



MARCH 2020

# Becketwood Times

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

What We Can Learn  
(after we think we know it all)  
By Tracy Gulliver

One week after I was elected to the Board, I learned that my father had a rapidly growing tumor. I seriously considered stepping down from the position. I spent most of May with my family at the Mayo Clinic in Rochester, at my parents' home in Chisago City, or traveling between the two places. While the May Board meeting was being held, I was with my parents and siblings discussing when my father should go into hospice.

The former finance chair was looking forward to retiring, but graciously filled in during my absence. One member of the Finance Committee was willing to serve as vice chair and was there when I couldn't attend meetings. The chairs of Investment and the Reserves Long Range Planning stepped up and agreed to lead those committees for another year. I was grateful for people's willingness to guide me through the committee maze and fill in while I was dealing with loss. But the support didn't end when a meeting was

over. People's ongoing understanding and emotional support for me in my grief has been amazing. This is Becketwood at its best: a supportive community that cares about each other.

I consider myself a lifelong learner. My father often said, "It's what you learn after you know it all that counts." As I approach the end of my freshman year on the Becketwood Board, I find that its rigorous "curriculum" has provided many learning opportunities.

As treasurer, my major focus has been in finance, with plenty of on-the-job training. Most of the Finance Committee's duties involve reviewing financial information and discussing the need for major expenditure requests. These requests usually involve our buildings and grounds, and often require drawing from Becketwood's reserves. I bring the committee's recommendations to the Board meeting where we vote on whether to approve each expenditure. Board meetings provide lessons in business management as well as cooperation and

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encouragement as I learn more about our decision-making process.

The required reading seemed a bit daunting at first, especially the Policy Manual. I haven't read it cover to cover, but it's a vital reference tool I refer to often. Robert's Rules of Order is another "must read." Monthly homework isn't grueling, but it does involve reviewing documents to be discussed at upcoming meetings.

Serving on Becketwood's Board of Directors has been another great learning experience. I've had the privilege of getting to know people and appreciate their expertise. Several have served as mentors, guiding me through the process and procedures of various meetings. I am grateful for the moral support they've shown and their willingness to step in as I dealt with the loss of my father.

I've learned how Becketwood operates and the importance of keeping in mind the best interest of our community. Serving on the Board is also an exercise in objectivity. It's imperative as a Board and committee member to refrain from promoting projects that serve personal agendas. We often refer to Members as shareholders. The board acts on our behalf to make policy decisions and provide oversight. As Board members, we have a financial responsibility to ensure Becketwood runs efficiently and manages its assets wisely. I've learned firsthand that we as Members are one of Becketwood's greatest assets and how important it is to maintain confidentiality.

Each meeting I attend helps me better understand a committee's purpose and the role its members play in making Becketwood a thriving community. If

you would like to learn more about the Board or a specific committee, I highly encourage you to attend several meetings as an observer or a "student." As you think about how you want to contribute to our community, consider the expertise and perspective you offer. Serving on a committee is an opportunity to share our educational, professional and life experience. None of us will ever know it all, but all of us can continue to learn.



Becketwood Cooperative  
Annual Meeting  
Wednesday, May 6

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

**Newsletter Coordinator:** Deb Rodmyre

**Editors:** Phyllis Kromer, Faith Lindell  
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**Graphic Designer:** Susan Greene

**Contributing Writers:** Members and Staff  
of the Becketwood Cooperative.

*Submissions to Deb Rodmyre and Susan Greene must be received by the 20th of the month preceding publication.*

## Board Actions in February

M/S/C to approve \$300 for joining the Cooperative Network's legal appeal of the revocation of the sales tax exemption.

M/S/C to approve moving the sump pump drain, to be in compliance with city code in a timely manner, by Matt's Plumbing for a cost not to exceed \$19,530 using reserve funds.

M/S/C to not exercise the Board's option to purchase Units #359, #210, #106, #272, and #214.

M/S/C to approve Rick Weber for Membership in Unit #210.

M/S/C to approve Lisa Albrecht for Membership in Unit #302.

M/S/C to approve Carol Spearman and Rowland Joiner for Membership in Unit #231.

M/S/C to approve Wes and Linda Skoglund for Membership in Unit #525.

M/C to approve the proposal from Certapro Painters to refinish 300 windows for an amount not to exceed \$27,000 using reserve funds.

M/C to approve the cost overrun to upholster the eight chairs in the Solarium for an amount of \$1,761 using reserve funds.

M/C to approve the proposal from NAC to install the fan coil in Unit #247 for an amount not to exceed \$4,300 using reserve funds.

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

## Notes from Debbie

By Debbie Richman,  
Executive Manager



### I'm Almost Two!

Believe it or not I will be two years old in April! I suppose I could have waited until then to write this, but I have been a little topic-challenged this month so here goes.

It's probably safe to say that what has happened over the past almost two years at Becketwood has been quite the learning curve. I don't know that anything could have been said during my interview process to prepare me for some of the experiences here.

Working in Cooperative Housing is unique and although I had housing experience, there are many things about Becketwood that are even more unique (and I mean that in a good way).

I continue to be impressed by the Members who live here. Not just from a career perspective, but from a personal history perspective. I LOVE to hear stories about where Members grew up, what their families were like, what they enjoy doing, and of course their professional lives. Growing up in Minnesota myself, I have been amazed at Members who know people I know, attend events I attend, and have even crossed paths with me whether I knew it or not. For example, one such conversation I had was with Betty Lou Nelson. Her husband Ron was the music director for several musicals I was in during high school and I had even met her way back - small world!

I think anytime an individual comes to a new place for work or otherwise, there is a period of adjustment and I

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think in some ways I am still in that mindset. I continue to learn something new everyday and I enjoy dropping into other departments from time to time when they need the help, but also to be with Members in a context other than as the manager.

One observation I have made though, and I noted this at my very first Annual Meeting, is that Becketwood is changing. Time is an interesting thing sometimes. It moves too fast or it moves too slow and both can be equally challenging. Becketwood has a strong history of being an incredibly supportive community and I believe that is one reason people are drawn here. Word of mouth is a strong tool and many Members have a connection here before they ever live here. That says a lot.

The cooperative structure is also appealing, but can also be an adjustment. Being a mini-democracy and working with committees and a Board of Directors is not always a quick process, but it is charged with focusing on the best interests of Becketwood - as does my role in supporting the committees and the Board of Directors.

When I started here, someone asked me what my vision was. At that time I don't know that I had one, as I do feel that the Members here determine the vision. I will say this though, my goal for Becketwood is to evolve as it needs to so it can be a strong presence in the cooperative community for the 411 parties on the Waiting List.....and however long it takes those parties to become Members.

