



SEPTEMBER 2019

Becketwood Times

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Board Column

By Judith Maddux, Chair
Safety and Independent Living

Chuck and I agree, there are many advantages to living on the sixth floor. One is the opportunity to meet new Members as we take the elevators to and from the garage. This might happen several times a day or occasionally not at all, if we remember our resolve to take the stairs more often.

Still, take last week for example. On Monday I noticed I'd left my phone in the car. Since I was expecting a call, I hurried to the elevators and quickly pressed the button. When the door opened, I hopped in and saw I'd have company on the way down. The woman looked familiar though I couldn't quite place her. Had I met this new Member already? Did I know her from church? From the old neighborhood? I went down the list in my mind.

Suddenly there it was ... I had met her at the Summer Solstice Celebration, put on by the Healthy Plate Healthy Planet team a few months ago. She had introduced herself and then asked me if the Healthy Plate Healthy Planet group was

an actual committee. "I'm new here," she said, "And I don't know if I'm ready to join a committee yet, but I sure did enjoy their event tonight." I answered her questions and headed upstairs.

On my way upstairs, cell phone clutched safely in hand, I ran into yet another new Member on the elevator. "Say," she said. "Aren't you Judith?" (Oh-oh, I thought!) "Ah, yes I am," I answered. "Well, someone pointed you out and said you could probably help me," she said. "I'm trying to find out when and where the Healthy Plate Healthy Planet group meets. Would you know anything about that?" she asked.

I answered her questions until she reached her floor. I continued up to the 6th floor. Just as I was unlocking our door, the phone in my hand started ringing. "Hi," said a cheerful sounding voice. "This is Mary, you know, the lady from the elevator this morning? I was wondering if you would like to have coffee with a friend and me. We both want to learn more about this Healthy Plate Healthy Planet thing."

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After I hung up, I starting thinking. On Monday alone, there had been three sets of questions, all on the same topic, all on the same day. Maybe there are others who'd like to know more about the team. After all, this wasn't the first time people had asked about them.

So here's a little history. In 2017 a group of like-minded individuals with food sensitivities got together to come up with a way to help more Members eat in the dining room. They dove right in collecting all the information they could get their hands on. They talked to Becketwood Members and Becketwood committees. They met with Chef Brandon. They also met with outside organizations and viewed films on a myriad of subjects related to their quest. They wanted to understand the connections between what we eat, our health and the health of our earth.

These individuals became a working group under the Food Service Committee. Cross pollination became a concept that was embraced as they requested and received input from the Environment Committee, Food Service Committee, Wellness Committee, Program Committee, film sponsors and most recently the Think Tank. Before long they had a name, logo and Mission Statement.

Name:

Healthy Plate Healthy Planet

Mission Statement:

Our mission is to help Becketwood Members understand the connections between what they eat, their health, the health of those they care about and the health of our planet.



Logo

Soon blogs appeared, Food Festivals and Film Festivals were held, a screenplay on GMOs received a reading featuring Becketwood thespians, expanded lists of neighborhood grocery stores and food co-op options were created, a dedicated shelf was secured in the library, a list of local farms for CSAs was made available, and that's just the tip of the iceberg! The presence of the Healthy Plate Healthy Planet group can be felt in the passion they bring to each new event.

This is a group who prefers to be referred to as a team. They're not a formal committee nor are they a collection of individuals working on their own. Instead you might call them a hybrid. The team gathers around meals in the West Dining Room or at potlucks taking place around the building or in Members' homes. They call these get-togethers "gatherings." The Healthy Plate Healthy Planet team continues to work hard to increase Member awareness of the connections between what we eat, our health, the health of those we care about and the health of the planet. That is, after all, their mission.

All are welcome to attend Healthy Plate Healthy Planet gatherings and participate in their events!

For more information, please contact:
Co-Chair Carol Spearman: 612-455-9387; rowlandandcarol@yahoo.com

Co-Chair Judith Maddux: 651-468-8208; jmaddux48@gmail.com

**SAVE THE WEEK OF
September 16, 2019**

For information on Healthy Plate Healthy Planet's next event, look for the HARVEST FESTIVAL schedule of activities in your mailbox!

Board Actions in August

M/S/C to not exercise the Board's option to purchase Unit #231.

M/S/C to not exercise the Board's option to purchase Unit #302.

M/S/C to accept the proposal from Noble Interiors Inc. for project oversight in an amount not to exceed \$4,000, from Vendor Services.

M/S/C to approve Beverly Brogie for Membership in Unit #307.

M/C to suspend the Charging Stations for Electrically Powered Vehicles Policy dated 11/11 until a revised policy is in place.

The next Board meeting will be on Tuesday, September 24 ~ 1:30 p.m. Windsor Room

Notes from Debbie

By Debbie Richman,
Executive Manager



Disruptive: tending to damage the orderly control of a situation, causing trouble and therefore stopping something from continuing as usual

Inconvenient: not convenient, causing problems or difficulties

These two words will be very present over the next couple of months here at Becketwood. The new flooring and carpeting on the 1st floor are both exciting and frightening. Exciting because it will be something new and fresh, and frightening because it will have a significant impact on the day-to-day goings on here at Becketwood.

Every attempt will be made to communicate information as it is available and Becketwood Members are already volunteering to help others where they can. It's going to be a challenging time but we will get through it. We all need to be patient and kind to each other as we move forward. The rest will happen and the result will be lovely!

Just a reminder of what I know so far about carpet and flooring installation — more to come soon.

