



FEBRUARY 2018

Becketwood Times

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Board Column

By Iric Nathanson, Secretary

Last year, at its October 24 meeting, Becketwood's Board took one of its most far-reaching actions when it approved our cooperative's \$3.1 million operating budget for 2018. The budget was adopted on a voice vote after a brief discussion. We Board members saw no need for a lengthy debate because we knew that our action represented the culmination of a careful and detailed budgetary review. That review began last summer when the Repair and Replacement Reserve Long Range Planning Committee, chaired by Ray Mikkelson, began preparing its yearly update to Becketwood's reserve plan.

While Ray's committee was at work on its update, our manager, Sarah, and her staff were preparing the revenue and expenditure projections, which served as the foundation for the 2018 budget. Those numbers were reviewed at a joint Board-Finance Committee session chaired by John Teisberg.

Then, at a Town Hall meeting on October 18, the draft budget was presented to our membership. That well-attended session gave Becketwood Members an opportunity to educate themselves about a community action that would affect all of us directly. At the Town Hall, Members learned that the proposed 2018 budget would mean somewhat higher fees for certain services, along with an increase in their monthly operating charge ranging from \$27 to \$56, depending on the size of their unit.

The response at the October 18 meeting demonstrated our membership's recognition of the budget's role in maintaining the financial health of our cooperative community. Members had questions about certain aspects of the budget, but there was no real debate about the need for an operating charge increase. While the budgetary process moved ahead smoothly last year, as it has done in the past, that process can be acrimonious at other multi-unit developments around the Twin Cities.

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I have several friends in condominium buildings who report that decision-making for their association can be difficult because their residents view themselves as individual owners rather than as members of a broader, close-knit community.

Here at Becketwood, our community was not created spontaneously. It was built carefully over the past 30 years by the people who came before us. We are particularly indebted to those early Becketwood leaders who had the foresight to establish our Repair and Replacement Reserve Fund. The fund has enabled us to make major physical plant improvements and repairs without the financial jolt that can accompany a large special assessment. Those sudden jolts can occur at other co-ops and condo developments that may need a new boiler or a new roof but lack an adequate reserve to cover those costs.

The reserve fund is only one example of actions by earlier Becketwood leaders that have helped build a strong community. During the past three decades Becketwood has used its governance process to establish policies and procedures aimed at enhancing community life here on a day-to-day basis.

In more recent years, Becketwood has benefited from the strong leadership provided by our current Board President Lily Ng and her predecessors, Pat Cummings, Phyllis Kromer and Olive Jean Bailey.

I will have to admit that when I joined the Becketwood Board in 2015 I had put together a list of changes that I thought were needed to our governance processes. Although I still believe we can make some

improvements, particularly by providing more opportunities to involve our newer Members, I now feel that our processes work well and contribute to a healthy community life.

As my term comes to an end this spring, I will leave the Board knowing that our community is in good hands.

Board Actions in January

M/S/C to not exercise the Board's option to purchase Unit #417.

M/S/C to approve Mary Shamrock for Membership in Unit #131.

M/S/C to approve Robert Allen and Susan Brewer Holder for Membership in Unit #432.

M/C to approve the investment of \$50,000 in Vanguard GNMA (VFIJX).

M/C to approve the investment of \$50,000 in Vanguard S/T Investment Grade Fund (VFSUX).

M/C to approve the investment of \$25,000 in Schwab Fundamental Index Fund (SFLNX).

M/C to approve the purchase of a CD in the amount of \$100,000 with an 18-month maturity date in the Garage Wait List Fund using funds from the Schwab Treasury Obligation Money Market Fund.

M/C to approve the remodel of first floor public restrooms for an amount not to exceed \$62,000 using reserve funds.

**The next Board meeting will be on
Tuesday, February 27 ~ 1:30 p.m.
Windsor Room**

BOARD OF DIRECTORS INVITES YOUR COMMENTS

The Senior Cooperative Foundation announces a new Cooperative Spirit Award that honors individuals, staff or members, who make unique, significant or innovative contributions to their cooperatives. Boards of directors of cooperatives may submit nominations for the Spirit Award.

The award selects nominees according to the following criteria:

1. Unique value to the cooperative as a member
2. Innovative programs or policies that increase membership benefits
3. Participation in, contribution to cooperative committee(s)
4. Participation in, contribution to a specific project(s) within the cooperative or for the community
5. Project or activities initiated on their own within the cooperative
6. Community or other awards that recognize the nominee
7. Community or other volunteer activity

As Becketwood is a cooperative that has many Members contributing to the welfare of the Cooperative, we invite your comments on whether we should participate in this award. Please put your comments in the Ombudsman's Box in the Convenience Center by **February 15**. Names and unit numbers are not necessary.



Manager's Column

By Sarah McDonagh

Dear Members,
If last month is any indication of how 2018 will go, then we are in for a fantastic year. The brand-new donated bus finally arrived, and the Episcopal Homes Management-sponsored breakfast was delicious and the plates were beautiful.

Again, I would like to send a huge Thank You to the donor of the bus. It is such a wonderful gift to



Becketwood. Many Members turned out to celebrate the bus's arrival. We served punch and hot hors d'oeuvres, and the dealership brought us a great big sheet cake — we ate every piece.



I would also like to thank Episcopal Homes of Minnesota (EHM), Marvin Plakut (CEO), and his leadership staff for the wonderful, nutritious breakfast they provided to

Becketwood last month. It was great to be able to introduce the Episcopal Homes staff to the Members of Becketwood. I want it to be easy for Members to utilize services from Episcopal Homes, whether it is time in the pool or getting on the waiting list. As I walked about the room, I saw

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smiles on every face. Also, I must say thanks to Jason and his food service staff for preparing, serving and cleaning up after all the parties in the Wellington Room.

Since we have so many new Members, I thought I would provide an outline of the services and benefits Becketwood receives from our management agreement with Episcopal Homes Management Services of Minnesota, Inc. (EHMS):

- Access to knowledge & experience of the EHMS's management team and other specialists,
- Assistance with hiring & supervising Becketwood's Manager and, as needed, assistance with recruiting, hiring, and transitioning leadership staff,
- Access, through EHMS, to professional contacts and resources including the organization Leading Age, both at National and State levels,
- Guidance to the Becketwood governing board,
- Increased recognition and marketing benefits through affiliation with EHMS,
- Priority admission to Episcopal Homes residences and services, and
- Access to Episcopal Homes's wellness offerings, such as use of its fitness center and therapy pool.

