



NOVEMBER 2020

Becketwood Times

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Board Column

By Terry Vrabel Sonier

Each year, after the Board election and annual meeting, the assignments for the *Times* “Board Column” are made. As the Food Service Committee chair, I asked to write the column for November this year. Thanksgiving has always been my favorite holiday, and it just so happens that I was born on Thanksgiving Day. My birthday “cake” is usually a pumpkin pie, and I am the baker as well.

This will not be a “normal” Thanksgiving, even for my small family (four of us) here in Minneapolis. If we do gather to cook and eat our meal together, it will be after we have self-quarantined for two weeks beforehand. And afterwards, we’ll do the same for two weeks. I wondered over the weekend: is it necessary to do this?

This morning (a snowy Monday in late October), we awoke to the news that infections and hospitalizations are peaking again, perhaps even higher than in June. When I turned on MPR news, our friends Dr. Michael Osterholm and Jan Malcolm were sounding the

alarm and reinforcing the recommendations that we could all probably recite in our sleep now, including the idea of quarantining for two weeks before Thanksgiving. In fact, it is their opinion that we ought to “skip” the family celebrations this time around, as difficult as that may seem. The CDC guidelines say that the holiday activity that is “lower-risk” is celebrating Thanksgiving in your own home with members of your household, and virtually, not in-person, with extended family.

We’ll all have to make our decisions about that, keeping in mind who in our families are the most vulnerable and what the safest choices are for each of us who are Members of the Becketwood community. We have a responsibility to each other.

Nonetheless, there is much to be thankful for, and now is the time to give a BIG shout-out to the kitchen staff: Brandon, Angela, Donna, Cindy, Nancy and Tom, and our waitstaff (now deliverers): Maverick, Miles, Elijah, Rocco, Gideon, Louis and Abraham. Did you notice how seamlessly they

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made the transition from serving meals in the Wellington Room to delivering hot meals to our doors? And how the chefs have expanded our menu options with delicious and varied vegetarian meals? And who will be up earlier than most of us on Thanksgiving Day to get those turkeys (and tofurkeys?) in the oven and prepare all the trimmings for those of us who are staying at home? Thank you for all you do for us!

Something else to be very thankful for are the artful and often breathtakingly beautiful flowers that grace our common spaces! This is the work of the Flowers subcommittee of the Food Service Committee. Barbara White and Mary Hilgert share the position of chair of this group. They do wonderful work all year 'round to bring the beauty of nature inside for us.

The Food Service Committee has been meeting via Zoom about every other month since we made the transition to meal delivery, and we will be having another meeting in about three weeks. I thank those Members for their ideas, input and faithful attendance. Sometime next year, we'll be able to share meals in the Wellington Room again, visit casually at Cookie Cart, and welcome our new Members face-to-face!

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.

Board Actions in October

M/S/C to approve the repair/replacement of pipes in the 17/19 stack for \$8,100 as presented by the Executive Manager, using funds from unplanned reserves.

M/S/C to roll over the \$1,877 balance remaining in the 2020 Landscape and Gardens Committee funds to 2021 to complete the Member Garden wheelbarrow path.

M/S/C that because of the new spike in COVID-19 cases, Becketwood indefinitely extends the COVID-19 guidelines until we are assured by the Minnesota Department of Health and other agencies that it is appropriate to discontinue the guidelines, and including the flexibility to modify the guidelines as the situation warrants.

M/S/C to modify the guidelines regarding visitors. A maximum of two short-term non-member visitors at a time are permitted in units. Non-member visitors are not permitted in common areas.

M/S/C to clarify that programs presented in the Wellington Room are intended for Members only.

M/S/C to approve a tree replacement challenge fund for replacement of trees on Becketwood property, above and beyond the budgeted amount, for the time frame of one year. The Tree Committee will monitor and manage the funds. Reports will be submitted to the Board and Membership on a quarterly basis.

M/S/C not to exercise the Board's right to purchase Units #476 and #444.

M/S/C to approve Diane Greve for Membership in Unit #469.

M/S/C to approve Janet Ekern for Membership in Unit #441.

M/C to approve that the CDs maturing in BMO Harris (11/2) and WEX Bank (11/3) in the amount of \$50,000 each be allowed to mature with funds deposited in the cash account.

M/C to approve the investment of \$25,000 in the Vanguard Mortgage Backed Securities Index Fund Admiral Shares (VMBSX), the investment of \$25,000 in the Schwab US Aggregate Bond Index Fund (SWAGX), and the investment of \$50,000 in the Schwab TIPS Index Fund (SWRSX), using funds from the cash account.

M/C to approve the investment of \$50,000 in the Thrivent Mid Cap Stock Fund (TMSIX) using funds from the cash account.

M/C to approve the CDs maturing in WEX Bank (11/3) and Morgan Stanley Bank (11/16) both in the amount of \$100,000 be allowed to mature with funds deposited in the cash account.

M/C to approve the purchase of a CD in the amount of \$100,000 with a maturity date within the fourth quarter of 2021 using cash account funds.

M/C to approve the purchase of a CD in the amount of \$100,000 with a maturity date within the third quarter of 2022 using funds from the cash account.