Debbie

## Marketing News

Maura, Kari, and Lynette



### Sales

There were two sales in February and that means we have two more terrific people joining us! Nancie Hamlett is a psychologist, and she will be moving into Brentwood #607. Another new Member, Nancy Beecher, is a retired medical doctor with a dog named Cookie! Both Nancie and Nancy come to us from Minneapolis and are very excited to be joining the community. I know you will enjoy getting to know them.

### Tours

As most of you probably know, we decided to suspend public tours earlier this year. We needed to allow time to restructure our tour program in order to accommodate the large volume of tour requests we have been receiving lately. We are still working out the details, but our current plan is to resume the tours later this month. Please stay tuned for a Manager's Memo email including all the details. We will also post this information on the website once it is finalized. Thanks for your patience and understanding as we make these changes!

### March is Women's History Month

In celebration, we share this thought: A woman is like a tea bag — you never know how strong she is until she gets in hot water." — Eleanor Roosevelt

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

## March Shopping Trips

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

**Every Thursday** — New Cub and Lunds

**Monday, March 2**  
Rosedale/Har Mar

**Thursday, March 5**  
Shopping at 1:30 pm

**Monday, March 16**  
Costco

**Tuesday, March 17**  
Trader Joe's

**Monday, March 30**  
Southdale/Galleria

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

## Member Services

By Deb Rodmyre, LSW  
Member Services  
Coordinator



Still driving? Please read this and ask yourself if you really should be. To give up your garage stall, please let Barb know in the office.

### I've sure gotten old!

I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank God, I still have my driver's license.

This great piece was written by Fylla Kildegaard. Enjoy in her memory.-

GAMES WITH BECKETWOOD NAMES  
I was sitting on the DAVENPORT feeling quite MARY in my STOCKING feet when the Becketwood KIDDER came running in to say someone had just KILDEGAARD and now the front DORIS still open so someone in a WALKER came in from the ALI where he had found a NICHOLL. This WYLIE person was eating a GRAHAM cracker to PHIL himself up but his strength seemed to WAYNE for a MOMONT. He sang a CAROL about EASTER but everyone knew he was LYON, since they knew he was really not WERTH much and was always so SLO.

A RAY of sunshine came in from the WEST. It was like a precious JUHL shining in the Fernwood GLEN. Two COX crowed even though it was not morning, but some folks would BOB up and down, and some would NEAL on their MATZ when they heard it, but some just turned OLIVE green and someone just put a CARLAND of roses around the neck of his COULT and jumped on it to BOLT away.

Down in the DALE, someone was quietly measuring her GERTH because she had no FAITH in her ability to limit her GRUBB. She would GRANT herself a day off and PAT herself on the back. Eating a LILY didn't help. She thought, should she SUE the kitchen? We all watched her CUMMINGS and goings. But then we just went in and SY'ed deeply.

And, SHIRLEY, there should be more, but.....

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\*\*\*\*\***VOTE**\*\*\*\*\*

Take the free Becketwood bus to St. Peder’s Church to vote in the presidential primary election. The bus leaves at noon and will be available until 1:30. Remember that you have a voice, so vote!

**Driver Refresher Course**

The 55 Alive Driver Refresher course will be offered on **Friday, April 17** from 12:30-4:30 pm in Kensington Square. This class is for those who have already taken the prerequisite eight hour course. The four-hour refresher course needs to be taken every three years to continue to receive a 10 percent discount on your car insurance. The cost is \$15 if you are an AARP member and \$20 if you are not. Remember to bring your checkbook, AARP card and driver’s license to class. Cookies and coffee will be served at 2:30 and are compliments of the program committee.

**Did you know?**

As of March 31st, Interim Healthcare will no longer be paying short visits to those in need of assistance. They have decided to offer a minimum of eight hours per visit for private pay clients. They will still provide Medicare covered homecare. If you have questions or need assistance with service providers, please see me and I will be happy to assist you.

**Comment and Suggestion Box**  
**Convenience Center**  
Please use the form and remember to sign your name.

**What’s Cookin’**

By Chef Brandon Lenzmeier



Greetings,  
The Becketwood kitchen offers many different options to help with your catering and party planning. We can provide service in one of our dining rooms, in your units, or a platter of food for a party you are attending outside of Becketwood. We are here to help you out! Please see Brandon in the kitchen if you have an event coming up and you would like assistance to make your event easier. Thank You!

A few exciting dates to mark on calendar for March 2020:

St. Patrick’s Day Buffet, Monday, March 16<sup>th</sup> 2020 at 5:30 pm

Birthday Dinner, Friday, March 20<sup>th</sup> 2020 at 5:30 pm

**Housekeeping Notes**



**Re: Use of Common Area Rooms**

When using the Windsor Room, Kensington Square, 4<sup>th</sup> floor conference room or other common area spaces to entertain groups, please remember to take your refuse, compost and recycling items with you when you leave the room.

If you notice anything which requires the attention of either the custodial or maintenance departments, please submit a work request.

Thank you.

Robin Lillesve  
Security and Environmental Services

## Security Notes

### Re: Incoming Packages



When you pick up a package from the Convenience Center, please remember to acknowledge that you have retrieved it.

- To do this, you simply sign or initial on the appropriate line of the package log located on the countertop in the Convenience Center.
- There is no need for you to fill out an entire line of information on this log ( $\frac{3}{4}$  of the information is already recorded on it). Simply find the appropriate line denoting your unit and sign on that same line in the column to the right.

When you receive a call from the security desk regarding a valuable or perishable package, please collect it from the desk as soon as possible. Packages that remain at the desk or which require special attention may be delivered to your unit. If delivery is necessary, there will likely be a charge assessed for this service.

Robin Lillesve  
Security and Environmental Services

## Maintenance Corner



This has been an enjoyable winter so far; however, it's not over. We had ten inches of snow in April last year. I'm hoping for a less memorable spring storm this year.

The new boiler pumps solved our problem of getting too cold when the

weather drops below zero. Maintenance is still adjusting boiler water temperatures and flow rates to observe how the building heating needs are responding to the different settings. Overall, the operating temperatures and the flow rate of the heating water through the system is much slower than the water speed used to be. This should mean a small savings in energy and dollars.

In the next week or two some piping will be installed overhead in the garage. This pipe will move the sump pump water from the chiller room to the main storm water sumps located near the kitchen elevator. This is required by City of Minneapolis rain water codes.

In about two weeks, new windows will begin to be installed. Three hundred windows will be installed this year, leaving about three hundred yet to do in the remaining Member units.

Work order system reminder: paper or electronic submissions are available. Stopping staff members to mention a need for work is not effective. Staff tend to forget what was mentioned by the time they get to a computer, and the distraction can cause a delay with their current task. Emergencies are always an exception. Assistance is available if you would like to install an electronic work order app on any of your electronic devices.

