

October 2020

# OWL Café

Optimism,  
Wisdom,  
and Laughter

*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.



## Theme: German Traditional OKtoberfest – Put COVID Aside

**What's Your Favorite Beer Experience? Prosit!** (means Cheer yourself ON) **This issue examines celebrations, history, and the emerging dangers in technology.**

Having lived in Germany almost 5 years, I enjoyed their traditions a lot against a gray backdrop. OKtoberfest had been a sacred and organized community celebration before the 16<sup>th</sup> Century. Most of the world celebrates *Oktoberfest* in some manner as the seasons shift, symbolic of a harvest time-out, and leaving challenges of the year-to-date behind until the next struggles and tests of a new season.

The Official Oktoberfest has not been cancelled in Germany since 1949! There are millions of people who will still celebrate their own version of Oktoberfest all over the world. Germany will offer online events. and many adaptations in

early October with virtual activities displaying online crafts, theater, cooking, and other costumed musical events. One can actually attend these without traveling, parking, mobs.



## BET YOU DID NOT KNOW...

### A sip of real History to add to your mental database of Wisdom

Based on diaries from the Mayflower voyage, maybe Plymouth Rock was really chosen because they were **Out Of Beer**. Wrote one Pilgrim: *"We could not...take time to further search...our victuals being much spent, especially our beer."* Beer offered calories and hope.

**We know brewing was also used by Native Americans** crafted from maize or corn, birch sap, and water for centuries. It may have been the beer that brought us together, not the Turkey! We also know one of the first enterprises to be set across the colonies were the *breweries*. (hundreds by 19<sup>th</sup> Century) Read more at [absolutebeer.com](http://absolutebeer.com). According to this online site—our founding fathers known for their wisdom, vision, and courage ALL were lovers of their beer. Even George Washington had a small brewery on his property. At the end of his life Jefferson, took up brewing. George Washington proclaimed that every soldier would receive a quart of beer with his daily rations, a priority of supply he checked on. No wonder they did not desert, and why we have a country? His own recipe is on display at a New York museum and includes the secret ingredient: molasses. **This website suggests the Tea party may have also been a Beer party to boycott English supplies of beer as well. But I cannot imagine men dumping it!**

**Warning to OWLS:** Beer's nutritional value includes its association with a "Beer Belly" caused by its calories (100+), excess over 17oz in a sitting, and the *phytoestrogens released (female hormones)* with excess use according to [Healthline.com](http://Healthline.com).

**BEER can be a metaphor for life. Don't remain bottled up!  
Time for a Celebration of our survival to date. Bottoms up!**



**Our Oktoberfest! Come and Zoom with us.  
The Next Zoom session at the CAFÉ  
is coming up October 21<sup>st</sup> at 10:00AM.**

**We ask people to sign up each time, and we treat these sessions as “cup of Joe” or a moment of shared wisdom and humor. If you would like to join in October, our café is a convening of what others are doing and how. Here’s how to join in:**



**Next event:  
Third Wednesday, October 21 @ 10 AM**

**Reservations:**  
Make sure to request an invitation.  
Email your name to **Lou** at [lou.thompson@sbcglobal.net](mailto:lou.thompson@sbcglobal.net).  
You will get your reservation Monday, October 19 in your inbox.



**Join us as we discuss our own current life’s BREW---What’s fermenting for you now?** You can send your answers as email, as well.

**Last month a few of us met online to discuss the Question: *What I would rather be doing now?*** Answers were varied because we have people still working, some sensing no real change except in travel and routines, and all doing important things to keep on doing. The positives are clear—more

concern about family, friends, and more time to reflect on what is not just urgent but important in life now and doing something about it.

**What will your 2020 harvesting be about with three months to go? What's bottled up needing release!**

**IF YOU MISSED THE SEPTEMBER ZOOM MEETING...**

**Discussion of how we are keeping up on attitudes and skills** (learning, reading ,practicing staying current) **for the time when we can create a "normal routine" again, plus...**

**What would you rather be doing? Why aren't we doing this?**

- I would rather be in my garden planting new growth and enjoying it
- I would rather be with my grandchildren and not kept apart from older and young people I love
- I am still working and wish I could retire to other things now
- I would rather be working on project with others at work that we had to put off.
- I would rather not be on technology so much, and not have my kids so addicted.
- *I would rather be traveling to exotic places on my bucket list.*

**You get the idea. Seems we are just getting sick and "tired of being sick and tired and fearing being sick," which could make us sick!** For some OWLs nothing has really changed except for rituals and outings they miss and reduced and important social contacts with others. We have to focus on benefits of these changes, not just derailment of our lives.

**Let yourself be silently drawn  
By the strange pull  
Of what you really live!  
It will not lead you astray**

RUMI 13<sup>th</sup> Century Persian Poet born 1207





## ELECTION TIME AGAIN:

**Vote for Your Place in Society:** Here we go again with a number that supports age stereotypes and not actual health. Early COVID research determined that **over 65 years of age was the highest risk demographic** and asked us OWLS to quarantine (forever?). Worldwide this belief has reignited the *ageism* that we have been fighting the last 10 years. Best to keep us in "lockdown" mode?

**We are still a critical 15% of the population with lots of wisdom to share, positive attitudes, and warnings to give others as individuals with critical skills.** We are seeing our emerging opportunities for working alongside others from home online to participate in business and society as before. Many of my peers still say, "what's the use?" **Voting is part of longevity planning work to protect our optimism from cynicism, our wisdom from pressure, and to ensure the individual freedom we aspire to preserve.**

**Old civics class rule - Be vigilant: *"Don't believe what you read in a newspaper, only half of what you hear without checking, and believe only what you actually find, experience and feel."*** A real psychological danger these days is the principle that we let beliefs of others construct facts for us, not the other way around. Do your research, use due diligence. It still counts!

**Stay on the lookout with us and do vote!**





## ATTENTION: Technology Unmasked!

### YOUR HALLOWEEN MASK 2020 THIS OCTOBER? CYBER WARRIOR OWL

#### **If Beer is the treat, what are the tricks used against us to avoid?**

There are new Technology nightmares for us leading to scans, cyber-attacks, and loss of privacy. Please watch Sundance Video: **Social Dilemma** on Netflix, especially if you have grandkids. It is free. Tell parents to watch this documentary. It will answer lots of questions and keep you wiser as a target of potential cyber-attacks. We are the target and one has to be their own **cyber warrior** these days. **You must also reclaim your choices regarding privacy, and you can.** Do not allow location, cookies, and other enticements that promise they will not be shared. The excuse later is it was hacked data? Don't fall for articles you wish to read that make you subscribe to the whole newspaper and the ads as that will also be shared with other advertisers. Free means they get to use your profile in their system. **The strategy is called "data mining" and we are the gold, not a customer.**

Oh well, Salut, Prosit (to your health), Cheers! We made it to October! Next Month – our "thankfulness" explored with holiday adaptations and creative choices.



#### **usOWLs and OWLWorks**

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