March 3rd, 2020, marked two years of having the honor to build community with you. I will fondly remember taking my first walk through the doors of Westminster as an official Coordinator for The Magnet on March 1st and promptly kicking-off a Grand Opening/Meet & Greet two days later!

In that 24 months, we formed a bond of trust through story sharing. We learned more about each other and the world around us. We ate good food and celebrated the seasons. We exercised together. We made art and sang songs dear to us. We laughed, cried, and allowed for a bit of healthy “fussing,” too. We were entertained by ourselves and others. It was comforting to know that many resources were are at our fingertips when needed.

And then, COVID-19 emerged and halted Spring Quarter plans without apology. In place of well-laid projects came questions and concerns. How can we be in service during this crisis? How do we have a program without walls?

After weeks of processing our new and uncertain reality, my best response was to bring The Magnet program to you in the form of a newsletter – something vibrant and informative with contributions from dedicated staff and partners we have come to know and respect. April 2020, we published our first edition of THE MAGNET. It has proven to be a lifeline of communication and connection for us through a turbulent time in history.

I am, we are, grateful to have your readership and input. Since April 2020, we have come together for safe socially-distanced walks and Zoom lessons, formed new friendships with “phone-buddies” and pen-pals, dialed-in and videoed-in to weekly Zoom sessions, and checked-in with one another. We’ve assisted with obtaining laptops and affordable internet service. We even managed to honor seasonal celebrations safely.

We are excited to resume outdoor walks and small group events when the weather allows. I am happy to announce that with the partnership of Gifts for Seniors, we have raised funds to sponsor 25 Amazon Fire7 tablets that will be distributed in the weeks to come. We will continue meeting on Zoom. We also look forward to the return of some of our program volunteers.

Our lives have changed, but as I’ve said before, HOPE is not canceled. We will press on and meet each day as it comes.

Forward together,
Angelique
GROWTH. MOVEMENT. CREATIVITY. EDUCATION.
Revisiting and celebrating twelve editions of THE MAGNET

THANK YOU FOR THE HEART & TALENT YOU BRING TO THE MAGNET. . .
CONTRIBUTORS: Alice Lincoln, Amanda Gustafson, Angelique Kingsbury, Barbara La Valleur, Ben Weiss, Brian Madigan, Carol Engelhart, Chris Ruiz, Ethan Stein, Heather Deutschlaender, Jane Ellen Nielsen, Lola Lesheim Panschar, Mary Linden, Mary Rayan, Michelle Lovelle-Henry, Ray Lockman, Sheila Martin, Sherry Dunham, Three Rivers Park District, Tom Northernscold.
MARCH THINGS

March Birth Flower

Daffodil. The daffodil symbolizes rebirth and new beginnings. It became associated with new beginnings (and the coming of spring) because it is one of the first perennials to bloom after the winter frost. The Latin name for daffodil is Narcissus. It is believed to be named after the son of the river god from Greek mythology.

March 8  International Women’s Day
March 14  Start of Daylight Savings
March 17  St. Patrick’s Day
March 20  March (Spring) Equinox
March 28  Full Moon  2:50 p.m. EDT

“It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.”
— Charles Dickens

March Birthstone

Aquamarine. Known to release fear, calm nerves, and foster mental clarity, aquamarine (in Latin, “aqua” means water and “marine” means sea) is said to protect sailors and other ocean voyagers. It is also said to aid the liver, throat, stomach, jaw, teeth, eyes, and ears.

Soruce: https://farmersalmanac.com/
As winter starts to fade away, it’s always exciting to look forward to the coming of Spring. In 2021, the first day of Spring, or the Vernal Equinox, is March 20th, which is when we tip over from having more hours of the night into having more hours of daylight. The coming of Spring is celebrated in different ways around the world – some celebrations are ancient and have been happening every year for thousands of years, but some newer ways to celebrate have come up as well!

