

From: Ed Palmer edwardgpalmer@mplsvocational.com 
Subject: [List] Vocational Alumni Newsletter November 17, 2022
Date: November 17, 2022 at 3:46 PM
To: Ed ICN-Testing icnewswire@gmail.com



Greetings Ed,

This newsletter will update you on the changes for our 2023 annual alum picnic. It's scheduled for August 3, 2023, the first Thursday in August.

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DJ, PHOTOS & DANCE
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In 2023, we will set up a different layout for the shelter area. This is because we will now have an official DJ, Joe Rath, from the class of 1974. Joe and I recently met for lunch and discussed how best to implement his ideas on the shelter's layout. Joe took measurements at the Veteran's Shelter and created a new design for use in 2023. I have taken that hand-drawn layout and updated our computer layout drawing of the interior of the Veteran's Shelter. I have attached a copy of the new layout concept for your review and comment. Please send your comments via email to me if you have any, positive or negative.

The drawing is a concept of what we can do in 2023. The significant changes are as follows:

1. Incorporating Joe's DJ Booth and six-speaker audio system around the shelter's interior. The SIX (Purple) speakers will make it easier to get announcements out, along with some music that won't interfere with your talking and conversations.
2. Creating a space for a dance floor area (still concrete floor) for alums that want to dance.
3. Moving the class photos under the shelter roof with the background being the Vocational banner, Memorabilia Table, and DJ Booth. This should eliminate issues with the sun and shadowing we've experienced in past years. We might need to use a flash when taking photos.
4. Assembling the next class for photos just below where the class photos are being taken.
5. Taping off the shelter's front to prevent movement and control traffic to the check-in table.
6. Taping off a short exit area for the class photos. Note: It is usual for alums to want to loiter and talk after their class photo is taken. We ask everyone to immediately move out of the photo area and take their conversation to the food line at the back of the shelter.

It does seem like every plan falls apart when it gets implemented. At our 2023 Picnic, we'll see how this one holds up. Note: Let us know if anyone has a portable dance floor to bring and set up. We now have a designated place where it can be used. I'm not entirely sure of the floor dimensions, but I expect most average-sized portable floors to be accommodated.

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NEWSLETTER ARCHIVE
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Starting with 2022, we now have a newsletter archive on our all-alumni website. You will find the newsletter archive at <http://www.mplsvocational.com/newsletters.html>. Aside from seeing how many alum emails I'm sending out in a given year, you will also be able to view past newsletters if you missed them. It will also allow alums not on our email list to see what is happening.

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LOST ALUMNI EMAILS
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Our all-alumni newsletter email list was just cleaned up. I had to remove five alums due to defective emails, update one email, and postpone deleting three other emails. The three emails I delayed deleting had two mailboxes over quota and one deactivated. Being over quota happens when ignoring an email account. After about three rejected emails for being over quota, I will have to delete the email from the list. A lot of us have multiple email accounts or are in the process of changing emails. If your email changes and you want to continue on our list for Vocational Alumni News, please let me know your new email. Without notification, I have no way of knowing. Unfortunately, alums are also passing regularly. In that case, eventually, their email address will become useless. Our email list is now at 440 recipients.

The following alums are now no longer on our newsletter list. If you have a status update, email or call me.

Roger Ramsey 1959
Judy Tobaka-Flores 1961
Charles (Chuck) Donatelle 1963
Russell Sharp 1964
Terry Templeton 1972

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GENES VS EPIGENETICS
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Most Vocational Alums alive today have been programmed to believe that our genes are to blame for any terminal or terrible affliction we face. Doctors have said: "Sorry, it's in your genes or family heritage." However, this might no longer be a valid scientific statement. The new science of epigenetics (above and more than genes) has shown that our environment and our body's terrain can turn genes on and off as needed for our health. Epigenetics is now considered to be responsible for over 90% of the health of our bodies. Genes beyond our control may actually only be 10%. If a doctor tells you it's in your genes and beyond your control, ask them if they've heard of EPIGENETICS. Something to consider if you are suffering from an illness is the reality — you might actually change the outcome by changing your body's environment or nutritional inputs.

I was stuck in a bad air environment in the early 1980s. I was on the front end of what is now known as the "sick building syndrome." My work ran out of office space, so they stuck my engineering department in new double-wide trailers in the parking lot. The trailer's air was polluted with formaldehyde outgassing from cheap materials used in the walls and floors. To make things worse, they failed to dilute the outgassing volatile organic chemicals (VOCs) by bringing fresh air into the trailers. It didn't take long for the recycled air and outgassing VOCs to affect everyone in the trailers. I would go in feeling fine, and about 30 minutes later, it felt like needles in my eyes, and I started having other head and breathing issues. As I looked around at other employees, I saw everyone was affected. I went to the doctor, who told me I needed to get out of the trailer and that my homeostasis had taken a notch down and would be that way for the rest of my life. Left in such an environment, I would eventually pass out and could experience a life-threatening event. The doctor's letter gave me an office inside the plant. To this day, I have to avoid chemical areas that can outgas volatile organic compounds (VOCs). I stay away from grocery store laundry aisles, shoe stores, and tire stores. So, without knowing about epigenetics, I changed my environment to improve my health. It is the primary reason I've chosen to work for myself for the last 40 years. Did you also suffer from VOCs outgassing from building materials?

