



With All Due Respect

Preserving America's Memories

Quarterly Newsletter
April 2016, Vol. 6

Eighty Today

Author Unknown

Contributed by Peggy Weaver

*I have posted this prayer on my refrigerator door
and it is now yellow with age and I have read it
many times through the years. For I am now 91,
almost 92, and have used up all the years on the
prayer,
but I would still like to be around a few more years.*

—Peggy

Weaver

Eighty today, dear Lord, I am 80, and there's much I
haven't done,

I hope, dear Lord, you'll let me live until I'm 81,

But, if I haven't finished all I want to do,

Would you please let me stay awhile, until I'm 82?

So many places I want to go, so much I want to see

--

Do you think you could manage to make it 83?

Many things I may have done, but there's so much
left in store,

I'd like it very much to live to 84.

And if by then, I'm still alive,

Then, I'd like to stay to 85.

The world is changing very fast, so I'd really like to
stick

And see what happens to the world when I am 86.

I know, dear Lord, it's a lot to ask, and it will be

nice in heaven,

But I'd really like to stay around until I'm 87.

I know by then I won't be fast, and sometimes, I'll
be late,

But it would be oh-so-pleasant to be around at 88.

I will have seen so many things and had a
wonderful time,

So, I'm sure that I'll be willing to leave at
89. (Well---maybe.)

Inside this issue:

— **Reflections from Ernie**

— **Nutrition, Naturally!**

— **Senior Stories:**

A Scene of Wonderment

Contributed by Eunice Noreen

— **WADR FREE Presentation**

— **Plus more!**

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

Who are we?

Recollections from Ernie...

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



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.

During my job I had an insured in Sleepy Eye, an old lady named Katherine. She was almost blind and could do the Bohemian lace with many shuttles. I marveled at how she could do this, not being able to see.

One day in the winter, during World War II, I called at her home and was informed that poor, old Katherine had died. I was asked if I’d like to see her. I said, “yes.” They took me into the next room where she was laid out. I viewed the body and left.

Over a week later, I again stopped to service her policy and was told that Katherine was still laid out in the cold room. I asked why they had not had the funeral. They said they were waiting for her son who was based in India, and they had a cable from him stating, “Hold the funeral.” They interpreted it to mean “hold up the funeral.” What Raymond (the son) meant was, “Have the funeral.” They finally buried Katherine.

A Scene of Wonderment
Or
Mother Nature Protects the Innocent

Contributed by Eunice Noreen

I always enjoyed watching (from behind the fence) as the horses came galloping home in the late afternoon. One day as I heard them coming, I saw a newborn lamb lying directly in their path. The lamb was unable to move and its mother ran away!

I watched in horror, as I expected to see the little baby lamb be trampled to death by the thundering herd.



But wait! The most unbelievable thing happened! The front horses slowed down and came to a complete stop directly in front of the baby lamb.

The other horses did the same. Then they encircled the lamb, bent their heads, and sniffed the lamb. Very soon they slowly and carefully backed away, leaving the little baby untouched!

After several attempts, it stood-took a few steps, paused, then with uncertainty, took a few more steps until it found its mother.

What a beautiful sight after expecting the worst!

Did I witness a miracle...or Mother Nature protecting the innocent?

Please share your stories
and experiences with the
With All Due Respect
project.

Nutrition, Naturally!

Sharp eyes

By Mary Farias

Whether it's for driving, reading, or hobbies, keeping our vision sharp is an important side of wellness at every age. Sharp eyes keep us able to do the things we enjoy. There are many natural things we can do to maintain our all-important eyesight. Try these easy tips:

While reading, especially small print, it's a good idea to pause periodically to rest your eyes. Stop reading and look into the distance. Change how you're using your eyes.

Use natural light as much as possible. Dim light and artificial light can place strain on your eyes.

Eat foods high in Vitamin A (carrots, sweet potatoes, etc.).

Eat foods high in Vitamin C (bell peppers, dark leafy greens, broccoli, etc.).

Eat foods high in omega-3 fats (flaxseeds, walnuts, etc.).

Use eye relaxation exercises like the ones below (adapted from wellnessmama.com).

Warm palms by rubbing hands together for a few seconds and loosely place over eyes for 10-20 seconds to warm and relax the eyes.

Stand with your feet shoulder-width apart and rotate the upper body while swinging arms side to side (without moving the hips).

Massage temples and back of the neck to loosen neck muscles and relax the forehead.

Trace the shape of an "8" on its side with the eyes while looking at a wall.

Roll the eyes in circles in each direction.

Place the eraser of a pencil on your nose, point the pencil at an object across the room and trace the object with the point of the pencil while keeping the eyes on the tip of the pencil.