In Iran and other Western and Central Asia cultures, the first day of Spring is Nowruz or the Persian New Year. This year, Nowruz marks the beginning of the year 1400 in the Persian calendar. Families who celebrate Nowruz prepare with a massive spring cleaning and people usually make sure to get fancy new clothes to ring in the New Year. Extended families gather together and have a special meal, which includes seven things that all begin with the same letter in Farsi, “siin” or S.

Families make special decorative displays of these items (called a “haft-siin” or “Seven S’s): sprouts, pudding, olives, vinegar, apple, garlic, and sumac. People work hard to make this display elaborate and beautiful.

While people have been celebrating Nowruz for thousands of years, some people have come up with newer ways to celebrate the coming of Spring. In the sailing and boating community around Annapolis, Maryland (where the US Naval Academy is), the first day of Spring is celebrated as the Burning Socks Festival.

Traditionally, sailors, boaters, and people who work in the shipyards only wore socks during the cooler winters and stopped in the summer. Each year as warm weather comes, (which also brings more work for the sailors and brings more tourists to the area) they kick off the coming of the warm season by gathering together on the beach and burning their socks in a big bonfire.

How do you celebrate the coming of Spring? What are you looking forward to most about warmer weather?
Hello Magnet Film Club!

As we welcome March into the year, I hope that you can start to enjoy getting out to enjoy some fresh air. March is also good for getting comfy and enjoying some movies. This month, I added YouTube channels that feature movies you can enjoy for free, so look for more channel suggestions in the future. If you are able to check out the library’s selection, don’t forget to checkout March’s display featuring a few of our staffs’ film favorites.

HULU: Ammonite “1840s England, acclaimed but overlooked fossil hunter Mary Anning and a young woman sent to convalesce by the sea develop an intense relationship, altering both of their lives forever.” imdb.com rated R

NETFLIX: The Climb (L'ascension) “A young man from the suburbs with no mountaineering experience decides to climb Mt Everest to show a woman he’d do anything for her” imdb.com 2020, not rated (France)

AMAZON PRIME: Sound of Metal “A heavy-metal drummer’s life is thrown into freefall when he begins to lose his hearing.” imdb.com 2019, rated R

PLUTO (FREE): Lion “ A five-year old Indian boy is adopted by an Australian couple after getting lost hundreds of kilometers from home. 25 years later, he sets out to find his lost family.”imdb.com 2016, PG-13

YouTube Interested in more movies? How about some classics? Try the Timeless Classic Movies - YouTube channel. You can find classic films like Dark Passage, Made for Eachother, or Meet John Doe.

ANGELIQUE’S PICK:

AMEND: THE FIGHT FOR AMERICA

"Amend: The Fight for America is a six-part docuseries that explores the Fourteenth Amendment of the U.S. Constitution - which, in 1868, promised liberty and equal protection for all persons - as America's most enduring hallmark of democracy. Amend deploys a groundbreaking narrative format featuring a number of luminaries breathing life into speeches and writings by the Fourteenth Amendment’s most ardent advocates and foes (including Frederick Douglass, Dr. Martin Luther King Jr. Ruth Bader Ginsburg, and Andrew Johnson) with insights from an inclusive array of contemporary thought leaders and experts." - Rotten Tomatoes Click HERE to view the trailer.

See full docuseries on Netflix.
Several years ago, I lived in Costa Rica for roughly ten months. Costa Rica is the epitome of paradise. As I once did, people often think that if you can manage to move to paradise, your problems will be solved and you’ll live happily ever after. Not so. It never works to try and solve an internal problem with an external solution. By moving to Costa Rica, I thought that I could escape my unwanted thoughts that were causing my unwanted pain.

I was born and raised in Minnesota, in the northern outskirts of the Twin Cities metro area. There was the occasional ant or house spider in our home like usual, but I wouldn’t say bugs were a thing (thank you, winter!). However, in Costa Rica, where half of the land is rainforest, bugs are abiding housemates, and there is simply no way around it.

Living with unwanted bugs in the tropics is a lot like living with unwanted thoughts in your mind. If you are unwilling to accept their presence, you are going to suffer. Your experience of anxiety will actually increase if you try to get rid of your anxious thoughts. You will feel much worse if you try to judge or shame away any depressive (shaming) thoughts.

