



JULY 2019

Becketwood Times

Becketwood Cooperative • 4300 West River Parkway South • Minneapolis, MN 55406
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Inside:

- 3 Patience is Power
- 5 July Specials
- 6 Outdoor Updates
- 8 Summer Gardens
- 9 Drain Adoption
- 10 Summer Reads
- 12 Kudos
- 16 Trips and Treats

Board Column

By David Liddle, Vice-President

During the last week in May Judith Maddux and I, along with staff, represented Becketwood at the Senior Housing Cooperative Conference in Bloomington. The second morning I sat with ten others at a table set aside for board vice-presidents in a session designed to give cooperative housing leaders a chance to share information and best practices. I attended this optional session because I was curious about what board vice-presidents at other cooperatives do. In the 90 minutes we were together, I heard a variety of responses.

Other than the traditional role of a board vice-president—to perform the duties of the president whenever he or she is absent or incapacitated—it was clear that the office can be whatever a board wants it to be. Here at Becketwood, the primary role of the Board Vice-President for the last few years has been that of Ombudsman—someone who serves as a conduit for Member concerns, questions or suggestions. I'm now in my second year on the Board and my second as Vice-President/Ombudsman.

In a column last August, I explained what an ombudsman does, but in case you've forgotten—and for the benefit of our newer Members—I thought it might bear repeating. Basically, it's another way to keep the lines of communication open in this community of people with varied backgrounds and perspectives who also value the ethos of cooperative living. At Becketwood, with its large staff and complex organizational structure, it can be hard to know with whom you can share your questions or concerns.

That's why the Becketwood Board assigned the role of Ombudsman to the Vice-President, and why I'm enthusiastic about serving in this position for another year. I'm all about open communication, and one of the most important aspects of communication is listening. So, I'm here to listen to the things that puzzle you, the questions to which you'd like answers, and the practices you think could be improved or revised and to help resolve your concern. Accordingly, there are several ways you can get my attention:

(Continued on page 2)

(Continued from page 1)

- place a note (signed and dated) in the suggestion box in the convenience center
- call me on my cell phone (612-298-9059) or on my landline (612-455-9219)
- send me an email at maishjr97@gmail.com
- put a note in the mailbox outside my door, #363
- speak to me in person—stop me in the hall or invite me for conversation over coffee or a cup of tea or a meal in the dining room (I'll pay for mine) or any setting that's comfortable for you.

Whatever your issue and however you choose to share it with me, I can't guarantee it will be resolved to your satisfaction. But I can guarantee that I'll do my best to listen and to respond in a timely and helpful way.



Come to the
Ice Cream Social
 On July 30
 2:30 pm
 On the North Patio
 (In case of bad weather,
 Wellington Room)

Build Your Own Ice Cream Sundae
Get your \$3 ticket at the door
 Door Prize!

Sponsored by the
 Communications Committee

Board Actions in June

M/S/C to approve Bev Jensen for Membership in Unit #111.

M/C to approve the Interior Design proposal in theory so that Buildings and Grounds can move forward with more specific plans.

M/C to approve the purchase of a new lawn mower for an amount not to exceed \$3,000 using reserve funding.

M/C to approve a change to the Waiting List Policy such that no interest will be paid to Waiting List members on the \$3,000 escrowed Waiting List fee, beginning in 2020.

**The next Board meeting will be on
 Tuesday, July 23 ~ 1:30 p.m.
 Windsor Room**



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

Newsletter Coordinator: Deb Rodmyre

Editors: Phyllis Kromer, Faith Lindell
 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.

Notes from Debbie

By Debbie Richman,
Executive Manager



Thoughts on patience
taken from Psychology
Today, Judith Orloff, M.D.

We need a new bumper sticker: FRUSTRATION HAPPENS. Every morning, noon, and night there are plenty of good reasons to be impatient. Another long line. Telemarketers. A goal isn't materializing "fast enough." People don't do what they're supposed to do. Rejection. Disappointment. How to deal with it all? You can drive yourself crazy, behave irritably, feel victimized, or try to force an outcome — all self-defeating reactions that alienate others and bring out the worst in them. Or, you can learn to transform frustration with patience.

