



NOVEMBER 2019

Becketwood Times

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Inside:

- 1, Contribute
20 (We do!)
- 5 How To
- 7, Remember
8
- 9 Listen
- 12 Drink (Water)!
- 13 Recycling
Trainers
- 16 Hidden
Treasures
- 24 Programs

Board Column

By Carol Bechtel

Want to Contribute to Becketwood?

You already are contributing, I am 99 percent sure. In recent years, Marketing has emphasized that contributing your time and talent in some capacity for the wellbeing of our cooperative is expected. That expectation is being fulfilled every day, and the state of the cooperative is strong.

In August I gave a tour to a woman from out-of-state who had been on the Waiting List for about five years. In that time she had acquired a significant other, and with him in tow she was returning for another tour so that he could see what one of their “options for the future” was all about. She said, “Everyone here has a job, right?” This question caused me to imagine a new Member getting a job assignment at the closing on his or her unit.

Well, it’s not like that. I told the couple that, happy as we are when a Member wants to serve on one of Becketwood’s many committees, there are other ways to contribute. The Marketing Packet distributed to

potential Members contains both a handout on “Committees of the Becketwood Community” and “Opportunities to Participate at Becketwood: A Cooperative Community Full of Ideas.”

What’s not in either of these is what you dream up yourself. In September the Board of Directors sent out an invitation to new Members to a Board Orientation Event that began with the words, “Participation can take many forms ... whether you join a committee or work on your own....”

Members who see a need and take it upon themselves to do something about it make big contributions. In fact, most of the groups and events in our community exist because someone had a good idea. Some examples are:

The Environment Committee began with a couple of people sharing a Becketwood meal and getting into a discussion about some environmental concerns. Pretty soon it was a group of folks who gathered at mealtime with the intention to share environmental information. Then the group met on a regular schedule to educate themselves and to share

(Continued on page 2)

(Continued from page 1)

environmental information with the whole Becketwood Community. The end of the process was when the group became an official committee under the umbrella of the Member Activities Council.

There are a number of book groups at Becketwood. I witnessed one of them being born in my own living room during a gathering to greet two new neighbors. While I was scurrying up coffee, the other women discovered their mutual love of reading and said, "Why don't we form a Fourth Floor Book Group?" We did just that and have been happily meeting to talk about books ever since.

Every program and every excursion at Becketwood begins with a suggestion from a Member, who may or may not be on the Program Committee or the Excursion Committee. Each of our three film series was begun by a Member or Member couple. There are three support groups (that I know of) that have begun quite recently because individuals felt a need, put the word out, and found others who shared that need.

Not all ideas have to lead to formation of a group or group activity. Some contributions can truly be done on one's own. For instance, writing is usually a solitary pursuit, and it is individual Members who write all those articles in the *Becketwood Times*. If you like to reflect on or record your experiences, you are invited to contribute to the Becketwood Blog. And then there is the Member who has a talent for versifying; often Members find one of his efforts in their mailboxes on their birthdays. Prefer doing something that requires more physical action? How about the Member who redid the path to Fernwood Glen

last summer? And the visionary who said, "We could make a cider press!" I saw a need myself back in 2016. As a member of the Environment Committee, I had been delighted when Becketwood ceased putting chemicals on the lawn. However, a few years later I was less delighted when it was obvious that weeds, especially spring dandelions, were rampant. I had blithely assumed (dangerous!) that something organic had replaced the chemicals. Not so.

I talked to a couple of people about THE NEED TO DO SOMETHING ABOUT THE LAWN! When I talked to Bonnie Sample, chair of Landscape and Gardens and then a Board Member, we agreed that it would be a good idea to set up a small group to find out what was going on and come up with a plan to solve the lawn's problems. Group members would come from Buildings and Grounds, Landscape and Gardens, and the Environment Committee. Thus in July 2016 the Lawn Care Working Group (LCWG) began. Buildings and Grounds became our parent committee.

The result of the LCWG's 2 ½ years of investigation, study, experimentation and turning to the experts is a Lawn Plan, designed by Michael Keenan of Urban Ecosystems, now under the care of the Buildings and Grounds Committee. It is a plan that, when implemented over time, will result in beautiful grounds that are more climate-change resistant, pollinator friendly, and less expensive to maintain.

Whether your idea to contribute is small or grand, I offer the words of Robert Kennedy: "Some men see things as they are, and ask why. I dream of things that never were, and ask why not."

Board Actions in October

M/S/C to not exercise the Board's right to purchase Unit #141.

M/S/C to approve Brad and Diane Glorvigen for Membership in Unit #300.

M/S/C to approve Rick and Sylvia Moore for Membership in Unit #247.

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

M/C to approve 2020 Budget which was voted on October 16th, 2019. Finance Committee vote was 7 yes and 1 no.

M/C to approve the additional investment of \$35,000 in the Vanguard Ginnie Mae Admiral Fund (VFIJX).

M/C to approve the purchase of a CD in the amount of \$50,000 with a maturity date of 12-18 months.

M/C to approve the transfer of \$45,000 from the Wait List/Garage Reserve account to Repair and Replacement Reserve account.

M/C to approve the purchase of a CD in the amount of \$100,000 with a maturity date of 18 months.

**The next Board meeting will be on
Tuesday, November 26 ~ 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, Carol Mockovak

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



*"Just because I disagree
with you does not mean I hate you. We
need to relearn that in our society."
Morgan Freeman*

I have been struggling this month with what to write about in the newsletter. I have seen this quote on Facebook a few times and I guess it hit a chord with me as we are in very tough times these days with many varying opinions about what should happen next.

I am reminded that living in a cooperative promotes the concept that all ideas and suggestions are welcome but they may or may not be the best thing for the cooperative as a whole. In the case of Becketwood, that is why there are committees and a Board of Directors to ask the questions needed to determine which ideas/suggestions need to be pursued and which should be tabled until a later time or perhaps are not good for Becketwood at all.

In my role, although I might have an opinion about something, I am generally not the decision maker unless it has to do specifically with operations and is funded through the operations budget. When those decisions need to be made, I also must consider what is best for Becketwood. However, as soon as I need to request funding for something from the Reserves, I must also comply with the committee and Board of Directors process of approval.

