

January 2019

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.



HAPPY NEW YEAR TO ALL AGE OWLS

**PLAN FOR A NEW YEAR'S "EVOLUTION" in 2019 – THIS
MEANS THREE EXPLORATIONS: FRUITION, PROGRESS,
ADVANCEMENTS**

ACKNOWLEDGE THE WOES, AS WELL— Prepare yourself with a "positive resilient attitude" toward more scams, robot calls, longer lines, more wait time on the phone, or dropped calls, more ransoms, distracting political insanity, lots of cyber-crime aimed at us OWLs because we are trusting and because we have both wealth and health at risk. Nothing to laugh about, but an "AHA" can make us more vigilant and wise. We need to share our wisdom and be aware "Identity politics" makes it worse for OWLs. We are continuously labeled and stereotyped as a category in decline, needing to stop working, driving, and living as we continue to do with success. Wrong. We are not in decline but "increase" in numbers, unique as constant contributors to a great society and a true majority of "all age" good people loving "opportunity" regardless of age.

But let's not become WOEBots!-- Fearful, depressed, giving up and in. The Mission of usOWLs is to support all efforts to sustain resilience, wealth, and inner "happiness". Now, in 2019, we simply need to evolve with glorious proof we are not just a number or an age to "anti-age," but a critical resource focused on what matters most in society, and still applying all our experience and talents where needed with good choices.

**Let's head into 2019 with certainty this year that it will be
"one of the best" we recall.**



**HARVEST: ARE YOU CELEBRATING
WHAT HAS COME TO FRUITION?**

Things to continue to harvest in your life! You retired! You are refreshed! Note the things on your bucket list met? Share those moments with an OWL outlook team.

Let's continue to become what you were "hoping to become" as a ripe and mature person with a focus what gives the most "bang for your bucks." Gain inner personal joy and leave behind any grief with better memories that produce a healing smile. Let's "evolve" rather than create more lists with unfair self-judgments.

In other words, keep giving yourself a "hoot" for retiring a debt, rethinking activities, or just moving away from some negativity in others and perceived impossibilities.



ARE YOU STILL GROWING WISE? YOU OWN GROWTH IN NEW MODELS OF AGING IS PROGRESS!

Bet you did not know that in 1776, our "founding fathers" were all in their 30's, early 40's. Many of the founders to follow them were men and women in their teens in 1776. However, Ben Franklin (an OWL) was 70 years old and one of two oldest advisors—initially resisting the movement for independence before he saw the potential for evolutionary thinking, and new models in governance - real freedom.

He is considered our first "American Humorist"—father of good, respectful, and inspirational humor that was the KEY, on the kite flown to spark new thinking. Our innovative collaboration as a country of seekers began its struggle using lots of wit and humor in the hardest moments and still must.

After 70, and for 14 more years, Franklin was the one of few supportive and sympathetic OWL-types doing amazing things unlike anything he had done before. This had been his style. He never stopped **evolving a personality of his own** intent on new interests, adventures, where he would use his wisdom, to seek fresh perspectives and projects. His financial legacy to the trades still funds many programs in Boston provided for in his will. **What progress did you make in 2018? Large or small, everything counts.**

JANUARY 17TH MARKS BEN FRANKLIN'S BIRTHDAY #313. I will begin to offer my humor workshop as a tribute presentation or workshop again. While discarding my clutter, I discovered my 1980's audio tape on Humor at the Workplace, celebrating Franklin's guidance as "Whoopie!" attitudes. When I update that tape, I will only be adding more examples illustrating the sustaining *power of humor and laughter* in the face of conflict, disaster. The cover of that tape was Ben Franklin flying his kite suggesting the literal key *to life force*- our intelligently deployed humor in tense moments with a "spark" of fresh energy. Franklin provided this continuously until the moment of death in 1790.

GROW AND EVOLVE: WHAT PROGRESS WILL YOU CONTINUE TO MAKE IN 2019?

