

From: Ed Palmer edwardgpalmer@mplsvocational.com
Subject: [List] Vocational High Newsletter - January 23, 2024
Date: January 23, 2024 at 3:55 PM
To: Edward Palmer edwardgpalmer@gmail.com



Greetings Edward,

I hope the 2023 Holiday Season was happy for you and your family. Becky and I visited family in the Portland, OR, area for nine days over Christmas. It was a fun time visiting and especially seeing three granddaughters growing.

This Newsletter is longer than usual. It is the last one in which I will share some personal information. Important information concerning Vocational's All-Alum Picnic and our All-Alum Website exists. It is worth reading to learn about my plans for life and our website.

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FRIENDSHIP
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"Friendship is the source of the greatest pleasures, and without friends even the most agreeable pursuits become tedious." Thomas Aquinas

On January 11, 2024, at the request of Muriel Spellmon (Class of 1965), I sent her brother's (Troy Spellmon's 64) death notice to 124 potential friends from Vocational High School years 63-65. I did not send this information to our total newsletter list of 441 alums.

As I reflected on this ability of my list management software, I lamented that I could not do this for my first wife, Jacqueline Lee Bowers (64), or our close friend Jim Borka, also from the 64 class. I had a 43-year love affair with Jackie, who died in 2003. We were married on June 13, shortly after the 64 class graduated. At the time she died, I remember how much I wanted to contact some of our old high school friends. Together, we had attended all of our high school reunions except the fifth. I was in the Navy at that time. The alum email list I have now created did not exist in 2003. I especially wanted to contact Gary and Joey, two of her old high school boyfriends who cared for her, her cosmetology classmates, and other friends who might have known her.

I was happy I could contact 124 of Troy's potential alum friends. A number of them have thanked me and remembered Troy. Some of us remember Troy from way back in Franklin Junior High. It was the first time I used this feature of my email software, which is more time-consuming than just emailing the total list.

Suppose you were to ask me why I created a List of Vocational Alum emails, along with our all-alum website. In that case, several answers come to mind.

MY FIRST ANSWER would be to enable all Vocational alums to reach a friend or several friends from high school.

THE SECOND ANSWER was I promised I would help our 64 class manage our alum data. Managing a list of 300-400 names, addresses, etc., can become very burdensome. Our all-alumni website allows for efficiently managing this data for any class — FREE. The task can also be shared among several alums, so the burden doesn't always wind up on one person. If your class isn't managing its alum data on our website, ask me how somebody can do it.

THE THIRD ANSWER was that, after the 1964 Class 50th Reunion in 2014, our picnic

committee decided we would opt for just an annual picnic in future get-togethers once a year. The database I created to manage the 64 classes was scalable to include all vocational alums. So, that's what we did. All extant alum graduation data, now over 10,400 records, is searchable on our website. We have also created searchable PDF files of every extant yearbook that can be downloaded. Every alum can also easily edit their database and friend's records. All edited alum records are archived on a second database in case of an error. BTW, Troy Spellmon's name was misspelled in the 64 class yearbook as "Spellman." I had entered all of the 64 class names based on that yearbook. I'll have to edit Troy's record to fix his last name and update his death information. Please let me know if you find any other errors in our system. With no one looking over my shoulder or double-checking my work, I often don't find mistakes until later.

THE FOURTH ANSWER involved my curiosity. A decade ago, I spent over a thousand dollars on this web-centric database software. Web-centric means you can use a web browser to access and manage data that resides on an internet-located web server database. The significant promise was more effortless coding for the database, which I found valid. Of course, I never used the software, and by the time I was ready, the developer had updated the software. They had also decided to give the software away for free—another of life's special surprises.

THE FIFTH ANSWER would be my desire to connect with existing friends and make more friends from the Vocational Tribe. I am happy to say that I have made many new friends across many class years. Did I mention reminding every alum of our first Thursday in August picnic each year? Well, that, too.

