



# CRONE CONNECTION

Spring 2022, Issue No. 2

## WEATHER PREDICTIONS

The sun was warm but the wind was chill.  
You know how it is with an April day  
When the sun is out and the wind is still,  
You're one month on in the middle of  
May.



But if you so much as dare to speak,  
A cloud comes over the sunlit arch,  
A wind comes off a frozen peak,  
And you're two months back in the middle of March.

from "Two Tramps in Mud Time"  
by Robert Frost



### From the Board

Dyanna Boher

We have had our first Board meeting with the new Board. The Troika are: Anne Boher, Chair, Mary Kay O'Shea, Vice-Chair, and Ellen Duernberger, Secretary. Please address any questions or concerns to one of the Board and not to Nancy Hom, our support staff person, who is paid to work exclusively with the Board.

The Board is planning an exciting calendar of events for the coming year including an Art Show in Sept., a famous improv. master, our usual summer picnics, making your political voice heard, the creative process, and a reading by a Northwest author. And, of course, our usual Holiday Party with the Rolling Crone Singers. We are going to try to have meetings in different locales to increase attendance, one in Edmonds and one in the South end. We look forward to seeing you at the meetings and to another successful Crone year of friendships and fun.

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# Our 2022-23 Board



l. to r. Lynn Stanton, Mary Kay O'Shea, Bea Sweeney, Anne Boher Not shown, Ellen Duernberger

*The retiring Board members this year are Marcia Sill and Moreah Vestan. We all owe Marcia a great debt of gratitude for her valiant efforts to keep Crone going during these past two difficult years of the pandemic. We are enormously appreciative for all that these two have done.*

## Meet the two new Board Members

### Bea Sweeney



I grew up in a country setting a few miles outside of Olympia. We lived right on the water where I learned to love swimming and small boating. I went to Gonzaga University in Spokane and met my husband, Bill, there. A few years after we married in 1957, we left for Juneau, Alaska, where Bill was offered a job and where we raised three sons and four daughters.

When the kids were older, I went back to school and earned a Master's Degree in Early Childhood Education in Pasadena, California. Back in Juneau I was a Lead Teacher at Head Start and then a Director of a Child Care Center. We moved to Seattle in 1991 where I worked again for Head Start as an Education and Disabilities Coordinator.

We now live in West Seattle, grandparents to eight and great grandparents to two. In Alaska I loved hiking, berry picking, and kayaking. A perfect outdoor setting for me. Now I am a bit subdued, having exchanged kayaking for reading, photography, and experimenting with new recipes. I have been in Crones since 2001 and am in the West Seattle Conversation Group, the Pencil Pushers writing group and am the new Membership Chair.

Ellen Duernberger



I'm originally from Connecticut, but have lived in various parts of the country with my former husband—many military moves! I graduated from Fordham University in The Bronx in 1969 with a degree in economics. I moved to Seattle in 1986 and decided that this is now home. I have been retired since 2014 from a career with the federal government.

My hobbies are reading, traveling (hope to get back soon to international travel), volunteering (I volunteer at Greenwood Senior Center; Ballard Senior Center, Swedish Club, and National Nordic Museum) and attending concerts and plays. During the summers, you will find me at T-Mobile Park cheering on the Mariners (32 year season ticket holder) and at Climate Pledge Arena cheering on the Seattle Storm (12 year season ticket holder). One of the things I love most about Crone is our interest groups. I have been a member of Crone since 2008 and am currently chair of our Crone Interest Groups.

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## HUMOR CORNER

A romantic salad -

Do you carrot all for me?  
My heart beets for you.  
With your turnip nose  
And your radish face,  
You are a peach.  
If we cantaloupe  
Lettuce marry. Weed make a swell pear.

The old lady was shocked at her granddaughter's slang. "There are just two words, dear, I wish you would stop using. One is 'swell' and the other is 'lousy.'" "OK," replied the girl. "What are they?"

Quick Comebacks -

Waiter: These are the best eggs we've had for years.

Customer: Let's have some you've only had a few days

City woman: How can you tell if this is a dogwood tree?

Farmer: By its bark.

Tax collector: Pay your taxes with a smile.

Citizen: I'd love to, but you insist on cash.

Andy: What are you taking for your cold?

