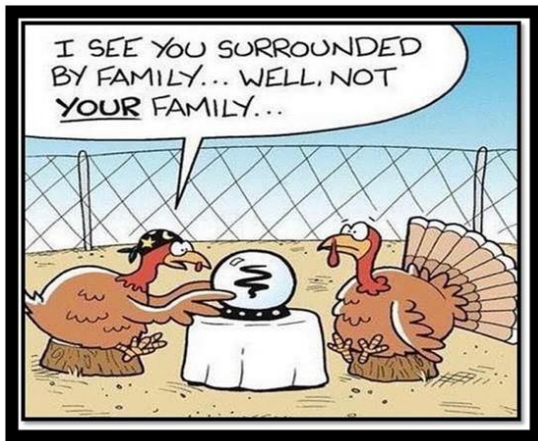


OWL Café

Optimism,
Wisdom,
and **L**aughter

usOWLs.com

Project of [Michele Jackman Enterprises and Adventures](#)



The café is open to share inspiring stories, catch a healthy laugh, or experience an insight that helps you cope with things not going so well.

Brain Charging Humor?
50s Style Funny

Click the comic to enjoy the PowerPoint



ENJOY HEALTHY “NEW WORLD” FOODS!

As I approach my 75th Thanksgiving, there is physical evidence of wonderful tastes of buttery potatoes, great juicy turkey, cranberries, and lots of stories shared with laughing. Yes, there were carb-fed arguments of facts about our past, and now added to the menu—antacids. But it is worth any risk!

If you know OWLS who are alone, invite or join them before or after—suggest a group get-together of friends—to eat, drink and be merry. *Being alone and denying the importance of this day for our own harvest after the year’s struggles or losses does not restore much needed good memories or the taste buds for longevity.*

We know Native Americans (Nations) also had and have a rich and prior tradition of feasting and merrymaking after difficult encounters with nature, and human nature. So why not simply be *thankful for one day?* – and experience *a state of joy and faith that feed us all forward* with hope for greater harvests, good works, and better days and better ways.

This feasting day is a *celebration of life* (before our demise please) and the harvest of our positive thinking and efforts still kicking, being vigilant, and protective of all, while smiling with our own emotional fortitude!

Love History.com concerning Thanksgiving and ancient origins:

Defined as, “an annual celebration of the feast and harvest”. A catalog of ancient worldwide history, “a category of festivals that spans cultures, continents, and even millennia.” George Washington, Lincoln, and Roosevelt understood its value in bringing us to the table literally in America as a moment of national inclusion and reaffirmation, **a personal redefinition of some common values: Family, friends, feast, fun!**

Since Roosevelt, and with all its controversy accepted, American Presidents honor the symbolic sacred tradition of pardoning a Turkey, and prayers for forgiveness and pardon for our indulgence. **Thank God for humor!**

We are OWLS thankful to still be kicking with more to do to love our neighbors and prevent other annoyances and evils. And, very thankful we don’t choose to eat OWLS to achieve Wisdom!

At Thanksgiving, and the whole season of gifts we share coming, we **celebrate** the diversity of foods and lifestyles in our families or with friends, acceptance of remote existence and less contact, a time for loving moments where we can just re-engage, rest, eat, reminisce and settle for some fun, treats and laughs.



ON THE DARKER SIDE (*pun intended*)

This year, I also pray THEY do not turn the power off, so my Turkey is unfit to eat at less than 175 degrees or more. Throughout the millennia, this feasting was also about ending power struggles—today that is *literal today* as we fight real fires with questionable thinking concerning our energy dependence.

LOSS OF PERSONAL POWER

**ANYONE ELSE HATE THOSE . . . DO NOT REPLY
. . . UPSETTING WARNINGS OR MESSAGES?**

What WOULD be your reply if you have electric garage doors, wheelchairs, or any appliances you need to live? Even the snail mail warning at the LAST minute is like a threat and totally absurd. "*Your power will be out several hours—or several days—Be prepared. Really? "And we don't know when.Depends on the wind!"*

Not to worry, it will save you from fire and devastation—not if you are a seriously *energy dependent senior or have only part-time assistance*. As OWLs, let's help find these neighbors, offer help and prepare them. GIVE A HOOT! Pass on the message of *intelligent risk management and survival wherever you can reach them*.

REMEMBERING THE CAMP FIRE OF 11/8/2018 AND ALL THOSE LOSSES OF LIFE AND PROPERTY. Of course, we want to save lives and homes given those areas with overhead power in the wrong areas, and with poorly maintained lines due to under-staffing, unrealistic or underfunded expectations. I guess we were *not thinking* about human population growth, more isolation, heavier traffic (preventing real escape), not seeing extremely poor planning putting excess housing and traffic in vulnerable areas where there is a rare chance of escape (Ironic, *Paradise California 2018*).

LIFE IS CAMPING OUT AGAIN? Got a personal generator? How many watts will you really need? How long will it last, and how dangerous is it to store lots of gasoline in the garage or near your house? Even solar energy systems need energy. Oh my. Do you know how to use these in emergencies?

OTHER OPTIONS: Before the dawning of electricity, what did we do? Time to remember:

1. **FRIENDS:** Seal everything up and evacuate yourself with an adventure somewhere else, or a visit with friends. Share your food to be ruined anyway. Know where shelters are for you and pets.
2. **FACE TO FACE COMMUNICATIONS:** Definitely have a *real time* communication plan and resource people on call depending on what you will need.
3. **REMEMBER TO KEEP ALL EXPERIENCES POSITIVE** as you can seeing them as an example of "emotional fortitude," calm, and adaptive living—all healthier approaches.
4. **REMEMBER TO PROTEST IN PERSON** and appropriately with your own ideas with elected officials, if possible.
5. **REMEMBER: YOU CAN BOIL AND COOK THINGS IN FOIL WITH A CAR BATTERY.** I have even cooked on my gas fireplace in past outages that lasted for days and kept my refrigerator scarce in seasons.
6. **REMEMBER CAR/MOBILITY LIMITATIONS:** DO deal with the garage door now, wheelchairs and have help around you on call. There are DEVICES which override the loss of electricity. Also keep enough gas in the car to escape.
7. **Remember: Have both warm and cool clothes,** blankets "on call" if your heater is electric.
8. **BEWARE** of closed up rooms and candles— remember to get LED lights and batteries to support them. Put out solar lamps and collect energy.

9. **ASK YOURSELF WHAT WOULD A REAL OWL DO?** *Stay vigilant, focused and keep listening for updates locally and for best ways to get them.*



OWL VIGILANCE: DOES ANYONE RECALL FIRE SAFETY TRAINING IN THE 1950'S?

When I was in 5th grade we had a contest for **FIRE SAFETY BADGES**. My father freaked out when he learned I found the most violations and received the coveted school Gold badge instead of Silver one for 10 or less discoveries. It was an old house.

As an Italian/American citizen and immigrant, he was sure he would be deported for my fame and vigilance. I got a really cool solid badge looking like the real thing. That badge was my earliest treasure setting the stage for my obsession for safety with the *perceptions* of an OWL. In my career, OSHA/Safety people loved me. Most of the infractions I found as a business consultant had to do with health issues as well—with rooms too cold or hot, poor maintenance or hygiene in general.

WINTERIZE YOUR THINKING AND YOUR HOME THIS MONTH. Invest time for home repairs, making sure all cords are okay. Think draft prevention to save on heating, skylights tested to protect from heavy rain. Ways to ensure fresh air without freezing, or leftover ashes, dust, or molds to breath. Check outside filters on heaters for leftover summer pollution.

EARN YOUR BADGE!



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