



# CRONE CONNECTION

Fall 2022, Issue No. 4

## Five Ways to Share Your Wisdom by Maggie Kuhn

The five M's –

- Mentoring:** *passing the torch to the younger generation through teaching what we know*
- Mediating:** *negotiating and harmonizing conflicts among people*
- Monitoring:** *keeping a close watch on the media and public figures to let them know what we think of their work*
- Motivating:** *convincing the younger generations that they count as individuals, and then teaching them some of the tricks we've learned about how to make things happen*
- Mobilizing:** *taking an active role as individuals ourselves to work on positive social change*

printed in New Choices publication, Oct. 1994



**FROM THE BOARD**  
BY ANNE BOHER

Your board is contemplating making some changes in the by-laws to accommodate present needs and interests. One of the changes contemplated is going to a hybrid meeting model: four in person meetings a year, the rest on Zoom. Ellen Durenberger is heading up a by-law committee. You are invited to join the committee or send her your ideas. All Croners will have a chance to vote on changes at our March Membership Meeting.

We also need a nominating committee to find board members to serve in the 2023 term. Please call Anne Boher or Sonja Larson if you are willing to serve on this committee.

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## ART SHOW AND TEA

The Crone monthly meeting on Sept. 17 combined a lovely tea and art work by Croners with displays set up by our support person, Nancy Hom. Artists were:

Marcia Sill – watercolor painting of an “Owl” on the program cover

Bea Sweeney – photographs of “Spring Tulips” and “Summer Poppies”

Mary Cowger – oil painting of “Rocks and Trees” and a life-sized sheep sculpture

Anne Boher – acrylic paintings “A Peaceful Day” and “Riding in Los Altos Hills”

Jean Chen – collages “Autumn Rose” and “Botanical Blooming Beauty with Calligraphy”

Patricia Layden- colored pencils series and wool felted sculptures of “Animals of Africa and Asia”

Inge Theisen –charcoal “Abstract” and enamel on copper “Set of Enamel Bowls”

Wren Campbell – papier-mâché, wood, and other materials “A Gathering of Art Dolls”



Jean Chen with collage



Mary Cowger's sheep



Wren Campbell's dolls

We also had a lively talk by Nabra Nelson, Director of Arts Engagement for the Seattle Repertory Theater, who acquainted us with many of the theater classes, playwriting programs, and tours as well as inexpensive tickets to the REP plays which are available to the public.



Croners at Tea

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## Care and Concern

Our Care and Concern Chair is Wren Campbell. If you hear of any member having any difficulty, please let Wren know at [wingedwrenflys@yahoo.com](mailto:wingedwrenflys@yahoo.com) and she will contact that person and find out how she's doing.

### Bereavements

In Sept. Mary Cowger lost one of her sons to cancer.  
Also in Sept., Bea Sweeney lost an adult granddaughter.

### Obituary



**MOLLY HOLMES**  
OCTOBER 1, 1927 - MAY 24, 2022



Our dear friend, Molly Holmes, who joined Crone of Puget Sound in 2003, will be remembered by many friends for the walking group that she started at Green Lake in 2002 - meeting every Tuesday morning at 8:00 am. Ending up at the Urban Bakery, we would share information about books, movies, ballet and plays. Molly would organize the group for birthday parties, and bus trips to other areas, including walks to all 27 libraries in the Seattle system, or a ferry trip to Bremerton or Bainbridge Island. The highlight of the Christmas holidays for the group was brunch at Molly's, with her whimsical santas waiting at the window sill.

She was a member of the Crone book group that met at Sunset West Condominiums, and served on the committee for the annual Crone Tea. She hosted one of the Crone garden tours at her co-op. Being a fervent Scrabble player, she delighted playing weekly games with Crone members.

Molly will be deeply missed, and fondly remembered by all.

written by Barbara Stilson

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### Retirees Newsletters

The Recruitment Committee is wondering if members who worked for a company know of a newsletter for retirees that we might advertise in or submit an article to about Crone. If you do know of a such a newsletter, please contact Sonja Larson at [sonja.larson200@gmail.com](mailto:sonja.larson200@gmail.com).

