



The Crone Connection

WHAT'S THE LAST THING YOU FORGOT TO
REMEMBER?

February 2018

Women growing older with power, passion
and purpose



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A Blast From the Past

Excerpts from Crone newsletters, Oct 1989 --June 1992

**You cannot make a butterfly by tying wings to a caterpillar.
The intricacy and beauty of maturity are the outcome of
transforming life changes**



MESSAGE FROM THE PRESIDENT

Joyce Winsor
October 1989

1989 has been a great year for Crone. Just one year ago we circulated our first brochure describing who we are and announcing that we had become a membership organization. Many of you joined; we are now 100 members strong and growing stronger all the time. I think we're off to a great start.

I hope you'll come to the annual meeting next spring and get acquainted with the Board and with the other women involved in this blossoming organization. Your presence and your voices will be welcome! Look in a future newsletter for time and place.

Consciousness Raising Groups:

C.R. groups focus on ageism as it impacts individual women. They provide an opportunity to share our personal feelings and experiences about growing old. Our stories confirm how widespread ageism is, and we seek to empower ourselves and each other.

EDMONDS: Wed, Oct 18 1989, Marge Hampton

WALLINGFORD: Wed Oct 11, 1989 Jan Waude

GROUPS

North End Conversation Group meets 2nd and 4th Thurs of each month 2-4pm at Panera's Restaurant, Edmonds.

Happy Hour meets monthly for no host drinks/happy hour menu items, fun conversation. No commitment, no contract to sign. Get to know your Crone friends in a very relaxed informal setting. Bring a friend to introduce to your Crone friends.

Memoirs and *More is looking for one or two new members who love writing. The *More in our title means poetry, anecdotes, essays, or fiction, which we read aloud at each monthly.

Movie Group gathers as the 4th Wed. of each month at a member's home to discuss two previously selected films.

Rolling Crones is the official singing group of Crone of Puget Sound and is open to all Crone members. They practice weekly with performances all over Seattle (except in summer).

Downtown Group meets monthly to explore events, exhibits, attend lectures in the metropolitan area. *All Crone members welcome.*

Walking Group Tuesdays, 8am, Green Lake near the old Bath House.

South End Conversation Group 3rd Tuesday at Sea Tac Senior Center.

West Seattle/Burien Conversation Group meets 1st and 3rd Tuesdays at 1pm of each month at various member's homes. Looking for a limited number of new members from W Seattle, Burien, Sea Tac, Des Moines.

Day Tripper's members plan outings usually 1/2 or 3/4 day trips as a group to places of interest a short distance or in Seattle. Outings suggested by members. May include lunch, carpooling, or other misc.

Scrabble Group meets 1st and 3rd Tuesday of each month 1pm. Welcomes new members. Learn words your mamma never taught you.

Current Events will meet Feb.13, 10:30 am at Fran Campbell

How to Remember What You Forgot: Always a Challenge!

By Pamela Whitehall Raghebi

First I thought I'd just list what I've forgotten in the last week:

1. My water walking shoes for Green Lake Pool's aerobic exercise class which I do five mornings a week and have for the last 10 years.
2. My glasses in the living room I tumble off to bed three nights in a row. You need to know that I've worn glasses since 4th grade in Mrs. Madson's room—that was 1953. Also I need my glasses to find my missing glasses.
3. My cell phone again three times. I have a car device that reminds me if the phone is missing. It reminds me and thinks it's clever.
4. My morning milk for my very milky morning tea. I specifically went to PCC to purchase milk and came home with a bag of other items and had no milk at 6am.
5. My dues check for Crone. Not just mailing it before the Jan. 31 deadline, but writing it, finding a stamp and envelope and signing it. (I had written myself a note.)
6. My password* to the Fitbit I got for Christmas. Ditto to this laptop. Double ditto to the pw* to my bank. Triple ditto to the pw* to my Southwest Airlines account, so I could fly to Oakland, CA. (I don't have a Southwest Acct?—I was so sure it did.)
7. My car's secret to ignition. Insert key, depress brake. I've had the car since 2013.

Sure enough the car (Galadriel by name) smirked at me.

It smirks too when I forget that I'm in reverse and try to exit a parallel parking space.

8. My tiny little brain. Think this "computer" I carry around with me, brush its furry cover each morning so I don't scare the neighbors and place a warm hat upon in the chilly morning—it smirks too. Yes, it does. Think maybe it's too full of data?

SOUND FAMILIAR?

What I Remember and What I Forget

By Moreah Vestan

You probably identify with the surprise I feel when I can't remember some things from even

last week.

I will see a familiar face at my Unitarian congregation and often have to ask their name again. Discussing an upcoming trip, I may repeat to a friend what I already shared last week.

When I don't take my weekly planner along, I may forget a gathering that was on my wall calendar, as I did Tuesday.

And, probably like you, I try to write down EVERYTHING I want to remember.

Of course, if I grab a small paper to write on instead of adding to a permanent list in my notebook, and then add that paper to my unsorted box when I'm too tired to transfer it, it may take a week before I remember what I did with that note. And I may call to apologize for the missed meeting.