Carpet and Flooring Installation

The project will begin on September 3rd with the flooring being installed in the East and West Dining Rooms. However, the preparation will begin on August 30th with the removal of furniture from those two rooms. Meetings scheduled from 3rd-9th in those spaces have been relocated and noted in the calendar.

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**Monday,
September 2
Labor Day**

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

Newsletter Coordinator: Deb Rodmyre

Editors: Phyllis Kromer, Faith Lindell
Carol Masters

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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.

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Meeting Chairs will be notified via email or you can check with Debbie.

Once the carpet is ready to be shipped, the rest of the project will be scheduled and I need all of you to know that there will be disruption to the daily routine for a time BUT it will be as short as possible.

The carpet installation will happen in the following sections/time frames — dates to be determined (during September and October):

Wellington Room — up to four days (YES, this will impact meal service so please watch for more details as the dates are determined and plans are made for alternate meal service.)

Solarium — two days

Library — two days

Main staircase (by Becky Wood) and the immediate area at the top of the stairs — two days

Ramps/Office Hallway — East side — two days, West side — one day

During this project there will be an email update sent out every Friday preceding installation and bulletin board and ledge updates posted. I will be the contact person for any questions or concerns before and during the process, so don't hesitate to ask me.

Best,
Debbie

Marketing News

Maura, Kari, and Lynette



Sales

Currently there are four unit memberships on the market and we are working down the waiting list to get some more wonderful people here to add to the creative mix! Stay tuned!

Vacation

Just a reminder that Maura will be away on vacation from September 7 - 17th; back in the office on Wednesday, September 18th. Cheryl Nelson will be helping out during that time so you may see her around the building.

The "R" Factor

There are a lot of bath remodels happening at Becketwood and the trend isn't slowing down. It makes sense when we talk about aging in place; it's one of the most important considerations for independent living. It's not all about cosmetic upgrades; it is an investment in your property and your future, something for which you WILL likely get your remodeling dollars back.

The most important considerations for bath remodels:

- Low step over shower floor — easier on your legs, lowers chances of falling/balance
- Accessories — are not luxuries in this case. A shower seat, handheld shower head, ADA grab bars, temperature controls, niches
- Toilet height — Comfort height toilets stand 17 to 19 inches from the floor, the toilet height of most public restrooms, including ours at Becketwood
- Standard height vanity — the standard height vanity is 36"

high. This alleviates leaning over and placing stress on your back.

Costly, yes; but you can do this on the economical side while still having the necessary components mentioned above. I can help you with that. Let me know when you're ready.

Lynette

Member Services

By Deb Rodmyre, LSW
Member Services
Coordinator



Did you know?

A memorial book is kept in the library for you to view. The book lists Members who have passed away and gifts that have been donated in their memory. Thank you to Stephanie Gordon, who single-handedly sends out thank you notes to donors and acknowledgments to the family of deceased.

If you would like to make a donation to Becketwood or a Becketwood committee in memory or honor of someone, you may get gift ideas from Debbie Richman in the office.

Mark your calendars

The Flu Clinic is provided by Hennepin Healthcare MVNA and is scheduled for Monday, October 14 from 10:30 am-1:30 pm in the Wellington Room. The nurses will be providing all high-dose vaccines. Watch the ledge for details at the end of September.

55Alive Driver Refresher Course

The course will be offered on Wednesday, October 2, from 1-5 pm in Kensington Square. Please sign up on the ledge. To receive a 10% discount

on your auto insurance, this class should be taken every three years after you take the initial eight-hour course.

Vote!

Election day is on Tuesday, November 5. Plan ahead to register to vote or apply for an absentee ballot.



Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale.
— Lauren DeStefano

September Shopping Trips

Monday, Sept. 9 — Southdale/Galleria

Monday, Sept. 16 — Costco

Tuesday, Sept. 17 — Trader Joe's

NO SHOPPING Thursday, Sept. 19

Monday, Sept. 23 — Rosedale/Har Mar

Every Thursday — New Cub

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!

What's Cookin'

By Chef Brandon
Lenzmeier



As you may already know new flooring is being installed in the East and West Dining Rooms in September. Please see the *Notes From Debbie* by Debbie Richman in this issue of the *Becketwood Times* for further details. There may be some adjustments that need to be made for some of the meal services during this time so please stay tuned for more updates. We appreciate your patience.

A friendly reminder to please make sure you sign up for Friday night dinners by 1 pm every Friday. Taking late reservations puts extra stress on the kitchen in preparing a successful meal for everyone. If you do miss the 1 pm deadline, we ask that you come down towards the end of the dinner service to see if we are able to accommodate you at that time.

And lastly, please refrain from moving tables during meal services in the Wellington Room without prior permission. This can cause confusion to servers and create mistakes. We want to do our best to give you the best service possible. Thank You!

Exciting dates to mark on your calendar for September 2019:

Labor Day Buffet—Monday,
September 2, 2019 at 12 pm

Birthday Dinner - Friday, September 20,
2019 at 5:30 pm

Maintenance Corner



Fall is just around the corner, and maintenance staff will be getting ready for the heating season.

This column will be short. The thought of heating doesn't seem appropriate right now.

The bit of knowledge to impart is that the annual unit inspections will begin in October this year. During the unit inspections maintenance will be installing new draft control dampers in the Member's bathrooms. These dampers are designed to automatically regulate the exhaust air flow to the required rate of air flow (50 cfm/min) for each bathroom. About 160 dampers will be done this year and another 160 in 2020 at unit inspection time.

