



# CRONE CONNECTION

Winter 2023, Issue No.1

**“You lose not only your own youth, but the  
youth of your children.  
‘Sweet things vanish and brightness falls from the air’.”**

Jean Kerr in her essay “The Poet and the Peasants”



## FROM THE BOARD

BY ANNE BOHER

I wish you a great New Year with good health, joy and laughter - and luck filling Crone positions. Your Board hopes that you all had enjoyable holidays with friends and loved ones. Here are the next three Crone events to put on your calendar:

**Jan. 21, 1:00** on Zoom, readings from Crone writers

**Feb 18, 1:00** at the Wedgwood Presbyterian Church: An eyewitness to history - Carl Larson, son of Crone member Sonja Larson, will discuss his experiences serving in the Ukraine Foreign Legion and organizing humanitarian aid in the Ukraine.

**March 18, 10:00**, at the Mary Schwartz Summit Retirement Bldg. on Capitol Hill: An important Membership Meeting with a continental breakfast. Elections for the Board and by-law changes and on-going Crone format will be discussed. Crone’s future is on the agenda.

Our wonderful Nancy Hom, staff assistant, will be leaving us in April. Even though we feel she is irreplaceable, we will have to find someone to take over her duties. Please give some thought if you know anyone who might be interested in working for approximately 8 hours a month as an administrative assistant for a non-profit. Perhaps a newly retired daughter or friend would be interested.

## COST REDUCTIONS FOR VACCINES AND INSULIN

from the “Medicare Made Easy” column by Dena Bunis  
AARP Bulletin, Dec. 2022

Beginning in January, **all vaccines** recommended for adults by the Centers for Disease Control and Prevention will be free to Medicare beneficiaries. And, most importantly, this applies to the two-shot **Shingrix vaccine** for shingles which usually runs around \$212 per dose.

Also beginning in January, under the Inflation Reduction Act, the monthly copay for **insulin** covered by Medicare will be capped at \$35.

\*\*\*\*\*

## DO YOU RECOGNIZE THIS LITTLE SPOON?

It was left over from the Sept. Crone Tea and is 5 inches long.  
We need to find its home. Right now it is visiting Sonja Larson.  
Please contact her if it belongs to you.



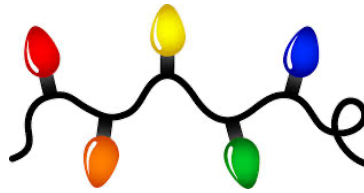
\*\*\*\*\*

## Symptoms of Long Covid

The most common symptoms are fatigue, shortness of breath, chest pain, cough, taste or smell issues, or brain fog, all of which can last 3 months or longer. Rest, pacing activities, and eating healthfully can speed recovery.

from HEALTH article in Dec. 2022 AARP Bulletin

\*\*\*\*\*



## DECEMBER HOLIDAY PARTY REVIEW

We held our annual Holiday Party December 17<sup>th</sup> at Sunset West Condominiums in Ballard. The Board provided a ham, deliciously prepared by Ann Boher, and members brought side dishes. As usual, no one went away hungry.

We were especially happy to have the Rolling Crones Singers with us, who performed a lovely collection of winter songs, with beautiful harmonies. Marge Hampton directed the chorus and Mary Cowger accompanied on a keyboard for a very professional performance. Our Crones continue to inspire.

A White Elephant Gift Exchange provided fun and laughter. Taking off from the words of Cindy Lauper, “Crones know how to have fun.”

Thanks to Barbara Stilson, who arranges for the space for many of our gatherings and to all who made it a success.



Crones eating delicious food.



Jennifer Murphy examines her White Elephant gift while Shirley Nelsen, Barb Stilson, and Ellen Duernberger look on.



Rolling Crones Singers, with Director Marge Hampton, perform at Holiday Party, Dec. 2022

\*\*\*\*\*

## **Volunteer Openings**

We're still looking for a few good women for the Program Committee, which puts on 3 programs a year, and for the Recruitment Committee which gets information about Crone out into the community and works with guests.

We hope some writers and photographers will help with the Connection. We also need an Archive person to put reports and minutes onto a computer program. Filling this job needs to be done soon so our Staff Assistant, Nancy Hom, can give instructions before she leaves.

And then, we need someone to scan our old records so we can put them in our digital archives. If you're willing to help with any of these efforts, contact Sonja Larson.

Some thoughts on the benefits of volunteering –

Serving on a committee or taking a chair is how you get to know other women, finding out more about them, connecting with people who have similar interests.

You can use your skills, and you will be rewarded by honing those skills as well,

Additionally, you'll find opportunities to do things you never thought you could do. You can stretch yourself in directions you never imagined.