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TRIBAL FRIENDSHIPS

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We've heard a lot of talk about tribes in America recently. In this regard, what about making new alum friends from the Vocational High School tribe? There are many common aspects alums have from attending Vocational High. One of them is that generations from the same family have attended Vocational to learn a trade. However, some Vocational students did not graduate with their class for one reason or another. It doesn't mean their Vocational friends have forgotten about them. Some classmates might even wonder what happened if this is you. I did not graduate with my 1964 class. I document my Vocational High School story (database "Profile") shortly.

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YOUR DATABASE PROFILE

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Very few alums know my Vocational High story or database Profile. I'll tell you about it shortly. Before I do, I want to highlight your database record's "Profile" field. You can tell your high school and life story in this field. This data field allows for 500,000 characters. So you can write a book about your life if you want. However, the text in the field will run together and won't show carriage returns or new lines unless you use the browser (HTML)
 break or new line code. You would use the
 code to create a new line. To create a new blank line, you would use

 code where you want it. In my Vocational story below, I have demonstrated how to use the
 or

 code in your text for the Profile or Comments field.

What might you write about in your Profile database field? I.E., What happened to you during or after you left Vocational? Did you remain within your Trade, or did you change vocations in life? How many times? How many kids or grandkids do you have? Was there any special meeting place like Charlie where you and your friends met before or after school? What did you do there? Who did you meet up with? Did your siblings or other family members attend Vocational?

there: Who did you meet up with? Did your siblings or other family members attend Vocational? I.E., Jackie's sister Candy, attended three years after her. Her mother, Beverly Bowers, and Aunt Louise also attended Vocational High School in the early to mid-1930s.

At 500,000 characters, our database will accept a very long Vocational and life story in the "Profile" field. We will eventually be able to search the Profile field for words like "Navy" to see who used that word in their Profile. Unfortunately, searching the Profile field has a bug I'll have to track down and fix. I was impressed by the class of 1959 and 1961, who solicited profiles from their classmates. The class of 1961 had profiles listed on their original website, which is no longer available. However, you can see the 1959 profiles in a document they created at their 50th reunion. It was scanned and is available as a PDF file to download or view on our all-alum website. You'll find a link to the document under the "Years" tab. See 1959 entries. Need a PDF of your Class Yearbook to view, search electronically, or download? Those are also available under the Alumni tab.

It is interesting to read alum profiles. Below is a link to written database Profiles and what these alums said about their lives during and after Vocational High. Our database currently has only 105 profiles for over 10,400 alum records. Check out these Profiles and maybe add one of your own.

Vocational profiles link — http://www.virtualapostle.net/cgi-bin/start.cgi/system/startup/display_alumni_profiles.html.

I would encourage you to add your Profile to our all-alum website. Make a memory of your life experience at Vocational and then afterward. Suppose I am successful with our all-alum website. In that case, your ancestors can see what you've written many generations from now. I plan to create a permanent record of our Vocational experiences and somehow fund it for the next 50-100 years. Our website represents life at Vocational High in Minneapolis from 1914 to 1976. Researchers will also be able to access all extant class yearbooks about life in Minneapolis during that time.

What about you? Would it interest you to have a great-great-great grandchild be able to learn about your Vocational High and life experiences? If so, edit your database record. The instructions on how to do this are under the Alumni Tab. Select the "Update Alumni Record" item and follow the instructions. Alternatively, if this is too difficult, create a Word document file for your Profile and send it to me. I will personally update your database record, including using the
 or

 code where I feel it is needed in your text.

The contact information on your database record is whatever you decide it should be. That can range from nothing to everything. In the email field, we need either an email or the word "None." Over the last ten years, I had to remove the contact information (phone, email, address) for only one alum stalked by another alum. However, every alum can now edit their database file. Please realize that this information is private on our server and can only be dynamically searched from the links on our website pages. Since your data is private on our web server and dynamically presented on a search request, it does not appear on any other website or internet searches like Google's.