The first floor units will have their annual unit inspections performed in May of 2020. These inspections are being delayed until just before the cooling season. It is our hope that we can reduce the number of condensate overflows from the air conditioner fan coils by servicing them closer to when the condensate begins to flow.

Most Members have become accustomed to using the new garage doors. Fewer Members are triggering the system into fault. Fault is when the entrance door seems to take forever to close. The remote being pushed for too short a time or too many times, or the car sitting inside on the sensor for too long instead of moving into the drive lane of the garage are causes.

And don't you just love the musical whine of the gate?

Maintenance Staff

News from Security



Each weekend there is a copy of the master calendar at the Security desk to use as a reference for common space availability. This is to accommodate Members who would like to reserve an area once the main office has closed for the weekend. These calendars will only cover the weekend so if you wish to reserve a space beyond that you'll have to wait until the main office opens the next week.

If you have reserved a weekend space you will not be using for some reason, you can contact the Security desk and have them note that the room has been freed up for someone else's use.

News from Environmental Services

When you use either Kensington Square or the Windsor Room and you notice that that area is running low of a "stock item" (such as dishwasher pods, paper towels or trash liners) or that something else needs attention, please write-up a work request.

Robin Lillesve
Security and Environmental Services



IN REMEMBRANCE

Eunice Lindberg Milbrath will be remembered with affection and esteem for her participation and appreciation of Becketwood life. Eunice was instrumental in helping select a piano for the Wellington Room, asking for anonymous donations from Becketwood Members to finance the purchase. Musicians performing for us remark what a fine instrument we have!



Eunice was born and grew up in central Kansas, graduating from Bethany College with a degree in music. She married Elwood Lindberg. They moved to Minneapolis, where Elwood taught at Minnehaha Academy. They raised their son and two daughters at Bethlehem Covenant Church. Eunice earned a degree in early childhood education at University of Minnesota. Eunice wanted early childhood learning to create a better world, by children discovering joy and success as they grew. She felt her true calling to be establishing positive ways to encourage children's desire to learn. She taught kindergarten in Minneapolis for 28 years.

After Eunice and Elwood's retirement, they enjoyed foreign travel, and their northwoods life at their prized Tofte cabin, near Lake Superior. Eunice nursed Elwood through Parkinson's disease until his death.

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In 1997, Eunice married Bill Milbrath. They moved to Becketwood in 1999. They enjoyed travel, gardening, and the Twin Cities arts scene. Later their marriage was dissolved.

Eunice's 94 years of life were full of various skills and listening pleasures. Her Becketwood balcony was arrayed with blooming plants. Eunice enjoyed serving awhile on the Becketwood Chapel Committee, and creatively led some worship services.

This capsule of Eunice's quintessential life cannot be written without thankful appreciation for Eunice's compassionate son-in-law, Toto Sugiarto, who accompanied and patiently cared for Eunice in recent years.

Eunice died July 1, 2019, the day the love of her life, Elwood Lindberg, would have turned 100.

IN REMEMBRANCE

Janet Grieg Maxson moved into unit #302 in June of 2012. Janet grew up in the Macalester/Groveland area of St. Paul and graduated from Central High School in St. Paul. From there she enrolled in the University of Minnesota, and graduated with a B.S. degree in education. Janet married, and then taught second grade. Janet has three daughters. Her son died some years ago. She has six grandchildren and seven great grandchildren.



During her college years, Janet served for a time as Vice President of Kappa Kappa Gamma Sorority. In her years as a resident of St. Paul, Janet served in several capacities of the St. Paul Junior League, and as Treasurer of the St. Paul Southwest District Council.

Janet endeared herself to Becketwood Members with her jokes and stories. One went like this: "Lettuce, tomato, faucet ~ how is their race going?" Answer: "Lettuce is ahead, tomato is trying to ketchup, and faucet is still running!"

One Halloween Janet won first prize for her costume during Halloween evening dinner in the Wellington Room. She also loved making interesting jigsaw puzzles, and brought some to the puzzle table to share. Janet thought her puzzles could be done in one to two hours.

Janet loved being with her family, spending time with them at the family cabin. She was able to have that experience again this summer.

In declining health, Janet died here at home, July 30, 2019, at age 90. She will be missed.

In Remembrance stories are written by Stephanie Gordon.



Becketwood Committee News

Program Committee

Program presentations for the month of September bring a great deal of variety. The program committee guarantees you won't be bored.



On **Thursday evening, September 5**, Rowland Joiner will revisit the conversation on Brexit at 7:30 pm in the Wellington Room. This will be a follow-up to the first conversation that he led last winter. **Saturday the 7th** at 4 pm we bring you the Southview Seventh Day Adventist Children's Choir. On **Wednesday the 18th**, Andy Sponsler from our Becketwood maintenance department returns with his band "Four Pints Shy." They played for us during one of our "Healthy Living" events and were very well received. Members have been clamoring for their return. The following evening, **Thursday, September 19th**, the 2018 Minnesota State Teacher of the Year, Kelly Holstine, will speak on "Every Heart Matters: Why I Stand Up and Teach." She is inspiring. Finally, on **Thursday the 26th** we welcome former *StarTribune* editorial page writer Lori Sturdevant who will be joined by former US Senator Dave Durenberger. They will share their opinions on current events, our economy and the administration.

Mark your calendars and join your neighbors for these entertaining and informative events. All programs take place in the Wellington Room.

