



CRONE BULLETIN

2020 No.2/Summer

Something for our mental health -

Gratitude

A healthy habit is to remind ourselves why we are grateful. A practice of gratitude is a surprising way to stay resilient during this pandemic. When we get frustrated or annoyed, we can ask ourselves, what is the gift in this situation?

Psychologists recommend we focus on what we can control. We can acknowledge that life is tough right now, and don't beat ourselves up for feeling bad. We can calm ourselves through breathing exercises. We can be mindful – pay attention to

The best way to start practicing gratitude is to keep a journal to identify each day things for which we are grateful. Refer to them as gifts. Take time to truly reflect on what it is we have written. Dwell on concrete ways we are supported and sustained by others.

When life feels out of control, gratitude allows us to change our thoughts. It helps to try to stop negative thoughts, focusing on the good in our situation.

Other helps -

Spend time in nature.

Listen to relaxing music.

Think about the worst times. Recalling them can make us grateful we made it through, for what we learned, and how it made us stronger

Go through the motions of gratitude – smile and say thank you.

Taken from a Wall Street Journal article by Elizabeth Bernstein

SMALL GROUP ACTIVITY

Some of our small groups have gotten creative about finding ways to meet.

West Seattle/Burien Conversation Group is meeting on Zoom.

Walking Group has been walking twice a week and is planning a picnic.

Spin-off from Walking Group is meeting in a garden.

Current Affairs has met twice on zoom and twice outside on a member's deck.

Recruitment Committee is planning an August meeting in a park.

ON PHYSICAL HEALTH

Been wondering if it's worth the effort to take those walks or do home exercises? An article from AARP on raising our immune reserves to defend against COVID-19, said, "Regular workouts boost immune function and lower inflammation." And ". . .skeletal muscle is a major immune regulatory organ." Dr. Insoo Kang, director of allergy and immunology at the Yale School of Medicine, said, "Exercise strengthens the body and may be the most important lifestyle intervention you can add."

from AARP Bulletin, May 2020



FROM THE BOARD

by Anne Boher

Your new Board members, Marcia Sill, Anne, Lynn, Mary Kay, and Moreah, have been working hard to ensure that our Crone organization continues to be a vital and viable community in spite of the difficulties created by the coronavirus.

We have held three Board meetings via Zoom, updated our manuals, held a three-hour zoom orientation meeting led by Sonja and Fran. We discussed our financial picture and dues. Your board planned some activities, including a virtual potluck and a possible Pea-Patch get-together.

The Board decided to invest in our own Zoom account to be hosted by Lynn and Anne.

We wish everyone a healthy and enjoyable summer.



Announcing Winners of the Summer Website Photo Contest

The contest was for photos from Crone gardens to be used on the Home page of the Crone website. We were so pleased with the submissions we decided to use a second set in the latter part of summer.

See the photos on the website at croneofpugetsound.org. Scroll down on the home page. Here are the winners:

July 4 – Aug. 7 Kit Hanski's meadow lawn
Helga's hydrangea

Aug. 8 – Sept. 11 Jean Chen's hillside
Mel's rhododendron

Also look for Jean Chen's orange poppies on the Contact page and Mel's iris on the Monthly Meetings page

6th Annual Crone Scholarship to be awarded this Fall

The Scholarship Committee is very happy to announce that \$1500 has been collected and will be distributed to a scholarship recipient this fall quarter. Thank you, Croners, for your generous help for a woman student, age 40 or older, to continue her studies at North Seattle College.

If you know of any student who meets those requirements, have her contact Mary or Hallie for an application. Applications for fall quarter will be accepted until July 31.

And, of course, donations for the next year are always welcome.



Humor Corner

Be careful because people are going crazy from being in lockdown! I've just been talking with the microwave about this and he agreed that things had heated up. The toaster thought if it went on too long we'd be burnt and the coffeemaker said it could leave a bitter taste.

I didn't mention anything to the washing machine as she puts a different spin on everything. Certainly not to the fridge as he is acting cold and distant. In the end, the iron straightened me out. As she said, everything will be fine, no situation is too pressing.

The vacuum was very unsympathetic, and told me to just suck it up. But the fan was more optimistic and hoped it would all soon blow over! The toilet looked a bit flushed when I asked its opinion but the door knob told me to get a grip. The front door said I was unhinged and the curtains told me toyes, you guessed it, pull myself together.