Note: I have used six
 web browser break codes below to illustrate "HOW-TO" and provide proper new line and paragraph displays in your database record's Profile or Comments fields. You'll want to use the
 code if you're going to distinguish long text entries as paragraphs, lists, etc. The
 is the browser html code for break. It allows a new line to occur for the text. Two
 codes will create an empty line between paragraphs. Search on Palmer in 1964 class to see my database entry online and the results. I have added my Vocational story to illustrate how you can write your story. Is there a question you would ask your grandparents if they were

alive? Maybe one of your descendants would like to ask you the same question. Think about it.

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ED'S VOCATIONAL STORY

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It doesn't mean your high school friends or classmates don't exist if you didn't graduate with your class. You'll find me in the 1962 yearbook but not in the 63-64 yearbook. If you saw Jackie's 62-64 yearbooks, you'll find my name in all of them. Well-wishers from her friends at Vocational who knew we were seeing each other have made comments. So, if I didn't get to graduate with my 1964 classmates, what happened?

A chain of events out of my control started when my father died in 1959. I was 13. I finished Franklin Junior High and chose to attend Vocational. We lived in the new low-income projects at 500 Aldrich N. The area has since been gentrified, and the senior high-rise building is the only remaining structure from 1959. I remember selling a lot of subscriptions to the Star Tribune in that building. Living across the street, I think I followed everyone moving in there to get their newspaper subscription. I won a trip to Chicago with the Star Tribune subscription sales. Well, that's an aside thought from an old memory.

Sometime early in my Junior year, my mother remarried. My stepdad and mother decided to move the family to Brooklyn Park. I stayed with a cousin in Golden Valley for a while, catching a bus down Glenwood Avenue to Vocational. Eventually, the school administrators knew my parents had moved out of the city. Surprise! Vocational High school was only for Minneapolis students. I got booted out in mid-1963 and wound up in an overcrowded Anoka High. All of those escapees moving out of the big city to the new burbs, I suspect?

At Vocational, we took 3 hours a day of trade education. Guess what? What did I miss over the prior 18 months I did not attend Anoka High? Yep, tons of traditional high school classes that we didn't have to take at Vocational. I never had trouble with learning. To this day, I have been a lifelong learner, and I estimate I spend about 10 hours every week learning new stuff. I also chose a challenging profession, Electronics. This industry was wrong if you were not interested in learning new things. About every 18 months, the knowledge base becomes obsolete, and the industry moves on to new stuff. When I learned vacuum tubes, it was a never-ending education: transistors, integrated circuits, Microprocessors, machine software, and programmable languages. The only time the job technology wasn't changing under my feet was the six years I spent in Quality Engineering. There, I dealt mainly with using statistics or math in the job. That was a pleasant reprieve. That is another aside. Now, let's get back to Anoka High in 1963.

Not only did Anoka slam me with the need to make up 18 months of stuff I never needed at Vocational, but I also had to share a locker with 3-4 other people. I was carrying a two-foot stack of books and expected to catch a bus to and from school. Well, I only lasted two weeks. After that, I drove to Anoka High, slammed the books on the admin's desk, and said, "I quit!" I might have said something more nasty. However, I don't remember. I remember how angry I was about the whole high school scenario that played out in my life.

So, in August 1963, I joined the US Navy. I was 17, and my mother had to sign for me to join. I chose the Navy because the Vietnam War was ongoing, and I thought being on a naval ship would be safer. In those days, men were obligated for six years of military service. It could be a combination of active and reserve duty. At 17, I could only sign up for 3 1/2 years. I think they called it a kiddy cruise at the time.

In San Diego boot camp, we were warned not to do too well on the sound tests unless we wanted to be a seagull. That was funny. Due to my 18 months of Vocational Radio TV

wanted to be a sonar guy. That was funny. Due to my 18 months of vocational Radio-TV classes, I scored high in electronics. After graduating from boot camp, I got orders for "Fire Control Class A School." Yep, it was a panic time! I didn't want to fight fires, but I quickly learned it was electronics training for six more months in San Diego. I would learn about working on gun and missile-firing weapon control systems. At the end of Class A school, I extended my enlistment for six active years to attend another six months in Virginia to learn the Mk118 Tartar Missile Computer system. When I arrived in Long Beach after school and for that job, I was immediately sent back to San Diego to learn a Radar system for four months. The USS Berkeley DDG-15 was required to send someone to the AN/SPS-39 radar school. Since nobody wanted to go, and I was new to the Weapons department, I was the guy the ship sent. Notice the months of full-time (8 hours/day) advanced electronic training I was racking up?