David McKay, Co-chair

A Note From the Excursion Committee



This month we will:

- travel to Mason City, Iowa for an overnight visit
- Tour Nick Legaros's Bronze Studio and dine at Red Stag
- Visit Swede Hollow Park and see a performance from the Sod House Theater
- Sing-along with Dan at the Danish American Center
- Take a trolley ride in Stillwater and dine at Gasthaus Bavarian Hunter
- Experience classical piano at Sundin Hall at Hamline University

There is no excuse for boredom at Becketwood! Sign up on the ledge today!

When you invite a guest on an excursion, you will be billed for your guest. If the outing is at full capacity, Members have priority.

For Sale

- One set of season tickets for Theater Latte Da
- One set of SPCO season tickets, which begins on Friday, Sept. 27

See a committee member or Deb in the office if you are interested.

Mickey Monsen, Chair



Chapel Committee



It's September and things are back to normal after our wet summer. Vespers will resume in our Chapel with these Members as leaders:

4th — Rowland Joiner,
11th — Joel Wiberg,
18th — Wayne Tellekson.

The first Evensong of the fall with the choir back in action will bring Anita Hill to Becketwood on September 25th. Anita was the first lesbian to be ordained (illegally) in the Evangelical Lutheran Church. Then the Church voted to allow ordination of gays and lesbians in 2009, so is celebrating the 10th anniversary this year. Anita had been serving at St. Paul Reformation Lutheran at the time of her ordination. The offering will go to Hagar — the organization for 25 years has been seeking to restore lives of victims of human trafficking, slavery and gender-based violence.

The Chapel Committee welcomes all Members to join us on Wednesdays at 4:30 pm.

Wayne Tellekson, Chair

POP-UP GRILL NIGHTS

Many Members miss grilling and may not know they can use the grills at Kensington, when it is not booked for an event. We have started grill nights — bring what you want to grill and stay for sharing and fun. Generally they will be on Wednesday and Thursday nights or Saturday and Sunday. The next one is **Wednesday, September 4th**, but anyone can sign up for the space at Kensington and do a pop-up invitation to others.

Choir News



ATTENTION ALL
SINGERS!
BECKETWOOD CHOIR
RESUMES SEPTEMBER 12, 2019!

All Becketwoodians who love to sing are invited to join our 18 returning choir members in the Windsor Room at 6:30 pm on Thursday, September 12, for the first of our weekly fall rehearsals. We extend a very special welcome to Becketwood's newest Members! (Questions? Call Jean: 455-9293.) Choir will also enjoy singing for monthly fourth Wednesday 4:30 pm Evensong services (9/25, 10/23, 11/27) plus Becketwood's annual Advent Lessons and Carols Service (4:30 pm on Saturday, December 7, 2019).

PLEASE NOTE: "Using MRIs, Gottfried Schlaug, associate professor of neurology at Harvard Medical School, found an 'age-decelerating' effect in the brains of people who consistently made music. Just listening to music may not be enough: 'Actively engaging with music or music-making activities, such as singing, with others or alone, is where the real benefit comes from,' Schlaug says." (pg. 22, AARP Bulletin, June 2019)

Peace, Jean Geissler, Director



MAC Committee Corner

Environment Committee Invites New Members

The Environment Committee provides a forum to discuss environmental concerns within the Becketwood community and the broader world. This includes education and advocacy to help Becketwood become more sustainable and able to withstand the effects of climate change.

We present monthly programs on topics like climate change, water and air quality, land use, and the harmful use of chemicals. We work with other Becketwood Committees on mutual interests and seek to connect to the outside community by participating in local and national environmental concerns and organizations.

Members attend monthly meetings and contribute ideas and leadership for programs and field trips. This year Members have also participated in a clean-up for the Mississippi corridor and have attended the Nobel conference on soil at Gustavus. We welcome new Members who have a heart for these concerns and want to act on them.

Judy Solmonson, Co-chair



Becketwood Art News



There will be no exhibit in September due to the new flooring going into the exhibit spaces. We hope this and the carpeting for the Wellington Room will be completed by the end of September.

We have posted a large board with photos in the Convenience Center area. These pictures have been in our storage room for a long time and we have not been able to find any paperwork on them showing the owner. So we are asking your help in identifying them. We have very little storage room and want to clear some space. We will then have a giveaway of those not claimed. If there are any left at that point, we will give them to a thrift shop.

Again we want to remind you of the floor monitors so you know who to talk to about donating or loaning art to Becketwood:

Stairwells: Bob Kirk
1st Floor: David Liddle
2nd Floor: Shirley Dahlgren
3rd Floor: Joel Wiberg
4th floor: looking for a volunteer
5th Floor: Clare Fossum
6th Floor: Bonnie Porte

Do you have any special items that you would like to see displayed in our art case in the exhibit space? It could be one large item or several smaller ones. Please contact Nancy Minahan at: nancyminahan@gmail.com.

Thank you for your patience as we go through these changes.

Bonnie Porte, Art Committee Chair

Wellness Notes

One aspect of moving from our home to Becketwood or moving on to Assisted Living is the question of what to do with our “stuff.” The poet Mary Oliver’s words offer an insight:



Storage by Mary Oliver

When I moved from one house to another there were many things I had no room for. What does one do? I rented a storage space. And filled it. Years passed. Occasionally I went there and looked in, but nothing happened, not a single twinge of the heart. As I grew older the things I cared about grew fewer, but were more important. So one day I undid the lock and called the trash man. He took everything. I felt like the little donkey when his burden is finally lifted. Things! Burn them, burn them! Make a beautiful fire! More room in your heart for love, for the trees! For the birds who own nothing—the reason they can fly.