One thing you'll discover about Crone – your interests create what happens in Crone. The more you participate, the more Crone will meet your needs.

**If you want Crone to continue and to be the organization you want it to be, recall the expression, “Decisions are made by the people who show up.”**

\*\*\*\*\*

## PASSAGE OF CRONES

**ALBERTA GOLDEN** June 26, 1931 – Sept. 15, 2022

remembrance written by her good friend, Jan Waude'

Alberta Golden was a Crone to the max! Joining in 1992, she was a Board member, archivist, hostess, group leader, you name it. Alberta participated in Crone activities on the road as well as in the Seattle area. Outside her Crone life she supported several causes dear to her heart, particularly 'Death with Dignity' (now 'End of Life Washington'), serving on its board for many years. Alberta was also a trustworthy bridge partner and we enjoyed testing our skill in various games around the Seattle area and later when she moved to East Wenatchee.

**BETSEY PAGE** Aug. 26, 1938 – Sept. 25, 2022

by her friends Marcia Sill and Rosemary Blakemore

Crones were shocked and saddened to hear that Betsey had died unexpectedly, after returning home from a hospital stay for evaluation of the falls she was having as well as breathing problems. She was having 24-hour care at home for vertigo because she was worried about falling again.

As a Master in Social Work, she had worked for the state Dept. of Social and Health Services in Tacoma, mostly with teenagers in foster care. And she was passionate about social issues of all kinds, enjoying the diverse population in her chosen city of Burien. She was also an active member of University Unitarian Church in Seattle where she regularly took part in its Foreign Affairs discussion group, and taught Sunday school.

She joined Crone in 2004 and participated in many ways. She was on the Connection staff, served on the Board, the Program Committee, and the Croning Ceremony Committee. And she was our Hospitality Chair for many years, driving each month the long way from Burien, transporting heavy boxes and coffee makers.

Betsy could be quite fussy and prickly when she felt underappreciated; nevertheless, she continued to orchestrate hospitality for Crone until very recently. Her last job for Crone was to mail out information packets to new and prospective members.

She will be missed by both her Unitarian church friends and by her friends at Crone of Puget Sound.



# Writings by Cronos

## NAMES

by Bea Sweeney

Why are names the first thing to go?

Is tooth string the same as dental floss? The dentist never tells me to string my teeth!

Is a pagoda the same as that other word? The one I wrote on stickies and stuck all around the house so I'd never forget, and can't remember now for the life of me?

Flowers! And trees! They're so solid so why do their names fade in and out of existence?

Is a sparrow the same as a swallow? Why not?

Seagulls - why do we have so many kinds – glaucous –winged, California, Bonapartes – isn't one enough?

And those little woodpeckers – Downy and Hairy. D comes before H so the Downy must be the smallest, right? Or is it backwards and the Hairy is smaller? Does it matter?

Even as long ago as college, I lost a boyfriend because I went to introduce him to an old friend (was it Edith? Marilyn?) and stood there looking at him, unable to come up with his name. We stopped dating.

I love it when one of my 50 year old kids can't remember some name or other, too. It's just normal, right?

So will somebody please tell me the name of that structure that isn't a pagoda but is sort of the same?

Oh, excuse me while I go string my teeth.

P.S.

Gazebo!!!!

# A FINAL GARDEN

by Jean Chen

Autumn, I go to the garden of stones and bones  
There is silence but for the chill winds,  
Season upon season they etch the inscribed words  
The trees bear no marks of children climbing  
The grass grows with grandeur, lightly trodden upon  
Witness 56 years a mother so dear,  
Father and family so strong yet frail  
Old friends fall, past gifting experiences of a lifetime,  
Fewer splendid surprises of shared feelings and decisions  
To stand where they lie glacial, unable to offer warmth  
I can not move with nowhere to go forward with them.  
Slight shivering on Fall days stun my brain  
Trying to recall glorious decades, travels to distant lands  
Mom adding appreciation of foreign creativity and ingenuity  
Precious cargo bound for her home, beautiful and ageless  
Offerings shared for family and friends' delights.  
Incoming 2023, months to shiver before summer solstice  
When the North Pole begins to tilt toward the sun and  
The permanent peaks of memories return,  
Betraying the garden's quiescence.



# ORDINARY LUXURY

by Mary Cowger

'Twas the Day before Christmas and all through the house, not a creature was stirring . . . and so on and so forth . . . and what to my wondering eyes did appear? Not a miniature sleigh and eight tiny reindeer, but RAIN!



The promised "wet" had arrived and was sluicing away the winter mess, delivering us from icy roads, dangerous steps and escalating cabin fever.

