

September 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.



## 2020 Ain't Over Yet! Still Ways to Connect

**We believe our first Café on ZOOM connection with actual conversations with our readers was a huge success!**

I recall as a little girl making a TV set with a cardboard box, cutting a frame, and putting my face into the front of friends taking turn at fame, talking though that box screen—Hello ZOOM, many decades later. Early sci-fi? When I lived and worked in Europe in the 1970's, the Café life was especially important as a long break from work stress and was welcome in a long day of bureaucratic hassles, and endless meetings. Café and Kuchen (pastry) are still a tradition to cover our dreams, our schemes, and how to better our lives.



**Next event:**  
**Third Wednesday, September 16 @ 10 AM**

**Themes:**

- *Can I have my cake and eat it too?*
- *Healthier life practices in a "temporary" new normal.*
- *Medical Warning: Preventing Screen Time addiction and health effects—overdosing on tech demands.*

**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, September 14 in your inbox.



**AUGUST 19, 2020 "PARLIAMENT"**  
**ZOOM NOTES AS PROMISED**

In our first ZOOM meeting we were concerned with how we were all doing adapting to changes or working from home. After the ZOOM conversation, people even had answers to their questions sent to them.

We referred to our ZOOM group of OWLs as ***parliament*** like a group of owls in the wild. In our meeting and in this issue: We focused on two relevant questions:

- **Hello! How are each of us doing?** What are we doing to remain optimistic, healthy, and vigilant?
- **Feeling unsettled? How are you offsetting those concerns and worries?** How have we created positive, often exhilarating new options to resume healthy outlets?

**Q#1: HOW ARE WE DOING?**

The answer to the first question has divided us into various groupings: working at home, part-time, and full time ZOOM days. Most working at home, do not miss the commute, cost, stress around others. Others are overwhelmed exhausted by ZOOM meetings where they work, or on Non-profit Boards or no longer volunteer. In my own case, after 4 decades of working at home—I always knew I was working FROM home with clients. Too much home now!

***"The problem with doing nothing is that you never know when you are finished."***  
**Ben Franklin.**



#### **Q#2: WHAT'S UNSETTLING?**

Here is what we have learned from meetings and our ZOOM Café meeting. For some, life has not changed much with minor inconveniences and changes to routine life, others are disoriented with isolation, lack of schedules, and inability to engage in pre-COVID soul feeding activities.

**At first,** our wish SEEMED granted for “more time” at home, time to reorganize, redesign, finish projects, try new approaches in our work-life like ZOOM.

**Six months later,** what was just *challenging* (as we stocked our pantries) has become more *unsettling* as it is harder to predict the future, set simple goals and plan events with families and friends.

### **Here are the top 10 unsettling things in the chaotic world:**

- **Too much time on our hands** and difficulty focusing on what day, how time is passing, and knowing the schedule one has.
- **Not being able to go shop easily,** longer time in lines and shopping, only having online shopping for major items.
- **Fewer positive interactions with others**—unfriendly, less helpful people fearful of contacting us. Are we lepers now?
- **Less stimulation.** The feeling of “doing nothing” important or maybe even liking it, with calming but mind killing excessive screen time on TV.

- **Too many meals and snacks and a creeping weight gain.** I am in shape now! (Round!)
- **The lack of answers to a host of really important health questions,** less health care accessibility, delayed care.
- **Financial uncertainty over time** if still needing to work and new “ageism.”
- **School issues and the inability to see grandkids or stay connected** with family in the usual way. Avoidance of interactions without our consent.
- **Not being able to attend** soul feeding events or regular places: memorials, church, salons, restaurants, coffee shops.
- **Not enough fun times, laughing with friends in our homes, at parties, and in essential social interactions that are soul feeding, spirit boosting moments.**



## HOPE DIES LAST... A HISTORIC THEME OVER THE MILLENNIA...

**My favorite Greek Myth still guides me every day. The theme is preserving HOPE and taking only hopeful courses of action in the face of “unsettling” moments in life or energy draining worries with new tools.**

**As the myth goes, Pandora let both all the evil and good things of the world loose despite the warning by her husband and Zeus. But left at the bottom was HOPE and the message was, never give up... HOPE dies last...**

Hopeful action overtakes the *unsettling thinking* disrupting how we can adapt. It actually can lead to creative **exhilarating** moments of even better ways to do things—and more joyous living.

## OUR OWL OPTIMAL MOMENTS

- **Availability of online events:** concerts, plays, and programs with even a better chance to engage with discussions, with no driving and parking needed. Check out **Aerial America** series on demand and travel the country.
- **Having more time:** to finish projects, write, pursue genealogy, and finally time to sit and read books, articles piled and waiting!
- **Doing different outside exercises**—walking, bicycle riding with power bikes, gardening, wood crafting, and other creative endeavors that boost feeling of doing something meaningful. Dancing online, singing online with a group.
- **Reorganizing of life, decluttering expeditions** around our house and storage areas—what are we storing and why? Giving away stuff—leaving it out and watching it disappear.
- **International engagement: Society of Fearless Grandmas** in support of climate change actions.
- **Making masks for others** with incredible creativity.
- **Creating ZOOM dancing programs**, fun and games, and interactions of how we are coping, learning from others, seeing new ways to do things.
- **“Get-togethers” for more joyous moments**—laughing, sharing poetry—one woman started a small group of 5 called “Poetry and pudding” with ladies sitting 6 feet or more in a healing circle-of inspiration and laughter.
- **Cooking new foods and easier meals;** sharing more fun moments with family, partners, and not getting annoyed with one another as ageist cartoons suggest in jest! And...
- **Virtual cocktail parties online, or real ones** on driveways outside home, or in a park area with open space and real toasting—masked and safe!



## SO WHAT?

We are OPTIMALS doing our best with hindsight, insight, and a deliberate mindsight about things in present, countering all stereotypes about our ability to adapt. It doesn't matter what day it is as long as we get more new ones and another shot at using our energy and gifts.



**DON'T FORGET TO SIGN UP FOR NEXT MONTH  
ON ZOOM – September 16th, 10 AM.**  
**Send any questions you would like us to address  
by September 13th.**



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Projects of Michele Jackman Enterprises & Adventures

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