



MAY 2018

Becketwood Times

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Board Column

By Bob Kirk, MAC Chair

8,000 Years

Take a walk out the Sheltering Arms Gates, across the Parkway to the lower path and you have walked back in time almost half a billion years. The old Indian trail that the lower path follows edges along a gray limestone cliff that was laid down in a warm sea (yes, warm!) around 455 million years ago. To modern ears, a 455 million-year-old earth may be believable (although difficult to comprehend), but 150 years ago many doubted the earth was even a few thousand years old. That gray limestone on the lower path helped convince many doubters that the earth was indeed very old.

The limestone layer is more resistant to erosion than the underlying sandstone, and it forms the steep walls to the Mississippi Gorge that extends from Fort Snelling to Saint Anthony Falls in downtown Minneapolis. A number of small waterfalls up and down the gorge occur where water flows over the limestone cap. For example, after a heavy rain, there is a lovely little waterfall below the lower path, near the

boundary between Becketwood and Minnehaha Academy.

The location of St. Anthony Falls has been recorded all the way back to Father Hennepin and it was obvious the falls were receding. Mapping the position of the falls over the years, Professor Winchell of the University of Minnesota in 1878 was able to calculate the recession rate for the falls to be four feet per year. If that rate extended back in time, Professor Winchell calculated the falls started forming the gorge at Fort Snelling eight thousand years ago.

For doubters of an ancient earth, eight thousand years was an unacceptably long time. And yet the straightforward logic of the calculation actually convinced a number of the doubters that the earth could indeed be quite old.

Eventually Professor Winchell was honored by having the lower path named the Winchell Trail and a plaque was placed on a boulder at the end of the Franklin Ave Bridge, about 2.5 miles from Becketwood. Going there is a nice hike or bike ride with lots of history.

Board Actions in April

M/S/C to approve Linda and Denny Hunt for Membership in Unit #327.

M/C to approve the investment of \$25,000 in the Schwab Fundamental Index Fund (SFLNX) using funds from the Repair and Replacement Reserve cash account.

M/C to approve the purchase of a CD in the amount of \$50,000 with a one-year maturity date using funds from the Repair and Replacement Reserve cash account.

M/C to approve the purchase of a CD in the amount of \$50,000 with a maturity date of nine months using funds from the Repair and Replacement cash account.

M/C to approve the purchase of a CD in the amount of \$100,000 with a maturity date of 18 months from the Wait List/Garage cash account.

M/C to approve the replacement of the heating and air conditioning unit in Kensington Square in an amount not to exceed \$20,875 using funds from the Repair and Replacement Reserves.

**The next Board meeting will be on
Tuesday, May 22 ~ 1:30 p.m.
Windsor Room**

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

Newsletter Coordinator: Deb Rodmyre

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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.

Notes from Debbie

By Debbie Richman



Happy Spring (I hope)! My name is Debbie Richman and I began my tenure as the Becketwood Cooperative Manager on April 16.

I have worked with older adults for more than 30 years, primarily in skilled nursing and assisted living. I have a special interest in dementia and those living with and caring for someone with dementia. Currently I serve on a committee for the State of Minnesota that was formed as part of a bill passed last legislative session.

I believe that successful aging involves a philosophy of being person-centered and focused on individuals and how they want to live their lives. One of the things that I find intriguing about cooperative living is that the whole works toward helping each of its Members do just that, in addition to offering support to ensure success.

I have enjoyed meeting with many of you in the first few days of being here, and I look forward to the opportunity to meet with many more of you.

In the near future, I will be working on a system for you to make appointments if you need to meet with me one to one. In the meantime, my calendar will be posted outside of my office so you can see when I am generally in the office for a visit.

I currently live in Plymouth, Minnesota, with my two cats, Simon, age 17 and Stanley, age 8. My parents

live in Aquila Commons, a cooperative living community in St. Louis Park, and I have one sister who also lives in St. Louis Park.

In my spare time, I sing with the Minnesota Chorale. As many of you know, I will be going to South Africa in August with the Chorale and the Minnesota Orchestra — the first time an orchestra from the United States has travelled there.

I am very happy to be here and to begin this new chapter.

Marketing News

Maura, Kari, and Lynette

Waiting List: 339



Sales

Although there were no closings in April, three closings are pending in May, involving two couples and one single person. More details to come!

New Member Reception

We have a date! Please plan to attend the **New Member Reception** on **Friday, May 11**. We have twelve new Members (four couples and four singles) to introduce! Our busy past year in sales is really beginning to show. In addition to these twelve, we have another eight new Members we plan to introduce at a future reception, which will be held sooner rather than later. (This does *not* even include the incoming Members mentioned in the above sales. Whew!)

We will begin to gather in the Wellington Room at 2:00 pm that day and the **introductions will start at 2:30**. As always, there will be delicious treats for you to enjoy. Although this event replaces the usual

Cookie Cart, don't worry! Cookies will still be available for purchase once the intros are done. We also use this opportunity to collect items for the food shelf. Please bring your donations with you and drop them in one of the carts near each entrance to the Wellington Room. Come meet your new neighbors!

Member Photo Book

With so many new Members coming into Becketwood over the past year, we'd like to remind you of the Member photo album. This album sits on the ledge across from the mailboxes, adjacent to the staircase leading to the salon. For many years now, Dorothy Johnson has been the volunteer dedicated to keeping this album as up-to-date as possible. Do you need to put a name to a face of that new neighbor you just met on the elevator? Hopefully this photo album will assist you! We'd like to give a huge **thank you to Dorothy Johnson** for this ongoing job!

Public Bathrooms - East Side

Hearty thanks to the members of the Interior Design Committee for the beautiful choices they made for the public bathrooms. The women's side is almost done and it looks fantastic! What a lovely upgrade! The Interior Design Committee is led by Barbara Johnson and other Members include Gail Onan, Mary Theresa Downing, Bonnie Porte, Ken Johnson, Marcie Wallace, Terry Richardson and staff liaison Lynette Loizeaux.

Comment and Suggestion Box

Convenience Center

Please use the form and remember to sign your name.

Member Services

By Deb Rodmyre, LSW
Member Services
Coordinator



May Day Visitors

On **Tuesday, May 1** we will have the second graders from Hiawatha School visit and show us their artwork. They visited last year and everyone had fun. Please come and greet them in the Solarium at 12:15 pm.

Balance Screening

Come to a free **Balance Screening** on **Wednesday, May 2** in the East Dining Room from 1-4 pm, provided by Interim HealthCare. You must be signed up to participate. The sign-up sheet is on the ledge.

