

OWL Café

Open, Wiser,
and Laughing
All the Way

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.



In August's newsletter we asked you to enjoy being the squeaky wheel! I certainly was not prepared for this life of passwords, robocalls, twitters, and criminal assaults by phone. Who knew?

As I write this, it is Labor Day weekend again and the beginning of the holiday rich season with potential for both depression, or new adventures and “inventures”—things that we can create **through** new and different habits. “Labors of Love” should replace labor related pains and chronic common whining. Even Shakespeare wrote of Love’s Labor lost.

WHY NOT EMPHASIZE FREELY CHOSEN LABORS OF LOVE. September 9 is also the observance of Grandparent’s day and the role they play into young people’s resilience for their future. If you don’t have em’ find some kids without this vital force and be one occasionally. Play their games with them make sure they get some childhood time for fun and you. That is a labor of love for us OWL guides.

Theme: *Every season of the year offers new opportunities to notice things, feel the environment for fresh thinking, and deal with struggles in new ways one never had time to explore.*

THE LATEST **RESEARCH REAFFIRMS I SCAN SAYS** THAT SEEKING ADVENTURES, OR “NOVELTY” IN OUR LIVES IS AN ESSENTIAL INGREDIENT IN HEALTH AND LONGEVITY (UCLA). The brain’s natural tendency is to seek out and await new adventures cooked up in our “minds”. Let’s call it a diet of newness! Break some of those habitual time- eating unsatisfying activities and be more experimental and creative. As Lincoln said, *it’s is not the years in your life, but the life in our years!*



ASK YOURSELF HOW YOU COULD PUT MORE NOVELTY IN YOUR LIFE? Identify new choices you really have. This can mean increasing **your** ability to laugh at what’s happening to you. It could be avoiding any kind of depressive thinking suggest most “gurus”. The simple thing I have taught for decades is to ask each day—*What am I feeling, thinking, doing now, and what could I be feeling, thinking, doing. Then do that. Breathe, laugh, and combat pain, pressures, and lack of progress on things that really matter most.*

With all this availability about Marijuana now, it is still a costly and dangerous weed if smoked. We have a **FREE** *internal chemical* we can launch with a minimum of energy and laughter called “dopamine”. Too much of that is not good as well, but most of us do not give ourselves enough of it daily and it is not food. Stimulated by that first cup of coffee, or exercise, and even positive images and thoughts, our neuro-transmitters (what they are called) can signal a better day than imagined and take us there. A smile upon rising is the simplest method of all to secrete these AM neuro-transmitters and block pains of all kind. What could you smile about? No reason is okay.

Non-political cartoons explore novel life and reveal the absurdity of inaction causing us not to fight back. In a recent cartoon I saw, “Pearls Before Stones” a person is complaining about not having his drug induced massive infection covered in the ER. The representative dealing with the complaint says it was “elective procedure”. The animal character states, “BUT I would have died without it.” “Yes”, says this representative again—“you ELECTED to live!” Humor can and does release frustration and aggression and help you see how absurd these experiences can be and to motivate intelligent response.

Point: Hold health providers accountable. Check what you are paying for and why, ask ahead of time what it could be. Just heard about someone who owes \$18,000 not covered for cancer treatments.

NEW INFORMATION ON DRIVING SAFE: REAL ID and Wildlife Risks with all the fires

DMV issue nationwide: Be aware you may need a Real ID by October 1, 2020. This card or a passport is required on all flights, and probably will be replacing State Driver's licenses over time. Watch out for your own rebellious attitudes. This is law passed a few years back. Being too rational will make things worse. Be careful, there are third party sites tied to DMV sites that pop up. These are not blocked. **Be careful as your computer connects you automatically to services or information that is not free. Use DMV sites for free advice and details.**



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DO go to the California DMV site, see the box for REAL ID and click on it. You can print a one-page summary of all the documentation you will need. Don't whine—just do not go until you have them ready. A senior with an appointment told of an episode where she was beyond 4 hours past her time, and saw others served, and was told, “Others have jobs and kids, she had lots of time on her hands...” Don't stand for that. Report it! Talk to your elected officials about creating other places or fast track to get this done instead of DMV, with all its other pressures.

Fall is also the month to watch out for Wildlife on the road at dusk or nights

When I was very young I said, "Maybe the deer get hit because they read the sign thinking it is safe, when it should say, "Car crossing." Deer cannot read, but we can be more careful with all the lost wilderness to fire this fall's mating season, lasting now until end of December.



Amazing and novel fact: In the US, an estimated 1.2 million deer related accidents. There are 20-30 million deer out there crossing roads. In Canada, animal collisions accounted for 1880 near fatal injuries and 23 fatal collisions. According to Wikipedia on this subject, roadways increasingly are built in the proximity of habitats and the numbers of collisions are increasing costing over one billion in damages to property and people. While on a road trip in Washington state, a deer almost hit us, but backed off at the last moment just a few feet from us.

Highest risk: Interstates and country roads where large animals live and migrate. Pay attention to those signs and be vigilant.

Drivers Test

This simulates you in the driver's seat of a car.

You're driving down a road, when you see a big red hand flash in front of you.
You have to put on the brakes.

Then, the Reaction Time Test tells you how old you are, when it comes to driving.

The test is based on reaction times of 2,000 people ages 18 and over.

The Reaction Time Test plotted their reaction times by age; it matches your reaction time to those averages.

Some of their results may surprise you.

[Take the Test](#)



GIVE YOURSELF LIBERATING ANNIVERSARIES AND ENJOY REAL ONES:

One person celebrates being away from a terrible job. Another marks her 10th year Cancer free, and yet another celebrates her liberating divorce.

For Jerry and me, this year marks our 50th Anniversary on September 7th. Less than 6% make this milestone alive. Whew! The year 1968 was considered one of the worst years, and we experienced that as well until our Wedding Day. We began a new life together with optimism and have had many decades of unique adventures to recount. As one adds decades we can reflect on all those forgotten

moments and adventures one can smile about, the shared power and growth learned through difficulty and tragedy.

We are excited to have made it, and the new normal is 70 plus years of marriage even if lots of people don't make it. Seems like 70 is the new 50 in so many ways now. So, what is the secret of

romantic resilience? They fit into neat categories and unique ones—we have the same interests and values. For others, “We have different interests and values. “We ensure we give each other space, time and independence.”

The best advice Jerry and I can agree on: we no longer try to change each other but prevent impulsive inappropriate actions and calm each other down as needed. We now face change together and make life more fun that it is supposed to be. Various vodka experiments help—just a little. This includes facing new struggles with health, wealth, and that desire for more happiness in all things we can control.

A common statement from the 70 plus relationship crowd, “We care about each other as much as self, to protect and get support for our continued independent thinking. “Says one 70 plus couple, we still rely on intimacy to keep our lives flowing with love.” Our best advice—be a sounding board for new impulsivity coming from frustrations and offer better ways.

Jerry and I have 20 more years to work on these themes before we are also so wise and guided!

BEWARE AND BE PREPARED: NOVELTY IS SOMETIMES FORCED ON US!

“How I spent my summer” for many of my friends and associates was surviving smoke, ashes, intense fears about the uncertainty ahead, and even at the worse, loss of their homes and all things memorable. In California, that was a statewide set of disasters resulting in thousands of homes lost, and lot of new environmental issues. The resilience in the face of losses teaches us many unexpected things. Getting new things, meeting new people who help, focusing on what is really matters most is a built-in automatic response. When choices are limited new things start happening to offset any depressing moments.

My new adventures include focusing on **Transition Theme Workshops** for all ages of OWLs. Check out mjackman. com for coming attractions.



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