



AUGUST 2018

# Becketwood Times

Becketwood Cooperative • 4300 West River Parkway South • Minneapolis, MN 55406  
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## Board Column

By David Liddle, Vice-President

First, thank you for electing me to serve on your Board of Directors. I'm grateful for and humbled by your confidence in me and will do my best to serve with energy, intelligence, imagination, integrity and a sense of humor.

It's my privilege to serve as your Board vice-president/ombudsperson this year. An ombudsperson (originally *ombudsman*, in gender-exclusive parlance) is a person who investigates and attempts to resolve complaints and problems. It has become our practice recently to assign this role to the Board vice-president. The goal is that no Member concern should go unheard, no question unanswered, and no problem linger unresolved.

We're a community of 300 or so individuals who choose to live under the same roof, collaborate with one another and care for each other. At the same time, we each have needs and wants that, from time to time, may not be met in the context of cooperative living. To reflect that reality, we have

systems in place designed to facilitate communication such as the website, work orders, and a suggestion box. Having a designated ombudsperson is yet another way to keep the lines of communication open.

Whenever you have a concern, a question, a suggestion, or a request, or when an issue arises that you feel needs to be addressed, the best approach is to do what you can to resolve it. But when you can't, or you don't know which way to turn, I encourage you to contact me. I'll take your communication seriously, respond promptly, and do what I can to find a solution.

There are several ways to communicate with me:

- ◆ Send me an email at [davidlorene@earthlink.net](mailto:davidlorene@earthlink.net);
- ◆ Put a note in the suggestion box in the Convenience Center, which I'll check several times a week. My goal is to respond no later than 72 hours of retrieving your message, and probably sooner;
- ◆ Send me a message via internal mail or place a note in the mailbox outside my unit, #363;

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## Board Actions in July

M/S/C to set September 30, 2018, as the deadline for requests to remove garbage disposals at no cost to the Member.

M/S/C to approve the transfer of \$4,000 from the Craft Committee to the Buildings and Grounds Committee for the purchase of new outdoor benches.

M/S/C to approve the membership of Nancy Minahan in Unit #270.

M/S/C to approve the membership of Ann Lovrien in Unit #212.

M/C to approve the revised job description of the Interior Design Committee.

M/C to approve the revised job description of the Buildings and Grounds Committee.

M/C to approve the investment of \$25,000 in the Vanguard Intermediate Term Investment Grade Bond Fund (VFIDX).

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

M/C to approve the purchase of a CD in the amount of \$50,000 with a two-year maturity date.

M/C that the CD maturing in September in the amount of \$50,000 be allowed to roll over into a new CD with the maturity date to be determined in September if it is advantageous to the portfolio.

M/C to purchase a CD in the amount of \$100,000 with a maturity date of 24 to 30 months.

M/C to accept the contract and approve payment of \$4,015 plus reimbursable expenses to Urban Ecosystems for contracted landscape services using operating funds—vendor services account.

**The next Board meeting will be on  
Tuesday, August 28 ~ 1:30 p.m.  
Windsor Room**

- ◆ Invite me for coffee and conversation in your unit or one of our public spaces or take me to lunch at an expensive restaurant;
- ◆ Contact me by phone at 612-455-9219. Leave a voicemail message if I don't answer and I'll call you back as soon as I'm able;
- ◆ Speak to me personally if you see me around the building. However, if you contact me this way, I may ask you to put your concern in writing— mostly so I don't forget it!

**IMPORTANT:** Whenever you contact me in writing:

- ◆ Please SIGN and DATE your message. Neither I nor the individual or committee that may be able to address your issue can respond appropriately if you don't identify yourself, especially if we have follow-up questions. I'll have no choice but to disregard unsigned notes;
- ◆ Be clear and concise and, if your message is handwritten, do your best to write legibly.

I believe strongly that honesty, transparency and communication are keys to successful human interaction, especially those that take place in a context like Becketwood. Yes, we're an *independent* living community, but we're also an *interdependent* community because we live in close social and physical proximity. As ombudsperson, I hope to help nurture a healthy interdependence that will make life at Becketwood a satisfying experience for all of us and enhance the sense of community we value.

## Boundaries

By Lily Ng, President

### The Board of Directors

This is the first of a series of periodic articles by the Board of Directors highlighting and explaining various policies pertaining to life at Becketwood.

One of the wonderful things about Becketwood is the sense of community that we share here. When it comes to Members, Board of Directors, Manager and Staff working together, it is important to define the roles and responsibilities of each segment of this community. It is easy to forget that each group needs to focus on getting their jobs done within set boundaries so that our community can run efficiently. We do have some guidance for these relationships in a particular policy that describes the way we can work best together to benefit all. That policy is in the Becketwood Cooperative Policy Manual (the Green Book) Section 4, titled Guidelines for Board/Staff/Members Relationships. It is the intent of all policies to make expectations clearer for everyone. (Quotations below are from the original policy.)

All the **Members** of Becketwood have the right and the responsibility to make their concerns known, and are encouraged to do so by using established communication channels. Members are also encouraged to take part in the life of Becketwood and to offer their professional expertise to the appropriate committees or activities. But, “Members do NOT give specific directions to or make specific demands on staff members.”

**Staff** members have job responsibilities and are bound by their job descriptions so that they can better

accomplish their jobs. “Staff members are expected to understand and abide by the policies of the Cooperative. Interactions with Members are cordial but professional. Staff members’ concerns are brought to their appropriate supervisors and NOT shared with Members.”

**The Board of Directors**, elected by the Members, is primarily responsible for setting policies that are in the best interest of the Becketwood community and its Members. “Board members do NOT intervene in the day-to-day operations of the Cooperative.” Board Members who chair standing committees act as advisors and intermediaries between Members, the Board and the Staff, but do NOT give specific directions to the Staff.

The **Becketwood Executive Manager** is responsible to the Becketwood Board of Directors and to Episcopal Homes. Under the management contract Becketwood signed with Episcopal Homes, the Becketwood Executive Manager is responsible for “managing the day-to-day operations of the cooperative and is ultimately responsible for the entire staff.” She or he can call on the Board Executive Committee/Personnel Committee, when necessary, to address personnel issues.

Members: Please do not ask staff to do what they are not authorized to do. Asking for extra favors puts them in a difficult position. If we treat each other with respect and support each other, Becketwood will function seamlessly both as our community and the complex business it is.

Finally, when you have the time, the Board of Directors urges everyone to be familiar with the Policy Manual,

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especially when you have a question about procedures or about committee responsibilities. There is usually an existing policy that can help answer your question. The Policy Manual is shelved in the Becketwood Library. We want our relationships to be congenial and one way to make this easier is to understand and abide by the policies and guidelines.

## Notes from Debbie

By Debbie Richman,  
Executive Manager



### August Quote:

“No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.”

— Nelson Mandela, *Long Walk to Freedom*

I am writing this month’s newsletter article after a weekend of rehearsals and performances to prepare for my upcoming trip to South Africa (hence the Nelson Mandela quote). I will be here at Becketwood until about noon on August 10 and then will be returning the morning of August 22. For those interested, I have my itinerary posted outside my office and will also be posting some information about a live broadcast on MPR (99.5 FM) of a performance on August 17<sup>th</sup> in Soweto.