Sandy: Make me an offer.

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## COVID RAPID HOME TESTS

If you got the two free at-home test kits, the expiration date found on the back by the QR code will be years in the future. It is up to 7 years on BinaxNow and iHealth tests and has been extended a few months. To find a guide for when to use at-home antigen rapid (not PCR) testing, go to the Seattle Times' website [st.news/athometests](https://www.seattletimes.com/st/news/athometests). You can order your free tests at [covidtests.gov](https://www.covidtests.gov) or 800-232-0233.

## A VERY IMPORTANT HEALTH TIP

### HOW TO SURVIVE A HEART ATTACK WHEN ALONE

from Dr. Patrick Teefy, Cardiology Head at the Nuclear Medicine Institute, University Hospital, London

If you're alone in the car or at home, and you start experiencing severe pain in your chest that starts to drag out into your arm and up into your jaw, your heart is beating improperly, and you begin to feel faint, you *only have about 10 seconds before losing consciousness*. You can help yourself by coughing very vigorously and repeatedly. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

The breath and cough must be repeated about every two seconds without let-up until help arrives or the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it to regain a normal rhythm.

A cardiologist says, "If everyone who gets this message and kindly sends it to 10 people, you can bet that we'll save at least one life."

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## THE GAY NINETIES



Photo by Jean Chen

This new feature will highlight Crone members who have or are turning 90 years old.

Anne Boher was born on March 2, 1932. She celebrated her 90<sup>th</sup> birthday with Jean Chen at a Thai restaurant and with the Crone Downtown Group at the Tavolàta restaurant on Capitol Hill. She plans to travel to Santa Barbara in April for a gathering of 30 family members.

Anne's been a Crone for 9 years, has served on the Membership Committee, helped put on an annual tea, co-founded the Downtown Group and its spin-off writing group, and is now serving her second year on the Board.



Fran Campbell was born on April 20, 1932. Her celebration plans include having special dinners for her husband and herself, cooked on her birthday by the chefs at their retirement home. They can choose among filet mignon, lamb chops, and steamed lobster. Her family will celebrate with her at a dinner at the Oyster House on Succotash Road (5 miles from Matunuk Beach, Rhode Island) when some family members can make it on the weekend.

Fran's been a Crone for 12 years, has served on the Board, been a Program Chair, was on the Connection Committee, and chaired the Joyce Winsor fund. She still leads the Current Affairs group on zoom from her new lodgings in Rhode Island.

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## *Writings by Croners*

### **Happiness**

by Anne Boher

A room full of flowers,  
 Overflowing counters  
 Of cards.  
 Four birthday cakes,  
 End to end calls  
 Of best wishes.  
 Hugs and kisses.  
 Expressions of love,  
 Presents  
 That I didn't know I needed.  
 So many loved ones,  
 So many friends.  
 I feel so cherished;  
 I feel so blessed.  
 This 90th day  
 Of my life  
 Was worth the rest.



Thank you to my friends and relatives. I am thrilled and grateful.

## Traveling Has Ups and Downs

by Patricia Layden

Well, with any luck, spring is here at last, and for us that means my husband, Tom, and I are off to visit our youngest son in the UK. Several things on my mind around that. We will be there for Easter, which should be really fun and interesting in a different country and with our son and daughter-in-law and her mother and lots of cream teas and chocolate! That's a plus.

However, since we are going to be traveling by air (duh) we will be hours and hours in a relatively small space with masks on, probably through the night. Going to be an interesting proposition. We decided to travel business class this time (even though we can't probably afford it) since with a combination of a zillion hours in the air, masks, and probably not very much to eat, we figured we would need it for our health and sanity.

A third thing we're thinking about is the weather. England is a whole lot like the Pacific Northwest weatherwise, sometimes warmer, sometimes cooler, but the last time we were there in April it snowed! So do I take spring clothes or do I take winter clothes or do I take both? We're going to try to travel light, with just carry-ons and backpacks, so packing is going to be another interesting proposition. I'll probably take multiple layers of spring clothes with winter friendly sweaters to go with them. So here I sit, worried and excited at the same time. What a life we live!