On Wednesday, Sept. 11th, at 7 pm, Melissa Schneider, administrator from Episcopal Church Home, Ian Bruess, Director of Community Relations for Episcopal Homes and Bethany Burns, Director of Marketing, will join us to discuss and answer questions about short-term rehab, long-term care and assisted living at the Episcopal Homes campus. They will also address the waiting list procedure and priority placement. Join us for good information for the future.

Save the date: Flu shot clinic here at Becketwood on Monday, October 14, from 10:30 am-1:30 pm.

Elaine Kirk

Recycling

We have a wonderful group of volunteers who take our recyclables to the garage bins for those who are not able to do so. Recently, I asked them: What are the most common NON-recyclable items they find mixed in with a bag of recycling?



These are the items that are **NOT** recyclable (and what to do with the item):

- Black Plastic (trash)
- Plastic bags (take to your grocery store)
- Frozen Food boxes (trash)
- Flimsy plastic trays from crackers and cookies (trash)

COMPOSTABLES found in recycling:

- Cardboard tubes from paper towels (compost)
- Paper towels, Kleenex, napkins (compost)
- Paper egg cartons (compost)
- Paper bags FULL of recycling (**empty your bags** to allow sort at processing center)

Thank you for your attention to this important part of our recycling effort. If you have questions, please come see the skit during the Cabaret Dinner on **Monday, September 16**, to see how best to dispose of items: either recycle, compost, trash, or reuse.

Also, plan to attend the Climate Change Day events on **Saturday, September 21**. We will be discussing how to repurpose and reuse the items we buy.

Rick Moore

Countdown from the River to the Windsor Room



This year our outdoor T'ai Chi Chih practice did not start on the banks of the Mississippi. The river's high waters forced the closing of Hidden Falls Regional Park for most of June.

So, we held the practice on our Becketwood grounds — near Fernwood Glen. The space worked very well and we had a good turnout of Becketwood Members and the many other people who join us at the river.

In July we were back by the Mississippi — breathing in the beauty of the river, watching for eagles, and feeling the Joy through Movement of T'ai Chi Chih.

As the leaves start turning in September, we will be surrounded by fall colors as we move together by the water. And when October arrives, we will return to the Windsor Room.

Our fall schedule remains the same: Beginning Class on Monday at 11 a.m., Continuing Classes on Tuesday at 8:30 am and Wednesday at 11 am.

Sign-up sheets for the classes will be on the ledge the last week of September. New Members and those on the Waiting List are warmly invited to sign up for whichever class fits your schedule and experience. We would also welcome more men into our circle of Becketwood Tai Chi Chih practitioners! Tai Chi Chih was developed by a man, after all!

Anyone on the Waiting List who wants to join the classes can contact Maura Kolars at mkolars@becketwood.com.

Let her know which classes you want to attend, and she will add your name to the sign-up sheets.

namaste,

Vanjie Bratt, Carol Mockovak,
Terry Vrabel Sonier, Mary Weddle



*[T]hat old September feeling,
left over from school days, of
summer passing, vacation
nearly done, obligations
gathering, books and football
in the air ... Another fall,
another turned page: there was
something of jubilee in that
annual autumnal beginning, as
if last year's mistakes had been
wiped clean by summer.*

— Wallace Stegner

Tech Hub

With a Grain of Salt

This is so dumb we hate to even commit it to paper—but here goes because we know you are gluttons for punishment.



Occasionally you tell us your modem is giving you trouble. We ask whether you tried turning off the modem and turning it back on. You often say that you did but it still isn't right. So you are directed to contact Comcast about the situation.

Well, this happened to us. The modem was acting all goofy. Tried turning it off and turning it on again. It still acted goofy. You could tell because the lights were blinking on and off in unison instead of randomly. We swear it was blinking out "Goodbye, cruel world" in Morse code.

So, off to Comcast with said modem. The guy looked up our name on their system and simply swapped it out. The modem, that is. If your modem is older than one year, they swap it out, no questions asked. Yes. The life expectancy is a bit over a year. Just seems wrong, doesn't it?

So if you want to make it last longer, the guy says, turn off your modem once every week or so. This allows the modem to reset itself. It allows any software that has been downloaded to start afresh. And yes, Comcast downloads updates to its modem software all the time. So, turning it off once in awhile is a good thing.

Big question: do we do it? Katherine, nay. Carol, yeah, once in awhile but certainly not weekly. So how's that working for us? Katherine still has her

original modem; Carol has had to replace hers.

But that is what the guy said: Turn it off once in awhile to make it last longer. We figured you environmentalists would want to do your bit. For the environment.

Carol Delak and Katherine Richardson
Tech Hub Volunteers

Question of the Month

What should I do when the fire alarm sounds?

- Stay in your unit unless directed to leave by firefighter or staff
- Put a damp towel under your door to keep smoke out
- Do NOT call security unless you have an actual emergency
- Security calls 911 whenever the fire alarm sounds
- The alarms will stay on until the fire department turns them off

Craft Center

In the August *Becketwood Times* I wrote that we did not have any sympathy cards in the Craft Center. Thank you to all of you who brought sympathy cards to the Craft Center for us to process and have available for Members to buy. Please continue to bring in your cards of all types.



