



usOWLs.com LookOut

Are you holding unopened gifts?

The founders of the usOWLs.com and its growing parliament of OWLS (yes, that is what they call a group of OWLS) wish you the merriest of the merriest this season.



Do you know which OWL makes sounds most like "holiday" sounds. **Answer:** All of them do! With a toot, a hoot, a screech, and many other unique sounds for each species.

Banish any sadness, pain or worried for just a few days and make yourself enjoy the voices all around you of ALL ages, singing songs of peace, love, joy, and GIVE of your presence in their lives. This is the time to find your own positive memories of the holidays and share them. Recall only good things. I recall as a small child going to Union Train Station LA to find a tree. Right near the tracks, overwhelmed by all of trees, and in that cold night air I recall my father finding one tree very tightly bound and shaking it to reveal a giant perfect tree. You can do this, too. **Shake out your own tensions and increase the reach of your true SELF.** Then, Lighten up and Share it.

Whatever your religion, this is a season to celebrate all your good memories of the holidays—sounds of bells, music you love, smells like Pine trees, Vanilla, Cinnamon, Egg Nog, and sights like the millions of lights that will activate your eye's *rods and cones* and give you fresh visions. Fill your house with poinsettias or mistletoe; and beg for hugs and kisses from family, friends or pets. This is a time to forget about mundane things like pressures, and pains. Reactivate passions instead. Seize on the opportunity this month to treat yourself to all the things you recall in your life at holiday time—**DO the things you really LOVE doing and want to do.**

This is the time to think on the gifts you have given to the world with your presence, and the gifts you will refresh as you get more birthdays—after all, in most religions, this time at an end of the year celebrates that we are still here. Through prayer or meditation we

can express our gratitude for the amount of positive life experiences given to us every day we are alive.

Now, in December are there unopened gifts in your heart waiting to be opened? This is the time to STOP *watching out, crying if you need to, pouting if you choose*, but most important be a bit *"naughty."* Stay up late and write those cards reconnecting you to friends you have not seen for awhile. For the really advanced OWLS, get involved in activities in your community by reaching out to children without grandparents, OWLS in nursing homes alone and wishing for a senior Santa. As a Social Worker, my original career, I intend to visit and talk with as many solitary OWLS of all ages as I can.

Get rid of excuses, and go on that "sleigh ride" to see some decorations, or just to imbibe the message the Christmas season give us FREE. Drink in those lights! Spend as much time with children as you can—listening to their excitement about the season. Children are awestruck and you need to be, too. Hang up a stocking and fill it with laughter and positive messages.

*Michele Jackman, MSW, MA – Chief Executive Officer and Marketing Director – **usOWLS***

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Stay tuned in to usOWLS.com from now on . . .

On 12/12/12 Michele will be broadcasting a seminar to be released on January 6, 2013. You will be invited to start your own OWL Parliment in tandem with other organizations you enjoy.

What is an RSS Feed?



RSS (Rich Site Summary or Really Simple Syndication) is a format for delivering regularly changing web content. Many news-related sites, weblogs and other online publishers

syndicate their content as an RSS Feed to whoever wants it.

Benefits and Reasons for using RSS

RSS solves a problem for people who regularly use the web. It allows you to easily stay informed by retrieving the latest content from the sites you are interested in. You save time by not needing to visit each site individually. You ensure your privacy, by not needing to join each site's email newsletter. The number of sites offering RSS feeds is growing rapidly and includes big names like Yahoo News.

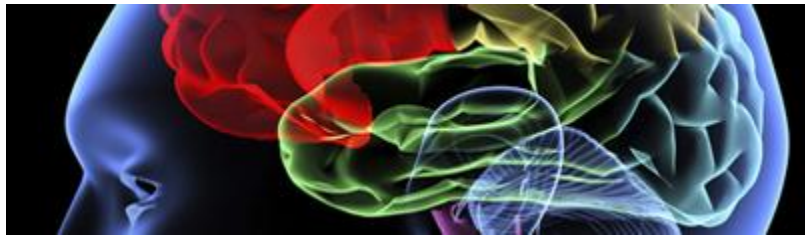
usOWLS.com wants you to stay informed about the most current news in many areas affecting your quality of life. That's why we have added pages to the **usOWLS.com** website with RSS Feeds that you may find interesting and informative.

Use the RSS Feeds at **usOWLS.com**.

usOWLS.com has several pages on its website that are filled with RSS Feeds concerning your Health & Aging, Money, Tips & Treands, For Your Life, and Travel & Entertainment.

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Wants You to Pay Attention



Brain Changes May Help Explain Why Old People Get

Scammed – up to 80% of scam victims are over 65 – WHY?

usOWLS found this article about aging at Wired.com. There you can get in-depth coverage of current and future trends in technology, and how they are shaping business, entertainment, communications, science, politics, and culture.

Read more about this new scientific news explaining why older folks get easily scammed.

For more information and resources about scams and fraud, go to the **usOWLS.com** website.

What **usOWLs** Suggests for Your Wish List

All I want for Christmas is an iPad Mini. When there are so many mini tablets on the market, why would I choose an iPad Mini when it is more expensive?

The reason is simple. It is easy to use. There are more Apps available. The construction is better than its competition. And, I love Apple products. I can synchronize my iMac, iPhone, iPad, and now iPad Mini. On business trips, I take my iPad; and now on vacation or personal business I can take a smaller version with almost all of the same functionality.



On Christmas morning I hope I wake up to find my stocking filled with an iPad Mini from Santa!

Before purchasing any tablet, be sure to check out reviews from internet review sites such as macworld.com or crowdstrom.com.

[For more information about technology, go to the usOWLs.com website.](http://usOWLs.com)

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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