



usOWLs

Michele Jackman Enterprises & Adventures
Optimism, Wisdom, Laughter

Parliament

Recap: January 20, 2021

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Zoom Meeting Notes January 20,2021

At this latest ZOOM session on January 20th we inaugurated our new plan for making our site(s) more interactive and relevant to members of our OWL network. As a conversation on ZOOM we covered lots of areas beginning with a quote by the late philosopher, C.S Lewis, on JOY - "*You can't go back and change the beginning, but you can start over and change the ending.*"

Our theme this Year is "starting over" New Year Happiness 2021

Our question: What are we doing to change the ending?

Answers: We are getting a more Creative. Adaptive, Healthier outlook with all the changes we have been facing. We have rediscovered reading, writing, and better ways to invest time and money. One person has taken up making watercolor cards and we could actually see them. Others are focused on getting well, staying well. We had a person recovering from two bouts or relapses of COVID—and all the things we need to learn post-infection like resting, relaxing, spending more time reflecting and resting up, often a radical change is a usual fast- paced existence.

Most important we shared warnings of new *threats including boredom*, and the rising crimes directed against all ages: car thefts, even pet thefts (as bred dogs are costly), encounters with desperate people. It is important to stay alert and safe. Basically, we all agree not to respond to any scary or threatening phone messages aimed to hook your intelligence.

At this time, face to face encounters are more important than ever—and ZOOM while not a preferred or perfect way is way to keep us connected *in real time*.

As a facilitator, I will continue to share wit and wisdom, as needed. We will also invite others for "coffee or tea" when interests involve some expertise. If you want to join our "parliament of owls", simply sign up.

We know your time is limited. Give us some feedback about what days and the time of the day you are most likely to come to a Parliament Zoom Meeting. You will also have a chance to let us know what interests you. [Take this quick survey!](#)

Future usOWLs

Topic: What's Coming

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New Enterprises and Adventures Coming...

We kicked off 2021 with a reorganization of mission and purpose to *stay on the lookout for you* after a first year of changes in life style like boredom, pandemic fears, isolation, financial setbacks, health challenges, various other crises we needed to address with more optimism.

We merged our two sites into one usOWLs.com integrated with mjackman.com to create a "one-stop" option for acquisition of new knowledge and skill, or connection with others concerning interests and skills after retiring and repositioning ourselves for better life balance and longevity.

Our original elevator speech, reflecting the ups and downs of chronological enhancement was: "Older, Wiser, and Laughing All the Way"—our website contains hundreds of links that facilitate getting what we need as we age.

However, A few years ago—we learned the word "older" perpetuated the stereotype of numeric prejudice—even *senior* became controversial, *elderly* was really out!

We replaced *older* with the actual critical skill of an OWL as we viewed it:

OPTIMISM, expanding WISDOM with a LAUGH of celebration. The tagline lead to the goal: sustaining more "works" with great attitude, healthy moods, and best approaches . Paraphrasing Drs. Small and Martin Seligman, **our formula for Optimal Life** equals conquering our inner critic and judge (not too late) keeping friends, making new ones as you lose some, letting go of grudges, and things out of your control, disrupting negative thinking that leads to giving up, giving in, and enjoying life more. Just being the best at doing our best and keeping it exciting or fun.

To accomplish our passion and goals we have altered several things: We still want to counter *ageism* with proof that this is wrong-headed thinking. In our reorganized plan for this site we have three core areas:

- **Continue the [Star Team Institute](#) and Certificate programs** for Work and Life coaching of Leaders at all levels. Promote workforce development with innovative tools and positive approaches. We will continue to build and offer new online programs and adding tools to use. **Our desired result:** Workforce Health and Development for all-age segments and levels in core skill areas.
- **Offer solutions and fun.** At the [OWLWorks](#) we have several things to share already manufactured and published archives. Soon we will add short inspiring lectures, publications, videos to share, archives of our newsletters and updates after our Zoom meetings.
- **Invite our followers to join in informative conversations at the [OWL Café](#).** Now there is an opportunity to connect face to face using ZOOM to take a break from life pressures and share our approaches to changes.

In this next decade we hope to continue our motto: usOWLs - Optimistic, Wiser, with Laughter and lifelong learning leading the way. [Refresh your free membership](#) and let us know your interest areas now, or what could share with us at the Café'.

My personal motto did not change: *Making life simpler to enjoy, and in the face of difficulties more fun than it is supposed to be.* An appropriate sense of humor through optimism boosts both our morale and sustains health while providing solutions to crises, setbacks, losses, isolation, and many other personal woes that can be frustrating and lead to "frenzy", not good at any age. A laugh begins with an "AHA" mental message as we have said in the past newsletter and that promotes immunity from lots of real dangers and difficult moments.

See you at next ZOOM event February 17th, time to be announced.

Join by emailing your interest in the parliament.

Michele

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