The **Grandma's Attic Sale on Friday, September 20** event is getting closer. This is a fun and interesting sale. The sale is from **10 am-2 pm in the Craft Center**. Please bring items you no longer want because you are tired of them, don't have space in your home for them, have no use for them, or whatever; it is a good time to get rid of them. Bring the items to the Craft Center any time Thursday evening or Friday morning. Just set them on the table. Be sure you have them labeled (as appropriate) and priced. These items need to be *clean and in good condition*. They can be items you purchased, received as gifts, etc. All proceeds go to the craft center.

Another reminder: On Friday, November 20, from 2-4 pm is our annual Holiday Arts and Crafts Sale. This sale is held in the East Dining Room, Now is the time to start thinking about and working on projects for this *really excellent sale*. If you have any questions, please contact me.

The Holiday Arts and Crafts Sale will be here sooner than we think, and we are counting on you, our artists and craftspeople, to be making lovely items for this special sale. We welcome new items in addition to crocheting, decorations, dried flowers,

embroidery, gifts, greeting and note cards, jewelry, knitting, painting, photography, plants, rugs, quilts, sewing, toys, woodcarving, wood turning, wreaths, glass blowing, etc. All proceeds go to the Craft Center.

In the August *Becketwood Times* I wrote that the Craft Center had purchased four new yard benches and decided to purchase eight more of these lovely benches. We now have all twelve benches scattered around on our campus. All of the old steel-frame, wooden green-seat benches are GONE. The new benches are comfortable and look updated.

Please join us in the Craft Center! You are always welcome. We treasure your ideas and helping us make the Craft Center a better place every day!

Jacqueline Teisberg
Craft Center Chair



Library Committee

As you know, the Library will be recarpeted, probably in early October. The mysteries, non-fiction books and DVDs will be boxed and stored in preparation for the carpeting. New books and fiction will be available until the actual installation days. Please anticipate the number of books that you want to read during September and into October. Check them out now. They will not be due until after the Library is back in operation.

Minnesota Authors will be featured on the Recommended Books shelf this month and next. Minnesota must be at the top of the list of states with good writers. Marcie Rendon is one of these authors. She lives in South Minneapolis. Marcie will discuss her new mystery, *Girl Gone Missing*, **Wednesday, September 4**, in the Windsor Room at 7 pm.

Mary Heltsley



NEW IN THE LIBRARY

POETRY

HOMER, THE ODYSSEY

translated by Emily Wilson. Postpone the introduction (good as it is) and plunge straight into the story, one of the best ever told. Emily Wilson's new translation has been described as "sprightly," "crisp," and "musical." Her use of contemporary language and a shorter line help the reader engage with this lively text, its complicated hero, and a gallery of unforgettable characters.

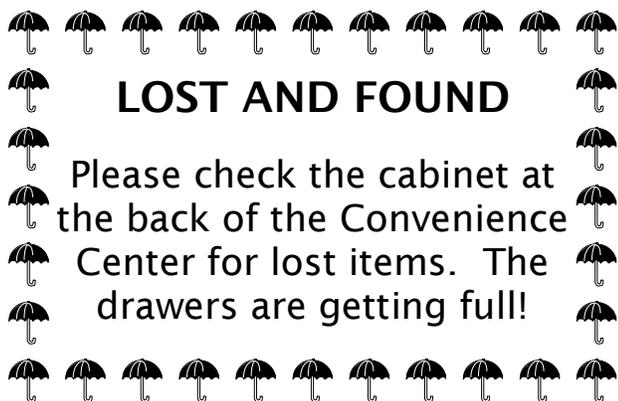
FICTION

THE ALICE NETWORK by Kate Quinn takes its title from the code name of a woman who headed a group of British spies in France during World War I. Her lieutenant, Eve Gardiner, is contacted by a young woman after the Second World War to help her find her missing cousin. The novel shifts chapter by chapter from one war to the other as Eve outwits the vicious collaborator who becomes her lover and thirty years later she joins young Charlotte Sinclair in the search for her cousin Rose in France.

RECURSION by Blake Crouch. Helena (neuroscientist/inventor) and Barry (New York City cop) join forces in a desperate attempt to prevent the destruction of human civilization as the result of the misuse of an invention created by Helena that can change memories and in doing so transform both the past and the present. This science fiction thriller is a mind-bending experience that challenges the reader to consider the unimaginable.

MYSTERIES

THE LAST PLACE YOU LOOK by Kristen Lepionka. Roxane Weary is a



tenacious but troubled PI hired by the sister of a death row inmate to find new evidence that will free her brother. Her search reveals that more than one blond teenager has disappeared and the trail leads to a heart-stopping finale. 2018 Shamus Award Winner.

BEHIND HER EYES by Sarah Pinborough is a psychological thriller set in London involving three characters, a doctor, his wife and a single woman, who all keep secrets from each other. A reader will have no idea how this haunting, complex book will end. (No fair reading the ending early!) Recommended for anyone looking to be entertained and who likes thrillers.

DEAD MAN'S MISTRESS by David Housewright. The latest in the Rushmore McKenzie series finds him mixed up with an art theft and murder in Grand Marais that enmesh the detective with both a famous artist's mistress and widow, plus assorted other nefarious characters. He's driving the highway south to Minneapolis and north to Canada a lot to figure this one out — a fun read.

THE WIDOWS OF MALABAR HILL by Sujata Massey. In this first of a series, Perveen Mistry is the first female lawyer in Bombay who takes on only cases involving women. She's a Sikh and finds herself helping a group of Muslim widows to get fair inheritances when their husbands are murdered. India's complex religious and cultural mix creates many issues for the young woman struggling with her own complicated past.

