

Reskill:

Lower costs

Contribute to society

Something to do and think about

Physical/chemical vs psycho/social

ReUse:

Lower costs

Contribute to environmental healing
Something to do and think about

Physical/chemical vs. psycho/social

LifeHack:

Reduce stress

Sense of pride/accomplishment
Overcoming overdependence

Resilience:

Everyone's talking about it

2/3 of wealth owned by 1% of oligarchs.

1000 yr floods 2 yrs in a row

Think of it as a “RE” treat.



REFUSE:

Don't accept the way things are, the way the powerful manipulate, the unethical

REDRESS:

buttress grievances with allegiance

blog site with links to audio and visuals

RE-SCUE/RESKEW/RENEW

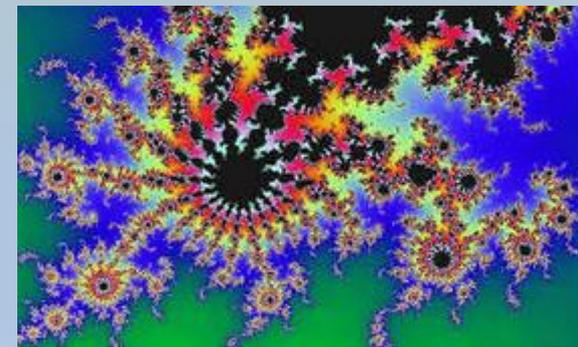
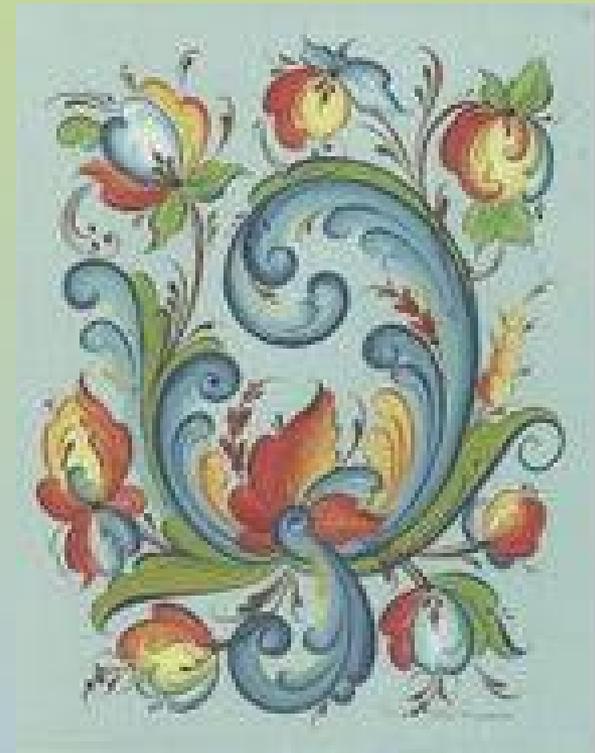
REDO: RE-X, e.g.

EVERYTHING

11/14/19

Fractal “Re”-Themes: Small and Big are the same

1. Rationale/Motivation/Deposition
2. Engineering/Geeky Design/Science
3. Art/expression
4. Invigorating Actions/Fulfillment
5. Food
6. Transportation
7. Heat/Protection
8. WellBeing/HappyNest
9. Hygiene
10. Connections/Relations
11. Bully Resistance
12. Sharing solutions to shared real problems
13. Be comfortable saying NO. (Refuse)
14. Rescue/BeKind – Wrinkle in Time



11/14/19

Take on anything with this strategy:

PROJECT MGMT Primer
Integration Scope
Timing Cost Quality
Human Resources
Communication Risk
Procurement



Reskill preamble (one breath): Everyone has the ability to be exposed to different things and to appreciate their personal problem solving -- and to celebrate the fact that whatever we're into is pretty important, that life is a gift, and that we are the dominant species because of our intellect and communication complexity--and we should do all to the benefit of the³most.

Fitness

Last month – Use strava, even when canoeing.

This month – Use strava to promote walking club.

Plan on lifting weights/pushups in basement in winter.

Garmin shows base heart rate rising, proving less aerobic heart.

