



CRONE CONNECTION

Winter 2022, Issue No. 1

Some Thoughtful Quotations

“She loved the world and it loved her right back” -Kobi Yamade

“To keep the heart unwrinkled, to be hopeful, kindly, cheerful . . . that is to triumph over old age.” Thomas Bailey Aldrich

“Loneliness is needy; it wants. Solitude is fulfillment, it has.” Sister Wendy

“She had suppressed the envy, and it had revenged itself by assaulting her afresh in the form of the worst fit of the blues. . . P.G. Wodehouse in the novel Something Fresh



From the Board

By Anne Boher

Thank you to members who have already paid your dues. Others still have time as we extended the time before you have to pay a penalty to Jan. 31.

Remember the Jan. 22 luncheon has been cancelled. We will see you on the 22nd at 1:00 on Zoom for a fun discussion about our hopes for 2022. Poems and essays are welcome. If conditions allow, we will have a mother/daughter/best friend coffee at 2:00 on Saturday, Feb 19th.

See an update on our Afghan family on page 8.

HELP WITH YOUR INCOME TAX

AARP Bulletin (Sept. 2021) said if you have to call the IRS, best time is when they open which is 4:00 a.m. Pacific Time. But before you get up at the crack of dawn, try a Google search by entering your question.

Also, there is a free service with AARP Foundation Tax-Aide. Volunteers will help by using FREE IRS-certified tax preparation. Email to: taxaide@aarp.org to find a Tax-Aide volunteer or to see if remote services are available. (But don't send any of your personal or tax information by email.)

Or call **888-687-2277** or

TTY **877-434-7598** (The **TTY** abbreviation stands for teletype-writer, a device that allows hearing-impaired individuals to communicate via the telephone by typing text messages.)

Another tip: A special rule lets those who don't itemize, which now is most of us, deduct \$300 in charitable cash donations (\$600 for a couple). This should be a line item on your 1040 return.

Writings by Crones



HOUSES

by Tricia Layden

Here's a little story about finding the house that we still live in during a really snowy February in 1969, the year Boeing was supposedly leaving town. My husband was the one who saw the possibilities. There was a big house at the bottom of a small slope, then a garage apartment, a big shed, and a small cottage above the shed at the top of the hill. I was seeing a daunting amount of space to work with after living in a double wide trailer! It all listed at \$40,000 (which at that time seemed a *lot*), and hadn't sold. We counter offered and finally got it for \$25,000!



It was pretty odd. The best view, across the valley below, was from the cottage. The main house's front door opened into the basement; the upstairs doorways opened from a second story front porch (no stairs) or a very small ground level back porch. The house had been vandalized. We actually camped out to protect it, huddling in sleeping bags with one not quite year-old son in a basket, and the fireplace for warmth (there was plenty of debris for burning). We were young, so it was an exciting adventure!

It has been our home now for 50+ years, and has become a treasure.

V-J Day, 1945

by Anne Thureson

I am six, sitting on the porch
with Daddy.

A light rain cools
the August afternoon.

A lone woman
walks the sidewalk,
banging a pot with a spoon.

Why is she doing that?
He says she is happy
because the war is over.

He adds: we can do that too.
And so we get out pots and spoons
and add our joy to the air.

The war is over.
I won't ask Mother
to buy stamps
for my war bond book.

Daddy can stop
chiding people for leaving gaps
in their black out curtains.

We will soon harvest
our last victory garden.

I know nothing of the camps,
of Dresden, of Hiroshima.
I am happy banging my pot,
with my Dad,
in the soft rain.



CONSOLATION

by Bea Sweeney

How wonderful it is not to be visiting Mt. Rainier this summer,
meandering her trails by lupine filled meadows.

How unique it is, and better, to isolate within familiar rooms
fully knowing every closet waiting to be cleaned and organized
but oh - distracted and surprised by journals from 1994.

There are no marmots here, no shallow moss-lined creeks,
no paintbrush, bear grass, Tatoosh mountain peaks, and there is
no need to remember the name of that layered cloud - lenticular,
no need to look for nodding lilies, shaking winter's snowy blanket free.
And there's no shifting clouds peeling away to reveal glacier, ice fall and
summit.

How much better to bleach doorknobs, make face masks at home,
than to be dwarfed by patriarchal groves of hemlock, cedar and fir.
Why cross a swinging bridge over a river called Ohanapekosh?
Why crane my neck to see the tops of giants growing for 1000 years,
so big they don't even fit in my camera's waiting screen?