Vision Loss — Keep Your Independence

Thursday, May 24

1:30 pm, Windsor Room

Mark from Vision Loss Resources will discuss major causes of vision loss often associated with aging. He will cover the emotional impact of vision loss as well as tools, training and support that are available to help seniors remain living as independently as possible.

Sponsor: Wellness Committee

Did You Know?

The sign-up sheets for season tickets for the Minnesota Orchestra and St. Paul Chamber Orchestra ARE ON THE LEDGE. Please sign up today if you are interested in taking the bus to these concerts during the 2018/19 season, which begins in the fall. We will be ordering the tickets soon, so DON'T MISS YOUR CHANCE! If you have questions, please see Deb in the office. Also, it looks as though we will be using a 50-passenger bus for the

Minnesota Orchestra outings because of their popularity.

Would You Like A Friendly Visitor...

to assist with routine tasks like cooking, shopping, going to the doctor, organizing, preparing meals and light housekeeping? Or, perhaps you need help organizing your pills, assistance with bathing, physical therapy or practicing routine exercises?

If this sounds like a service you could benefit from, please see Deb in the office.

Employee Recognition

At the April Board meeting, three employees were honored for their service to Becketwood.

5 Years

Wyatt Lyrek Freie, Food Service



10 Years

Danette Gerardin, Security

15 Years

Melinda (Woody) Paulson-Conger,
Security

Maintenance Corner



Garage cleaning May 24, 6 am until 6 pm. You may move cars out the evening of the 23rd or morning of the 24th for the early birds. No snowstorm has been forecast for that day.

We've had a rise in troubles with the front-load washing machines, mostly associated with object size and type. Rug cleaning other than for small throw rugs should be sent out to the professional cleaners. A second issue is the use of too much soap. With the introduction of HE soaps it is often easy to add too much soap. Careful measurement is required. Some of these soaps are so powerful that only a *teaspoon* is required.

By the time you read this we are hoping all snow is gone and spring and summer tasks can move forward without any further delays.

Major outdoor projects this year will include the painting of iron work around exterior doors and railings. Also, concrete repairs for sidewalks south of Kensington Square and repair of the patio at Kensington Square are planned. On the building, we will replace many of the heat tapes for melting the ice from the gutters and add a new system of tapes above door F, in hopes of reducing ice build-up on the stair surfaces.

Near the end of May or in early June the installation of 147 new window units should be done.

Thanks for being Members.

Maintenance
Brandt, Jeff, Larry, Rick, David, and
Andy

Notes from Security



To Members who drive cars into the garage:

With nice summer-like weather we all become more mobile. Please remember to stop after you have entered or exited the garage and *wait for the garage door to close before you proceed*. For the sake of building security only *one* car is to enter or exit each time the door opens. "Piggy-backing," two or more cars entering while the door remains open, is not approved. This single entry and exit procedure may seem impractical to some, but Members should remember that persons (or critters) who are not authorized or wanted may choose to try to enter the garage by "piggy-backing," or sneaking in on foot when the opportunity arises.

Also, please remember that the maximum speed limit in the garage is 5 mph and have your headlights on while driving in the garage.

As always, if you see any suspicious activities on the property report them to the Security Desk.

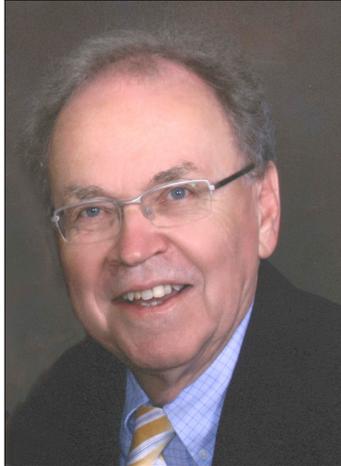
Housekeeping

Please remember that the common laundry rooms are used by many people. We do not recommend leaving personal items in the laundry room to dry. Such items are easily forgotten or accidentally picked up by someone else.

Robin Lillesve, Security and
Environmental Services Supervisor

In Remembrance

Tall, debonair John Teisberg and his petite, effervescent wife Jacqueline moved to Becketwood in July, 2012. John died at Becketwood, March 25, 2018. His life was celebrated in their home church, Lake Nokomis Lutheran, April 21, 2018, John's 82nd birthday. John grew up on a farm near Ashby, Minnesota, one of eight children. He graduated from Concordia College, Moorhead in 1958, majoring in mathematics. His career was as a systems analyst and consulting actuary, designing and implementing pension plans for small and large companies.



John loved the out-of-doors, spending summers in younger years working at Yellowstone Park, often as Park Ranger, helping tourists find their destinations. In 1984, when John and Jacqueline married, they honeymooned in — where else — Yellowstone Park! John enjoyed singing in church choirs, including Becketwood's volunteer Chapel Choir. He always volunteered in churches where he belonged and served on the National Alumni Board for Concordia College several years.

John has a son and daughter and grandchildren from a previous marriage, and was stepfather to Jacqueline's three daughters.

The "small world" concept met the Teisbergs when they moved to Becketwood, when he discovered fellow Member Wayne Westwood, who had

been Best Man for John's older brother Daniel's wedding, over fifty years ago.

A couple of years after moving to Becketwood, John was elected to the Becketwood Board and served expertly as Treasurer of the Board and Finance Committee Chair until his death.

John and Jacqueline enjoyed Elderhostel trips, travels abroad, concerts, sporting events, and the simple pleasures of walking in our Becketwood neighborhood and buying many cartons of Jason's soup from the Pantry. He loved the pleasing hospitality Jacqueline provided in their home. It has been a joy knowing John in his Becketwood years.

Stephanie Gordon



Don't Miss

**Annual Meeting
Wednesday, May 9**

7 pm

Wellington Room

Remember to vote!

Becketwood Committee News

Program Committee

Programs being sponsored by the Program Committee for the month of May are balanced between musical and informational activities. We are also experimenting with some morning programs mid-week. Morning programs are not without precedent at Becketwood, as the presentations in the Great Decisions series illustrate, but May will see a more intentional effort to explore the response to opportunities scheduled for weekday mornings.



The first such opportunity is **Monday morning, May 7 at 10 am in the Wellington Room** when **Michelle McKenzie** from the **Advocates for Human Rights** will provide a perspective on the perplexing issue of **immigration**. Later that week, on **Thursday, May 10 at 7:30 pm, the Becketwood Choir** will present its **Spring Pops Concert**, which in previous years has been held on a weekend.

Another morning program will feature Member **Bob Kirk** on the process of **Diamond Making**. This program will take place in the **Windsor Room** at **10:30 am on Tuesday, May 15**. The following week, on **Tuesday, May 22**, the **third grade music students from Hamline School**, some 50 members strong under the direction of **Rita Juhl**, are excitedly looking forward to presenting a musical program in the **Wellington Room at 11 am**.