Regardless of where a decision is made at Becketwood, not everyone will agree

(Continued on page 4)

100% of the time. I have heard of a rule in business and perhaps in life, that when a decision is made, 80% of the people will be ok with it and 20% of the people won't. Pretty good odds most of the time.

Becketwood has been going through some challenging times of late, which I suppose is consistent with the challenges outside of Becketwood as well. I imagine, though, that since Becketwood opened in 1986 it has experienced challenges before and it is still standing, so I don't think what we are experiencing now will be anything more than a "speed bump."

I don't think it is ever bad to remind each other that although we may not always get what we want and we may not always agree, we are a cooperative. As our website states:

"Belonging to a co-op is also a bit of a mindset. We're a lively, eclectic and spirited group of people who believe in cooperative, democratic living. Each one of us has something to offer, and being active in our community helps ensure our success."

Have a great November and a Happy Thanksgiving!

Debbie



The office will be closed on
Thanksgiving Day
Thursday, November 28

Marketing News

Maura, Kari, and Lynette



Sales

There are two closings in November. Kent unit #247 is going to be the new home of current Members, Rick and Sylvia Moore. And please welcome Brad and Diane Glorvigen to Canterbury Unit #300 from St. Paul. We also want to welcome Pastor Rick Mylander and his wife, Gail, who will be staying in Unit #331 for a few months. Their home base is Seattle. Their photo is on the north bulletin board. The only thing that's constant is change and at Becketwood, this is certainly true! While it may be hard to believe, we are already coming into the holiday season! As for the Marketing Department, we are truly grateful to be employed at Becketwood and to serve the community. Best wishes for a Happy Thanksgiving!

Changes in Tours at Becketwood

Owing to such a high demand for tours of Becketwood, we will be initiating some changes in the touring process beginning in January. Stay tuned for details as we work them out!

The "R" Factor

Kitchen Updates on a Dime
Have you ever thought of a total kitchen remodel dreaming of everything shiny and new? Probably constantly, right? But, you think, just not a possibility. Fear not, there is a happy medium between a total gut job and an economical face lift.

- Faucet - invest in a piece of sleekness that will shine
- Hardware - add or update to stainless cabinet knobs and drawer pulls
- Plants - always new, always fresh

- Lighting - under-cabinet lights, or a fixture over the sink
- Rugs - a bright and modern accent in front of the sink
- Accessories - a modern coffee maker, blender, mixer, or accent color items

I consider a lot of these ideas as a form of tricking the eye; they're eye candy, drawing you to the bling of modern fresh items. It IS possible to morph the old and new. These ideas will get you by until you can jump to an extreme makeover. When you're ready, let me know.

Lynette

PLEASE NOTE: The Marketing Department has new drop-in hours: **Monday-Friday, 2-4 pm** Outside of these hours, please make appointments by phone or email.

Member Services

By Deb Rodmyre, LSW
Member Services
Coordinator



Pet Owners

Have you added a pet to your family? Have you lost a pet recently? If so, please update your pet emergency form with me so we know how many pets live in the building. Also, if you added a pet we need veterinarian paperwork on file.

How to Declutter Your Apartment

Are you interested in organizing your apartment, but need a little help? Here are things to get rid of for instant decluttering: Anything you have not used in the last three months, towels

with holes, old magazines, old mail, paperwork, birthday cards, purses, belts and clothes you have not worn in at least six months. Keep in mind there are resources available to assist you with this task if it feels like more than you can handle. I have resources available in my office.

Metro Mobility

It's time to think ahead regarding your transportation needs, especially with winter coming on. To qualify for ridership you must have a type of disability diagnosed by your doctor. Age alone is not considered a disability so that would not qualify you. The cost for a ride is \$4.50 each way during rush-hour and \$3.50 each way for non-rush-hour trips. Trips greater than 15 miles outside the service area are charged an additional 75 cents. To apply for this service, your doctor needs to complete a form, which then needs to be sent in with the application. It takes two to three weeks to get approved. For further information or to pick up a form, please see me.

SHOULD I STOP DRIVING?

If you are wondering about your capability, it is probably time to stop! Ask yourself if you have difficulty with the following:

- Difficulty turning to check traffic due to physical limitations
- Getting lost
- Slow response time
- Too many near misses or hitting curbs
- Decreased confidence when you drive
- Confusing the gas and brake pedals
- Stopping in traffic for no apparent reason
- Failure to notice traffic signs

(Continued on page 6)

(Continued from page 5)

If you are experiencing any of the above issues, it is time to leave the driving to someone else! Think of the money you will save! I have resources in my office if you are interested in transportation ideas.

Book Parade

On **Friday, November 1st**, Minnehaha Academy children will be here wearing a costume of their favorite book character. Please cheer them on in the **Wellington Room at 1:00 pm**.

What's Cookin'

By Chef Brandon Lenzmeier



In an effort to better serve you during “Table Service” meals, we ask that you please wait to be seated or directed by the host on duty. This pertains to Tuesday, Thursday, Friday, and Saturday meals. We typically assign sections of the dining room to each server scheduled that day, so if a server’s section gets filled up immediately at the beginning of a meal this will delay and complicate their ability to efficiently serve you and other tables. Thanks for your cooperation!

Hosting a party or gathering in the upcoming holiday season and do not want to do all of the cooking and preparation? Let the Becketwood Food Service help you plan your next event. We cater events in Kensington Square, the Windsor Room, the Wellington Room and even in your unit! Come down to the kitchen or give us a call to set up an appointment to get your holiday season under way!

The Becketwood kitchen will be closed on Friday, November 29th. A meal will still be available for those who are interested. Stay tuned for a menu and details.

Exciting dates to mark on your calendar for November 2019:

Birthday Dinner
Friday, November 15th

Thanksgiving Day Dinner
Thursday, November 28th

November Shopping Trips

Every Tuesday — Lunds, Post Office, Aldi, Cub, Coastal Seafood and Target.

Every Thursday — New Cub and Lunds

Monday, Nov. 11 — Rosedale

Monday, Nov. 18 — Costco

Tuesday, Nov. 19 — Trader Joe’s

NO Shopping
Thursday, November 28
Happy Thanksgiving!