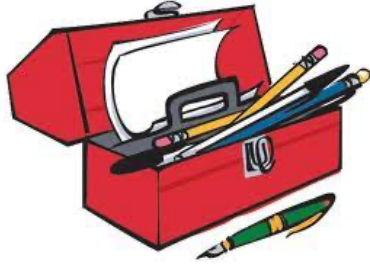
### Quotes from the writer, Jennifer Senior

in an article in The Atlantic, March 2022, "It's Your Friends Who Break Your Heart"

"Friendship is a bulwark against stasis, a potential source of creativity and renewal."

"It is amazing how the death of someone you love exposes this lie you tell yourself, that there'll always be time."

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## Writings by Crones

### PEOPLE DON'T LIKE TO TALK ABOUT IT

by Tricia Layden

People don't like to talk about it, this getting older,  
This getting old.  
Inside I am still me, only more mature, and I don't just mean physically.  
I belong to a Crone group;  
There was a heated discussion about using the term, what with traditional  
imagery around it all,  
But in an earlier tradition it was a term of honor:  
The elder,  
The wisdom keeper,  
The storyteller.  
People don't like to believe in aging:  
"Oh, you don't look that old!",  
But I am, so I do.  
Age is a gift, and I don't mean just because of the alternative.  
If we have at all sought our own souls;  
If we have at all paid attention to our choices;  
If we have at all suffered and risen – so many ways, so many times –  
We have gained wisdom, and stories, and ways to pass it on that aren't intrusive –  
or too boring.  
Also, and don't take this lightly,  
We may be at an age to lay down some of life's burdens;  
In fact we better, just for our physical and mental health.  
The young have so much more stamina for doing it all.  
We have the energy of prayer, and of Being.

### ON AGING

by Valerie Degier



I stand naked in front of my full-length mirror and scrutinize my aging, long lived in, body. What happened?!

My breasts, once firmly held in place without support are now drifting in the wind like two tropical fruits, the name of which eludes me.

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A fold, like the edge of a blanket, covers a goodly portion of my abdomen.  
How did that happen?

Then, there are the bags, not the ones under my eyes, but the ones under my upper arms. I can actually make them jiggle!

Farther south. No pubic hair. The area looks like a clear-cut in a once lush forest. A few strays escaped the clear-cut and somehow migrated to my chin!!

Farther south yet, my inner thighs have ripples similar to those inside cardboard boxes.

My legs are riddled with varicose veins, calling to mind rivers and lakes outlined on maps.

Well, there you have it. This is my body right now. I expect more signs of aging will surface as time marches on. And that is alright with me.

Every wrinkle, every age spot, the little (some not so little) aches and pains, all tell a story of a body that has served me well. - So, I salute and accept my aging body.

## LOW TIDE IN SEPTEMBER

by Fran Campbell

Check the tide chart. It's late afternoon and 4 pm is low tide.  
Managing the waves is important now.



The surf breaks gently on the sand.  
Farther out as they build up, the waves are regular and predictable.  
Oh! I see a big one; we count it.  
Every 5th or 6th wave crests higher than the rest. Be prepared to dive down.

Today, as we walk in, the ocean floor is smooth with comfortable sandy ripples. We move carefully thru breaking shore waves

Beach sand was washed in by the storm yesterday; the ocean is waist high.  
A perfect position for riding up the front of a wave.

We are lifted by the ocean, a heady feeling.  
Here comes wave number 6; too high for me!

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I hold my nose and duck down, brushed by the wave overhead.

Others dive into the wave for more upward momentum— almost thrilling.

A boy on a boogie board catches the wave and rides successfully to shore.

Tonight at high tide we will hear loud surf bringing in seaweed, some stones, perhaps even rare beach glass.

## What Makes Me Stand Out

by Moreah Vestan



I'm not sure I WANT to stand out.  
But one friend has stopped day-long outings with me  
Because I so often say, "Oh, look, let's check that out!"  
It can be an art gallery, a trail or a grocery store.  
I guess if I could stand in his shoes  
I might be able to rein in my ongoing curiosity,  
But with my explorer mentality, I seem to assume  
That everybody likes to discover new things to enjoy.

My inner adventurer will often try to fit in too much!  
Today, I get to do this topic with a fellow writer,  
Then I'm getting a haircut from a friend in my retirement home.  
She just told me about an art walk three blocks away  
Which I'll put on my 11:00 agenda before I bus to a 1:00  
Gathering of 20+ Crones sharing art and snacks and chat.

