



CRONE CONNECTION

Fall 2024, Issue No. 4



We gather together
In thanks for the blessings
The Earth does provide us
at harvest time.
From the spring sowing,
the crops have been growing.
Sing praises to her name,
She provides for us all.



FROM THE ADVISORY BOARD

On Sat. Nov. 9, twelve members and one on the phone met at a Membership Meeting to discuss whether they wanted to dissolve Crone's non-profit (501(3)(c) corporate status and become a social club. On a motion to that effect, amended to begin that process at the March 2025 Membership Meeting, there were 9 votes to dissolve and 4 against. There also were 18 Absentee Ballots voting to dissolve and disperse funds, and one "no" by mail.

Another passing vote supported appointing a committee to research the steps to dissolve and then there was a passing vote to form a committee to research choices of non-profits to which we might like to give Crone's savings. (If we dissolve the non-profit, state and federal rules require that all \$17,000 of savings be given to non-profits. We won't be able to hold any back for future needs.)

The meeting ended with a social time and lovely refreshments from Mary Cowger, Bea Sweeney, and Marcia Sill.





ROLLING CRONES SINGERS

FALL/WINTER PERFORMANCE SCHEDULE 2024

*Time listed is our performance time. Please be there at least 30 minutes early.
Except for Dec. 16, you should contact the location to make sure there is room for visitors.*

November 25	(Mon)	10:20 AM (a weird time)	Edmonds Landing 180 2 nd Ave S, Edmonds
December 11	(Wed)	1:30	Mountlake Terrace Plaza 23303 58 th Ave W, MLT
December 16	(Mon)	1:00	Edmonds Waterfront Center 220 Railroad Ave., Edmonds
December 18	(Wed)	1:00	University House 4400 Stone Way N, Seattle



Medicare Scam

Offers have been turning up for seniors that say Medicare will cover a genetic test for risk of some diseases, but this isn't real. These offers may say the free testing will identify risk for cancer, dementia or other hereditary diseases. Scammers may turn up at senior centers or health events to do a cheek swab or they may send a test kit in the mail. This is an underhanded way to steal Medicare card numbers and fraudulently bill Medicare. However, Medicare does cover genetic testing to see whether a person with cancer has an inherited gene mutation. Check your Medicare Summary Notice or Explanation of Benefits for any unusual charges. Look for the words "gene analysis" or "molecular pathology. If you suspect this scam, report it to your local Senior Medicare Patrol at 877-808-2468.

from AARP Bulletin, June 2024, Medicare Made Easy, by Brandy Bauer

THE GAY NINETIES

This feature highlights Crone members who have turned 90 years old.

Barbara Stilson
born Sept. 28, 1934



Barb and her daughter, Julie, went to Ivar's Salmon House for lunch on Sept. 25, and then son, Geoffrey, daughter-in-law, Margaret, and grandson, Stephen, took her to lunch at Rock Creek Seafood restaurant in Fremont. In addition, two friends and Barb had lunch at Maggie Bluffs, another friend took her to Duke's, a Crone friend took her to lunch at Julia's restaurant, and she had lunch in the Sunset Room at her residence with a group of friends who live there. She said she really enjoyed getting together with everyone.

Barb opening card
at a Crone meeting

RECENT CRONE MEETINGS 2024



August potluck picnic at Mary Cowger's
backyard



September presentations on
travel

Donna Drake shows pictures
Moreah Vestan gestures



Writings by Crones

Little Bo-Peep
by Mary Cowger

Recently, when I traveled to Bothell to attend an afternoon event I had to drive several blocks past my destination to find a parking spot due to road work and construction activity. The walk back was pleasant and do-able and no problem. However, retracing my steps later, the trouble was I couldn't find my car, despite a wide-ranging and increasingly footsore trek.

So I went to the Police Station for help, and I found it.

As the Lobby sign instructed, I dialed "0" on the counter telephone, described my dilemma and was met by a first responder, who then called on an officer to assist me. Officer Sands quickly put together and implemented a plan to locate my car: He drove through the neighborhood, holding my car key fob out his car window, intermittently pushing the button until my system "chirped" when he drove close by. In short order I was on the highway and on my way home.

Many thanks to the Bothell Police Department for prompt, effective and courteous assistance - and kudos for employing good people, especially Officer Sands.

For those who didn't go to the Oct. Monthly Meeting, and missed the discussion on Suffering, here is the essay again, in case you want to review it.

Suffering is Highly Overrated
by Mary Sibley



Yesterday morning, as I walked from the garden to the house carrying a large bowl filled with freshly harvested spinach, I thought, "I'll make creamed spinach and toast for lunch." This thought filled me with such contentment that I stopped walking so I could focus fully on the feeling. As I stood, a realization grew on me that I am learning how to live in happy contentment, at least most of the time. Most of my days flow smoothly one into the next, like a quietly flowing river propelled by a deep unseen current.

A few hours later, my husband showed me a video titled "Why you should want to suffer," by Paul Bloom. The video starts out with the idea that pain is an evolutionary adaptation that

teaches us what to avoid to prevent hurting ourselves, along the lines of not touching a hot stove. "Reasonable hypothesis," I thought.

