

October 2018

# OWL Café

Open, Wiser,  
and Laughing  
All the Way

[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.



## FALL IS IN THE AIR AND SO IS FALL RISK! STAY VIGILANT AND MOVE SLOWER, NOTICING ANY DANGERS

Upon returning from our 50<sup>th</sup> Anniversary trek, moving in altitudes over 10,000 feet most days, and taking more than 10,000 steps many of the days, and very carefully, it was hard to contain the daily sense of wonder and discovery.

It was hard to keep our literal balance and deal with long car rides across open spaces miles and miles long. Staying hydrated, and enduring continuous heat waves, we proved that getting *out of the rut* is required to feel younger and gain new strength. The best part—hours of “NO signal” replaced by satellite sing-a-long and memorable music.

## SEE THE USA! OUR TRIP TO MT. RUSHMORE AND SIX OTHER NATIONAL SITES

Forget short term memory. Our trek will be a long-lasting memory, along with visits with dear friends, and several other National Parks and Monuments in seven Western States. Our 50<sup>th</sup> Anniversary trek, truly was an amazing testimonial boosting both mental and physical resilience. Miles and challenges of successful defensive driving kept us aware of wildlife and their needs to cross rural roads. There were lots of reasons for laughter and lots of humor in situations. [Move Deer Crossings](#)

Not only were we reeducated by the sights, sounds, and other senses stimulated, but we survived driving in 7 states in the West at “normal” 70-80 mph speeds. We had several life-threatening moments, but gained confidence in our vigilance, and somehow, we survived suicidal and distracted drivers. Our little red Lexus hybrid took us everywhere with all its safety features used.

**Traveling 4,000 miles in two weeks to see meet various people and see National parks,** returned us home happier, healthier, having learned and gained new insights, and getting our memory bank refreshed. We listened to familiar music as we zoomed past hours of new sites. It is hard to return home watching news that infuriates, baffles, or is horrifying to watch powerless.

**So, this is a plug for getting out there and being bolder stretching both budgets and boundaries.** Even day trips, and free lectures count. Plan them.



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### A NEW LEASE ON LIFE!

Now, refreshed, Jerry and I are both back in the trenches vowing to complete vital writing projects by the end of this tumultuous year of fires, floods, distractions. But we vow to keep programming in “adventures.” Local day trips count for as well—so build them into your weekly rituals after you retire. If still working, do something new and different. Go to a lecture. Go to an open house you will never afford to get ideas.

I was in a groggy-foggy mood when I opened my lists of email seeking the latest on aging and positive findings for updates for you. I fully expected to find more incredible stories about longevity which people send me. Instead my email was flooded with ads for bizarre things, and age erasing formulas. The most pressing ads told me I could grow hair in two days, take one pill that clears my brain fog, and increase intelligence twice over with another. Several new supplements promise to reverse aging altogether, which could make it hard to continue to hang out with friends not taking them.

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### **FINALLY NEW CAREERS FOR OWLS: GET PAID TO BE ON A BUSINESS BOARD OF DIRECTORS**

California is leading the way in requiring Corporate Board of Directors to hire women, a perfect job for retired Executives and Consultants like myself. I had hoped our Governor would have focused on Maturity and not Gender. We belong at the top of the top. Hopefully, corporations will consider diversity of all kinds besides only gender. Usually these are paid gigs as well boosting both profits and retirement income. Ancient societies knew the virtue of their elders mentally and emotionally.



Both men and women should serve on entrepreneurial Boards as experts, or a “Mentor Corp” in the trades tracking “workforce development” initiatives. This is the way to boost your community’s local commerce and learn. Check out opportunities by contacting Board Secretaries and offer your skills and perspectives. These positions will keep you sharp, enable you to keep using your skills and expertise, and you can still contribute to volunteer organizations as well.

**Balance time connected and disconnected!** — keep yourself enjoying new adventures or fresh interests to keep those brain cells and all cells hopping. **Stay connected with Friends**—Best of all we loved seeing these wonderful colleagues, and active people we call friends that we seldom see.

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## " Boards Looking to Meet Quota of 20% Women Board Members by 2020"

A Fortune Magazine survey of companies in the Fortune 1000 list reveals that over 800 have exceeded quotas are actively recruiting women.

The compelling reason--there is proof that women add to the ultimate bottom line in three areas: Return on Equity, Return on Sales, Return on Invested Capital - all increasing between 48% - 60%. Women retired and seeking a new career experience should consider being on paid corporate Boards.

Payments are often in the range \$36,000 per year or more to have a seat.

*More about this opportunity in the next issues--this could be perfect part time work adventure for single retired or widowed women.*

## *How to get on a Board of Directors? Most important --pick some area you now are passionate about.*

1. Research the Corporate Boards in your Community or in the geographic area of interest, and review their annual report to discover what issues are within your interest or expertise. Expand your resume to show qualifications and interest.
2. Go online and Google - *Recruitment of Women on Boards* and discover the skill sets you might need ( Non-profit Board Skills count)
3. Contact the Secretary of the Board to find out how, when they are recruiting to meet the law in California and other States.
4. Offer your strengths, talents, and availability to assist them to improve both in diversity challenges and performance.

Google *Women on Boards*  
[20% by 2020](#)



### **usOWls and OWLWorks**

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