

# Reskilling and Reusing –May 2018

## 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



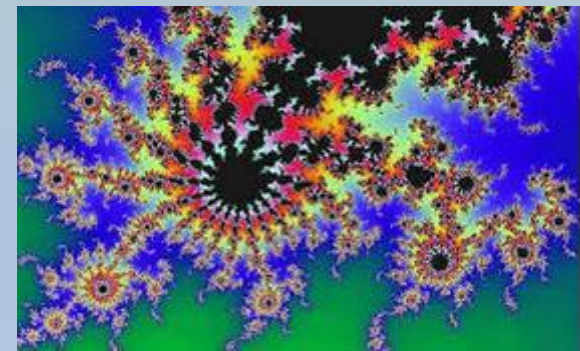
## Think of it as a “RE” event

Where? <http://metageny.com/reskill>

blog site with links to audio and visuals

# Fractal “Re”-Themes

- Rationale/Motivation/Deposition
- Engineering/Geeky Design/Science
- Art/expression
- Invigorating Actions/Fulfillment
- Food
- Transportation
- Heat/Protection
- WellBeing/HappyNest
- Hygiene
- Connections/Relations
- Bully Resistance
- Sharing solutions to shared real problems



Fractal Mandelbrot set vs rosemaling: Hope in the cave will be shouted from the mountaintop.

# Blast at any Mountain

## PROJECT MGMT Primer

Integration

Scope

Timing

Cost

Quality

Human Resources

Communication

Risk

Procurement



Reskill preamble: 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 the most.

# Deep thots

To climb a tree or pole, tie a string around the tree and attach it to a piece of wood that acts as a step without hurting the tree. So too, when climbing over my fence, use a thick rope loop to act as a footing when climbing from alley to yard.

I can volunteer at school by watering garden, planting, garden planning.

Upcycling vs. reusing.

Get 15 minutes of sun daily: behind wall on top of garage, and home on deck.

Wifi extension success and future

Pruning

Edible plants book

Hack: the book

Taking down a crab apple tree.



## Well Being Coach -- Activities:

- I will continue to empower myself in the realm of growing items from a starter over the next 4 weeks
- I will explore the routinization of google docs for to-do's and a distribution list over the next 4 weeks
- I will routinize project planning time and outreach for the new community garden and be there every Sunday at noon for the next 4 weeks
- I will continue to move the office upstairs within the next 4 weeks
- I will spend time daily exposing myself to binaural beats in both ears for the next 4 weeks
- I will check out level 1 (computer/electronic hack club) over the next 4 weeks
- I will evaluate my nutrition choices, portions, possibly fasting and timing for the next 4 weeks
- I will evaluate my exercise routine frequency, duration, intensity and style for the next 4 weeks





# Pictures in May





















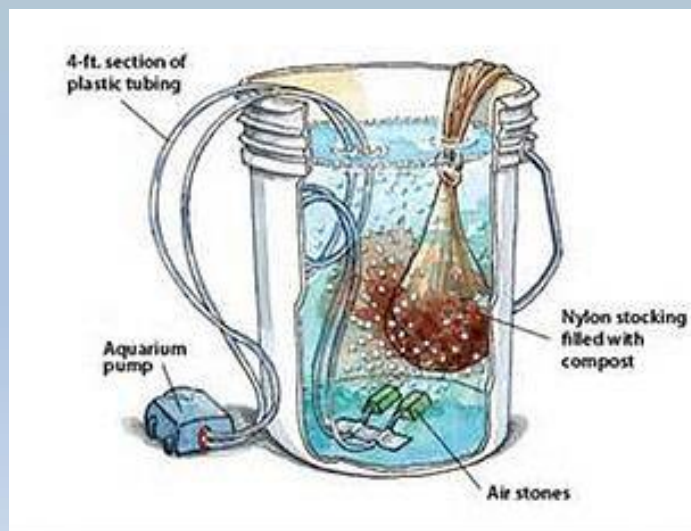














# Want health? Do stuff.

- I will evaluate my nutrition choices, portions, possibly fasting and timing for the next 4 weeks
- I will evaluate my exercise routine frequency, duration, intensity and style for the next 4 weeks

Anatomy of 30 seconds Stretching:



# Want Music? Do stuff.



Recycled songs from previous generations?





# Perennial plants and insects

## [How to Use Fennel \(or Dill\) to Keep Caterpillars Off Your Vegetable Garden...](#)

**Butterflies like dill and fennel...and parsley**

Like bees and other pollinators, **butterflies** pick up pollen while they sip a flower's nectar. Once they're off to another plant, the pollen goes with them, **helping** to pollinate the plant species. About one third of the food people eat depends on the work of pollinators such as **butterflies**.

