

From: Ed Palmer edwardgpalmer@mplsvocational.com
Subject: [List] Vocational Alum Newsletter - March 28, 2023
Date: March 28, 2023 at 6:44 PM
To: Ed ICN-Testing icnewswire@gmail.com



Greetings Ed,

PLEASE EXCUSE ANY DUPLICATE MESSAGES YOU MIGHT HAVE RECEIVED.

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MAIL SERVER ISSUES
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We have experienced mail server issues with both Gmail and ATT. Gmail changed its policy and now requires an SPF text file (documenting the server IP addresses used) on domain DNS records and has rejected most recent emails to Gmail users. Your email address might have been an exception. I'm estimating Gmail bounced at least 40 alum emails. I'm not sure when it started. However, you might not have received any emails from 2023. I noticed some email rejections in January, but I was finishing the last book I published and didn't have time to analyze the rejects to determine why. The good news is I have added the SPF record to the domain DNS to satisfy this requirement of Gmail, and all Gmail users should now be fine.

A second issue arose at ATT. They added my server IP address to their IP blocklist for some reason. I'm not sure when or why they did it. This affected an estimated 20 alum newsletter recipients. They blocked your email address from receiving emails thinking those emails were from a spammer. The blocklist block occurred before the March 13 email shown below. Over 50 blocklist providers online seek to track and list spammers. They collect spammer internet server addresses and make their data available to email providers like ATT. The two blocklist suppliers used by ATT did not have our mail server listed. We also had a green light from over 50 other blocklist providers. I don't send spam from the mail server I have. That is why I have included the anti-spam message at the bottom of all the newsletters I send. This list is voluntary, and I instantly remove anyone's email that sends me a removal request. It could be an attempt to censor the March 13 email since I mentioned the spike protein issue, or it could be that an ATT email user reported the email as abuse. Please do not report our Alumni Newsletter as email abuse. Respond with "remove" in the subject line, and I will immediately remove your email from the list.

The January and February emails concerned the funeral of a well-respected and loved teacher at Vocational. I have added all the emails from 2023 to the online email list. These are pdf files of the emails I am sending. You can review them online at this link if you'd like.
<http://www.mplsvocational.com/newsletters.html>.

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CONTENT ISSUE
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It has now taken me 8-10 years to create this resource for Vocational's Alum. A lot of help has occurred from other alums who have supported this effort. The website, servers, and this email list are presented as a gift to Vocational's Alum to honor my 43-year love affair with Jacqueline Lee Bowers, a graduate of the class of 1964. I own all these resources, and I bear the cost of supporting them along with the labor involved. Everyone should know that this is a labor of love for me.

This brings me to the content of the Vocational Newsletter. I have received complaints that I am

taking advantage of the Newsletter by mentioning my writings and some thoughts, like the spike protein issue I discuss below. I'm told I should "keep my opinions to myself?" So without wanting to sound unkind, let me say that I mainly write to keep alums informed about the annual picnic and boost attendance. I will also write about the teacher's funeral or other information that alums may want. If I publish a book, I will also let alums know. Many of you are my friends, and you want to see what I'm doing in my life. All the books I'm publishing are online for \$2.99 — so there is no attempt on my part to SELL any of you. I only want to inform you, so you can know who is writing to you.

I have placed the Newsletter on an updated org chart as something I can transfer to another alum to take over. I will even train them on my process. This is a long way of saying; I chose to write newsletters I think you'll be interested in reading. And, regarding the health information listed below, I think you "need to know."

If you have strong feelings about what I should or should not write about, please direct them to Joe Rath at (952) 903-9830 or email him at jrdjmusic@yahoo.com. Joe is the co-chair of the picnic committee and will be interested in your thoughts. If my newsletters disturb your peace, respond with "remove," and I will honor your request. This is not a complicated thing. Rest assured, all of the Vocational Alums are in my prayers regularly.

If you received the information below, know I cannot email one-to-one. There are now 440 emails on this list. If you have not received this email, this information will bring you current. The earlier emails on the website concern Chet's (teacher's funeral) and the email issues mentioned above.

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EMAIL SENT ON MARCH 13, 2023

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Our picnic is now on for August 3, 2023.

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AUGUST 3RD ALL-ALUMNI PICNIC SCHEDULED

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Set the first Thursday in August aside on your planner and schedule. Please plan to attend our NINTH ANNUAL all-alumni picnic. It will be held on August 3, 2023, at the Veteran's Shelter in Richfield, MN. Additional details are online at <http://www.mpls vocational.com/about/all-alumni-annual-picnic/next-alumni-picnic.html>. You can download a picnic flyer and RSVP at this link. Please consider using our RSVP form online to let us know how many will be coming with you. No emails or phone numbers are required on this form. Only your class year, name, and how many will be attending. The RSVP form is at <http://www.virtualapostle.net/cgi-bin/html05.cgi/system/startup/RSVP.html>. Our online form has become a valuable tool in gauging the number of supplies we need for the picnic. Thank you for registering early and using our simple online form.

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HOW TO GET RID OF THE SPIKE PROTEIN

HOW TO GET RID OF THE COVID SPIKE PROTEIN

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Unless you've been in seclusion for some time, you've undoubtedly heard about the vaccine spike protein endlessly circulating in some human bodies. Maybe you, a family member, a friend, or someone you know is concerned about the health effects of the covid spike protein. By now, you know I consume a lot of alternative health information. Last week I came across a nutraceutical formulation designed to help. A group of alternative doctors has gotten together to provide a solution. Cardiac and Kidney expert Dr. Peter McCullough is one of them. He states that Nattokinase, a fermented soy enzyme, is his go-to nutraceutical to kill off the covid spike protein. His alternative doctor organization is "The Wellness Company." It has formulated a product with this nutrient and several others to help people deal with the health issues associated with the spike protein not leaving the body. You will find their information at this link - <https://www.twc.health>. You will find the product designed to kill spike proteins at this link - <https://www.twc.health/collections/boost-your-immune-system/products/long-haul-formula>.

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MY NEW CHRISTIAN BOOK HAS BEEN PUBLISHED

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I just published my newest book on Christianity. It is called "God and Understanding: A Spiritual Gift!" You can find it at www.godandunderstanding.org. A sample chapter on the "about the author" page highlights my spiritual journey. I attended a Christian Charismatic Cult from 1992-1996. There, I witnessed the pastor steal the church through the illegal article and by-law changes. I have discussed this in other writings. In any case, it led to my ordination in 2000 and eventually to a writing ministry. The book discusses the gift of understanding Scripture. Jesus said no one comes to him except the Father draws them [John 6:44]. Or that the Father grants it to them [John 6:65]. He also stated that no one can know the Father unless the Son reveals him [Matthew 11:27]. The most controversial of Jesus' statements are in John 8:40, where he states, "I am a man (human male) who hears from God." Paul says no one comes to Jesus unless the Father grants him repentance. The book focuses on the teachings of Jesus, and it exposes hidden teachings not generally taught in churches. This book is fascinating if you are into the Bible or Scripture. Enjoy!

That's all for now. My next planned Newsletter will come after our June 8 picnic planning meeting. Until then, be well, and,

May God Bless your continued health,

/Ed Palmer/

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MAILING ADDRESS

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Minneapolis Vocational High School All Alumni Web Site
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ANTI-SPAM NOTICE

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

