

THE VILLAGER

SPRING 2014 VOLUME II, NUMBER 2

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Joan Doucette and husband Harry Fisher joined 50 other guests for a pre-tour fundraising luncheon at the Hampshire House. Restaurateur Babak Bina spoke to the group before opening the kitchen of Bin 26 to luncheon guests for a private peek. See Creative Kitchens article on page 7.

Just talkin' on the phone

SUZANNE HUDSON AND PATRICIA BUTLER love to talk – which is a good thing, because the two, who share the job of Director of Member Services, spend most of their days on the telephone.



Suzanne Hudson

Talking, that is, with Beacon Hill Village members. “We’re here to invite our members to team up with us to improve their quality of life,” said Suzanne. “By talking, we can help people figure out just what it is that will enhance their lives and kick around ideas and solutions that might make things a little easier.”

The pair does their best to check in with members, especially those who are ill, frail or recuperating from surgery. During March alone, that amounted to 117 calls. But they don’t always know who may need help and encourage members to call them to take advantage of all BHV can do for them.

“For example, as we age, there are little things many of us don’t like to do anymore, like replacing a smoke detector battery,” explained Suzanne. “When we know that, we’ll arrange for a handyman to do those jobs – plus anything else in the home that might need fixing.”

The seemingly endless list of pre-screened service providers she and Patricia turn to includes computer experts, housekeepers, cooks, home visitors, plumbers, drivers, tax experts, electricians and more.

In March alone, along with BHV’s office manager Nancy Hickey, the staff scheduled 27 rides to various appointments plus 28 trips to the supermarket. They arranged for shopping and delivery of groceries 44 times, helped with home maintenance 13 times and arranged 35 other services.

Conversations can sometimes clear up confusion about available options, like the difference between home aides and housekeepers. Suzanne and Patricia like to talk through the different levels of care, help members decide which would be most helpful, get the ball rolling and make sure all goes well.

Please continue to page 2. ►

BHV WELCOMES...

Back Bay

Malcolm Weiss, Nancy & Edward Roberts

Beacon Hill

Patricia Beckett, Susan Lester,
Frank & Linda Ward

IN MEMORIAM

Bill Kondey

Letter from the Executive Director

Dear BHV Members:

You are the foundation of what is now known as the Village movement, which started right here with Beacon Hill Village and is stronger than ever. Today, there are more than 135 open villages with another 115 in development. These villages can be found in 38 states and 5 countries and represent a total of 25,000 members.

It is because of the power of the movement and the international recognition of BHV's role that I was recently invited to give the keynote address at the 5th Annual Ageing Asia Investment Forum in Singapore for which this year's theme was "Future of Ageing: Enabling Ageing in Place."

Conference organizers paid for me to travel half way around the world to present the story of Beacon Hill Village to attendees. The diverse and attentive audience was eager to learn about how we created a grassroots membership organization for older adults by older adults and to understand the details of our financial and organization structures, our programs and services, and how we build community within and outside of the Village.



Dragons welcome delegates.

It was a delightful and rewarding experience to meet Professor Hiro Murata of Japan and Helen Jones of Australia – who enthusiastically told the audience that they had already visited Beacon Hill Village and brought our model back to their countries.

As I reflected about my trip on the flight home, I had this thought: Singapore is a dynamic city of contrasts. It combines ultra modern and colonial architecture and blends the different cultures of China, Malaysia, India and Great Britain to create a vibrant nation in a way not dissimilar to Beacon Hill Village, where individuals with a wide variety of strengths, talents, interests, and backgrounds come together to create a dynamic and diverse community of older adults that offers something for everyone.

As members of Beacon Hill Village, we can all be proud of the role we are playing across the world in changing the experience of aging. I know I, for one, am truly honored to be among you.

With warm regards, Laura Connors

Just talkin' on the phone continued from page 1.

Formerly a nurse, Suzanne is particularly sensitive about hospital patients' needs. When learning that a member is hospitalized, she'll arrange for prescriptions, library books, comfortable clothes, favorite foods or sentimental items to be brought to them. And, when the patient is discharged, she'll make sure he or she has a ride home, prescriptions filled and other needs tended to.