## Old Cherry Trees

by Marcia Sill

Cherry trees herald the arrival of spring  
with tiny pink flags

Branches float like glowing clouds

Soon pink snow petals float down  
carpeting the earth

Each year, these old trees celebrate  
the return of life and light

These trees bring me hope and beauty

# SING HO!

by Mel McConnell

Sing Ho!  
The Spring has sprung,  
and that has brung  
Unfurling buds  
Above the muds  
That hold the foot  
With sandals, but  
Are bad with bikes  
Or early hikes.

Lush vinings sprout  
Among the grout,  
Wet froglets float  
Beneath the boats.  
Sing Ho! Sing Ho!  
The Spring has sprung  
Again, and hung  
New blossoms fair  
On honeyed air.



Soft mists are born  
At dew-soaked morn  
Hearts bounding high  
Meet azure sky.  
Sing Ho! Sing Ho!  
Sing Ho! Sing Ho!  
Given gladden tongue  
The Spring has sprung.



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## Care and Concern

We have a new Care and Concern Chair, Wren Campbell. If you hear of any member having any difficulty, please let Wren know and she will contact that person and find out how she's doing.

Donita Payne - fractured her arm. She said she's slowly getting better and can use her arms some. She'll have x-rays taken again later in April.

Inge Thiesen - was in a car accident and, although she wasn't badly hurt, she injured her fingers. But she said she didn't go to the doctor as soon as she should have and then had surgery.

Moreah Vestan - is recovering from post Covid symptoms. She's had her booster and is feeling better.

Betsey Page - has a concussion from a fall. She's walking around her house with a cane and has engaged some in-home services, but she could use some help picking up groceries.

Shirley Nelson - broke her arm in two places while in California. She's home now and is looking for some in-home services.

Hazel Thomas - passed away recently but her date of passing hasn't been heard of. If anyone saw an obituary for her or has a phone number of a relative, please pass it on to Wren Campbell.

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## Report on the Status of Crone, Spring 2022

by Anne Boher, Board Chair



Sister Crones: Hurray for us!

Hurray for Marcia!

Hurray for our leadership !

Hurray for Nancy, our paid staff support!

Together we have weathered an aging membership, endured two years of COVID, embraced Zoom , and met with masks 6 feet apart.

We have emerged stronger than ever, with 58 paid members as of today and all our offices filled, the committees headed, and new groups formed.

We have held our programs on Zoom, getting to know each other and keeping our morale up. The program committee presented on Zoom an interesting well-received program on "Birds in Our Backyard" and we laughed together in an Improv Zoom session.

Two outdoor pea-patch get-togethers were well attended, and an in-person Holiday Party was enjoyed by all. The Downtown Writers group continued to meet on Zoom and wrote about the pandemic, politics and personal history. They also sponsored the new South End writing group, the Pencil Pushers. The new Walking and Hiking group enjoyed walking in beautiful nature spots surrounding Seattle.

In Sept. nine members spent an overnight at Mt. Rainier. Some groups continued to meet in backyards. We have some new groups started, and some, like the Current Affairs group, are reorganizing. The Rolling Crones Singers have rehearsed again, and are doing their first gig.

As of now, we can have in-person meetings again. We have booked the church and plan to use other locales for exciting, new Programs. We look forward to working with an Afghan family. We offered a scholarship to an older student at North Seattle Community last year but had no applicants. However, we'll offer our scholarship again for this September.

Your new Board and I look forward to an exciting year as we explore new possibilities together.

Yea for Crones!

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## Thoughts on Growing Older

*I asked a friend who has crossed 70 and is heading towards 80 what sort of changes she is feeling in herself? She sent me the following:*

After loving everyone in my life, I am now loving myself.

I have realized I am not Atlas. The world does not rest on my shoulders.

I have stopped bargaining with vegetable and fruit vendors. A few pennies more is not going to break me, but it might help him/her.

I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.

I've stopped telling the elderly that they've already narrated that story many times. Telling it helps them to walk down memory lane.

I have learned not to correct people, even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is much more precious than perfection.

I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.

I walk away from people who don't value me. They might not know my worth, but I do. I am learning not to be embarrassed by my emotions. It's my emotions that make me human.

I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas, with relationships I will never be alone.

by Yasmin Bowman

passed on by Jennifer Sill, Marcia Sill's daughter

**Connection Staff:** Sonja Larson, Moreah Vestan

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