Instead of rising early to find deer at dawn,
I will sit on my deck that still needs paint while the neighbor
known as Susan waves at me from more than six feet away.
I will lose myself in sudoku, word jumble, and crossword
in the morning Times, coffee cooling.

And after breakfast I will not have to find my backpack,
hiking poles, snacks and camera.
I will not ask the ranger if Panoramic Peak is snow free.

It is enough to cut my own hair, except for the back,
pick up a book while the closet stays cluttered,
And know that my car will not travel the road
leading to Paradise, or even Sunrise.



HUMOR CORNER

Heard in an exercise class:

Why did the pirate have trouble with the alphabet? He would get lost at C.

What did the pirate pay for his earrings? A bucc-an-ear.

What is a depressed strawberry called? A blue berry

SOME GOOD ADVICE:

Let your inner motor idle while others are stripping their gears.

NOW FOR SOME RIDDLES -

What do you find it easiest to part with?

What is long and hard and has no feet, but does wear shoes?

The more you take away, the larger it grows. What is it?

Why are golfers not going to use golf clubs any longer?

What is it that everyone has seen but will never see again?

What smells most in a bakery?

Answers: a comb, a pavement, a hole,
because they are long enough already,
yesterday, a nose

CRONE SMALL GROUPS

The following groups can use more members -

Current Affairs members share interesting news articles and meet on zoom to discuss them on first Tues. at 10:00



Movie Group members watch 2 movies a month and meet on zoom to discuss them at 2:00 on the first Friday of the month.

Book Club meets on zoom on the 4th Sat. at 11:00. When allowed, they will meet in person at a local library (i.e. Capitol Hill)



Walking/Hiking Group will resume in March on the 2nd Wed. of the month at about 12:00.



For contacts and more information ask our Groups Coordinator, Ellen Duernberger

Crone Dues

Time to pay 2022 dues. Make checks payable to: Crone of Puget Sound
Mail to: Crone of Puget Sound,
c/o Barbara Stilson, 6535 Seaview NW, Apt. 510B, Seattle, WA 98117

Current Membership

On-time renewal \$45
Late renewal (pd between 1/31/22 – 3/31/22) \$50
Half-year (joining after Jun 30) \$23

Reduced Income Membership:

Full Year \$18
Half-year (joining after 6/30/22) \$9

Other Membership Levels

Grand Crone \$55-99
Crone Angel \$150
Super Crone \$250
Astounding Crone \$500
Lifetime Membership \$1000



Book Review

by Mary Kay O'Shea

Read any good books lately? The Crone Book Club is open to new members! A book we recently shared was:

The Vanishing Half by Brit Bennett (in paperback and large print from King County Library)

Before writing this book, Brit, a young black woman who grew up in Los Angeles, did not realize that in the Deep South black people had separate cemeteries from white people. Her book follows the Vignes sisters, identical twins. After growing up together, in a small, Southern, black town and running away at age 16, everything changes including their racial identities.

Many years later, one sister lives with her black daughter in the same Southern town that she once tried to escape. Across the country, the other twin secretly passes for white and her white husband knows nothing of her past.

The author weaves together multiple strands from the Deep South to California, from the 1950's to the 1990's. The Vanishing Half is at once a riveting emotional family story and a brilliant exploration of race, gender, and identity. This book sparked a lively discussion by all Crone members present on zoom.

If you are interested in joining the Crone Book Club, please contact Mary Kay O'Shea. She can give you suggested member rules for the club and resources for books.

Update on Afghan Project

by Anne Boher, Chair of Afghan Committee

The Lutheran International Relief Society, that will assign us an Afghan family to befriend, had an informative web session on Jan. 13. The president of the Northwest Chapter explained the delay in assigning families to volunteers.

She said the great need and influx of Afghan Refugees has overwhelmed the system so they are busy recruiting qualified help and looking for homes. The Afghan refugees will leave all the military bases by Feb. 15, and over 500 refugees are expected to settle in the Northwest. We will be notified when they have a family for us. In the meantime, we need to be patient.

Volunteer jobs open

Archives - store on Dropbox on computer the regular minutes of the Board and the yearly Membership Mtg. as well as special reports

Recruitment Committee - works on publicity for Crone, meets on a Thursday of the month at 2:00 at Council House on Capitol Hill

Connection staff - do calling for information, call new members for biographical information, take photos at Crone events

Scholarship Committee - members read applications and select the recipient

If you are interested in helping Crone in any of these ways, please contact Sonja Larson, the Volunteer Coordinator.

