

# OWL Café

## Optimism, Wisdom, and Laughter

[usOWLS.com](http://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.



### THIS IS OLDER AMERICANS MONTH!

Since everyone wakes up “older” each day and hopefully wiser each day—this month is a national energy booster for all ages, we hope. The intention of this designation was to connect people in local communities on issues of aging and network with other agencies. The month of May starts with several traditional rituals, as well. First, **May 1 or 5** for revolutionary thinking and respect for freedom. Then, the softer more loving **Mother’s**

**Day** symbolic of giving of life and love. Finally, **Memorial Day**—A celebration of the sacrifice Americans made on behalf of others—the giving of life again as a final chapter of life with heroism and patriotism—and a loss to Mothers everywhere. Finally, in May we prepare for or celebrate all sorts of graduations on the calendar. Nurturing grandkids and ourselves is critical as we hit new milestones ourselves and recall our schooling. As OWLS, we graduate into new learning, growth and actions without having to ask, MAY I so often? We are in control of most decisions now, if we choose. We remain feisty and festive for more Mays to come.



### May 1<sup>st</sup>-- REMEMBER MAYDAY—How fun it was...

At my elementary school, and across Europe there were MAYPOLES symbolic of all nations and peoples. We wore special skirts or shirts for boys, and colorful sashes. There was group dancing with the whole school complete with MAYPOLE, colorful ribbons symbolizing diversity of

life in a positive way. It was a great fun moment to celebrate Mexican and American history with a giant pinata full of goodies, games, and toys. And it was a lesson on

blessings we all share in being a community.



### CINCO DE MAYO COMES NEXT--

Rather than modeling revolution and the destruction of governments, tradition, or the status quo, this date evolved into celebration with margaritas, Pina coladas, chips and salsa! Much more peaceful unless you had too much to drink. Then it could deteriorate into conflict once again. Re-igniting old battles is like trying to re-plant dead flowers. Not wise. We need to keep on getting better at getting better.



### MOTHER'S DAY!

For twelve years, my daughter and I sponsored a nationally advertised event at La Casa de Maria, a retreat center being rebuilt after the Santa Barbara fires and mud last year. We conducted a creative retreat for **"tired mothers and others."** Generations of families (19 -90's) came to meet and share difficulties and joys of parenting, grand-parenting, and even Granties (aunt) who stepped in as nurturers could come. Although, we had to stop that program a few years back, I am still in contact with many of the Mothers who attended—and they are still *resting and preserving energy the right way* with more patience and laughter! We gave participants a **"Certificate of Caring"** and here it is if you want to use it for a Mother or "Other surrogate" type who nurtured and grew you!

**May is a special month with many moments to celebrate**—starts off politically with Mexican Independence, then more positively with Mother's Day, an important celebration for Mothers and Others who supported us like mothers when they were absent, special aunts, and others who offered us the same nurturing when we needed.

As Owls, we can play a critical role in guiding young people through their lives and careers as mentors, and special friends. There is proven research that cross-generations connectedness and activities lead to wellness for all "numbers."



### MEMORIAL DAY!

The month ends with Memorial Day and respect for all those who fought and sacrificed decades of life and joy for freedom and independence from tyranny for all of us. As I progress in decades, I think about what was lost for those families and the Mothers, in particular. Recall, we did not start wars—We have always responded to human rights issues, and we left after achieving victories or transfer of power back to the people. As Americans, we should not beat ourselves up because of panic and fear after Pearl Harbor, or other mistakes made in the quest for peace—we should learn from centuries of world history and stop reckless thinking, hatred of other points of view. As elders, we could prevent divisiveness in honor of those who did sacrifice all.

**Have a great Month of May**—Make more memories in the “Merry, Merry Month of May!” Celebrate all month and keep on stacking up memories—good ones, different ones, and grateful ones.

This is memory we don't want to ever lose.



### STAY TUNED FOR JUNE!

**Both for you and your car:** In June, completion and release of our booklet helping you keep your license if you are fit, or facing surgery, and sharing the really important results of the Highway Safety Conference I attended on **SAFER ROADS AND BETTER DRIVERS** of all ages.



### usOWLs and OWLWorks

Projects of Michele Jackman Enterprises & Adventures

Follow usOWLs and OWLWorks on the updated website  
[usOWLs.com](http://usOWLs.com)

Consultants and Contributors

Lou Thompson

Patricia Brem

Dana Longo

If you received this newsletter from a friend or colleague, please enter your email to join our mailing list  
[Sign Up Here](#)



Looking Out for You  
Need a motivational speaker?  
How about a good laugh?

Tell your colleagues and friends and bring them along. There is follow-up coaching included.

Michele Jackman  
Author | Speaker | Humorist | Trainer  
[Michele Jackman Enterprises & Adventures](#)  
Want to call? | 805.964.5668  
[How about emailing Michele?](#)