Both encourage members to give them a ring to hash over ways to improve their quality of life...whether they are looking for help, letting them know about an illness or accident, or just feel like chatting. After all, they are not only good talkers; they are good listeners, too. ■ —Suzanne Besser

Just talkin' on the phone – Member to Member



Not only does BHV's staff help our members, our members help each other.

Following her recent stroke, Lise Beane was understandably depressed, wondering if she would ever feel better. But that all changed when she received a call from Joan Gladstone.

During heart surgery in 1998, Joan had suffered a stroke that left her partially paralyzed. But, after about six months of therapy, she was back to her lively self – and has been so ever since. When BHV launched its new Peer Resource Program, she volunteered to help. Suzanne Hudson connected her with Lise.

"I made the call to Lise at a time when she was very vulnerable," said Joan. Lise was thrilled to receive it. "There is nothing like finding an empathic, knowledgeable person who has gone through the same situation. Joan was warm, friendly, empathetic and, to my delight, humorous."

Besides giving her some solid advice, Joan helped Lise believe she would get better, which she has since done. "There was a light at the end of the tunnel," said Lise. "She helped me see that, which is hard to do when you are in the tunnel." ■



BHV Executive Director Laura Connors presents to an audience of 365 international delegates representing 15 industry sectors and 14 countries at the 5th Annual Ageing Asia Investment Forum in Singapore on April 1.



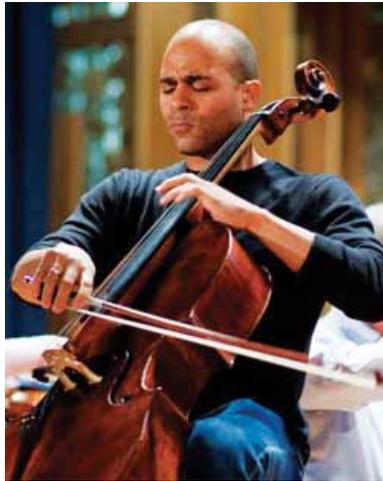
Beacon Hill Village

JUNE 2014 CALENDAR HIGHLIGHTS

A reservation is required for all programs unless otherwise noted in the program description. Prices listed are per person and must be paid at time of reservation. Space is limited; BHV members have priority. Refunds will be made for cancellations received at least one week prior to an event unless tickets have been pre-purchased or non-refundable payments have been made. In that case we can make a refund only if we are able to fill your spot.

Thursday, June 5 5:30 - 7 p.m. Conversations with...Owen Young

Owen Young, cellist with the BSO since 1991, will share his insider's experience of the changes and challenges in the life of that orchestra, particularly over the past several years. Mr. Owen has appeared frequently in chamber music concerts and festivals and, as a concert soloist, with orchestras around the world. He is a founding member of the innovative chamber ensemble, Innuendo, and often performs with singer/songwriter James Taylor. He has served on the faculties of local conservatories and schools and is active in Project STEP (String Training and Educational Program for Students of Color). *Meet at King's Chapel Parish House, 64 Beacon Street. BHV/BHS members: Free. Non-members: \$20.*



Cellist Owen Young

Wednesday, June 11 9 a.m. – 5 p.m. Salem by Fast Ferry

Take the fast ferry to Salem for a day at the Peabody Essex Museum, where *Turner & the Sea*, a new exhibit featuring works spanning the artist's career, will be on display. If you prefer to explore Salem by trolley or on your own, that's also an option. For those who wish, we'll have lunch at the Garden Café, which has both indoor and outdoor seating. *Meet at the Boston Harbor Cruise Ticket Center on Long Wharf near the Aquarium (closest T stop is the Aquarium on the Blue Line) at 9 a.m. for our 9:30 a.m. ferry. Look for the small white building with a blue BHC – Ticket Center sign. When we arrive in Salem, we'll take the trolley to the Salem Visitor's Center, located across the street from the PEM. Trip price covers the cost of the ferry. Admission to the PEM, trolley tour and lunch are not included. BHV members: \$28. Non-members: \$35.*

Thursday, June 12 10 a.m. Walking Tour of Jamaica Plain

Join BHV member Roger Cox on a walking tour of Jamaica Plain, which will include a circuit around scenic Jamaica Pond. You'll cover approximately three miles on this easy walk, which should take under two hours. *Meet in front of the Visitor Center on the Boston Common at 10 a.m. The group will take the T to Copley Square, and then the bus to JP. Registration required.*

