

CRONE BULLETIN

Spring 2020/No. 1

We want to begin a new issue of the Crone Bulletin with this very pertinent poem.



PANDEMIC by Lynn Ungar

**What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?**

Cease from travel.

Cease from buying and selling.

**Give up, just for now,
on trying to make the world
different than it is.**

**Sing. Pray. Touch only those
to whom you commit your life.**

Center down.

1 And when your body has become still,

**reach out with your heart.
Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)**

**Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.**

**Promise this world your love—
for better or for worse,
in sickness and in health,
so long as we all shall live.**

March 11, 2020

CRONE CARE COMMITTEE



Over the last few weeks these Crones have been calling members to ask how they are doing during these difficult times:

Fran Campbell, Marcia Sill, Moreah Vestan, Nancy Curtis, and others

Thank you, ladies, for your effort and concern. It's good to know our community is linked with strong bonds of caring. If you haven't been called it was inadvertent and feel free to call one of the Crones mentioned.

SMALL GROUPS

Almost all of Crone's small groups have been put on hold for the duration of the shelter-in-place order. However, some are finding ways to keep in contact with their members:

Rolling Crones Singers have been sharing group emails with lots of funny musical parodies on the virus.

The Downtown group will be meeting on Zoom shortly.

The Walking group is doing lots of group emails, and are considering Zoom when all members have it. They walked one time around Green Lake, as they used to do, but keeping 6 feet apart. And they held one outdoor happy hour.

Current Affairs is going to try Zoom during their next scheduled meeting time.

Seen in chalk on a sidewalk: "God's got this."

In a tribute to the scientists working so diligently all over the country, a radio announcer said, "The best expression from a scientist isn't, 'Eureka!' but, "Hmmm. That's unusual."

A NEW BOARD

Four new Board members have been appointed by the Board to fill the vacancies left as their terms of office expired. These appointments will be in place until such time as we can hold a Membership Meeting to officially elect them.

Your new Board members are:

Anne Boher
Moreah Vestan
Lynn Stanton
Mary Kay O'Shea

They join Marcia Sill,
returning Board member



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Congratulations ladies and thank you for filling a much-needed role!

Donita Payne has resigned from the Board but will continue as our Treasurer. Our by-laws allows a Treasurer to choose to be on the Board or not. Thank you, Donita, for your years of service in this capacity and we are delighted that you are willing to continue.

If you're feeling lonely, get out your Crone Directory. The Board members listed above are especially open for a chat.

CRONE WRITINGS

Crone now has two writing groups. On the next few pages you'll find some of their output.

I Wish I Could...

by
Moreah Vestan



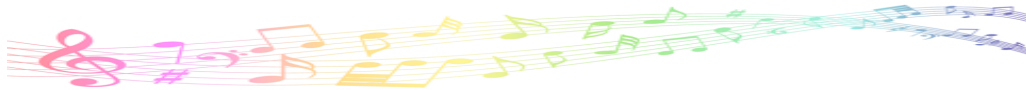
I wish I could give everyone I know a hug. When I hear of all the COVID-19 cases and the growing number of deaths, I feel so sad. I miss socializing. Can you imagine a gathering, even a funeral, with only 1 or 2 people there? I'm curious what people will say about 2020 a decade or so from now.

I can't feel sorry for myself, because I'm very mobile, take a 20-40 minute walk every day on different streets around me, and have computer and TV and books to keep me occupied. I continually take photos of unusual trees and homes on my walks, and enjoy browsing past and present photos of Nature and Rick Steves programs, and anything I want to remember.

I've even done many hours of sorting boxes of old papers and notebooks and other stuff I brought to Council House when I moved here 8 months ago. The *good* part is that I'm *choosing* to instead of feeling I SHOULD. I foresee a time when most of those 10-20 boxes still on the south wall of my studio will be gone, and I'll have room to put 2 chairs and a small table there and share tea with friends and other residents here.