Wednesday evening, May 23, will see a return performance by the **Four Voices String Quartet**, who played here for an

overflow audience in the Solarium last December. This time the group will be performing in the **Wellington Room at 7:30 pm**.

The final program of the month is scheduled for **Thursday evening, May 31, at 7:30 pm** when **Timothy McGee** of **Health Care Solutions** will share his perspective on the country's **Health Care Crisis**.

Several of this month's programs are the result of Member suggestions, which the committee is happy to receive at any time. We would also appreciate any comments that you may have in response to the experiment of providing more morning programs.

Finally, we are glad to welcome David McKay, co-chair of the Program Committee, and his wife Linda Back McKay from their winter sojourn in Florida, although we could have done without the massive snowstorm that seemed to follow on their trail.

Randy Nelson, Co-chair

Coming Attractions
Friday, June 8 ~ SPCO
Season Finale: Beethoven's First Symphony
Depart at 9:30 am

Monday, June 4 & 25
OLLI ~ Meaning Making with Malignancy: A Theologically Trained Sociologist Reflects on Living Meaningfully with Cancer
10-11:30 am
Kensington Square

Excursion Committee



Thursday, May 10

Orchestra Hall,
*Vanska Conducts Mahler's Titan
Symphony*. Leave at 10 am. Ticket
holders only.

Friday, May 11

Minnesota State Capitol tour and lunch
at the Rathskeller Café. Leave at
10:15 am.

Saturday, May 12

Southern Theater, Carl Flink's *Black
Label Dance Movement*. Leave at
1:15 pm.

Tuesday, May 15

Hudson, Wisconsin, to visit Jason and
Jose's Stone Tap for lunch. Leave at 12
noon.

Friday, May 18

Ordway, *Haydn's Morning Symphony*.
Leave at 9:30 am. Ticket holders only.

Wednesday, May 23

Minnesota Valley National Wildlife
Refuge. Leave at 1:15 pm.

Spring is here! Get out, get on our
lovely bus for outings with friends.
You don't have to drive or park — just
let our drivers take you to these
destinations.

Note the trip to the Wildlife Refuge
along the Minnesota River. It is an
urban jewel just minutes away. Native
birds and plants are there for you to
observe, enjoy and identify.

Mickey Monsen, Chair

CINCO DE MAYO CELEBRATION

For Members Only



A one hour Cinco de
Mayo celebration/
contest will start at

11 am Saturday,

May 5 on the north lawn (outside the
mailbox doorway). If it rains we'll do
it all in the Wellington Room. Cinco
de Mayo seldom appears on a
Saturday, so let's have some fun!

The program is simple. Recorded
Mexican music. Photographs of those
wearing a mustache. Tortilla distance
toss and a tortilla accuracy toss.
Competition by age groups: under 70,
70 to 79, 80 to 89 and 90 and higher.

Four amigos are on the leadership
team; John Fenn, Bob Flink, Dale
Stuepfert and Doug Herron. Apparel:
hats of any shape, flowered shirts, and
optional mustaches. Ask Doug for a
mustache stick-on.
He has 30.



Cinco de Mayo celebrates Mexico's
victory over France in 1862.

Doug Herron

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!

Choir News



After welcoming the month of April with songs for the April 1 Easter Sunrise Service, the choir ended the month with Evensong anthems on April 25. A busy month indeed — especially because every Thursday evening we were also rehearsing music for the upcoming Pop Concert. Thankfully, choir attendance has been excellent! Many thanks to all choir members!

On **Thursday, May 10, at 7:30 pm** in the **Wellington Room**, our fourth annual Pop Concert will provide a relaxing, family-friendly evening, enjoying popcorn, lemonade, table-seating and familiar songs by the choir—plus time to Sing-Along with Rita Juhl. Thanks for inviting your friends and family to join us! Finally, our choir season ends on May 30 with the Memorial Evensong service.

Learning that our new manager Debbie has served as a music therapist — I offer a few thoughts about this valuable method of healing: “Music therapy is the use of music in a therapeutic medium to accomplish a goal that is nonmusical. It can reduce stress and anxiety, relieve pain, lower blood pressure and relax muscle tension. Research shows that for older adults it eases depression, enhances language and memory recall, and reduces dementia-related agitation.” (Megan Godfrey, Board-certified music therapist, Stillwater, Minnesota.)

Jean Geissler, Director

Chapel Committee



For the past year the Chapel Committee has been working to have Becketwood declared a Peace Site and erect a Peace Pole in front of the Chapel. In a March executive session, the Board acted on one request and declared the Chapel to be a Peace Site. The Chapel Committee was then charged with pursuing the question of erecting a Peace Pole by petitioning the Landscape and Gardens (L & G) Committee. At their April meeting, L & G turned down the request by a vote of 5-1-1. It was noted that the Chapel Committee *could* place a peace pole *inside* the Chapel. This rejection effectively ends our hopes and was met with great disappointment. At the meeting, “divisive,” “inappropriate for a co-op,” and “endorsing a particular philosophy” were mentioned before the vote.

Vespers leaders for May:

2 - Gail Onan,
9 - Joyce Besser,
16 - Joel Wiberg,
23 - Susan McKinley,
30 - Evensong - Rev. Javen Swanson of Gloria Dei Lutheran. This service will also be our Memorial Service. The offering will go to Longfellow Senior Services.

The *ad hoc* committee about alternate (not specifically Christian) services is looking at more inclusive ways to nurture the spiritual dimension of life for our Members and will be making some recommendations at the May meeting.

(Continued on page 10)

(Continued from page 9)

From now until December we plan to hold Vespers in the Chapel. The recent historic storm shows how weather can make it difficult for people to get there. Deciding by 11 am if the service should be moved to the Windsor Room is no fun, so we'll usually be at the Chapel. Becketwood has two wheelchairs stored near the security desk, so if someone would like to go to Chapel, but walking there is a problem, Committee members are willing to "wheel you over." Come to the security desk by 4:20 pm for a ride.

Wayne Tellekson, Chair

Wellness Committee



Moldy Cheese

Have you ever opened your refrigerator door and encountered moldy cheese? Is it safe to eat? Soft cheeses such as cottage, ricotta and cream cheese, or any cheese that is shredded, sliced or crumbled should be thrown away. In these cheeses, mold can spread throughout the cheese enabling *Listeria*, *Brucella*, *Salmonella* and *E. coli* to grow. Mold doesn't usually penetrate semisoft or hard cheese. Examples are Swiss, Colby, Parmesan and Cheddar. If you can cut away at least one inch around and below the moldy part, you can eat the rest of the cheese. Keep the knife out of the mold to avoid contaminating the rest of the cheese. Not all molds are bad. Some are used to make Brie and Camembert cheese. These are safe to eat. Of course, "when in doubt, throw it out."