Hold the same pencil at arm's length and focus on the eraser. Slowly bring it closer to the eyes until it is about 6 inches from the eyes and slowly bring it back out to arm's length-keep the focus on the eraser the entire time. Repeat 6-12 times per day.

Wear an eye patch on the good eye (if you have one better than the other) for about an hour a day to encourage the bad eye to communicate with the brain more effectively.

We only get one pair of eyes in our lifetime. It's up to us to keep them healthy!





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.**



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
(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 and **now in the Brainerd area!**)

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 or in the Brainerd area, 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

(Please indicate WADR Presentation in subject line.)

INDIVIDUALS
SCHOOLS
GROUPS

GREEN THUMB CLUB

...with Nancy Ann

Asparagus is Up!

By Nancy Ann

Bridge Clubs!

V.F.W.'s

Church Groups

Rotaries

Schools

Garden Clubs

One of my favorite things in the spring is to see that my asparagus tips are emerging from the soil. I know that it will not be long before we get to enjoy freshly harvested asparagus for dinner. While buying it from the produce department throughout the year can be a treat, it does not compare to the flavor-packed stalks that are harvested just moments prior to steaming.

When I see that the asparagus is up, I also start planting my radishes, lettuce, potatoes, carrots, beets, etc...providing that the weather is favorable. These plants germinate well in the cooler soil. Radishes and lettuce grow quickly, so you can plant new rows for the next few weeks in order to have a continuous harvest. I just love the "snap!" that a fresh radish offers!

If you live in a setting where you cannot dig up a space in your yard for gardening, consider going the route of container gardening. You can grow so many things on a sunny patio in pots. A single cherry tomato plant will provide you with plenty of juicy, ripe 'maters. Simply plant it in at least a 3 gallon pot and give it some TLC.

Lettuce grows nicely in the shallower, bowl shaped pots. Radishes can be grown in smaller, deeper pots. I put my radishes and lettuce in lighter colored vessels so that the sun does not heat up the soil so easily.

Beans are also easy to grow in a container. If your patio allows, consider planting a few pole beans to yield even more!

The key to container gardening is to provide enough soil, water, and nutrients for the plant. This year, take a look at your yard or patio and plant some edible vegetation to enjoy. You'll be glad that you did!

WADR Project

A Few Frequently Asked Questions

Q: Will my story/memory be changed?

A: No. We do as little editing as possible in order to keep your voice, memory, and personality intact. Some stories may be edited for length by leaving an incidental sentence out. Or the story/memory may be divided and printed as two separate submissions.

Q: Do I get paid for my story?

A: There is no payment for your story. You are simply submitting from the kindness of your heart. (Thank you!!!) It is not the goal of the WADR project to make money, but rather it is a project of passion with the goal of preserving as many memories (especially from our eldest Americans) as we can so that they may never be forgotten. (The WADR project is self-funded.)

Q: What if I have stories but am unable to write?

A: If you are unable to write due to a disability or writing just isn't something that you do, ask a friend or family member to help you. If you live in an apartment or assisted living environment, find out if there are any writers living among you that are willing to help.

Q: What if I don't type or have internet access?

A: No problem! As long as we can read your handwriting, you can just mail your stories/memories to: With All Due Respect Project, PO Box 47392, Plymouth, MN 55447.

Q: How many stories/memories can I submit?

A: All of them! We just ask that they be true accounts of living in the USA.

Q: Can my story be one that has been handed down through my family?

A: Absolutely! If your grandmother told you stories about when she was a little girl, preserve her memories! Again, we just ask that they be true accounts of living in the USA.

A GREAT BIG THANK YOU!!!

I'd like to extend my thanks and appreciation to those of you who are sharing your stories to be included in the *With All Due Respect* project. I've said it before, and I'll say it again — I cannot do this project without your help. Collecting and documenting these wonderful stories, memories, and facts could not be done without the generosity of those who contribute.

Thank you to those who have invited me into your home to interview and record you! Thank you to those who have sent me your stories via postal mail and email! Keep them coming! Thank you to all of the Activities Directors at the assisted living communities who have squeezed me in on your busy schedules! I want you all to know that your willingness to share and help is very much appreciated. Your stories will be preserved for others to read and remember for generations to come.

I wish time would allow me to write each and every one of you a personal thank you note, as I truly do appreciate the support you are providing to this effort. I find this project so rewarding in many ways. Not only do I get to hear your stories and learn about you first-hand, but I also have the added benefit of conversing with some of you face to face. I have gained even more respect and appreciation for America's seniors. The traditions of each family different, yet they all somehow have much in common. You faced incredible hardships and yet looked brightly toward the future. You consistently did things that you didn't want to do; yet you unselfishly did them—not only for your family, but also for your country. Your resourcefulness was astounding and your tenacity, admirable. Thank you, thank you, thank you.

—Nancy Ann

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