Patience doesn't mean passivity or resignation, but power. It's an emotionally freeing practice of waiting, watching, and knowing when to act.

Frustration is a feeling of agitation and intolerance triggered when your needs aren't met; it's tied to an inability to delay gratification. At our own risk, we've become too used to immediate results. With patience, you're able to step back and regroup instead of aggressively reacting or hastily giving up on someone who's frustrating you. You're able to invest meaningful time in a relationship without giving up or giving in. In fact, patience gives you the liberating breath you've always longed to take. Conquering frustration will revive your emotional life by making it your choice how you handle daily hassles and stresses.

Patience is an active state, a choice to hold tight until intuition says, "make your move." It means waiting your

turn, knowing your turn will come. Once you've gone all out toward a goal, it entails trusting the flow, knowing when to let the soup boil. With patience, you're able to delay gratification, but doing so will make sense and feel right. Why? Intuition intelligently informs patience. It'll convey when to have it and if something is worth working on or waiting for.

In the current space and in the coming months, Becketwood Members and Staff will experience situations that challenge our ability to be patient. Try to remember to be kind, listen, ask questions if you need more information and be open to new ideas.

In closing, a thought from Johnny Mathis:

People are stubborn about what they perceive to be the right thing or the wrong thing, and it takes a long time to filter this human condition. There's a waiting period until people catch up. But if you have patience — which it takes when someone thinks differently from you — everybody always catches up. That patience is a wonderful virtue.

Marketing News

Maura, Kari, and Lynette



Sales

We had two sales in June; Alison Goss purchased Windsor Unit #249 and will be moving in after a few updates. Current Member Bev Jensen purchased Windsor Unit #111 and will also be doing some renovations prior to moving in.

Storage Spaces

As you all know, space for storage

(Continued on page 4)

(Continued from page 3)

outside your unit is rather limited at Becketwood. It has also been a bit disorganized. We are trying to remedy that as much as possible. In the near future, we will be putting signs on each storage space to help us track whose space is whose. Once that is done, if the sign on your space isn't correct, please let us know and we will update our information and change the sign. Also, if you see what appears to be an empty storage space, please do not use the space or put items in it without checking with us first to see if it is available. Often an empty space has already been assigned to an incoming Member and will soon need to be used. Thanks for your help!

National Night Out

National Night Out is coming up on **Tuesday, August 6th**. As is our tradition, there will be a contingent of Becketwood Members walking the neighborhood together and visiting the surrounding block parties. Come join us, greet your neighbors and be an ambassador for Becketwood. The kids and adults alike greet us enthusiastically! 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 signup will be on the ledge.

The "R" Factor:

Remodel, Rejoice, Resell

What's In, What's Out

Are you trendy? I like the classics and new versions of timeless classics that have updated twists, but are not too outside the original thought. Every year you see articles on what's in and what's out for the coming year. I don't always find them that helpful, because

the examples of what's out is so farrrrout I don't believe any of us recognize it was once a trend. Or, the ideas are so abstract and bizarre they don't fit in with the average décor; not to mention an outrageous price tag! Here are five ways to morph the old with the new:

- Reupholster old furniture with a modern print
- Display old and new art pieces together
- Use modern light fixtures and lamps in room full of antiques
- Have a trendy or classic paint color against its opposite décor
- Be daring and be patient with trying ideas

Member Services

By Deb Rodmyre, LSW
Member Services
Coordinator



TECHNOLOGY VOLUNTEERS ROCK!

A BIG thank you to the following people who have been trained in using audio, video or projector technology.

Randy Nelson — Program Committee
David McKay — Program Committee
Lily Ng — Library until Mary Heltsley gets trained
Joy Nelson — Wellness
Todd Gulliver
Jacqueline Teisberg
Bob Flink — MAC
Bob Kirk
Mickey Monsen
Judy Solmonson
Steve Schuller
Don Besser
Katherine Richardson
Pat Mingo

Carol Delak can assist you with technology issues in your unit.

Thank you also to staff member Rick, who trains everyone. He will have another class when we get more interested Members.