Adapted from *Mayo Clinic Housecall March 26, 2018*. Author Katherine Zeratsky, R.D., L.D.

Helen Mikkelson for the Wellness Committee

Who are the *Becketwood Comfort Singers*?

We are a small group of Becketwood Members who desire to bring songs of comfort and love to our fellow Becketwoodian friends and Members. Upon request, we will sing hymns and songs of light and life to those living with illness or confining infirmities.

We are available, by invitation, to come to your unit and sing for you alone or for you and your family and/or friends. Our visit would include four to eight singers and would likely last 15-30 minutes. You may request certain favorite songs or we would choose from our repertoire, after talking with you.

This is not a performance; rather we come with gentle blessing to open hearts, quiet fears and bring light to all who are present.

We will sing in unison, solo voices and harmony, according to your desire. We are available at various times of day, on evenings or weekends. We hold each visit in confidentiality according to your wishes. We offer our singing to you as our gift and prayer.

For further information or to request a visit, please call Ruth Gaylord at 612-729-1211.

To join the Becketwood Comfort Singers:

This is an open invitation to any Becketwood Member who would like to sing with the Becketwood Comfort Singers. These are the requirements:

1. You are an independent singer with recent experience singing in a mixed ensemble.

2. You are a music reader and your voice will blend with others.
3. You desire to be a part of our mission, as stated above.
4. You are willing to audition with the director before being accepted.

For more information, please call Ruth Gaylord.

Landscape and Gardens Spring Update



At Last! SPRING!

And that means we can begin to get ready for this year's gardening season. Emily's bulb garden on the south end of the west wing was off to an early start.

On **April 18**, we held the Common Garden Kickoff with just a teeny bit of sleet falling. But that didn't stop our stalwart group of about 25 participants! We talked about some improvements to our common garden caretaker program in 2018 and enjoyed some great homemade snacks and door prizes.

- ◆ **This year, we will discontinue the Weekly Weeder announcements.** It takes a lot of time and coordination to pull that off and success has been limited.
- ◆ **We will continue to maintain lists of active Weeder/Waterers and Muscle Crews.** That list will be sent to all Stewards for contacts and will be placed on the ledge by the Wellington Room - with space available for people to sign up to join us.
- ◆ **Here is what's new.** We are encouraging all the common garden caretakers to look out their window

or pay attention to the gardens they appreciate most, then contact the Steward and volunteer to help. Once you are familiar with what needs to be done, you can work on your own time. And bring a buddy! A map, and list of gardens and Stewards, will be placed on the ledge. (Expect that in mid-late May.)

May 23 is the **Annual Planting Day!**

Everyone who would like to dig in the dirt is welcome to help plant the annuals for this year. For those who lend a hand, there will be morning treats on the patio. Watch for the notice on the bulletin boards.

For those interested in finding healthy native plants, you may want to check out the Native Plant Expo and Market in Shoreview on June 2, 9 am — 1:30 pm at Shepherd of the Hills church at 3920 Victoria St. N.

Other news from the latest committee meeting includes an announcement of a three-year plan for tree treatments, planting, and removals. We will also, with collaboration with Building and Grounds, be considering wheelbarrow paths and yard waste/compost needs for both the north and south sides of the property. And after some discussion, a vote was taken, by paper ballot, on the motion to place a peace pole in the small circle garden outside the chapel. The motion was defeated.

The Landscape and Gardens Subcommittee will be adding one or two new members in June. If you are interested in joining the committee, check out the Committee Description in the library or, even easier, contact Bonnie Sample for more information.

Bonnie Sample

.....or plastic?

You may have a choice between paper and plastic bags at the store. If you choose plastic, then what do you do with them? While we can reuse a few to store our cut vegetables, breads, crackers, or frozen meats, we dispose of most of them. But *how* we dispose of them is critical, because plastic bags clutter landfills and don't decompose for a *very long time*.

At Becketwood, there are bags in each recycling room where you may put your plastic bags (they should NOT go in the recycling bins in the garage). Each week, Mary Ahler, #208, *voluntarily* gathers up the plastic bags in the recycling rooms and delivers them to a recycler. The problem is that, like the pot that wouldn't stop boiling over, the volume of bags here at Becketwood has increased dramatically and become an enormous chore.

The best strategy, **if you are able**, is to return your plastic bags to your grocery, hardware or big box store; almost all have collection bins just inside the doors. Just follow these simple guidelines: 1) Bags must be clean and dry; 2) Zipper seals must be cut off and discarded; 3) No frozen food bags; 4) No black plastic. To see if a plastic bag is recyclable, try pulling it between two fingers. If it stretches, it's recyclable; if it doesn't, it's not.

If returning your plastic bags isn't a good option for you, please remember to put them in the bag in your recycling room.

Let's all do our part to minimize our use of plastic whenever possible, and to dispose properly of the bags we do



use. So, next time you're asked, "paper or plastic?" the best answer by far is "Neither. I brought my own bag!"

Lorene Liddle
For The Environment Committee

HAMLIN ELEMENTARY SCHOOL VOCAL CONCERT

I have quite often been stopped in the hall and asked if it would ever be possible for my students to come here and sing for us. I have said that the logistics, the scheduling problems, and the expense of getting a bus to bring the students here would probably make this impossible. Now, to my joy, I can announce that because of impressive assistance from the school administration, from the teachers involved, and from the PTA organization, it is going to happen!

There is going to be a vocal music program, given by my students, here at Becketwood on **Tuesday, May 22, at 11 am in the Wellington Room.**

I am a volunteer music teacher at Hamline Elementary School, a collaborative school across the street from Hamline University, and I have had weekly music classes there for ten years. This year I have two third grade classes, with about 25 children in each class, and they will be coming here to sing for you. There will be approximately 50 children involved in this concert. I can't tell you how excited they are about this prospect. It is a very special field trip for them, and they are really looking forward to sharing some of their favorite songs with you.

Please come!
Rita Juhl

THANK YOU from the Food Service Committee, Chef Brandon and his Kitchen Staff...