M/C to approve the transfer of \$25,000 from the Garage/Wait List cash account into the Repair and Replacement Reserve cash account.

M/C to revoke the policy titled "Do Not Resuscitate (DNR) Orders Policy for Staff" and to adopt the new policy titled "Policy Regarding Do Not Resuscitate (DNR) and Related Emergency Health Orders."

Notes from Debbie

By Debbie Richman,
Executive Manager



I was having trouble thinking about what to write for November when it came to me — How to Manage Holiday Stress — in a Pandemic!

The holidays are often difficult for people — especially as we grow older. For me this year, I am going into the season wondering if my mom will be here for the holidays or if her journey on earth will have ended by then. Then there is COVID-19 and all that implies for the holidays — especially since we are seeing such significant increase here in the Midwest. Oh and I almost forgot — the Presidential Election — although I will refrain from comment on that one other than to say I have voted and I will be glad when it is over. I found an article from Johns Hopkins on [hopkinsmedicine.org](https://www.hopkinsmedicine.org) that has some thoughts on mindful stress management this holiday season that I think are worth sharing. I hope you find some ideas to try.

As always — take care and be well.

4 Mindful Tips to De-Stress this Holiday Season

Not feeling particularly cheery this time of year? You're not alone. Many find that the holidays bring as much stress as they do joy. But there are ways to ease through the season. To help make the most of your festivities, Neda Gould, Ph.D., clinical psychologist and director of the Johns Hopkins Mindfulness Program at the Johns Hopkins University School of Medicine, shares some mindful tips.

What is mindfulness? "Mindfulness is bringing your attention to the present

moment with an element of non-judgment and acceptance. It is noticing when we get caught up in thoughts about the past or the future, and returning our attention to the present — the only reality," explains Gould.

While mindfulness can be a formal meditation practice, there are also informal ways to practice this skill. This concept can give us perspective and decrease stress.

Gould shares four ways to make your holidays brighter:

1. Accept Imperfection

Can good be good enough? "As we gear up for the holidays, we often set the bar impossibly high for ourselves and then feel upset when our celebrations don't live up to expectations," says Gould.

Before you start preparing, acknowledge that things may not go exactly as planned. "It's OK if it's not perfect. *Imperfection is healthy and normal.* For some of us, it might just take a little practice," reminds Gould.

2. Don't Lose Sight of What Really Counts

With long lines and nasty traffic, the holidays can get hectic. When overwhelmed by the hustle and bustle, ask yourself:

- **Where does this fit in the grand scheme of things?** If you're frustrated by the long grocery line you're standing in, remember that it is just a long grocery line — nothing more. Don't let it spoil your afternoon.
- **Can I use this moment of frustration as an opportunity to**

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reflect? While the cashier rings up the customers ahead of you, take inventory of the good things that have happened today or the things you are grateful for.

- **Even if this moment seems stressful, can I find a way to make it pleasant?** Connect with someone else in line with a compliment or kind gesture, or notice what's around you with fresh eyes and an open mind.

3. Respond with Kindness

You can't change how others act during the stresses of the holiday season, but you can change how you respond to situations:

- **"Whenever I encounter a difficult person, I tell myself, 'this person is suffering, and that's why they're acting this way.'** It softens my frustration, helps me be more compassionate and reminds me that it's not personal," says Gould.
- **Keep in mind that the holidays are especially difficult for those who are alone.** See if you can extend an act of kindness to those you know are without family and friends during this time of year.

If things do get tense with someone, take a few deep breaths. "Those few breaths can shift things and give you new perspective," says Gould.

4. Rethink Your Resolutions

"Typical New Year's resolutions set you up for failure," warns Gould. If you want to better yourself in the New Year, follow these tips for success:

- **Start small.** Break your goal into tinier steps over the course of the year. If weight loss is your goal, it doesn't have to be drastic. Try to

eat more veggies during your first month and gradually cut back on sweets throughout the next, suggests Gould.

- **Be kind to yourself.** If you didn't achieve last year's resolution or stray from the path this time around, let it go. "We often contrive these stories ('I'm never going to quit smoking!') that only add to our distress," says Gould. "With practice, we can notice this self-critic, let go of that negativity and pick our goals back up without the guilt or shame."

What's Cookin'

By Chef Brandon
Lenzmeier



Greetings,
As we approach the winter season, I thought I would take the opportunity to talk about some of the healthiest vegetables that can add more vitamins and minerals to your diet to help you stay in tip-top shape during the cold winter months. The top five vegetables are:

1. Spinach— contains antioxidants, vitamin A and K
2. Carrots—contain vitamin A and beta-carotene
3. Broccoli—contains Glucosinolate and Sulforaphane, which are effective against cancer
4. Garlic—promotes heart health and can regulate blood sugar with an active compound called Allicin
5. Brussel Sprouts—contain antioxidants, vitamin K, A, and C, and potassium

Feel free to check out www.healthline.com for more of the healthiest vegetables on Earth.

Please dispose of your compostable meal containers on the table in the West Dining Room. Please DO NOT leave them in the carts in the East Dining Room.

Thank You!