I've read books on being organized, such as *Organized Mind*. And if you google "books on being organized and remembering," you will have many URLs and resources to explore. I take notes from books in 1 notebook that I can access easily for any project. That is a memory-saver, if not a lifesaver. For example, two of my favorite books in the past year—*Getting Real* and Dooley's *Infinite Possibilities* take up 2-3 pages of notes in my notebook. No searching my brain or my hurried notes on scraps of paper.

Now if I were *able to forget* some incidents from my childhood, what a boon that would be. As 1 of 9 kids on an Iowa farm, life was busy! One night, instead of my usual goodnight kiss, I was told "You're a big girl now. You don't need a kiss. Just go upstairs." That left me feeling unconnected. NOW I was just a 6-

year-old who helped out, but lacked personal attention. I've wondered often if that was a factor in my ongoing habit of reaching out and seeking connection. Related to that, I was a "good Catholic girl." I did what I was told. These past decades, I have avidly pursued freedom and new experiences. That may just be part of my Enneagram 7 nature. (You may learn a lot about yourself and Enneagram's 9 types at [www. 9types.com](http://www.9types.com)).

Or I may be "proving" something to myself that is connected to who I am now. I choose to live in the present. AND I know that's not the whole story.

Check out https://www.2knowmyself.com/how_childhood_experiences_affect_adulthood. Now maybe I'd be better off if I didn't need to *know* how my past has influenced my present. I'd love to have us explore that in a Crone meeting or with other adults any old time.

I KNOW some things I forgot—not plugging in my data storage when I moved my desk and computer to my bedroom—left me with the last year's emails GONE. Learning my new HP laptop after my desktop died has been a challenge!

Hopefully, the best thing I remember is to be peaceful. The best things to forget are what cause me sadness or pain. Grieve and let it go.

Crone of Puget Sound Statement of Purpose

Crone is an organization that encourages and supports the personal unfolding and passage of its members from past outgrown roles and stereotypes into powerful, passionate and satisfying old womanhood.

— Adopted by the Crone Board at the July 1990 Advance; at succeeding Advances.

Mission Statement

Through programs and activities Crone of Puget Sound:

- Encourages, supports and informs old women about possibilities and opportunities and adventures as they age
- Provides opportunities to join a widening circle off friends
- Provides younger women an opportunity to experience a community of vital older women
- Supports the visibility and activism

WHY IS THIS SPACE BLANK?



It's missing your contribution. Issue after issue, we ask for input from the Membership. And when we do not hear from you, any of you, we are sad, bereft and must draw upon our little grey cells to come up with ideas, articles and dazzle you with our erudition.

**Save US (and yourselves)
CONTRIBUTE. PLEASE, PLEASE PRETTY PLEASE.**

Next Issue: HUMOR —Something we all need

From the Board

Winter Greetings from your friendly Board of Directors! Now that 2018 is upon us, we have several items that we want to bring to Crone members' attention:

Helga Forhan has volunteered to compile a list of handymen and other craftsmen who are recommended by Crone members as being reliable and satisfactory (or better) in their work. Please contact Helga with your recommendations. Or if you are in need of such services, contact Helga and she will share these recommendations with you on an individual request basis.

The Program Committee has been busy arranging for some fascinating topics and speakers for the current year. For starters, please be sure to mark your calendars for a program on "Laughter" (yes, it's interactive!) on February 17 at the Wedgewood Church, and a presentation by Jesse Strauss of "Habitat for Humanity" on May 19 at Sunset West. More info to come....

By now you may be aware of our change in dissemination of the Crone "Connection" and flyers, but we wanted to remind everyone once again. Future issues of these publications will be sent electronically to all members except those who do not have access to the internet (email). The Board did an analysis of costs involved with printing and mailing of these items to members who have requested that option as their preference. It is much more costly than we thought, so Crone will be saving a significant amount of funds by reserving the paper mailing service for only those who do not have an electronic option. We hope membership will understand our need to make this change which we feel is more fiscally responsible.

NEW GROUP FORMING: WISE WOMEN CALL FOR ACTION

Crone women who wish to explore the formation of a new group focused on the exciting potential of the rebirth of Crone Activism are invited to an informational chaired by Marge Hampton and Hallie Olson. Pending response, we are planning to meet in March. Date, time & place TBD. In the past, Crone was involved for several years in a successful mentorship program with the Nursing Program at Shoreline Community College. Today, we encourage Crones who have had careers in all fields of endeavor to consider forming a knowledge panel designed to inform and encourage others who are working toward a better future. We plan to target diverse populations in a Community College setting and/or other diverse organizations that aid and educate struggling populations. The group is in the very early planning stages and reflects the dedication of Crones of Puget Sound. Your response is vital to initiate this exciting “pay it forward” idea for making sure that others have an equal opportunity to grow and thrive.

WERE YOU THERE? SEATTLE WOMEN AND MEN MARCHED FOR MANY REASONS. IF YOU WERE THERE, WOULD YOU LET US KNOW?

Send an email to the Connection staff with your impressions, photos and hopes.

