



# CRONE CONNECTION

Summer 2023, Issue No. 3

## **As the World Shifts**

by Kaya Kotzen

from the Crones Counsel newsletter

Bear with me as I age, as I am gleeful  
and prayerful one day  
and moody the next,  
when the best laid plans are sometimes  
scrapped because  
I didn't get much sleep the night before.

Bear with me, when I'm indecisive.  
It can take me a while to be sure what it is  
I want or how I am feeling.

Bare with me or be a bear with me.  
Let's have a grumpy party and let it all hang out!

Treasure the shifts and changes that aging brings,  
that slowing down brings, that not caring about  
what others think brings.

Bear with the changes in the world, and in the  
environment, in the weather, the shootings, all that is  
going on right now as best you can.

It is out of control and your role is creating the change  
you'd like to see - a minor one perhaps, but every  
prayer and positive intention helps!

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## FROM THE BOARD

by Anne Boher

**You spoke, your board heard.** At our June retreat, we discussed the results of the questionnaire. Most people expressed a desire for a combination of things: mixed programs of in-person and Zoom, and a combination of our own content and outside speakers. The community wanted to keep the same dates and times for meetings.

A few people said transportation was preventing them from attending meetings. Marcia Sill is able to arrange rides. We will explore the possibility of looking for volunteers in each neighborhood to provide carpooling.

We've planned some exciting programs for you. Please put Sept. 16 on your calendar when Mary Cowger will chair a Scholarship benefit tea. In Oct., a troupe of senior women, "Wrinkles in Time," will play and dance with us. For Nov. the Program Committee is planning a talk on artificial intelligence.

For many years North Seattle Community College has been the beneficiary of our scholarship. But they have a new person in charge who does not seem to push our offering. So far, we've had no applicants. The Board decided to explore other colleges, which might be more helpful.

Since Amber Ariano had to resign, we decided to balance our budget by having volunteers do the tasks instead of paying any Staff Assistant.

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## Loneliness

*from an article in The Week newsmagazine, May 19, 2023*

"Americans are more lonely and socially disconnected than ever - and their isolation poses a serious threat to their physical and mental health," said the U.S. Surgeon General, Vivek Murthy. His report found that half of U.S. adults report experiencing loneliness while only 39 % feel "very connected" to others. The effects of this social isolation are profound. They are correlated not just with depression and anxiety, but also with increased risk of heart disease, stroke, and dementia.

**The antidote? Give your friends in Crone a call, and get involved with a Crone activity. Our network of women our age is a lifeline to a richer, fuller life.**

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## Care and Concern



*Uliana with night vision viewer she was delivering to soldiers*

### A Tragic Loss

We're deeply saddened to announce that Uliana Voytovich was killed in Ukraine on May 21 while delivering supplies to the troops. She was the young woman who helped Carl Larson give the presentation on the Ukrainian war at our Feb. Crone monthly meeting, (see review in the Spring 2023 issue of the Connection)

She and another volunteer were near a town, not right at the front lines but on the way. The car rolled over and they were both killed. The Ukrainian police have been investigating the cause; it's possible the car hit a mine in the road because the area had been occupied by the Russians as an important supply station before the Ukrainians took it back.

Uliana was 37, was married but had no children. She was born in Ukraine but came to the U.S. as a child. Carl Larson's Ukrainian Support Group held a remembrance event about her on June 18 and there was a memorial attended by hundreds at a Ukrainian Baptist church in Kent.

### The Campbells

Fran Campbell's husband, Bruce, recently broke his hip. She said he is doing pretty well. They have some family available and she is going back and forth to visit him at a rehab facility.

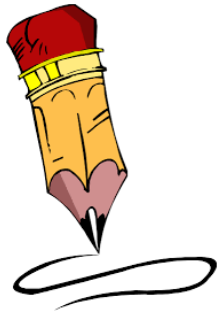
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### Help with Health Costs

*from AARP Bulletin, May 2023*

A WA state law passed in 2022 requires large hospital systems to provide more financial assistance to patients. Residents making up to 300% of the federal poverty level may not have to pay out-of-pocket health care costs. And those making 301 to 400% are eligible for discounts. About half of Washingtonians are eligible for these cost breaks under this new law. Large urban hospitals will offer larger discounts than small rural ones. For more information, go to [atg.wa.gov](http://atg.wa.gov) and put in the search bar, WA state charity care law.