I also want to take a moment to thank the Chapel Committee for the invitation to lead Vespers on July 18<sup>th</sup>. It was a meaningful experience for me and I hope those of you that were there found it meaningful as well.

Just a couple of things from me this month:

I recently sent out a Safety Update in the July Manager Memo and I would like to update that information here. We had a recent security breach, where three young men attempted to gain entry into the building by following a Becketwood Member who was driving into the garage. There were Members in the garage who were able to assist the young men to leave, but it did bring to the surface some possible security concerns, so I would like to reiterate them here and add a couple as well.

1. Please consider keeping the door to your unit locked at all times.
2. Don’t give your outside commons key to anyone.
3. If you encounter a situation that does not look right, call 911 and then notify the Security/Front Desk.
4. When you are having visitors, be sure to remind the Security Desk and let visitors know that they will have to sign in and out.
5. Also, remember that Becketwood is a large property and security (as well as other staff) may ask who you are. Please do not be offended if this happens.

See Robin’s column on page 8 for more tips.

### Town Hall Meeting

August 8<sup>th</sup>, 7-8:30 pm

Wellington Room

### Beyond Lawn: Planting Possibilities at Becketwood

Becketwood's Master Landscape Plan aims to enhance ecosystem services and reduce maintenance costs, all while maintaining welcoming and attractive grounds.

How could converting turf grass to

other plantings help us achieve these goals?

Michael Keenan and Anna Jursik of Urban Ecosystems will review the cultural history and environmental impact of lawns. They will then describe the existing soil, water, and vegetation conditions at Becketwood; and introduce turf alternatives that would thrive on our grounds.

**Members are strongly encouraged to attend this Town Hall Meeting.**

### **Bus Update:**

Efforts continue to improve the ride of the Becketwood bus. We are looking at options to create a smoother as well as a quieter ride. This continues to be a work in progress and I will update you as I have more information about the plans moving forward. Please feel free to email me or stop by if you have any information you think I should have or want to share your experiences.

## **Marketing News**

Maura, Kari, and Lynette

Waiting List: 348



### **Sales**

There are two closings coming up; Unit #212 and Unit #270 have sold with pending closings. Our very own Ann Lovrien has purchased Brittany #212, and Nancy Minahan from Wisconsin will be closing on Chesterfield #270 on August 3. At this writing, Coventry #406 and Chesterfield #510 are on the market.

### **National Night Out**

**DON'T FORGET!** National Night Out is coming up on **Tuesday, August 7.**

Come join us, greet your neighbors and be an ambassador for Becketwood. We gather at 6:45 pm in the Solarium, stroll through the neighborhoods and then return to Becketwood to enjoy a light snack together. The sign-up sheet is on the ledge.

### **Waiting List Event**

We are inviting the Waiting List to join us for the art opening on **Friday, September 7 at 2 pm.** The exhibit will be showcasing quilts made by Members. Please come and view the wonderful works made by your fellow Member-artists, enjoy one of Donna's delicious cookies, and greet your someday-neighbors on the Waiting List!

### **New Member Reception**

If you're thinking to yourself, "Didn't we *just* have a New Member Reception?" you'd be right! However with the great influx of new Members, we have plenty of neighbors for you to meet. As always, it will be held during the usual cookie cart time on **Friday, September 14<sup>th</sup>.** We'll begin to gather at **2:00 pm for treats and the introductions will start at 2:30.**

Cookies will be available for purchase once the official proceedings are over.

## **Member Services**

By Deb Rodmyre,  
LSW  
Member Services  
Coordinator



### **Becketwood Wellness Enrichment**

I have great news! On **Monday, August 6** at 7 pm Interim Healthcare staff will be here to answer questions about services they will be offering Members, including 15-minute

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increments of service. Please invite your family members to learn about this exciting news. Some types of services include safety checks, medication reminders, assistance with support hose, and a host of other services available to you in your home. To receive services, you will need to sign a service agreement with Interim so their staff can get to know you. If you need longer blocks of time, they can staff that too. Other offerings include:

- ◆ Added monthly blood pressure checks to be determined at a later date.
- ◆ Monthly instruction by a physical therapist on proper use of Fitness Center. Date to be determined.
- ◆ Quarterly Balance Screens by physical therapists. The next one is scheduled for **Wednesday, September 12<sup>th</sup>** from 1-3 pm in the East Dining Room. Please sign up on the ledge.

Remember to attend the meeting on August 6 to learn what is available to you!

A big thank you to Chair Iric Nathanson and the members of the Home Care Ad Hoc Committee for their work on this project.

### **Paper Shredding**

Mark your calendars for **Tuesday, August 14 from 9-11 am**. Bring your documents to be shredded in paper bags or boxes to the north lot. Please sign up on the ledge if you would like to participate. We will divide the cost by number of participants. It usually costs between \$5 and \$7.

**Flu Clinic** is scheduled for **Monday, September 17** and is sponsored by the Wellness Committee. All shots will be the high dose vaccine. It will take

place from 10:30 am-1:30 pm in the Wellington Room. Watch the ledge for a sign-up sheet and forms to complete.

### **Proper Med Disposal**

Disposal of medications that are expired or that you are no longer using can help ensure that you don't take them accidentally or that others do not intentionally misuse them. The best method of disposal for your unused medication is to bring them to a drug take-back location. Many pharmacies and police stations offer this service, but call to make sure they don't have any restrictions. Some medications can be disposed of in the garbage by taking them out of their pill bottle and mixing them with dirt, coffee grounds or cat litter. This precaution deters people or animals from consuming them. Place the mixed pills and dirt in a sealed plastic bag and throw them in the trash. It is not recommended to flush medications down the toilet. The Drug Enforcement Agency (DEA) holds two National Prescription Drug Take Back Days per year. In April nearly one million pounds of drugs were collected. The next Drug Take Back Day is in October. For more information, visit [doseofreality.mn.gov](http://doseofreality.mn.gov).

*Taken from thrive Blue Cross Minnesota summer 2018 newsletter*

### **Vote!**

On **Tuesday, August 14**, the State Partisan Primary Election takes place. We will have a bus available at noon to take you to St. Peder's Church to vote. Please sign up on the ledge.

If you would like an absentee ballot, please get one from Deb in the office by **Monday, August 13**.

## What's Cookin'

By Chef Brandon  
Lenzmeier



I would like to thank those of you who have been using the new catering door and the new office hours to see me about upcoming catering events and other things. This has been extremely helpful in cutting down traffic in the kitchen and allowing me to give you my undivided attention.

As I am sure you have noticed, the new menu format has arrived and we are very excited about it. We are hoping it will be easy to read and navigate. I am still currently working on a new full Saturday breakfast menu that should be out shortly.

- ◆ Please note that we are now offering special order items numbers 3 thru 7 on a DAILY basis - available by sign up only.
- ◆ If you don't see a Gluten Free or Dairy Free symbol by an entrée, we may be able to alter it to be so. Please ask your wait staff.
- ◆ A baked potato or yam is now available seven days a week. Please let us know the morning of your meal. Advance notice helps us to make sure we have it ready for you!
- ◆ A friendly reminder that Friday's dinner service is a Sign Up/Reservation table service. The sign-up sheet is pulled every Friday at 1 pm.