Feelings of relief and freedom naturally arise out of practicing acceptance. In Costa Rica, I could either go on trying to avoid or eliminate all of the bugs and suffer, or I could be willing to accept that bugs are a thing and find a peaceful and safe way to co-exist with them. When dealing with my thoughts, I can either try to eliminate or avoid my unwanted thoughts and increase my suffering in the process or choose to accept their presence without judgment.

Unwanted thoughts are a natural part of the mind’s ecosystem. When you accept their presence, you gain more freedom of choice. First, you can choose not to take those thoughts literally and avoid acting on them (thus reinforcing them). You can then decide to act on more workable thoughts that will help you solve your problems, get your needs met, and feel happier right where you are—no need to move to another country to feel better unless you really want to.

Sherri Dunham, MA, LPCC, is a psychotherapist practicing at Westminster Counseling Center
www.westminstercounseling.org

Mind | Body | Community | Every Thursday | 1:00-2:00 PM | Phone-In Class

Join from home East Side’s newest wellness group!

Call-in each week to move with gentle movements, practice mindfulness activities and enjoy the company of others. Each participant receives a goodie bag to use during the call and on their own. No cost to participate. The only equipment needed is a phone with the "speakerphone" feature to participate hands-free.

If you are not sure whether your phone has this feature, you can contact us to find out.

Questions? Contact 612-787-4086 or VitalLiving@esns.org to register.
Jeanne Baret (1740-1807)
Baret is recognized as the first woman to circumnavigate the globe – but she had to do it disguised as a man. She joined the world expedition of Admiral Louis-Antoine de Bougainville from 1766 to 1769. The French Navy prohibited women on its ships, but that didn’t stop Jeanne. She bound her breasts with linen bandages and became Jean Baret. She enlisted as valet and assistant to the expedition’s naturalist Philibert Commerçon and traveled on the vessel with 300 men. Expedition accounts differ on when her true gender was discovered. But, by the time she returned to France, Jeanne had seen the world, defied conventions, and earned a place in history.

"The air is the only place free from prejudices." - Bessie Coleman

Bessie Coleman (1892-1926)
Bessie Coleman flew in the face of race and gender discrimination to become the first black woman pilot in the world. Banned from flying schools in her native America, she taught herself French and traveled to France where she earned her pilot’s license in 1921, two years before her more famous contemporary, Amelia Earhart. Coleman flew all over the US, performing aerial tricks and lecturing to raise funds for an African-American flying school. She refused to participate in segregated events. Tragically, her life and dream ended when she died during an air show rehearsal at the age of 34.

Arati Saha (1940 - 1994)
Born in Kolkata in 1940, Saha had a love for swimming from a very young age, and the Hooghly River was where she had her first swimming lessons. On September 29, 1959, Saha covered a breathtaking 42 miles from Cape Gris Nez, France, to Sandgate, England, to become the first Asian woman to swim across the English Channel—a feat considered the swimming equivalent to climbing Mount Everest. In 1960, she became the first Indian sportswoman to be awarded the Padma Shri, the fourth highest civilian honor in India.

Mary Seacole (1805-1881)
Mary Seacole was the author of Wonderful Adventures of Mrs. Seacole in Many Lands. The memoir details her adventurous life as a 19th-century entrepreneur. Seacole traveled from her home in Jamaica to Panama, England, and Crimea (a peninsula in what is now Ukraine). Seacole was nurse, healer and businesswoman who set up the "British Hotel" behind the lines during the Crimean War. Her later travels would be as an "unprotected" woman, without a chaperone or sponsor – an unusually independent practice at a time when women had limited rights.
HISTORY CORNER: WOMEN EXPLORERS
Contributed by Amanda Gustafson, Minneapolis Central Library

Recognizing the stories and contributions of historical women explorers

Ynés Mexía (1870-1938)
Ynés Mexía began her scientific career late in life, after recovering from mental health issues. The Mexican American joined the Sierra Club and the budding environmental movement in San Francisco in the 1910s, became interested in botany at age 51, and enrolled as an undergraduate at the University of California, Berkeley. She subsequently led expeditions across Mexico, Central America, and South America, becoming one of the most accomplished plant collectors of her time. She spent two-and-half years traveling some 3,000 miles along the Amazon River from its delta to its source in the Andes Mountains. In a 13-year career as a specimen collector for botanical institutions around the U.S, she discovered over 500 new species of plants, of which 50 are named in her honor.

