

November 2018

OWL Café

Optimism,
Wisdom,
and Laughter

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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.

Let's be thankful this month despite all the madness around us.

I now get daily inspiring news for usowls from the Tribune News Service, Santa Barbara News Press, and other sources.



THANK YOU VETERANS ON YOUR DAY 2018

This will be a Special day this year for a one new Centenarian, born at the end of WWI (1918) and who was in the D-Day Invasion in Normandy, among the first nurses to wade ashore —unarmed, in the frigid waters, and big waves to save lives, which SHE is still doing— entering her 11th Decades and still offering guidance to friends and younger generations.

Nurse Captain Sallylou Bonzer, of Oregon celebrated her 100th birthday with several generations of family and with some she has inspired into nursing careers as well. Why is that so meaningful? She was one of 17 *unarmed* nurses landing after D-

Day, in those icy waters, who slept in foxholes, and was sent to set up a hospital for the wounded, despite attacks. One of her team was killed.

This month celebrates all Veterans for their own longevity and heroic commitment to our country in all they did and are still doing. Staying fit and careful until now, Captain Sallylou simply commented having worked in nursing for several decades after the Normandy invasion, *"It is kind of amazing. I haven't just sat around doing nothing. I still have an exciting life. I love every minute of it."*

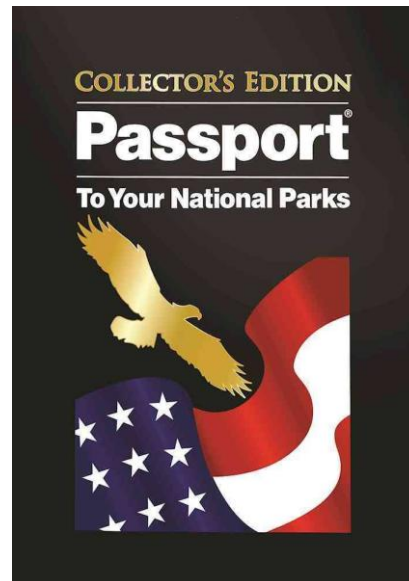
While hard to imagine being able love "every minute", this wisdom suggests we need to forget lots of minutes that do not sustain us spiritually or energize us. Let's call this "pro-mentia" or freely chosen "memory loss" that you choose instead of letting bad moments interfere with good ones. The musical

South Pacific (1958) includes a song suggesting a cure: "*I am going wash that man right out of my hair*" may be an example of a good strategy for all those bad moments and memories, just alter the lyric and add your own. Then send the thought on its way!

Do go on an Adventure!

I am NOT re-tired. Nor too tired to keep on going—just REALIGNED for those speed bumps in my work, finances and life! Jerry and I had a great 50th taking advantage of our **National Park Passport** into several National parks and monuments, some so filled with million year- old places that we felt overwhelmed with youthful interest and curiosity again. (Stops: Yosemite, Petrified Forest, Badlands, Painted Desert, Mt. Rushmore and other monuments with movie history). To purchase a Lifetime National Park and Federal Recreational Lands Pass (a great cause), contact <http://store.usgs.gov> for more information. You can buy it in person at your first trip or through the mail.

And explore local parks, wilderness for many surprises, particularly historic ones presenting new information, and local surprises.



Also, there is a world to experience a variety of experiences even into your 90's! (You are no longer afraid to die young, better to die laughing!)

UP IN THE AIR ABOUT WHAT TO EXPERIENCE NEXT? HOW ABOUT GOING UP IN THE AIR?

Ever heard of Ageless Aviation Dream Foundation of Nevada?

Based in Carson City, where we just visited, this foundation specializes in giving free rides to seniors and Vets in a Boeing 1944 red biplane. This Foundation goes on tour for people in long term care/assisted living communities. I love flying and, in this plane, you sit up front pilot behind like in the "English Patient" movie. Check out the video, and hear comments on their link: agelessaviationdreams.org, next best thing to meeting up with them on tour. You brain can experience this even if you are afraid of a real trip.

COMING ATTRACTION: Publishing rather than perishing...

In December, I will launch the seminars and handbook of the last 5 years spent on "Mature Driving" and policy in **Keep Your License, Stay Insured, and Be Ready for the Reckless!** Most of us over 70 are still driving and may need some additional skills and defensive strategies to survive. While there are lots of resources out there, our own recent 10,000-mile drive reaffirmed the need for good advice, a car outfitted for safer trips, as well as new defensive habits.

We also discuss "giving up keys" and using new alternatives, so you are still feeling free and independent.



FINALLY, HAPPY THANKSGIVING!

Someone debunking our history told me there was never really a Thanksgiving. I replied quickly, "Well there will be one this year for the people in my life". We must keep cooking up recipes for our own good times and lives. This symbolic date, we call Thanksgiving is when we feed each other with good thoughts, good food, and create memories and prayers for a simpler, healthier and kinder future as we progress through this decade.

A recipe this year:
Into each day, put *One teaspoon of Good Spirits, big dash of Fun,*
pinch of Folly, a big heap of Laughter!

Spend this thanksgiving seeing what you still want to become, do what matters most, and while anti-aging isn't possible or desirable (you would be dead), laughing heartily for NO reason will provide one.

Boost "emotional fortitude" for any rough days ahead.



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