“Of the 84,000 chemicals currently on the market, the EPA has banned or restricted only a handful since 1976. This would be comical if it wasn’t putting millions of lives at risk.”
<https://anh-usa.org/unregulated-chemicals-kill-millions-every-year/>

Find out how to do a chemical detox on your environment if you are experiencing health issues. It's as simple as understanding epigenetics and our environment's impact on health and healing.

May God Bless your continued health,

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Minneapolis Vocational High School All Alumni Web Site
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The Doctor's Death Diagnosis (book)
<http://www.thedoctorsdeathdiagnosis.com>

You don't have to accept a death diagnosis or live with a serious illness. Learn self-care, alternative health, and spiritual healing strategies in this book. "The Doctor's Death Diagnosis" book is 252 pages and includes a list of "100 Healing Secrets and Tips." \$2.99 eBooks are available along with low cost pdfs and print books. Pass the word to your family and friends and give them a gift of health, healing, and hope.

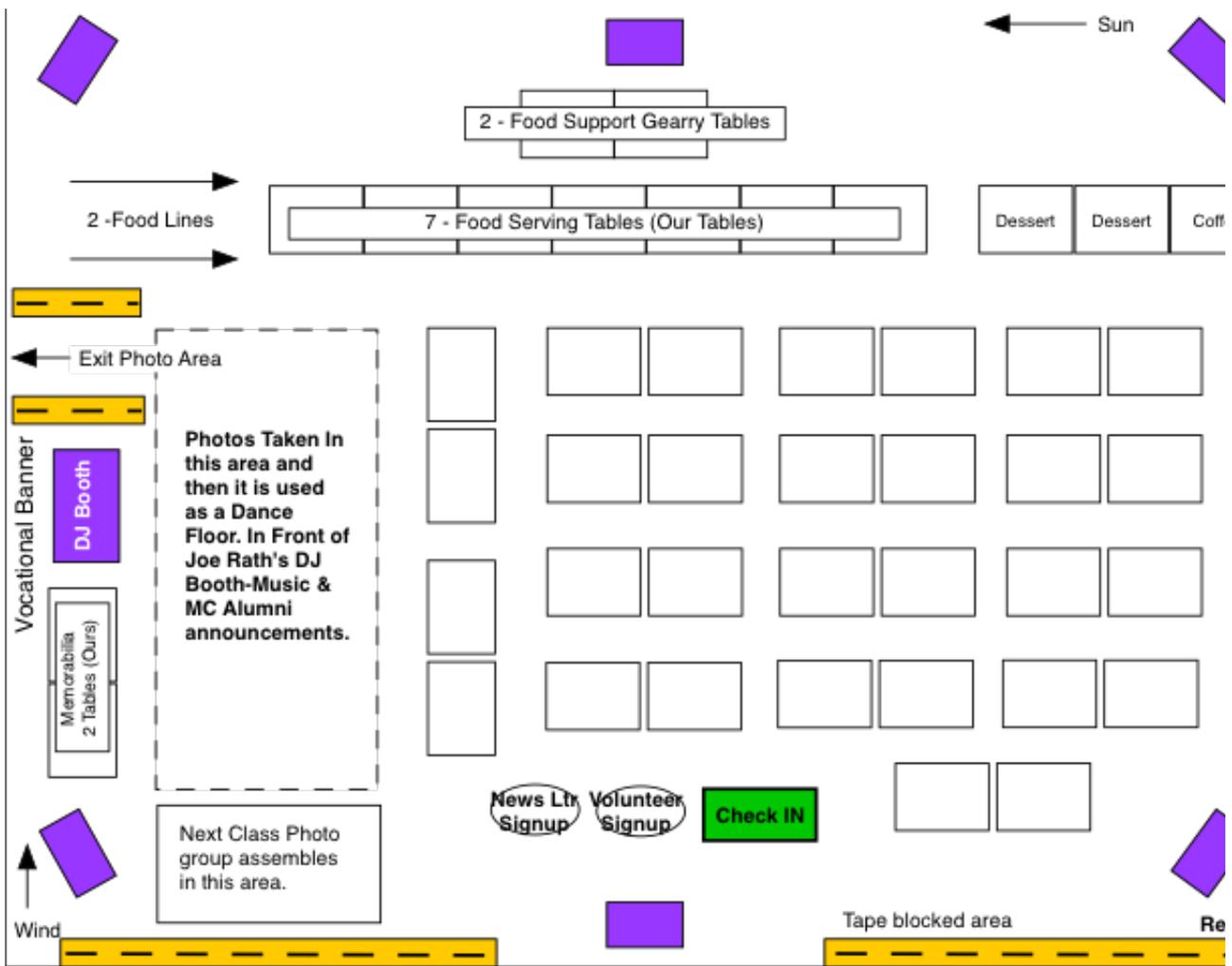
God And Healing (book)
<http://www.godandhealing.org>

What the Bible or God's Word says about healing and divine healing resulting from prayer.

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.





2 - Food Support Garry Tables

2 - Food Lines

7 - Food Serving Tables (Our Tables)

Dessert Dessert Coff

Exit Photo Area

DJ Booth

Memorabilia
2 Tables (Ours)

Photos Taken In
this area and
then it is used
as a Dance
Floor. In Front of
Joe Rath's DJ
Booth-Music &
MC Alumni
announcements.

Next Class Photo
group assembles
in this area.

News Ltr
Signup

Volunteer
Signup

Check IN

Tape blocked area

Re

Sun

Wind
