



Holiday greetings from Joy's November Garden - 2012.

Brian and I hope this finds you in good health and good spirits. We wish you well, and, if you choose to read this a later, that's cool. This year, especially this last month, has flown by! I'll bet it has for you, too, just like the proverbial roll of toilet paper going faster and faster. I won't get to read everyone's kind notes for a while either. It's okay. One can only do so much. Breathe deeply, relax, and exhale.

MARCH 27 - CURRENT, My "Year of the Eyes" continues. First, March 27 and June 26, both eyes' cataracts were removed. Early September, I got a refractive prescription for new lens for glasses. Early October, glasses were made; the left eye lens is perfect -- the right is not so good. November 1, a styne appeared on my right upper eyelid. A month and a half of treatment and still the styne did not completely disappear. It was surgically removed. A week later, Dec. 20, I was able to have a new right lens ordered and it will hopefully be ready and perfect by Dec. 29, thus completing the "Year of the Eyes." Sigh. So how are the eyes now? I can see to drive and work on the computer, but not as perfectly as I would like. The astigmatism, which could not be corrected by implanted lenses, is still with me. Thus, my desire for glasses. The ability to enlarge fonts in most computer programs has been a Godsend.

SEPTEMBER 14 - 30, Brian and I enjoyed a road trip, our first without the dogs in many moons. Read more at the end of this letter. It details a lot of good roads taken through gorgeous country.

OCTOBER 15 WEEKEND, Brian and I attended the 50-year reunion of my Normandy High School Class of '62. It was a load of fun! My two Kindergarten girlfriends came from Wisconsin and Utah, and our French foreign exchange student came, too!

NOVEMBER 3-5 WEEKEND, I attended the American Women Artists openings in Tubac, AZ, at K. Newby Gallery, and, in Tucson at The Arizona-Sonora Desert Museum. What a beautiful part of the country! If you have an interest in very fine Native American artifacts, be sure to visit Medicine Man Gallery when in Tucson.

Sophie's silky new coat...

Each year since we had Sophie spayed in December 2006, she has had false heats and has lost 80-90% of her hair. Dr. Schaeffer, our regular vet, could not figure out why she did. (He is wonderful in other ways: he does acupuncture and chiropractic.) On a Friday afternoon in August, Sophie vomited and, since Dr. Schaeffer was going out of town, he suggested I visit emergency vet, Dr. Buss. As a bonus, I asked Dr. Buss if he could finally get to the bottom of why she has been having false heats. A sonogram and 6 weeks of Clavamox, I hope, has her cured of all odd things inside. I hope, because January isn't here yet. That's when she started losing hair in years past. Dr. Buss prescribed Melatonin, 3mg daily for growing hair.



January 15, 2011



Thanksgiving, 2012

NOVEMBER 2012, We drove to Grand Junction for Thanksgiving with Jeanne and Brian's brother Charles. We cooked on Thanksgiving, and Jeanne smiled. In Jeanne's back yard, Bo Duke ran and ran, Sophie loved digging!



Tips and tricks!

In the aftermath of Sophie's summertime escape I learned three tricks to share:

1. **POISON IVY, OAK OR SUMAC.** At the first sign, use Burt's Bees Poison Ivy soap. If you already have the dreaded bubbles, ask a doctor for a prescription for 2.5% Hydra Cortisone. Now THAT dries bubbles FAST!
2. **IMMUNE SUPPORT AND COLD PREVENTION.** In addition to pumping Vitamin C, take one Oregano oil capsule, with food, at the first sign of a cold — or 2-3 days into it, and your cold will be much shorter. Take with bites of food before and after the capsule, in the morning and evening. DO NOT CHEW the capsule unless you adore oregano. It works! My doctor recommended this to me and I have not had a cold since!
3. **SOPHIE'S SILKY NEW COAT.** The ticket to growing Sophie's coat is Melatonin. Dr. Buss' original orders were to give her 3mg once daily. Along the line I forgot the 3mg. and accidentally switched to 1 mg. That was okay because I found out Brian had been giving her one at dinner, too. Between the Primal raw diet and Melatonin, Sophie is almost a puppy again! She will be 13 in March. Bo Duke is doing well, thought still is fearful when guests are in the house. But, I have taught him to sit/stay/come for his food. Progress is progress, one baby step at a time. He is a sweetheart without a mean bone in his body. We love him.

Please, join us to relive our Fall Foliage vacation, in present tense.

In spring, Brian trades his 2011 Chevrolet Avalanche for a 2005 Mercedes AMG with very low mileage. He wants to drive it through glorious national forests, so here we go!

SEPT. 14, Brian and I head out for our first road trip without dogs in about 15 years! Destination: Santa Fe. From there we have more visits. Read on about our whirlwind trip!