Thank you from the Maintenance Department



## IN REMEMBRANCE

Muriel and Elmer Jaster moved to Becketwood, Unit #359, in May of 2000, from Minnetonka. Elmer died in April of 2007, age 87. Muriel died here on January 26, 2020, age 95.



They have three daughters and a son.

Muriel was born in Morristown, Minnesota, the oldest of seven children. She lived in Morristown until she graduated high school, and moved to Minneapolis where she enrolled in Business School. Through friends, Muriel met Elmer, and they were married in the late 1940s. They lived in Richfield, where they raised their family.

Both Muriel and Elmer were members of Mount Olive Lutheran Church at 31st and Chicago Avenue, Minneapolis. They sang in the church choir. Muriel was the Director of the Primary Sunday School Department. She also organized catering in the kitchen and for wedding celebrations at the church.

Muriel loved sewing and handwork. Living in Becketwood, she found her passion in volunteering in the Craft Center on various projects. For several years, Muriel was the chair of the Craft Committee. Health issues slowed her participation in the committee, but she retained her quick interest for working crossword puzzles.

Muriel loved their home, often inviting friends in for dinner. When Alan and I moved to Becketwood, the Jasters were our mentors. We recall a gracious evening in their home over dinner during Christmas season, 2000.

During retirement, Muriel and Elmer spent many winters in Sierra Vista, Arizona. Muriel will be remembered for her pleasant, quiet ways.

*In Remembrance* stories are written by Stephanie Gordon.



### Question of the Month

*When is Becketwood's birthday?*

This month Becketwood turns 34 years old! Happy Birthday Becketwood, and thanks to everyone who does their part in making Becketwood the best it can be!

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# Becketwood Committee News

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## Program Committee

There is an interesting variety in the March programs sponsored by the Program Committee.



We begin on **Wednesday, March 4**, with Jerry Kozak on acoustic guitar. Jerry has been here previously as part of an ensemble, but this will be his first performance at Becketwood as a solo performer.

The following week, **Wednesday, March 11**, will bring story teller "Auntie Beverly," Beverly Cottman to Becketwood. On **Wednesday, March 25**, J2J, a flute and cello duo featuring Julie Johnson and Julie Ultan will perform. And on **Thursday, March 26**, local artist Ricardo Levins Morales will present a program in connection with the exhibition of his art which is on display in the Becketwood Galleries during the month of March. Levins Morales describes his work as "art in the service of social justice" and this program is co-sponsored by the Art Committee.

All programs will be held in the Wellington Room beginning at 7:30 p.m.

Randy Nelson, Co-chair

*What you do makes a difference. And you have to decide what kind of difference you want to make.*

*Jane Goodall*

## A Note From the Excursion Committee



The variety of excursions the committee has chosen for March is impressive. There is much to learn and see, and how easy to get door to door service with the Becketwood bus!

We look forward to meeting new Members on an excursion. We invite you to become acquainted with us and to make new friends.

Please be reminded that once the excursion sheet is typed in yellow, you are responsible for the cost of the excursion EVEN IF YOU DON'T GO. It is up to you to find a replacement to take your place.

Mickey Monsen, Chair

### COMING ATTRACTIONS

**End of Life Doula**  
**Wednesday, April 1, 7:30 pm**  
**Wellington Room**

**OLLI 10-11:30 am**  
**Mondays, April 6-?**  
Watch the Ledge for Details

**Jungle Theater**  
**Tuesday, April 7, 6:45 pm**

### NOTICE

When you sign up for a room on the master calendar in the office, please **write your name and the name of your event.**

*Thank you!*

## Chapel Committee

Our first Vespers during March will be a meditation circle on the 4th, led by Buddhist Patrice Koelsch of Common Ground Meditation Center. Because it will use a circle, it will be held in the Windsor Room. Then Vespers moves to its warm weather location in the Becketwood Chapel. Leaders will be: 11<sup>th</sup> - Brad Holt; 18<sup>th</sup> - Susan DeVries; and Evensong on the 25<sup>th</sup> - Wayne Tellekson. His presentation will be a first-person monologue as the Prodigal Son - present-day version.



Looking forward to April, the Committee will host an Easter Sunrise Service on the 12<sup>th</sup> with the noted preacher Barbara Lundblad. The Eucharist (Lord's Supper) will be offered. Rolls and coffee follow in Kensington Square.

Wayne Tellekson, Chair

The series "Life After Death?" will continue on **March 3** with a presentation by Fardosa Hassan, Muslim Student Program Associate at Augsburg University. She will address the question from a Muslim perspective, in addition to giving a general introduction to Islam and answering questions. The presentation will be in the Windsor Room at 10 am. The "Life after Death?" series will continue in April with perspectives from various world religions.

## Choir News

Evensong on February 19th was enriched by a new jazz version of "Kyrie Eleison" as our call to worship. The sending song was



the haunting canon, "When Jesus Wept." Well prepared and sung beautifully, our anthem---the thought-provoking "Hymn of Peace"—was arranged by former Member Ron Nelson, and composed by his oldest daughter, Eileeni (deceased). With a melody based on the pentatonic scale—which sounds like playing just the black notes on the piano—this anthem had the flavor of Far Eastern music.

Choir rehearsals continue to be very well-attended. We enjoy rehearsing future Evensong music as well as songs for the annual spring Pop Concert. The Pop Concert is scheduled for **Saturday, May 2**. Now, from one of Barbara White's special cards:

"Music—It has the power to make us smile, and bring us to all types of tears. It can carry us back in time, and inspire us to dance in the moment. For all our happiest days, there is music."

Peace.  
Jean Geissler, Director

## Game Night is back.

Join fellow game enthusiasts in the Café on **Tuesdays at 7 pm** for a rousing game of whatever we're playing that week. We played Scrabble and Bananagrams last week. Other games are often played are Qwirkle and dominos for Mexican Train and Chicken Foot. Bring your own game to share if you'd like. For more information, contact Laurel Haycock or Susan Evans, or just show up ready to play.

Susan Evans

## Member Gardens Spring Sign Up

Spring is coming! Here is some important information for those who will be our 2020 Active Gardeners.



An Active Gardener is a Becketwood Member who is interested and able, personally, to plant and care for an assigned garden plot throughout the growing season. Relying on help from family members or friends does not satisfy the active gardener requirement.

The signup sheets for a garden space will be placed on the ledge on **Monday, March 16** at 9:00 am. The sheets will be pulled on **Friday, April 3** at 5 pm. This allows a three-week period for interested gardeners to put their names on the list.

Plot assignments will then be made on the basis of one plot per Active Gardener. Returning gardeners wanting the same plot still need to sign up for it. If you would like to request a different garden plot, please indicate that on the signup sheet.

The new maps, together with the Policy for Assignment of Member Garden Plots, will be delivered to each gardener's mailbox by the end of April.