Food hacks

Latest perspective on food intake: Crock pot everything that you can't freeze.

Potatoes at aldi are cheap, and so are tortilla chips, salsa, spaghetti, noodles. French fries without oil: julienne cuts are put into microwave.

Autumn picnics in park are aided by sun and by crock pot.

Make tea by setting on top of wood burning stove.

Kroger woohoo sale: 20# rice for \$8. Bought 3. Carbs for winter for \$24.

Compost ...but worms can be faster. Keep them in basement in winter.

Garden – sending community letter to Caudill seed about give aways.
Hey: Maybe split seeds into many small envelopes and throw seed sharing parties in February.

WOOD CHIPS—Truly should be everywhere and top of mind. Mental block? Underlayment of cardboard or fine Lowe's barrier paper.



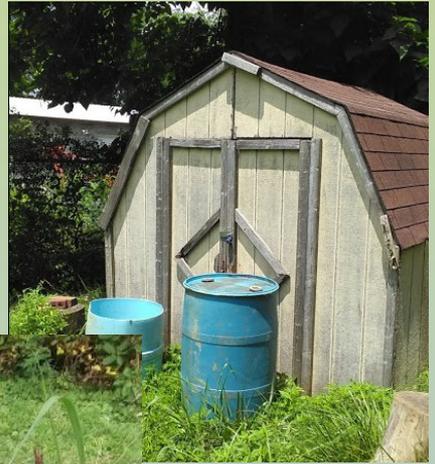


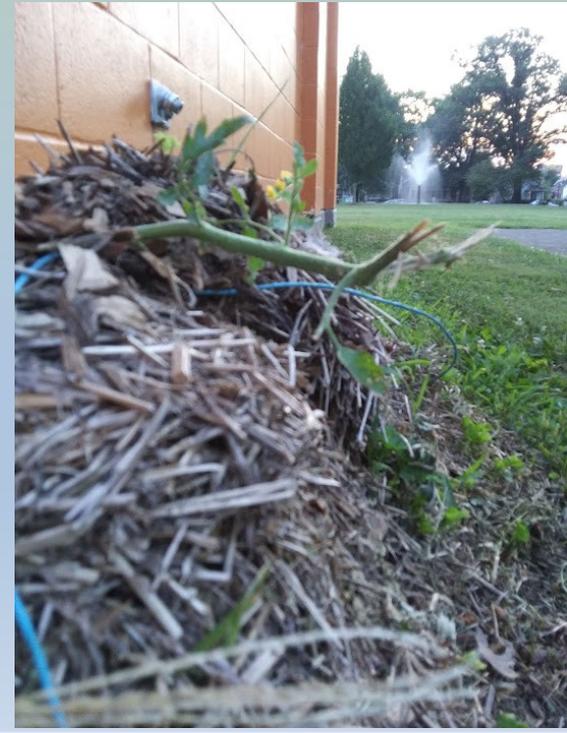


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Prairie Doggin' – No, Seriously?



Carry On with Carillon and Carrion: A Chautauqua Theme

Stepping outside my backyard my ears are touched by two things, 1) motorcycles in various kinds of repair and 2) Belfry bells on Sunday mornings. The first thing puts me in a Buddhist frame of mind, and the second thing makes me yearn for more ways to keep hope alive. First, about motorcycles. The book *Zen and Motorcycle Maintenance* is a good summer vacation book to be borrowed from the library, read, and pondered. It taught me two things...One...Motors and life in general are complicated things and should be contemplated for better living...and two...Ponderings of all things, including motorcycle maintenance, can be pooled and organized and presented at outdoor tent events in Chautauqua NY, and all points spread out from there, starting about 100 years ago. Apparently KY, Indiana and especially WKU have been following this Chautauqua theme for a long time, but none out in a tent like old times. After some divination, the obvious struck me: Portland should sponsor a Chautauqua tent gathering in the Shippingport island open field...on the best weekend possible: The weekend after Derby, when people are repentful of their weekend drunkenness from the previous weekend--and thus open to pondering a few things.... lots of room for a speakers platform, amplifier with Honda generator 200 feet away. Of course year 1 will bring 5 people max, but after 10 years and some WLKY coverage from drones, we could bring it big time. Don't expect this to be popular with anyone but the grungy bohemian cool people since there's no bucks to be made. Look for more aspects of this in due course. Watch this space. This is similar to a TEDx talk but couldn't be more different: TED is about technology (nope), or entertainment (nope) or design (nope)...Ours would be about us. TRIPPY, EDUCATIONAL, DEMOCRACYish YARNEY (TED-y). Obviously, bring your motorcycles... Make sure they are street legal since we'll have federal, state and local cops all over this event since it is in the nerve center of the region, given the vicinity to barges, freeway, and train bridge. But my second insight about belfry bells now...