Brian choses a new-to-us southern route that takes us on our first night to Mena, AR. Mena is a charming little resort town where, thanks to a Google search, we discovered Spinelli's, a wonderful Italian restaurant. Amye, the amicable owner, told us the next time we should stay in one of the many B&Bs in town.

SEPT. 15, Brian drives what was to be a beautiful drive through the Ouachita and Winding Stair National Forests where we were quite literally driving through clouds on highways 270 and 259. I would love to take this drive again in clear weather.

By 4pm we end up in Medicine Park, OK, in the midst of the Wichita Mountains open range wildlife refuge. The area reminds me of the Devil's Backbone by US 34 west of Loveland, CO. Sunlight is peeking from between clouds. Medicine Creek is beautiful.

SEPT. 16, we drive through the Sandia (watermelon) Mountains and climb the staircase to Sandia Crest above Albuquerque. Next are the Sangre de Cristo Mountains above Santa Fe.

In Santa Fe, we chill for two and a half days and check out galleries on Palace Avenue and Canyon Road. Meals are creative and delicious.

SEPT. 19, From Santa Fe, we drive north on US 84 to Chama, NM, to climb aboard Rocky Mountain History on the highest steam train in America, the Cumbres & Toltec Scenic Railroad. This is one of America's most authentic narrow-gauge steam railroads ... as it was over 130 years ago. Between the history, scenery and machinery, it is a great 7-hour rail ride all the way to Antonito. We ride back to Chama in a comfortable motor coach, and cross the tracks three or four times on Colorado 17. We pass wild turkeys. What a beautiful day! Learn more at WWW.CUMBRESTOLTEC.COM/ We then drive to Pagosa Springs, CO, to visit friends, Bonnie and David.



The following day, Brian has planned another absolutely gorgeous drive: US 160 to Mancos, CO, where we visit friend Patsy; US 184 and then US 145 to drive through the San Juan National Forest; lunch in Telluride; pick up US 141 and drive on up to Whitewater and Grand Junction. Between the golden aspens and beautiful weather, it is a much needed relaxing drive. Check out Brian's route. Although it is 1800 miles to Grand Junction this way, it is well thought out for timely autumn beauty.

SEPT. 20-25. Grand Junction. Brian's mom Jeanne is a spry 91 years young. I help her around the house, and yard and Brian helps her with her computer. Jeanne still drives during daylight, and certainly enjoys going out to dinner and having someone cook for her! She's a sweetheart with many friends. She is active in Book Club, Quilting Club, DAR and church. We are very lucky to have her. Saturday and Sunday we enjoy The Blue Angels flying over Jeanne's front yard.

SEPT. 26, we drive to Loveland to check metals: several small "Sweet Roll" and my new owl, "The Eyes Have It!"



SEPT. 28, Thursday, we pick up my new owls from my metal chaser Nancy and take them to Dale for patina. The finished metals look great! Brian and I lunch with friends Diane & Bob Mason and Karryl. Later, at the Loveland Museum we meet Eva Stanley who joined us at the Loveland Museum to catch the Birds in Art exhibition and have dinner afterwards.

SEPT. 29, Friday, the patinaed owls look great! We pick up waxes in Greeley and head east on CO 34, a sweet little two lane blue highway. At Haiglee, NE we turn south on CO 27 where we immediately enter Kansas and the central standard time zone. I am going to love this ride! It is through high plains that seem to be hardly inhabited by humans: talk about wide, open space! It is beautiful with rolling hills. The road follows the contours of the earth. Thunderheads loom in front of us...

SEPT. 30, Saturday, we start driving during the early morning's magical hour, when sunlight shines across Saturday morning mist rising from the rolling Flint Hills and wide valleys. Tree leaves glitter in sunlight; backlit grasses sway gently. Beautiful! It is 56 degrees and comfortable. Cows happily graze in sidelight. I love to see cows grazing the way Mother Nature intended.

Brian dutifully cares for Sophie and Bo Duke when I travel. Weather permitting, he walks in Queeny Park almost daily, and on Sunday mornings he rides his BMW R1100S, with a group of mostly South American doctors while I go to Wellbridge for a wonderfully peaceful Yoga release class. More exercise for me includes a Pilates reformer class on Monday, stretch on Tuesdays, Pilates mat on Wednesday and Saturday. The teachers are very good. I love it! All this keeps me moving.



Joy & Brian at Joy's 50 year Normandy High School Reunion

Thank you for taking time to relive our 2012 adventure, known as "Life."

*We wish you
"Happy Holidays & a
Peaceful & Prosperous New Year"*

*Brian & Joy,
Sophie & Bo Duke, too.*

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