The Episcopal Homes of Minnesota campus is located a mere four miles

from Becketwood, near the intersection of University and Prior Avenues in St. Paul. The campus offers a multitude of residences where Becketwood Members have priority placement. Priority placement means that when there is an opening, a Becketwood Member goes to the top of the list for admission, just like others who live within the Episcopal Homes family of residences, based on application date. Episcopal Homes residences include, but are not limited to:

- Episcopal Church Home Transitional Care Unit
- Episcopal Church Home Long-Term Care (Skilled Nursing)
- The Gardens (skilled nursing with innovative "Greenhouse" model of care)
- Iris Park Commons (Assisted Living)
- Katy's Cottage (Memory Care within Iris Park)

Our professional relationship with Episcopal Homes of Minnesota is grounded in a history that dates back to the construction and establishment of Becketwood in 1986. Take a trip down memory lane. The historical archives, including photo albums, Member bios, annual reports, and current policies (etc.) are located in the Library on the shelving stack facing the west elevator. If you would like to learn more or see what residences and services Episcopal Homes offers, our Member Services Coordinator, Deb Rodmyre, has the information.

Best Wishes for the New Year,
Sarah

Member Services

By Deb Rodmyre, LSW
Member Services
Coordinator



Humidifier in the Fitness Center

Due to the dryness in the building, a humidifier has been placed in the Fitness Center to help avoid getting shocks when on the treadmill. A new motor has also been installed in the treadmill, so it is not so noisy! Please report any issues in the Fitness Center to Deb in the office.

Free Ride to the Precinct Caucus on Tuesday, February 6

Becketwood is located in Ward 12, Precinct 3. The DFL will meet at Howe Elementary School and the Republican party will meet at Minnehaha Academy.

Please sign up on the ledge for a ride to either location. The bus leaves at 6 pm.

The latest statistics.....

Currently, 277 people live at Becketwood. The average age this year is 82 years young.

100 years — 1
90s — 42
80s — 117
70s — 87
60s — 28
50s — 2

In 2017 we had 12 deaths (six were on hospice here), seven moves to assisted living and one move-in with family.

Marketing News

Maura, Kari, and Lynette

Waiting List: 336



Sales

We finished January with two closings. Brentwood Unit #151 sold to Cecilia Wilson Holder and her little dog, Rosie. They will be taking up residence in mid-February after a few minor renovations. Cecilia is coming to us from St. Paul and is a retired teacher. In addition, Stratford Unit #505 sold to Gerhard and Janet Johnson. Gerhard is a hematologist and still works part-time at the VA; Janet is a retired nurse. They have five daughters and will be joining us from south Minneapolis after unit renovations are completed. Welcome! We look forward to having you here!

New Member Reception

It is that time again! We plan to formally welcome about 11 new Members to Becketwood. The date for the next New Member Reception has been set for **Friday, March 9**. As usual, it will be held during cookie cart hours. We will gather at 2:00 pm for treats and coffee and the introductions will begin at 2:30 pm. Donna's delicious cookies will be for sale after the event so you may stock up for the week! We also use this gathering as an opportunity to collect items for the food shelf, so don't forget your donations.

(Note: We have so many new Members and not everyone who has closed on a unit will be attending this New Member Reception. We hope that those who are still in transition, doing work on their units and not fully moved in yet will be able to join us at the next reception.)

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Waiting List Mailing

We have just sent out our annual mailing to the Waiting List. Included in this mailing is the sales summary of units sold in 2017. This information will be posted on the North board and copies are available in the Marketing department as well.

Refurbishment

Many of you are involved in bath renovations and other upgrades to your units. Don't forget to bring copies of your receipts down to Lynette in Refurbishment so she can log them into your file. This information will help immensely when it is time to sell!

Maintenance Corner



Okay—we have had the cold, and this past couple of weeks we had 40s and almost 50s and the biggest snowstorm of the 2017-2018 winter season. Almost wrote “of the year,” but we still have this month and March to go.

During the cold spell around the holidays, Maintenance distributed 25 electric space heaters to the Members with units not able to keep up with the heating demand. Not a danger for anyone, just a mild chill. To cure much of the need for a little more heat, Maintenance is installing additional lineal feet of heat emitters in all of the units that were behind in temperature. Those units surrounded by other units generally had little problem keeping temperatures up.

In the spring we will be installing the next group of new windows. This addition will also help to lower the heating load for the entire building as well as in each unit that receives the

new windows. This group of windows will bring us up to almost 50% of the unit windows replaced.

On Wednesdays Maintenance has been cleaning four of the horizontal waste lines that serve the kitchens and bathrooms of the Member units; this cleaning is done at the garage level. Thirty years of buildup in these pipes is causing lots of clogged drains. A few months back we had some samples of these waste-line pipes in the Convenience Center on display. Sorry, it's too gross to repeat that display.

There are 30 or so units left for the annual unit maintenance inspection.

The Maintenance Team

Brandt, Larry, Ziggy, Rick, David, and Andy

What's the Buzz in the Kitchen?



Welcome to the New Year. There are a few things we need to remember when dining in the Wellington Room. When you have six people or more attending, you need to let the kitchen know ahead of time so we can accommodate you when you arrive. Signing up in the office for the East or West Dining Room doesn't let the kitchen staff know you are bringing a group to eat or need extra service. Please come and talk to us since we are to be the ones serving you.

When entering the dining room, please let the Host or Hostess do their job to seat you. Many Members just walk by and seat themselves in a section that may be full. Self-seating can overload a server's section and that causes slower service and leaves one server

with six or seven tables and another server with two or three tables. We try to keep the sections balanced so all Members and guests can receive prompt service.

During dining times the lights will remain on in the dining room for all Members. If the lighting is too bright, come and talk to the kitchen staff ahead of time so we can seat you near the piano or in the East or West Dining Rooms (if they are not reserved) where the light isn't quite so bright.

When kitchen staff are finished with their service of tables and the daily cleanup work in the kitchen and dining room, they must leave and punch out. Many Members ask for servers to remain after their regular scheduled time to continue serving coffee or other beverages. You can stay in the dining room as long as you want to converse with your friends, but the staff members need to stick to their schedules. The servers can offer you an eco-product if you would like to stay, but all china needs to be cleared before staff departs.