A nearby church bell rings at 10:45am every Sunday. Very predictable and distinct--more about that later. One particularly unique morning, a neighbor, also outside, heard the bells, and after a short time he yelled to the sky: We get it! Shut up, STFU! I couldn't disagree more. We need churches to step up and start using their speakers and live bells. Maybe they'd get egged but that's fine--our times demand hope-with-a-backbone for some reason. We need churches to get people to join shoulder to shoulder in Jesus' name instead of praying on TV sets alone in vacuous solitude uttering dangerous vitriol. Bells not only remind to gather, but send hope to our ears. Bells are better than Facebook, since snarkers gonna snark back to posts within 5 seconds these days on social media; bells are unilateral statements of faithful intent. More specifically, I'd like to know if other belfries are being used other than my area. There are many spires in or nearby Portland and strong bells or speakers will carry a long way if it's not rush-hour: There's Good Shepherd, St Cielia. Shawnee Baptist. Portland Ave Presbyterian, Church of the Merciful Savior. St Peters German Evangelical Church, Corinthian Baptist Church, St Patricks. They may not all be in Portland proper but we can hear them since they are so close. Also the chimney in the Dolfinger building lot might be outrigged with a solar powered speaker system as a community service. Also maybe the US Marine Hospital since it overlooks the river which bounces sound so Indiana will get a good dose of unilateral hope. Not only bells, but maybe a couple of other things can be added as community service: Put WIFI atop that would spread a long way due to its height...also let birds nest up in the belfry -- (rather than birds of prey nests getting ousted yearly at the LGE hydrodam annually...and maybe a webcam to watch the babies hatch. (And, yes, there's the guano and leftover carrion issues.) Maybe we should fund them or reimburse any initiation costs--a not unreasonable project to fund from Metro. Stipulation: sounds should be bells, and if a carillon is brought in (keyboard attached to bells --not unlike a calliope), then we allow that as long as the songs aren't mean. Who knows how much longer our belfries are safe from marauding dragons in our most recent and indecent season of Game of Thrones.

#PrickEars #KeepHopeAlive #PonderMotors #LookingOutMyBackDoor

Visioncasting,
PortlandNate



Dan Caudill
Director, owner
Caudill Seed Co
1402 W Main St
Louisville, KY 40203

Dear Dan,

Residents in attendance at the November neighborhood meeting of Portland Now Inc (PNI) are pleased to have you and your company as a neighbor. We know of your vision for seed-filled future, and your know-how to get the goods out there. You enjoy great press coverage and we eat it up.

We sign below because we want to carve a future of dialogue and partnership. The Health and Education Committee of PNI envisions initiatives that promote health, logical thinking, and skills development--and we think now is a good time to reach out. How about it, neighbor!?

Without digging too deeply, initial ideas for all kinds of different cooperations might include:

"Caudill kids veggie and flower garden"

Sourcing the Portland library branch's seed bank with donated seeds.

Bringing your seeds/products into the neighborhood either through donations, donations-in-kind, or co-managed grants.

Resilience and sustainability outreach and awareness.

Encouragement, participation, locality awareness.

(Nothing illegal, like seed-bombs on empty lots)

Health--good eating promoted as well as encouraging working outside in yard and dirt.

Education -- Motivation for kids about the complexity of biobusinesses --and a seat at the table for them if they apply themselves.

This is introductory and invitational, and community minded...