Thank you for your patience and support during these last several weeks of buffets. They became necessary while we were busy staffing the kitchen. We want you to know that we are now back to our regular schedule of three buffet meals and four table-service meals per week, as follows:

Monday - Buffet Meal 5:30PM – 6:30PM Walk-Ins Welcome!	Tuesday – Table-Service 5:30PM – 6:30PM Walk-Ins Welcome!	Wednesday – Buffet Meal 12:00PM – 1:00PM Walk-Ins Welcome!
Thursday – Table-Service 12:00PM – 1:30PM Walk-Ins Welcome!	Friday – Table-Service 5:30PM – 6:30PM Reservations Only	Saturday Breakfast 9:00AM – 10:30AM Table-Service Walk-Ins Welcome!
	Sunday Brunch – Buffet Meal 12:00PM – 1:00PM Walk-Ins Welcome! 	Judith Maddux Food Service Committee Bon Appetit!

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.

Something New in the Pantry

Feel like some yogurt? Want to try some hummus? Need a sandwich for lunch? You never know what you'll find. Keep your eye out for some grab-n-go items for your convenience, thanks to Chefs Brandon and Angela, who are coming up with some creative ideas.

Helen Grant
Pantry Coordinator

Member Gardens

Marcie Wallace reports that the Becketwood library has a new book entitled *Square Foot Gardening*. It includes suggestions on how to maximize the space in your Member garden. By laying out a grid in your plot you can carefully plant climbing and sprawling crops like cucumbers, pole beans, squash and tomatoes grown vertically, as well as the traditional row planting method. The author claims vertical planting will take only 1/5 the space of single row plantings. Using less space, the gardener can raise more and different crops and flowers. All of the suggestions give Becketwood gardeners more produce with LESS WORK. Thought provoking for all Becketwood gardeners.



We are continuing the tradition of Members sharing produce from their gardens. A collection basket will be on the ledge across from the mailboxes. Any gardener with an abundance of produce may fill the basket to share with others. Lettuce, arugula and other early crops will soon be available. Raspberries will follow when the ever-bearing berries come into season.

Flower gardeners are invited to mark their gardens with the colorful butterfly markers found in the garden shed. The markers will indicate to the Flower Committee that they may pick blossoms from your plot, and then these colorful blooms will grace our dining room tables.

Be sure to watch the activities ledge for an announcement about garden tilling day — typically in early to mid-May. A sign-up sheet will be placed on the

ledge for you to indicate if you want your plot tilled.

We predict that spring will eventually arrive and we can get gardening!

Member Gardens Committee: Marcie Wallace, Emily Slowinski, Karen Fitzpatrick and Jackie Hill.

GREEN TIP

Beginning at the bottom of a plastic bag, wrap tightly around your finger and stuff the little ball into a used paper towel roll — it will hold up to 20 bags. Tuck it in your purse and take it to the store for collecting fruits and vegetables for purchase. OR, purchase some Bio-Bags (reusable drawstring nylon bags) to take to the store.

Hometown Habitat

For a program in May the Environment Committee was looking for a speaker to explain the importance of native plants in a 21st century landscape. We found him in a film. **Dr. Douglas Tallamy**, the guru of native plant and “conservation” gardening, is featured in *Hometown Habitat: Stories of Bringing Nature Home*. Come and be surprised by the beauty that has been created by “habitat heroes” in various parts of the U.S. using native plants. This inspiring film will be shown in the Wellington Room on **Wednesday, May 16**, at 7:00 pm.

Carol Bechtel

Becketwood Art News



The new art exhibit opening on **Friday, May 4**, will be a new medium for our galleries. It will be a number of assemblages, which in this case are shadow boxes with collage, painting, and both natural and human-made found objects arranged inside. Created by artist Paul Flick, they are designed to bring about an experience in the viewer that contributes to meditating and being in the moment. He says that at first glance, each one is a haiku; look more closely, it's a poem; and spend time looking in, it's a novel. There is a juxtaposition of textures that can evoke our deeper feelings and stimulate memories, both conscious and subconscious, as well as ignite our creativity and our fascination with the creative process.

After service in Vietnam as a Marine, Paul Flick attained a B.A. in Studio Art and an M.F.A. in Painting and Printmaking at the University of Minnesota. His résumé lists numerous one-man shows, commissions, and group exhibitions. He was included in shows in the Rotundas of the United States Senate and the House of Representatives, the State Fair Art Show, and the Minneapolis VA Hospital Veterans' Art Show, where he won first place in his category three times. Paul lives in Minneapolis and likes foraging for found objects in the shops on Minnehaha Avenue. His partner, Laurie Letofsky, is the daughter of Member Rosemary Rawson.

The artist was featured in the TPT show *Minnesota Originals*. At the opening of his exhibit on May 4, we will have the video of his segment

playing in the gallery several times for us all to watch. The musician for the video, Jeff Chapman, a flutist, will provide the music for the opening.

Helen Gilbert, Art Committee Co-chair

I am interested in knowing if there are any weavers at Becketwood who might have items that we could display. Please e-mail me at bporte@usjet.net or call me at 612-338-2556. This would be for a Member show next year.

Bonnie Porte, Co-Chair

The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month.

~Henry Van Dyke

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.

Notes from the Tech Hub

That Dang Remote

By now a lot of you know I have a potty mouth. But I think some of you are not far behind me. I know this by the way you sound (breathless, sputtering, agitated and beside-yourself) when you call up desiring help to take the #@!&* batteries out of the \$#~*?&! remote. We hear you—believe me, we hear you!



Back a couple of years ago, when Comcast came to install new modems and cable boxes, we had a number of discussions about the new remote with the cable guys. When I pointed out the remote's shortcomings, the lead guy got all upset, insisting that they had done tons of focus groups on the dang thing and everybody—*everybody!*—just loved it. So I had to ask how old were the focus group participants. He didn't know but insisted they were of all ages. Well, I doubted that but said no more.

In truth, this is a difficult remote to use if you have arthritis, neuropathy, and/or vision problems—in other words, if you are older. The gray close-together buttons against a gray background—very tough to use. Getting out the batteries? Even tougher.

Here are some pointers on battery replacement.

Turn your remote over so that it is button side down. Run a finger down the middle of the back for the entire length of the remote. You will feel a large divot about halfway down. About an inch away from the divot you should feel a small raised bar. You will need to press with one or both thumbs on that raised bar.

If you cannot feel that bar with the pad of your finger, **use your fingernail** instead. Your nail should hang up on that bar.

Here is the important thing: **it is easier if the remote is positioned so that the raised bar is above the divot.** With the bar **above** the divot, you press on the bar and **push away** from you. If the bar is below the divot, you need to press down and toward you. This is kind of hard. Also, when pressing toward you, your hands sort of naturally keep that sliding cover from moving, so pushing away from you just works better.

