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August 2013

Forward this e-newsletter to three of your friends.

usOWLs.com LookOut

Michele's Decade Candles!

Just for the record, I RETIRE every night, slip into a recharge mode, and AWAKE with a smile on my face knowing that I made it to another day to correct the dumb stuff I am doing in my life. I also rise to what I will face that day which is totally unpredictable. Last week, both headlights went out costing \$195 to replace. The bulbs were ONLY \$38 dollars each.

Determined not to take the bait, act out, and risk a stroke, I said instead "Whoopee! Glad I was home when it happened." Having rationalized, I considered getting an abandoned horse and using a helmet with LED lights to guide my path through traffic. **IT IS MY fault** that I drive a high-end luxury hybrid! What I save on gas keeps dealers employing people who are certified to change a light bulb. **As an OWL, one has to focus on bigger pictures in life with thicker lenses.**



This is a birthday news update for me ending a decade with a final shot. I am examining both my fears and anticipation, in conflict with a next new decade. I am trying to decide if I should just **FADE AWAY** like a watercolor painting in too much light, minister to dying plantings in my garden, or spend my days shredding? **BUT, I could also FADE IN** like a movie cue, keep on moving toward new adventures, and yes, **FOCUS-focus on usOWLs and what we still need to do, can do, and can't imagine doing, but we really should DO now.** This focus should be an "all age" outreach as I am around hopeful toddlers, young people starving to see futures, and friends of all generations stuck in demographic thinking about their excuses: Being too old, too poor, and too proud, and really just too numb.

After this birthday I will spend less time whining about political lunacy, spend more on getting older folks to wise up about what their real challenges are going to be. **Final RANT:** For those who read my last news-amuse, you know my sister fell and broke her hip. Thank God she is finally on the mend and defying the immediate response: "Oh a broken hip is the beginning of the end!" Connie is using all the things **NO LONGER COVERED** by Medicare, even after being told they were. **Surprise!** What if she could not afford these things? She could be homebound, and at risk for another fall which would cost lots more. They do pay for professionals to visit her several times to tell her to buy equipment half the price of a car when she was born?

BUT, I digress. As I enter my last year of the 7th decade, I really intend to launch my own work with **OWLWorks** so we can collaborate on **all age wisdom and action.**

When I blow out my candles in a few days, using decade's candles to prevent forest fires, I will be making a real wish. I will give you a hint without giving it away. Each and every day, I will be on the lookout for seniors needing a call, a ride, some fun with young children, or a chance to BMW (Bitch Moan, WHINE!) Notice I added a letter. **Yes, three kind acts a day will help me with all those other generations as I still work, learn, and become older, wiser, and laughing most of the way!**

Stay Well and on-tap with us.

Michele Jackman MSW, MA - Chief Executive Officer and Marketing Director - usOWLs



The usOWL Minute



While we were researching for this month's newsletter, we came across a very interesting website.

But first, travel can be very stressful and there is good reason for this. Christopher Elliott was a writer for Frommer's, a well-respected travel book series and website. In his last article as a staff writer, Elliott talks about the phenomenon of being [a jerk while traveling](#). Just a warning: Those who fly first class may be insulted . . . but keep reading.

Elliott left Frommer's in order to put more time into his own advocacy business. Founded in 1997 by consumer advocate and journalist Christopher Elliott, its goal is to empower consumers to solve their service problems and to help those who can't. Have you wanted to write a letter to a company CEO after receiving lousy service? [Elliott.org](#) includes an extensive listing of company contacts so you can do just that.

usOWLS Wants You to Compare

We, at **usOWLS**, think it is important to vacation - if it's just for a day at home, doing something different, or going on a longer trip. You need to do something out of the ordinary so you can enjoy everyday life when you return.

Deciding where to go on vacation is relatively easy, so is the decision on a location and a budget. The hardest part of vacation planning involves how to get there, where to stay, and how to book tickets and hotels. You can decide to go through your travel agent, leaving the arrangements to others, but if you decide to have a "do it yourself" vacation you are confronted with a myriad of websites dedicated to satisfying every vacation need. The question is: **How to choose which ones are right for you?**



The first step in your quest for the perfect vacation is to ask colleagues and friends for recommendations. Next, you can search online for specific companies such as cruise lines, airlines, and hotels. You can also search for "vacation deals," "cheap airline fares," etc. with results like travelocity.com, expedia.com, priceline.com, etc. Check out the [Top Travel Sites](#) by comparison. *

It's sometimes a chore to compare sites, but in the end you should be satisfied with the results. Comparing budget travel sites with individual sites for hotel, cruises, airlines and car rentals often will bring you more savings. Specific sites often include information about additional products, services, and activities to complete your vacation.

So, go ahead and plan your vacation from the comfort of your computer. **"Bon Voyage!"**

***usOWLS** does not endorse any company and/or website for travel.

Patricia Brem, MBA, MA - Chief Operations Officer – **usOWLS**

Journeys & Adventure

"Adventure is something you have never done before and need to." Whether out in the world or home bound, you can escape routine by exploring a course taken online, an armchair adventure, an online tour through a museum, and all the adventures children create with innocence and wonder at what they discover . . . Michele Jackman

[usOWLS.com](#) has a good selection of links to websites dedicated to your travel and vacation planning. You can also find up-to-the-minute news about travel on the [RSS newsfeed page](#).

Although not really considered vacation or travel, **usOWLS** wants you to know about retreats as a way to "get away and regroup." Retreats are often thought of as a business activity, but they can give individuals and small selective groups opportunities to relax, meditate, learn, and regenerate. There are [a few links here](#) to get you started.

Lou Thompson - Director of Creative Technology - usOWLS

Coming in September

WORK@Home

Working from your home or working on your home . . . we have some ideas for you!



usOWLS.com is looking out for you . . . spiritually, mentally, and physically . . . with tips for living, working, retiring, and traveling. We hope you'll join us on the ride!

Sincerely,

Michele Jackman
Chief Executive Officer and Marketing Director

Patricia Brem
Chief Operations Officer

Lou Thompson
Director of Creative Technology

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