If you have questions or concerns, please know that we - Emily Slowinski, Marcie Wallace, Karen Fitzpatrick, Judy Bahn and Jackie Hill - will do our best to respond to questions pertaining to Member Gardens.

What we can't answer, we will bring to the Landscape and Gardens Committee.

Jackie Hill  
Member Gardens Committee

(a re-scheduled event)  
**ENDLESS WAR VIDEO,**  
7 pm,  
**TUESDAY, MARCH 10,**  
**Windsor Room**



A one hour video, followed by a discussion led by Jack Nelson-Pallmeyer, Associate Professor of Justice and Peace Studies at St. Thomas

Nearly 18 years after U.S. forces invaded Afghanistan in the wake of 9/11, the Afghan conflict has become America's longest and costliest war. Yet today, the Taliban insurgents are stronger and control more territory than ever before.

Featuring former commanding officers of the U.S. military, combat veterans, political analysts and American and Afghan peace activists, this documentary deconstructs the reasons why the war has failed and has dragged on for so long, while also offering solutions on how the United States can exit Afghanistan and not make this an endless war.

Sponsored by Doug Herron

Have you read the latest blog on the Becketwood website?

It changes often! Go to [becketwood.com](http://becketwood.com).

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

## Tai Chi Chih Beginner's Class

A new Tai Chi Chih beginner's class started February 17 and there is still time to join this class!

If you have not had previous instruction in Tai Chi Chih or you would like to review the movements, this class is for you. If you would like to improve your balance, this class is for you. If you want to calm your mind and emotions, this class is for you. If you want to optimize your health and well-being, this class is for you.

Just come to the Windsor Room on Mondays at 11:00 am and become one of the many Tai Chi Chih practitioners here at Becketwood!

Mary Weddle

## Wellness Committee

On **Wednesday, March 18th**, 7:30 pm, the Wellness Committee is sponsoring a presentation on "Developments in Pharmacology of Interest to Senior Citizens." A University of Minnesota, College of Pharmacy Professor, Jason Varin, will speak on this subject, and answer questions.



Also, on **Wednesday, April 1** at 7:30 pm, in the Wellington Room, the Wellness Committee will sponsor a presentation by Patti Lazarus on the services that can be provided by an end of life doula.

Lazarus is an experienced doula and will describe how someone with this specialized training can support a dying person and their family. A doula can help give voice to those who need it, map out their available choices, point out the control they can have, and help

them create a legacy. After Patty's presentation, there will be an open discussion on the mortality we all share.

*Each year, over one in four Americans age 65 or older will fall, causing injuries that lead to emergency room visits, hospitalizations or death. That's why one of the most important ways to age successfully is to stay active and have a fall prevention program in place.*

### **Talk to your doctor about how to prevent falls**

The Medicare Annual Wellness Visit is a great time to talk with your doctor about fall prevention. Discuss your prescriptions and over-the-counter drugs to make sure they're appropriate and not causing side effects. Medicines can cause dizziness that makes it easier for you to fall. See your eye doctor to make sure your eyeglasses prescription is up to date.

### **Get regular exercise to build strength**

Moving your muscles is important for fall prevention. Be sure to check with your doctor about how much exercise is safe for you each day.

**Aerobic exercise** improves energy level and boosts your body in many ways. Try walking, biking, stationary bike riding or swimming. Do these activities for 20-30 minutes or more at least three to four times a week. Aerobic activities build muscles and improve blood flow, joint flexibility, balance and memory.

**Strengthening exercises** keep your muscles strong. You can build strength with small handheld weights or elastic bands at home or at a gym.

**Balance training** is a key way to reduce risk of falls. Try classes in Tai Chi or yoga. Or do a variety of standing

and sitting exercises that improve stability.

### **Eat a healthy diet:**

A well-balanced diet is important for overall health and especially for bones. Bones get weaker with age, so adding calcium and vitamin D supplements every day is a good idea too. Eat protein for energy. Vegetables and fruits provide vitamins, minerals and fiber that make you stronger and prevent diseases. **Don't skip eating meals, because this can make you faint or dizzy.**

### **Make your environment safe - inside and out**

An important fall safety tip is to wear comfortable, sturdy shoes with low heels and a nice tread on the soles and wear them whether you're indoors or outdoors. This keeps you balanced and less likely to turn your foot if you step on something. If your doctor or physical therapist suggests you use a cane or walker, give it a try. It can help you move around with better stability. Use a night light so you can see where you're walking when it's dark. Add safety items to the bathroom - the most common area for falls. Install grab bars and a bench to help you enter or exit the tub or shower with better support. Use a raised height toilet. Add non-slip rugs or decals to surfaces that get wet.

### **What to do if you fall**

If you have an injury from a fall, take it seriously and see your doctor. You'll want your doctor to evaluate you completely for treatment needs and suggest ways to prevent any future falls. Taking fall precautions can help you to gain strength and confidence, prevent any more falls and keep you safe.

*Thanks to Lorene Liddle for this HealthPartners Medicare article*

## **Art Committee**



The Art Committee is all but finished with the art inventory. The only thing left is the last two-thirds of the storage closet. So Members who have pictures they want to donate or loan to Becketwood will be considered by the committee. Please be sure you contact your floor monitor if you want something hung. The floor monitors are : 1<sup>st</sup> Floor: David Liddle; 2<sup>nd</sup> Floor: Shirley Dahlgren; 3<sup>rd</sup> Floor: George Lundgren; 4<sup>th</sup> Floor: Joel Wiberg; 5<sup>th</sup> Floor: Clare Fossum; and 6<sup>th</sup> Floor; Bonnie Porte.

The exhibit for March will be put up on March 6<sup>th</sup>. Jan Young will play the hammered dulcimer for the Art Opening. This time there will be two artists occupying two galleries. The first artist is Lisa Boehlke, who lives in south Minneapolis. Her parents were Presbyterian missionaries in Indonesia. She grew up in Jakarta, went to school in Singapore and was exposed to amazing scenes. She started taking pictures at a young age when her parents gave her a Brownie Starflex, which they bought with S & H green stamps.

Our second artist is Ricardo Levins Morales, who describes himself as a "healer and trickster organizer disguised as an artist." He grew up in the anti-colonial movement in his native Puerto Rico and was drawn into activism in Chicago where his family moved in the late sixties.

More information on each of these artists will be posted in their galleries.

The Art Display case in the West Dining Room will be filled with souvenir ruby flash glass items from circa 1900, each

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individually inscribed. The ruby flash glass is part of Nancy Minahan's collection of glass pitchers and creamers.

Bonnie Porte

### **Drawing Class Starts May 21**

Sponsored by the Art Committee  
This class will be for beginning and more advanced students and will concentrate on the drawing of nature. We will be meeting in Kensington Square and working outside as much as the weather allows. Meeting times and dates are Thursdays from 3-5 pm and run for six weeks from May 21-June 25. Anyone who will be out-of-town the latter part of these days is welcome to join us for the earlier days in the schedule.