I will say right here that this is some hard plastic. You really need to exert some force to budge that cover. But you don't have to push very far. Once you have managed to slide that cover a quarter of an inch, the cover will lift right off. Once you replace your batteries, just set that cover back on the remote, leaving about a quarter of an inch opening between the cover and the remote. You can use the palm of your hand on the end of the remote to slide the cover back into locking position.

Things to remember:

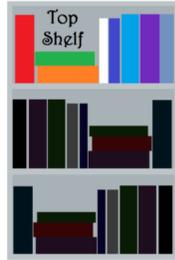
- Two thumbs are better than one
- A fair amount of force is needed

Put AA batteries on your shopping list right now.

One final thing. Both Carol and Katherine are still on the Tech Hub and ready to help you with your tech needs. Just don't ask Carol to help with Wellington Room programs. She won't do it. She just won't.

Carol Delak and Katherine Richardson
Tech Hub Volunteers

Library Committee News



With Memorial Day coming at the end of May, our library will feature books relating to World Wars I and II. We especially acknowledge those written by Becketwood authors. Jeanette Milgrom tells about *Growing up in the Netherlands, 1940-1945*. Jim Carlson, a former Member, relates his experiences serving in World War II. James Hofrenning, another former Member, edited *Cobbers in World War II*, remembrances of people connected to Concordia, Moorhead. *World War I—Minnesota* is one of Iric Nathanson's books. We have a number of good history books, both non-fiction and fiction, in our collection. Some are on the Recommended Books shelf (below the New and Recent Books shelves). For others, look on the nonfiction shelves, numbers 940 and 940.5.

Mary Heltsley



NEW IN THE LIBRARY



FICTION

PARIS IN THE PRESENT TENSE by Mark Helprin. The hero of this novel is Jules Lacour, who was born in Paris during the Nazi occupation. He is now 74, an accomplished musician, consumed by the guilt that began at age four, when he saw his parents murdered. He has a wildly adventurous life in a city he loves, though it still reverberates with anti-Semitism. Beautifully written and full of suspense.

THE WHISTLER by John Grisham. An investigator for the JCB (Florida Board on Judicial Conduct) is contacted by a mysterious whistleblower who claims that a circuit court judge is corrupt and has amassed a fortune in properties, gems, and art. The JCB partners with the FBI to investigate suspicious links between the judge, the Coast Mafia, the local Indian tribe casino, and a network of other businesses. A classic Grisham thriller.

DOGS AT THE PERIMETER by Madeleine Thien is an absorbing, but chilling, reflection on the experience of life under the Khmer Rouge in Cambodia in the turbulent 1960s and 70s, as seen through the eyes and memories of several persons who represent the many whose lives were uprooted and brutalized. The experiences and memories are harsh, but the storytelling is vivid and penetrating and speaks to the tenacity of the human spirit in its battle for survival.

MYSTERY

THE CHALK CIRCLE MAN by Fred Vargas is an international bestseller and the first in a series of eight

(Continued on page 18)

(Continued from page 17)

mysteries featuring Parisian detective Commissaire Jean-Baptiste Adamsberg. When strange objects placed within blue chalk circles appear on the pavement of Paris streets, Adamsberg fears crimes to come and begins tracking them. He encounters several people caught in a web of ever-increasing intricacy as the killings begin.

NONFICTION

NEVERTHELESS by Alec Baldwin. One of the most accomplished and outspoken actors today relates the highs and lows of his life in this memoir. In it he tells of his life growing up on Long Island, his family’s financial and marriage problems and what he has learned from other actors. Beautifully written and unexpectedly moving.

SQUARE FOOT GARDENING by Mel Bartholomew. A well-written guide to gardening in a small space and appropriate for Becketwood Member gardens. Included are ideas on how to plan, planting methods, transplanting seeds and nursery plants, vertical growing and much more. This is a new way to garden with less space and less work!

THE HOUR OF LAND: A PERSONAL TOPOGRAPHY OF AMERICA’S NATIONAL PARKS by Terry Tempest Williams. Part memoir, part natural history, and part social critique, *The Hour of Land* is a meditation and a manifesto on why wild lands matter to the soul of America. Williams creates a series of portraits of National Parks from Acadia in Maine to Big Bend in Texas.

THIS IS WHERE I AM by Zeke Caligiuri. In his cell at Faribault State Prison, where he is completing a thirty-year sentence, Zeke Caligiuri looks back at his years growing up in the Powderhorn neighborhood of Minneapolis. Despite having two loving parents and a doting grandmother, his life went off the rails at an early age in the period when Minneapolis was nicknamed “Murderapolis.” The Prison Writing Project discovered and helped develop his talent, which gives him a chance for a new life upon release. It’s a powerful and eloquent memoir.

HALLELUJAH ANYWAY by Anne Lamott. Lamott invites her many fans to rediscover mercy as the way to healing many of the ills in society. She relates that the book of Micah calls the reader to “do justice and to love mercy and to walk humbly with thy God.” She recounts instances of merciful behavior she has experienced or observed and has suggestions for the rest of us.

Reviewers: Pat Cummings, Gloria Delano, Bob Kirk, Linda Kusserow, Nancy Morin, Randy Nelson, Cathie Nicholl, Ingrid Stocking, Marcie Wallace, Wayne Westwood.

New Member Reception

Friday, May 11
2-3 pm
Wellington Room

Introductions begin at 2:30 pm

Bring a food shelf donation.

Life In A Rear view Mirror



My brother-in-law, Paul B. Pedersen, was much honored for his work in "cross-cultural relations." He passed away last year after a long siege with Parkinson's Disease. He struggled ever so hard to try and win that battle, but of course he lost it at the end. So often when we went to visit him in that last year of his life, he had a pearl of wisdom to share with us. One that I write about here was: "Maybe yes, maybe no."

So many times throughout our lives we have events or happenings when we can say "maybe yes, maybe no." For instance, a month ago I slipped on the ice by the mailbox. I was down on the ground, not able to get up as there was nowhere to get a grasp onto something to hoist myself up, and I thought "Now what?" Rita was in our car across the street, but could not see that I had fallen. That was bad.

Soon a car pulled up and a woman (perhaps an angel) came over to me and said, "I'm going to get you up." Soon, Rita noticed and joined in the effort to get this old man on his feet. They did and that was good.

When I was seven I had a serious eye injury. I could have lost vision in that eye and that would have been very bad. But even in the 1930s eye treatment saved the eye, and that was good.

Yes, we do have lots of shake-ups in our lifetimes. Some are certainly bad. We really do mourn the loss of parents, close friends, and those who suffer in foolish wars. On the other hand, we rejoice at the blessings of having grandchildren, meeting new friends in old age, and having our car start in

below zero temps.