SHRED RIGHT

Only 30-some people participated in the shredding event. Those people shredded 1,500 pounds of paper! They saved 12.75 trees, 5,250 gallons of water, 2.25 cubic yards of landfill and .38 years of energy for the average home. **WELL DONE!**

WORDS TO LIVE (AND DIE) BY

An advance directive outlines your wishes for future medical care if you can't participate in medical decisions owing to serious illness or incapacity. Each state has its own regulations for advance directives. The person you name may be called your proxy, agent or attorney-in-fact depending on state terminology.

Everyone is encouraged to have a medical advance directive even if your condition is serious enough to warrant a POLST (provider orders for life-sustaining treatment). Advance directives are often very helpful in determining end-of-life wishes, and a health care proxy who understands your values can make choices that may not be covered in the POLST.

POLST is a form to set forth doctor's orders when health is failing and the time has come to implement decisions in your advance directive. It is signed by both a doctor and patient. I attended a seminar given by Dr. Victor Sandler, President of Hospice and Palliative Care Physicians of Minnesota. The group is working on a video about POLST to help with decision-making. I will keep you posted.

What's Cookin'

By Chef Brandon Lenzmeier



Hope everyone is enjoying their summer so far!

In an effort to maximize the efficiency and success of Friday evening dinner services we ask that you please sit with the party at the table you signed up with. We also are going to try out using a color-coded poker chip system to help you and the server make sure you get exactly what you signed up for. For example; if you signed up for the fish entrée we will hand you a white poker chip when you arrive for dinner and then the server will get the poker chip from you when the food is delivered. We will see how this works!

A couple exciting dates to mark on your calendar for July 2019:

Fourth of July Buffet — July 4th

Hot Dog Picnic — July 10th

Birthday Dinner — July 19th

Ice Cream Social — July 30th

July Shopping Trips

Monday, July 8
Southdale and Galleria

Tuesday, July 16
Trader Joe's

Monday, July 22
Costco

Monday, July 29
Rosedale and Har Mar

Don't forget, we also go to Aldi, Coastal Seafood and the post office on Tuesdays.

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

Maintenance Corner



Kensington Square patio concrete has been replaced along with some sidewalk panels and a new drain across the entrance to the North entry. In early July two “Member” garden beds will be rebuilt to prevent the veggies from escaping onto the lawn area.

Remember to turn in your requests for screen cleaning and interior window washing if you would like the services performed. Forms are in the Convenience Center. **Exact dates for the window washing should be out by the 15th of July.** Weather is a real problem for window washers.

Members who have ironwork on their balconies will be getting the ironwork painted. This work will begin early July. This does not include the units with decks.

The new garage door controllers continue to operate smoothly. Members are not always driving in far enough to let the garage door know to close. Try to get the rear of your car past the concrete column before you pause to observe the doors closing. Some timing changes will continue to be made to shorten the wait. A sensor is being installed that will tell the gate arm to close as the rear of the cars leaving pass the garage doors and the garage doors will then close a couple of seconds later as the car passes through the loop sensor outside of the doors.

Enjoy the summer!
Maintenance

Becketwood Committee News

Program Committee



After many years of dedicated service on the Program Committee, Patsy Okaya has decided to step down from an active role on the Committee. She does so with the immense gratitude of her colleagues for her service. Thanks, Patsy. At the same time, Priscilla Young will be taking an open-ended Leave of Absence from her Committee involvement. Meanwhile, we are pleased to welcome two new Members to the Committee — Arnie Johanson and Pat Mingo — and look forward to the contributions that they will make.

After a busy month of programs sponsored by the Program Committee in June, July will be less busy but quite varied in content. Jay Peterson, a folk singer, will begin the month on **Wednesday, July 10**. The following week, author and photographer Wing Young Huie will present a program that is jointly sponsored with the Library Committee. He will be here on **Thursday, July 18**. Then on **Thursday, July 25**, computer expert Joe Jarrard will provide information on how to avoid computer scams. All three programs will take place in the Wellington Room at 7:30 p.m.

We continue to be grateful to the Becketwood community both for its support of the scheduled programs and for suggesting new program ideas.