At some point, I extended my enlistment again to attend Class B school in Great Lakes, Illinois, near Chicago. That was an advanced electrical and electronic engineering course for six months. It was eight hours a day in class and another four in the evening for those who couldn't keep up (90% of the class). I loved this stuff, including the homework every night and consuming 100 pages or more of engineering text. I was one of the few students able to keep up.

Yep, if you guessed it, Jacqueline Lee Bowers-Palmer was dragged around the country with me.

After the Class B school, I became the 8th person assigned to recommission the USS Parsons DDG-33 in the Long Beach Naval Shipyard. The Parsons was an old WWII destroyer gutted from the main deck up. It was being converted to a guided missile destroyer, and I was there to work on the missile computer and help oversee the installation of the new Tartar weapons system. Again, I loved this technical stuff.

It was sometime in 1969 on the Parsons that the Navy wanted to send me to another six months of training at a Sperry-Univac plant. They were in the process of digitizing the analog missile computer I worked on. They wanted me to learn the digital version of the missile computer and then teach it to others. This training would take place in the San Francisco area. Of course, I said yes. Remember, I loved all this technical stuff. Of course, by then, Jackie and I had two little daughters. As a Fire Control First Class Missile Technician, I was in a sea-going job classification. It was spending six years at sea working on missile systems. The only other option was a three-year break instructing sailors on some aspect of a missile system. After discussing this with Jackie over the weekend, we realized that the Navy would want another three years from me. Over the weekend, Jackie and I decided to cap my Naval service at 7 1/2 years. Why? I was out at sea 70-90% of the time. It's hard to be a father under those conditions. My oldest daughter would cry whenever I put my sailor suit on to leave. At least I didn't want that to be my family life. I called the Navy in Washington, DC, back and rejected their offer.

That wasn't the end, though, from the Navy's perspective. A few months later, the Navy sent me orders to Norfolk, Virginia, to attend the Navy's Instructor Training School. Then, I was supposed to go to Damneck, Virginia's Naval Missile Base, to be an instructor on the missile and radar systems I worked on. I didn't expect to get off the Parsons with only 18 months left to serve, but I did. After finishing the instructor training and reaching the Naval Missile Base, I was immediately confronted with a demand to extend my enlistment for three years on instructor duty. To cut the story short, I refused. The Navy sent me on the first boat back to Vietnam. It was the USS King DLG-10, and I was sent to maintain their AN/SPS-39 radar. Of course, I was an E6 first-class petty officer and could maintain this radar myself.

Instead, when I got there, I had another E6, E5, and E4 all working under me. Four men in a small area that is more suited for 1-2. The Navy had its revenge sending me back to sea and

small area that is more suited for it. The Navy had its revenge, sending me back to sea and wiping all my sea time off my personnel file. They never stopped trying to get me to extend my enlistment. Vietnam was winding down, and the Navy was running out of money. It forced the USS King to return to Long Beach, and I was discharged about four months early in December 1970. BTW - On my way to the USS King, I had 30 days of leave in Minneapolis. Jackie and I bought a home in Bryn Mawr, about six blocks from her folks who lived on Penn Avenue. Yep, I was incentivized to keep refusing the Navy's attempts to keep me in. Divorce, I suspect. If I had been single, I would have stayed in the Navy. I loved what I was doing, and I loved traveling the seas. Still, it was no place for a married man with two little girls.

Did you forget about that two-foot stack of books? Well, early on, after I joined the Navy, I asked the Minneapolis School Board what I needed for a high school diploma. They sent me a list of courses I needed to complete for a North High School diploma. I quickly passed a GED when I joined the Navy and soon afterward tested out of the first two years of college. I completed all the courses the Minneapolis School District required. I left the Navy in December of 1970. In 1971, I sent the Minneapolis School Board the information they said I needed for a North High School diploma. By then, I had also undergone over 2 1/2 years of advanced electronic training in the Navy, 8 hours/day (~7300 hours). In 1972, they sent a Vocational High School diploma instead of a North High one.