NON-FICTION

HOW TO CHANGE YOUR MIND by Michael Pollan. The author decided to investigate psychedelics when he

learned that they were helping terminally ill cancer patients free themselves from depression and the fear of death. He worked with three different therapeutic guides as he tried three kinds of psychedelics himself. He learned that "the mind is vaster, and the world ever so much more alive, than when I began." A very readable, fascinating book.

MY ANCESTORS WERE ENGLISHMEN by Janet Hobbs Johnson. This book by a Becketwood Member took twenty years of research, travel, and writing. Johnson blends her own family history with centuries of English and American history, making interesting reading for many with similar family backgrounds.

LARGE PRINT

SAY NOTHING: A True Story of Murder and Memory in Northern Ireland by Patrick Radden Keefe reads like a detective story, but is really the history of how and why Jean McConville was "disappeared" from her Belfast apartment. In December 1972, in the midst of "The Troubles," masked militants abducted McConville, mother of 10 children who were told she'd be back soon, but she was never seen again. Her body was not found until 2003, and her murder has never been officially solved.

Reviewers: Gloria Delano, Gretchen Flynn, Linda Kusserow, Carla Mortensen, Randy Nelson, Cathy Nicholl, Ingrid Stocking, Sue Zuriff



BEYOND BECKETWOOD

Reading to Make a Difference

I've been a life-long avid reader. I enjoyed reading to our grandchildren and when they began reading on their own, it seemed logical to read to other children.



I initially volunteered to be a reading tutor at a low-performing school in St. Paul. My first year, I worked with a second grade teacher who knew how to effectively use volunteers. I learned that just because a student read reasonably well, I couldn't assume that she comprehended the material. When I was assigned to a new teacher's classroom, it became a frustrating experience. He was not prepared when I arrived at his chaotic classroom and I felt as if my volunteering was just one more thing on his already too full plate.

Subsequently, I volunteered at my neighborhood school in St. Paul where the volunteer tutoring program was coordinated by a recent college grad who was a part of AmeriCorps. The students came ready to read with me from books that were appropriate to their skill level.

Fast forward to our move to Minneapolis and Becketwood. On Thursday afternoons, you will find me, along with seven other Becketwood Buddies, at nearby Dowling School. Sue Mc Naughten, a fifth grade teacher, has a folder ready for each student. We meet in the media center and read, one on one, with a diverse group of students. It's fascinating to interact with this group of young people. Where

else would I have this rich and rewarding opportunity?

Elaine Kirk #600

Becketwood Buddies work with students here at Becketwood on Tuesdays and on Thursdays at Dowling School, from 2-3 pm, during the school year. New tutors and subs are most welcome. For more information, contact Ann Lovrien or Elaine Kirk.

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.



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

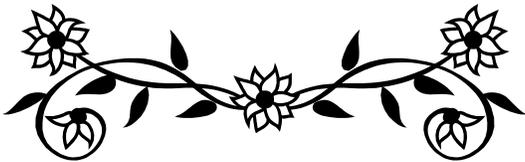
B~WOOD DOIN'S

by John Fenn

Editor's note: Mr. Fenn's column is on summer break this month; it will be back in October.



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.



COMING ATTRACTIONS

Wednesday, October 2
55Alive Driver Refresher Course

Tuesday, October 8
Jungle Theater

Wednesday, October 9
Southside Big Band

Monday, October 14
Flu Shot Clinic

CLIP AND SAVE:

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.

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 9 am at the Hidden Falls
Park through September.

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

- 3 Dale Gjerde
- 3 Alison Goss
- 3 Sue Zuriff
- 6 Ruth Gaylord
- 7 Marilyn Johnson
- 8 Mary Smith
- 10 Nancy McNeff
- 12 Vera Watson
- 15 Chuck Roach
- 16 Bob Ochtrup
- 18 Margaret Gilland
- 18 Mary Theresa Downing
- 19 Betty Maetzold
- 21 Eric Ramstad
- 22 Roger Ryden
- 26 Mary Ahler
- 27 Dick Juhl
- 28 Lorene Liddle
- 29 Barbara Godfrey
- 29 Le Etta Flicker
- 30 Marnie Ruch
- 30 Bev Iverson Bedford

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, September 20
5:30 pm ~ Wellington Room
Redeem your birthday coupon!

BLOOD PRESSURE

With a Nurse

Tuesday, September 3

1:00 pm

SOLARIUM



Sponsored by
Longfellow/Seward Healthy Seniors

Movie Schedule

Alternative Cinema

Sunday, September 8

7 pm, Wellington Room

Cinema Paradiso

The movie takes place in a small town in Sicily in the 1940s and follows a little boy, and his deep friendship with the cinema projectionist, through his senior years as a film director. In this small town the townspeople are passionate about cinema, the local priest edits all films, and the Cinema Paradiso brings the community together. Academy Award winner best Foreign Language Film (1988, Rated R: Drama).

Presented by The Rydens

Foreign Film

Sunday, September 15

7 pm, Wellington Room

Blood Wedding

A Spanish film that translates the play by Federico Garcia Lorca into a flamenco rehearsal and performance. Mixing the preparation for the dance with the performance, some critics say, adds depth to the story.

Presented by Keitha Herron

Masterpiece Theater

Friday, September 20

7:30 pm, Wellington Room

Mrs. Doubtfire

Starring Robin Williams. After a bitter divorce, an actor disguises himself as a female housekeeper to spend time with his children held in custody by his former wife.