I now quote from Ed Young's story *The Lost Horse*. It is about the ancient Chinese folk tale of the ever-changing fortunes of a man, Sai, and his son. He writes about Sai's horse which runs away. People feel sorry for Sai. "That may not be such a bad thing," Sai says. People later congratulate him on his good fortune when the horse returns with a fine mare. "That may not be such a good thing," Sai relates. The next month his son is thrown from the mare and breaks his leg. Well, I think you get the idea. Life is full of Yin/Yang. So, when bad things happen to you, perhaps it soon will turn into something good.

Dick Juhl

A few months ago, my wife handed me a shopping list and asked me to pick up a few things at the supermarket. Once, there, I realized I had forgotten my reading glasses. With the paper at arm's length, I could make out all the items except the last one. I noticed a young woman who was stocking canned goods, and asked her to read it for me. She looked at the list, smiled, and whispered in my ear, "I love you, Pookey."

---David J. Parker (Reader's Digest)

MAY MOVIE ANNOUNCEMENT

The 1934 black and white film *The Thin Man* starring William Powell and Myrna Loy will be shown at **7:20 pm Saturday, May 19 in the Wellington Room.**

The movie will be preceded at 7 pm by a cocktail party hosted by John Fenn and Doug Herron. Attenders may wish to bring a drink from home or indulge in a martini (regular or very small) by John. The small group cocktail party conversations beginning at 7 pm hopefully will focus on some personal favorite stories from the recent *April Fools' Day Becketwood Timer*. Just before the movie starts everyone will be encouraged to sing The Whiffenpoof Song, lyrics adapted by Howard Bergstrom and published in The *Becketwood Timer* of April 1.

Doug Herron

B~WOOD DOIN'S

by John Fenn

KUDOS

What a delightful surprise for many of us to see a segment on Channel 11 news featuring **John Jacobsen's** granddaughter **Wren Warne-Jacobsen**, in a demonstration of her incredible talent as a figure skater. **Wren** is a five-time Minnesota State Champion and a two-time Upper Great Lakes Regional Champion; she has travelled to Italy to train with famed Russian Olympic coach Alexei Mishin.



Food Service Manager and Executive Chef **Brandon Lenzmeier**, Sous Chef **Angela Simarro**, and cook **Donna Brenny** have certainly shown us that they are a team continuing the gourmet tradition of our Becketwood kitchen. **Recent delights** were braised duck, luscious lamb shanks, and key lime tarts and pineapple upside-down cake desserts, assuring us that we were in good hands.

Be sure to sign up for the excursion on Tuesday, 15 May to visit **Stone Tap** in Hudson Wisconsin. Friends **Jason and José**, splendid chef entrepreneurs, are working their culinary magic eagerly awaiting our visit.

MASTERPIECE THEATRE

This month we will be showing the film which I felt was a shoo-in for the best picture award, *Three Billboards Outside Ebbing, Missouri*. This offering is quite a serious film with adult content. However, **Francis McDormand's** Academy award-winning performance is legendary and the

Question of the Month

How many people participated in the unused drug drop off event?



45 people participated! The State Patrol was very pleased with your level of participation and said it was the biggest event they have had. Good work, Members!

Deb Rodmyre

subject matter is so timely and important that I believe it is a must-see event.



This column appears monthly in the Becketwood Times. Drop a word or two about your delights, accomplishments, or just a gentle event from your chronologically enriched lives. My unit is #441, telephone 612-306-4727, or e-me at john@johnfenn.net with any ideas or corrections.

Plan to attend
**Becketwood Choir
Pop Concert**
Thursday, May 10
7:30 pm
Wellington Room



People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring.
~Rogers Hornsby

Comcast Help Desk

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**. **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.

BLOOD PRESSURE

With a Nurse

Tuesday,

May 1

1:30 p.m.

SOLARIUM



Longfellow/Seward Healthy Seniors

Movie Schedule

Foreign Film

Sunday, May 13

7 pm, Wellington Room

Mostly Martha

A German romantic comedy, featuring three protagonists: chef Martha, a potential rival Italian chef Mario, and Martha's eight-year-old niece Lina. In addition to great food scenes, come and find out which of the three is the neediest — the chef with no social skills, the chef with an overabundance of social skills, or the niece grieving the loss of her mother.

Presented by Keitha Herron

Wednesday, May 16

7 pm, Wellington Room

Hometown Habitat: Stories of Bringing Nature Home

See page 14 for details.

Presented and Sponsored by the Environment Committee

Saturday, May 19

7:20 pm, Wellington Room

The Thin Man

1934 black and white film starring William Powell and Myrna Loy. See page 20 for details.

Presented and Sponsored by Doug Herron

Masterpiece Theater

Saturday, May 26

7 pm, Wellington Room

3 Billboards Outside Ebbing, Missouri

More details on page 21.

Presented by John Fenn

Sponsored by the Program Committee



Member Birthdays

- 1 Faith Lindell
- 1 Mary Heltsley
- 2 Bob LaShomb
- 5 Judy Bahn
- 6 Carla Mortensen
- 9 Rowland Joiner
- 10 Elizabeth Swanson
- 10 Joel Mortensen
- 11 Maxine McNair
- 14 John Fenn
- 14 Sindy Telleson
- 15 Greta Gantriis
- 18 Janet Maxson
- 19 Ann Lovrien
- 20 Judy Solmonson
- 22 Paul Zoschke
- 23 Joe Wagner
- 23 Alan Gordon
- 26 Marlene Nathanson
- 27 Susan Brewer Evans
- 29 Joy Nelson



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

April Birthday Dinner:

Friday, May 18

5:30 p.m. ~ Wellington Room

Redeem your birthday coupon!



Socrates Café

3:30—4:45 pm ~ West Dining Room

Tuesday, May 8

What is the cause of human suffering?

Tuesday, May 22

Discuss the roles of "emotion" and "thinking" in decision making.

Everyone welcome!

Contact Randy Nelson with questions.



If you would like to learn how to use the fitness equipment, please call Lorene Liddle at 455-9219. Thanks!

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.



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.

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.

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, May 10
10 am — 12 noon
 Solarium

Schwan's Delivery

Schwan's will be here every other Monday.

May 7 and 21

at 3 pm in the Coffee Shop.