Please feel free to contact the kitchen if you have any questions. 612-746-1010

The kitchen will be closed on Friday November 27th. A "Leftover" Thanksgiving Box will be available for delivery by sign up only on that day. Members of the Food Committee will be assisting with delivery.

A couple exciting dates to mark on your calendar for November 2020:

Birthday Celebration Meal — Friday, November 20th at 5:30 pm

Thanksgiving Celebration Meal — Thursday, November 26th at 11:30 am to 1:30 pm



The office will be closed on **Thursday, November 26.**

Happy Thanksgiving!

Marketing News

Maura, Kari, and Lynette



Sales

This month we welcome two more new Members! Janet Ekern of St. Paul will be moving into Windsor Unit #411 and Diane Greve of NE Minneapolis will be moving into Coventry Unit #469. Welcome, Janet and Diane! We are glad you are here!

No Listings in December

We want to give you plenty of notice that we will not be listing any units for sale during the month of December. The Marketing Department needs this time to take a more in-depth look at our internal processes and make some long-overdue changes. Please plan ahead and let your family know if you are planning to list your unit for sale yet this year. The listing process sometimes takes longer than expected and we want you to be prepared for this. Thank you.

Thanksgiving

Soon Thanksgiving will be upon us and it likely won't look like Thanksgivings of the recent past. Many of us will not be meeting with our larger family groups and even if we do, we will be wearing masks, smiling with our eyes and doing air hugs to greet our loved ones. Yet, in this pandemic election year of 2020, we still have each other. We will still have food on our tables and a roof over our heads. And many don't, which is clear as I drive by the homeless encampment at Minnehaha Park on my way in to work each day. The camp is just blocks down the street from Becketwood, and yet our circumstances are very different. So

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let's focus on the good things in our lives and keep our attitudes positive. Kari, Lynette and I are grateful to be employed within such a kind and caring community. We wish you all a Thanksgiving filled with love and hope.



Member Services

By Deb Rodmyre, LSW
Member Services
Coordinator



Metro Mobility Transportation Idea

It's time to think ahead to your transportation needs now that winter has arrived early! To qualify for this affordable means of transportation, you must have a type of disability diagnosed by your doctor. 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.

VOTE! VOTE! VOTE!

Let your voice be heard on November 3rd! Don't forget to vote! If you have not voted via absentee ballot you may vote at

Hiawatha School
4201 42nd Ave. S.
Minneapolis 55406



COVID Humor

I've spent 2 weeks hanging out with myself and I am so sorry to every person I have ever spent time with.



What part of STAY AT HOME do you not understand?



This snow couple was found sitting on the bench in front of Becketwood on October 21. Thanks to sculptors Bob and Doug. Photo by Greta Gantriis

In Remembrance

Bill Wells

Bill Wells moved to Becketwood in 2001 and lived here until his death in September 2020.



As a result of suffering a number of strokes, he walked the Becketwood halls as part of his therapy. On one of his walks in 2009, Bill met Dee Schaefer, who had just moved here. Tired from her move, a hall walk for exercise led to her friendship with Bill. Oftentimes on further mutual walks, Bill would recite poetry or tell her personal stories. One of his favorites was about an amazing historical moment when he was actually standing on the Champs Elysees in Paris the day World War II ended.

In his advertising career, Bill traveled the world, spending extended time in Japan. It was there that he built his collection of Japanese paintings, which filled his apartment here. He donated a painting by his artist son that hangs in Becketwood's foyer.

Another of Bill's loves was watching old films over and over. He often invited Dee to watch with him for the pure enjoyment of sharing some hearty laughs and amused reactions with her.

Bill was a kindly gentleman who always gave a friendly greeting to anyone he met as he walked the halls. He will be remembered as an articulate person with a wide understanding of world cultures.

Phyllis Kromer

Becketwood Committee News

Program Committee



Since moving our outdoor programs inside at the beginning of October, much has happened quickly. Movies and other screen showings, piano concerts (thanks, Rita Juhl) and many creative ideas from Members. As of this writing the Program Committee encourages you to check the weekly calendar posted in the elevators and on the bulletin boards to keep up with programs being added regularly. Wellington Room activities are limited to 20 chairs, carefully spaced with marks on the floor beneath them. We encourage you to NOT move the chairs for your and everyone else's safety. Because of limiting audiences to only 20, many programs will be offered more than once. Sign up sheets will be on the ledge and/or the magazine table near the Convenience Center. November listings currently include:

- 11/1, 2 pm — Saint Paul Chamber Orchestra livestream
- 11/3, 7 pm — Live election night coverage
- 11/8, 6:30 pm — Movie *Dean Spanley*
- 11/15, 2 pm — SPCO livestream
- 11/20, 8 pm — Minnesota Orchestra
- 11/22, 6:30 pm — Movie night
- 11/24, 7 pm — "Healthy Plate Healthy Planet" presents *Ratatouille*
- 11/29, 2 pm — SPCO livestream

However, more are being added regularly. We have plans to include some livestream events, including "U-Tube" features, TED Talks, SPCO, and

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Minnesota Orchestra features in addition to movies. Some livestream events may take place on weekend afternoons or other times.