Randy Nelson, Co-chair

A Note From the Excursion Committee



Perhaps it is time to review the process for going on a Becketwood excursion. These events are chosen by Members of the Committee to include theater, orchestra, dining, museums, gardens, tours and more.

Here are the basics if you would like to participate:

- Sign up for the excursion on the ledge outside of the office. When you sign up, you are signing up for the ticket and bus ride unless otherwise indicated.
- You will be billed for the event on your monthly statement.
- **When the excursion sign-up sheet is typed in yellow, that means the tickets have been purchased so you will be billed whether you go or not.** Every sign-up sheet has a cut-off date, at which time tickets will be ordered.
- The day before the excursion you will be called and reminded of the event.
- Please be at the security desk 10 minutes before the scheduled event so you can check in with the coordinator.
- The coordinator will hand out tickets or give final instructions before loading the bus.

How convenient! No driving! No parking! No hassles! Please join us!

Mickey Monsen, Chair

RECYCLING

NO PLASTIC BAGS



Becketwood will no longer collect plastic bags for recycling.

Our independent source will no longer accept these bags which have been collected separately from regular recycling. Aspen, our regular recycling company, has never accepted plastic bags, but is plagued by those bags and other non-recyclables contaminating good loads of recyclables.

We received a notice from Aspen and from Eureka Recycling, operator of the processing facility, that *significant fines* will begin to be levied for noncompliance. Part of their notice is quoted below:

Non-recyclables in recycling, also called 'contamination,' are a serious issue in our facility. They reduce the quality of the recycling, damage our processing equipment, and cause significant safety risks for our employees. Effective July 1, contaminated loads will be subject to *significant contamination fees*.

PLEASE do not put plastic bags in the recycle bins. All grocery stores now recycle these bags.

Becketwood has paper bags for your use if needed. Take a bag, share a bag containers are by the elevators at the garage level.

Thank you for your help in avoiding fines for our recycling.

Rick Moore

Chapel Committee

Vespers speakers in July:

July 3 — Rita Juhl

10 — Wayne Tellekson

17 — David Liddle

24 — Quaker Meditation — Susan DeVries

31— Don & Joyce Besser



For the month of August, there are no vespers speakers, but each Wednesday there will be music or directions for meditation at the regular time.

Wayne Tellekson, Chair



Choir News

July" Open
Sings" (see June
Times) are cancelled.



"A four-year-old boy with autism, Daniel Brundidge's vocabulary consisted of a few short phrases. But Monday he suddenly started humming "Old Town Road," then singing the words, shocking his mom and charming the Internet. Ellie Wilson (MN. Autism Society) said 'It's not unheard of with kids showing delayed development of speech, that the thing that really flips the switch can be music. Combining words with music can be helpful to some with autism

because it provides a different way for the brain to process language. Music can be an incredible tool.'" (6/10/19 *StarTribune*)

Ron Howard's documentary, *Pavarotti: Genius is Forever* began June 14 at Icon Theater, St. Louis Park.

Peace,
Jean Geissler, Director

Title: Computer Scams,
followed by Q & A

Time: Thursday, July 25 at 7:30 pm
in the Wellington Room

Speaker: Joe Jarrard — Consultant for
Computer and Internet Services

Door Prize: 30 minutes of free help
by
Joe for your computing and/or
mobile device needs—a \$60
value!

Sponsor: Tech Hub

Summertime at Becketwood

It's been a busy month for Landscape and Gardens. There have been plenty of changes this month and here are the highlights.



In Common Gardens, the committee decided not to accept any new non-vegetation items in common gardens. This issue has been discussed many times over the years and it was time to put the issue to rest. One very important outcome was that it was clear we need to be certain that before new Members move in they are aware of the policies and guidelines.

Also, one of our very new Members offered Becketwood the opportunity to

transplant perennials from the home garden she will be leaving. An announcement was made to all Committee members and Garden Stewards and a plan is in place to add some new plants.

You may notice that the diseased boxwoods in the formal garden hedge have been removed. The Committee unanimously decided to replace them with, Little Princess Spirea, a less expensive option than an uncertain and more expensive treatment. Spirea are hardier, take no more effort than boxwood, and we can maintain the more formal look of our traditional garden.