"I do not know the word 'quit'. Either I never did, or I have abolished it."
- Susan Butcher, American Dog Musher

Emma Gatewood (1887-1973)
Emma "Grandma" Gatewood is perhaps the most famous of all Appalachian Trail thru-hikers; the first woman to hike the entire trail alone. Gatewood was 67 years old the first time she attempted to thru-hike the Trail. Her life up to that point had been consumed by the raising of her 11 children, the management of the family farm, and surviving almost constant abuse by her husband. In July 1954, she told her children she was "going for a walk," not explaining that her walk would begin in Maine and end in Georgia.

The 5'2" great-grandmother completed the trail in September that year, becoming the first woman to hike alone the entire length of the world’s longest continuous footpath. Emma walked for 146 days, through 14 states, took 5 million steps, lost 30 pounds, went through 7 pairs of shoes, and gained and lost altitude on the trail the equivalent of climbing Mt. Everest 16 times all at age 67.

"I've never found my sex a hinderment; never faced a difficulty which a woman, as well as a man, could not surmount; never felt a fear of danger; never lacked courage to protect myself."
- Harriet Chalmers Adams
Founder of the Society of Women Geographers
A new web resource launched today offers information and updates around the upcoming trial of former Minneapolis Police Officer Derek Chauvin, who is charged with murder in the death of George Floyd.

City information and links to partners in the new web section will help residents, businesses and others:

- Find current street closures.
- Sign up for trial updates from MN District Court.
- Report suspicious activity.
- Look up mental health and well-being resources for support during traumatic times.

You can also explore ways to prepare and stay informed, learn about security preparations and updates during the trial, follow impacts to traffic and transportation, and find public data on the officers involved.

The web pages will be updated as new information becomes available and as situations change.

For questions, contact:
Renee Allen, Crime Prevention Specialist
Minneapolis Police Department, First Precinct
renee.allen@minneapolismn.gov
(612) 673-5163

WESTMINSTER PRESBYTERIAN CHURCH
Moving into Phase 2.5 in the Re-opening the Building Plan

An update on The Magnet's Westminster location from westminstermpls.org

On February 23, 2021, members of the Responsible Building Use Task Force met to discuss the threshold indicators in Westminster’s Re-opening the Building Plan to determine if we could move from Phase 2 to Phase 3. Although we have met the threshold indicators, we recognize that opening the building after nearly a year will take some planning and preparedness. Therefore, we have decided to enter Phase 2.5.

For the month of March, we will begin to allow 15 people to meet for worship on Sundays. Limiting the number to 15 will ensure that the total number of people in Westminster Hall will not exceed 25 with clergy and musicians. We want to use 15 people as “pilot” groups to help us learn and adjust and eventually prepare for more people returning to the Westminster building.

Read more about Westminster’s 2.5 phase here.
And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced.

Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.
**WHAT'S THE WORD?**

Spring is in the air...