If your interested in such involvement, we will pick that up right away when we reach out to you.
Sincerely and collectively,



Walking club abounding





mobile market



OPEN TO THE PUBLIC

ENTER HERE

CENTER









In Closing:

Things touched on:

Reskill

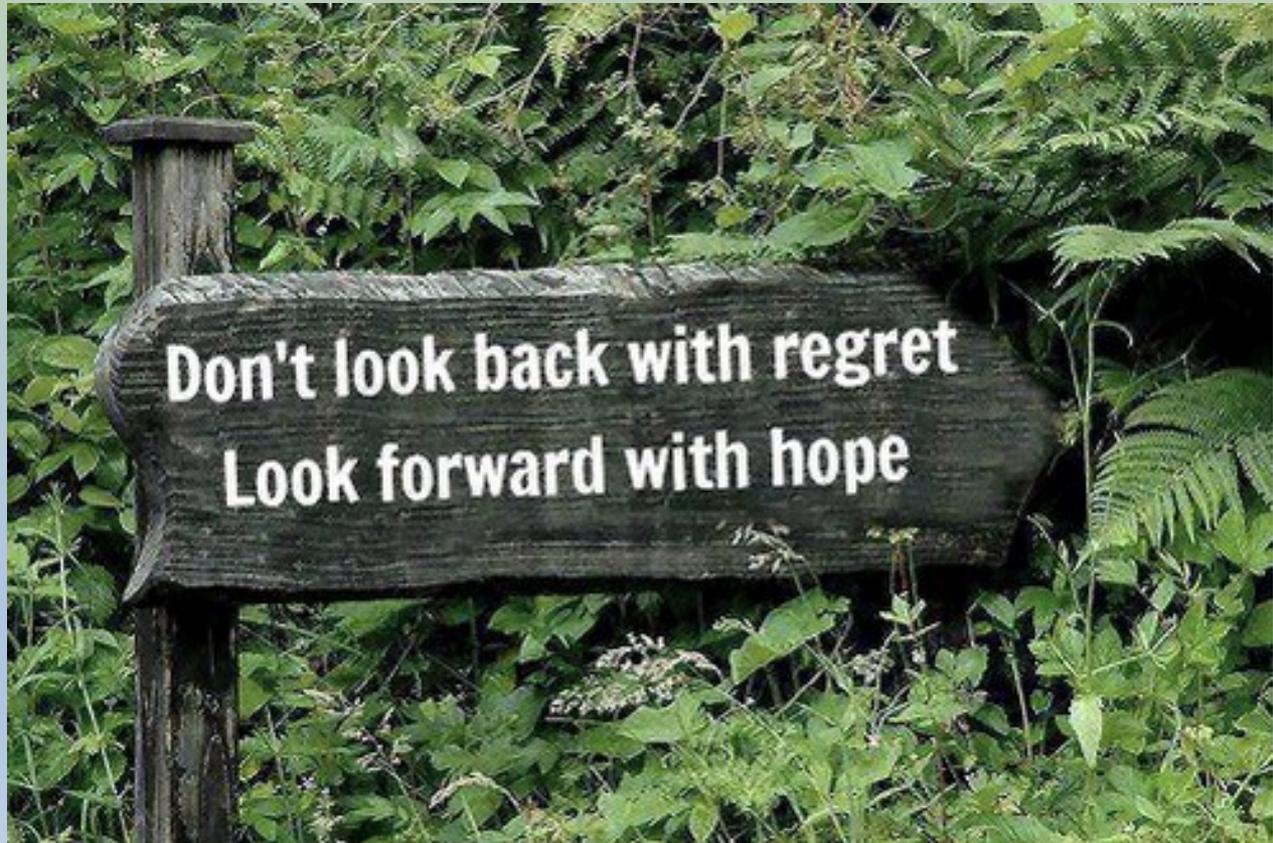
ReUse

LifeHack

Resilience

Refuse

Redress



Next Month : MOTS (More of The ...)

- Reskilling/Reusing/LifeHack/Refuse/Redress
- Portland Library
- Louisville KY
- Last Tuesday of the month
- 6:30pm-7:45pm
- Podcast/slides available at:
- [http://Metageny.com/reskill\(blog\)](http://Metageny.com/reskill(blog))