A note of caution. In spite of plans and scheduled programs, not just from the Program Committee but others as well...new lighting has been planned for the Wellington Room. This updating will cause a disruption for a week or two sometime in November or December. Dates are uncertain. Equipment and fixtures have been ordered but it is not known when they'll arrive or when the contractors will be able to do the installation. We'll have to be patient and try to reschedule any program cancellations.

Also in the works is a possible "Becketwood Variety Show." This program might be an hour long, screened on Fridays and repeated during the week. It may have elements including short segments of new Member interviews, a couple of jokes, travel reports, film and book reviews, radio drama, birthday salutes, etc. This kind of effort would need a number of Members participating to produce. In order to get an idea of interest in



- Producers (4 needed)
- Reporters (10 needed)
- Program Hosts (2 needed)
- Technical Team (4 needed)
- Equipment Research Team
- Time Manager (1 per show)

Name	Unit #
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participation, we'd like you to fill out the survey below:

Please indicate the area you'd be interested in, print your name and unit number, clip and submit to David McKay, #501 by **November 5**. This is not a sign-up sheet but an indication of interest.

The Program Committee meets on **November 6** and, if we can enlist enough Members in participating, we'll begin to move ahead. All productions will be COVID careful.

Please continue to submit screen ideas to Program or other appropriate committees, and we thank you.

David McKay
Program Committee Co-chair

Art Committee

Our next art exhibit was to have been quilts by Member Alison Goss. However, we have been told that the new lighting that is going to be installed in the Wellington Room will be installed in November, date uncertain. So Alison and the Committee have decided to put the exhibit on hold for now. We don't want to risk having her quilts exposed to all the dust and mess from the construction so close to the exhibit areas. Depending on how the schedule works out, we may postpone any further exhibits until the new year. So sorry about that.



Bonnie Porte, Chair, and
Jean Swanson, Exhibits Chair

Chapel Committee

Last month, this column described ways the Chapel Committee is seeking to enhance the spiritual lives of Becketwood Members. At our October meeting, we discussed the possibility of changing the name of our committee to one more reflective of our joint charge to care for our lovely Chapel building and to care for the spiritual needs of the Members. Possible new committee names include: Spiritual Expressions, Resources of Spirit, or Deepening Expressions of the Spirit. We would love to get your feedback about these ideas as well as other possibilities. Please talk to a Chapel Committee Member or email me with your thoughts.

Rowland Joiner and Brad Holt will lead a Bible study class in January focusing on the Psalms of lament. A sign-up sheet will be on the ledge when their preparations are complete.

Our Wednesday Vespers/reflection time has been changed to 3:30-4 pm, owing to the careful use of the Wellington Room during the pandemic. We expect to transition from the summer vigil format to more of a presenter-led format in November. This programming will include traditional Vespers services as well as spiritual journeys, various styles of meditation, poetry, and vocal prayer. As with the other Wellington Room activities, participation will be limited to 20 people, including speakers. Sadly, we cannot offer singing by either the attendees or choir, but humming has been approved!

Susan DeVries, Chair



Choir News

“When words fail,
music speaks!”



Please watch for upcoming music-themed movies in the Wellington Room: 1-*Music of the Heart* is based on a true story of an inner city high school music educator (Meryl Streep) who fights budget cuts to save her string program. 2-*Pavarotti* features many best loved arias interwoven with his life story (released before Ron Howard’s recent documentary). 3-*Vitus* is the story of a child piano prodigy who has everything he wants—except the chance to be a normal kid.

Although choir cannot yet resume, here is a true story I shared with the choir a year ago: *Heaven’s Music*, by Nancy Dishner.

“It was a late autumn day when a group of us hiked Mather Point in the Grand Canyon. My fellow travelers had been patient with me, stopping often so I could catch my breath. ‘Go on ahead,’ I said when we reached the observation point. ‘I’ll wait here till you pick me up on the way back.’ I found a rock to sit on while I waited. I was sorry to be looking out at the breathtaking landscape with no one to share it with. Well, no one I knew, at least. A bus had pulled up and dozens of tourists filed out. Last was an elderly man. I moved over on my rock to make room for him to sit beside me. I wanted to tell him how honored I was to witness God’s work, but we had no language in common. Just then he began singing in a low, gentle voice. The words were in a different language, but I recognized the tune: *Amazing Grace*. I joined him in English. He motioned for us to stand

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up. The tourist and I finished the song on our feet, our arms locked, appreciating one of God’s greatest wonders, together. Turns out we had plenty of languages in common, like the language of music—and of faith.”

Peace, Jean Geissler, Choir Director

Wellness Committee



DID YOU KNOW...

that our Becketwood Library has a shelf containing resources related to Wellness? There is a collection of **Mayo Clinic Health Letters** containing current information on a variety of health issues. At the front of the notebook is an alphabetical list of topics that enables you to go directly to the topic you are interested in. There is a similar collection of the **Massachusetts General Hospital’s newsletters: Mind, Mood and Memory**. A collection of booklets provides information on various aspects of diabetes. **“When Your Loved One Needs Care”** is another useful resource.