Check the grocery schedule on the ledge or your weekly calendar, and be sure to sign up!



IN REMEMBRANCE

Linda's interest in writing began when she was about eight years old. One fine day, about 32 years later, Linda Back met David McKay, the news director of KFAI. Linda volunteered there, and five years later, David and Linda married. Linda loved the local "people powered radio."



Linda Trazig was born April 21, 1947, in St. Paul, spending her early and teen years there. She graduated from the University of Minnesota, worked in advertising, kept writing, established a copywriting business, married Bill Back, and raised a family. At the Loft Literary Center, Linda was a student, writing teacher, and a Loft artist in residence, during thirty years.

Linda shared her own vulnerable early life, writing *Shadow Mothers: Stories of Adoption and Reunion*, which was adapted into the play *Watermelon Hill*, which had two extended runs at the Minnesota History Theater.

Linda and David moved from the Nokomis neighborhood into Becketwood, October, 2010. Linda's courageous life experience was shared with the Becketwood community in her poetry and storied readings. Five different titles of her work are in our Becketwood Library. Linda's non-fiction writing includes a work to be published, posthumously, about women motorcyclists of the 1930s and 40s.

Linda also served for several years on the Becketwood Marketing Committee. From their home here, Linda and David loved their travels, many on David's motorcycle. Linda loved the expansive out of doors, meeting people, hearing their stories.

During their 35-year marriage, especially the last 34 months since Linda's brain cancer diagnosis, Linda shared her true grit, stalwart determination, laughing, and enjoying their blended family and friends. For many years, we enjoyed Linda's diverse Poetry Party pages, a feature of the *Becketwood Times*. Goodbye, farewell, we "won't forget to write." Linda died, at home at Becketwood, September 17, 2019.

RIDING MOTORCYCLE By Linda (Back) McKay

Every ride reminds me of death,
The two of us, a drunken pickup,
errant deer
Something explodes, slow flight after
impact
A flash of time and then the fall
A branch in the throat, a leg turned
wrong
Darkened shreds of skin...

Let this machine pass powerfully
through me.
My body is the engine.
His body is the fuel.
We rule our gears and mirrors and
chrome.
Our leather stories are mortal
sketches.
We swallow the horizon.

In Remembrance stories are written
by Stephanie Gordon.

IN REMEMBRANCE

Gene and June Peterson moved to Becketwood in April 2007. Gene died, age 93, September 16, 2019.



Born and raised in St. Paul, Gene served two years in the Army Air Corps. He graduated from the University of Minnesota with a Bachelor of Science Degree in Education. Gene and June met in Gloria Dei Church and have been active members. They have two sons, three daughters, nine grands. In August 2019, Gene and June celebrated their 65th wedding anniversary.

Gene's career was with Boy Scouts of America. Some summers he also managed Scout camps. For a while after retirement, he was a Scouting Area Director for Minnesota, the Dakotas, and part of Montana.

In Brooklyn Center, Gene helped plan the first 50-meter indoor swimming pool in Minnesota. In Prescott, Wisconsin, Gene helped develop Freedom Park & Great River Road Learning Center.

At Becketwood, Gene was an active member of the Landscape and Gardens Committee. He and June encouraged bluebirds to nest here and bluebird houses were constructed in our woodshop. Gene and June often hosted enjoyable weeding parties. While Gene chaired Landscape, he received a grant to build a rain garden on the north side of Becketwood, for rainwater from the

north roof. Excess runoff flowed east to Fernwood Glen area.

Gene's grandson Tom earned his Eagle Scout Badge, building a chimney swift tower in the Member Garden. Tom gathered supplies, the woodshop sawed his lumber, Tom built the house! At a Becketwood ceremony, all who had shown interest, including his grandparents, came, as he talked about his pride in building it.

Gene's camaraderie, with the couple's support for Becketwood and each other, helped maintain our landscape and gardens and will long be remembered and appreciated.

In Remembrance stories are written by Stephanie Gordon.



COMING ATTRACTIONS

Thursday, December 5
Members Only Holiday Dinner
Minnesota Chorale

Saturday, December 7
Advent Lessons and Carols
Becketwood Choir
4:30 pm ~ Wellington Room

Monday, December 9
Bake Sale 10-11:30 am
East and West Dining Rooms
Sign up on the Ledge.

Becketwood Committee News

Program Committee

One of the first groups performing in the newly carpeted Wellington Room is a group performing here for the first time, the Cajun Crawfish Hotdish. This four-member group will entertain on **Wednesday, November 6** at 7:30 pm with music featuring a Cajun flavor.



The following week, the Voices of Experience, a community choir for mature voices, some 60 strong, will offer a concert in the Solarium on **Tuesday, November 12**. Note that this is both a different day and a different time than is usual as they will be singing at **10 am** rather than in the evening. The program will feature a variety of musical genres from classical to jazz to folk to popular.

That same week on **Thursday evening, November 14** at 7:30 pm members of the Seward History Project will provide insight into the early history of this part of south Minneapolis. Concluding November's programs sponsored by the Program Committee will be a solo piano concert featuring pianist Sue Ruby, playing music by women composers, on **Thursday, November 21** at 7:30 p.m.

The November programs are a good example of the Program Committee's dependence on suggestions for programs that Members of the Becketwood community offer. Keep such suggestions coming.

The committee would also like to remind Members of our "Legacy Fund."

Members are welcome to contribute to this Fund to honor or memorialize family members. The fund supplements the Program Committee's budget and adds to and enriches the quality of the programs we are able to present.

Randy Nelson, Co-chair

A Note From the Excursion Committee



As the holidays and cooler weather will soon be upon us, a seasonal outing or two can be fun. Try something new! An excursion is an experience with friends. A note to newcomers: it is a delightful way to get acquainted, both on the bus and at the venue. Door to door, no driving, no parking, great destination! Kudos to our excellent bus drivers and assistance from Member coordinators!

Orchestra Hall After Concert Lunch
Would you like to have lunch together in the Wellington Room after returning from a concert? The next concert is on **Thursday, November 14**. Please sign up on the ramp ledge if you would like to join in.