Using Franklin's example, *Evolving* is not promising, but doing more of what we are already doing and taking right action on our own terms: 1) Continue eliminating bad or habits not helpful or healthful; 2) Taking on new roles in communities with people we love, 3) Changing ways of thinking or acting so we can *evolve* and *not lose* our sense of a humor. Put some new optimistic and positive spin into your daily script that reflect your intentions. Avoid taking some things too seriously at your own peril, thwarting your goals for the year. Franklin's positivity was his secret. He constantly evolved until his death in 1790. He was a constant "abolitionist" against any type of bondage—especially in thinking.



ADVANCEMENT: WHAT VALUES, ACTIONS, NEW PROJECTS WILL YOU ADVANCE?

So, lose that headwind holding you back from some "gutsy" risks and things impossible in your own mind. As one friend says, "remain scrappy," and as we said in 2018—sometimes OWLs have to be the "squeaky wheel" that creates the change!

These projects, prospects, and the so called "bucket list" are still available to you until the moment you

actually kick the bucket. **We ARE the mentors/learners/entrepreneurs of our own existence as elders.** Let's advance the healthy attitudes about continued GROWTH and self-esteem!

Einstein said: "***We should take care NOT to make our intellect our God...it has powerful muscle, but no personality.***" Thank God, we realize we can only control what we can influence with the unique *personality and faith* we choose to project on our world. Becoming chronologically enhanced, we had better think about what *personality* means for us now? Launch your genuine spirit with more humor and laughter attached. Just smile or laugh out loud when younger drivers cut you off! Think, "you missed!"

**Always bring your license and a sense of Humor as the best protection —
it's oxygen, especially if one is driving.**



UPDATE: Book in Progress "Keep your License!"

We will be offering seminars on keeping your car fit, as well as discussions and tips on defensive driving and situations you might face. We will provide all kinds of tips on lesser known options, as well.

In the meantime, reduce the cost of insurance by taking a course with AARP, AAA, and at low cost from other online providers. Confirm first which courses your insurance will accept from online providers licensed to certify completion of a Mature Driving course that qualifies.

Be Aware: There is more widespread *road rage* against senior drivers only guilty of following the law. Increasingly the media stereotyped us as unfit to drive in the battle for lanes and speed, no matter what the facts are or what DMV verifies. Our guide on remaining an independent driver will reveal new twists and cover options. I have read several *inappropriate and poor humor* books dangerously telling one to BE a bad driver, break laws, scare us OWLs off the road, beat DUIs. I am horrified to read that this widespread *road treason* is encouraged and so mean-spirited, as is so much "humor" these days.

Check out our 7 Day Plan for all the ways you can make life fun and "different."



The SEVEN Daily Humor Rules

- 1** **Have a good laugh everyday!**
Learn to laugh at situations or silly mistakes every day or at least once every day. Say AHA! when you discover something funny or absurd.
- 2** **Smile in the face of every crisis!**
Stop, look, and smile first before acting. Put on the brakes to your negative emotions. Say "*interesting*" before you blow IT!
- 3** **Express gratitude everyday!**
Notice and remember 3 people who have done something nice, and acknowledge them. *Make their day!*
- 4** **Only spread good gossip!**
Imagine good things happening in the future and spread the word.
- 5** **Put humor in your heart and send it!**
Help others laugh and lighted up when life presents a struggle.
- 6** **Get others to agree to a "no blame life game!"**
Lead others to solve a problem without harming or blaming others.
- 7** **Cheer yourself first!**
Remain convinced you're a good person by *being a good person "on purpose" with a purpose.*

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FINALLY: WHAT ONE THING OR ACTION IN 2019 WILL MAKE YOU HAPPIER?

For me? Remaining active, resilient,
coping with health issues, and
overcoming WOES—Worry, Obstacles,
my own Excuses, and never tempted to
say, "I am too old for that."

We OWLs still claim: **O**ptimism, **W**isdom,
and the Importance of the **L**aughter that
helps us see in darker moments.

Older, mature Americans at all ages make
up most volunteers and selfless
contributors. We are mentors to all ages.
Inherently optimistic with humor as a guide,
we must remain on the move, becoming
what we aspire to be with whatever time
left. **Take your turn with a smile and our**

WOW5: Get it done, get it right, get
along, get acknowledged, and keep it all
fun!

Or don't do it.



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Consultants and Contributors

Lou Thompson

Patricia Brem

Dana Longo

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