Friday, June 20 9:30 - 11:30 a.m. plus optional lunch Architecture Cruise on the Charles River



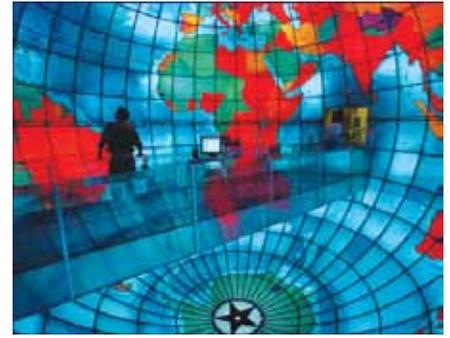
Hosted by the Charles Riverboat Company, this 90-minute tour offers spectacular views of historic and contemporary architecture along Boston Harbor, the Charles River Locks, and the Charles River Basin. Narrated by a guide from Boston By Foot and co-sponsored by BSA Space, a center for architecture and design, the tour includes a variety of landmarks, as well as cutting-edge contemporary design by today's top architects. Those who went on this cruise in the Fall raved about it! Optional lunch (pay individually) at P.F. Chang's China Bistro after the tour. *Meet at the Charles Riverboat Company ticket booth, located outside the Food Court entrance/exit of the CambridgeSide Galleria Mall, at 9:30 a.m. for our 10 a.m. cruise. The Mall is a short walk from the Lechmere stop on the Green Line ("E" branch). BHV Members: \$25. Non-members: \$35.*