To the left of the Wellness shelf, a parallel shelf contains a variety of medical resource books. Several describe symptoms and treatment of common medical problems. Mayo Clinic’s reference books on diabetes and on Alzheimer’s disease are both very engaging. The shelves contain resources that are current and easy to understand. Check them out to balance your online searches!

Elaine Kirk, Wellness Committee

Members are welcome to take puzzles to your apartments to work on. Please return them when you are finished. There is a sign-out sheet on the end of the bookcase with the puzzles. Donations of puzzles are also welcome. Please leave them on the chair under the sign-out sheet. In dreary times, puzzles make it all better!

Puzzle Maven Judith Scoville



???

Question of the Month

Does Becketwood know of a dry cleaning service that offers pick-up?

Yes! Mulberry’s Garment Care will pick up laundry on Mondays and Thursdays. You may drop it off at Security. To schedule a pickup, call Sam at 651-242-2885.

???

News from the Becketwood Workshop

As you have no doubt noticed, due to the coronavirus pandemic, the workshop is no longer open during our regular “office hours” (weekdays from 10-11 am) to accept member projects or repairs.



However, we are still happy to do things for you. If you have something that needs repair, refinishing, sharpening, whatever, we're the place. We can assemble your new Ikea furniture, glue that broken statuette, rewire a lamp or replace a faulty socket. There are Member Work Request forms outside our door (on the table to the left) and you can leave your item on or next to the table along with the form. You can also indicate on the form if you need assistance bringing your item to the workshop.

If you have questions, you can call one of us:

Joel Mortensen: 612-724-1814

Jon Riehle: 612-722-5532

And if you come by the workshop and someone is there, you are of course welcome to drop off your project inside.

Please remember to wear your mask!

Have you read the latest blog on the Becketwood website?

It changes often! Go to becketwood.com.

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

DO YOU KNOW? THE COMMUNICATIONS COMMITTEE RESPONDS

1. Do you know about the project the Board is implementing on the north bulletin board?

The Board is using the Area Events section for postings that can build up our cooperative spirits and interactions.

2. Do you know the policy for Members who post notices on the north bulletin board?

The notices must be dated and initialed by the Member and removed as soon as possible. If notices are not initialed or dated, they will be taken down. The Communications Committee bulletin board team monitors the use of the bulletin board.

3. Do you know that the Policy for Posting Notices on Becketwood's Bulletin Boards and Easels has been updated?

The updated policy was approved by the Board. These are some of the updates:

A. The policy has been rearranged for clarity.

B. Only the Communications Committee bulletin board team and staff members are responsible for the postings in the three elevators, the Coffee Shop, and the board outside the office.

C. On the north board Personal Notices section, notices should be limited to obituaries, thank you notes, and other personal items. No personal advocacy statements are permitted.

D. “Easel postings. . . shall be placed by staff or the bulletin board team on the grand staircase ledge and the coffee shop ledge three days prior to the event. A posting of an additional

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number of days prior to the event may be requested by a chair and added with permission from the Communications Committee Chair.” [Section 5 A.] “Notices are limited to Becketwood events or estate sales.” [Section 5 B] “Notices of items made for sale by Members or others cannot be posted on the easels.” [Section 5 C]

4. Do you know that the Committee Minutes notebook will be expanded to four notebooks?

Presently, the Committee Minutes notebook found on the Becketwood shelf in the reference section of the Library contains the most recent Minutes of 17 Becketwood committees. The Communications Committee and MAC have discussed the feasibility of including six months of current Minutes for each committee. This number would form a broader picture of the committee work and promote keener interest in joining committees. A plan has been suggested for three notebooks — two for designated Board standing committees and their subcommittees, and a third for designated MAC committees. Adding a fourth notebook for the use of ad hoc committees, task forces, archives, etc. is also being discussed. More information will be provided in another newsletter.

5. Do you know who does the postings on the bulletin boards?

Because there are so few notices now, only one person, from the bulletin board team of five, does the postings each day. A special thank you to Greta Gantriis for her dedicated work. The whole team will go into action when the need arises.

6. Do you know who to contact when you would like to write a “Beyond Becketwood” column for the Times?

Send your submissions to our new contact representatives, Rosemary Rawson or Jane Wells. Write an article about volunteer work you are doing out in the community. Check in with Rosemary or Jane to learn about the guidelines. Thank you to Elene Loecher for her excellent work as our previous contact person.

Phyllis Kromer

Tip of the Month from the Recycling Team:



Did you know those little packets that many tea bags are packaged in are made of plastic? And so, those little packets are **NOT Recyclable**. This is true for any flexible plastic wrapping or packaging. A plastic item can't be recycled if it doesn't have this recycling triangle on it:



Without that symbol, it's just trash, and that's where it should go.

Thanks for all you do to keep Becketwood on the green side!

Jon Riehle

WHAT ARE THEY UP TO NOW?

At this time of the year, the HEALTHY PLATE HEALTHY PLANET team would be thinking about movies and menus for the Third Annual Joy of Food Film Festival. Not willing to be daunted by a pandemic, HPHP is bringing back some of the favorites from the last two film festivals, which began with *Under the Tuscan Sun* in late October. In November HPHP will feature *Ratatouille* and in December *Last Holiday*. The New Year will bring both old favorites and new choices of multicultural films with opportunities to try ethnic menus presented by Chef Brandon.