When I woke up that morning it was cold and dark but the lights came on at a touch, as did the furnace, and Oh My, so did the shower and the washing machine. Free to get outside again, I hustled in my trusty car to the grocery store (and so did everybody else) and I felt like I had won the lottery when I found a place to park. Inside, the store was fully stocked, as usual, and I found everything on my list. I figure if they don't have it, I don't need it and I joined one of the many long lines to check out. Things moved as fast as possible in the crush of shoppers, all the clerks were efficient and pleasant, and I was out the door before my ice cream melted.

Arriving home to my snug little house, safe, warm and dry and stocked up again, I put the wet clothes in the dryer, made my lunch, and decided I could take out the garbage after my nap.



\*\*\*\*\*

## Possible Bylaw Changes

by Ellen Duernberger, Board member

At the November Crone Board meeting, there was a lengthy discussion of the difficulty of finding members to fill positions on the Board. The bylaws on Board positions were reviewed, a motion was made, seconded, and approved to present the following proposed bylaw changes to the membership to be voted on at the General Membership Meeting scheduled for Saturday, March 18, 2023. Location and time of meeting to be determined. (continued on next page)



The proposed bylaws changes are:

Section VI Board of Directors (b) there shall be no fewer than ~~five~~ four nor more than seven Directors, each of whom shall be a member of the corporation and at least 55 years old.

Section VI Board of Directors (c) Directors shall serve a ~~two year term~~ no more than three two year terms.

Any questions or comments, contact Ellen Duernberger.

\*\*\*\*\*

## **CRONES COUNSEL**

by Tricia Layden

For 20+ years Crones Counsel has been offering a yearly 3-5 day gathering of crone women at various locations throughout the Western U.S. We have met to support and connect with each other primarily in storytelling, but in time also with workshops, a marketplace, a Follies night, an Honoring the Elders ceremony, and other events. Storytelling was at the core of the Counsel where we shared our hearts with one another. Even though the Counsel has not been affiliated with Crone of Puget Sound, members Marilyn Thompson, Marge Hampton, Christina Horst and others, including myself, regularly attended these yearly events.

Unfortunately, this year is going to be the last Counsel. I'm hoping we can change the governing Board's minds when we attend this year. I believe Crones Counsel is unique. Where else is there a group of old women telling their stories to one another, sharing their gifts of workshops and creativity, and generally loving one another year after year even without meeting more than once a year for a few days?

\*\*\*\*\*

# *More Health Tips*

from AARP Bulletins

## **Boosters**

For people over 65, being up-to-date on boosters reduces the likelihood of hospitalizations by 94%.

If you get Covid, you may consider waiting 3 months from the onset of symptoms (or a positive test) to get a booster, said the CDC. If you experience rebound Covid, wait until 3 months after the return of symptoms. **But** if you have chronic liver or lung disease, diabetes, heart problems or other issues that put you at increased risk, consult your doctor about vaccine timing.

## **Fevers**

For fever reduction, acetaminophen (Tylenol) is the preferred medication. Ibuprofen is used for sprains and strains, but in older people may cause elevated blood pressure, interfere with kidney function, and cause gastrointestinal discomfort.

## **Thermometers**

Fever can be a symptom of Covid and the flu. Contact thermometers (in the mouth, the armpit, or on the forehead) work best. Contactless forehead thermometers have been shown to miss the majority of fevers.

## **Cough syrup**

Dextromethorphan (Robitussin) is a good option. You don't want to get rid of a cough completely, because it helps to clear your airways.

## **Flu season**

Winter data from the Southern Hemisphere suggests we northerners will also have a strong flu season. Many things contribute – less immunity because so few were infected in 2020 and 2021, less wearing of face masks, and more travel.

## **Antivirals**

Early treatment with Paxlovid or Legevrio can minimize the risk of hospitalization and death. Underuse of treatments in older people is why older individuals are often the most vulnerable group, said Dr. Thomas Tsai, senior policy adviser for the White House Covid Response Team. Get a referral from your doctor for a PCR lab-processed test and a prescription if the test is positive.

\*\*\*\*\*



## HUMOR CORNER

"Knock, knock."

"Who's there?"

"Old lady."

"Old lady who?"

"I didn't know you could yodel!"

We could certainly slow the aging process down if it had to work its way through Congress. (Will Rogers)

The only reason I would take up jogging is so that I could hear heavy breathing again. (Erma Bombeck)

I'm at an age when my back goes out more than I do. (Phyllis Diller)

Looking 50 is great if you're 60. (Joan Rivers.)

Our dog swallowed a bag of Scrabble tiles. The vet is checking him out. No word yet.

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

Next issue published April 15, 2023

Submission deadline March 15, 2023