Please continue to page 5. ►

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Circuit Training & Stretching/Robyn (CT&S) Beacon House 19 Myrtle Street</p> <p>Total Body Strength & Stretching (TBS&S) (\$5) Total Body Strength (TBS) (\$5) Muscle (\$5) Power Muscle (\$5) Stretching (\$5) Yoga (\$5) Beacon Hill Athletic Club North End 85 Atlantic Avenue</p> <p>Core Essentials (\$5) Pilates (\$5) Yoga/BHAC (\$5) Beacon Hill Athletic Club North Station 261 Friend Street</p> <p>Exercise/BHAC-BH (\$5) Beacon Hill Athletic Club Beacon Hill 3 Hancock Street</p> <p>Meditation 74 Joy Street</p> <p>Tai Chi/Dorri Li Beacon House 19 Myrtle Street</p> <p>Call instructor at 617.512.9575 for information on the fee for this class.</p> <p>Walking/Robyn 127 Mt. Vernon Street</p>	<p>Calendar Mailing (10:30) TBS&S/BHAC-NE (8:30-9:45) Walking/Robyn (9-9:50) CT&S/Robyn (10-11)</p> <p style="text-align: right;">2</p>	<p>Grocery Shop (9:30 & 11:30) Exercise/BHAC-BH (10-11) Yoga/BHAC-No.Sta. (12:15-1:15)</p> <p style="text-align: right;">3</p>	<p>Whole Foods (10) Lunch Group: Papa Razzi (12:30) Muscle/BHAC-NE (8:15-9:15) Stretching/BHAC-NE (9:15-9:45) CT&S/Robyn (10-11)</p> <p style="text-align: right;">4</p>	<p>The Lunch Break: Spring Pizzas (BCAE) (11-1) Conversations with... Owen Young (5:30-7) Power Muscle/BHAC-NE(8:15-9:15) Stretching/BHAC-NE (9:15-9:45) Exercise/BHAC-BH (10-11) Pilates (12:15-1:15)</p> <p style="text-align: right;">5</p>	<p>Grocery Shop (9:30 & 11:30) TBS/BHAC-NE (8:15-9:15) Core Essentials/BHAC-No.Sta. (8:30-9:30) Yoga/BHAC-NE (9:15-10:30) Tai Chi/Dorri Li (11:45-12:45)</p> <p style="text-align: right;">6</p>	<p>TRIP TO WHOLE FOODS AND TRADER JOE'S Door-to-door transportation to Whole Foods on Wednesday, June 4, at 10 a.m., and to Trader Joe's in Cambridge on Wednesday, June 18 at noon and 2 p.m. Space is limited. BHV members only: \$10.</p> <p>MEN'S FIRST DRINK The men of Beacon Hill Village continue their once-a-month exploration of Boston's watering holes on Thursday, June 12 (note change in date for June only), at 4 p.m. Look for an email from Roger Cox with the location. Pay individually.</p>	
<p>Core Essentials (\$5) Pilates (\$5) Yoga/BHAC (\$5) Beacon Hill Athletic Club North Station 261 Friend Street</p> <p>Exercise/BHAC-BH (\$5) Beacon Hill Athletic Club Beacon Hill 3 Hancock Street</p> <p>Meditation 74 Joy Street</p> <p>Tai Chi/Dorri Li Beacon House 19 Myrtle Street</p> <p>Call instructor at 617.512.9575 for information on the fee for this class.</p> <p>Walking/Robyn 127 Mt. Vernon Street</p>	<p>TBS&S/BHAC-NE (8:30-9:45) Walking/Robyn (9-9:50) CT&S/Robyn (10-11)</p> <p style="text-align: right;">9</p>	<p>Grocery Shop (9:30 & 11:30) The Retirement Experience (3-4:30) Exercise/BHAC-BH (10-11) Yoga/BHAC-No.Sta. (12:15-1:15)</p> <p style="text-align: right;">10</p>	<p>Salem by Fast Ferry & PEM (9-5) Muscle/BHAC-NE (8:15-9:15) Stretching/BHAC-NE (9:15-9:45) CT&S/Robyn (10-11)</p> <p style="text-align: right;">11</p>	<p>Walking Tour of Jamaica Pond (10) Men's First Drink (4-5:30) Power Muscle/BHAC-NE (8:15-9:15) Stretching/BHAC-NE (9:15-9:45) Exercise/BHAC-BH (10-11) Pilates (12:15-1:15)</p> <p style="text-align: right;">12</p>	<p>Grocery Shop (9:30 & 11:30) Taxi Coupons (11-noon) TBS/BHAC-NE (8:15-9:15) Core Essentials/BHAC-No.Sta. (8:30-9:30) Yoga/BHAC-NE (9:15-10:30) Tai Chi/Dorri Li (11:45-12:45)</p> <p style="text-align: right;">13</p>		
<p>Core Essentials (\$5) Pilates (\$5) Yoga/BHAC (\$5) Beacon Hill Athletic Club North Station 261 Friend Street</p> <p>Exercise/BHAC-BH (\$5) Beacon Hill Athletic Club Beacon Hill 3 Hancock Street</p> <p>Meditation 74 Joy Street</p> <p>Tai Chi/Dorri Li Beacon House 19 Myrtle Street</p> <p>Call instructor at 617.512.9575 for information on the fee for this class.</p> <p>Walking/Robyn 127 Mt. Vernon Street</p>	<p>TBS&S/BHAC-NE (8:30-9:45) Walking/Robyn (9-9:50) CT&S/Robyn (10-11)</p> <p style="text-align: right;">16</p>	<p>Grocery Shop (9:30 & 11:30) Exercise/BHAC-BH (10-11) Yoga/BHAC-No.Sta. (12:15-1:15)</p> <p style="text-align: right;">17</p>	<p>Trader Joe's (noon and 2) Muscle/BHAC-NE (8:15-9:15) Stretching/BHAC-NE (9:15-9:45) CT&S/Robyn (10-11)</p> <p style="text-align: right;">18</p>	<p>Power Muscle/BHAC-NE (8:15-9:15) Stretching/BHAC-NE (9:15-9:45) Exercise/BHAC-BH (10-11) Pilates (12:15-1:15)</p> <p style="text-align: right;">19</p>	<p>Architecture Cruise (9:30-11:30) & optional lunch Grocery Shop (9:30 & 11:30) TBS/BHAC-NE (8:15-9:15) Core Essentials /BHAC-No.Sta. (8:30-9:30) Yoga/BHAC-NE (9:15-10:30) Tai Chi/Dorri Li (11:45-12:45)</p> <p style="text-align: right;">20</p>		
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<p>Core Essentials (\$5) Pilates (\$5) Yoga/BHAC (\$5) Beacon Hill Athletic Club North Station 261 Friend Street</p> <p>Exercise/BHAC-BH (\$5) Beacon Hill Athletic Club Beacon Hill 3 Hancock Street</p> <p>Meditation 74 Joy Street</p> <p>Tai Chi/Dorri Li Beacon House 19 Myrtle Street</p> <p>Call instructor at 617.512.9575 for information on the fee for this class.</p> <p>Walking/Robyn 127 Mt. Vernon Street</p>	<p>TBS&S/BHAC-NE (8:30-9:45) Walking/Robyn (9-9:50) CT&S/Robyn (10-11)</p> <p style="text-align: right;">30</p>	<p>TAXI COUPONS Come to the BHV office on Friday, June 13, between 11 and noon, to pick up your taxi coupons at this monthly distribution. Pay \$5 for a \$10 coupon book; maximum of two books per person, per month. BHV members only. 74 Joy Street, 3rd floor.</p> <p>COOKING AT THE BCAE Spring Pizzas (June 5, 11 a.m. - 1 p.m.) Mediterranean Cooking (June 26, 11 a.m. - 1 p.m.) To sign up for either of the above classes, please call the Boston Center for Adult Education directly at 617.267.4430 and indicate that you are a member of BHV. BHV members: \$40/class. Meet at the BCAE, 122 Arlington Street.</p>					