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## *Writings by*

### **MOTHERHOOD**

by Anne Boher

I wanted six children. Why? Looking back at my childhood, I always loved the natural world: animals, gardens, mountains, forests, water and children.

My closest contact with a baby was in college when I agreed to babysit for a young foreign couple from an Arab country after they confided their disappointment that they couldn't celebrate New Year's Eve with some new American friends as they couldn't find a sitter for their six month old. When I arrived at their modest apartment, Lina was already asleep in her crib in the front room that she shared with her parents.

As soon as her parents left, she woke up as if sensing an alien presence. When she saw me, she let out an ear-shattering shriek, continuing to let out howls, as I picked her up, trying to comfort her. She would have none of it, arching her back and stiffening her body, still howling. I put her back in her crib while I heated up a bottle for her. She seized it and began drinking rapidly. After she finished the bottle, she emitted fresh howls. I changed her diaper and held her to burp her. Again, she resisted all my attempts to soothe her. Her parents had left a number where they could be reached, but I didn't want to spoil their evening out. After trying teddy bears, rocking and singing, I decided to let the baby cry herself to sleep. Turning red, then purple with anger, she continued crying for another desperate hour. Worried that she might make herself sick, while giving me a headache, I again wondered if I should call her parents. Finally, after I had reached a desperation point, little Lina had exhausted herself into a sleep. The grateful parents returned, asking if everything had gone all right. "Yes," I replied. "Lina woke up, so I changed her and gave her a bottle. She had a little trouble going back to sleep."

"Oh, well," they said. "We are glad she slept. This is her first night sleeping by herself. We always slept together in our bed."

After that experience, I stayed away from babysitting until I had my first child nine months after we married. I learned to parent via Dr. Spock and Dr. Gesell, more trusting in books than in my mother. At first, afraid to bathe Baby Karen, I managed to get over my trepidation, except when shampooing her head. She only had fuzz, no hair. I assiduously avoided the soft part where the skull had not completely closed- resulting in cradle cap, a type of rash.

Motherhood- the splendor of creating life-the terror of having responsibility for that life - the minute-by-minute shaping of that young life. Then, the realization, that, although you plan and organize their growing up, they are separate beings that will thwart every plan. They are your greatest achievement and not yours at all. I made many mistakes. Through good fortune, and my husband's loving nature, we managed to produce four menchen, loving, achieving human beings.



## Swedish Houses

by Sonja Larson

In June, I traveled with my daughter and two grandchildren by train and rental car from Stockholm to a town on the southeast coast. As we went, we saw many houses painted the same red or yellow as shown below. Usually they were by themselves but sometimes they were side by side. I became curious about why these colors were used so frequently, so did a little research.



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I found these quotes from the Travel section of the Smithsonian magazine 9/25/20:  
"The red color, known specifically as Falu red, has been a consistent symbol of pastoral life in Sweden for the last century." I also learned that the color of one's house showed one's social status: . . . the red houses, made with earth-pigments, principally iron, were for the poor people. Ochre and yellow tones, made with copper, were a bit more expensive than the red, and white, made with zinc, was used by the well-to-do.  
"Scandinavian merchants, well-off craftsmen, and lower members of the bourgeoisie often painted their houses yellow to distinguish themselves from fishermen, farmers, and other commoners."

But the minerals in the red pigment preserve wood, are not affected by sunlight, and do not need to be painted again and again. The paint allows the wood to breathe and to release moisture quickly, so is ideal to stand up to the harsh winter climate of Sweden. Hence it is commonly used for barns and country cottages. It was even exported for our American red barns.

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## Past Monthly Meetings

**April** - potluck lunch and storytelling game brought by Anne Boher

**May** - Gail Lovell led a discussion on "Tips and Tricks for Container Gardening."

She and Mary Cowger began with a rendition of the Gilbert and Sullivan song, "The Flowers That Bloom in the Spring (Tra-la)"



**June** - brown bag picnic at Golden Gardens

## Coming Monthly Meetings

**Saturday, August 19, 2023 12:00 p.m.**  
**Potluck Picnic**  
**in Mary Cowger's backyard**



**Sept. 16 Scholarship benefit tea**

**Oct. Wrinkles in Time senior troupe will play and dance with us**

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