Jean Loy-Swanson, Instructor

### **Call for Folk Art**

For this September's art exhibit, the Art Committee would like to show Folk Art owned by our Becketwood Members. So that Members have guidelines when considering what they have to exhibit the following has been gleaned from Wikipedia.

Folk artists are creative persons working within an established cultural framework. They frequently have a recognizable style and method in crafting their pieces. They encompass the body of expressive culture associated with the fields of folklore and cultural heritage.

1. Folk art is rooted in and reflective of the cultural life of a community. Generally the objects have practical utility of some kind rather than being exclusively decorative. Folk art may be found in every country all over the world.

2. All folk art objects are produced one at a time, either by hand or in a combination of hand and machine methods; they are not mass-produced. The objects imply a mode of production common to preindustrial communal society where knowledge and skills were personal and traditional.

If you are willing to share your Folk Art through this exhibit or have questions, please email or call Jean Loy-Swanson at loyswanson@gmail.com or 612-999-9046.

### **Get Ready to Garden!**

**March 10** is the first Landscape and Gardens meeting of the season. We meet at 1 pm in the Windsor Room. Guests are welcome. There will be updates on the wonderful new north side garden shed, the long talked-about wheelbarrow path and the status of irrigation, as we rev up for the this year's gardening season.



Other spring events include:  
**Orientation to Becketwood Gardens.** March, to be scheduled. New this year is an orientation to gardening at Becketwood. It is designed to give new Members an idea of the opportunities available here to dig in the dirt for sun, exercise, and to support the common good. Current Members are welcome as well.

**Common Garden Kick-off. April 21, 9:30 am.** This event is held every year in Kensington Square to celebrate the new season. Common Gardens are all garden areas not included in Member Gardens. There are a variety of ways Members can participate and

as always, there will be treats, door prizes, Q and A, and an opportunity for new ideas and suggestions for how we can keep getting better at what we do.

**Annual Planting Day.** May, to be scheduled. To bring more color to our common gardens, we add annuals in specific locations. All hands on deck that morning to get the plants in the ground - with coffee and snacks for support.

Cheers to another great gardening season!

Bonnie Sample  
Landscape and Gardens Committee

## Beyond Becketwood

Like many, I am a peace advocate. Every fall for the last eight years I have gone to

Washington, DC to lobby with a Quaker organization, Friends Committee on National Legislation. It costs me about \$1,700 for the visit and that is a lot of money, but this is an opportunity to have an affect on issues very important to me.

War is big business, so what persuasive chance do I have in comparison to well-funded military advocates such as Lockheed Martin, General Dynamics, Raytheon and others? Just me and my fellow FCNL members vs. lobbyists with millions to spend.

I was told by legislative assistants in Senators Klobuchar and Smith and Representative Omar's offices that it means much to hear from us. Daily, for example, they report the number of telephone calls and positions taken by Minnesotans. Our legislators are



interested in the opinions of grass-roots voters.

Years ago I was interviewing the base commander at Fort Bliss in El Paso, Texas about an Armed Services YMCA capital funds campaign. "What branch of the military did you serve in?" he asked. "None," I said. "I am a Quaker and peace advocate."

"We are for peace, too," the commander said. "We believe in peace so much that we are willing to put our lives on the line."

Many Americans (1,318,542) offer their military service to protect our safety and our market interests. We have troops deployed for combat in 14 countries and special forces in 149 countries. There are 40 active conflicts around the world at the moment.

On the home front, I meet monthly with a dozen folks to strategize how we can effectively communicate our national peace and justice concerns with Minnesota senators and representatives. We gather data to learn and support legislation that girds more well-informed diplomacy and less weaponry. Currently we are working on the second introduction in Congress of the bill *Authorization of the Use of Military Force*, which relates to the threat of a war with Iran.

Doug Herron

*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 Elene Loecher 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.*

## CELEBRATE POETRY

Begin by pursuing poems written by others.  
Gather good words like "brusque" and "steeped,"  
surprising words like "thump" or "snort,"  
words that flow with alliteration, interest, surprise.  
Use new words like "campanile" or "after-wake."  
Do not yield to common words, unless they sing.  
Choose words that ring-bring-spring new thoughts.  
Let words go. Let words flow. Let words show.

Remember there is no right way to write—only your way. No need for onomatopoeia or alliteration or fancy-shmancy words!  
Do not be afraid when you write your poem...  
Do not fear that it is too short, uncertain, not free.  
Never-ever think that no one cares.

Give thanks for this time, this challenge.  
Add a legend or a lie or a dancing word.  
Read your poem to one you trust.  
Listen for wonder, suggestions, questions.  
When you are done—leave your poem ...maybe for months,  
but do not forget your poem.  
This may be your final draft,  
Or your poem may still be waiting to be unmasked.

-Joy DeHarpporte

## Becketwood Trees



The Becketwood Tree Committee has had extra costs in 2019, including \$1,600 to remove volunteer trees along the west fence and selected areas. After cutting down 26 ash trees and trimming branches in January and with the usual spring costs, we have little money left for planting new trees. In the past, we were able to plant two or three new trees a year, but now we need to plant more than that to keep our property beautiful and healthy.

We want to plant seven new trees this spring, four in the chapel area. A Becketwood Tree Fund has been established for new trees. A general or memorial donation can be made to that fund. Memorial gifts are recorded in a memorial book in the library. Becketwood Tree Fund checks are given to Barb Sundberg in the office. If you have questions call, 612-624-9091.

Tree Committee

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.**  
(No bus on December 25.)

If it is your first time,  
pre-register by calling  
Julie at  
651-272-4953.



## One Becketwood, One Read *A Good Time for the Truth: Race in Minnesota*

This book contains 16 personal essays written by Minnesotans of color with varied backgrounds. What is it like to be nonwhite in the land of Minnesota nice? These talented authors give us their personal experiences.

The idea is for everyone at Becketwood to read the same book at the same time, then discuss it in small groups, and finally to come together for a Wellington Room program. Sign up on the ledge to participate, indicating whether you will want to borrow a copy of the book. Waiting List members are being invited to join in, too.

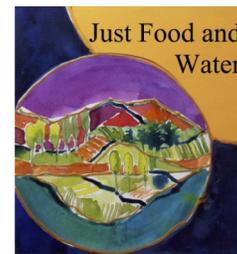
Copies will be available for borrowing at Cookie Cart on **March 5**. Small discussion groups with a choice of times will take place **during the week of April 13**. The finale will be a presentation on **April 29 at 7:30 pm** by **Sun Yung Shin, the book's editor**.