Author unknown, passed on from Marcia Sill

Some Neologisms (newly coined words) in the Washington Post:

Coffee – the person upon whom one coughs

Flabbergasted – appalled over how much weight you have gained

Abdicate – to give up all hope of ever having a flat stomach

Negligent- a condition in which you absentmindedly answer the door in your nightgown

Lymph – to walk with a lisp

Oyster – a person who sprinkles conversation with Yiddishisms

Writings by Cronos



Looking Back, Spring 2020

By Anne Boher

Walking my fluffy white, Bichon, Collette, badly in need of a haircut, I am cheered by the burst of spring, the yellow of the forthysia, the massive purple and white tulip magnolias in Freeway Park, the alternating pink and white cherry and apple trees lining University Ave, the cheerful red and yellow tulips clustered in small plots in front of Horizon House. The street, devoid of cars and people, feels eerie. I stop to admire the individual flowers of a voluminous Cherry tree, a solitary figure in my repose.

A few dark, crow-like, figures appear on the periphery of my vision. I find their masked faces ominous. We keep a careful six feet away from one another, eyeing each other suspiciously as they approach.

I circle past the white concrete, four block citadel of the Virginia Mason Hospital, now a quiet sentinel, housing the coronavirus patients, struggling to breath, tubes snaking out of their mouths, respirators humming with life-saving oxygen. Mars-like, nurses quietly attend, wearing their protective gear. Relatives, separated from their loved ones, sit in isolation, in a thick grey cloud of depression, fearing dire news. The Number 2 bus glides by silently, spookily empty.

Returning home, I see a friend blowing kisses and waving wildly, mouthing "I love you" to attract the attention of her mother quarantined on the second floor, standing, looking out the window. I enter the too-silent lobby, wave at the staff, sequestered behind plexiglass, get on the now, two only, elevator, to return to my apartment. I call my neighbor, only two feet away, so close but so far away, to tell her about my wonderful yet disturbing walk.

PANDEMIC MUSINGS

by Elizabeth Davis

What do I do in my lonely room?
I Zoom, Zoom, Zoom.

What might I do to increase my fun?
I might run, run, run.

But then my knee might begin to hurt.
Go inert, inert, inert.

So I read, phone, exercise, think,
And notice my mood sink, sink, sink.

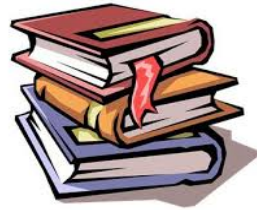
More Pandemic

by Elizabeth Davis

Seldom before have I lived with such a dreadful calamity.
Pandemic around the world, stuck in my own apartment,
Should I just sit around tearfully practicing on my harmonica?
Or do I wish to sit around composing stupendous, splendidous poems.
No, no again. Arbitrarily I break the rules, go wandering about it the spring sun.

BOOK REVIEWS

by Mary Kay O'Shea



If you have any vision left after these pandemic months of eye strain , you might like a few book suggestions.

Leslie Hooper (a local author) has written two wonderful historical fiction novels about determined women who dared to pursue their passions and talents despite society's and families' dictated paths.

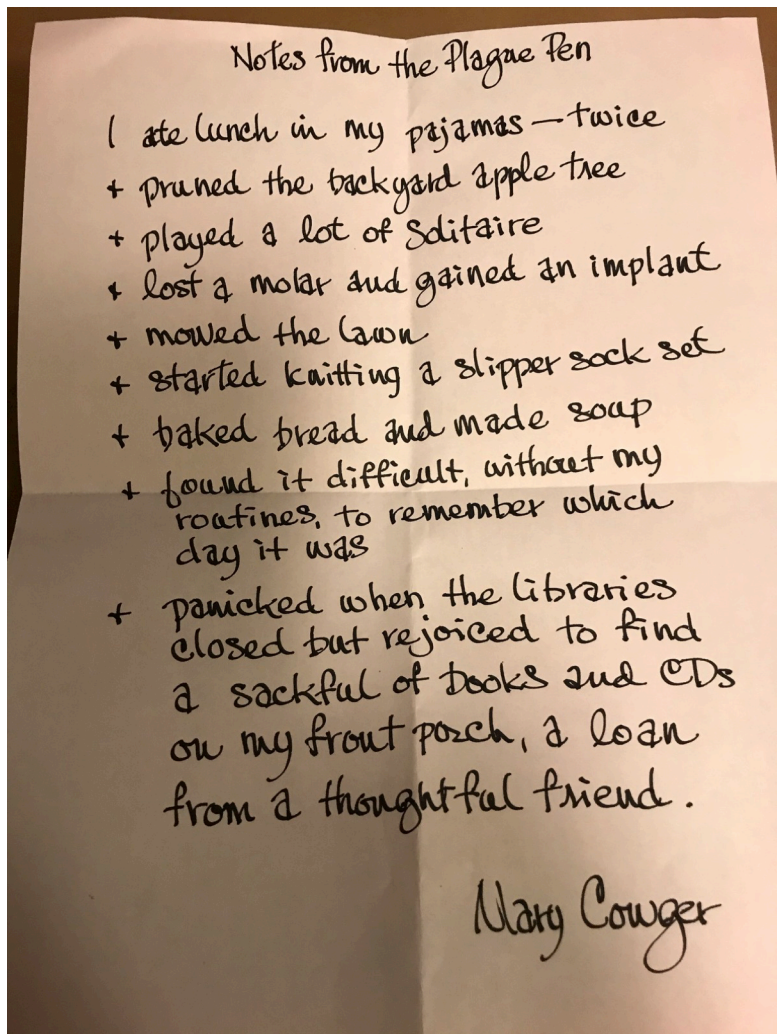
[Learning to See](#) is about Dorthea Lange, a photographer whose graphic photos of families and scenes in the Depression era are recognized and prized around the world. Her husband was an established wildlife painter who believed Dorthea would support his ventures. But Dorthea carved her own success against great obstacles.

