



Michele Jackman Enterprises & Adventures

Helping you put the pieces together

usOWLS Newsletter for May 2018

usOWLS and OWLWorks



Projects of Michele Jackman Enterprises & Adventures

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12 Years of Mother's Day Concerts

shared by Lou

Around this time of year, daughter Angela never forgets the twelve years of Mother's Day concerts she MADE me attend.

She always thought that it wasn't *fair* to me to drag me off to a concert instead of doing something fun, something I wanted to do. Was she wrong!

Angela began playing flute in the fifth grade. We, her father and I, made her do it. It was team-building, creative, disciplined, a "second" language, memorizing, and potentially an experience that would be with her for the rest of her life. And, so it was, all of those years plus more.

While attending UC Santa Cruz, she played for me Carmina Burana with a professional chorus and playgroup. The music hall was brand new and the acoustics were perfect. I will never forget this gift!

While in the JC band, Angela surprised me by playing the



Happy May, Mother's and Others Day!

Maybe you had a wonderful mother relationship or a poor one, and you are here because of that moment created for you to survive and to develop life habits of all kinds: good and bad. In my case, my mother died when I was two. However, there was no shortage of surrogates in my neighborhood. For me, Mother's Day is a real celebration of my birth and all the caring that lead to a long life, so far.

THE LESSON: ARE YOUR "CONFLICT LEVELS" TOO LOW? CREATE SOME

Like the flowers of spring, emerging from seed, not all conflicts are destructive and some are actually healing ensuring real meaning in life and fresh thinking that support resolve and resilience. Low levels of conflict indicate things ignored or our apathy to things impacting us. Low levels create more hopelessness, deterioration of self-esteem, and loss-- they limit the gains in life that are possible now. These conflict moments are keys to our redirection and creativity away from avoidance.

Our Mothers may have taught us to avoid conflict. People who still work say that 20% of time is spent on resolving conflict. We have come a long way in communicating about our conflicts and seeing their positive and intrinsic value.

For example, we at **usOWLS** are educating and fighting

Concerto in C Major for Solo
Piccolo by Vivaldi .



Thanks, Ang, for all the musical
memories!

Some Old and Some New Activities for Mom's Day

Everyone knows that Moms
make the world go round, so be
sure to celebrate the Mom in
your life with a special brunch or
spending quality family time
together with crafts or another
activity.

[Read more . . .](#)

7 Fun Things to Do on Mother's Day

Give a try at these Mother's Day
Activities for on her special day,
as sometimes spending time
with her doing something
thoughtful is all she needs!

[Read more . . .](#)

8 Mother's Day Activities For Adults So That You And Mom Can Bond As Grown Women

Now that you're a real life
grownup, you can forego the
"family-friendly" plans and treat
Mom to more Mother's Day
activities for adults this year. And
that doesn't necessarily mean
taking Mom out for bottomless
brunch mimosas.

[Read more . . .](#)

ageist humor, costly repressive laws, medical policies,
and beliefs that will eliminate our jobs, stereotype us as
demented, take us out of circulation, curtain our mobility
and minimize our value to society. This is the time to
surface conflicts we are facing with a positive attitude and
approach to reaffirm we can still change things in our life.



**The most significant "others" in my life were
holocaust survivors.** They taught me
about *surfacing* conflict and not being passive about
things bothering me so I could act and feel positive
power! They suggested that a good positive "sense of
humor" was the best way to deal with things and avoid
being a victim which can become very addictive. If we
laugh at nonsense more, we can respond quickly enough
to answer *conflict's call for change, adaptation, and
survival* of a truly meaningful life.

**Our conflicts consist of all the things we do that we
might not value or want to do in the same way any
longer. They are both internal and external to our day
to day existence.**

With a good look at conflicts *bubbling under the surface*,
we can act and maybe we should! Surfacing that too low
level of "conflict" that will spur you on to do what matters
most. Ask yourself-what am I really dissatisfied about
both inside and external and how can I change it to be
happier?

- Who is in a toxic relationship with me now, and how
can I avoid it? Alter it?
- How do I surface more love in my relationships and
avoid feeling "too busy?"
- Am I too passive about things bothering me? Who
should I tell? What can change?
- What meaningful conflict surfaced making my life
change for the better?

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Want to call? | 805.964.5668

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"Inspiring conflicts" must be perceived and identified one by one. Some are community based and most are personal as we age. Laws were passed adding more costs to mobile home dwellers in California. Add higher gas taxes when we are still driving. These increased costs of "living" could be a week's food for a senior on a very small budget. Senior nutrition is getting even more difficult as prices quietly increase in markets. What can you do about this? Shop and share? Grow food again with neighbors.

"Conflict" is the critical source of needed life changes both personal and community based. Imagine you are sitting on a mule representing all your conflict. You have the reins. Spur yourself into meaningful action!



Michele Jackman

Looking Out for You
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Michele Jackman Enterprises & Adventures