Thanks again for all of the kind words and support we receive from all of you! If you have any questions or suggestions regarding the new menu, please feel free to let me or Judith Maddux know.

## Maintenance Corner



Window washing starts the first of August. As always the first few days will be the front circle areas. Remember to request assistance with the latches on the screens if you need help to either unlock or relock the screen latch. Winds can blow the screens out quite easily, so we want them secured.

This summer has been exceptionally humid and a little hot with 13 days above 90 degrees. But we all know that August starts to dry out as well as cool off, at least at night. The boilers return to operation after night-time temperatures drop below 58 degrees for at least twelve hours straight. Hallway air handlers start heating at around 60-degree air temperatures. Central area corridor air handlers depend on the boilers, so they usually have a slight delay in heating the air. We try to conserve energy, but do not want to make anyone uncomfortable. Let Maintenance know if more warmth is needed. Spring and fall temperature changeovers, although usually pleasant, can be uncomfortable for some.

In the Maintenance column of the *Times* for August last year, we offered assistance to Members for installing the work order request application on any of your electronic devices. Computers, cell phones, and tablets — we again make the same offer. Contact Brandt at [bpfeiffer@becketwood.com](mailto:bpfeiffer@becketwood.com). He will email the link to the request website and set up a time for one of the technicians to assist you in installing the program and give a tutorial on how to use the application. It is important for Becketwood to be

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able to accurately assess the needs of the Members and one way to do so is through the data the system automatically collects. No extra staff time is required to collect the information; a few key strokes are all it takes to break down the data into graphs or pie charts showing where Becketwood commits its resources. If you don't wish to use an electronic system, you can fill out a paper request in the Convenience Center. Don't trust that the work will get done if you only mention your request to a staff member in passing; staff can forget the same as anyone else.

Maintenance

Brandt, Larry, Rick, David, and Andy

## Reminders from Security

I want to emphasize that as a cooperative community, the Members of Becketwood need to share in our building security. One way everyone can do this is to adhere to a code of conduct while driving in and out of the garage. This helps to prevent trespassers easy access to the garage.

First, after you pull your vehicle out of, or into, the garage **STOP** and wait for the doors to close again. Pay attention to whether there is anyone who is not a Member around who might try to enter the garage. Just your stopping will likely be enough of a deterrent from unauthorized entry.

If you do see anything questionable, report it to Security. If you see something criminal call 911 and then let Security know. Basically, if you see something — say something.

For those of you who find yourselves driving in or out with someone ahead

of you, please remember NOT TO "PIGGYBACK." Do not follow another vehicle into the garage on the same door cycle. Wait for the door to close entirely before you press your opener and pass through. Taking your turn will inconvenience you for only 30 seconds or so and will add to maintaining the security of our garage area.

Also, please be sure to keep your vehicles locked in the garage and keep your garage door opener out of sight.

Members must also be mindful that the back driveways off of 46<sup>th</sup> Avenue South are each a One-Way. The drive leading to 43<sup>rd</sup> Street is the OUTGOING ONLY drive. There has been an increase in the number of drivers observed using it to enter the north parking lot. Remember that the Do Not Enter signs are there for a reason: we want to avoid any potential collisions.

Robin Lillesve, Security and Environmental Services Supervisor

## News from Housekeeping

Please check the laundry rooms for items you may have left behind. We are accumulating too many forgotten items in the common laundry rooms. *Any items remaining in laundry rooms after August 31<sup>st</sup> will be donated to charity.*

I would like to thank the housekeepers and maintenance staff who have stepped up to help as we continue to search for a new custodian.

Robin Lillesve, Security and Environmental Services Supervisor

# *In Remembrance*

## *Ruth Sirek*

Al and Ruth Sirek frequently expressed their pleasure in visiting Becketwood, where Ruth's parents had made their last home in the early 1990s. Ruth and Al moved into Unit #374 in October 2015. This was soon after Ruth's retirement from forty years as an oncology nurse with St. Luke's Hospital.



On July 2 this summer, Al took Ruth into Abbott Northwestern Hospital from their cabin near Walker, Minnesota. During the preceding few weeks she had not felt well. Her diagnosis was acute leukemia.

Ruth died Friday, July 13, 2018. During these brief two and a half years, Becketwood has had the privilege of becoming acquainted with a delightfully caring, interesting, happy couple. The Sireks love the outdoors, their five children, their eleven grandchildren, and God's beautiful world. Nearly every day they took a walk. With a faith of dynamic proportions, Ruth and Al have worked their commitment into their lives on earth, and toward all they have met and known.

It is with heartfelt sympathy we grieve with Al and his family for the love of his life, Ruth. In the years ahead we offer Al our abiding friendship, as they demonstrated to all during their time spent here. Ruth was a loving, positive person who appreciated the potential of every person and saw the good in every life. She exuded gentle warmth.

As we remember Ruth, we recall the love that was made enduringly beautiful for this couple in their boundless energy, their response to life.

Stephanie Gordon



### **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](http://becketwood.com).

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

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# Becketwood Committee News

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## Program Committee

August brings us the “dog days” of summer, but the Program Committee brings Members information and a wide variety of musical entertainment.



Thursday, **August 9**, pianist Evangeline Werger returns with classical variety. On **Wednesday the 15th**, Georgia Windhorst representing “Protect Minnesota” will speak about gun safety. Singer and songwriter Ben Shaw will entertain on the **22nd**. Finally, on **August 29th** we will feature the debut of our Becketwood portable dance floor as Keene Dance company brings shoes and asks us to participate in a “Tappy Hour.”

Please join us in the Wellington Room for this wide variety of information and entertainment. All programs begin at 7:30 pm and we look forward to your joining us.

David McKay, Co-chair

## Excursion Committee

Watch the ledge for excursions not listed here. It’s not possible to have all the outings lined up for you in advance, in the *Becketwood Times*.



This summer has been fun, so let’s always get out and into the fresh air when we can.

**August 3** — TPT tour and lunch at St. Paul downtown airport (Holman’s

Table). Leave at 10 am. Led by Eric Nathanson.

**August 6** — Padelford Cruise on the Mississippi River. Leave at 11:15 am. Led by Peggy Ryden.

**August 6** — Dan Chouinard’s Sing-along at the Danish Center. Leave at 6:30 pm. Led by Candace Barrick.

**August 14** — Lynx vs Chicago at Target Center. Leave at 6 pm. Led by Mickey Monsen.

**August 19** — Obon Japanese Festival of Lights, Como Park. Leave at 5:30 pm. Led by Rosemary Rawson.

**August 27** — Minnesota State Fair Senior Day. Leave at 10 am and return at 1:30 pm. Take the Metro Transit A bus or a cab if you want to stay longer.

If you are using a wheelchair or electric cart, please indicate that on the sign-up sheet.

Members have indicated they would like to get season tickets for the Jungle Theater again, but we don’t know yet which Tuesdays there would be room for a group. Watch for a sign-up sheet on the ledge.