China leaves the dining room far too often — coffee cups, bread plates, salad plates, and the little sauce cups. These cost a lot of money to replace. Did you know our dinner plates alone cost \$21.50 for each plate, and a coffee cup from the dining room over \$6? Those replacement costs add up. If you have any dining room china in your unit, please return it to the kitchen as soon as possible.

That's the Buzz...

Chef Jason

Question of the Month



Is there a fee if I reserve a Becketwood rollaway bed?

Yes, \$10 per reservation (no matter how many nights). This is a new policy beginning January 1, 2018. Call Susan in the office if you wish to reserve a rollaway bed. The beds are all the same size (single/twin).

Comment and Suggestion Box Convenience Center

Please use the form and remember to sign your name.



Have you read the latest blog on the Becketwood website?

It changes often! Go to Becketwood.com.

See Carol Masters to submit your own blog or idea: cmasters@bitstream.net or drop in #474 mailbox.

Becketwood Committee News

Program Committee

As we begin another full year of programs you may be interested in a quick summary of last year's activities. Forty-four different programs were sponsored by the Program Committee in 2017; 17 were informational and 27 provided entertainment. The 17 informational programs were attended by around 1,127 persons, for an average attendance of 66 per event; the 27 entertainment events were attended by about 2,212 persons for an average attendance of 82 per event. The Program Committee is very grateful for the support of the Becketwood community in its work and continues to welcome your suggestions for future programs.



With the gracious support of the Workshop Committee, the Program Committee, at the suggestion and encouragement of a Becketwood Member, has arranged for the purchase of a dance floor at an exceptionally reasonable price. 24 x 21 feet in size, it is assembled with three-foot-square sections making it adaptable to fit the size needed for any particular activity or event. It will be available for use early this spring.

Programming for February includes the concluding presentation on **Wednesday, February 7** by Kara ZumBahlen on the impact of war on art. Rita Juhl will lead a sing-along at the Sweetheart Dinner on **Tuesday, February 13** and a representative from Second Harvest Heartland will make a presentation on

Thursday, February 15. On **Thursday, March 1**, Councilman Andrew Johnson will be here to reflect on "The Year Ahead in Minneapolis City Hall."

Randy Nelson, Co-chair

Excursion Committee



This month brings trips to the Ordway, Omni Theater, Rosedale AMC Opera, Christ Church Lutheran, The Jungle Theater, Black Forest Inn and History Theater!

Wow! Join us for fun.

Sign up on the ledge outside the office if you want to attend an event.

Remember, if the excursion sheet is typed in yellow, that means tickets have been ordered and you are responsible for the bus charges as well as the ticket cost unless you find someone to go in your place.

Mickey Monsen, Chair



The sun came out,
And the snowman cried.
His tears ran down
on every side.
His tears ran down
Till the spot was cleared.
He cried so hard
That he disappeared.

Margaret Hillert, *January Thaw*

Coming Attractions

Thursday, March 1
The Year Ahead in Minneapolis
Andrew Johnson
7:30 pm ~ Wellington Room

Saturday, March 10
Rosedale AMC Opera
Semiramide, Rossini
Depart at 10:45 am

Healthy Plate
Healthy Planet



Perhaps you have seen the logo for Healthy Plate Healthy Planet - Making the Connections and wondered what it is about. A group started a few months ago to work with the Environment, Food Service and Wellness committees to help Becketwood Members understand the connections between what we are eating, our health and the health of our planet. The first program, on February 1, sponsored jointly with the Wellness Committee, is *What's on Your Plate?*

The next program, sponsored with the Food Service Committee, will be *What's on Our Plate? February 15* from 3-5 pm. Several Becketwood Members will share their knowledge and experience with food choices in a unique way. Judith Maddox and Rowland Joiner will facilitate this interesting and fun event. Add your name to the sign-up sheet on the ledge. Space is limited.

Carol Spearman



Did you know you don't have to be sick to get a tray delivered to your door?

Whether you don't feel well, or you've had a really busy day and don't feel like cooking, or maybe you just enjoy the occasional meal in the quiet of your own apartment, you can call ahead and ask for a tray to be delivered to your door. There is no delivery fee.

Or you can come down for "take out," taking your meal with you.

Whether we bring a meal to you or you come and get it, the food is served in compostable containers, so you won't have to worry about bringing a tray with dirty dishes back to the kitchen!



Bon Appétit!
Judith Maddux

To order a tray, simply call the kitchen at 612-746-1010.

- If you'd like a tray delivered on a **Monday or Tuesday**, please call before 6:15 pm.
- If you'd like a tray delivered on a **Wednesday, Thursday, Friday or Sunday**, please call before 1:15 pm.
- If you'd like a tray delivered on a **Saturday**, please call before 10:15 am.

Choir News



“For a decade, science has been hard at work trying to explain why singing has such a calming, yet energizing effect on people. One of the great things about singing is that it connects you to the right side of your brain. This is the side responsible for intuition, imagination and all our creative functions. It connects us to a world of possibilities. In modern life we are constantly bombarded with so much information that we analyze. We tend to get stuck in the left, processing side of our brain. So it becomes fundamentally important to nurture the attributes of human beings that set us apart from machines. The best way to do that is singing. In a group setting, each group member feels the musical vibrations moving through their body simultaneously. Singing together synchronizes heartbeats so they beat as one.” (Sophia Efthimiou)

How fortunate—that we have a vibrant, active choir here at Becketwood. They will offer a warm welcome to any of you who love to sing and can join us each Thursday evening at 6:30 pm in the Windsor Room. Please consider this as you plan your winter calendar! Besides singing for once-a-month Evensong services (plus Easter worship), we usually present a Spring Pop Concert for Becketwood friends and neighbors. If you would like to sing with the choir, for the entire season or only for the Pop Concert, or just have questions, please call me (soon) at 612-455-9293. Thank you.

Peace, from the Becketwood Choir and
Jean Geissler, Director

Chapel Committee



Vespers leaders for February will be:
Rowland Joiner on the 7th;
David Liddle on the 14th
(Ash Wednesday since Easter is early this year) and Don Holt on the 21st.
Evensong is February 28, but we don't have the speaker yet.