Recently HPHP discovered a white board in Kensington Square that wasn't being used. We appropriated the board to use as a place for Becketwood Members to share ideas on how to survive the next months. We titled the board A COLLECTION OF IDEAS. Check it out in the East Gallery. (*It has wheels, so it could possibly travel mysteriously.*) Share your ideas of fun ways to use the board to help all of us enjoy the coming months. Help yourself to a post-it note and pen and write your ideas on the back of the board.

Healthy Plate Healthy Planet recently put up some things of interest to get us started!

Judith Maddux -
jmaddux48@gmail.com

Carol Spearman -
rowlandandcarol@yahoo.com

The purpose of Healthy Plate Healthy Planet is to understand the connection between what we are consuming, our health and the health of our planet.

Carol Spearman

Handcrafted Gifts of Wood

We have had many good ideas generated while thinking about how to



offer our woodcrafts for sale to our neighbors here at Becketwood. The one I liked best was to build a cabinet that would sit outside our door in the basement displaying the various things we have made. The pieces with price tags displayed would be locked up behind glass, and if someone were to want to purchase an item, they would simply contact someone on the committee who would take payment in exchange for the piece. That idea may need some refinement and certainly some time to implement, so this year, in lieu of a craft sale, we are going to display our wares down in the workshop. Someone from the committee will be on hand to monitor the number of people in the room (no more than three), answer questions, and take money. We will be open from **10 am to 2 pm on November 16 and 17 plus November 23 and 24**. If we find that we have to turn away too many people, we will program additional days in December.

Please come see what we have created — beautiful turned bowls, trivets, carved figurines, and more. The sale helps fund our ongoing mission of providing a safe workspace for all Members.

Joel Mortensen, Co-chair
Workshop

Summer was beautiful!

Can it Really Be November?

It has been a very good and very busy year for Landscape and Gardens. It doesn't seem too long ago that we were just beginning the 2020 season of gardening. Now, we are putting the gardens to bed for the winter. We were disappointed we couldn't hold the Common Garden Kick-off in April owing to COVID-19 restrictions. Luckily for gardeners, digging in the dirt is a safe, enjoyable, productive, and very therapeutic activity that has served our gardeners and all of Becketwood well, all season long.

As of this writing, there was a new wrinkle in the effort to complete the wheelbarrow path — lots of snow. We still hope to get a path in this year. Fingers-crossed.

With Nancy Minahan, Dee Schaefer and Helen Grant as the project team, new edging has been added around most of the common gardens although the end of October weather delayed the final work. The goal is to help reduce the amount of weeding required. We are looking forward to reaping the benefits of the new edging next year and in the years to come.

The **Tree Committee** is pleased to tell you about new additions to our property. Maybe you've seen the lovely Norway spruce planted south of the chapel near the Member gardens. Three new cedars were also planted earlier in the summer east of the chapel by the parking lot. Recently 17 trees from the Minneapolis Tree Trust program were added to the property. Eastern white pines, blue beech,



hemlock, honey locust, hackberry, Kentucky coffee, Ohio buckeye, white oak, swamp white oak, and river birch trees are part of this diverse planting. We did a walk around the property this fall with the Becketwood arborist to identify ongoing concerns about our trees and shrubs. There will be more good news from the Tree Committee in upcoming articles.

We expect to have one more L&G meeting in November to wrap up and celebrate this season.

Bonnie Sample
Landscape and Gardens

David Attenborough: *Our Planet*, Episodes 1 and 2

Wednesday, November 4 at 7 pm
Wellington Room

Experience the planet's natural beauty through an examination of how climate change impacts all living creatures in this spectacular documentary. The episodes explore the rich natural wonders, iconic species and wildlife spectacles that still remain, and reveal the key issues that urgently threaten their existence. Today, we have become the greatest threat to the health of our planet.

Episode 1: One Planet. Witness the planet's breathtaking diversity — from seabirds carpet bombing the ocean to wildebeests eluding the wild dogs of the Serengeti.

Episode 2: Frozen Worlds. On the unforgiving frontier of climate change, polar bears, walrus, seals and penguins find their icy Edens in peril.

Marilyn Rose

EXERCISE CLASS



Weekly Movement Groups In the Wellington Room

Monday

9:15 am — Yoga

11 am — T'ai Chi Chih

Tuesday

8 am — Stretchers

9 am — Men's Yoga

11 am — Pilates

Wednesday

9:15 am — Yoga

11 am — T'ai Chi Chih

Thursday

8 am — Stretchers

9 am — Men's Yoga

11 am — Pilates

Friday

9:15 am — Yoga

11 am — Qi Gong

Saturday

8 am — Stretchers

Get Creative!

Donate to the
Craft Center

We need your talent!



Don't Miss

Please deliver crafted items to the Craft Center so they can be available for purchase. The bulk of the gift items will be displayed the **week of November 16**. Be sure to come and shop!

Gift tags are available in the Craft Center. Please price your items. Proceeds benefit Becketwood projects.