Mickey Monsen, Chair

### *Coming Attractions*

**Wednesday, September 5**

Sherwin & Pam Linton

**Sunday, September 9**

Emma & Jacob Taggart Piano Concert

**Friday, September 14**

Overnight Excursion to St. Joseph, Missouri

## Craft Center

Our handmade items inventory is quite low; however, we do have a number of items that are just waiting for you to purchase. *Very soon* you will see a number of new items, some of which are very practical for you or a friend in everyday life.



We really would like **you** to join us on **Tuesday morning at 10 am** when we make cards or on **Friday morning at 10 am** when we do quilting (we tie the already made quilts). However, if you would like to bring your crocheting, knitting or other project at those times, just **DO COME** and join us. No matter what project we are doing, we always have coffee, a treat, laughter and great visiting.

Jacqueline Teisberg  
Craft Center Chair

You are invited...

**Coffee Chat with  
Executive Manager,  
Debbie Richman**

August 27  
2-3 pm in the Coffee Shop

*This is an opportunity to meet, chat  
and get to know each other.*



**Look for  
"Becketwood Cooperative"**

## Become a Becketwood Buddy!



It's well-documented that achieving grade-level reading skills is essential for a young student to be successful in school and to eventually graduate from high school. Our Becketwood community is beginning its fourth year in a partnership with Dowling School to provide reading tutors to fifth graders who currently do not demonstrate proficiency in reading. Twice a week, Becketwood volunteers work one on one with eight students to help them strengthen their reading skills.

We are currently seeking additional buddies who will commit to meeting once a week with a particular student. The students come to each session with a reading selection and follow-up questions designed to promote comprehension. The kids take this time together seriously and there are typically no discipline problems. In order to build a productive relationship with your student, it works best to commit to meeting weekly for the quarter.

Sessions are held at Becketwood in the Wellington Room on Tuesdays and on Thursdays at Dowling, which is located about five blocks away on West River Parkway. Both sessions run from 2:15 pm to approximately 3 pm. Substitutes are also needed to cover the inevitable conflict. The fall quarter begins in mid-September and training is provided beforehand.

Those of us who have been a Becketwood Buddy find it to be a positive experience. The students are

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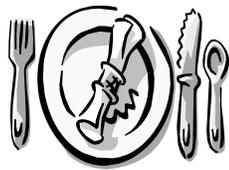
engaging and seem to thoroughly enjoy interacting one on one with an older adult. As Dr. Seuss said: “You’re never too old, too wack, too wild, to pick up a book and read with a child!”

For more information and to volunteer, please contact:

Ann Lovrien (612-240-0856)

[alovrien@gmail.com](mailto:alovrien@gmail.com) or Elaine Kirk  
(612-455-9201) [emkirk@usfamily.net](mailto:emkirk@usfamily.net)

**FOOD FESTIVAL -  
FRIDAY, AUGUST 17  
AND SATURDAY,  
AUGUST 18**



**Join the Healthy Plate - Healthy Planet Team and enjoy a great film, exhibits, food demonstrations and tasting and a potluck dinner at Kensington Square. You can participate in all or any part of the two-day event.**

*The Magic Pill* is a documentary movie kicking off the Food Festival on **Friday night, August 17**. Yes, as you’ve guessed, it’s about food as medicine — but not what you might think! In an entertaining way, it tells stories about beneficial ways of eating that are so up-to-date, our doctors are just now learning about them. Real people talk about their results with illnesses like asthma, diabetes, and autism, and experts present their research in very clear and enticing ways. A colorful group of Australian aborigines are helped to forego their recent “industrial food” habits, and a doctor in South Africa defends his medical license in a hearing about his advice on feeding a child. First showing is **Friday, August 17, at 7 pm** with “healthy” refreshments. It will be shown again on **Saturday afternoon, August 18, at 2:00 pm**. Both showings

are in the Windsor Room, and will be followed with a short session for comments and discussion.

**Saturday events start at 1:30 pm** with exhibits in the Wellington Room. The exhibits will be open throughout the afternoon. Learn about local resources to purchase healthy food, meal planning and recipe ideas, special diets, new farming techniques and much more. Members will be available to share their experiences and answer questions about food issues related to dairy, gluten and grains, corn, soy, GMOs (genetically modified organisms) and how to make the best decisions about what you purchase.

**At 4 pm, there will be food demonstrations and tasting** at Kensington Square including food drying, slow cooking, making healthy bone broth, growing micro-greens and more. Be there at four to take in any or all of the demonstrations or continue to enjoy the exhibits.

**Potluck — 5-9 pm.** Everyone is invited to join in a potluck supper. Bring meat, chicken, or vegetarian patties to grill for yourself and a dish to share. There will be slow-cooked pork roast purchased from Pastures A Plenty to taste. Fruits, vegetables and salads made from garden produce or fresh food you have purchased, with ingredients listed, are the best side dishes to share. Bring your own items to drink and Happy Hour will begin as we grill the food and set up for dinner.

This program is presented with the help of the Food Service, Environment and Wellness Committees and members from several other Becketwood committees.

Carol Spearman

## Choir News

“Music is a great blessing. It has the power to elevate and liberate us. It sets people free to dream. It can unite us to sing with one voice.”

Nelson Mandela, 2001



In about six weeks, Becketwood Choir will resume our weekly rehearsals to prepare for three fall Evensong services (September 26, October 24, and November 21), as well as for our annual Advent service of Lessons and Carols (4:30 pm on Saturday December 15). This summer I have enjoyed previewing a wide variety of carols and anthems, new and old, for these services. I'm looking forward to our **first fall rehearsal on Thursday, September 13**, at 6:30 pm in the Windsor Room. However, right now, I have a major concern! Let me explain:

Last fall, our choir roster listed thirty-one, a comfortable number of singers. However, even though five new singers joined us this past spring, our current roster lists just twenty-five people! Owing to accidents, health challenges, and changing circumstances, we've lost eleven singers—one-third of the choir—an alarming decline indeed! Some Becketwood Members have assured me that they'd like to join choir...someday! I do understand that many of you are still getting settled here and figuring out the “many options of Becketwood.” However, I need to urge each one of you to take a serious look, right now, at the possibility of joining choir this fall.

Do you like to sing? Can you carry a tune? Please come and try us out! You'll find that we are a welcoming group where you can meet new people, give back to the Becketwood

community, and enjoy yourself in the process — a definite “win-win.” Thanks for considering this option (We need you!) and for letting me know what you decide. Questions? Comments? You may contact me at 455-9293 (Unit #227). Thanks so much!

Peace,  
Jean Geissler, Director

## Chapel Committee

*Meditation* – 1. a discourse intended to express its author's reflections or to guide others in contemplation. 2. the act or process of meditating. – Webster.



For the last four years, the August Vespers have been times for meditation aided by music of various types. Those who came were invited to meditate about certain topics, i.e. peace, hunger, homelessness, etc., or about issues they chose — with music to assist the process.

This year I'm not prepared to list — in advance — the ways you will be aided in your meditating. But each week there will be a session at 4:30 pm and announcement of the style will be posted. When the Thai youth were stuck in a cave and faced an uncertain future, the leader reported that they had been helped to survive by meditating each day. If you're faced with pain, grief, fear or despair, the Chapel Committee invites you to come on Wednesdays and spend a half hour in peace and *relative* quiet and meditate.