Presented by John Fenn

All Sponsored by the Program Committee

Movie Schedule

Movie Night

Sunday, September 29

7 pm, Wellington Room

Agatha Christie's ***The Ebb and The Flow***

Superintendent Larosiere runs into his former captain from the Great War, who invites him to his family castle for a big announcement. Based on the Hercule Poirot novel *Taken at the Flood*.

Presented by Jacqueline Teisberg

All Sponsored by the Program Committee

Socrates Café

3:30—4:45 pm ~ West Dining Room

Tuesday, September 10

If there is a rural/urban divide in Minnesota, what has caused it?

Tuesday, September 24

How can we encourage creativity in our children/grandchildren?

Everyone welcome!

Contact Randy Nelson with questions.



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, September 12
10 am — 12 noon
 Solarium

Schwan's Delivery

Schwan's will be here every other Monday, September 9 & 23 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

Library	Tuesday, Sept. 3 Monday, Sept. 30	9 am	Chapel WDR
Chapel	Tuesday, Sept. 3	3 pm	CHP
Wellness	Wednesday, Sept. 4	1:30 pm	WR
Communications	Wednesday, Sept. 4	2:30 pm	CR
Environment	Thursday, Sept. 5	1:30 pm	WR
Program	Friday, Sept. 6	9 am	CR
MAC	Monday, Sept. 9	1:30 pm	WR
Marketing	Tuesday, Sept. 10	12:30 pm	WDR
Landscape & Gardens	Tuesday, Sept. 10	1:00 pm	WR
Art	Wednesday, Sept. 11	9 am	CR
Excursion	Wednesday, Sept. 11	1 pm	CC
Buildings & Grounds	Thursday, Sept. 12	2 pm	WDR
Food Service	Tuesday, Sept. 17	10:30 am	WDR
Finance	Thursday, Sept. 19	2:30 pm	WDR
Board of Directors	Tuesday, Sept. 24	1:30 pm	WR
Investment	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 September

Sponsored by Excursion Committee unless otherwise noted.

EXCURSION	DATE and TIME	DESCRIPTION
Nick Legaros Studio	Friday, Sept. 6 Depart at 10:30 am Return at 2:30 pm	Lunch at Red Stag Leader Iric Nathanson
Danish American Center	Monday, Sept. 9 Depart at 6:30 pm Return at 9 pm	Sing along with Dan
Dakota Native Site Tour	Tuesday, Sept. 10 Depart at 10 am Return at 2 pm	By car Sponsor: Chapel Committee
Theater <i>Ghost Sonata</i>	Saturday, Sept. 14 Depart at 4 pm Return at 9 pm	At Swede Hollow; Dinner at Yarusso
Frank Lloyd Wright Hotel	Thursday, Sept. 19 & Friday, Sept. 20 Depart at 4 pm Return at 9 pm	Overnight trip to Mason City, Iowa
Piano Concert with Commentary	Tuesday, Sept. 24 Depart at 6:45 pm Return at 9:30 pm	Sundin Hall at Hamline University <i>Haydn & Mozart Humor and Heartache</i> Ticket holders only
SPCO at Ordway	Friday, Sept. 27 Depart at 9:30 am Return at 1:30 pm	Mozart's <i>Paris Symphony</i> Series A ticket holders only
Octoberfest	Wednesday, Sept. 18 Depart at 10:30 am Return at 2 pm	Gasthaus Bavarian Hunter

Have you read the latest blog
on the Becketwood website?

It changes often! Go to
becketwood.com.

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

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.

September Programs at Becketwood

Sponsored by Program Committee unless otherwise noted.

Marcie Rendon	Wed., Sept. 4 7 pm	Wellington Room	Author of <i>Girl Gone Missing</i> Sponsor: Library Committee
Rowland Joiner	Thurs., Sept. 5 7:30 pm	Wellington Room	Conversation on Brexit
Southview Children's Choir	Sat., Sept. 7 4 pm	Wellington Room	Seventh Day Adventist Children's Choir
Alternative Cinema	Sun., Sept. 8 7 pm	Wellington Room	<i>Cinema Paradiso</i>
Episcopal Homes Q & A	Wed., Sept. 11 7 pm	Wellington Room	Short-term rehab, assisted living, skilled nursing facility and waiting list. Sponsor: Wellness Committee
Foreign Film	Sun., Sept. 15 7 pm	Wellington Room	<i>Blood Wedding</i>
Harvest Festival	Mon., Sept. 16 - Sat., Sept 21	Various Locations	See separate gold schedule delivered to your door. Sponsor: Healthy Plate Healthy Planet
Four Pints Shy	Wed., Sept 18 7:30 pm	Wellington Room	Band with staff member Andy Sponsler
Kelly Holstine	Thurs., Sept. 19 7:30 pm	Wellington Room	Teacher of the Year
Grandma's Attic	Fri., Sept. 20 10 am—2 pm	Craft Center	Gently used fineries for sale Sponsor: Craft Committee
Masterpiece Theater	Fri., Sept. 20 7:30 pm	Wellington Room	<i>Mrs. Doubtfire</i>
Lori Sturdevent & Dave Durenberger	Thurs., Sept. 26 7:30 pm	Wellington Room	<i>Current Events and Our Economy</i>
Movie Night	Sun., Sept. 29 7 pm	Wellington Room	<i>The Ebb and The Flow</i> Agatha Christie

Comment and Suggestion Box
Convenience Center

Please use the form and
remember to sign your name.



Look for
"Becketwood Cooperative"