The design for a safer wheelbarrow path to the yard waste bin has been endorsed by both L&G and Buildings and Grounds. Specifications are in development and a request for bids will be distributed. We may need to make adjustments to the design, if the cost exceeds the L&G budget.

The broken irrigation system requires special attention from all gardeners these days. A temporary, and improvised, redesign of hoses that bypass the irrigation system has been created with new, flexible hoses. Instructions were posted to help protect our newest equipment. If you are still puzzled, check with another gardener. Each set-up can be a little different.

The Tree Committee brought in our tree consultant in June to plant three trees and trim some of our shrubs. Check out the new look. On the east side of the building a Blue Beech and an Ironwood tree were planted to replace two ash trees. A Swamp Oak tree was planted on the driveway "knoll" replacing an oak that was cut down two years ago.

Bonnie Sample for Landscape and Gardens

BEYOND BECKETWOOD

What a Difference a Drain Makes

As a young girl camper at a camp in Northern Minnesota, I had the chance to walk across the Headwaters of the Mississippi River. Later, as a counselor at that same camp, I was leading a four day canoe trip. As we approached our pick-up place, I was shouting instructions to "stay right" as I had been warned about the transition from the Crow Wing River to the Mississippi River because the strength of the current changes. It was a memorable moment when I really felt that power of the MIGHTY Mississippi — mighty indeed! Fast forward several decades and we find ourselves living next to that river — lucky us! Having loved the wild places and experienced so many memorable moments in them, I jumped at the chance to join Friends of the Mississippi and become a "River Guardian." As a result, David and I are signed up to "adopt-a-drain" and now monitor and keep clean eight storm drains along 44th Street. We regularly check them on our daily walks and when needed, grab our rakes, brooms and occasionally a shovel to clear debris. It is a wonderful opportunity to actually do something with our eyes and hands to keep the river free of anything that is not rainwater or snow melt. When we see the sparkling river or draw a drink of water we know we made a small, direct contribution.

Lorene Liddle

What special experience with a community activity beyond Becketwood are you having? You are invited to share your human interest story in about 250 words by sending a copy to Susan Greene or Deb Rodmyre by the 20th of the month. You may also recommend the names of other Becketwood Members whose stories would be of interest.

Library Committee

The Library Committee is cosponsoring, with the Program Committee, **Wing Young Huie's talk on Thursday July 18th.** Huie is primarily a photographer. In his book, *Chinese-ness* he tells about his life in Minnesota and the experiences of other Chinese-Americans, with photos and text. The book is available for check-out in our library. Huie has a small gallery on Chicago Avenue near 38th Street. He speaks to many groups in the Twin Cities area. We look forward to having him at Becketwood.



Dee Schaefer has published a booklet of her Haiku poems, *Moments of Silence*. Dee says: "Haiku are seventeen-syllable Japanese poems, composed of just three lines. The poems capture my perceptions of the seasons and experiences, most centering around life in Becketwood." Look for Dee's book on the Becketwood Authors shelf in our library.

If you want a book that we do not have in our library, we encourage you to look for it at one of our nearby public libraries. A stop at a library can be requested on the shopping bus. Or, you can call Hennepin County Library for Books by Mail service. Your Hennepin County Library card can be used in Ramsey County and St. Paul Public Libraries.

Mary Heltsley



The Becketwood office will be closed on Thursday, July 4.

NEW IN THE LIBRARY



FICTION

VIRGIL WANDER by Leif Enger. The sleepy town of Greenstone, Minnesota, on the shores of Lake Superior may appear to be in decline but a quirky cast of characters brings life and hope in unexpected ways. This is a journey into the heart and heartaches of an often-overlooked Upper Midwest.

THE ONLY WOMAN IN THE ROOM by Marie Benedict. This fictional account of Hedy Lamarr's life tells a more interesting story than any movie she starred in during the 40s and 50s. Her stunning beauty opened doors for her all her life, but her invention of a frequency hopping communication system to prevent German submarines from hitting Allied ships (patented in 1941) was never publicly recognized until late in her life and after her death.