(Continued on page 14)

(Continued from page 13)

The August 1 session will feature Joseph Goldstein: "Mindfulness of the body." This draws on Buddhist practices of meditation and will be an introduction to this series. August 8 will be the music of Christopher Parkening — guitarist, and the meditation is your own choosing.

Regular Wednesday Vespers will resume on September 5 in the Chapel.

Wayne Tellekson, Chair

### *Question of the Month*

*Why do so many Members speed in the driveways, parking lots, and coming in and out of the garage?*



Everyone is in a hurry. Slow down and pay attention to your surroundings. There are many folks out and about for walks with canes, in wheelchairs, on bikes, etc. We would all feel terrible if someone was hit and injured or killed.



## Becketwood Art News



The August exhibitor is our own Mary L. Smith. Her art was featured several years ago, and we are pleased she is sharing her work with us again.

Mary is a native of Eau Claire, Wisconsin, and a winter resident of Green Valley, Arizona, where she is a member of the Santa Rita Art League. She graduated from St. Olaf College and attended the University of Oslo. Her professional life included high school and vocational school teaching, working for IBM, running a consulting business, and selling real estate.

She had always enjoyed viewing art in museums and wished she could paint. In the 1980s she took a class at the public library in Venice, Florida. Later she took more classes in Green Valley. Her medium is acrylic paints.

Mary has shown her work in St. Paul's Merriam Park Library, Prior Lake City Hall, Central Lutheran Church, Becketwood, and the Minneapolis Institute of Art, where her work was included in the *Foot in the Door* exhibit.

Bonnie Porte  
Art Committee Co-chair

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

Thanks!

## Landscape and Gardens Committee



### It's Summertime in the Gardens!

It is high season for our beautiful outdoors and the work to make it so goes on. Members continue to improve the Common Gardens, the Member Gardens look glorious, and the weather, although often beastly and wet, has helped to make the summer vegetation so lush. Most of the work mid-summer is maintenance; due to the heat, it is a poor time to plant, but plans are in place to add plants this fall for next year.

Have you noticed the path to Fernwood Glen has been renewed? Todd Gulliver, Naomi Jackson and Joel Mortenson are responsible, and it looks terrific! That takes more than weeding to clean up and what a difference it makes. Check it out — go for a stroll to our lovely and ever-evolving woodland. There are other bright spots on the grounds and some of them have been maintained by — well, we don't always know who. The work and the love that goes into maintaining our gardens are inspiring. Thanks to everyone who has wielded a shovel, a hoe, a lopper, a trowel, a wheelbarrow, a cultivator — whatever works — to get our amazing results. We don't have a "Gardeners Lifetime Spork" but we hope to get a new tool or two yet this season.

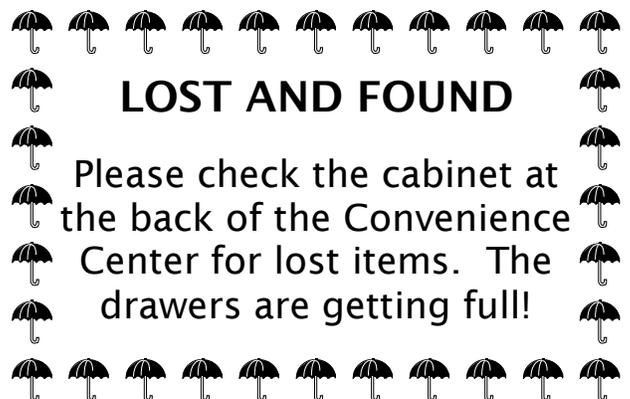
We have a plan for replacing the boxwood in the formal garden (next spring), the Kensington planters are looking lovely, the sightline has been improved to the right of the driveway, gardens that have needed attention have gotten good care and new and enthusiastic gardeners are on the scene.

A shout-out goes to the Member Gardeners who have shared, and will continue to share, their produce on the ledge. August is a bountiful month with tomatoes, beans, cucumbers and squash headlining the harvest. We are fortunate to have grown enough food for our own needs, with delicious vegetables left over to share with others.

Thanks also go to the Member Gardeners who have placed butterfly markers in their plots to alert the Flower Committee that their flowers can be taken and arranged for all to share in the Wellington Room.

One last item. A Member asked if one could cut some blossoms from one of the common gardens. No one had ever asked before, so the committee discussed it and thought of ways to provide limited approval. However, the concern was that even with limited approval, it would encourage more people to take cuttings for personal use, so the final consensus was to say **No**. *Please do not cut common garden blossoms for personal use.* The common gardens are for the joy and benefit of all our Members and visitors. We work hard to make Becketwood beautiful on the outside and want everyone to enjoy the results.

Bonnie Sample



**What! The Chinese no longer want our recyclables?**



Did you see in the Sunday, July 15 *Star Tribune* feature article that Minnesota recyclers are scrambling to process our recyclables?

Getting recycling right has become more important and more challenging. Since it is becoming harder for companies to sell some recycled items, it is important for us to properly recycle. The *Star Tribune* quotes industry leaders saying “residents can help by ensuring what they toss is actually recyclable, rather than ‘wish cycling’ something that is not, contaminating loads and costing recyclers money.” Our Members have been doing a good job recycling, but we can always do better. Becketwood pays far less for recycling than for trash pickup. Haulers are going to start levying fines for contaminated recycling. Of course, we want our items recycled and **not** disposed of as trash. So, let’s reread the guidelines and help the recycling effort. Signs with current information from Hennepin County are located in each floor’s recycle room.

Some Members have asked about cleaning containers before recycling. The processing companies appreciate a good faith effort to clean containers but they don’t have to be completely clean. We encourage rinsing containers to reduce odors in the rooms and the bins in the garage, which get picked up only once a week.

It is as important as ever for consumers to consider options when purchasing products in packaging that can be recycled. Paper and cardboard

are processed locally — on Cretin Avenue — so that is not a concern. Plastic is more problematic in the current environment. Please consider this when buying.

Finally, a reminder that plastic bags are no longer being collected in the recycle rooms. You are encouraged to return them to nearby stores where they are collected. A separate bin in the garage is available for plastic bags if you cannot get to a collection site. Thank you for contributing to our recycling efforts.

Rick Moore

Please!  
Do NOT throw plastic bags of any kind in with the recycling. Plastic bags clog the machinery at Eureka Recycling.



THANK YOU!

**COOKIE CART**  
And Conversations  
Every Friday  
2—3 p.m.  
Wellington Gallery

**Cookies 50¢**  
Come with your favorite coffee cup in hand.



First Friday of the month:  
Art Show Opening

## Interior Design

By now you have seen the changes that have taken place in the remodeled first floor east public bathrooms. We hope you are pleased with the changes that have occurred. The bathrooms will remain male/female, single use and will be ADA compliant. Work is currently being done on the first floor west bathrooms.