That is my Vocational High School story. I've added the story to the Profile field of my database record. Yes, there are quite a few ironies in what government bureaucrats did or tried to do.

I've technically remained within my chosen vocation of electronics. However, I've morphed into website creation, and I'm now writing books. What is your Vocational Profile story? Do you have one to share?

Did you attend Vocational High and not graduate with your class? If so, please accept my invitation to attend our annual picnic in August. Get acquainted with some old friends and make some new ones. As a member of Vocational's Tribe, we all share some interesting tidbits from high school.

Jackie and I used to meet up at Charlie's across the street from Vocational. We usually got a Pepsi and a donut and smoked a cigarette or two. I'm glad I gave that smoking habit up early in life.

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NEWSLETTER FRIENDS

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This year marks the tenth anniversary of the annual all-alum picnic, and the tenth year I've written Vocational Newsletters. I started off writing to mainly friends back in 2015. I realize that the Newsletter I started in 2015 has grown beyond friends from the 64 class. I consider all Vocational Alums my friends whether we've met or not. However, I'm now moving on with a personal Blog plan to help people with DIY self-care healing, health information, and strategies. That is stuff I've studied for over 50 years. It involves my use of a different Newsletter platform called MailerLite. That is where I'll continue writing personal things about health, healing, and book information Newsletters.

After this edition, our Vocational Newsletter will be limited to alum news issues. That might include an Obituary notice to a specific class year or years but only as requested by another alum on our all-alum Newsletter list. See the "Ignoring A Calling" discussion below for my writing and DIY health and healing blog plans.

With this change in Newsletter content, I request that someone from the 70s take over the "Vocational Newsletter." I will personally train them and provide the software needed to manage our all-alum Newsletter list and emailing. Do you like to write? Let me know if you are the one who will volunteer to manage our all-alum list and Newsletter. Finding someone from the '70s alums is part of a plan to extend our all-alum annual picnic strategy and make it last as long as possible. It's also a contingency in case I'm no longer available. Remember the stroke I had 18 months ago that I recovered from? However, I will continue writing the Newsletter until I find a replacement writer/editor. Email me if you can volunteer to help our picnic committee with this task.

Transferring this task will allow me to focus on the technical issues concerning Vocational's All-Alum website and manage the Vocational Picnic Plan. It will also provide more time to do what God asks of me.

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TENTH ANNUAL PICNIC

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I am happy to report that our tenth annual all-alum picnic is ON, and we have the Richfield Veteran's Shelter reserved for August 1, 2024. That is the first Thursday in August. This annual picnic is a great place to meet old friends and make new friends from the Vocational High School tribe. I have made many new friends from other classes, and I count it a privilege to consider all Vocational Alums as friends. At the picnic, take a moment to say hello to Melvin from the class of 1947. I believe he is our oldest living alum.

Here are the 2024 updated picnic links.

<http://www.mplsvocational.com/about/all-alumni-annual-picnic/next-alumni-picnic.html>

http://www.mplsvocational.com/files/picnic_flyer.pdf

<http://www.mplsvocational.com/FAQ.html>

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PICNIC CHANGES COMING

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Joe [REDACTED] (74), our picnic committee's co-chair, will be the DJ and supervisor of the picnic and has come up with a new layout for the Picnic area. All audio speakers will be at one end (left), and the other (right) will be a quiet area. I will update the graphic layout ASAP and email it when available. I'll also put it on the website.

Our attempt to move the photo shoot under the shelter failed last year due to insufficient lighting. We will move it to the back of the shelter as it has been for most of the previous ten years. We always had good pictures at that location. The following picture class will assemble to the left of the shelter area. I will also update the graphic on the traffic flow. We now have the internal shelter layout down pat and the traffic flow for pictures and meals. Suggestions to improve our annual all-alum picnic are always welcome.