The Chapel Committee is still hoping that the Board will declare Becketwood to be a Peace Place/Site and allow erection of a Peace Pole — the international symbol of humanity's hopes and dreams for world peace. The idea of the pole comes from Masahisa Goi, a Japanese man who, after witnessing the horror of the atomic bombs, created the first pole in 1983. Since then over 100,000 have been erected in over 80 countries. Members have gathered over 70 signatures in favor of a Peace Pole.

Chapel Committee members are wrestling with a philosophical question concerning location for the weekly services: we have a beautiful Chapel, but for some Members it is not accessible at all and for some not during the winter months or on harsh rainy days. Should Vespers be held regularly in the Windsor Room because of easy access? We could still hold Evensong in the Chapel in pleasant weather. We would like to hear from Members on this question. Send comments to Lois Dahlquist, secretary, or Wayne Tellekson, chair.

Further — one Member has proposed that one Wednesday (or once a month) the committee would arrange for an event which was not specifically Christian in orientation. (Our job description says we are “to monitor

use and care of the Chapel and sponsor events which nourish and enhance the spiritual lives of the Becketwood Members.”) Comments will be appreciated.

Wayne Tellekson, Chair

Regarding Those Notices...

Some positive changes in the big north bulletin boards have been made with a rearrangement of the headings. The Outside Events have been moved to the former Low Vision board, making more space for announcements on the larger board. Members should note the headings when putting up their notices.



Members are reminded once again of the Becketwood editorial policy regarding the sales of personal or commercial products or services: The *Becketwood Times* and the website should not include “articles and material in which individual Members or outside organizations offer sales of personal or commercial products or services.”

Help Wanted!

One or two volunteers are needed to join the bulletin board team to put up notices one day every week. Right now we have Monday and Wednesday open. Please call or email Phyllis Kromer. The bulletin boards are changed every day, always keeping Members up-to-date on Becketwood happenings.

Phyllis Kromer
Communications Committee

Wellness Committee

Flu and Colds

This year has been a particularly bad one for colds and flu. Many Becketwood Members and staff have been ill and some hospitals and clinics have placed restrictions on visitors in order to keep their patients and staff from becoming infected.

Here is some information which could reduce the incidence of infection:

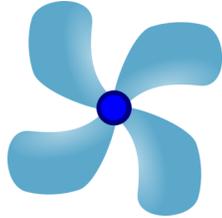
People who have colds and flu can pass them on 24 hours before exhibiting symptoms. These germs can remain infectious for several hours depending on where they fall. They remain active longer on hard surfaces, such as plastic and stainless steel, than on soft surfaces, such as fabric. The amount of virus deposited on the surface as well as the temperature and humidity of the environment also determine the length of time that viruses remain active. Though it is possible to catch a cold or flu from an object that an infected person has coughed or sneezed on, personal contact, such as a handshake or breathing droplets from a cough or sneeze is the most common way of spreading these germs.

To avoid becoming infected, wash your hands frequently with soap and water or alcohol-based sanitizer, keep your hands away from your face—especially your eyes—and get a flu shot if you have not had one this year.

Join us on **Thursday, February 15** for “**What’s on Our Plate?**” The event will be held in the **Wellington, East and West Dining Rooms** from **3-5 pm**. Stay tuned for more details.

Helen Mikkelson, Committee Member
Margaret Gilland, Chair

GREEN TIP



Fans for Community Living

Mmmm...the aroma of homemade bread coming from an apartment as you walk in the hall. And those ginger cookies! It's enough to make you smile. But what about the strong odor of frying onions and garlic, or those sharp spices in some exotic dishes? These smells also come from apartments and permeate the halls. You may love them, but they're not to everyone's taste.

Did you know every apartment has an exhaust fan in the kitchen? It takes your cooking odors up and outside. So please use it when you are preparing meals. Share your smiles with your neighbors, not your smells.

Helen Grant
Environment Committee

Thought for the Month

If you ignore beauty, you will soon find yourself without it...
But if you invest in beauty, it will remain with you all the days of your life.

-Frank Lloyd Wright

COAL!

Billed as a "compelling look at the lives and issues behind the 'war on coal,'" the new film *From the Ashes* will be shown by the Environment Committee on **Thursday, February 8**, at 7:00 pm in the Wellington Room. Mark Ahlstrom—in a January program at Becketwood—and others have told us that coal is no longer a viable source of energy. *From the Ashes* tells the whole story of why and puts it in human terms. You will be well informed after seeing this film.

Carol Bechtel

GAME ROOM RULES

Anyone under 18 years of age **must** be accompanied by a Becketwood Member and **cannot** use the tables unsupervised!

**No food or drink
in this room.**

Thank you.

NOTICE

When you sign up for a room on the master calendar in the office, please **write your name and the name of your event.**

Thank you!

Becketwood Art News



“Art washes away from the soul the dust of everyday life.” This comment by Picasso is the motto of the Buffalo (Minnesota) Art Guild, the lively organization that is providing our February gallery exhibit. We learned about it from Member Judy Solmonson, whose sister, Sandra Tool, will be one of the five artists in the show.

Sandra, who began watercolor painting after she retired, favors closely observed representations of animals, as well as nature and flowers.

Linda Pacel, a business owner and school volunteer, does abstract work in acrylic and watercolor that demonstrates very bright, translucent, confident use of color.

Wayne Hein, a Marine Corps veteran and commercial artist who moved later in life into fine art, enjoys painting and drawing softly colored outdoor scenes of Minnesota and Arizona.

Susan Wright, a retired landscape designer who calls herself a self-taught artist, also favors outdoor scenes, including one intriguingly called “Tornado Warning” that sounds like a fit for a Member show we’re planning on art about weather.

Mary Zillman was an elementary school teacher who moved to Buffalo two years ago. After working in fiber and pottery, she settled on watercolor, and paints intuitively. As a trained Spiritual Director, she sees art as a medium for physical and emotional healing.

Bonnie Porte, Art Committee Co-chair

Nordstrom Artworks

On Friday, January 12, three new art works were unveiled in honor of Jerry Nordstrom. Jerry was the chair of the Art Committee, and a wise, humorous, thoughtful person, a former art teacher and theater director. At Becketwood, Jerry re-hung the donated art in the hallways with a curator’s eye, and later he started and organized the monthly exhibits in the dining rooms. For his 100th exhibit, which came to be the last one before he died last March, he asked Members to contribute their own favorite work of art for the show.