For those of you who are newer Members, the Interior Design Committee oversees all the common area furnishings and décor of Becketwood. These areas include the Solarium, Wellington Room, Windsor Room, Library, Game Room, Kensington Square and all of the elevator lobbies. The committee is responsible for decisions regarding purchasing new furnishings, re-upholstering existing furniture, disposing of, as well as general upkeep of furnishings. Please call to our attention any concerns you may have and we will try to address the situation.

At the present time the Interior Design Committee members are:  
Mary Theresa Downing  
Ken Johnson  
Gail Onan  
Bonnie Porte  
Marcie Wallace  
Terry Richardson, Chair of Buildings and Grounds  
(We are a sub-committee of Buildings and Grounds).

We thank you for your ongoing encouragement and support.

Barbara Johnson  
Interim Chair

## Notes from the Tech Hub



### Say the Secret Word

Saving passwords is very important. Some people write their passwords on scraps of paper — not a great idea. They are scraps of paper and you do what you do with scraps: toss them out. A better way to store passwords is on index cards, a rolodex, in an address book, or just in a plain notebook. These methods are more "official" than mere paper scraps so there is a better chance that not only will we save them, we will also be able to find them again.

Here is an *example* of the information you need to store:

Site: *Star Tribune*  
Login: *My user name*  
Password: *MyGoodPassword*  
Date password was set: 8/1/18

It is important to store the date the password was set. Why? Because you should be changing your passwords now and then, just to be on the safe side. If you change the password, you will need to update both the password and the new date. I write the password and date in pencil so it's easy to change. **Use your best writing skills** so there is no question what you wrote. For example, an "S" can look like a "5" if you are not careful.

Here are ways to write some other letters and numbers that can cause confusion or mistakes later:

**Zero:** Put a slash through it  $\emptyset$  so it isn't confused with the upper-case letter O.

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**Number one:** Write **1** (with the little slant and a foot) so it isn't confused with a lower-case L.

**Number 7:** Write **7** (with a slash through it).

**Lower case L:** Write the cursive form for the lower-case letter. **l**

**Lower case O:** Write much smaller than any upper-case letter.

**Upper case O:** Write much bigger than any lower-case letter.

Here's an example of a password that could be tricky to read in your saved version: *Molt1040*. Here is a very unclear way to write the password. How many mistakes can you make reading it?

*Molt1040*

This is much clearer (even with lousy computer writing skills!)

*Molt1040*

The point is to make it clear so that when you need to look up that password six months from now, there will be no doubt as to what that password is. Mistakes will kill you.

There are good passwords and bad ones. A good one has about twelve characters, including upper and lower-case letters, number and symbols such as \$ or &. Here are examples of bad passwords:

asdfjkl;  
12345678  
password  
your dog's or cat's name  
your birthdate

The point of a password is to make it difficult for bad people to guess them. So make it hard! And then write it down in a safe place, in a method that leaves no guesswork as to what the password is. And whatever you do, do not reuse passwords, or use the same password on several different sites. Also, use the same diligence recording your answers to security questions; some websites will not let you in if you forget a capital or use different punctuation.

So. Sounds like this is all you need to know to keep yourself secure online. Wrong. Many websites are going to two-factor or two-step authentication. This means you need more than a simple password to access your account online. You may need to enter a code that has been texted to your phone or given to you in a phone call. This is kind of scary the first time you encounter this. There are decisions to be made, instructions to follow. This is for your benefit, although it might seem like another level of confusion to you. If your bank, investment company or insurer informs you that it will be requiring this, remember that it is a good thing. We will be writing about this in a future column.

About that secret word — say it and a Groucho-faced duck will descend to give you \$100. Either that or you can get into the treehouse.

Carol Delak and Katherine Richardson  
Tech Hub Volunteers



## Library Committee News

Our Becketwood Library has good choices. But, if you want books we don't own and you don't get out to visit the nearby libraries, *Hennepin County at Home Services* can help. Books that you request, by phone, will be sent to you through the mail. After you read the book, just give it to Security here at Becketwood and they will give it to the postman for return. I am happy with this service.

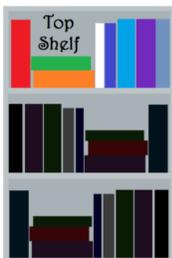
To sign up, call *Hennepin County At Home Services*; 612-543-8850, 10 am — 5:00 pm, Monday through Friday. Give them your library card number and reading preferences.

I like to read. Time goes fast that way. Getting lost in a story and using your imagination is fun, too. Enjoy our library and the services of Hennepin County.

Arlene Welbes

Look for Light Summer Reading on our Recommended book shelf during August.

Mary Heltsley



## NEW IN THE LIBRARY



### FICTION

**A COLUMN OF FIRE** by Ken Follett is the third in the series begun with *The Pillars of the Earth*. It is 1588 and the descendants of the people who built the cathedral in Kingsbridge find themselves drawn into the religious wars between Catholics and Protestants. The Willard and Fitzgerald families are divided by their loyalties to Queen Elizabeth and Mary, Queen of Scots, and by competing visions of how tolerant England should be.

**THE NINTH HOUR** by Alice McDermott. Annie, a young widow, works as a laundress for the Little Sisters of the Sick Poor, and the convent becomes a second home for her daughter Sally. They live in Brooklyn at the turn of the last century. Amid the hard realities of poverty and sickness, their lives are governed and sheltered by the Church until Annie, Sally, and a beloved nun are faced with grave moral choices that threaten their salvation.

**THE FORCE** by Don Winslow. The Force is an elite NYPD police unit. Denny Malone, a highly-decorated veteran detective sergeant, is "the King" of the Force. Early on, we learn that Malone also is a dirty cop. Everyone is out to get him as he tries to reconcile his view of himself as an idealistic hero with the reality of his personal corruption. An action-packed and gritty example of urban realism.

### MYSTERY

**THE MAN FROM BERLIN** by Luke McCallin. World War II provides the context in which Captain Gregor Reinhardt is tasked with investigating the double murders of a beautiful

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(Continued from page 19)

Yugoslavian journalist and a fellow German officer. In the process, Reinhardt comes face to face with those persons and forces impeding the investigation as well as his own personal demons. A daunting but thoroughly engaging story.

**THE BORROWED** by Chan Ho-kei. This is a novel about five decades of Hong Kong policing, as Detective Lok confounds murderers and deals with kidnappings and terrorist bombings. It covers 50 years, which include Tiananmen Square and the Handover to China in 1997. The reader absorbs history along with a superb detective story.

**THE DISAPPEARED (Large Print)** by C.J. Box. Joe Pickett, Wyoming game warden, is investigating two difficult and lethal cases. They seem unconnected, a missing person and an issue related to falconers. Yet someone is trying to stop both cases. Are the cases related after all? The answers could be devastating.

### NONFICTION

**NO GOOD MEN AMONG THE LIVING America, the Taliban and the War Through Afghan Eyes** by Anand Gopal. This is a different and authentic look at the war through the eyes and experiences of three Afghans, a Taliban commander, a U.S.-backed warlord and a village housewife. A compelling account that should be read by anyone trying to understand why we are still fighting after 17 years. Recommended by *Great Decisions* speaker Tom O'Toole.