We will continue taking pictures from the oldest class first. The food tables will have lines on both sides, with the oldest classmates eating first.

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**** YOU NEED TO RSVP ****

YOU NEED TO RSVP

On this tenth picnic anniversary, adding your name to the RSVP will be necessary. I will be adding the capability of pre-printing a name tag from the RSVP database information available. That will speed up our front desk registration, as the name tags will be available at the front desk with a list of who shows up. Remember, we need a list of attendees to the picnic for safety purposes. If you cannot RSVP online, contact Kathy at 952-818-0677 or Bonnie at 952-432-3947.

The RSVP database has four fields: class year, first name, last name, and the number of attendees. PLEASE RSVP ASAP if you are planning to attend.

HERE IS THE RSVP LINK - <http://www.mpls vocational.com/RSVP.html>

Your name tag will derived from your RSVP database information. If you have more than one attendee, enter each name into the database so their name tag can be printed before the picnic. Enter one (1) for the attendees to print off a name tag. If you enter more than one in the attendee's field, it is okay, but it will not result in a name tag being printed for the other attendees. However, it will still help us with the picnic attendance estimate we need for supplies.

There is a second primary reason for the necessity of RSVP. We are expecting between 200 and 300 alums at the 2024 picnic. Our limit for the shelter is 300 due to Richfield City regulations. With RSVPs online, we will have a priority list of attendees, pre-printed name tags, and faster picnic registrations. If you have RSVPd and cannot attend, don't worry about it. Stuff happens in life, and the Picnic Committee understands.

69 CLASS 55th REUNION

It's another time to renew old friendships and make new ones for the class of 1969. Les Huie is the class database administrator at our all-alum website. Les recently announced on our website, "Events Forum," that the Class of 1969 will hold a 55th Reunion on August 24, 2024. If you are in the class of 1969, Les asks that you join the Facebook Group "Votech69" to stay informed. Please spread the word to classmates.

74 CLASS 50th REUNION

A 50th class reunion for 1974 is under consideration. Details will be posted on the Vocational 74, 75, & 76 Facebook page. Alternatively, suppose there is no official 50th reunion event. In that case, 1974 classmates might choose to meet after the annual all-alum picnic at a destination to be announced. See the discussions and announcements on their Facebook page for further information. If I hear anything specific, I'll let you know.

IGNORING A CALLING

I just turned 78 and finally relented to another calling from God. I have ignored this one for the last 3-4 years. From my human perspective, I should be retiring to some fishing spot. However, God has other plans for my life. Instead, I will write several additional books and spend my

remaining years blogging about DIY health and healing self-care. I will also blog about some spiritual wisdom given to me. If my count is right, this is at least the third time I have ignored God's calling for several years. Why? It's weird, and it takes time to realize I'm not just talking to myself. :-)

What happens if your wife tells you to take out the garbage and you ignore her? Eventually, she'll take the trash out herself or start shouting at you. Maybe she'll get angry at you. It's different if you are ignoring something God wants you to do. He'll keep reminding you with thoughts forming in your mind until you acquiesce, even if it takes years to get you to move, as in my case, for at least the third time. Of course, the wife could remind you, which might seem like she's nagging. However, she'll give up at some point. The whole issue could be with the husband. I'm not trying to pick on wives. It's just an illustration of my reluctance to act when I know I should. God has a way of communicating with people's hearts and minds.

My author's website is ready to blog about DIY self-care, health, and healing solutions. If you select the menu at my author's site, you can choose the main blog or the "What Would Ed Do" DIY self-care healing blog. Either will show you the structure of my approach. I did finish the "DIY Healing Self-Care Primer" book weeks ago. I have not publicly announced this fact yet. I don't think I'll have everything ready until April. However, I am giving this book free as a PDF download at my author's and two healing book sites. A drop-down signup form appears after 10 seconds. Visitors can sign up for the Newsletter or close the window. If anyone signs up, an email will be sent to download the book. The MailerLite system is a double opt-in system that verifies email. Subscribers can also easily unsubscribe.