EVERY BREATH by Nicholas Sparks. Like most of Sparks's novels this one takes place near the outer banks of North Carolina. It is a heart-wrenching tale of fate and circumstance. Hope, an American trauma nurse and Tru, a safari guide from Zimbabwe, meet on a beach where both are vacationing. It is a love at first sight romance but the great distance between their homelands plus family issues are insurmountable hurdles.

THE COLORS OF ALL THE CATTLE by Alexander McCall Smith. It's election time again — here pitting the indomitable Lady Detective Mma Ramotswe against her old foe Mma Sephotho. McCall Smith adds this, the nineteenth, to his popular No.1 Ladies Detective Agency series; it shows how politics can be done with honesty,

compassion and good humor. It's fiction.

MYSTERIES

FIRST, KILL THE LAWYERS by David Housewright. Twin Cities private investigators Taylor and Fredericks are hired by five local law firms to identify the hacker who has stolen confidential computer files. They start by looking for the links between the stolen files, which leads them to one of Minneapolis's most powerful families. As they investigate, a series of unethical and illegal activities are uncovered and several murders are committed as a result. A page-turner.

LARGE PRINT

FLYGIRLS by Keith O'Brien. At the dawn of aviation, when every flight was a test of courage, five remarkable female pilots proved that a woman's place is in the sky or anywhere else she wants to be. This book is a soaring tribute to forgotten American heroes, filled with white-knuckle thrills.

NONFICTION

FREDERICK DOUGLASS: PROPHET OF FREEDOM by David W. Blight. Frederick Douglass was born Frederick Augustus Washington Bailey, a slave in Maryland sometime in 1818. Fortunate to learn to read before his escape north at the age of 20, his anger at slavery and his innate brilliance led him to his new life as a writer, orator and leader in the abolition movement. This comprehensive biography tells the whole story.

THE SECOND MOUNTAIN by David Brooks is a book that is ultimately "about renewal," as individuals and as a society that suffer from a crisis of a lack of connection and solidarity because of a culture of

hyper-individualism. Brooks mines his own experience, especially the last five years, to identify the four primary commitments: to a spouse and family, a vocation, a philosophy or faith, and a community. A rich and personally revealing book.

CAESAR'S LAST BREATH by Sam Kean. An epic, scientific story from Earth's first days to your most recent inhalation... the story of the air we breathe. A lively and informal look at the earth and our existence on it, "This is how it really works!"

EVERYTHING IN ITS PLACE by Oliver Sacks. The revered neurologist includes observations made over his lifetime as a practicing physician. Topics range from Hiccups, Neurological Dreams, Libraries and Swimming. Sacks is a scientific poet who writes on neurology with authority, sympathy and tenderness.

Reviewers: Pat Cummings, Gretchen Flynn, Nancy Morin, Randy Nelson, Rosemary Rawson, Meg Sorensen, Marcie Wallace, Sue Zuriff

Nicolas Carter, who plays the Paraguayan harp and has performed at Becketwood several times, will be in St. Paul in September. There are no plans for him to return to Becketwood during his time here.

On **Thursday, September 12** at 7 p.m., he will perform at Dreamland Arts, 677 Hamline Avenue N. **September 6, 8, and 13**, he will be at Boca Chica Restaurant in St. Paul from 6 pm to 9 pm and also **September 15** from 11 am to 2 pm.

B~WOOD DOIN'S

by John Fenn

MEMBER/STAFF KUDOS



("I haven't been the same since that house fell on my sister!")

Particular kudos to **Dale and Kris Gjerde** for displaying the funniest doorway posting ever. There are so many magnificent doorway displays that I am considering, if my editors like the idea, a rotogravure insert for some of the best examples.

We enjoyed a magnificent excursion to the Arboretum led by **Roger and Peggy Ryden**. **Peggy**, our incredibly well-informed tour guide, was a veritable cornucopia of information.