The Art Committee wanted to do something concrete to honor Jerry’s legacy. The idea of adding to the permanent collection some works that Members could enjoy for a long time emerged as the most fitting tribute. When Members were asked to contribute to a memorial fund, they were able to express some of their feelings about Jerry in this way, and the response was very generous, about \$7,000.

The Art Committee went to art galleries and studios and brought back photos of works to consider. We cut down a field of more than forty images to just five, which we decided to show to the Members to elicit comments, which were very helpful in our decision.

In the end, a consensus developed strongly around the three works that were purchased. We decided where we wanted to hang them and planned a Friday reception for the unveiling. David Liddle, Art Committee secretary, presented the purchases and described the Committee’s process.

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Terry Richardson, Art Committee Co-chair, presented each work along with some information about the artist. Julie Nordstrom spoke about Jerry's legacy and her joy that it is continuing. (Two of the works have been moved temporarily because of some concerns about fireplace heat in the super cold weather; they will be re-hung soon in their chosen locations.)

"My Minneapolis" is a large work done by Miriam Rudolph in intaglio, which is a printing technique, and stencil for the colored parts. It depicts the artist's personal reaction to her adopted home of Minneapolis, including many landmarks and characteristic scenes. We felt that this makes a good face for Becketwood hanging in the foyer, representing our home city, Minneapolis, as a joyous, lively, and diverse place.

"Spring Blossoms," by South Minneapolis artist Scott Lloyd Anderson, is an original oil painting done outdoors in Nokomis Park when the cherry trees were blooming. A lot of Members commented that it felt like home, as though it could be a picture of our Becketwood surroundings in spring.

"Midnight Owl" comes from another country and, it could almost be said, another world, although we occasionally do see snowy owls here, if we're lucky. The artist is Ningeokuluk Teevee, an Inuit woman who works in the renowned art collective in Cape Dorset, Nunavut Territory, Canada. To make her image of the flying snowy owl, she transferred an original drawing to a soapstone plate, where it was hand carved, inked, and hand printed, with stencils used for additional colors. The Inuit artists' group often portray

the world of shamanism and the power that can be felt in animals.

The Art Committee appreciates the extraordinary support from many Members that made it possible to purchase these works for Becketwood.

Helen Gilbert

Request for Members' Art

For the April gallery exhibit, we would like to show a selection of original paintings of people, loaned for a month by Members. It might be a portrait of you or a family member, maybe something you yourself have painted, a scene or landscape including figures, or a painting model. They need to be ready to hang.

You will get a form in your mailbox on which to describe your artwork, or send an email to helen39gilbert@gmail.com. We will want the artwork delivered to the gallery on **Thursday, April 5**.



Notes from the Workshop



Come visit us. The shop is open every weekday from 10 to 11 a.m. and the events of the world are discussed around the table with coffee and cookies thrown in. It is a gender-free environment. The jokes are so old that they're numbered, but we can tell them more quickly that way.

We also want you to know that we have equipment to sharpen scissors and knives (including serrated ones). We reglue old chairs that are getting wobbly. We get lamps lighting again. We have taken on some refinishing projects. We've even built some furniture to specification. We can cut a new mat for your artwork or build a new frame. Come talk to us and see if we can help you.

If you want instruction in using any of the equipment in the shop, please contact Joel or Duane. You need to have signed your release of liability form, available from Deb Rodmyre in the office.

One of our long-term projects is to build a cider press. Is there anyone here who has a bottle jack or screw jack gathering dust in storage that they would like to donate? Contact Joel Mortensen.

Our last note this month concerns tools. We have lots of them. I keep discovering more as I clean spaces dust-covered and long forgotten. These are your tools too, but we like for you to check them out and return them. Just inside the door is a shelf with pencils and a form for checking things out. It is completely on the honor system. You may want to return

it when there is no one there. Fine and good — just leave it by the door with your name on it so we won't be asking you a month from now if you still have that beautiful laser level that is in high demand. No kneecaps will be broken, but your cooperation in returning tools is appreciated (mainly so we don't needlessly purchase a replacement).

Joel Mortensen

Notes from the Tech Hub



The Art of Google Search

We can all freely admit that we don't know the answers to many questions nor do we always know how to fix our computer, tablet, printer, phone, or app when it doesn't do what it was meant to do. A search is a good way to start troubleshooting. The hard part is figuring out how to make your search show you just the steps you need to fix your problem.

The best searches are limited to important words, the more technical the better. For example, searching for *My computer won't work* might tell you how to shut down or restart a PC computer but not necessarily your Mac. This might be helpful but not if your problem has to do with the internet not working. (See below.) If there is a problem with your printer and you search for *My printer doesn't work*, you will see a long list of possibilities for all different types of printers.

Start by writing down some details about your printer.

1. What is the brand and model (such as Canon MG1234).
2. Is your printer connected to your computer by a cable (hard-wired) or is it just plugged in the wall and

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(Continued from page 15)

not connected to your computer (Wi-Fi)?

3. Are you printing from a PC and using Windows 10 or some other version of Windows?

Are you printing from a Mac?

Now the challenge! Try to find the answer yourself using Google search or any other search engine. Notice the extra technical words that can show you answers for your specific printer. Some examples:

"Canon MG1234 stopped printing Wi-Fi Windows 10"

"Canon MG1234 how to fix paper jam"

"Canon MG1234 how to replace ink cartridge"

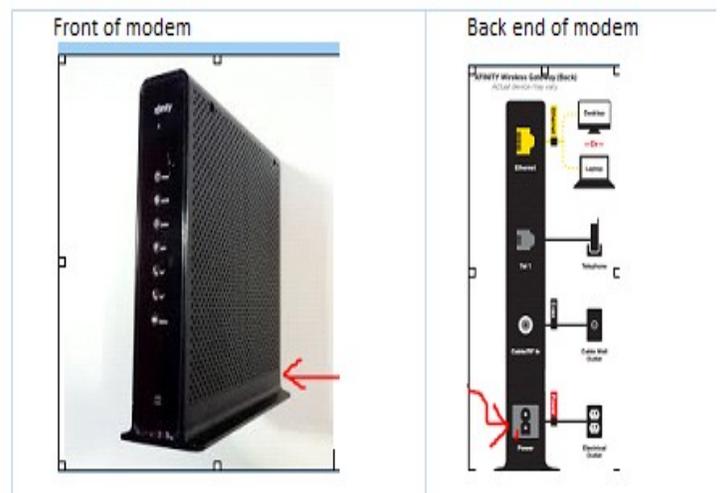
Don't worry about writing a good sentence. Google understands. Just add the "technical" words such as: printer brand and model, Wi-Fi, stopped, paper jam, doesn't print, Windows 10, Mac, etc. The search engine uses these words to filter all the results based on these words, ignoring your writing skills. If this method does not find the right answer or possibly doesn't appeal to you, go to Plan B — call the Tech Hub.

