



CRONE CONNECTION

Winter 2024, Issue No. 1

Advice from a POLAR BEAR

Live large
Sniff out opportunities
Learn some good icebreakers
Be thick-skinned
Be fearless
Appreciate long winter nights
Keep it cool!

- Advice for Life card by Your True Nature, Inc.



FROM THE BOARD

by Anne Boher

A Happy New year to our sister Crones -may we live in a more peaceful world in 2024.

As 2023 ends, we are proud of our continuing existence and the experiences and support we provided our members in spite of ongoing challenges. Attendance has been down, averaging 12 members at our in-person meetings in spite of exciting and innovative programming. As our community ages and diminishes, it has been increasingly difficult to recruit members to serve on the Board, or head or volunteer to serve on committees. Crone members love their groups. We want to continue them.

As suggested at our last general meeting, we have gone to social media for recruitment with some success. Taking advantage of new ideas and technology, the Board wants to build a new model for our beloved organization. There was a meeting on Jan. 11 of past and present Board members and officers to develop new bylaws to create a more streamlined and efficient Crone Organization.

Among the alterations discussed were fewer in-person meetings and a more online presence as well as changing the Board makeup and duties. We will notify you of our proposed new bylaws in February. You will be asked for your input before voting on the new bylaws at the March Membership Meeting.

We are Cronos, meeting new challenges with power, passion and purpose.

Again, wishing you all a good Crone year.



WRITING CONTEST

The Connection is announcing a contest for Crone members for humorous writings of your own. Some examples are doing business on your computer that gets you in a tangle or trying to understand someone on the phone who has an accent. But the writing doesn't have to be about technology. Please submit by March 20 for the April issue of the Connection to sonja.larson200@gmail.com. One to three prizes will be awarded for up to a total of \$65.



TECH HELP

There are tech support people available at area senior centers to help you with your computer or phone. You usually need to make an appointment but you can get face-to-face interaction or help over the phone. For a list of senior centers in and around Seattle, Google "senior centers in Seattle." To get the phone number, click on the name of a center. Mary Cowger is getting wonderful help developing our monthly flyers from the Wallingford Senior Center.

REVIEWS of MEETINGS

We've had three meetings since the last Connection with much activity. Here's a review of the Oct. program -



Wrinkles in Time

by Bea Sweeney



When I learned that the program for the Crone October meeting was "Wrinkles in Time," I was confused. How could a children's book be the topic for a meeting of older women who had likely read the book many times to various children and grandchildren? When I asked, I learned that it was a group of women entertainers. OK, I still hadn't a clue, but I am always open for new experiences.

Arriving at Sunset West, I was enchanted to meet five older (barefoot) women and a gentleman on a keyboard. This was the group called "Wrinkles in Time, an Interbay Ensemble of Elders," a unique group, part dancers, part actors, part improv and 100 percent entertaining. Their program included some audience participation and inspiration for us, as well.

Before they began their performance we had a potluck lunch and much conversation. After they performed we had a chance to ask them about what drew them to this group, how it got started, and to tell them how much we admired the grace and beauty, as well as the humor, of their performance.



Then in Nov. we had a **program on Artificial Intelligence** -

review written by Anne Boher

We had our first SUCCESSFUL hybrid meeting November 18th at the Wedgewood Presbyterian Church – 13 members joined in person and three online. Cameron Boher

provided the technical expertise very well so the online members could clearly see and hear the interesting and informative talk.

Kay Tomlinson of the ARRP Speakers Bureau spoke on AI and consumer safety. She included a brief history of AI and the ways it is currently being used, as well as the way scammers are using it to defraud the public. She also provided handouts on consumer safety, which you can obtain by contacting: kaytomlinson@rocketmail.com.

We are so proud that we are able to use this 21st century zoom technology to inform our fellow Croners of topics of interest,.

And finally, in Dec. Bea Sweeney wrote about our traditional

Holiday Potluck



On December 16th at Sunset West, we gathered to share a holiday lunch, once again graciously hosted by Barbara Stilson. Santa's elves had decorated a Christmas tree and we put our wrapped White Elephant gifts under it. After sharing a delicious meal- Croners sure know how to cook – we had a White Elephant exchange. We are pretty polite and did not steal each others' gifts too often but everyone had fun. A special treat was the presence of Nancy Hom, our previous staff support person, and catching up with her life capped the party.

Ellen Duernberger puts on her hat to conduct the White Elephant exchange

Donna Drake shows her gift



Chris Harmon, Barb Stilson and Helga Forhan



Nancy Hom, Barb Stilson, and Moreah Vestan

Writing by a Crone



Favorite Memories

by Moreah Vestan

I'll always remember the day my husband and I brought home our 3-week-old adopted son, who I'll call Pete for his privacy. At 7 lbs., his first bath was in a bathroom sink, which tickled us all. We got a kick out of doing ordinary things, like washing our car in a playful way, with Pete and his adopted sister 3 years later. We even got to Disneyland and rode lots of exciting rides, which only led to all of us making up scenarios back home and pretending we were adding to Disneyland games.

I remember walks on our Minneapolis sidewalks, in the snow with our warmly dressed kids, who even welcomed sledding down curvy hills in a nearby park. We happily welcomed their friends to our home for playing with trucks, dolls, and even silverware and dishes, as they made up scenarios for playtime. We never passed up a chance to go swimming or using bats and balls as they grew older. I DID goof when I heard that Star Wars was evil, and I made my kids dump those games. They were mad at me!