Marketing and Library Committees

*I alone cannot change the world, but I can cast a stone across the waters to create many ripples.*

*Mother Teresa*

## Headwaters Community Food and Water Bill



No matter where we live or the heritage we claim, we all depend on water. *Water is Life.*

As the headwaters for three major watersheds, Minnesota is positioned to act as leader for caring for water. And as communities plan to live more sustainably, this leadership has never been more important.

And Minnesota leaders are now proposing a green new deal — the *Headwaters Community Food and Water Bill* — to meet the intersecting demands of food, water and climate. The bill will be introduced into the state legislature this session in both the House and Senate.

The bill envisions every community operating as an economic engine for sustainable living— neighbors connected by a locally-adapted regenerative food web created to set Minnesota on a course of positive action.

The regenerative food web is designed to create the economic conditions capable of managing the combined challenges of food, water, energy and climate by connecting communities to a common purpose—neighbors together caring for one another and the home we share.

The Environment Committee is pleased to present Marita Bujold, who will speak about the bill on **Monday, March 9 at 7:30 pm in the Wellington Room**. Bujold will not only describe the bill and how it will function, but also let you know how to work to support its passage.

Elene Loecher  
Environment Committee

## Tech Times

### Talk To Me, Baby!



You can control your Xfinity remote by pressing buttons or by **talking** to it. Here are some sample scripts to use by pressing the blue microphone button for Voice Control.

Where is the microphone button?



XR11 Voice Remote

XR15 Voice Remote

Press and hold the Microphone button while speaking a command into the Microphone at the top of the remote. Be sure to speak within 8 inches of the Microphone. Release the Microphone button when you have finished the command. Just a few words are required.

To change the channel:

"ESPN."

"832."

"Watch channel 810."

"Turn on Discovery Channel."

Search for TV shows and movies:

"Find Homeland."

"Watch Paw Patrol."

"Play The Voice."

"Monday Night Football."

Find an actor, director, music artist or personality:

"Tom Cruise."

"Search for Scarlett Johansson."

"Jimmy Fallon."

Find out what song is playing on your TV screen

"What song is this?"

"What song is playing?"  
Explore sports by team, event, school and more:

"What games are on?"

"Turn on the Bulls game."

"When is the next Seahawks game?"

"Islanders."

"Florida Gators."

Get recommendations, and find out what's popular now:

"What should I watch?"

"What's trending?"

"What's on tonight at eight o'clock?"

"Movies Guide."

Browse Xfinity On Demand:

"HBO On Demand."

"Find documentaries on Starz."

"Free movies for kids."

"Show me movies about vampires."

Note: These suggestions are copied from a web page and are not necessarily preferences of Carol or Katherine. Katherine does not own a TV. Carol does not use cable.

Katherine Richardson and  
Carol Delak, Tech Hub Volunteers

### A Ping Pong Challenge



To ameliorate the frustration of going to the game room to play ping pong and finding no one to play with, a commitment has been made for March. Someone is committed to be present from 2 to 3 pm provided the first person arrives no later than 2:15 pm.

Doug Herron

## MAC Committee Corner

The Workshop Committee is probably one of the least active groups at Becketwood. They meet at least once a year, but not much more often. Many of the actions of the committee are carried out by email. Those actions concern improvements to tools, air handling/dust mitigation and allocation of space. The workshop itself is open for use to any Member of the cooperative. If you are a recent arrival, you will have signed a liability release at your closing. Otherwise you need to visit Robin to sign the form as well as to get a key to the shop. Once in the shop, you are welcome to use any or all of the tools. The only exception is the table saw. We want you to have an orientation so you understand that if you set off the saw stop, you are liable for paying for the replacement cartridge and blade. We also have a loan system so you can borrow tools for use in your unit on a short-term basis.



We have small cabinets in the workshop in which you can store your tools and projects. To request a cabinet, get in touch with one of the co-chairs of the committee. We also have a space in the lower garage called the wood hole. Some of the wood in that space is owned by and for the use of specific Members. It is either an entire shelf marked with a name, or just a piece of blue tape indicating ownership. The remainder of the stock there is open for use by anyone for whatever project you have in mind.

We offer a fix-it service. We repair lamps, re-glue chairs, and re-finish tables. Bring your projects down, fill out the work order, and with hope,

you'll get a call telling you that it is fixed.

Lastly, we sponsor and offer space for a coffee time every weekday at 10. All are welcome. Come join us anytime and help solve the problems of the world, and you don't have to build or fix anything!

Joel Mortensen

### Recycling Tip



Putting anything in your recycling bag that isn't a "for sure" recyclable is "**Wish-cycling**" — the most expensive disposal method of all. As the recycling team likes to say: "When in doubt, throw it out!" Thanks!

### *Thought for the Month*

*Mastering others requires force.  
Mastering the self requires  
strength.*

*Tao Te Ching*

## Library Committee

Three library staff members from Hennepin County Libraries came to Becketwood recently and explained their services available to us.

Did you know?

1. Audio books, large print books, e-books, and DVDs, are available and helpful to those with vision loss. State Services for the Blind is a resource for other materials.
2. Hennepin County Library catalog can be accessed on-line from home. [HCLIB.ORG](http://HCLIB.ORG) to sign in.
3. If you do not find an item you need, including articles, ask for an interlibrary loan. Materials may come from libraries around the country for a three-week loan. MNLINK, on their catalog, accesses this service.
4. Your Hennepin County Library card can be used in any public library in the state. This includes the St. Paul Public Library in Highland and a library near your lake home or vacation spot.
5. If you are unable to get to a library, you may request At Home Services. Call 612-543-8850. Materials will be mailed to you and are to be returned by mail.
6. Nokomis Library has five book clubs, a writing group, an Art Nook, a seed bank and a variety of programs that we might enjoy. Donations, especially paperbacks, are accepted the first Saturday of the month, 1-4 pm.

Mary Heltsley, Chair

## NEW IN THE LIBRARY



### MYSTERIES

**BEYOND ALL REASONABLE DOUBT** by Malin Persson Giolito. A young female Swedish lawyer petitions the Swedish High Court for a retrial of an alleged child abuser serving a life sentence for the murder of a fifteen-year-old girl.

**BLUEBIRD, BLUEBIRD** by Attica Locke. A black Texas ranger in the midst of marital and job crises investigates two seemingly unrelated deaths in the small town of Lark, one a black man and the other a young white woman.

### LARGE PRINT

**THE LAGER QUEEN OF MINNESOTA** by J. Ryan Stradal. "Drink lots, it's Blotz!" is all about women, beer and life in Minnesota. Helen cheats her sister Edith out of her half of the family farm so that she can start up a brewery.

**DEATH OF A GHOST (MYSTERY)** by M.C. Beaton. Scottish policeman Hamish Macbeth investigates "ghostly sounds" coming from a ruined castle, which lead him to a series of murders that may or may not be related to local smugglers and a drug ring.