Additional kudos go to **Brad Pederson**, our bus driver, who led us to the planting of a particular species of wisteria shown here. **Brad** developed this species in his Aunt Dee's garden, then named it after her. He donated many plants to the Arboretum in the 80s. The plants were planted on a wall near what is now the Rose garden and they weren't doing very well. They were then moved to their current location (on a pergola in the back of the main building) in 2005, where they are



thriving and blooming! Bravo, **Brad and Aunt Dee!**

Another high point of the month was the summer solstice dinner and celebration sponsored by Healthy Plate, Healthy Planet. A number of Members were instrumental in making this huge dinner (110 people) such a success; our superb **Kitchen Staff, Carol Spearman, Rowland Joiner, Judith Maddux, Vanjie Bratt, Carol Mockovak, Carol Masters, Helen Gilbert, Ruth Gaylord, Jeanette Milgrom** and many others.

A huge feature of the event was our esteemed maintenance man, **Andy Sponsler's** Irish Ensemble, **4 Pints Shy**, a group which I consider better than **The Clancy Brothers**. I think that we are due to hear them again in September.

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.

Hot Dog Picnic

Wednesday, July 10
12 noon
North Patio
(In case of bad weather,
Wellington Room)

Tickets \$5 at the Door

Sponsored by
Becketwood Employees

Exercise Corner

Mark your calendars!

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

**Episcopal Homes Therapy Pool and
Fitness Center:** W. 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,
Mary and Terry:**
T at the Park; on Becketwood
grounds until the park reopens.

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

Meditation: T at 8 am; F at 1 pm,
Windsor Room

Qigong: F at 11 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.*



Member Birthdays

- 2 Phyllis Kromer
- 5 Shirley Dahlgren
- 6 Jeanette Milgrom
- 6 Naomi Jackson
- 8 Maggie Easter
- 8 Al Sirek
- 9 Joan Gerth
- 9 Duane Fike
- 9 Ann Haushild
- 11 Leif Duus
- 11 Marvin McNeff
- 12 Corynne Christina
- 15 Milda Ruud
- 15 Ginny Groos
- 16 Ruth Halvorson
- 16 Jim Mansfield
- 19 Sara Roberson
- 20 Dorothy Johnson
- 26 Dale Stuepfert
- 30 Alice Bell
- 30 Helen Mikkelson

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



July Birthday Dinner:
Friday, July 19
5:30 pm ~ Wellington Room
Redeem your birthday coupon!

BLOOD PRESSURE

With a Nurse

Tuesday, July 9
1:30 pm
SOLARIUM



Sponsored by
Longfellow/Seward Healthy Seniors

Support Groups

AA, Al Anon, ACA: Every Thursday
4:30 pm ~ 4th Floor Conference Room

Caregivers: Every Monday
1 pm ~ 4th Floor Conference Room

Parkinson's: Third Thursday
11 am ~ 4th Floor Conference Room

Movie Schedule

Movie filmed in Korea

Saturday, July 13

7 p.m., Wellington Room

Ode to My Father, a Korean movie, follows the life of a Korean boy who was separated from his family while fleeing the Korean War in December 1950. He went through an extraordinary journey of personal sacrifices holding onto the one hope of reuniting with his family.

Presented by Lily Ng

Alternative Cinema

Sunday, July 14

7 pm, Wellington Room

Enchanted

See the north bulletin board, Becketwood Events, for the movie summary.

Presented by The Rydens

Masterpiece Theater

Friday, July 19

7:30 pm, Windsor Room

Secondhand Lions

In the 1960s, an urban teen, Haley (Joel Osment) stays with his rural great-uncles (Michael Caine, Robert Duvall) and listens to their fantastic tales.

Presented by John Fenn

Movie Night

Sunday, July 28

7 pm, Wellington Room

Little Murders of Agatha Christie: The Moving Finger and Five Little Pigs

Introducing Superintendent Larosiere, whose passion for beautiful women is matched only by his love of solving puzzling crimes, and his young colleague Inspector Lampion, whose modern sensibilities sometimes clash with those of a less-enlightened age.

Presented by Jacqueline Teisberg

Sponsored by the Program Committee

Socrates Café

3:30—4:45 pm ~ West Dining Room

Tuesday, July 9

Discuss how we grieve: coming to terms with loss.

Tuesday, July 23

Discuss what do you find most disturbing about the prevalence of social media today?

Everyone welcome!

Contact Randy

Nelson with

questions.



