

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.



SURVIVING UNANNOUNCED POWER OUTAGES: REAL AND PERSONAL

In this issue:

- Learn about potential plans for planned "Outages" in your area and what to do about them
 - Are we LOSING our personal power, as well?
 - Change its Name!!! NO more "widow" label. Create new personal power surges in community!
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OWLS on the LOOKOUT!

There are actual planned power outages and rationing that will impact OWLs. Outages can stereotype us and take away our actual power and personal POWER as we are “outed” in society as a class. This can mean destructive surges for your equipment and appliances. We need to promote our inner “power” to sustain independence and remain safe when it comes to paying for actual power. Solar power takes time to payoff, but there are solar/battery operated products and generators that can keep you safe, with lighting options to prevent fall risks. There are several solutions which can provide ongoing power. We need to reduce our energy dependence, and you research for yourself and find new choices. [Ready.gov](https://www.ready.gov) is your best source with geographic information about planned outages and what you can do in your area to remain informed. We do face special risks given meds in the refrigerator and medical devices needed in current treatments. Lighting is critical to mobility.

The key question: Can you or your parents provide needed electricity to run devices critical to their survival?

The good news: [Here is what energy companies are doing with greater vigilance.](#)

COST SAVINGS AND LIFE SAVINGS:

As OWLs, we are also on the other “power grid” with attempts to control our lives—jobs, finances, driving capabilities, as well as electricity use, gas, and water in the wake of nationwide disasters and more demand. There are more and more controls and costs added each year to our communication use, health, and transportation uses. Fortunately, there are solutions for all these potential *personal power losses*.

KEEP YOUR PLACE ON THE GRID: Stay Informed

People are actually using and depending on more appliances and plug-in health devices. *It is essential to be prepared for all kinds of outages with alternative sources, generators, both solar and battery run, and to equip yourself with lighting options so you prevent falls and accidents .*

Also, keeping too much food in your refrigerator without extra cooler options will result in losing most of your food. We have included the [Ready.gov](https://www.ready.gov) site for getting the best advice in your locale. It only takes 4 hours (with the door shut) to lose food quality and safety. So, start eating, get dry ice, or use a cooler right away. According to the CDC your freezer will last 2

days with crystals still protecting some frozen items. But this only if you don't open the doors. Dry ice actually burns Carbon if you are worried about global trends.

**Used to use it when I was a kid
to keep ice cream cold in my Uncle Frank's ice cream shop.
Was really magical stuff, but dangerous to the touch.**

Can be placed in fridge, freezer, and coolers for food or medicine items you need. One has to maintain below 40 degrees to be safe. **Check locally to find dry ice if there is an emergency lasting days.**

Also, found an Eastern climate website with videos you can watch on options in winter: TheProvidentPrepper.com.

First step: Go to ready.gov/power-outages for all kinds of survival training. And find more for information, steps to take and options so you can survive outages, overloads, and heatwaves or cold snaps with various safe products as well.



LOSING ONE'S SENSE OF PERSONAL POWER IS EVEN WORSE

There is a clear correlation to depression, isolation, withdrawing from society as a source of dementia. As our country ages and there is more stereotyping by younger people, we have to restore and regain powers to choose, decide, and resist inappropriate attempts to control us. Recall we have the wisdom, but it's being discounted these days. Costly mistakes are made that we as group understood as consequences of too hasty action.

Personal Power losses includes inability to find a part-time job to supplement Social Security poverty, and general **discounting of our wisdom, experience, and important role in society as its memory** of "good things," not just past transgressions and judgments made over five generations ago by very different America. We have been a diverse society seeking ideal solutions to human problems for over 200 years with much progress and resulting prosperity. We OWLS can contribute even more now.

Claim your "power" as a community member, and keep on offering solutions, maybe with a multi-generational voice. Feel more powerful and you will be more powerful.

Counter any losses with my Weekly action plan designed originally for housewives: [The Seven Day action plan](#), from my seminar on "Transitions."



NO MORE WIDOWS! SOLO SISTERS UNITE!

A few facts first:

There are 249 million widows globally, and one million American widows and growing, according to a special issue of National Geographic, February 2017, with thanks to the Editor and Chief who devoted attention to the worldwide treatment of widows. In some countries, even in the USA, widows lose possessions, their land and even children are taken away - all legal actions.

The term *widow* characterizes women who lose their partners as “black widows” probably because women who lost spouses were forced to wear all black, who maybe took up weaving—they certainly did not eat their lovers!

The SOLUTION came to me a couple of years ago and I have been sharing it one-to-one with Widow friends, and will keep it going until it is acknowledged. It applies to men, as well. Widowers—a situation caused by women, with different outcomes. But the label and stigma leads to a *dating opportunity* for men. Not the same for women in their dealings with IRS, banks, and other entities to protect their assets.

THE POWER SOLUTION: If you are a Solo, start a **SOLO SISTERS or Others group** (*divorcees have similar issues*) and network to offset all that depressing therapy that is offered with hollow messages, and delays of healing. Solo Sisters/Brothers meet and travel, while keeping their memories alive. Solo Sisters seek new involvements in society to feed good memories not lose them! My sisters were great Solo Sisters, active to the end of life with real *web-sites*, and *playing a role in society to the very end*.

If you live SOLO... Maybe an iWatch is a better solution to prevent the negative outcomes of fall risk these days. Worn all the time and attractive with designer band options, it looks like jewelry rather than a device. Connects with all Apple computer devices: cell phones, ipad, etc. Gives you the option of alerting and calling on a friend before 911 is needed. Saves you

embarrassment and a trip to the ER. Over time, it works inside or outside the home at less expense than an alert-only bracelet and is water resistant.

Next Month: *More on this next month. With actual stories of how Solo Sisters are getting away from this label in the cruelty that is identity politics.*



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