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

UPCOMING COMMITTEE MEETINGS

Wellness	Wednesday, May 2	1:30 pm	WDR
Communications	Wednesday, May 2	2:30 pm	CR
Environment	Thursday, May 3	2 pm	WDR
Program	Friday, May 4	9 am	EDR
Library	Monday, May 7	9 am	EDR
Interior Design	Monday, May 7	9:30 am	CR
Chapel	Monday, May 7	3 pm	WDR
Excursion	Tuesday, May 8	10 am	CC
Marketing	Tuesday, May 8	12:30 pm	WDR
Landscape & Gardens	Tuesday, May 8	1 pm	EDR
Art	Wednesday, May 9	9 am	CR
Buildings & Grounds	Thursday, May 10	2 pm	WDR
MAC	Monday, May 14	1:30 pm	WDR
Food Service	Tuesday, May 15	10:30 am	WDR
Finance	Thursday, May 17	2:30 pm	WDR
Board of Directors	Tuesday, May 22	1:30 pm	WR
Investment	Tuesday, July 17	2:30 pm	WDR
Reserve Long Range Planning	No Meeting This Month	2:30 pm	WDR
Website	No Meeting This Month	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 May

Sponsored by Excursion Committee unless otherwise noted.

EXCURSION	DATE and TIME	DESCRIPTION
Orchestra Hall	Thursday, May 10 Depart at 10 am Return at 1:30 pm	<i>Vanska Conducts Mahler's Titan Symphony.</i> Ticket holders only.
State Capitol Tour and Lunch	Friday, May 11 Depart at 10:15 am Return at 1:30 pm	Tour the Capitol and have lunch at the Rathskeller Café.
Southern Theater	Saturday, May 12 Depart at 1:15 pm Return at 5 pm	<i>Black Label Dance Movement</i> by Carl Flink.
Hudson Stone Tap	Tuesday, May 15 Depart at 12 noon Return at 4:30 pm	Lunch. Sign up on the ledge.
Ordway	Friday, May 18 Depart at 9:30 am Return at 1:30 pm	<i>Haydn's Morning Symphony</i> with Jonathan Cohen. Ticket holders only.
MN Valley National Wildlife Refuge	Wednesday, May 23 Depart at 1:15 pm Return at 3 pm	An urban jewel just minutes away from Becketwood.

May Shopping Trips

No Shopping Tuesday, May 8 — Bus is having some updates

Wednesday, May 9 — No bus to Episcopal Homes

Thursday, May 10 — Shopping at 1:30 pm

Monday, May 14, 12:30-4 — Southdale/Galleria

Monday, May 21 — Rosedale/Har Mar

Tuesday, May 22, 12-1:30 pm — Trader Joe's

Monday, May 28 — No Shopping

Thursday, May 31, 1-4 pm — Friendship Co-op

Check the grocery schedule on the ledge and be sure to sign up!

May Programs at Becketwood

Sponsored by Program Committee unless otherwise noted.

May Day	Tues., May 1 12:15 pm	Solarium and Wellington Room	Second graders from Hiawatha School bring art to show us.
Balance Screening	Wed., May 2 1-4 pm	East Dining Room	Sign up on the ledge. Sponsor: Wellness Committee.
Cinco de Mayo	Sat., May 5 9-10:30 am	Wellington Room	Breakfast.
Cinco de Mayo	Sat., May 5 11 am	North Lawn (Wellington Room if rain.)	Celebration/contest. Sponsor Doug Herron.
Michelle McKenzie	Monday, May 7 10 am	Wellington Room	Advocates for Human Rights.
Annual Meeting	Wed., May 9 7 pm	Wellington Room	Annual reports and election of directors.
Pops Concert	Thurs., May 10 7:30 pm	Wellington Room	Presented by the Becketwood Choir.
New Member Reception	Fri., May 11 2 pm	Wellington Room	Meet your new neighbors. Introductions begin at 2:30 pm.
Mother's Day	Sunday, May 13 12 noon	Wellington Room	Premium meal. Sign up on the ledge.
Foreign Film	Sunday, May 13 7 pm	Wellington Room	<i>Mostly Martha</i> , a German romantic comedy.
Diamond Making	Tues., May 15 10-11 am	Windsor Room	Presented by Bob Kirk.
Environmental Film	Wed., May 16 7 pm	Wellington Room	<i>Hometown Habitat: Stories of Bringing Nature Home</i> . Sponsor: Environment Committee
Movie <i>The Thin Man</i>	Sat., May 19 7:20 pm	Wellington Room	1934 movie starring William Powell and Myrna Loy. Sponsor: Doug Herron.
Hamline Elementary School	Tues., May 22 11 am	Wellington Room	Third graders concert led by Rita Juhl.
Annual Planting Day	Wed., May 23		Check the ledge for details. Sponsor: Landscape & Gardens.
4 Voices String Quartet	Wed., May 23 7:30 pm	Wellington Room	Don't miss this group.

<i>Vision Loss: Keep Your Independence</i>	Thurs., May 24 1:30 pm	Windsor Room	Sponsor: Wellness Committee
Masterpiece Theater	Sat., May 26 7 pm	Wellington Room	<i>Three Billboards Outside Ebbing, Missouri</i>
<i>Evensong</i>	Wed., May 30 4:30 pm	Chapel	Rev. Javen Swanson, Gloria Dei Lutheran. Also Memorial Day service. The offering will go to Trafficking Justice, Inc.
<i>America's Health Care Crisis</i>	Thurs., May 31 7:30 pm	Wellington Room	Presented by Timothy McGee of Health Care Solutions.



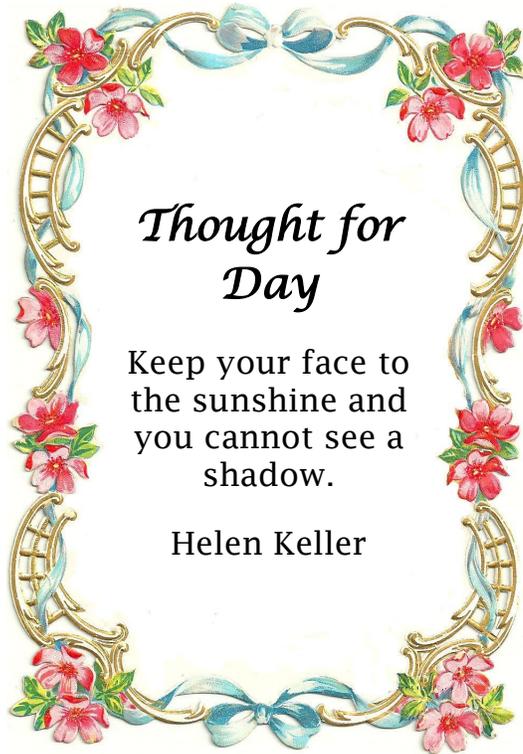
Memorial Day, May 28



**With Honor & Gratitude
We Remember**

The Becketwood office will be closed on
Monday, May 28, in observance of
Memorial Day.





*Thought for
Day*

Keep your face to
the sunshine and
you cannot see a
shadow.

Helen Keller