Wednesday, June 25 10:45 a.m. - 12:15 p.m. plus optional lunch
Mary Becker Eddy Library and Mapparium

One of the highlights of the Mary Becker Eddy Library is the three-story, stained-glass globe of the world of 1935. On our tour of the Library and Mapparium, you'll learn about the history of the Mapparium and its architect, Chester Lindsay Churchill. We'll also visit the Hall of Ideas, the focal point of which is a glass and bronze sculpture from which a state-of-the-art computer program and light projection system displays quotes and ideas from the world's greatest thinkers. *Meet at the Mary Becker Eddy Library, 200 Massachusetts Ave., between Huntington Ave. and Boylston Street. Closest T stops are Prudential or Symphony (Green line "E" branch) or Hynes (Green line "B", "C" and "D" branches). Optional lunch (pay individually) at the Summer Shack, 50 Dalton Street. BHV members and non-members: \$5.*



Saturday, June 28 9:30 a.m. - 5 p.m. Newport Flower Show



The theme of this year's Annual Newport Flower Show is Journey: Grand Vistas. Each day of the 2014 Newport Flower Show offers guests opportunities to enjoy judged horticultural specimens and floral designs, special garden exhibitions, free lectures and demonstrations, children's activities, and shopping experiences at the Oceanside Boutiques and Gardeners' Marketplace. Trip price includes van transportation and ticket to the flower show. *Lunch is pay individually (or bring your own!). Meet at Café Vanille, 70 Charles Street, at 9:30 a.m. or at Starbucks, 165 Newbury Street (between Dartmouth and Exeter) at 9:35 a.m. BHV members: \$65. Non-members: \$80.*

EVEN MORE TO DO

Wednesday, June 4 12:30 p.m.

Lunch Group: Papa Razzi

This casual Italian restaurant features traditional recipes made with fresh, local ingredients. *Meet at 159 Newbury Street (between Dartmouth and Exeter). Pay individually.*

Tuesday, June 10 3-4:30 p.m.

The Retirement Experience

BHV is looking at ways to support and enhance members' journey as they navigate through the transition to and the experience of retirement. BHV invites all members to join the conversation. See story in this issue of The Villager. *Meet at Beacon House Library, 19 Myrtle Street. Registration required.*

Tuesday, June 24 6 p.m.

Supper Club: The Paramount

Since 1937, The Paramount has been a Boston favorite, a comfortable brasserie evoking the history and character of Beacon Hill. *Meet at 44 Charles Street. Pay individually.*

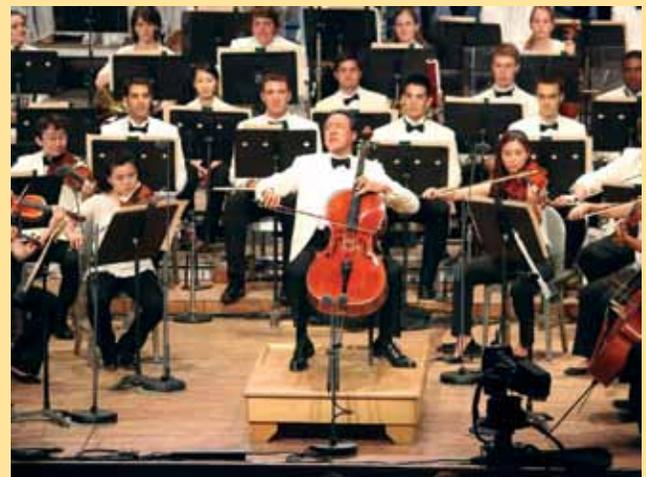
Friday, June 27 9 a.m.