Someone is sure to ask, "What if I can't get to the Internet to do a search?" Sometimes resetting your modem will fix this problem or some others, such as getting an error when you try to open your email or seeing "Server not found."

This action doesn't always work (am I repeating myself?) especially if Comcast is having an outage—meaning it is having some kind of problem so there is no internet in our area, even though your TV is working.

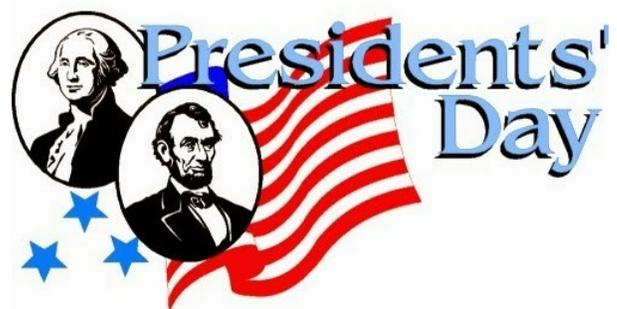
It's always worth a try so just follow these steps:

- Shut down your computer.
- Unplug the modem from the electrical outlet or unplug the black power cord at the very bottom of the back of the modem. (Arrow shows the location) Wait about 10 seconds.
- Plug the modem back in and wait until the top 4 lights are on. The fourth one blinks. This can take a few minutes. Now start your computer.



When you are successful handling your specific device problem or even if you just tried to fix it yourself, be proud! It's not always easy for the Tech Hub to figure things out either and, when we do fix something, we too rejoice.

Carol Delak and Katherine Richardson
Tech Hub Volunteers



Library Committee News

Linda Thain is spreading her wings and moving to downtown St. Paul. Four Library Committee members are taking over Linda's committee responsibilities. Helen Mikkelson is now the Co-chair. Ingrid Stocking and Carla Mortensen are selecting the new books. Linda Kusserow is handling the book donations. Please contact these people, and other committee members, with related questions, comments and concerns.

The spring session of Great Decisions is being planned. Topics will include: The Waning of Pax Americana; Russia; China; Economic Power and Geopolitics; Media and foreign powers. The collection of articles on these topics is available for purchase. The sign-up sheet to order a book is found on the ledge.

We would like to recognize Linda Back McKay for enriching our literary lives here at Becketwood. In addition to founding our Poetry Corner, she has given the library several volumes of her poetry and *Out of the Shadows*, a moving account of mothers who reunited with grown children they had given up for adoption. Thank you, Linda.

Mary Heltsley, Gretchen Flynn, Ingrid Stocking



NEW IN THE LIBRARY



FICTION

GRACE by Paul Lynch is a sweeping, Dickensian story of a young girl on a life-changing journey across 19th century Ireland on the eve of the Great famine. In boys' clothes and cast out by her mother, Grace and her brother set out on a harrowing journey learning to survive in a broken land. Told in bold and lyrical language, it is a poetic evocation of the Irish national tragedy.

THE MINISTRY OF UTMOST

HAPPINESS by Arundhati Roy. This novel begins with Anjum, a woman with mixed genitalia, unrolling a carpet in a city graveyard she calls home. The story then leaves Old and New Delhi and goes to the mountains of Kashmir, describing a range of characters living through war and love. A remarkable novel which has received wide acclaim.

THE NOISE OF TIME by Julian Barnes. Russian composer Dmitri Shostakovich struggled to make his music and maintain his integrity in Soviet Russia. Portrayed as an anxious, fearful genius in this sensitive novel, he became a giant of twentieth-century music: "Art is the whisper of history heard above the noise of time."

MYSTERY

IN THIS GRAVE HOUR by Jacqueline Winspear. In this latest Maisie Dobbs mystery, on the first day of World War II she is back in London, where her career started. She then gets involved in the lives and deaths of World War I Belgian refugees who stayed in England. Another exciting espionage story with heart.

(Continued on page 18)

(Continued from page 17)

THE LATE SHOW by Michael Connelly introduces a new member of the Los Angeles Police Department, Detective Renee Ballard, who takes advantage of her relegation to the overnight shift to investigate two cases that challenge not only her career but her safety. An exciting and well-told tale by a master mystery writer.

OH, DANNY BOY by Rhys Bowen marks the fifth installment in the award-winning Molly Murphy mystery series. The immigrant turned private detective comes to the aid of NYPD Captain Daniel Sullivan who has been arrested for accepting bribes. While trying to prove he was framed, she is drawn into the search for a serial killer who has murdered five prostitutes.

NONFICTION

DARING TO DRIVE: A Saudi Woman's Awakening by Manal al-Sharif. This memoir tells the life story of the author growing up in poverty in Mecca. Her early education in radical Islam evolved into the modern job of computer security engineer. Experience led Manal to the awareness of the depth of inequality for women. Then she decided to drive her car and was arrested for "driving while female."

THE BOOK OF JOY by His Holiness the Dalai Lama and Archbishop Desmond Tutu with Douglas Abrams. This book is a gift to the world in celebration of the archbishop's eightieth birthday. His Holiness and the archbishop met for five days to address the question, "How do we find joy in the face of life's inevitable suffering?" Their wisdom, laughter, and close friendship illuminate the dialogue.

BOBBY KENNEDY: A RAGING SPIRIT by Chris Matthews. In this very readable biography, Matthews, the anchor of "Hardball" on MSNBC, makes no attempt to disguise his political sympathies. This is an admiring portrait of Robert Kennedy that acknowledges his ruthlessness while detailing his increasing empathy for the marginalized. Matthews stresses his rebellion against the dominating father who devalued him, as well as the influence of his strong Roman Catholicism.