<table>
<thead>
<tr>
<th>Across</th>
<th>Down</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1. Recedes as the tide</td>
</tr>
<tr>
<td>5</td>
<td>2. Slang for someone knowledgeable</td>
</tr>
<tr>
<td>10</td>
<td>3. Cookie that maybe dipped in milk</td>
</tr>
<tr>
<td>14</td>
<td>4. Some things are tied together with this</td>
</tr>
<tr>
<td>15</td>
<td>5. By way of</td>
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<tr>
<td>16</td>
<td>6. Works at a museum</td>
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<tr>
<td>17</td>
<td>7. Luxury watch brand Philippe OR baseball short stop Freddy known for his stature at 5'5&quot; and 148 lbs.</td>
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<tr>
<td>19</td>
<td>8. Cheri _______ SNL alum</td>
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<td>20</td>
<td>9. Aired as old TV shows</td>
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<tr>
<td>21</td>
<td>10. &quot;Let ___, Be&quot;, Beatles song</td>
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<tr>
<td>22</td>
<td>11. Stir up, agitate</td>
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<tr>
<td>23</td>
<td>12. Cyndi Lauper song, Time _______ Time</td>
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<tr>
<td>25</td>
<td>13. Director of Pulp Fiction and Reservoir Dogs; _______ Tarantino</td>
</tr>
<tr>
<td>26</td>
<td>24. Leonardo da Vinci's &quot;_____, Lisa&quot;</td>
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<tr>
<td>27</td>
<td>25. Fruits that are a little grittier than apples</td>
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<td>28</td>
<td>26. Cry big tears</td>
</tr>
<tr>
<td>29</td>
<td>27. Maker of the car Optima</td>
</tr>
<tr>
<td>30</td>
<td>28. Not feeling well</td>
</tr>
<tr>
<td>31</td>
<td>29. When a door closes hard</td>
</tr>
<tr>
<td>32</td>
<td>30. Cousin of calypso music, known for it's two tone culture</td>
</tr>
<tr>
<td>33</td>
<td>31. Insurance agency represented by a duck</td>
</tr>
<tr>
<td>34</td>
<td>32. &quot;is good&quot; is the motto of the St. Paul Saints baseball team owner Mike Veeck</td>
</tr>
<tr>
<td>35</td>
<td>33. Hubbard, science fiction writer and founder of Scientolgy</td>
</tr>
<tr>
<td>36</td>
<td>34. &quot;_______ Mial, ABBA musical</td>
</tr>
<tr>
<td>37</td>
<td>35. Have a part to play</td>
</tr>
<tr>
<td>38</td>
<td>36. A jack matching the suit of the turned up card in a cribbage game</td>
</tr>
</tbody>
</table>

**RIDDLE 1#** A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

**RIDDLE 2#** You measure my life in hours and I serve you by expiring. I'm quick when I'm thin and slow when I'm fat. The wind is my enemy. What am I?

See last page of newsletter for answer key.
HISTORY DISCUSSION CLUB IS BACK!
WEDNESDAY, APRIL 14TH (10:30 AM - 12 PM)

"Hoaxes and Other Silly History"
Pranksters, Shenanigans, and April Foolery. Listen, Learn, and Discuss!

Enter the ZOOM room at http://bit.ly/magnet21

DIAL-IN: Call 888 788 0099 US Toll-free.
Enter the Meeting ID when prompted: 957 3226 6101. Passcode: 555388
You will then be asked to press the pound button ( # ) to join.

THE MPS COMMUNITY EDUCATION SPRING 2021 CATALOG HAS ARRIVED!

Please take a peek at all our Spring class offerings!

With more than 500 classes, including virtual and in-person/socially distanced, we have something for everyone.

We will have a minimal amount of paper brochures mailed this quarter, so use this PDF as your go-to class finder.

And register HERE online.

Register before March 26th and use code DiscoverCommunity to get $5 off!

MACPHAIL MUSIC FOR LIFE
"Anything Goes" Virtual Sing-Along
MARCH 19 2 PM

JOIN US ONE OF THE FOLLOWING WAYS:

- Zoom: https://macphail.zoom.us/j/8239843009
- YouTube Live Stream on the MacPhail Music for Life channel
- YouTube Archived Recording on the MacPhail Music for Life channel (following the live broadcast)
Great blue herons start returning to their rookery on the Mississippi River toward the end of March. The Mississippi Park Connection invites you to join Park Ranger Sharon at Marshall Terrace Park in Minneapolis to watch them rebuild nests and do a little flirting. March 27th. More information and registration here.

MAGNET MOMENT

In celebration of Valentines Day, we enjoyed much-treasured time with our Magnet friends. In partnership with Gifts for Seniors, we were able to safely hand-delivered Valentine's Day Gift Boxes and Personal Protective Equipment Kits to seniors across the city.
CITY OF MPLS COMMUNITY SAFETY PILOT PROGRAMS

In response to the issue of public safety, the City of Minneapolis has two new pilot programs.