### NON-FICTION

**CATCH AND KILL** by Ronan Farrow details the culture of harassment at NBC that prioritized protection of powerful men over reporting, killed the story on Harvey Weinstein, and tried to suppress the story on Matt Lauer.

**A VERY STABLE GENIUS** by Philip Rucker and Carol Leonnig. Two Pulitzer Prize-winning journalists from the Washington Post have put together

news reports and hundreds of interviews to deliver perhaps the most complete narrative yet of the Trump presidency.

**KNOW MY NAME** a Memoir by Chanel Miller. She was known to the world as Emily Doe, victim of sexual assault. Her victim impact statement was posted and viewed by millions when read on floor of Congress and inspired changes in California law.

**UNFOLLOW** by Megan Phelps-Roper is a memoir describing the author's break from the faith of her family after years of challenging it. Pain in parting from her beloved family members is a major part of her story.

## Great Decisions Spring 2020

**Thursday, March 12**  
*Climate Change and the Global Order*  
Todd Lefko

**Thursday, March 19**  
*Modern Slavery and Human Trafficking*  
Patrick Atkinson

### Attention Greeting Card Buyers:

Come help us make these great cards.  
Tuesday mornings at 10 a.m.  
Craft Room

### GREEN TIP



Kellogg's has announced plans to end the pre-harvest use of glyphosate in all its major crops! Glyphosate is the key ingredient in Monsanto's Roundup and has been linked to cancer. The Environmental Working Group (EWG) has found glyphosate in virtually every cereal sample tested, including products from Kellogg's, General Mills and Quaker. General Mills and Quaker have not yet taken action to get glyphosate out of their products. Until there is definitive evidence that their products no longer have pesticides being sprayed pre-harvest, your best breakfast option is to buy organic oatmeal and cereals.

Carol Spearman



## B~WOOD DOIN'S

by John Fenn



### MEMBER/STAFF KUDO

At last I get to recognize the intrepid puzzlers who create the wonderful assemblages in our library. **Bob Flink, Maria Antonietta Ali, Jane Bergstrom, Judith Scoville, Michelle Schutt, John Arneson, Susan Evans, and Clare Fossum** are just a few of those responsible for these huge 1000 piece creations, which we get to enjoy and they have the delight of piecing together.

I wish to investigate a proposal that we authorize expenditure for a 3-D puzzle similar to this:



They come in all sizes and are under \$50. Now, if the puzzlers have no desire for this, let me know. However, I will raise some money to buy one similar to the illustration. At any rate, kudos to our wonderful puzzlers.

### ENTERTAINMENT

A bunch of us saw the Metropolitan Opera HD TV *Porgy and Bess* starring **Eric Owens** and with some superb choreography by **Camille Brown**. The singers were absolutely superb. I have

a lot of experience with the opera, having been in a production of *Porgy* with **Cab Calloway** playing Sportin' Life, in the late fifties.



That's me as a policeman arresting Porgy in my first Actors' Equity contracted role. Forgive the sentimental journey, please.

At any rate if you see the current Met HDTV *Porgy* being re-broadcast, run do not walk! The character of Bess is beautifully sculpted in rich dimension with subtle nuance.

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

### **Support Groups**

Support Group: Every Monday  
1 pm ~ 4th Floor Conference Room

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

## Exercise Corner

Mark your calendars!

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

**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, Terry, or Bev:**

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.*

## Schwan's Delivery

Schwan's will be here every other  
Monday, March 9, 23  
at 3 pm in the Coffee Shop.  
It is best to pre-order online or  
by calling 1-888-724-9267.



## Member Birthdays

- 2 Nancy Beecher
- 2 Carol Bechtel
- 4 Elaine Kirk
- 4 Katherine Richardson
- 5 Carol Mockovak
- 5 Jim Sulerud
- 8 Ginny Roach
- 11 Janet Johnson
- 13 Emily Slowinski
- 16 Clare Fossum
- 17 Pat Mingo
- 17 Marti Heath
- 18 Margaret Graebner
- 19 Jim Scoville
- 21 Joel Wiberg
- 21 Diane Ballentine
- 21 Margee Wheeler
- 22 Ray Mikkelson
- 24 Lois Carland
- 24 Cathie Nicholl
- 25 Charlotte Erlandson
- 25 Carol Bambery
- 25 Barbara White
- 25 Judith Maddux

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



March Birthday Dinner:  
**Friday, March 20**  
5:30 pm ~ Wellington Room  
Redeem your birthday coupon!

## Movie Schedule

A Movie from Uganda

**Sunday, March 15**

7 p.m., Wellington Room

### ***The Queen of Katwe***

The movie takes place in Uganda and stars David Oyelowo and Lupita Nyong'o. They bring to life and deepen this true tale of a 14-year-old girl who becomes a chess champion despite being unschooled when the story begins. Oyelowo portrays the pastor who teaches the young girl chess, but also coaches her, and other young chess players in her village, in the strength of character to win. 2016

*Presented by Keitha Herron*

Masterpiece Theater

**Friday, March 20**

7:30 pm, Wellington Room

### ***Holes***

Adventure-comedy-drama based on the book by Louis Sachar. Co-produced by Walden Media and Walt Disney Pictures. 2003

*Presented by John Fenn*

Alternative Cinema

**Sunday, March 22**

7:00 pm, Wellington Room

### ***Dean Spanley***

Set in Edwardian England, this intriguing story starts with a group attending a lecture on the Transmigration of Souls (reincarnation). Through this chance encounter, a cantankerous old man (Peter O'Toole) and his son discover that the local church's Dean (Sam Neill) has very interesting reminiscences of his previous life. As the story unfolds, there are fascinating reincarnation connections to the family's past. (2008, Rated PG: Drama, Comedy)

*Presented by The Rydens*

Movie Night

**Sunday, March 29**

7 pm, Wellington Room

### ***The Hours***

The story of three women searching for more potent, meaningful lives. Each is alive at a different time and place, and all are linked by their yearnings and their fears. Their stories intertwine and finally come together in a surprising, transcendent moment of shared recognition. A psychological drama film directed by Stephen Daldry and starring Meryl Streep, Nicole Kidman, and Julianne Moore. Subtitles. 2002

*Presented by Jacqueline Teisberg*

***Sponsored by the  
Program Committee***



**Pysanky** (Ukrainian Easter Eggs) are hand-decorated eggs made with an ancient wax-resist process using raw eggs.

You need not think of yourself as an artist in order to make beautiful eggs. Peg Cavanaugh and I will teach you the process and I will guarantee that you will finish with a beautiful egg in 2-3 hours. It is a meditative process.

All materials will be supplied. You may leave a small donation toward materials, if you wish.

Sign-up sheets will be on the ledge.