Questions? Contact a Craft Center Member.

Jacqueline Teisberg, Chair

Workshop Handcrafted Works of Wood

Monday & Tuesday

November 16 & 17

10 am — 2 pm

Monday & Tuesday

November 23 & 24

10 am — 2 pm

Visit the shop and see what we have created for sale.

Two programs sponsored by the Diversity Action Working Group (DAWG) of the Marketing Committee

November 10, Tuesday, 7 pm in the Wellington Room

There will be a showing of the YouTube video: "Race, Trauma, and the Doctrine of Discovery" by Mark Charles. Mark Charles is a writer, advocate and consultant. He works with the ministry 5 Small Loaves. Mark is an expert advisor on indigenous matters and a program affiliate with the Calvin Institute of Christian Worship.

(for those who cannot attend the program or wish to watch the video in their own homes, the video is available at the following link:

<https://www.youtube.com/watch?v=fYZ2rj2Jooc>)

November 17, Tuesday, 7 pm in the Wellington Room

There will be a showing of the movie *Gather*. A movie with beautiful photography, *Gather* is an intimate portrait of the growing movement amongst Native Americans to reclaim their spiritual, political and cultural identities through food sovereignty, while battling the trauma of centuries of genocide.

"GATHER" follows Nephi Craig, a chef from the White Mountain Apache Nation (Arizona), opening an indigenous café as a nutritional recovery clinic; Elsie Dubray, a young scientist from the Cheyenne River Sioux Nation (South Dakota), conducting landmark studies on bison; and the Ancestral Guard, a group of environmental activists from the Yurok Nation (Northern California), trying to save the Klamath River.

Organized by LeEtta Flicker, Lily Ng and Lyn Pegg

Alternative Cinema

Sunday, November 8
7:00 pm,
Wellington Room



Dean Spanley

Set in Edwardian England this intriguing story starts with a group attending a lecture on "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 has very interesting reminiscences of his previous life. As the story unfolds, there are several fascinating reincarnation connections to the family's past. **(International film, New Zealand, 2008, Rated PG: Drama, Comedy)**

Sunday, November 22
7:00 pm, Wellington Room

Journey to the Center of the Earth

Filmed on location at Carlsbad Caverns National Park, Jules Verne's classic novel is brought to life. Set in 1880 Scotland, Professor Lindenbrook is given a clue that inspires him to start an expedition to Iceland and discover the center of the earth. But, there's an evil competitor and the two teams compete to claim the discovery. Join the adventure as they travel deep into the earth and encounter incredible geological features and lost civilizations.

Starring James Mason, Pat Boone, and Arlene Dahl (1959, Rated G: Adventure, Science Fiction)

*Presented by The Rydens
Sponsored by the Program Committee*

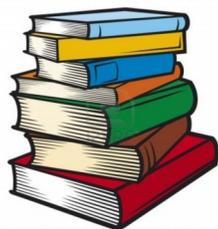
Library Committee

BANNED BOOKS

Every October the American Library Association names books which have been censored by some group during the previous year and those most frequently listed in the past. Many favorite authors and specific books are included. Our library has a number of these books. They include *To Kill a Mockingbird*, *Grapes of Wrath*, *The Color Purple*, Krueger's *This Tender Land*, several Toni Morrison books, Hemingway titles, Harry Potter series.

Banned books are featured this month on the Recommended Shelf in our library. Read one that you haven't already read, or reread one; then give your opinion. The freedom to read is a crucial right in our lives.

Mary Heltsley



NEW IN THE LIBRARY

FICTION

ACTRESS by Anne Enright. In attempting to understand the complex, and sometimes bizarre, life of an acclaimed Irish actress, her daughter reviews her own life story in an effort to understand it as well.

THE BOOK OF TWO WAYS by Jodi Picoult. Dawn is a death doula and spends her life helping people make final transitions peacefully. After her plane crashes in Egypt, memories of an earlier time with an archeologist lead her to consider whether she has chosen the best path for her life.

NORTHERNMOST by Peter Geye. Norwegian history, Minnesota North Shore adventure and a love story intersect to keep us enamored of Geye's storytelling ability.

MYSTERIES

NIGHTWATCHERS by Vincent Wyckoff. Marlon Fastwater, sheriff of a small community on Minnesota's North Shore, must reconcile his Native American cultural heritage with his law enforcement training to solve the mystery of who is preying on young women in the Lake Superior forests.

NON-FICTION

GOOD TALK: A Memoir in Conversations by Mira Jacob. An easy read but be prepared to feel warm and heart-rent, to laugh and cry, to be angry about the hurt and pain, and to think deeply. It touches on racism, colorism, interracial relationships, immigration and so much more. It will touch your soul in a very tender place.

THOUGHT FOR THE MONTH

*Be open to adjustments.
There's nothing about this
current moment in history
that allows for stubbornness.*

Author Unknown

(Continued on page 18)

(Continued from page 17)

AMERICA FOR AMERICANS: A History of Xenophobia in the United States by Erika Lee. Americans have been wary of almost every group of foreigners who have come here. An American tradition in its own right, xenophobia is deeply embedded in our society, economy and politics.