Rosedale AMC Met Opera
Now that the theater is offering reserved seating, please order your own tickets and we will provide the bus. That way, you can choose where you want to sit.

On **November 22** we visit the Museum of Russian Art, this country's only museum devoted to exploring the art and culture of the Russian empire, the Soviet Union and post-Soviet Russia. We will view Soviet-era posters and the work of the famed Russian-born artist Marc Chagall. See page 23 for a list of excursions this month.

Mickey Monsen, Chair

Chapel Committee



Because of “global colding,” the Vespers services move to the Windsor Room **at the end of the month**. Two years ago, we moved at the time of the Thanksgiving Eve service, so watch to see what the weather is doing then. Paul Douglas wouldn’t predict. From December through February, we use the Windsor Room.

Speakers for November are: 6 — George Lundgren, 13 — Wayne Tellekson, 20 — Nancy Mc Neff and Trudy Harper (Harpist!), 27 — Rick Mylander, pastor of Bethlehem Covenant, living for a year in unit #331. We’ll welcome him by putting him to work. The offering will go to Second Harvest Foodshelf.

In October 2018, the Committee established a working group to:

1. Encourage a broader, more inclusive worship service;
2. Honor the diversity of faith practices in our community at Becketwood;
3. Offer occasional educational/informational programs on other faith practices and traditions.

A seven-person group has been meeting and reported back with ideas. They are concerned that if they continue “under the auspices of Chapel Committee,” the offerings might seem to be specifically “Christian” in nature and prefer them not to be thusly labeled.

The Annual Lessons and Carols service will be held on **Saturday, December 7**, at 4:30 pm in the Wellington Room.

Wayne Tellekson, Chair

What Happened to Summer?

November’s meeting is the final Landscape and Gardens (L&G) meeting for this growing season. The upcoming transition from autumn to winter will provide a break until spring for most of our committee members. During the winter, however, we will have three working groups that are charged with: 1) identifying priorities and critical issues for 2020, 2) developing criteria that allow us to organize important committee documents, and 3) creating the spring order for annual plants. One important priority for 2020 is to recruit new committee members. If you have questions about Landscape and Gardens responsibilities or want to help provide Becketwood with the gardens that are such an important part of our landscape, please contact Bonnie Sample, L&G committee Chair.



This growing season has been an interesting one for our gardeners and they deserve special thanks for their understanding and their cooperative spirit. Gardeners kept water flowing to our plants using only the hoses after a difficult winter disabled much of the irrigation system. Hoses sometimes needed to be moved or reconfigured and required new procedures. Groundskeeper Jeff Fahrenholz provided creative solutions throughout the summer. Initially, it seemed like using hoses could prove to be a big problem, but after a week or two of practice, people figured out what to do and how to do it. It helped that we had a lot of rain this year - too much perhaps!

Bonnie Sample, Chair

Choir News

“Words fail. Images fade. But music has this ability to transcend all those limitations—language, time, distance—to ignite something deep inside each of us. But why does music have such a powerful impact on our minds, bodies, and souls? Yuval Ron says this is because music itself is a manifestation of divine energy. ‘It’s ethereal,’ he says. ‘It’s not something that you can nail down or that you can make rules about. There’s no way to define it in a way the human brain can grasp.’” (Elena Tafone)



Becketwood Choir spent October preparing a vibrant arrangement of “On Eagle’s Wings,” for the October Evensong, enjoying the expressive accompaniment of Ellen Luepker, who so graciously volunteers her time and expertise. The Call to Worship proclaimed “Peace Abounds” and the Sending song prayed “Grant Us Peace,” composed by tenor Don Besser. We have a good head start on all eight anthems for the **Advent Service of Lessons and Carols, Saturday, December 7, at 4:30 p.m.** in the Wellington Room. Please plan to share this event with family and friends.

Peace, Jean Geissler, Director

Becketwood Art News

Inventory Update

We have completed the art inventory on floors three through six and are now working on second floor. My partner in this project, Nancy Minihan, has already taken photos of the art on the 2nd floor — 125 pictures! One



thing that we have discovered during this process is that we would like to emphasize that Members donating or loaning a piece of art to Becketwood should be sure that their name and whether it is a donation or a loan should be on the back of the picture. We are finding a lot of “unknowns.”

We have completed the roster of floor monitors for the Art Committee. You can contact these folks if you have any questions about art on the walls or wish to donate or loan art to Becketwood.

Stairwells	Bob Kirk
1st Floor	David Liddle
2nd Floor	Shirley Dahlgren
3rd Floor	George Lundgren
4th Floor	Joel Wiberg
5th Floor	Clare Fossum
6th Floor	Bonnie Porte

For many years, Jeanette Milgrom has taken on the responsibility of finding musicians for our art openings. She has done a wonderful job and we thank her.

A lot of folks missed having music for the October opening. I will be seeking musicians for future openings by contacting those on our current list. If there are any new Members who are musicians, we would love to know whether you would take on this job one month in a year. The musicians play 40 to 45 minutes beginning at 2 pm during the Cookie Cart and Art Opening on the first Friday of each month. Please contact me if you can help us:

Bonnie Porte, Chair
bporte@usjet.net.

Notes from the Interior Design Committee

The carpeting replacement project is proceeding — and we thank everyone for their patience and positive responses. We all look forward to its completion! To keep the carpeting fresh and clean, live plants will no longer “live” **on** the carpet in the Solarium.

Holiday decorating will be upon us all — very soon. Foyer, Wellington, Solarium, Staircase and Windsor will be done on **December 3rd at 10 am** — Save The Date! Many hands make light work, and treats will be provided.

This year the elevator lobbies will be “decked out for the season” by members of the Interior Design Committee.



First floor east and west,
Marcie Wallace;
Second floor and third floor east
Mary Theresa Downing;
Second and third floor west,
Helen Grant;
Fourth floor east, Barbara
Johnson;
Fourth floor west, Bonnie Porte;
Fifth and sixth floor, Gail Onan.

After the holiday season, this group will continue to provide design and décor for the elevator lobbies. If you have a specific suggestion for your lobby — please contact the Interior Design member listed above.