Reviewers: Gloria Delano, Gretchen Flynn, Linda Kusserow, Sylvia Moore, Randy Nelson, Cathie Nicholl, Ingrid Stocking, Sue Zuriff.

CHECK IT OUT!

When you borrow a book from the library, be sure to **CHECK IT OUT!** Here's how:

1. Remove card from pocket inside the back cover and fill in your unit number, name and the date the book is due. Books can be kept for three weeks. Check the calendar on the library desk for the due date.
2. Place the book card in the wooden box on the library desk.
3. Write the due date on the paper slip attached to the book so you have a reminder.
4. Books can be renewed once, using the renewal slips on the library desk.

Following these procedures will help us maintain our library and keep track of our books.



FRIENDSHIP

Make new friends, but keep the old;
Those are silver, these are gold.
Make new friends, like new made wine,
Age will mellow and refine.

Friendships that have stood the test,
Time and change are surely best.
Brows may wrinkle, hair turn gray,
Friendship never owns decay;

For 'mid old friends kind and true
We once more our youth renew.
But alas, old friends must die;
New friends must their place supply.

Then cherish friendship in your breast;
New is good but old is best.
Make new friends but keep the old;
Those are silver, these are gold.

Joseph Parry
Submitted by Anne Bartz



BLOOD PRESSURE

With a Nurse

Tuesday,
February 6
1:30 p.m.
SOLARIUM



Longfellow/Seward Healthy Seniors



February Member Birthdays

- 2 Linda Kusserow
- 3 Joyce Besser
- 4 Howard Bergstrom
- 4 David McKay
- 6 Bonnie Porte
- 7 Donna Bjorkquist
- 8 Denny Heath
- 11 Pat Van Valkenburg
- 12 Rod Campbell
- 13 Inez Oye
- 15 Jane Wells
- 16 Bonnie Graham
- 18 Gerhard Johnson
- 19 Betty Caspar
- 19 Peggy Ryden
- 22 Cecilia Wilson Holder
- 25 Clancy Smith
- 26 Susan McKinley
- 27 Ruth Bartling
- 27 Keitha Herron

Please contact Susan in the office if you do not want your name to appear on the Birthday List or if there are corrections.



February Birthday Dinner:
Friday, February 23
5:30 p.m. ~ Wellington
Room

Redeem your birthday coupon!

BINGO

Saturdays, 2 p.m.
East Dining Room

Everyone is invited.
Bring a friend!

Movie Schedule

Masterpiece Theater
Friday, February 23

7:30 pm, Wellington Room

The World's Fastest Indian

Starring Anthony Hopkins and suggested by Corynne Christina. The title of the film has nothing to do with Native Americans, but is the name of a spectacular motorcycle from a real story.

Presented by John Fenn

Movie Night

Saturday, February 24

7 pm, Wellington

Rebel Without a Cause

After moving to a new town, troublemaking teen Jim Stark is supposed to have a clean slate, although being the new kid in town brings its own problems. While searching for some stability, Stark forms a bond with a disturbed classmate, Plato, and falls for local girl Judy. However, Judy is the girlfriend of neighborhood tough Buzz. When Buzz violently confronts Jim and challenges him to a drag race, the new kid's real troubles begin. Starring James Dean, Natalie Woods, Sal Mineo, Dennis Hopper, Corey Allen and more. A mighty ageless jolt of teen petulance. These punks don't listen to rock music, but rather big-band swing. PG13.

Presented by Jacqueline Teisberg



Foreign Film

Sunday, February 25

7 pm, Wellington Room

A Man Called Ove

This Swedish film is a successful adaptation to the book of the same title. A grumpy older man who has suffered tragic events is given a purpose in life through his contacts with new neighbors.

Presented by Keitha Herron

*Sponsored by the Program
Committee*

Take the Becketwood bus to the **Episcopal Homes therapy pool and fitness center**. No cost.

Wednesdays

10 am to 12:30 pm
Sign up on the ledge.



If it is your first time, pre-register by calling Julie at 651-272-4953.

Get a full body workout while sitting in a chair.

Chair exercise is a 30-minute workout held in the Windsor Room at 9 a.m. on Thursdays and Saturdays. (It covers all major muscles with no floor work.)

Join us to find out whether this excellent full body routine meets your exercise needs.



Socrates Café
 3:30—4:45 pm ~ **West Dining Room**
Tuesday, February 13
How important are books to you?
Tuesday, February 27
What does it mean to be an American?
 Everyone welcome!
 Contact Randy Nelson with questions.



STRENGTH TRAINING CLASSES

For your indoor exercise needs consider the Strength Training audio program at **11 a.m. Monday, Wednesday and Fridays** in the Windsor Room. The 45-minute class is very gentle but one can increase the challenge by using barbells and leg weights available for the class session from the fitness room. "I have witnessed significant improvements in my sense of balance because of the exercises," says Doug Herron. Besides Doug, enquiries on Strength Training can be made with Alice Bell, another class participant.

The *Becketwood Times* is published monthly by the Becketwood Cooperative's Communications Committee.

Newsletter Coordinator: Deb Rodmyre

Editors: Phyllis Kromer, Carol Masters, Sue Zuriff

Graphic Designer: Susan Greene

Contributing Writers: Members and Staff of the Becketwood Cooperative.

Submissions to Deb Rodmyre and Susan Greene must be received by the 20th of the month preceding publication.



Exercise Corner

Mark your calendars!

Arthritis Exercise Class:
M, Th 1 pm in the Windsor Room unless noted.

Chair Exercise: Th, Sat at 9 am in the Windsor Room unless noted.

Exercise: M, Th, Sat at 8 am in the Windsor Room unless noted.

Strength Training: M, W, F at 11 am in the Windsor Room unless noted.

T'ai Chi Chih with Carol, Vanjie and Terry:
T, 8:30 am, Windsor Room.
Beginners: W, 1 and 2:15 pm Windsor Room.

Pilates with Terry and Lois:
T, Th 9:30 am, Windsor Room.

Yoga: M, W, F at 9:30 am in the Windsor Room unless noted.

Silver Sneakers: M, Th at 4 pm in the Windsor Room.

Please check the weekly calendar or the easel by the mailboxes for any last-minute room changes.

Yoga

If more exercise was one of your New Year's resolutions, why not try yoga? We meet from **9:30 to 10:30 am** every **Monday, Wednesday, and Friday** in the Windsor Room. We use various recordings of gentle yoga designed for seniors by Peggy Cappy. Some of us use the support of a chair and some of us don't. We have from 6-13 people and there is always room for one more.