I DO wish I *knew* that, even at 79, it's okay to do whatever I darn well please all day long. (I *can* be helpful too!) And wouldn't it be nice if I cut out sugar! I DO still have much of the quart of ice cream I bought over a month ago, so there is hope. And I'm having fun mixing a variety of meats, vegetables, pasta and spices for meals. Most of the time, I am peaceful. What is, is. I choose to continue that. What do *you* choose?

A Parody of the Song, "Strangers in the Night" by Jean Chen



Strangers in the night,
We're in a Covid-19 time,
'Neath a public LED light.
Surely leaving home is our crime.

It's only me and you,
We're buying disinfectant and cream,
Sanitizer, soap, and shampoo.
It's a surreal dream.
Try to fathom the contagion stream.

Picking up multiple meds!
Stocking canned goods and watch the # dead.
And maybe firewood,
And some multi vits and tea,
That's enough for me.
Ugh – each face mask, a creep.
Hope tonight I'll find some sleep.

Then we ran from the store,
Locked out friends and our door.
Searched the news, is there a vaccine?
For strangers in the night look awfully green.



OH HOW I WISH

by Helen Zimmerman

Oh, how I wish I could go for a walk. It is the insignificant little things we take for granted in our everyday life that loom large when we are isolated and cannot participate in them.

The coronavirus has changed our whole way of life. It makes us take a look at ourselves and ask “Who are we, what is important to us? What does it all mean?” How will it impact our lives now that we are not off meeting with friends and family, going to special events, volunteering, simply doing the numerous activities we ordinarily spend our time doing. This is a time to delve deeply into our value system and evaluate.

I have surprised myself that I can ward off cabin fever and fill my time organizing my writing, drawing, painting and projects I have put off for months. I realize how fortunate and grateful I am to have a wonderful loving family and good friends I can contact by technology. Of course, living in Horizon House where I do not have to worry about the maintenance of being human is a plus.

My deepest concern is that my four daughters are professionals in health care or their partners are. The first responders are on my mind and I send them rays of hope and spiritual guidance that they will be safe. They are our heroes!

CAR BATTERIES



Are you wondering if you need to be driving your car to charge the battery as you hunker down at home? According to the BMW manufacturer, the maximum time you can let your car sit without having the battery decline is 4 weeks. But BatteryModeOn.com said the short answer is “a little under 2 months.” Either way, if you won’t be driving any place for 3 months, you’ll probably need to get the car out and drive it.

Turning the engine on and running the motor for a few minutes doesn’t do the job. In fact, starting the car and letting it idle for a few minutes *reduces* the battery charge which can make it difficult to start later on.

To actually charge the battery, you’ll need to take the car out for a 10 minute spin on the freeway (steady driving). Driving on city streets may take 20-60 minutes.

Following are some helpful websites about caring for yourself in Covid times. These come from practitioners at an Ashland, Oregon Conscious Living Fair:

<https://www.consciouslivinguide.com/natural-immunity>

<https://www.consciouslivi#15BB8>

Ready for a few laughs? The following has been going round the internet:

Quarantine Diary

Day 1 – I Can Do This!! Got enough food and wine to last a month!

Day 2 – Opening my 8th bottle of wine. I fear wine supplies might not last!

Day 3 – Strawberries: Some have 210 seeds, some have 235 seeds. Who knew??

Day 4 – 8:00 pm. Removed my day pajamas and put on my night pajamas.

Day 5 – Today, I tried to make hand sanitizer. It came out as Jello shots!!

Day 6 – I get to take the garbage out. I'm so excited, I can't decide what to wear.

Day 8 – Went to a new restaurant called "the kitchen." You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business.

Day 9 – I put liquor bottles in every room. Tonight, I'm getting all dressed up and going bar hopping.

Day 10 – Struck up a conversation with a spider today. Seems nice. He's a web designer.

Day 11 – Isolation is hard. I swear my fridge just said, "What the hell do you want now?"

Day 12 – I realized why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel.

Day 13 – If you keep a glass of wine in each hand, you can't accidentally touch your face.

Day 14-Watched the birds fight over a worm. Cardinals lead the Blue Jays 3-1.