Barbara Johnson, Marcie Wallace,
Mary Theresa Downing, Bonnie Porte,
Ken Johnson, Helen Grant, Gail Onan.

Wellness Notes

Visit the hydration station at Becketwood!

Are you aware that there is cold, good-tasting water available by the coffee shop? Just help yourself. Keeping hydrated is critical to good health.



When you're thirsty, you could already be dehydrated, having lost 1-2% of your body's water content. And with that kind of water loss, you may start to experience cognitive impairments like stress, agitation, forgetfulness, etc. This is a common reason for Becketwood Members to end up visiting the ER.

Experts say a quick urine check could be the most effective DIY way to tell how hydrated you are. Simply look at the color of your urine: if it's pale, you're hydrated. If it's darker yellow, it's time for a glass of water (or two).

Here are some suggestions for maintaining adequate hydration:

1. Keep it visible. Try bringing a water bottle with you when you leave home or place a note to remind you on the fridge or counter.
2. Give it flavor. Try adding lemon or other fruits to sweeten your water. This will add extra nutrients to your drink as well.
3. Eat water-dense foods. As much as 20% of a person's daily fluid can come from food.
4. Drink before you eat. Meals provide an easy opportunity for extra water so try to sip throughout the meal or drink a glass of water before you begin. Thirst is often misinterpreted as

hunger, so this strategy could even help with weight control.

Elaine Kirk, Wellness Committee
(taken from the Mayo Clinic bulletin)

The Wellness Committee sponsored the annual flu shot clinic on October 14th. They were assisted by several helpful volunteers, for which the committee is thankful.

The November Wellness Committee program will be on November 20th at 7 pm (not 7:30) on *Understanding Depression in Older Adults*. Kay King, a gifted speaker from the National Alliance on Mental Illness, MN will bring us a dynamic presentation that takes up to an hour and a half, but witnesses say it doesn't seem that long! We look forward to seeing you there.

Joy Nelson, Wellness Committee

Something New from the Recycling Team!



Ever find yourself holding a plastic or paper item, wondering "Is this trash? Is it compostable? Could I recycle it?" Well, we all have! And to help each other make the best choice, the Recycling Team is offering **Personal Trainers** who can help you make that decision. If you have a particular item you are not sure how to handle, need more general advice or would just like to brush up on your waste management skills, we can help! The team members listed below would be happy to meet with you personally to answer questions, help you make the best choice for disposing of a particular item, or however else we can assist you. Our goal is to help *you* become a better waste manager. So call one of these folks:

Mary Ahler, #208, 612-455-9251
Bob Allen or Susan Evans, #432, 612-455-9310
Candace Barrick, #108, 612-722-3387
Ruth Gaylord, #274, 612-729-1211
Carol Masters, #474, 612-724-2891
Rick Moore, #602, 612-455-9309
Carla Mortensen, #176, 612-724-1814
Jon Riehle, #337, 612-722-5532
Ed or Susan Sisola, #121, 612-799-4595
Wayne Tellekson, #171, 612-455-9200
Jude Wing, #355, 612-210-5022

We are ready to help!

**Annual MAC
Bake Sale
Monday, December 9
10-11:30 am
East and West Dining
Rooms**



Please sign up on the ledge to bake for the sale!

There will be homemade breads, cookies, pies, candies and more for purchase. Bring your contributions to the East Dining Room between 9 and 10 am on Monday.

We appreciate your support!

Bob Flink
MAC Chair



Regenerative Agriculture: Real hope for fixing the climate crisis

Thursday, November 7, 7:30pm
Wellington Room

The Environment Committee is sponsoring a program this month on how new ways of farming can help solve the problems brought on by conventional agriculture. For years agriculture has been *degenerative* rather than *regenerative*, destroying rather than building up, by not knowing and applying recent information about the nature of soil health. Too much carbon in the atmosphere, farmable soil washed and blown away, fertility lost from chemical use, waters silted up and polluted, more drastic weather patterns: all these can be changed by farmers and other land stewards who focus on building living soil. Presenter Helen Gilbert has been studying these solutions with Kiss the Ground, a non-profit organized to create advocates for the soil. We can all help as we learn about the power of working with nature instead of against it in order to produce food for all the people on the planet.

In her presentation, Helen will show slides from the Kiss the Ground course, and there will be a hands-on demonstration experience for all the audience members. Handouts will include lists of YouTubes, websites, gardening methods, and books.

Helen Gilbert



Explore key issues of our day from an ethical perspective.

Rather than attend the Westminster Town Hall Forums downtown and fight traffic and crowds, we decided to show the livestream presentation in Kensington Square. The next forum is on:

Tuesday, November 12, 12 noon:
Andre Thomas, *The Meaning and Impact of African American Spirituals*

Excursion Committee

GREEN TIP

Go "BPA free"

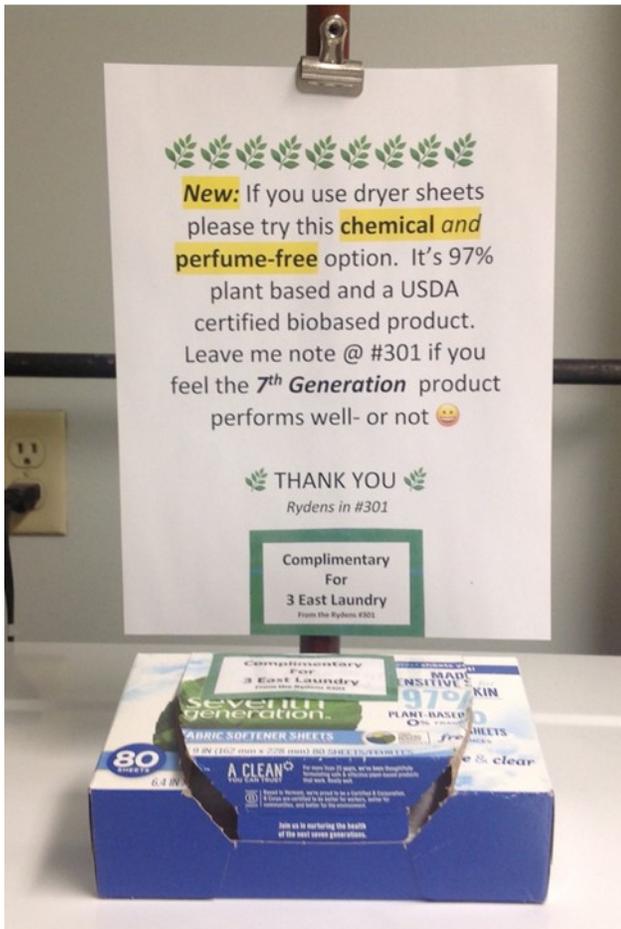
Carry a little notebook (to record your purchases) to avoid taking paper receipts at ATMs, grocery stores, etc. Bisphenol-A (BPA) is found in can liners and plastic products and coated on paper receipts. Exposure to BPA is linked to hormone-related health effects such as increased risk of cancers, infertility, obesity and diabetes. Unfortunately, recent studies find BPS — BPA's replacement chemical — isn't any safer than BPA.
www.womensvoices.org