Alternatively, for those not interested in my Newsletter, the book is available at the book's website: <http://www.healingselfcareprimer.com>. Kindle and EPUB eBooks are 99 cents. The books are already available, but I still have work to do on the website. I am hoping to help families cope with medical issues using DIY self-care strategies and avoid some of the high costs involved with doctors and hospitals. Self-care strategies are not well known, but they can assist in minimizing doctor and hospital visits.

The tasks I've ignored God about are regarding this new Newsletter and writing more books. I set this Newsletter strategy in motion about three years ago when I wrote "The Doctor's Death Diagnosis" book. I was inspired to write this book by an alum friend with ALS. She has since told me everything I wrote about ALS was wrong from her perspective. When I mentioned it at the time, about 20 alum friends quickly signed up for the Newsletter. However, I never sent any, as I was still mulling the issue of what God asked of me. I now know and will spend the rest of my life helping people understand DIY self-care, health, and healing issues.

I have deleted all prior alum signups and need to start fresh with this double opt-in Newsletter. If you are one of my friends who subscribed to the Newsletter, you'll have to sign up again if you want it. MailerLite's double opt-in technology requires this, and the first email reply contains the book download link. Many people feel they can no longer trust the Medical Industry, Doctors, Hospitals, and Big Pharma. I discussed some issues of why this reality is emerging in the "DIY Healing Self-Care Primer" book. In this book, I have instructed people on how to find alternative healing solutions. I have also stated that if they come up empty with their research, they can "Ask Ed What He Would Do" by sending me a feedback form. What I would personally do is not medical advice, and I may not respond. If I did, it would be by email or writing a blog reply online. It would only represent my DIY strategy for a specific health issue.

On my blog page, you can find three diseases that family or friends have had and 19 issues I have faced. While the structure is there, I have not written any of the answers yet. I won't announce this publicly until I have written all the answers. The top item is "What would I do if I

had Cancer?" I wrote about cancer after Jackie's pancreatic cancer that took her life in 2003. I have now studied cancer for over 20 years. I don't fear cancer, as I know too many ways to beat cancer in the human body. I have been delayed in writing the blog DIY answers (strategies) because I chose to update the cancer writings into a DIY low-cost cancer book — a DIY self-care perspective.

When it is available, you'll find it at <http://www.godandcancer.org>. I am 2-4 weeks away from finishing it, and the eBooks will be available at 99 cents when the website is ready. The website isn't created yet and won't be until after the "God And Cancer" book is published. This email is the last I will say about any of my writings. If you want to know about the cancer book, sign up for the new Newsletter at my author's website. Alternatively, you can check the website in a few weeks.

I apologize for the length of this Newsletter. Changes are afoot, and I need to explain. I understand that some of this information may be considered a nuisance to you. Most seniors are committed to their doctors, hospitals, and the medical industry. However, many younger families face \$20,000 in annual costs and deductibles before receiving medical care. That can buy a lot of medical care. So, whether or not you can use the information, the "Healing Self-Care DIY primer" may be valuable to some younger relatives or friends.

One of my family members paid \$2,500/month in health premiums and had a deductible of \$8,000. Those costs mean young families have no medical care unless they are rich. Low-income families on Medicaid are just as bad off, as few doctors will accept this form of payment. It might be better to be in jail or illegal in California if you have serious medical needs. Seniors without Part C coverage might find themselves in a similar position of trying to find a doctor unless they already had one when they went on Medicare.

That's all there is. Thank you for reading to the end.

THE END

May God Bless your continued health,

/Ed Palmer/, Webmaster

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ANTI-SPAM NOTICE

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I sent this email to Edward Palmer at the email address of edwardgpalmer@gmail.com. Our all-alumni newsletter list indicates that you were in or are associated with the Minneapolis

alumni newsletter list indicates that you were in or are associated with the Winnetka
Vocational's Class of 1964. To get removed from Vocational's All-Alumni Email List, respond
with remove in the subject line. Alternatively, call my cell phone and let me know you want to
get removed from this email list. No action is required if you wish to remain on Vocational's all-
alumni newsletter list. If your name or class-year is incorrect, please email me the correct
information.