Meditation at 74 Joy Street

Join us for a guided meditation, led by a BHV member. *Meet at 74 Joy Street, at 9 a.m. Meditation begins promptly at 9:05 and ends at 9:45.*

TANGLEWOOD

A few tickets are still available for our trip to Tanglewood on Sunday, August 10, to hear the BSO, with Yo Yo Ma on cello, perform an all-Tchaikovsky program. Cost, which includes transportation, shed tickets and a boxed lunch, is \$140. *BHV members and guests welcome. Please call the office to sign up and make payment for this trip.*



BEHIND THE FONT

IF YOU HAVEN'T HAD A chance to meet Joanne Legge in person, you surely know her through her work. A Beacon Hill Village member, she is the graphic designer for much of its printed material, including The Villager newsletter, monthly BHV Calendar, and the wonderful Creative Kitchens Tour brand, invitation and program book.

Joanne was born in Battle Creek, Michigan, where her father worked for a printing ink company. The smell of printer's ink still evokes wonderful childhood memories of visits to the plant where she saw vats of beautifully colored inks. An elective course she took while earning a BFA from the University of Cincinnati helped her envision a future in graphic design.

Her father's work required the family to move a great deal. She fell in love with Boston during a visit following college graduation. "In December of 1969 I found myself on Beacon Hill – a light snow was falling and carolers were singing nearby – I knew immediately that this beautiful place was where I wanted to live," she said.

Over the years, Joanne found work with a design studio, an advertising agency, a book publisher, and eventually began freelance assignments. She is still in the business, still loves it, and has worked with some loyal clients since the 1980s. She describes her creative process akin to a dance – putting all of the "steps" together to create a smooth, seamless, finished product. "Each client has a uniqueness that can be enhanced by a graphic or photographic image, color, layout, and typography. My job is to bring out that unique quality."

Joanne first became acquainted with BHV through her design work and joined five years ago at the age of 62. She is one of its youngest members and I expect her love for her chosen work, plus all those lunges and stretches she does in BHV's exercise class with Robyn, will keep her young in spirit and body for a very long time. ■ —Muriel Finegold



Joanne Legge



BHV Members on the Move

Top, left: BHV members Mary Scudder, Barbara Rapport, Jane McKinnell, Nancy Jeanne Martin, Curt Dietrich, and Richard Jewett braved the chill in February for a guided tour of the State House. *Top, right:* The tour included a stop in the Italian marble Hall of Flags containing a collection of more than 400 flags which were brought back to Massachusetts by returning Civil War regiments.

Far right: Elsie Hermann takes a rest on one of the period pieces of furniture at the Lyman Estate before joining other BHV members on a tour of the greenhouse. ■



Creative Kitchens

TOUR 2014



THE BEACON HILL VILLAGE'S April 5 Creative Kitchens Tour was a great success from all accounts.

By inspiring the creative spirit and harnessing the generosity and energy of local homeowners, businesses, and volunteers, Beacon Hill Village produced a memorable, fun-filled event – one that also deepened the feeling of community in all.