**butterflies** are an **important** component of a food chain, as predators and prey. Adult **butterflies** and caterpillars are an **important** source of food for other animals such as bats and birds. Along with nectar, **butterflies** eat a variety of plants.



# Find Park; do stuff.





# Outings with purpose.

...try to stay put  
unless...



# Get wood; do stuff





# Find Voice: Do stuff.

Google Docs and MailChimp



# Get food; do stuff

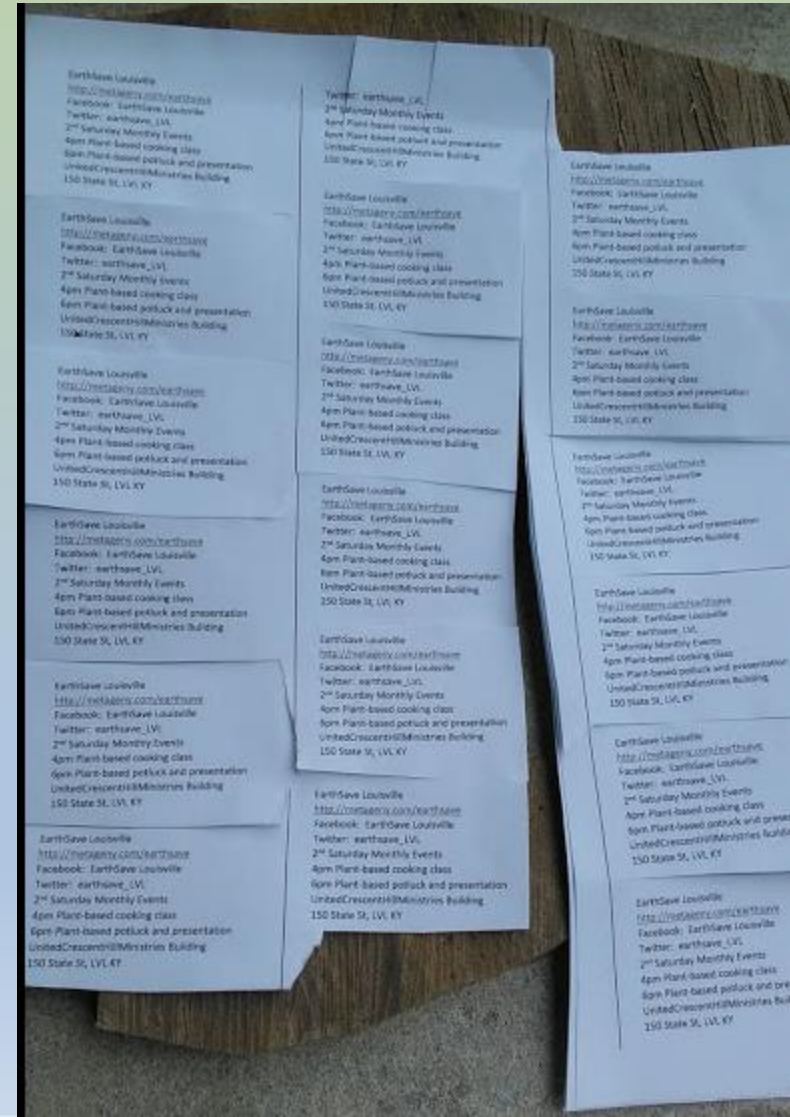
Food choices: used blender, put into glass bottle, soaked on ice at work until hungry, used only a small portion while the remaining stays on ice. Yesterday, I ate too many potatoes, and need containers for me to put extra food into for later eating.

I like peanuts in smoothies rather than peanut butter since the fatty food (particles of peanuts) don't grease up the blender, unlike peanut butter. If I use blender, then putting greens into smoothies will be a snap. Eating liquids makes portion control very easy, but eliminates the chewing psychology. Maybe must sacrifice one thing for another: portion controlling vs chewing. Or perhaps drink apple smoothies and then chew gum afterward to keep the jaws happy.





# Canvassing for votes: Voices



Stand Up and Say Something! ☺  
"Loconomics: Veggies & Fruit nearby"

30 seconds - opinion - stories - factoids

Hi, my name is \_\_\_\_\_ and...

- INTRO
- DETAILS
  - Experiences
  - Feelings
  - Learnings
- CONCLUSION

\*Audio compilation presented at next EarthSave potluck.