[The Other Alcott](#) explores the life of Amy, one of the fictional sisters in the [Little Women](#) book. This well-researched story chronicles Amy's exciting life as she studies painting in Europe under demanding masters. Her journey reveals deep divisions between her older sister Jo (the writer) when Amy refuses to return home for family duties.

Both books are fast moving with well-developed characters and may be available electronically through the King County libraries. New and used books can be purchased at Third Place Books. You order by phone and prepay and they will bring your purchase out to your car. Half Price Books is also a source for used and some new books.

In case you haven't filled out your census form go to 2020census.gov

"Little Tree"
by Mary 2014



NOTICE ABOUT STORAGE

The Crone storage has been moved from Chris H.'s shed to Mary's basement. These materials include hospitality bins, tablecloths and four boxes of papers dated prior to July 31, 2013. There is also the historical background of Crone such as how it was founded, By-laws, and Articles of Incorporation.

From July 31, 2013 onward, Crone documents have been stored "in the cloud" through Dropbox. Helga is in charge of these Archives and can be contacted if you wish to look at any of the newer material.

Also in Mary's house are a walker and one pair of crutches that can be borrowed. Send a message by the Contact page to make arrangements. *We're grateful to Chris H. for providing her shed for many years. She is now in residence at Foundation House.*

LIVING IN THE PRESENT
from Moreah Vestan



If you're bored or frustrated with life these last 4 months of confinement, check out these resources:

For gentle exercises mostly sitting down, click on this link <https://www.sitandbenefit.org/watch/youtube/>
Also on PBS Mon.-Fri. 9:00-9:30 a.m.

For meditation audios click on <https://insighttimer.com>

For 9 ways to stay positive during the pandemic, go to <https://www.forbes.com/sites/williamarruda/2020/03/15/9-ways-to-stay-positive-during-the-coronavirus-pandemic/#31190d0a5a8e> The 9 ways include "Take advantage of time."

For progressive politics with Thom Hartmann, videos can be found at <https://freespeech.org/shows/the-thom-hartmann-program/> or on radio at <https://www.thomhartmann.com/schedule/washington-state>.
(Also live on radio station 91.3 FM in Seattle M-F, 9:00-12:00 a.m.)

For thought-provoking topics on radio, try <https://freakonomics.com/archive/>

To connect online, check out <https://nextdoor.com/>

And to share resources, go to <https://apps.apple.com/us/app/freecycle-trash-nothing/id680743557>

To lighten up, do a google search for "videos to make me laugh."



PLACES TO WALK THIS SUMMER
from Jean Chen

Rattlesnake Lake: Cedar River Watershed

Cedar Butte, 1.7 miles to Summit. Up Snoqualmie River 3.5 miles, 90 ft. elevation gain

Bridle Trails State Park, between Kirkland and Redmond, open for day use,

Elandan Gardens, south of Bremerton, for bonsai, waterfalls, etc.,

Dash Pt. State Park, beautiful beaches, on Puget Sound near Federal Way, open for day use

Twin Falls hike, 2.6 mi., old growth and waterfalls, off I-90 east of Preston and Issaquah

Canter-berry Farm for blueberry picking. \$2.25 lb., 8 miles S.E. of Auburn, will open in mid to late July, call 800-548-8418

Kubota Garden, 9817 55th Ave. S., Seattle, open until 9:30 p.m.

Washington Park Arboretum, 2300 Arboretum Dr. E., Seattle, only handicapped parking is open at Birch parking lot

Bulletin Staff: Sonja Larson, Moreah Vestan
Next Bulletin published Oct. 15
Submission deadline Sept. 15

