony, MN

I was born in 1936 so most of my early "learning" years were influenced by the WWII. In fact, as the oldest of seven children, I was the only one of my siblings who could remember life before the war and I remember telling them stories of how it was when we had lots of candy and "real" toys. That meant our parents made our Christmas gifts and the rationing of sugar meant a shortage of treats. We could only hope things would again be as wondrous as I remembered them.

My father was a farmer with a family so was not eligible for the draft; farmers were needed to provide food for our soldiers. My mother's two brothers and one sister were in the service and we were very proud of them. My dad's cousin and brother-in-law were also soldiers and, being sent to Europe, saw some very serious action. My dad's brother, who farmed with us, was also drafted, and I remember well the night we took him uptown to meet the bus. Everyone in the car was so quiet, it was almost like a funeral; I was very afraid for him. I guess it was his good fortune to be flat-footed with low blood pressure because in a few days he returned home, to our great relief. My uncle Milton was a pilot who spent the war years training other pilots. After the war he flew in the Berlin Airlift, helping save thousands of people from starvation.

School children were involved in the war in many ways, especially country schools like the one I attended. We brought our dimes and quarters to school to buy savings stamps; when our book was full, we had enough for a "war bond". We needed \$18.75 worth of stamps in our book and in ten years it would be worth

\$25.00, a really good deal then. Each day our teacher spent a period reading to us. Often it would be from a newspaper with articles written by Ernie Pyle telling about the horrors of the war in the South Pacific. We were encouraged to listen to the news and tell the other students about what we had learned. Being rural students, we also searched the roadsides and fence lines, picking many gunny sacks of milkweed pods. The seed fluff was used in lifejackets supplied to our fighting men. We would scavenge from our farms, as well as from neighbors and roadsides, for discarded pieces of iron which we would pile in the school yard and at the end of the year the iron would be hauled away to be melted down for whatever need there was. We were very involved and proud to be part of the "war effort."



Marilyn and her classmates at an annual school picnic.

Marilyn is the blond on the far right.

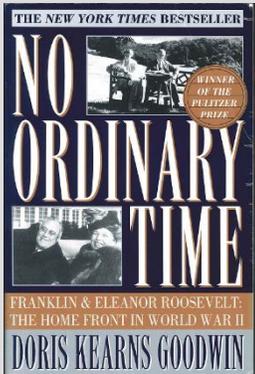
We are still masters of our fate. We still are captain of our souls.

-Winston Churchill

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

## The Book Corner...

with J. A. Lehnert



*No Ordinary Time. Franklin and Eleanor Roosevelt: The Home Front in World War II.* By Doris Kearns Goodwin. Illustrated. 759 pages. Published September, 1994. Simon & Schuster. Biography. Available in audio, not available in large print.

I chose *No Ordinary Time* for With All Due Respect Project first newsletter's book review because the mission of the project is to preserve the memories of Americans for future generations, and what better book to support that effort as Mrs. Goodwin's Pulitzer Prize winner biography of President Franklin Delano Roosevelt. The book encompasses the war years of 1940 through 1945 from the perspective of the American President and the effect on the home front. Our country was in the eleventh year of depression when Goodwin begins the biography. The breadlines had declined, there were fewer soup kitchens, and the amount of families living in makeshift tent cities had lessened. Unemployment was still high; nearly ten million Americans were still not working. The New Deal had breathed much needed hope and support into our country, but the efforts had all but stalled. The economy was stagnant and business was still not investing or producing, straining the fundamental premise of capitalism and democracy. When Roosevelt receives the fateful news on the evening of May 9, 1940 that the Nazis had invaded Holland, Belgium, Luxemburg and France, he knew it was time to get our country ready for war and to protect our home front.

Goodwin approaches her biography by introducing the Roosevelts and their supporting staff on a personal level. She presents the character and

strength of both Franklin and Eleanor through their marital relationship and their working relationship as President and First Lady. The White House had many residents other than the First Family. Goodwin threads the inter-personal relationships of these people that are supporting the American Presidency into her biography. The reader has the unique opportunity through Goodwin's research to have a birds-eye view into the dynamics surrounding the decision making and the portrayal of Roosevelt's leadership skills. Goodwin's extensive research included a long list of interviews, oral histories, private letters, diaries, memoirs, office files and newspaper articles – including Eleanor's syndicated column – “My Day”, which was published in over 130 newspapers. Weaving in the personal relationships of the Roosevelts, their close friends, confidants, their staff, Goodwin provides the reader with insight into the complexities that Roosevelt grappled with. Roosevelt took refuge and drew strength in surrounding himself with people. It seemed to fill many needs for him, and with his inner circle of community, he could relax, unwind, work, and conduct the business of the American Presidency.

