



# CRONE CONNECTION

2020 No.3/Fall

## On Friendship

From a 1991 video, “The Best of Friends” about the friendship of writer George Bernard Shaw, Dame Laurentia McLachlan, a nun in a cloistered abbey, and Sydney Cockerell, the director of a museum in the town of Cambridge. Well worth viewing, this video is a reenactment of their conversations taken from their letters.

Sydney Cockerell said he didn’t have a facility for making anything but friends. But, gratefully conscious of all they have meant to him, he said he “declared friendship to be the most precious thing in life. But it’s like a plant that withers if it is not heedfully fostered and tended. It’s only by constant thought, by visits, by little services, and by abundant sympathy at all times that friends can be kept.”

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### *From the Board*



You’ll notice that the Bulletin’s name has changed back to the former one of Crone Connection. The editor felt the old name fit better with the changed content and your Board wants to support her.

*Sandi G. has volunteered to be the contact point for a Care and Concern effort. If you know of anyone who is sick, bereaved, or otherwise struggling, let her know and she’ll pass that information on to the Board. If anyone else is interested in helping with this Crone committee, please contact Marcia Sill.*

The Board would like suggestions for topics for future Monthly Zoom Chats. And they hope you’ll invite your friends to join in. See the coming dates elsewhere in this Connection. You’ll find a link to zoom in an email before each Monthly Meeting. The email with the zoom link for the Saturday, Oct. 17 meeting went out to you on Oct. 10. It came from Crone of Puget Sound 2020.

We wish you a pumpkiny and, maybe, a sp-o-o-ky Halloween.



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## *Fall 2020 CRONE SCHOLARSHIP RECIPIENT*



***This year's \$1500 scholarship award goes to Inna Kotyk, a 49 year old mother of two children, ages 30 and 13, and a grandmother. She and her family are from the Ukraine. Inna is a graduate of a Ukrainian school of medicine in nursing, worked for 10 years in thoracic surgery, has a PhD in psychological sciences and was an associate professor.***

***But on arrival in the US, she found that none of her diplomas, certificates or licenses were valid. So she began again. She really wants to return to medicine and is now studying for her R.N. at North Seattle College.***

The committee received 26 applications. Co-chairs of the Scholarship Committee are Mary C. and Hallie O. Application Reviewers were Nina P. and Gail L. Thanks go to all the Crone donors, who made this happen.

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### *Humor Corner*



#### Seen on the Internet:

I'm on two diets now... I wasn't getting nearly enough food on just one.

A cold seat in a public restroom is unpleasant. A warm seat in a public restroom is far worse!

So apparently RSVP'ing back to a wedding invite, "maybe next time", isn't the correct response.

Don't annoy old people. The older we get, the less "life in prison" is a deterrent.

Aliens probably ride past Earth and lock their doors.

You'll hit every cone on the highway before I let you merge in front of me. You saw that sign 2 miles ago.

I really don't mind getting older, but my body is taking it badly.

My mind is like my internet browser: 19 tabs open, 3 of them are frozen and I have no idea where the music is coming from.

If you see me talking to myself, I'm having a staff meeting.

I don't care how much you like the soap...never walk out of the public restroom smelling your hands

Do you ever get up in the morning, look at yourself in the mirror and think..."that can't be accurate."

As I watch this generation try to rewrite history, one thing I'm sure of - it will be misspelled and have no punctuation.

I don't always go the extra mile, but when I do, it's because I missed my exit.

For those who don't want Alexa listening in on your conversations, they're making a male version...it doesn't listen to anything.

### **Coronavirus Glossary**

*(adapted from a newspaper column by Mary Schmich)*

Lately we bat around words most of us had never heard before – PPP, PPE, Zoom, Zoom fatigue, Coronapocalypse, Covidiot

Here are definitions of some words for these times:

Coronachondria - when you diagnose yourself several times a day. Is every tickle in your throat a forecast of doom? Do you find yourself sniffing odd things to make sure you still can smell? Have you found yourself Googling “covid toes” only to discover to your dismay that there is such a thing?

Coronacooking – when you made yogurt for the first time ever, or bought sourdough starter, or are growing avocados from pits, or making Facebook cooking videos, or inventing salad dressings, or making smoothies from whatever weird ingredients are in the refrigerator.

Coronacraving – in the midst of this pandemic you seem to need a bread box ASAP, or want a Ping-Pong table, or an ice cream maker, or a laptop stand.