I've been told I ask too many questions.  
From my perspective, it's because I truly like to know  
What makes others unique and special.  
But they often don't relate to my "Do I ask too many questions?"

Thank goodness, I have friends who reassure me  
"That's just Moreah being Moreah."  
I DO feel GOOD when each of us feels free to be  
Who and how we ARE!  
And I might learn some useful perspectives  
So I can be more fully ME! Yippee!

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# THE GAY NINETIES

This feature highlights Crone members who are turning 90 years old or have already done so.

Helen Bereiter

born Oct. 5, 1932



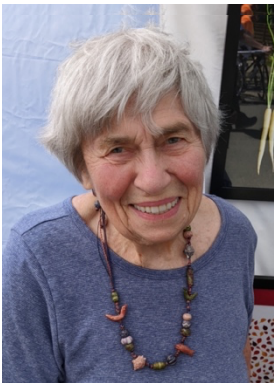
Eight family members took Helen out for a sumptuous dinner at Elliot's Oyster House at Pier 56 on the Seattle waterfront.



## Already 90

Inge Theisen

born Oct. 25, 1928



Three years ago, on my 90<sup>th</sup> birthday, Marissa, my best friend from Chicago, came for a week's worth of daily special events with me. Five Theisen nieces and nephews came from Chicago for 4 days, four of my sister's family came from Chicago and California for 3 days. Son, Chris, came from Reno with 3 friends, and son, Pete, from Bellingham with 2. All the other friends were from the Pacific Northwest.

With the five Theisen nieces and nephews, Marissa and I celebrated my actual birthday at the Lilac Cafe restaurant in Kirkland. The next night, my sons hosted a family night in a Kirkland brewery. On Saturday there was a big Oktoberfest dinner party (catered by Bavaria Delicatessen from the Pike Place Farmers' Market instead of me) at the Northlake Unitarian Church in Kirkland.

Jan Waude'

born Dec. 3, 1929



Due to her husband's death around her 90<sup>th</sup> birthday, Jan wasn't able to celebrate.

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## NEW TREASURER



After a number of years of being our Treasurer, Donita Payne has retired for health reasons. Our new Treasurer is Geri Kennedy, who has a degree in business finance from San Jose U. Retired in 2018, she was co-owner of a company that managed homeowners' associations as well as working for a bank that had an HOA specialty. She's been in Seattle for 4 years in order to be close to her granddaughter and family. Members can reach her by going through the Contact page of [croneofpugetsound.org](http://croneofpugetsound.org).

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## HUMOR CORNER

Woman to her friend: "I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotards on, the class was already over."

The good thing about having a bad memory is that jokes can be funny more than once.

The older I get, the earlier it gets late.

I'm not hard of hearing...I've just heard enough.

**One of the shortest wills ever written: "Being of sound mind, I spent all the money. from Arthur Bland"**

While she was visiting, my mother asked for the password to our Wi-Fi. "It's taped under the modem," I told her. After three failed attempts to log on, she asked, "Am I typing this right, "I-T-S-T-A-P-E-D-U-N-D-E-R-T-H-E-M-O-D-E-M?"

My face in the mirror isn't wrinkled or drawn. My house isn't dirty. The cobwebs are gone. My garden looks lovely and so does my lawn. I think I might never put my glasses back on.

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## Coming Monthly Meetings

Sat. Nov. 12 Program TBA 1:00 on zoom

Sat. Dec. 17 Holiday Party, Potluck, 12:00 Sunset West  
Rolling Crones Singers to perform, white elephant game

## CONCLUSION

author unknown

You are five, six, or seven years old. You are playing quietly in your room – looking at a book or giving your favorite doll a haircut. The house is silent, except for water running. A dog barks in the street. A garbage truck whines in the distance. There is peace on earth.



Just then, your mother appears at the door.

“What are you doing?” she asks.

“Nothing,” you reply absentmindedly. “I’m doing nothing.”

Were she to insist, you would have to break the spell. Coming up with a grownup explanation would disrupt the blissful sense of plenitude. For a child, doing nothing doesn’t mean being inactive. It means doing something that doesn’t have a name.

Today you can recapture that moment of utter serenity simply by refusing to put a label on everything you do. Practice doing “nothing,” whether you are making the bed, washing dishes, or brushing your teeth. You can make time for yourself by uncluttering your mind.

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