Another favorite memory was car rides from Minnesota to Larchwood, Iowa to visit my parents on their 160-acre farm. The 2 kids were happy seeing Grandpa milk the cows, feed the pigs, and ride the tractor to keep the farmland in good shape for the cattle. Grandma would cook healthy meals, manage the vegetable-full garden, and keep the household clean for their eventual 9 children over 30 years. We older kids felt proud to be able to gather eggs from the chicken house and were at least willing, if not happy, to do dishes and vacuuming as we were growing up. I didn't find it as easy to convince MY kids that helping out on a daily basis was normal for kids.



When I got to play with my granddaughter years later, I laughed when she pretended to climb the stairs like a puppy, to be a salesperson with items from my closet or fridge, or to bake brownies as an actress. I WASN'T able to laugh recently when, at age 9, she beat me at 5 different card and board games. Oh well, what is, IS!



HUMOR CORNER

To continue the Seattle Times readers' survey about the rules for being a card-carrying Seattleite, the 3/20/23 article pronounced, "break any of these and you're at risk of looking like a tourist or being branded a transplant" -

There's no pesky "s" after Nordstrom, Fred Meyer, or Pike Place Market

It's Washington, not *Warshington*.

When driving down a narrow street, the car with the closest space available should pull over to allow an oncoming car to pass. The driver in the car allowed to pass should wave their thanks for this courtesy. If you don't wave, we know you're not from here. (sent in by Cathy Wickwire)

When waiting to get on or off the ferry, don't start your car until the last moment. Also turn off your car alarm! We don't need a midcrossing announcement that your car is crying. (Florence Garetson)

If in doubt, Columbia Sportswear is acceptable for all levels of attire. "It's common to walk into a fine dining establishment and see polo shirts and khakis as far as the eye can see, topped off with the nicest waterproof shell." (Fiona Preedy)

Do not arrive on time if your plans are at a private residence. Instead, arrive 10 to 20 minutes late and, "if necessary, wait outside or in your car until the hour plus 10 before knocking." (Marylee Webbeking)

Once you're done with your grub, you must recycle and/or compost. "And don't you dare throw that pizza box in the regular garbage can." (Kirsti Rochons)

Do not wear high heels in REI or ask at PCC if they have Diet Coke. "Never mind how I know this," said Seattle Times arts critic Moira Macdonald.

When recommending some place/restaurant don't give any clues about where it is. None! No addresses, no hints except maybe a reference to some landmark only Seattle-lifers would know. We newbies can just go gnash our teeth. (Brenda Reiss)

If you purchased a house in Seattle 20 or more years ago, keep your thoughts on the housing market to yourself. And if you work at Amazon, say so. No one likes the coy, "Oh, I work at a tech company." (Seattle Times staff reporter Paige Cornwell)

If it is a clear day, one must honor Mount Rainier by saying, "Wow, did you see the mountain out today?" (Susan Rouleau)

If you want to insult someone in Seattle, never call them a 'hippie.' That is a term of endearment. (Mark Taylor-Canfield)

Weather-whining, particularly about the rain, is not permitted until at least March. (Ann Bergstrom)

Summer? Don't count on it until July 5. (Rob Grant)

A true local will reveal themselves at the Ivar's order counter. Every Seattleite knows there's really no line - "you just yell when they ask." (Jackie Toombs)

And speaking of fish, if you buy salmon, "the seller should know what type of salmon it is, if it was caught wild, the name of the boat it was caught on, and what river it was from." (Johnny McBallard)

CRONE FINANCIAL OVERVIEW

Our new Treasurer, Geri Kennedy, has reported on the end of 2023 financials. We ended the year with a loss of expenses over income. But we have \$1,354 set aside for a Scholarship including \$770 that came in last year. With approval from the Board, \$7,500 in a checking account was moved to a one-year CD.

If any member would like the totals of balances in our checking account and CDs, or the detailed statement, she may call or email Geri at her numbers in the Directory.

Care and Concern from Wren Campbell

Late November

Mary Beth MacCauley has been having heart difficulties.

Marge Hampton had Covid.

Late December

Other Covid victims - Shirley Nelson, Marcia Sill, and Maria Kallas

January

Mary Kay O'Shea has knee surgery scheduled for March

MEDICARE TIP

If you want to find out the differences between original Medicare and Medicare Advantage plans, the AARP Bulletin says you can ask a SHIP (State Health Insurance Assistance Program) counselor, available in all 50 states. They offer free, unbiased, one-on-one assistance, counseling, and education to Medicare recipients. Go to the website: shiphelp.org. It will take you to our Statewide Health Insurance Benefits Advisors (SHIBA) of the office of the WA state insurance commissioner. Confusing? Just Google SHIBA.

Coming Monthly Meetings

Saturday, Feb. 17th 1:00 Program on the Braver Angels, a citizen's organization that works to bridge red and blue Americans, location to be determined

**Saturday, March 16 1:00 Membership Meeting, hybrid
Wedgwood Presbyterian Church
Voting on Rewrite of By-laws**

Connection Staff: Sonja Larson, Moreah Vestan

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