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If you moved in this last year you'll need to reregister to vote. You can update your address online at <https://olvr.votewa.gov> or by mail received up to 8 days before Nov. 3.

# Writings by Cronos



## DICTIONARY BEDFELLOW

by Marcia S.

Did I tell you that I have a secret habit? I sleep with a dictionary! Granted it is not warm and not cozy – nor can it cuddle close like a sleepy husband. However, for me, who reads in bed every night, a dictionary is a good friend to have close at hand. I love words. I collect words. I have a tiny blank book next to my bed into which I list words that I love: like veranda, hoo-ha, panache.

When I read a book, I become a word sleuth – searching for words that are new to me. To me they are treasures! I reach for my trusty bedfellow and look up the meaning of the unfamiliar word. I know, though that I will have to wait for daytime to get the historical derivation of the words when I can open my large, unabridged dictionary to discover its Greek or Latin or whatever beginnings.

I partially judge the value of books for their inclusion of unusual words. I marvel at the rich vocabulary of many authors. I long to be able to use less common, better descriptive words in my own attempts at writing. I'm wondering if sleeping with a dictionary can magically result in an increase in my vocabulary through a kind of nocturnal osmosis. No risk in trying!

## The Wind is My Friend

by Moreah V.



*(Written to help a 12 year old girl whose home was recently burned in a wildfire and who has become fearful when a strong wind blows.)*

When I see the wind, I like to hear the wind,  
It reminds me I'm free. I have not sinned.  
It bends down to say "Hello, I'm here now."  
I reach up to say "I want to hug, but how?"

It moves my body to a slow, sweet beat  
How can I possibly not move my feet?  
When it is pushed to show more power,  
I choose to leave and come back in an hour.

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## ZOOMING CRONES

We are proud of Crones who have adapted to the virus restrictions by holding meetings on zoom or outdoors. So far we have:

*Groups that meet on zoom:*

Current Affairs Group

Writing Group

Book Club

West Seattle/Burien Conversation Group

The Recruitment Committee had a meeting in a park on a beautiful Sept. day but is now meeting on zoom.

And the Board continues to hold their monthly meetings on zoom.

*Groups that meet in person:*

An Edmonds Walking Group walks on Tuesday at 11:00 and then goes to City Park in Edmonds for lunch (sitting 6 ft. apart)

The Green Lake Walking Group is meeting at 11:00 on Tues. near the wading pool across from the Urban Bakery and then goes for coffee

Movie Discussion met in a garden. When the weather turns bad, they will meet inside with a door or window open.

**If you want more info about groups, go to the website Groups page and email our Groups Coordinator. And, as always, any member can start a new group.**

**Monthly Meetings on Zoom open to all members and guests:**

Saturday, Oct. 17, 1:00

Saturday, Nov. 14 Program, 1:00

“Elder Health Choices in Our Older Years”

with Amanda Ray, RN, NP

Saturday, Dec. 19 Membership Meeting and Celebrate Holiday

Memories 1:00

Saturday, Jan. 16, 2021 1:00

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## BENEFITS OF NATURE

Even though we're headed toward rainy months and colder weather, there will still be options for getting in touch with the out-of-doors. We can eat lunch on the porch, take a walk with a phone partner, go to the arboretum, or even spend some time looking out the window at a natural scene. Sounds strange? Read below.

*In a newspaper column, Dr. Lauren Gresham, naturopath, wrote about research on how contacts with nature can boost our immune and other health systems:*

many forest plants give off chemicals associated with reducing blood pressure, decreasing the "stress" nervous system, and boosting immune activity

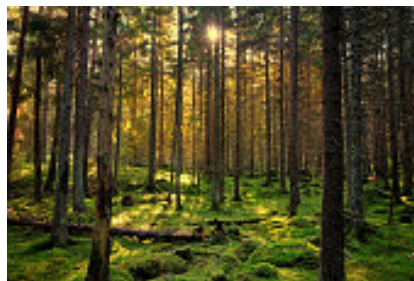
green spaces have more microbial diversity which may boost immune function

a view of nature tends to help hospital patients heal faster

listening to sounds of nature can produce relaxation

time in nature increases certain hormones (DHEA and adiponectin) which can be heart-protective and increase certain immune cells that protect against cancer and viral infections

there is an association with time in nature and less elevated blood glucose



**Connection Staff:** Sonja L., Moreah V.

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