Mental health crisis response pilot
If you have a mental health crisis in Minneapolis, you can still call 911 or the COPE Mobile Crisis Team in Hennepin County: 612-596-1223 (for adults in Hennepin County) and 612-348-2233 (for children 17 and under). In 2021, two mental health teams will be available 24/7 for crisis calls. This means police may not provide the primary response for mental health crisis calls, but police may still respond if both mental health teams are unavailable.

Report-taking pilot program
To report theft or property damage, you can call 311, 911, or submit an online report. As part of a pilot this year, City employees (non-sworn officers) will take theft and property damage reports from residents.

City’s community safety webpage:

Office of Violence Prevention Facebook page:
https://www.facebook.com/MinneapolisOVP/

ASK GEN Z
Having trouble with your phone, tablet, or computer? Simply, Ask Gen Z.
Call/Text 612-888-4606D

SENIOR PLANET (AARP)
ZOOM RESOURCE CENTER
https://seniorplanet.org/zoom-2/

CYBER SENIORS
If you are a Senior Citizen looking for tech help, call us toll-free at 844-217-3057 or visit https://cyberseniors.org

DIGITAL NAVIGATION SUPPORT AND TUTORING!

Looking for support on how to make the best use of your electronic device? Check out the services and tutorials below...

ASK GEN Z
Having trouble with your phone, tablet, or computer? Simply, Ask Gen Z.
Call/Text 612-888-4606D

SENIOR PLANET (AARP)
ZOOM RESOURCE CENTER
https://seniorplanet.org/zoom-2/

CYBER SENIORS
If you are a Senior Citizen looking for tech help, call us toll-free at 844-217-3057 or visit https://cyberseniors.org
INFORMATION & RESOURCES

THE MAGNET MESSAGE LINE

Our Westminster Presbyterian Church and Minneapolis Central Library locations are closed until further notice, but you can still leave a message for us by phone! We check messages daily. Dial 612-540-2928 or email Angelique Kingsbury at akingsbury@wpc-mpls.org

ABOUT THE MAGNET

The Magnet: Activities & Conversation for Older Adults is a joint partnership of Minneapolis Central Library and Westminster Presbyterian Church. Offering older adults a place to gather for coffee, conversation, cultural and educational events.

When gathering in person, we meet at:

Westminster Presbyterian Church (Mondays & Wednesdays)
1200 Marquette Avenue
Minneapolis, MN 55403

Minneapolis Central Library (Tuesdays & Thursdays)
300 Nicollet Mall
Minneapolis, MN 55401

Ask Us! 612-543-KNOW (5669)

Call Hennepin County Library’s Ask Us phone service for information, referral to resources, help with e-books, and more!

Hours: Mon - Thur 9 AM - 9 PM.
Fri and Sat 9 AM - 5 PM
Sunday 12 PM - 5 PM

WEEKLY ZOOM GATHERINGS:
EVERY WEDNESDAY (10 AM - 12 PM)

Pop in for a quick visit, or feel free to stay the whole time! Staff and friends of The Magnet will greet you. We hope to bring back some staples of The Magnet program such as 'Show & Tell,' 'History Discussion Club,' guest presenters, and more!

Enter the ZOOM room at:

DIAL-IN TO JOIN THE CONVERSATION!

If you are joining us by phone, call 888 788 0099 US Toll-free.
Enter the Meeting ID when prompted: 957 3226 6101. Passcode: 555388
You will then be asked to press the pound button (#) to join.
BRAIN TEASER ANSWERS
WHAT'S THE WORD?

RIDDLES
Riddle #1  The river was frozen
Riddle #2  A candle

An Irish Blessing:
May pleasure walk with you; May luck smile upon you; and May joy be at home in your heart. Happy St. Patrick's Day! Hope a bit o' Irish luck and a bit o' Irish cheer will snuggled down inside your heart and stay all through the year!