COMING ATTRACTIONS

Wednesday, August 7

Minnesota Twins!

Wednesday, August 7

Mill City Jazz Band, 7:30 pm

Monday, August 12

Gangster Tour, depart 11:30 am

Question of the Month

What do I do when the fire alarm sounds?



STAY IN YOUR UNIT

UNLESS DIRECTED TO LEAVE BY FIRE FIGHTERS OR STAFF. DO NOT

call security unless you have an actual emergency. The alarms will stay on until the fire department turns them off.

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, July 11
10 am — 12 noon
 Solarium

Schwan's Delivery

Schwan's will be here every other Monday, July 1, 15 at 3 pm in the Coffee Shop. It is best to pre-order online or by calling 1-888-724-9267.

EASY RIDE BIKING

When: Every Monday
 May-October 
Time: 9:00 a.m.
 (Weather Permitting)
Where: North Parking Lot
How long: 2-3 hours with a coffee break along the trail

Questions? Contact
 Bob Flink 612-801-8028 or
 Candace Barrick 612-722-3387

UPCOMING COMMITTEE MEETINGS

Program	Friday, July 5	9 am	EDR
Marketing	Tuesday, July 9	12:30 pm	WDR
Landscape & Gardens	Tuesday, July 9	1:00 pm	WR
Art	Wednesday, July 10	9 am	CR
Excursion	Wednesday, July 10	1 pm	CC
Investment	Thursday, July 11	12:30 pm	WR
Buildings & Grounds	Thursday, July 11	2 pm	WDR
Finance	Thursday, July 18	2:30 pm	WDR
Board of Directors	Tuesday, July 23	1:30 pm	WR
Library	Monday, July 29	9 am	WDR
Food Service	Tuesday, August 20	10:30 am	WDR
Chapel	No Meeting		
Communications	No Meeting		
Environment	No Meeting		
MAC	No Meeting		
Wellness	No Meeting		

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 July

Sponsored by Excursion Committee unless otherwise noted.

EXCURSION	DATE and TIME	DESCRIPTION
Lanesboro and Winona Overnight	Monday & Tuesday, July 1-2 Depart at 9:30 am Monday Return at 2:30 pm Tuesday	Cottage House, Commonweal Theater and Museum visit.
Lake Harriet Bandshell	Sunday, July 7 Depart at 4 pm Return at 7 pm	Minnesota Pops and Dan Chouinard
Padelford River Cruise	Monday, July 15 Depart at 11:15 am Return at 2:30 pm	Enjoy a beautiful summer day on the river.
Guthrie	Sunday, July 28 Depart at 1 pm Return at 5 pm	<i>Guys and Dolls</i>
Ives Theater	Wednesday, July 31 Depart at 12:15 pm Return at 4 pm	<i>Buddy Holly</i> at the beautiful Ives Theater at Masonic Home

July Programs at Becketwood

Sponsored by Program Committee unless otherwise noted.

Hot Dog Picnic	Wed., July 10 12 noon	North Patio	Sponsored by Becketwood employees
Jay Peterson	Wed., July 10 7:30 pm	Wellington Room	Folk singer
A Movie Filmed in Korea	Sat., July 13 7 pm	Wellington Room	<i>Ode to My Father</i>
Alternative Cinema	Sun., July 14 7 pm	Wellington Room	<i>Enchanted</i>
Wing Young Huie	Thurs., July 18 7:30 pm	Wellington Room	Author and photographer Sponsor: Library and Program Committees
Masterpiece Theater	Fri., July 19 7:30 pm	Wellington Room	<i>Secondhand Lions</i>
Coffee Talk with Interim	Tues., July 23 9 am	Coffee Shop	Answers about Homecare
Joe Jarrard	Thurs., July 25 7:30 pm	Wellington Room	<i>How to Avoid Computer Scams</i>
Movie Night	Sunday, July 28 7 pm	Wellington Room	<i>Little Murders of Agatha Christie: The Moving Finger and Five Little Pigs</i>
Ice Cream Social	Tues., July 30 2:30 pm	North Patio	Buy your \$3 ticket at the door. Sponsor: Communications Committee.