Three East Laundry Room— Fragrance-Free and Chemical Free Dryer Sheet Option: UPDATE

As we've had so many new Members at Becketwood, I thought I'd do a "refresh" on my article from earlier this year. Many thanks to those Members using the third floor east laundry room who are embracing using the complimentary dryer sheets. The box of fragrance *and* chemical-free dryer sheets has been well worth \$2.50 per month to have (dryer related) fragrance-free hallways and clothing around third floor east. Also, please consider using fragrance-free laundry detergents; *you can make a difference* in supporting fragrance-free living in our homes and common spaces.

Peggy Ryden



RIVER ROAD HAIR DESIGNERS
At Becketwood

What better way to say Thank
You than a party!
Sunday, November 10
2 pm until 4 pm
Wellington Room

All are welcome.
Come meet the stylists.
Refreshments, music, prizes
and fun
Music Performed by B&B

**November tip from
the recycling team:
Compost should
never be left in the
recycling/trash
rooms!**



All compost should be dropped in the large gray dumpster in the garage. Look for the sign above it that says "Main Compost Bin." If it is difficult for you to walk to the main compost bin, you can leave it in one of the receptacles marked "Compost" near the elevators in the garage. However, we have to pay staff to dump those (which can be quite heavy) into the big bin. Small improvements help everyone!

Comment and Suggestion Box Convenience Center

Please use the form and
remember to sign your name.

Library Committee

As we look over our book shelves, HIDDEN TREASURES continue to pop up. One treasure is the *Saint Paul Almanac*. These annual books are a collection of short stories, poems, and essays relating to Saint Paul and life in Minnesota. Entries by Becketwood Authors Pat Cummings, Jill Breckenridge, David McKay and Linda Back McKay have been included. Marcie Rendon has contributed several poems. A photo by Wing Young Huie appears. These two writers have spoken at Becketwood recently. There are many other authors; some are well known. These books, found on the Becketwood Authors shelf, are good for bedtime reading on our long winter nights.

Mary Heltsley, Co-chair



NEW IN THE LIBRARY



FICTION

THE TESTAMENTS by Margaret Atwood. At last we have this acclaimed author's own answers to questions that have tantalized us for decades. She picks up where she left us in *The Handmaid's Tale*, as Offred stepped into the unknown. This fascinating sequel was worth the wait!

THIS TENDER LAND by William Kent Krueger. In 1932, after being separated from their parents, four Native American children are placed in a boarding school. After being admonished by the director for their exuberance, folly and mischievous behavior they decide to "go on the run," steal a canoe and set out on the Mississippi looking for a home. Along the way, they cross paths with others who are adrift, from struggling farmers to displaced families and lost souls of all kinds.

THE POET X by Elizabeth Acevedo. Xiomara, a young teenager, tells her "coming-of-age" story entirely through the poems that she is constantly writing in this engaging and fascinating novel. First love, an overly protective mother, and daunting church expectations are among the challenges that Xiomara faces in the only way she knows how and feels comfortable--by writing poetry to give expression to her thoughts and feelings. A delightful read.

RUBY & ROLAND by Faith Sullivan. Set in early 1900, the novel portrays Ruby Drake, orphaned at age ten when her parents die in a blizzard. She moves to Harvester, Minnesota to be a farmhand. As a teen she begins an affair with Roland Allen, her married neighbor, whose wife is bedridden with grief

after losing their first child. When Ruby is dispatched to the Allen home to tend to his ailing wife, will she choose love or duty?

MYSTERIES

TWO DAYS GONE by Randall Silvis. A beloved college professor had the perfect life, a perfect wife and children but now they are dead and he has disappeared. If he is innocent of their murders why is he on the run? Using clues from an unfinished manuscript, Sgt Ryan DeMarco tracks the killer through the Pennsylvania backwoods.

THE TALE TELLER by Anne Hillerman. In this riveting, atmospheric mystery, legendary Navajo policeman Joe Leaphorn, now retired from the Tribal Police, finds himself knee-deep in a perplexing case involving a priceless artifact. Meanwhile, his former colleague Jim Chee and Officer Bernie Manuelito are collecting evidence after a rash of burglaries, a case which grows more complicated when the FBI is involved.

NON-FICTION

ON WRITING by Stephen King. In this part memoir, part guide, Stephen King is revealed to be a really likable, witty guy who freely shares his stumbles and troubles as a teen, struggling writer, and best-selling author. Recommended by Marcie Rendon in her talk at Becketwood.

THE END OF ALZHEIMER'S by Dale E. Bredesen, M.D. The author is a neuroscientist-neurologist who has developed a protocol which he claims can halt and even reverse cognitive decline in many patients with Alzheimer's Disease. The program is not simple, and requires many changes in diet and activity but it appears to have been effective in many patients.

WHEN REPUBLICANS WERE PROGRESSIVE by Dave Durenberger, with Lori Sturdevant. This very interesting book is more than a political history; it includes a great deal of biography, notably those of Harold Stassen, Elmer L. Andersen and Durenberger, a notable progressive Republican political lineage dating back to the 1930s. Additionally, Durenberger describes the slow collapse of the collegiality and mutual community spirit that reigned in both parties in Minnesota and national politics when he started out, leading to the divisive and angry climate today.