Almost eight months after the Nazis invaded those neutral lowland countries, Roosevelt was sworn in for a third term. He knew he had his work cut out for him. As Eleanor had said at the Democratic Convention of 1940, “This is no ordinary time, and no time for weighing anything except what we can best do for the country as a whole”.

Goodwin's thoughtful historical and biographical book shows the personal side of the Roosevelts. Their unusual marital arrangement allowed Eleanor to come into her own. She set a precedent for future First Ladies. Her legacy is her fierce dedication to protecting our democracy on the home front.

Goodwin concludes with Roosevelt's death in April of 1945, succumbing to his death shortly prior to the surrender of Germany. Those who knew him closely felt that it was his voice that should have made the announcement on V-E Day.

## Name this photo!



## 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.

Come up with a clever caption of this photo of our WADR mascot, Little Lizzie, and send it to us to either the email address or postal address on the inside back cover of this issue. The winner will receive a “pre-read” copy of the book that was reviewed in this issues Book Corner. Entries must be received by March 15, 2015. Good Luck!

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
																	P								

R			R										R								
O	C	R	P	C	Z	N	I	G	G	Y	R	Z	N	C	P	Z	E	S	E	X	P

S			R										Q							
S	R	N	C	O	C	Z	N	I	G	G	R	P	C	L	R	B	N	R	I	Q

R			R										R		
E	S	E	X	P	Z	E	X	G	Z						

**Solution is located somewhere in this newsletter!**

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: \_\_\_\_\_

C Q E V K N E B F T Q V C L O  
I V P N E C N T P Z E R H I N  
X M P K I X L U V G O S I T O  
H G N I V R E S E R P T L T I  
A C I R E M A T W V F I D L T  
T O T N N H A M U G H U R E I  
O T D O K B E F U T U R E L R  
R B L N L M K A O S V F N I T  
L O V E O F C O U N T R Y Z U  
P T S R V B N G Y G S X O Z N  
E R I V E E R F A H I P T I V  
Q E O D B H S A D Z P Q P E D  
S M D U V T I O W Y V V C V U  
D O G Z D I Y P O W H N Q P W  
M I L K W E E D Y R K S Q J B

AMERICA  
CHILDREN  
FRUITS  
FUTURE  
LITTLELIZZIE  
LOVEOFCOUNTRY  
MEMORIES  
MILKWEED  
NUTRITION  
PRESERVING  
PROUD  
ROOSEVELT  
VEGETABLES  
WARBOND

If you know somebody that would enjoy having the WADR project quarterly newsletter sent to them via postal mail please send us mailing instructions via postal mail or email and we'll be happy to add him or her to our list.

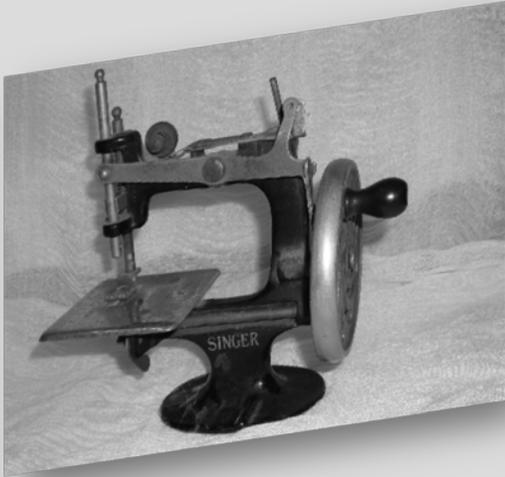
You can also have our quarterly newsletter emailed directly to you. Just send us an email and request to be put on our mailing list. You can request to have your name removed at any time. We respect your privacy and will not share nor sell your personal information.

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

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

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

# Share your stories and photos!



Did you hang onto a favorite childhood toy?  
Send us a photo and a caption!

We know that necessity is the mother of invention...Does anybody know what this was used for? If so, let us know! →



Send your questions, comments, and  
submissions to:

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

Tell your friends and family about the  
*With All Due Respect* project! More  
information and the electronic format of  
this newsletter can be downloaded  
online at  
[www.withallduerespectproject.com!](http://www.withallduerespectproject.com)