

**From:** Ed Palmer edwardgpalmer@mplsvocational.com  
**Subject:** [List] Vocational High Newsletter - May 14, 2024  
**Date:** May 14, 2024 at 6:20 PM  
**To:** Edward Palmer edwardgpalmer@gmail.com



Greetings Edward,

Your summer plans include attending our picnic on the first Thursday in August, the 6th, right? Someone recently quipped that "the days go slow but the years go fast." As aging seniors, we can all attest to that bit of wisdom. It seems odd that time goes faster as we age. I suspect it involves having more of all life's activities, especially grandchildren. Becky and I are off to Oregon for a week to attend a granddaughter's baptism. After I return, I'll update our 2024 Picnic Plan and the all-alum website. In the meantime, this letter will update you on our annual picnic and some other items.

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PICNIC PLANNING MEETING  
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Our picnic committee will meet in three weeks on Thursday, June 6. If you have any items you want discussed, email them to me, and I'll present them to the committee.

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PURPLE JACKET AWARD  
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This year, our committee will start an annual "Purple Jacket Award" to an alum we think is worthy of special recognition. If you have a nomination, send me their name and class year. The award will be made at 11:30 a.m. Make sure you are there for the fun. As always, we will start taking class photos at 11:45 a.m.

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TENTH ANNUAL PICNIC  
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Our tenth annual all-alum picnic is ON, and the Richfield Veteran's Shelter is 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. 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/files/picnic_flyer.pdf)

<http://www.mplsvocational.com/RSVP.html> (USE this link to register for the picnic).

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

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## 2024 PICNIC CHANGES

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1. Joe Rath (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.
2. All audio speakers will be at one end (the left-facing entrance), and the other end (the right-facing entrance) will be a quiet area.
3. The shelter's graphic layout has been updated. I'll put it on the website and email it to you in the following newsletter.
4. Photos will return to the back of the shelter as they have for most of the previous ten years. We always had good pictures at that location.
5. The next picture class will assemble to the left of the shelter area behind the DJ Music counter.
6. The traffic flow graphic illustration has also been update.
7. The Purple Jacket Award will begin this year.
8. We will continue taking pictures from the oldest class first.
9. The food tables will have lines on both sides of the table, with the oldest classmates eating first.
10. After photos, alums will join the food line forming at the back of the shelter near the food tables.

Our committee now has optimized the internal shelter layout and traffic flow for pictures and meals. However, suggestions to improve our annual all-alum picnic are always welcome.

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**\*\* THE NEED TO RSVP \*\***

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On this tenth picnic anniversary, adding your name to the REGISTRATION LIST will be necessary. I have added the capability of preprinting a name tag from the available REGISTRATION database information. I have already updated the prior RSVP form to a REGISTRATION FORM. However, the website menus and other items still reflect the name RSVP. I will update all of these before the picnic. Having all alums planning on attending register for the event will speed up our front desk processing. Registered alums and guests with preprinted name tags will bypass the regular sign-in line.

Remember, we need a list of attendees to the picnic for safety purposes. If you cannot RSVP or REGISTER with our online form, contact Kathy at 952-818-0677 or Bonnie at 952-432-3947. They will either enter the information into the RSVP database or contact me with the information.

The Picnic Registration database only has four fields: class year, first name, last name, and the number of attendees. No personal information, like phone numbers, emails, addresses, etc., is collected. This registration database helps the picnic committee plan for the annual picnic. I thank you for registering to attend the picnic on behalf of the entire picnic committee. As usual

Thank you for registering to attend the picnic on behalf of the entire picnic committee. As usual, if you still need to register, do not let that stop you from attending to meet up or meet some alum friends from your class or other classes.

The RSVP form has been updated to a PICNIC REGISTRATION FORM to allow the printing of name tags. Therefore, the form requires one name at a time to be entered. Enter one name and the number attending as One (1), then submit the registration. It will return a success page with a red button to return to the registration form to add additional names. You can use this cycle until you enter all the names of the people coming with you. You will use the form twice if it is just an alum and their spouse. Instructions are also listed on the form.

PLEASE REGISTER ASAP if you are planning to attend.

HERE IS THE RSVP REGISTRATION LINK - <http://www.mplsvocational.com/RSVP.html>

Preprinted Name Tags will be derived from the RSVP database information. Your cooperation will help us with planning the picnic. It will also expedite our check-in process.

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

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74 CLASS 50th REUNION  
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A 50th class reunion for 1974 is planned. Details are on the Vocational 74-75-76 Facebook page.

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69 CLASS 55th REUNION  
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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.

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SENIOR INTERNET SCAMS  
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WELL, if anyone should know better, it would be me. I am sophisticated with web technology and sales tools. However, I was scammed twice during the last year on nutraceutical pitches. One involved a gummy bear, and the other a sleep aid. I can thank my curiosity and interest in alternative health approaches for getting drawn into the processes. I'm not going to go into details. Still, I have analyzed what both products had in common and where I could make a different decision.

Both products had the following:

1. Sophisticated credibility, citing experts and, in one case, even a famous actor I liked.
2. No pricing was disclosed on the websites.
3. You had to give up all your contact information before seeing the price.
4. You had to check a subscribe button to get the best price (which wasn't shown).

In one case, I listened to almost an hour-long pitch despite being told that "the answer" would be forthcoming in only a few minutes. A female friend of mine also had a similar experience.

What you need to know about these two scams

LEAVE if you see a form requesting contact information for a product that looks interesting but has no price. It is a sign of a scam harvesting contact information, even if you fail to continue to order what they are selling.

If you listen to a video sales pitch and are told the answer is coming in three minutes, etc., leave if it doesn't. It is another scam.

In one case, the processor refused my card information, and in the other, I was charged four times what was presented online. This forced me to file a complaint with my bank, which was ultimately resolved in my favor. However, I had to cancel the card and get a new one, which forced me to update several vendors I used my prior card with.

So beware of any online offer that requests contact information before showing you the cost. Also, beware of any video offer that strings you along without giving you what it promises.

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SENIOR HEALTH BLOG  
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I spent the last several months writing a 280-page book on cancer. In chapter 20, I disclosed 15 ways of healing cancer using alternative healing protocols. The number one protocol has a documented European success rate of 92%. It involves low-cost ways of oxygenating the body. Get a copy of the small book THE ONE MINUTE CURE to learn more.

There are two absolutely free resources at this cancer site. One is the sample chapter on water and cancer. Simply click on the sample chapter at the bottom of [www.godandcancer.org](http://www.godandcancer.org) to view it. If you think you know all there is about water, you might be surprised.

I also have a private cancer resource page. You can access several cancer resources at [www.godandcancer.org/resources.html](http://www.godandcancer.org/resources.html). Five editions of the book "GOD AND CANCER: A DIY HEALING PERSPECTIVE" starting at \$2.99 eBooks are available. I lost my wife Jackie to pancreatic cancer twenty-one years ago. It has taken me this long to realize now it didn't have to end with death. Cancer is curable, and this extensive resource will explain how to do it yourself (DIY).

May God Bless your continued health,

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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](mailto:edwardgpalmer@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.