LARGE PRINT

WHERE THE CRAWDADS SING by Delia Owens. Kya, a young girl who lives on the marshlands off the North Carolina coast, is left completely alone at a very early age. As she matures, she finds ways to make money and provide for her basic needs. Her involvement with a young man who is murdered makes her the prime suspect in his death. This is a haunting, heartbreaking coming-of-age story.

Reviewers: Gloria Delano, Gretchen Flynn, Linda Kusserow, Carol McCabe, Randy Nelson, Rosemary Rawson, Deb Rodmyre, Marcie Wallace, Wayne Westwood, Sue Zuriff

BOOKS BY MAIL

Did you know you can get books from the Hennepin County Library through the mail at no charge?

Friends of the Library can also help you access books online.

For more information call
At Home Services
612-543-8850.

LIFE IN A REAR VIEW MIRROR



A Special Man

After I retired from my day job, I worked part time at a large garden center in Minneapolis. Oh yes, it was a no-brainer job for the most part, but I had a good time. I worked in their seminar room called “The Heritage Room,” which honored four past generations of the current ownership family. We held talks regarding perennials, making garden walls, planting bulbs, and so on. At that time several clubs used the Heritage Room for meetings, i.e., Orchid Club, Iris Club, Peony Club, and Bonsai making.

I worked with and met so many good gardening people working there, but one of the men who had a menial job made a good impression on me. His name was Harold. When the afternoon got late, Harold, who was certainly in his 70s, arrived at the motor pool, where mechanics worked on everything from semi-trucks to lawn mowers. Harold's job was to clean up and sweep out the area where the mechanics worked.

I made a point of saying “hello” to Harold quite often. I would ask how his wife was doing, and he usually answered “not so good.” But when I asked Harold how *he* was, he always answered “*Extra good.*” He never failed in that upbeat answer. It made me feel good, too. I have been aware of different answers to the question, “How are you?” Mostly people say “I am fine,” or “Okay.” (Someone recently said “better than I deserve.”) Other times a person will reply with way too much information on their health, or their

dog’s cute doings. A good friend of ours had last-stage cancer, and she preferred “It's good to see you,” rather than “How are you?” She was in bad shape, so “how are you” was not a good question for her at that time of her life.

Harold had it right. *Extra good* is how we would like to be, and even if we are not “extra good” it may help to lead us in the direction of being better than we thought. Harold was a special man.

Dick Juhl
rrjuhl@gmail.com

Please mark your water bottles with your name!



We often find stray bottles around the building.

BLOOD PRESSURE
With a Nurse



**Tuesday,
November 5
1:00 pm
SOLARIUM**

Sponsored by
Longfellow/Seward Healthy Seniors

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.

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.

Annual Holiday Arts and Crafts Sale

**Friday, November 15
2-4 pm
East Dining Room**

You still have time to craft gift items for the sale and we are counting on you!

All proceeds go to the Craft Center to fund special Becketwood projects.

Please sign up on the ledge if you are making items.



Thank you!

Support Groups

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

Support Group: 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

ENTERTAINMENT

OK Friends, here is another run-do-not-walk superb local theater event. The Gremlin Theatre is presenting *Journey's End, A Requiem*. This drama was first produced in 1925, written by R.C. Sherriff. The entire production is conceived, directed and designed by the brilliant Bain Boehlke. He has done a superb job selecting an absolutely remarkable cast and guiding them into one of the finest ensemble pieces I have ever seen.



The first act is largely a slice-of-life drama in an officer's bunker in a real battle in World War I. The play is autobiographical as the author survived the disastrous outcome of this engagement. Act Two, however, is a very intense, dramatic, action-driven play, during which (spoiler alert) an absolutely unique phenomenon in drama occurs. A character transforms from an antagonist to... well, you have to see this event at all costs.

For tickets:

<https://www.showclix.com/event/journey-s-end>

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.

Question of the Month

How many Members serve on committees?

381! Many people serve on several committees thus the high number. This number includes card makers, trash takers, mail delivery, website mastery, flower designers and program planners, to name a few. Way to go!

New name for **Caregivers Support**

Group. We will now be called simply "**Support Group.**" We invite all Members who are functioning in the role of caregivers for their spouses or relatives, and those who have experienced loss. We meet on Monday afternoon in the 4th Floor Conference Room at 1 pm. We will anticipate your place among us. Welcome! Questions? Call Susan McKinley, 612-722-4411

Silver Sneakers is again getting revved up to enter into our exercise program with enthusiasm. We invite you to join us in the Windsor Room on Monday and Thursday afternoons at 4 pm for a 45-minute workout. Two times a month we have an instructor from the Y who leads us. The other sessions are guided by a DVD that we follow. There is a charge for the instructor-led classes. Questions: Susan McKinley, 612-722-4411; Nancy Morin, 612-789-7953

Exercise Corner

Mark your calendars!

Chair Exercise: Th, Sat at 9 am
in the Game 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:**
M at 11 am, Beginners
T at 8:30 am, W at 11 am
Windsor Room

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

Meditation: T at 4 pm; F at 8 am,
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

- 1 Bob Flink
- 2 Laurel Haycock
- 6 Carol McCabe
- 9 Hilvie Ostrow
- 10 Barbara Johnson
- 13 Joy DeHarpporte
- 14 John DeHarpporte
- 15 Bob Allen
- 16 David Liddle
- 17 Greta Berg
- 18 Bob Michler
- 18 Jim Higgins
- 18 Glenna Dibrell
- 22 Terry Vrabel Sonier
- 22 George Lundgren
- 23 Bob Kirk
- 25 Wayne Tellekson
- 26 Diane Barrett
- 27 Jon Marble

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



November Birthday Dinner:
Friday, November 15
5:30 pm ~ Wellington Room
Redeem your birthday coupon!

Schwan's Delivery

Schwan's will be here every other
Monday, November 4 and 18
at 3 pm in the Coffee Shop.
It is best to pre-order online or
by calling 1-888-724-9267.