Ruth Gaylord

## UPCOMING COMMITTEE MEETINGS

Art	Wednesday, March 11	9 am	CR
Board of Directors	Tuesday, March 24	1:30 pm	WR
Buildings & Grounds	Thursday, March 12	2 pm	WDR
Chapel	Monday, March 2	3 pm	CHP
Communications	Wednesday, March 4	2:30 pm	CR
Environment	Thursday, March 5	1:30 pm	WDR
Excursion	Wednesday, March 11	1 pm	CC
Finance	Thursday, March 19	2:30 pm	WDR
Food Service	Tuesday, March 17	10:30 am	WDR
Interior Design	Monday, March 9	9:30 am	CR
Investment	Tuesday, April 21	2:30 pm	WDR
Landscape & Gardens	Tuesday, March 10	1 pm	WR
Library	Monday, March 2	9 am	WDR
MAC	Monday, March 9	1:30 pm	WDR
Marketing	Tuesday, March 10	12:30 pm	WDR
Program	Friday, March 6	9 am	EDR
Reserve Long Range Plan	No Meeting		
Wellness	Wednesday, March 4	1:30 pm	WDR

<b>Location Key</b>
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

**BLOOD PRESSURE**

With a Nurse



**Tuesday,  
March 3  
1-2 pm  
SOLARIUM**

Sponsored by  
Longfellow/Seward Healthy Seniors

**Socrates Café**

3:30—4:45 pm ~ **West Dining Room**

**Tuesday, March 10**  
*What gives life meaning?*

**Tuesday, March 24**  
*What is "Minnesota Nice"?*

Everyone welcome!  
Contact Randy Nelson with questions.



## Excursions for March

Sponsored by Excursion Committee unless otherwise noted.

EXCURSION	DATE and TIME	DESCRIPTION
Danish American Center	Monday, March 2 Depart at 6:30 pm Return at 9 pm	<i>Sing Along with Dan</i>
Presidential Primary	Tuesday, March 3 Noon-1:30 pm	Vote at St. Peder's Free bus!
Orchestra Hall	Thursday, March 5 Depart at 10 am Return at 1:30 pm	<i>Tetzlaff Plays Shostakovich</i>
Hell's Kitchen	Friday, March 6 Depart at 11:15 am Return at 1:30 pm	Lunch and lecture
Landmark Center	Sunday, March 8 Depart at 1 pm Return at 3 pm	<i>Ethiopia.</i> Food, Drink, Music, Crafts
MN History Center	Friday, March 13 Depart at 10:30 am Return at 2 pm	Prince, First Avenue, Native American
Rosedale AMC	Saturday, March 14 Depart at 11:15 am Return at 4:15 pm	<i>Flying Dutchman</i> opera
Rosedale AMC	Sunday, March 15 Depart at noon Return at 3:30 pm	<i>Riverdance</i> Movie
Pavek Museum	Thursday, March 19 Depart at 9:30 am Return at 1 pm	History of electronic communication and Honey and Rye Bakery
Sundin Hall	Tuesday, March 24 Depart at 6:45 pm Return at 9:30 pm	<i>Celebrating Beethoven</i> Hamline University
Cathedral of St. Paul	Friday, March 27 Depart at 10 am Return at 2:30 pm	Guided tour and brunch at Keys Restaurant



Daylight Savings Time Begins **March 8**

Time to Spring Ahead

### 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, March 12**  
**10 am — 12 noon, Solarium**

## March Programs at Becketwood

Sponsored by Program Committee unless otherwise noted.

Life After Death?	Tuesday March 3 10 am	Windsor Room	Speaker Fardosa Hassan, Muslim Student Program Associate at Augsburg University. Sponsor: Chapel Com.
Jerry Kozak	Wednesday March 4 7:30 pm	Wellington Room	Acoustic Guitar
Headwaters Community Food and Water Economic Resilience Program	Monday March 9 7:30 pm	Wellington Room	See page 17 for details. Sponsor: Environment Committee
Endless War Video	Tuesday March 10 7 pm	Windsor Room	See page 11 for details. Sponsor: Doug Herron
Auntie Beverly	Wednesday March 11 7:30 pm	Wellington Room	Storyteller
Great Decisions	Thursday March 12 10 am	Windsor Room	Climate Change and the Global Order Todd Lefko Sponsor: Library Committee
Film From Uganda	Sunday March 15 7 pm	Wellington Room	<i>The Queen of Katwe</i>
Westminster Town Hall Forum	Tuesday March 17 Noon-1 pm	Windsor Room	Sponsor: Excursion Committee
Seniors and Pharmacology Issues	Wednesday March 18 7:30 pm	Wellington Room	Jason Varin, U of M Professor of Pharmacology Sponsor: Wellness Committee
Great Decisions	Thursday March 19 10 am	Windsor Room	<i>Modern Slavery and Human Trafficking</i> Patrick Atkinson Sponsor: Library Committee
Masterpiece Theater	Friday March 20 7:30 pm	Wellington Room	<i>Holes</i> , starring Sigourney Weaver, Jon Voight, Patricia Arquette, Tim Blake Nelson and Shia LaBeouf.
Alternative Cinema	Sunday March 22 7 pm	Wellington Room	<i>Dean Spanley</i> , starring Peter O'Toole and Sam Neill.
OLLI	Monday March 23 12:30-2 pm	Kensington Square	Watch the ledge for information.
J2J	Wednesday March 25 7:30 pm	Wellington Room	Flute and Cello
Art and Social Justice	Thursday March 26 7:30 pm	Wellington Room	Ricardo Levins Morales Sponsor: Art and Program Committees
Movie Night	Sunday March 29 7 pm	Wellington Room	<i>The Hours</i> , starring Meryl Streep, Nicole Kidman, and Julianne Moore.

## Small Kindnesses

By Danusha Laméris

I've been thinking about the way, when you walk  
down a crowded aisle, people pull in their legs  
to let you by. Or how strangers still say "bless you"  
when someone sneezes, a leftover  
from the Bubonic plague. "Don't die," we are saying.  
And sometimes, when you spill lemons  
from your grocery bag, someone else will help you  
pick them up. Mostly, we don't want to harm each other.  
We want to be handed our cup of coffee hot,  
and to say thank you to the person handing it. To smile  
at them and for them to smile back. For the waitress  
to call us honey when she sets down the bowl of clam chowder,  
and for the driver in the red pick-up truck to let us pass.  
We have so little of each other, now. So far  
from tribe and fire. Only these brief moments of exchange.  
What if they are the true dwelling of the holy, these  
fleeting temples we make together when we say, "Here,  
have my seat," "Go ahead — you first," "I like your hat."

**Danusha Laméris** is poet laureate of Santa Cruz County, Calif.

Quoted in *New York Times*

September 22, 2019

Submitted to the *Becketwood Times* by Helen Gilbert