**PRAIRIE FIRES** by Caroline Fraser. This wonderful book, subtitled *The American Dreams of Laura Ingalls*

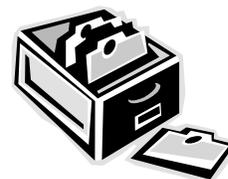
*Wilder*, is the real story of the harshness of Wilder's frontier early life in what was then "the West," on which she based her eight beloved "Little House" books. Because Laura's daughter Rose Wilder Lane was once accused of ghost-writing these books, Fraser describes in detail how mother and daughter worked together, Laura writing and Rose editing and shaping, to create this classic series.

**DEVOTIONS** by Mary Oliver. *Devotions* features work from Pulitzer Prize-winning Oliver's first book of poetry through her latest, published in 2015. Her brilliantly crafted verse expounds on her love for the physical world and the powerful bond among all living things.

**THE FILM CLUB** by David Gilmour. When Gilmour's fifteen-year-old son was failing in school, his father (a writer and film critic) offered him the option of dropping out on condition that he watch three films a week with his father. The book combines personal memoir with film history.

Reviewers: Pat Cummings, Gretchen Flynn, Linda Kusserow, Sylvia Moore, Nancy Morin, Randy Nelson, Cathie Nicholl, Ingrid Stocking, Sue Zuriff

Check out the **Resource Service File** in the library.



It has Member recommendations for doctors, decorators, tailors and more! You can find the file in the card catalog on the table in the library.

## B~WOOD DOIN'S

by John Fenn

### KUDOS

Every once in a while, our excursion leaders perform their duties way above and beyond what is expected of them. Such was the case on the Minnetonka cruise expedition so brilliantly coordinated by the indomitable **Iric Nathanson**. He even went so far as to, like Gunga Din, carry cokes and pop to Members where we were enjoying the box lunches he had arranged for. "... by the living God that made ya, you're a better man than [we were,] Gunga Din." Thanks so much, **Iric**, for your wonderful work.

Also, in the above and beyond the call department were the Herculean labors of **Joel Mortensen, Mark Young, Steve Schuller** and **Mark Wiberg**, who, in the 90° heat of Kensington Square, replaced seemingly innumerable plant boxes which had become rotted.



Leading the intrepid paint crew who stained this bevy of boxes were **Helen Grant, Bonnie Sample** and **Nancy Christen**. Many thanks and kudos to you all, stalwarts and true.

### ENTERTAINMENT

So sorry about the mega-downer showing of *I, Tonya* on July 27. A



particularly dark DVD added to the problem.

Becketwood Penumbrians (a group of us who have season subscriptions and go opening nights to Penumbra Theatre), it's time to renew your subscriptions. Also, anyone who wants to join the group should call 651-224-3180 and ask for Anita. Say that you want to buy a subscription with John Fenn's Becketwood group. The opening show is Ntozake Shange's *For Colored Girls Who Have Considered Suicide/When the Rainbow is Enuf*. The Tony Award nominee for Best Play is an absolute classic.

There is still time to see the Guthrie's superb *West Side Story*. It's the best production of this classic that I have ever seen, better than the movie.

However, the biggest must-see of the season is the Jungle Theater's production of *Hand to God*. This is one of the most brilliant, hysterically funny plays of the last 50 years. The characters, saturated in evangelical madcap metaphysics, manipulate (or are manipulated by) puppets which are personifications of their ids.

However, beware, for the language and sexuality is extreme.

### MASTERPIECE THEATRE

A Member who was nostalgically bemoaning the fact that we don't see those great old-time musicals very often, encouraged me to show *Kiss Me, Kate* on August 31 at 7:30 pm in the Wellington Room. The musical is an adaptation of Shakespeare's *Taming of the Shrew*, with music and lyrics by Cole Porter.

*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](mailto:john@johnfenn.net) with any ideas or corrections.*

## POETRY PARTY!

by Linda Back McKay

*"Time is what keeps everything from happening all at once...until you get old. Then everything happens all at once."* -David H. McKay

Welcome to the creative zone of Becketwood poetry. The air is fragrant, the gardens are glorious. We are lucky to be surrounded by such a creative community.

***Here are two poems submitted by Becketwood members.***

### A RELAXING DRIVE SOUTH ON WISCONSIN #35

By Marlene Nathanson

The snow white shining birches are hidden  
in verdant billows — green pillows.  
Green cumulus clouds cover the hills.  
Stupendous rain and shimmering sunshine  
bring glory home and new-winged  
butterflies dance to the warm breath of summer.  
The sky is moving like the sea behind our hills, a sea of blue.  
Frost edged leaves stroke the breeze like gentle fingers.  
A heartbeat is heard.  
My heart is moved and growing as the trees.  
It's full of butterflies, dance  
and like the vines, intertwined along the journey  
holding the earth still.  
I hear a quiet snore.



### A SOUVENIR OF NASHVILLE

By Arnie Johanson

She saw him on an airport boutique shelf,  
a bear with curly almond hair, dressed up  
in white collar with wide paisley tie,  
his big brown eyes begging to go home.

Bundled in an army surplus parka  
I drove our rusted purple Accord  
to the airport. At the gate, after a prolonged  
hug and lingering kiss that drew applause  
from the crowd, she handed me the bear.



"A lot like you," she said as she seated him  
at the dining room table, where we shared  
the tater-tot hot dish I'd concocted  
for our welcome home meal.  
I poured us each a glass of zinfandel.  
The bear declined.

A lot like me? I'm not that hairy,  
and I never wear a tie unless I have to.  
But now our separation is forever,  
and when I see the bear perched  
on his antique chair, I swear  
he looks a lot like her.

Send me your poems of joy and grief. [lbmckay@yahoo.com](mailto:lbmckay@yahoo.com) or drop them in #501 mailbox. Until next time, be aware, be gentle, be yourself and don't forget to write.

## Movie Schedule

Foreign Film

**Saturday, August 11**

7 pm, Wellington Room

**A Simple Life** (Hong Kong, Cantonese Chinese with English subtitles, 2012)

Roger is a successful movie producer.

Ah Tao has worked for four generations of Roger's family as a nanny and maid. When Roger comes home and finds that Ah Tao has suffered a stroke, he helps her relocate to a nursing home and comes to realize how much she means to him. (Best Film, Best Director, Best Actress, Best Actor, Best Screenplay Awards from Venice International Film Festival, Taiwan Film Festival, Hong Kong Film Festival)

*Presented by Lily Ng*

Movie Night

**Saturday, August 25**

7 pm, Wellington Room

**Elling**

Based on the best-selling Norwegian novel by Ingvar Ambjornsen, *Elling* is a slyly funny odd couple comedy about two misfits trying to find their place in the world. After a two-year stint in a state home in which the shy, neurotic Elling and the loud, sex-obsessed Kjell Bjarne became close friends, the pair are released and forced to enter the real world. They find themselves placed in a state-funded apartment where a social worker tells them to behave responsibly and act like normal members of society. Initially, the simple act of going around the corner for groceries is a challenge. In time, as they learn to adjust, the two find oddball ways to cope with society, striking up unlikely friendships in the strangest places. Now they're packed

and ready for the greatest adventure of their lives. All they have to do is get out of the house!

This is a crazy fun movie, brilliantly acted with subtitles.