### Ideas for Topics on Local Fruits, Veggies

Specific foods, e.g. papaya		
Slow Food	Kids/Family Farm	Resilience
Food Miles	100 mile plate	Cultivars
CSA	Less Calories	Exercise (Grow your own)
Farmers Market	Sharing	Permaculture
Backyard Garden	Networking	
Organic	Learning	
Community Garden	Education	

Starting Phrases:

I'm no expert but...

In my experience...

One memory I have is...

Now that you asked...

My first reaction is...

You might be surprised  
my family thinks...  
Maybe no one cares, but



2008 crash = 2018 demo



# Find Junk; do stuff





# Alien's view



# Cryptocurrency will make \$ transaction costs drop

Venmo or Apply Pay



A city-wide  
initiative in London  
means you can  
now give to street mu...

## Venmo - Share Payments

<https://venmo.com/> ▼

Venmo is a free digital wallet that lets you make and share payments with friends. You can easily split the bill, cab fare, or much more. Download the iOS or ...

### How Venmo Works

Pay friends and family with a Venmo account using money ...

### Sign Up

Create your account. Sign Up with Facebook. First Name Last ...

[More results from venmo.com »](#)

### Fees

Sending money using your Venmo balance, bank account or debit ...

### Contact Us

Contact Us · Sign in · Get the app ...  
Contact Support. Do you have ...

## Venmo: Send & Receive Money - Apps on Google Play

[https://play.google.com/store/apps/details?id=com.venmo&hl=en\\_US](https://play.google.com/store/apps/details?id=com.venmo&hl=en_US) ▼





# Anchor Article for this month

## Sharpening you Words and Your Blades Cantata in Be-Minor

**Prelude:** I have some dull blades on my tools now that the vegetation has really started growing. It'd be nice to have those blades sharpened and deburred --and maybe twice a year at the middle and end of the usage season (with a nice coat of protective oil over the blade, just to be nice to it). But where's someone around here who can do this? Do I really trust Facebook or Craigslist to find someone a couple blocks away? Well, I have an idea for blade sharpening entrepreneurs who want to contribute to Portland's quality of life.

**ProceSSIONal:** It starts out with reminding ourselves that we've basically just now essentially elected new officers to various types of government, since the region is heavily Democratic--City Council, State Congressionals. I'm not a fan of the plethora of unwanted yard signs that portrayed the candidate's name so brightly but that get dumped into the garbage every election season.

**Overture:** My intrepid and timid idea is to turn them over to the blank side and scribble your own message to the world. I can think of a few things that I'd like to see posted on people's lawns, but here's one that's pretty tame: Advertising businesses. For instance, starting a legitimate business is easy and cheap: Allison Grimes is here to help you: Business start up in KY is \$40 and the annual fee is \$15. As we all know, the Corporate tax rate is lower than low now, so that's a plus. No reason not to start a business.

**Interlude:** Or just do your blade sharpening (or whatever) on the side and don't tell anyone; you didn't hear that suggestion from me. The other idea is to randomly advertise for something like Peps-Cok and then just bill them monthly for your having put an advertisement for them on your lawn (Don't use any of their trademarks).

**Figure:** It might work; I doubt they'd sue for defamation of character, and you could just pester them and embarrass them on social media until they pay up to have you be quiet. Get in early; this might be bigger than fidget toys. **Chorale:** Maybe it'd be the new way to generate income in our new economy (rather than the more sensible, thus befogged, approach of Guaranteed Minimum Income). Another use for these no-longer-needed yard signs could be to use them for family reunions, block parties, Easter egg hunts... Just whatever. Once you start thinking about it, you know there are huge city festivals that have domestic beer banners bigger than SUV's that might also have a white unused back side... A quick run to the craft store and you are on your way to mega-advertising.

**Recessional:** And let's say you're not that great at sharpening...or lawn mowing or whatever your service is... that's okay; you get better over time...and you can always watch youtube for tips (on everything). The sky's the limit on the number of things to get reskilled in and to reuse rather than throw away (or worse-- get a new lawnmower and toss the old one). Wouldn't it be great if there was a local monthly event to poke around with ideas like starting something.

**Postlude:** Here's the pitch: Everyone is welcome to attend the Reskilling and Reusing events at the Portland public library at 6:30pm on the last Tuesday of each month to ruminate about all things as these. Join the "Re" club--Maybe put a yard sign out advertising the event if you want to share it with others. Your lawn is yours to do what you want with it. (Apartment dwellers: you have windows to shine your ideas.) Reminders of the Reskilling/Reusing events are on Facebook under PNI.

#AdsAreNotJustACorporateThing PS, If you start a business, consider advertising in the Anchor!



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

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