Coming Monthly Meetings

Jan. 22, 2022 1:00 My wishes for the new year

Feb. 19, 2022 2:00 Mother/daughter/younger friend Tea
Location TBD

March 19, 2022 1:00 Annual Membership Meeting to elect new
Board members, Crone art exhibit
Location TBD

April 30, 2022 12:00 Scholarship Fund-raising Luncheon 12:00
Location TBD

Care Concerns

Marilyn Thompson, an original Crone member, has recently moved into an assisted living facility. Since the move she can't find her Crone Directory and even if she could would have difficulty reading it because of declining vision. In addition to not being able to call out, or email, her facility has clamped down on activities because of the virus. So Marilyn is feeling extreme isolation. If friends, or any other Croners would like to call her, she can be reached at her phone number listed in the Crone Directory.

Mel McConnell, member since 1992, has recently gone to the Park Ridge Care Center at 1250 N.E. 15th St. for rehabilitation for her back. She welcomes phone calls directly to her room at (206)957-8413.

Consider Doing a Workout for your Mental Health

Why? To remain mentally healthy and avoid depression. The following is based on an article by Elizabeth Bernstein who writes the "Bonds: On Relationships" column in the Wall Street Journal. This was summarized by Crone Marcia Sill.

1) Get 7 to 8 hours of sleep.

Follow a consistent sleep-wake schedule to reduce anxiety. Spend one hour in a winding down routine: bathe, read, turn down lights and thermostat to 65 to 68 degrees, disconnect from technology and avoid news sources.

2) Set a routine.

Get up at the same time each day. Get dressed! Create a morning ritual - write in a Journal or set an intention for the day or sit in the same chair to drink your coffee. Walk the dog. Eat meals and exercise at set times. Why a routine? It helps create a sense of predictability in a world that feels out of control.

3) Calm your mind.

Try beginning the day with 15 to 20 minutes of yoga meditations or prayer. Then schedule four "mini-interventions" during the day - a 2-minute breathing exercise or other quick tension releasing-techniques. For stress inoculation, try making a tight fist with one hand imagine it holding all the tension in your body 10 seconds release it.

4) Watch your language.

Replace hot language with cooler language. Example: "This is a challenge but I can handle it!", not "I'm overwhelmed." Words color our outlook.

5) Practice compassion.

Self-compassionate people are happier, more optimistic, more motivated and more resilient. Treat yourself with kindness not meanness. Be understanding. Acknowledge when something is painful. Try putting your hand on your heart and saying, "This isn't easy." Talk to yourself as you would to your best friend.

6) Move your body.

Aerobic exercise, [yoga, and stretching] reduce tension, improve alertness, concentration, sleep, mood and self-esteem. Exercise in nature can especially reduce body's stress response, lower cortisol levels and blood pressure, give you a sense of awe which boosts mood. 30 minutes is recommended; can break it up into small 5-minute periods.

7) Create a media diet.

Decide how much negative news you will consume: a news calorie count. Purge negative people from your social media feed. Follow positive streams or articles.

8) Choose extracurricular activities wisely.

Choose ones that give you a sense of purpose: volunteering, learning a language, new hobby, practice an instrument, improve a sport. The ability to exert control over something provides a sense of self satisfaction and contentment. Progress nourishes the soul.

9) Cultivate supportive relationships.

People with strong relationships are emotionally healthier, so make a commitment to connect regularly with friends and family. Set a goal to reach out to one person a day. Ask about the other person. Discuss something other than the day's awful news. Be open about how you are. Vulnerability can be bonding.

10) Be grateful.

Especially for your loved ones! And let them know. Everyone is feeling challenged. When annoyed with someone, think about at least 5 things you love about that person. Often, you'll be surprised that your list goes on and on, and you'll smile before you're done counting.

1/19/21

EXERCISE OPTIONS

Go online any time of day and search sitandbfit.org for many 30 minute exercise classes you can do via the internet. Or join Mon.-Fri. live classes 9:00 - 9:30 on kbt.org. Or google "best exercise for people over 60" for stretching, yoga or many other healthy ways to stay fit.

Connection Staff: Sonja Larson, Moreah Vestan

Next issue published April 15

Submission deadline March 15