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, November 14
10 am — 12 noon, Solarium

Movie Schedule

Alternative Cinema

Sunday, November 3

7 pm, Wellington Room

The King and I

The movie is set in 1860s Siam where a schoolteacher (Deborah Kerr) is brought from England to educate the King of Siam's (Yul Brynner) children. When East meets West, cultures clash, and struggle to understand and learn from each other. Winner of five Oscars (1956, Rated G: Musical, Biography).

Presented by The Rydens

A Film From Britain

Sunday, November 17

7 pm, Wellington Room

Unfinished Song

The story follows an unhappy, grumpy retiree trying to come to terms with the loss of his wife due to cancer. She kept her spirits up by singing in a choir for retirees, making her husband promise to join the choir when she dies. This is a familiar plot, but we all need to be reminded that music can help us when we are in difficulty. 2012

Presented by Keitha Herron

Masterpiece Theater

Friday, November 22

7:30 pm, Wellington Room

Funny Face

An impromptu fashion shoot at a book store brings about a new fashion model discovery in the shop clerk. Starring Audrey Hepburn, Fred Astaire, Kay Thompson, and Michel Auclair. 1957

Presented by John Fenn

All Sponsored by the Program Committee

Movie Night

Saturday, November 30

7 pm, Wellington Room

Bagdad Cafe

Drawn to a pair of lights in the barren American desert sky, a mysterious German, Jasmin, stumbles upon a dilapidated motel/diner in the middle of nowhere. Her unusual appearance and demeanor are at first suspicious to Brenda, the exasperated owner who has difficulty making ends meet. But when an unlikely magic sparks between the two women, this lonely desert outpost is transformed into a thriving — and popular—oasis.

Stars: Marianne Sagebrecht, CCH Pounder, and Jack Palance. Rated 'GP' and has subtitles. 1987

Presented by Jacqueline Teisberg

Sponsored by the Program Committee

Socrates Café

3:30—4:45 pm ~ West Dining Room

Tuesday, November 12

What is the relationship of language/rhetoric to behavior?

Tuesday, November 26

What is the most serious social/political issue facing us today?

Everyone welcome!

Contact Randy

Nelson with

questions.



Excursions for November

Sponsored by Excursion Committee unless otherwise noted.

EXCURSION	DATE and TIME	DESCRIPTION
Minnehaha Academy New Campus Tour	Friday, November 1 Depart at 10:30 am Return at 12:30 pm	Tour the new building
Danish American Center	Monday, November 4 Depart at 6:30 pm Return at 9 pm	Sing along with Dan
Pub Crawl and Lunch	Tuesday, November 5 Depart at 12:30 pm Return at 4:30 pm	Hospitality for all. Non-alcoholic beverages available. Urban Growler and Pries Brewery
Ordway	Friday, November 8 Depart at 10:15 am Return at 1:30 pm	<i>Beethoven's Razumovsky Quartet</i>
Rosedale AMC Opera	Saturday, November 9 Depart at 10:45 am Return at 4 pm	PLEASE BUY YOUR OWN TICKET And take the Becketwood bus <i>Madame Butterfly</i>
Orchestra Hall	Thursday, November 14 Depart at 10 am Return at 1:30 pm	<i>Vaughan Williams' Dona Nobis Pacem</i> Ticket holders only.
The Museum of Russian Art and Café Ena	Friday, November 22 Depart at 10:30 am Return at 2 pm	Soviet-era posters and Marc Chagall

UPCOMING COMMITTEE MEETINGS

Program	Friday, Nov. 1	9 am	CR
Library	Monday, Nov. 4	9 am	WDR
Chapel	Tuesday, Nov. 5	3 pm	CHP
Art	Wednesday, Nov. 6	9 am	CR
Wellness	Wednesday, Nov. 6	1:30 pm	WR
Communications	Wednesday, Nov. 6	2:30 pm	CR
Environment	Thursday, Nov. 7	1:30 pm	WDR
MAC	Monday, Nov. 11	1:30 pm	WR
Marketing	Tuesday, Nov. 12	12:30 pm	WDR
Landscape & Gardens	Tuesday, Nov. 12	1:00 pm	WR
Excursion	Wednesday, Nov. 13	1 pm	CC
Buildings & Grounds	Thursday, Nov. 14	2 pm	WDR
Food Service	Tuesday, Nov. 19	10:30 am	WDR
Investment	No Meeting		
Finance	Thursday, Nov. 21	2:30 pm	WDR
Board of Directors	Tuesday, Nov. 26	1:30 pm	WR

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

November Programs at Becketwood

Sponsored by Program Committee unless otherwise noted.

Alternative Cinema	Sunday November 3 7 pm	Wellington Room	<i>The King and I</i>
Cajun Crawfish Hotdish	Wednesday November 6 7:30 pm	Wellington Room	Music with a Cajun flavor
<i>Regenerative Agriculture</i>	Thursday November 7 7:30 pm	Wellington Room	Sponsored by the Environment Committee
Thank You Party	Sunday November 10 2-4 pm	Wellington Room	All are welcome to attend. Sponsor: River Road Hair Designers
Voices of Experience	Tuesday November 12 10 am	Solarium	Community choir for mature voices
Livestream Westminster Town Hall Forum	Tuesday November 12 12 noon	Kensington Square	Andre Thomas, <i>The Meaning and Impact of African American Spirituals</i> Sponsor: Excursion Committee
Seward History Project	Thursday November 14 7:30 pm	Wellington Room	Presented by Dick Westby
Annual Holiday Arts and Crafts Sale	Friday November 15 2-4 pm	East Dining Room	Sponsor: Craft Committee
A Film From Britain	Sunday November 17 7 pm	Wellington Room	<i>Unfinished Song</i>
Understanding Depression in Older Adults	Wednesday November 20 7 pm	Wellington Room	Kay King, Speaker from National Alliance on Mental Illness
Sue Ruby, Pianist	Thursday November 21 7:30 pm	Wellington Room	Featuring music by women composers
Masterpiece Theater	Friday November 22 7:30 pm	Wellington Room	<i>Funny Face</i>
Thanksgiving Eve Vespers	Wednesday November 27 4:30 pm	Chapel	Pastor Rick Mylander Offering to Second Harvest Food Shelf
Movie Night	Saturday November 30 7 pm	Wellington Room	<i>Bagdad Cafe</i>

