



With All Due Respect

Preserving America's Memories

Quarterly Newsletter
July 2015, Vol. 3

A Beautiful Letter

Contributed by Nancy Ann

(My mother shared this piece of family history with me. It's a letter written by my great-grandfather asking permission for my great-grandmother's hand in marriage.)

Helena, Montana
7, 1889

March

Dear Madame, you will no doubt be surprised in receiving this letter from me. But to the point. I love your Daughter Katie and would make her my wife. I write to receive your consent. I am very sorry I am unable to ask you in person for your daughters hand in marriage but circumstances of which I have no control prevent this. I have been corresponding with Katie for some time, in fact ever since I have been here and I have reason to believe that Katie is not adverse to my love. Should I be fortunate enough to receive your consent I promise to make her happiness my one aim in life, and will work hard to give her the comforts of the home she leaves. Should you think Katie too young for an early consummation of my wishes, I will be willing to abide by your decision and wait awhile. But if you consent and think Katie is old enough which of course I myself would naturally think.

I would like to have your approval of the consummation of the engagement as early in the fall as possible; A word to my prospects I am running on passenger trains between here and Hope, Idaho, and my prospects for promotion in the near future are very bright.

My salary is sufficient to support a wife and have something aside for a rainy day. Hoping and trusting for a favorable reply at an early day, I am yours

Most Respectfully
Address PO 464
Helena; Yours
John O'Keefe

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 - We All Have to Start Somewhere*
Contributed by Frosty Schiefelbein
- Fishermen! We want your stories!
- Plus more!

**WE HOPE YOU ENJOY THIS
QUARTER'S ISSUE OF WADR.
HAVE A GREAT SUMMER!**

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)



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.

Long Before there was "Verizon"

True story written by E. J. (Ernie) Herriges
Of New Ulm, Minnesota

Windhorn was a barber. One of his customers was an ex-banker from Hanska, Emil Hage. Mr. Hage had one of the early hearing aids that had a receptacle on his chest with a wire leading to his ear phone. On one occasion when he got into the barber chair, Windhorn whispered into his phone up front and Hage said, "What?" Again, Windhorn mumbled into the front and again Hage said, "What?"

Between times, Hage turned up the sound until it reached the limit. At that time Windhorn yelled into the phone, "Can you hear me now?!"

Mr. Hage almost jumped out of the chair.



*I pledge Allegiance
To the Flag
Of the United States of America
And to the republic
For which it stands
One Nation
Under God
Indivisible
With Liberty and Justice
For all.*

We All Have to Begin Somewhere...

Contributed by Frosty Schielfelbein

The year was 1956 when the young couple and their 1½ year old son made the trek from city life to country life!

After receiving his Bachelor of Science Degree in Math and Science, and completing his 2 years of service in the Air Force as an Electronics Officer, Frank was ready to pursue his career in “Farming”.

He did not have any special training to begin this career, but he did have the determination to learn by doing and to follow his dream!

There was a farm waiting for him, as his dad had purchased a cottage on a lake which happened to come with a small farm. It had not been occupied for quite some time but there were some empty farm buildings and a very old house in need of repair. It had no central heat, no indoor plumbing, and no running water inside.

Frank and his wife began the task of repairing and painting their house. This would be their temporary home until the time came to build a more permanent home.

Spring was now approaching and it was time to attend the local auction to find some milk cows.

Frank proudly came home with his first animals – two Holstein cows. He put them in the barn and now the real work began. They would need to be milked twice a day, morning and evening.

He promptly arose early in the morning and made his way down the hill to the barn.

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About 3:00 P.M. that day, a neighbor stopped by to see how the new young farmer was doing.

He was greeted by Frank’s wife and she told him he would find Frank in the barn milking his two new cows. The neighbor looked at his pocket watch and

made the comment that Frank was doing his “evening milking” rather early.

His wife then commented that he had been milking since early in the morning but did not have any milk as yet.

The neighbor chuckled to himself as he made his way to the barn. He immediately saw what Frank was doing wrong and gave him his first lesson on the art of milking a cow!

(Editor’s Note: Frank and his wife still live on that same farm in Kimball, MN and have adapted very well to the country life!)



Nutrition, Naturally!

It's Summer - Time to Hydrate!

By Mary Farias

With summer comes warm and sometimes downright hot summer days and nights. Throw some humidity in there, and we feel like we are going to melt!

We put sunscreen on our skin and be sure to cover ourselves on the outside, but what about the inside? We need to remember to drink enough water. Staying hydrated ensures not only that we curb our thirst, but also that our bodies run efficiently. One of the main things that staying hydrated does is it makes sure that our blood is at the correct volume and is at the right consistency.

“Maintaining blood volume through proper hydration also allows:

red blood cells to deliver oxygen to muscles efficiently,

delivery of nutrients throughout the body,

removal of waste products such as carbon dioxide,

proper hormone distribution.”

(Source: Thrive by Brendan Brazier)

Staying hydrated is more important than just making sure we're not thirsty. And drinking water isn't the only way to stay hydrated. Mother Nature knows that the weather gets hotter in the summer and she provides us with a wonderful array of foods to help. Naturally, eating summertime foods like fresh berries, vegetables, and salads are all ways to increase water consumption and to ensure that our bodies are properly hydrated.

Making sure that we eat *whole* foods, like brown rice, and *raw* foods, like salads, will help increase our hydration, as well. The more we concentrate on eating real foods rather than processed foods from the grocery store, the more we can make sure that we're getting enough water in our bodies during the summertime heat. Take advantage of the abundant fresh fruits and vegetables available to us in the garden, in farmer's markets and at the supermarket. Cheers!



Plums and strawberries from Nancy's garden.



**SEND US YOUR
FAVORITE
HOME PHOTOS!**



**THEY JUST DON'T BUILD THEM LIKE THEY
USED TO!
SUCH CRAFTMANSHIP!**



This 4th of July, while we enjoy our picnics, parades, and fireworks, let us always keep in mind that we are celebrating the birthday of our nation and our freedom.

Parents, take the time to teach your children the history of America's Independence Day.

Teach them of the men and women who unselfishly did so very, very much in order that generations to come could live their lives in a country of freedom and liberty.

Thank you to all of the U.S. Military and their families!

God Bless America!

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: _____

Help Spread The Word!

INDIVIDUALS
SCHOOLS
GROUPS

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

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

We are in constant need stories of all kinds. Long or short. Funny or serious. We just ask that they be true accounts of growing up and/or living in the U.S.A. The stories that you generously share are what keep the *With All Due Respect* project going. No two stories are alike. Submit as many as you wish. Please help us preserve the memories of growing up in America during the early 1900's for future generations before they are lost!

These memories should never be forgotten.

Visit www.withallduerespectproject.com for more information on add'l age categories.

If you need help getting your story to us or belong to a group in Minnesota and would like me to come and give a presentation about the With All Due Respect project, please contact me for details by writing directly to:

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

or by email

submissions@withallduerespectproject.com

I am happy to assist!

—Nancy Ann

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

WE STILL DON'T KNOW!



Share your stories and photos!



ATTENTION FISHERMEN!

Share your fish tales with us! New or old, everybody loves a good fish story!

Include a copy of a photo if you are able!

GREEN THUMB CLUB

Do you love to garden? Send us your stories, photos, and tips to share with your fellow gardeners!



This is one of the larger tomatoes that I've grown. It's a Giant Syrian.

Nancy Ann

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!

PRINT AND SHARE!

Send your questions, comments, and submissions to:

submissions@withallduerespectproject.com