Bloom then places suffering into two categories. The first category is involuntary suffering caused by things like illness, accidents, loss of loved ones - things we should avoid. Bloom's other category is voluntary suffering, which gets to the crux of the video.

Bloom proposes that we voluntarily pursue suffering because otherwise we could not experience contrasting happiness and meaning. The video is replete with images intended to represent ways we pursue suffering, such as lifting weights, climbing sheer rock walls, running athletically, saving someone from a burning building, holding tiny naked babies, and working crossword puzzles. How working crossword puzzles got into the suffering category, I can't be sure. But there it is, alongside overbuilt men pumping iron.

Bloom also proposes that not only is suffering necessary to be able to experience happiness and meaning, but to prevent becoming bored with life. For Bloom, experiencing continuous, meaningful happiness would be positively boring!

I disagree. I think suffering is highly overrated. I think it is a cultural perspective that suffering is required to know joy and meaning. If our cultural framework was differently focused, it is possible that joy and meaningful experience would readily come to us absent their antithesis. For example, if our culture were egalitarian (rather than hierarchical), non-competitive, collaborative, and genuinely celebratory of diversity, positive ways of being would be more fully integrated into life experiences. I also think it is a mistaken idea that suffering is required to alleviate an inevitable boredom arising from continuously positive experiences. I think we have not learned other ways of being that focus on the positive and enable us to cultivate positivity to experience its full potential in our lives. Learning such a way of being is the path I am pursuing as my later life unfolds.



WHEELCHAIRS

by Sonja Larson

I've been so grateful to Croners who have passed on helpful information. Lately several Croners told me about how to ask for a wheelchair at airports, which worked out beautifully. I had two trips in Oct. for which I asked the two different airlines to sign me up and it eased my stress, principally at SeaTac, no end.

Croners told me the cost is nothing (except it's good to tip a modest amount to the escort who pushes you). You don't have to prove you have a disability, or be on crutches, on a walker, or have any other obvious handicap. With both Delta and Alaska airlines, I was given a choice of being pushed down the ramp to the plane, or even on the plane - or not. Flyers can take canes, a trekking pole, walkers, even collapsible wheelchairs on board, if needed. It's an amazingly generous service.

When I flew to Oregon, I was whisked through security without having to go through the x-ray booth. A young woman wiped down my palms with a special bit of cloth, checking for gunpowder residue, and then looked under the wheelchair on one side and went around to look under the other side. I asked if she was checking for weapons and she said, "Yes." An interesting experience.

I had already told my daughter that she might see me coming to the baggage claim, where we always meet, in a wheelchair, but not to be alarmed. We just had a laugh at my easily getting out of the chair to give her a hug. After I returned to SeaTac, my escort pushed me onto two elevators, a train, and over the skybridge to meet my Lyft ride in the parking garage. What a blessing not to have to find my way by myself and walk all that way pulling my small carry-on suitcase with a pack on my back.

Here's another tip. At the gate for the last flight home, the announcements kept repeating that passengers were only allowed 2 items as carry-ons. So I was concerned that I might need to stuff my small 8x5" purse into my backpack. But for the other 3 flights, in addition to having my small suitcase and backpack, I also had the long purse strap over my shoulder, but no one had said a thing about that. To my relief, no one said anything for this 4th flight either.



Marijuana that's too strong for seniors

from the newsmagazine, *The Week*, June 7, 2024

"While most of the conversation around legalizing cannabis centers on the health risks to teens, seniors are also at risk, reports *The New York Times*. In a new study, researchers found that the number of people age 65 and older going to the hospital for cannabis poisoning doubled after Canada legalized marijuana in 2018, and then tripled when it legalized the sale of edibles 15 months later. Some of those cases resulted from accidental ingestion, such as when people mistook their adult children's THC-laced gummy bears for sweets. But in many cases, the seniors intended to take the drug but simply didn't realize how much stronger the modern stuff is than the joints they rolled in their youth - up to 10 times more potent. And some may have been unfamiliar with edibles, which can take a couple of hours to kick in, leading impatient users to ingest more than they can handle.

Lead author, Nathan Stall, a geriatrician at Mt. Sinai Hospital in Toronto, says older folks interested in hitting the dispensary should follow a mantra often used in geriatric medicine, 'Start low and go slow.' "





HUMOR CORNER

When I get old, I don't want people thinking, "What a sweet old lady."
I want them saying, "Oh, great! What's she up to now?"

Why did the old woman fall down the well? Because she couldn't see that well.

Mabel to Eunice, "When you get older, your memory is the second thing to go."

Eunice to Mabel, "What's the first thing?"

Mabel, "I don't remember."

A woman holding a recipe mumbled, "What the heck is leftover wine?"

Crone History

The following photo taken by Carol Beach is from the Crone 20th Anniversary celebration 2007.



COMING: Crone Christmas Potluck, Sat. Dec. 7, 2024
SUNSET WEST CONDOS

Connection Staff: Sonja Larson, Moreah Vestan

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