*Presented by Jacqueline Teisberg*

Masterpiece Theater

**Friday, August 31**

7:30 pm, Wellington Room

**Kiss Me, Kate**

See details on page 22.

*Presented by John Fenn*

*Sponsored by the Program Committee*

|| = = = = = = = = = = = = = = = ||

" **Socrates Café** "

|| 3:30—4:45 pm ~ West Dining Room "

" **Tuesday, August 14** "

|| *What is the core dilemma of religion?* "

" **Tuesday, August 28** "

|| *Are beliefs more important than facts?* "

|| Everyone welcome! "

" Contact Randy Nelson with questions. "

||  "

" = = = = = = = = = = = = = = = "

## BLOOD PRESSURE

With a Nurse

**Tuesday, August 7**

**1:30 pm**

**SOLARIUM**

Sponsored by

Longfellow/Seward Healthy Seniors



## 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.

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.



**NATIONAL  
NIGHT  
OUT**

*America's Night Out Against Crime*

Tuesday, August 7

Meet your neighbors at  
block parties.  
Sign up on the ledge.



## New Member Reception

**Friday, September 14<sup>th</sup>**

**We'll begin to gather at 2:00 pm for treats and the introductions will start at 2:30.**

Cookies will be available for purchase once the official proceedings are over.

## 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.

**Episcopal Homes Therapy Pool and Fitness Center:** Wed. Bus leaves at 10 am. Sign up on the ledge.

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

### T'ai Chi Chih with Carol, Vanjie and Terry:

T, 9 am, Hidden Falls Park.

### 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.*

## August Member Birthdays

- 1 Carol Masters
- 1 Bob Sonier
- 6 Rosemary Rawson
- 6 Alan Graebner
- 8 David Cummings
- 8 Marcie Wallace
- 10 Nancy Schultz
- 14 Jacqueline Teisberg
- 15 Gloria Delano
- 15 Sylvia Johanneson
- 16 Wayne Westwood
- 17 Rick Moore
- 18 Carol Spearman
- 21 Herb Doty
- 21 Donna Opp
- 22 Ruth Campbell
- 22 Karen Fitzpatrick
- 22 Tracy Gulliver
- 26 Dot Palmquist
- 26 Maxine Richmond
- 26 Jane Bergstrom
- 29 Olive Jean Bailey
- 29 Bonnie Sample
- 30 Meg Sorensen
- 31 Chris Curtiss
- 31 Linda Hunt



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

August Birthday Dinner:  
**Friday, August 17**

5:30 pm ~ Wellington Room  
Redeem your birthday coupon!

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

**Newsletter Coordinator:** Deb Rodmyre

**Editors:** Tracy Gulliver, Phyllis Kromer, Carol Masters

**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.*



### 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, August 9**  
**10 am — 12 noon**  
 Solarium

### Schwan's Delivery

Schwan's will be here every other Monday.

**August 13, 27**

at 3 pm in the Coffee Shop.

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

### UPCOMING COMMITTEE MEETINGS

Reserve Long Range Planning	Wednesdays, August 1, 8, 15, 22, 29	2:30 pm	WDR
Environment	Thursday, August 2	2 pm	WDR
Program	Friday, August 3	9 am	EDR
Excursion	Tuesday, August 7	10 am	CC
Art	Wednesday, August 8	9 am	CR
Website	Thursday, Aug. 9	2:30 pm	CR
Interior Design	Monday, August 13	9:30 am	CR
Marketing	Tuesday, August 14	12:30 pm	WDR
Landscape & Gardens	Tuesday, August 14	1 pm	WR
Buildings & Grounds	Thursday, August 16	2 pm	WDR
Food Service	Tuesday, August 21	10:30 am	WDR
Finance	Thursday, August 23	2:30 pm	WDR
Library	Monday, August 27	9 am	EDR
Board of Directors	Tuesday, August 28	1:30 pm	WR
Investment	No meeting	2:30 pm	WDR
<b>Off for the Summer:</b>			
Chapel			
Communications			
MAC			
Wellness			

**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 August

Sponsored by Excursion Committee unless otherwise noted.

EXCURSION	DATE and TIME	DESCRIPTION
Tour of TPT	Friday, August 3 Depart at 10 am Return at 2 pm	Lunch at Holman's Table. Led by Iric Nathanson.
Padelford Riverboat	Monday, August 6 Depart at 11:15 am Return at 2 pm	Set sail on the Mississippi
St. Peder's	Monday, August 6 Depart at 12 noon	State Partisan Primary Election Free bus. Vote!
Danish Center	Monday, August 6 Depart at 6:30 pm Return at 9 pm	Sing Along with Dan Chouinard
Target Center	Tuesday, August 14 Depart at 6 pm Return at 9:30 pm	Lynx vs. Chicago Game
Como Park	Sunday, August 19 Depart at 5:30 pm Return at 9 pm	Obon Japanese <i>Festival of Lights</i>
Minnesota State Fair	Monday, August 27 Depart at 10 am Return at 1:30 pm	Senior Day. Pay \$9 at the gate.



### August Shopping Trips

**Monday, August 13:** Southdale/Southtown

**Thursday, August 16:** Friendship Co-op

**Monday, August 20:** Rosedale/Har Mar

**Tuesday, August 21:** Trader Joe's

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

## August Programs at Becketwood

Sponsored by Program Committee unless otherwise noted.

Interim Homecare	Mon., Aug. 6 7 pm	Wellington Room	Invite your family to learn about services available to you.
National Night Out	Tues., August 7 6:45 pm	Solarium	Visit neighboring block parties. Sign up on the ledge. Sponsor: Marketing.
Town Hall Meeting	Wed., Aug. 8 7 pm	Wellington Room	Learn about the state of Becketwood's grounds.
Evangeline Werger	Thurs., Aug. 9 7:30 pm	Wellington Room	Pianist; Classical variety
Foreign Film	Sat., Aug. 11 7 pm	Wellington Room	<i>A Simple Life</i> Hong Kong, Cantonese; 2012
Shred-It Truck	Tues., Aug. 14 9-11 am	North Parking Lot	Bring items in paper bags or boxes to north parking lot. Sign up on the ledge.
Georgia Windhorst	Wed., Aug. 15 7:30 pm	Wellington Room	<i>Protect Minnesota: Gun Safety</i>
Food Fair Movie	Fri., Aug. 17, 7 pm Sat., Aug. 18, 2 pm	Windsor Room	Sponsor: Food Service and Wellness Committees.
Food Fair	Sat., Aug. 18 1:30—5 pm	Wellington Room Kensington Square	4 pm Food Demo and Tasting 5-9 pm Potluck
Ben Shaw	Wed., Aug 22 7:30 pm	Wellington Room	Singer and songwriter, Folk Music
Movie Night	Sat., Aug. 25 7 pm	Wellington Room	<i>Elling</i> . Based on Norwegian novel. Subtitles.
<i>Tappy Hour</i>	Wed., Aug. 29 7:30 pm	East Dining Room	Keene Dance Company brings the shoes; we provide the dance floor; you learn how to dance!
Masterpiece Theater	Friday, Aug. 31 7:30 pm	Wellington Room	<i>Kiss Me, Kate</i>