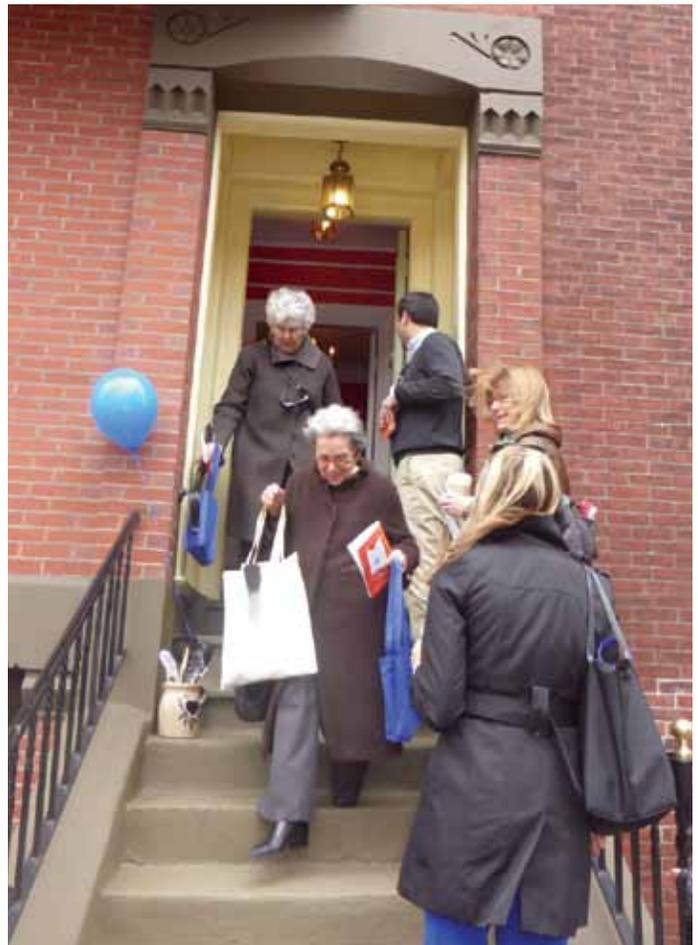
At the luncheon for 50 served prior to the tour at the Hampshire House, restaurateur and speaker Babak Bina captured the essence of the day by explaining, “Food is the center of life. The kitchen is the heart of the home. Table and food bring people together to break bread and create dialogue.

Luncheon attendees later joined about 250 others for the self-guided walk through eight stunning kitchens. Friendly BHV volunteers greeted guests, creating a feeling of warmth, friendship and hospitality.

It was fun to see how contemporary life styles are changing the interior architecture of how we live. Where some personal customization was apparent in every kitchen, other elements were almost universally desired. The family chef – no longer content to be silently working away in a small kitchen – is having his/her time in the sun. Today's kitchen renovations are creating larger, more light-filled, mixed-use open spaces where once darker, compartmentalized ones had been king. This has led to bringing down kitchen walls and pushing outward to seamlessly annex play spaces for children, adjoining sitting rooms with fireplaces, dining spaces that bring family and friends closer for conversation, and access to gardens and patios for fresh herbs and spices. The push has been outward but also upward for higher ceilings and dramatic skylights. Along with this new, open space has come an inventive updating of older house systems, such as halogen lighting, new kitchen appliances, audiovisual technology and fun gadgetry.

It takes a village to create a new enjoyable event that provides a broader, deeper sense of community. Kudos to BHV board member Kitty Flather and her committee for doing just that. ■ —Lise Beane

Top: Brigitte Moufflet (and husband Girard) graciously opened their wonderful kitchen to more than 300 Kitchen Tour participants. *Bottom:* BHV members, neighbors, and new friends created a continuous flow in and out of the eight fabulous homes on the tour.



RETURN SERVICE REQUESTED

THE VILLAGER

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Deborah Drosnin

Muriel Finegold

THE VILLAGER *design by Joanne Legge*

Enhancing the Retirement Experience

Retirement, a major life transition, is a challenging adventure that can be rewarding, joyful and creative...or, conversely, lead to feelings of loss and isolation that diminish physical and mental health.

BHV is looking at ways to support and enhance members' journey as they navigate through the transition to and the experience of retirement. Some suggestions include offering helpful programs, presentations and a directory of thoughtful writings on the subject. Developing affinity groups related to specific retirement challenges and establishing a group of members as peer-to-peer resources would offer opportunities for meaningful relationships and sources of satisfaction, as would creating an array of new programs, activities and community volunteer experiences. ■

BHV invites all members – those in or near the cusp of leaving a job and those already retired – to review and expand these recommendations, and to suggest methods to implement them, at a meeting on June 10 from 3-4:30 pm in the library of the Beacon House, 19 Myrtle Street.

Register online or by calling the office at 617.723.9713.

Lee and George Take the Plunge... Again!



Beacon Hill Village members Lee and George Sprague made quite a splash last month when they celebrated their 50th wedding anniversary by swimming with live mermaids after renewing their wedding vows at the Sheraton Ft. Lauderdale Beach hotel. A video titled *Lee and George Take the Plunge* is posted on YouTube.