JAMES BALDWIN: COLLECTED ESSAYS. Edited by Toni Morrison. Born in Harlem but wanting to escape racial bigotry in America, Baldwin spent most of his adult life outside the U.S., mostly in France. He analyzed American democracy in passionate, eloquent language. His plea to “end the racial nightmare in America” speaks to us now as it did in post WWII.

THE END OF EVERYTHING: (Astrophysical Speaking) by Katie Mack. The author takes us on a delightfully dark journey, explaining in vivid detail five different ways the entire universe could end. Wildly funny, surprisingly upbeat!

SUCCESSFUL AGING by Daniel J. Levitin. An optimistic summary of the aging process on how decision skills improve and happiness peaks at age 82. Using neuroscience will help individuals and society revolutionize how to make the most of ages 70, 80, and 90 years. A very readable science book.

MEMORIAL DRIVE: A Daughter's Memoir by Natasha Trethewey. The author, a Pulitzer Prize winning poet, recalls her childhood in Mississippi as the daughter of a black mother and white father and the impact of her mother's mistreatment and finally murder at the hands of Natasha's stepfather. It's an unforgettable, beautifully crafted book, which earned the author another Pulitzer Prize.

NOVEMBER MEMBER BIRTHDAYS

- 2 Laurel Haycock
- 3 Dan Bailey
- 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 Jim Higgins
- 18 Glenna Dibrell
- 22 George Lundgren
- 22 Terry Vrabel Sonier
- 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 20 ~ 5:30 pm
Redeem your birthday coupon!



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B~WOOD DOIN'S

By John Fenn

MEMBER/STAFF KUDOS

Member kudos has become a celebration of Member accomplishments in keeping happy, positive and productive during these pandemic times.



In keeping with these goals and to brighten our evenings, the **Program Committee** is instituting a limited revival of our film program. For these showings it is imperative that you sign up on sheets on the ledge, as only 20 people can go to a showing.

Starting off Monday nights at 7 o'clock beginning **November 9th**, we will be showing the series *Downton Abbey*. Remember it's first come, first served on the signup sheet.

Great idea! Kudos to **Carol Spearman** and everybody else who is involved in this project.

Pictured is an outdoor concert by a string quartet from the Minnesota Orchestra's *Music At Your Doorstep* program. **David McKay**, employing his brilliant entrepreneurship, brought this event to reality recently. The weather politely opened a dry window, and our audience, spaced, and masked appropriately, all had a delightful time.

Kudos **David!** Once again, the Program Committee turns the sow's ear of COVID, into a silk purse of a concert.

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.

Socrates Café

The Socrates Café will meet on Tuesday, November 3 and Tuesday, November 17 on Zoom. If you need contact information get in touch with Randy Nelson. The themes are

Tuesday, November 3

3:30 pm

What makes a hero?

Tuesday, November 17

3:30 pm.

What is your most memorable Thanksgiving?

PROGRAMS FOR NOVEMBER

Please mask and social distance at these events

All programs are in the Wellington Room.

Sponsored by the Program Committee unless indicated.

Sunday, November 1, 2 pm — Saint Paul Chamber Orchestra livestream

Postcards Across the Atlantic

Sunday, November 1, 7 pm — Movie *Blast from the Past*, Encore

Tuesday, November 3, 7 pm — Live election night coverage

Tuesday, November 3, 3:30 pm — Socrates Café on Zoom, *What makes a hero?*

Wednesdays, November 4, 11, 18, 25, 3:30-4 pm — Vespers

Wednesday, November 4, 7 pm — David Attenborough: *Our Planet episodes 1 & 2*

Sponsored by the Environment Committee

Sunday, November 8, 6:30 pm — Movie *Dean Spanley*

Mondays, November 9, 16, 23, 30 — *Downton Abbey* weekly showing

Tuesday, November 10, 7 pm — “Race, Trauma, and the Doctrine of Discovery”

by Mark Charles; Sponsored by Marketing

Sunday, November 15, 2 pm — SPCO livestream, *Lamentations*

Tuesday, November 17, 3:30 pm — Socrates Café on Zoom, *What is your most memorable Thanksgiving?*

Tuesday, November 17, 7 pm — Movie *Gather*; Sponsored by Marketing

Friday, November 20, 8 pm — Minnesota Orchestra

Sunday, November 22, 6:30 pm — Movie *Journey to the Center of the Earth*

Tuesday, November 24, 7 pm — Healthy Plate Healthy Planet presents *Ratatouille*

Thursday, November 26, 7 pm — Movie *Vitus*

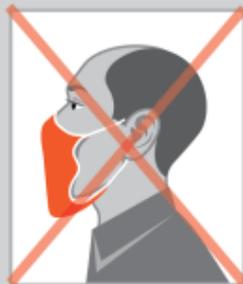
Sunday, November 29, 2 pm — SPCO livestream, *Sounds from Home*



DON'T:
Wear the mask
below your nose.



DON'T:
Leave your chin
exposed.



DON'T:
Wear your mask
loosely with gaps
on the sides.



DON'T:
Wear your mask so
it covers just the
tip of your nose.



DON'T:
Push your mask
under your chin to
rest on your neck.