ASK THE NURSE

A nurse from Episcopal Home Care and Services will be here on the second Thursday to discuss any of your concerns or check your blood pressure.

Thursday, February 15
10 am — 12 noon
 Solarium

Schwan's Delivery

Schwan's will be here on Mondays,
February 12, 26

At 3 pm

It is best to pre-order online or
 by calling 1-888-724-9267.

UPCOMING COMMITTEE MEETINGS

Environment	Thursday, Feb. 1	2 pm	WDR
Program	Friday, Feb. 2	9 am	WDR
Chapel	Monday, Feb. 5	3 pm	WDR
Excursion	Tuesday, Feb. 6	1 pm	WDR
Wellness	Wednesday, Feb. 7	1:30 pm	WDR
Marketing	Tuesday, Feb. 13	12:30 pm	WDR
Buildings & Grounds	Thursday, Feb. 15	2 pm	WDR
Food Service	Tuesday, Feb. 20	10:30 am	WDR
Investment	Tuesday, Feb. 20	2:30 pm	WDR
Finance	Thursday, Feb. 22	2:30 pm	WDR
Library	Monday, Feb. 26	9 am	EDR
Board of Directors	Tuesday, Feb. 27	1:30 pm	WR
Communications		2:30 pm	CR
Landscape & Gardens		2 pm	WDR
MAC		1:30 pm	WDR
Reserve Long Range Planning			
Website		2:30 pm	CR

Location Key
 Chapel - CHP
 Coffee Shop - CS
 Conf. Room - CR
 Craft Center - CC
 E. Dining Rm-EDR
 Fitness Center - FC
 Game Room - GR
 Kensington Sq - KS
 Solarium - SOL
 Wellington Rm - DR
 W. Dining Rm-WDR
 Windsor Room-WR

Excursions for February

Sponsored by Excursion Committee unless otherwise noted.

EXCURSION	DATE and TIME	DESCRIPTION
SPCO	Friday, February 2 Depart at 9:30 am Return at 1 pm	<i>Jonathan Biss Plays Beethoven's Second Piano Concerto.</i> Ticket holders only.
Omni Fest	Friday, February 9 Depart at 12 noon Return at 3:30 pm	Science Museum of Minnesota.
Rosedale AMC Opera	Saturday, February 10 Depart at 10:45 am Return at 4 pm	<i>L'Elisir D'amore</i> , Donizetti.
Jungle Theater	Tuesday, February 13 Depart at 6:45 pm Return at 10 pm	<i>My Mother has 4 Noses.</i>
Christ Church Lutheran	Friday, February 23 Depart at 9:45 am Return at 2 pm	Tour led by Iric Nathanson of church designed by Eliel Saarinen. Lunch at Black Forest Inn.
Rosedale AMC Opera	Saturday, February 24 Depart at 10:45 am Return at 4 pm	<i>La Bohème</i> , Puccini.
History Theater	Sunday, February 25 Depart at 1 pm Return at 5 pm	<i>A Crack in the Sky.</i>

Comcast Help Desk

Several process changes have recently been implemented by Comcast. The most important of these is that you, as the account holder, must be present (on the phone) to address any billing issues, service changes, or technical issues. Although the Help Desk number is the same, (855) 307-4896, their new team has been bolstered with additional technical resources to serve you. You should now identify yourself as a **Becketwood Platinum Support Customer**. Have your telephone number and the last four digits of your SSN close at hand when you call. ***Help Desk support is free of charge.***

If your problem cannot be resolved over the phone there are additional options. Comcast will send out a technician to help resolve your problem. **However, if they determine the fault IS NOT with their equipment (i.e. their Modem, Cable Box, or HDMI cable) then the call will be billable to you.** If you would like to avoid the billing uncertainty, submit a Service Request to Maintenance and they will advise you on alternatives before having Comcast come on site.

February Programs at Becketwood

Sponsored by Program Committee unless otherwise noted.

<i>What's on Your Plate?</i>	Thursday February 1 7:30 pm	Wellington Room	Marlaine Maahs, Nutritionist. Sponsor Environment, Wellness, Food Service Committees.
Art Show Opening	Friday, Feb. 2 2 pm	West Dining Room	Art from the Buffalo (Minnesota) Art Guild. Details on page 13.
OLLI	Mondays Feb. 5, 12, 19 10-11:30 am	Kensington Square	<i>The Sociology and Geography of Natural Sciences: A Brief Overview</i> by Keith Roberts.
The Impact of War on Art, Part 3	Wednesday February 7 7:30 pm	Wellington Room	By Kara ZumBahlen from the Minneapolis Institute of Arts.
<i>From the Ashes</i>	Thursday February 8 7 pm	Wellington Room	Film: Is coal a viable source of energy? Sponsor: Environment Committee.
Sweetheart Dinner	Tues., Feb. 13 5:30 pm	Wellington Room	Sign up on the ledge. Featuring a sing-along led by Rita Juhl.
<i>What's on Our Plate?</i>	Thursday February 15 3-5 pm	Wellington Room	Sign up on the ledge. Sponsors: Wellness, Food Service, Environment Committees
Second Harvest Heartland	Thurs., Feb. 15 7:30 pm	Wellington Room	Second Harvest's mission is to end hunger in the heartland.
Masterpiece Theater	Fri., Feb. 23 7:30 pm	Wellington Room	<i>The World's Fastest Indian</i> . 2005. Anthony Hopkins as the man who rebuilt a 1920 Indian motorcycle and set a land speed record.
Movie Night	Saturday February 24 7 pm	Wellington Room	<i>Rebel Without a Cause</i> . 1955. James Dean and others. See page 20 for more details.
Foreign Film	Sun., Feb. 25 7 pm	Wellington Room	<i>A Man Called Ove</i> . Swedish, 2016.
Evensong	Wed., Feb. 28 4:30 pm	Wellington Room	Speaker to be announced.

February Shopping Trips

Monday, Feb. 5: Rosedale/Har Mar — 12:30-4 pm

Monday, Feb. 19: Mall of America — 12:30-4 pm

Tuesday, Feb. 20: Trader Joe's — 12-1:30 pm

Check the grocery schedule on the ledge.