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



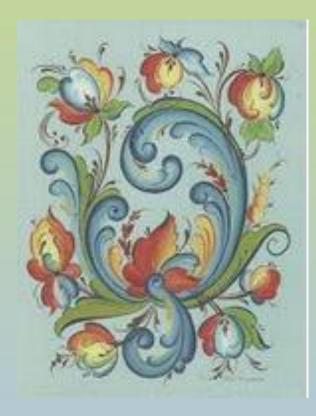
Think of it as a "RE" event

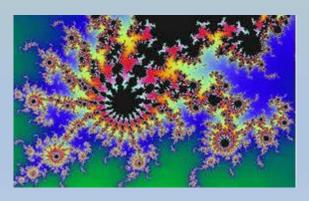
Where? http://metageny.com/reskill

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

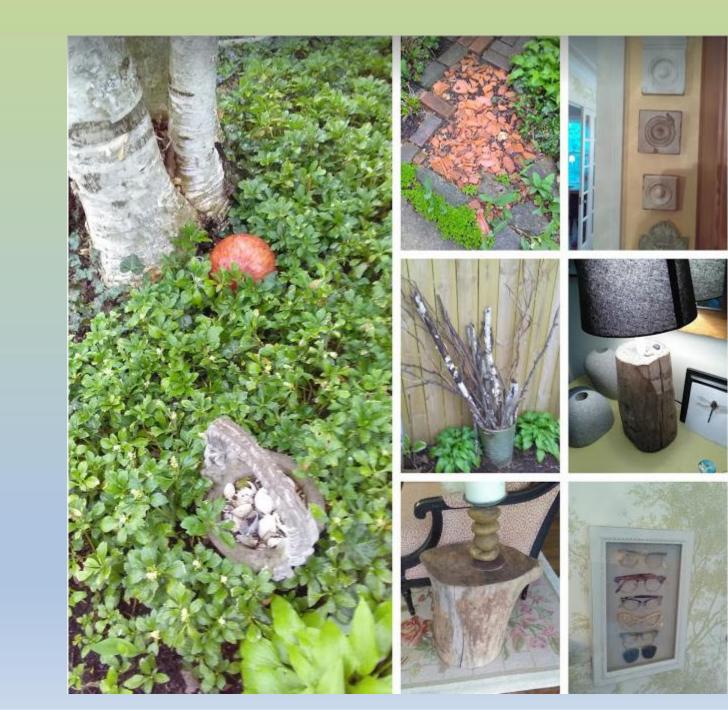


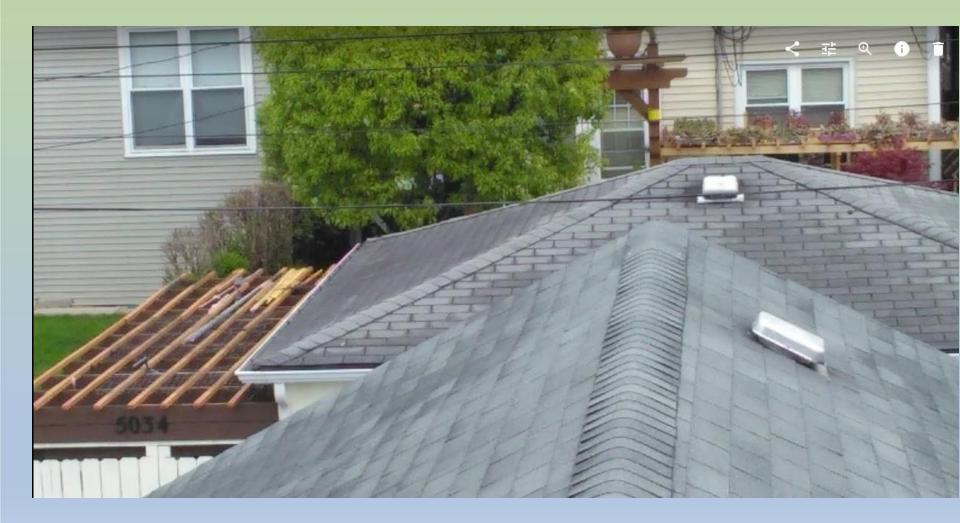
Pictures in May

































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

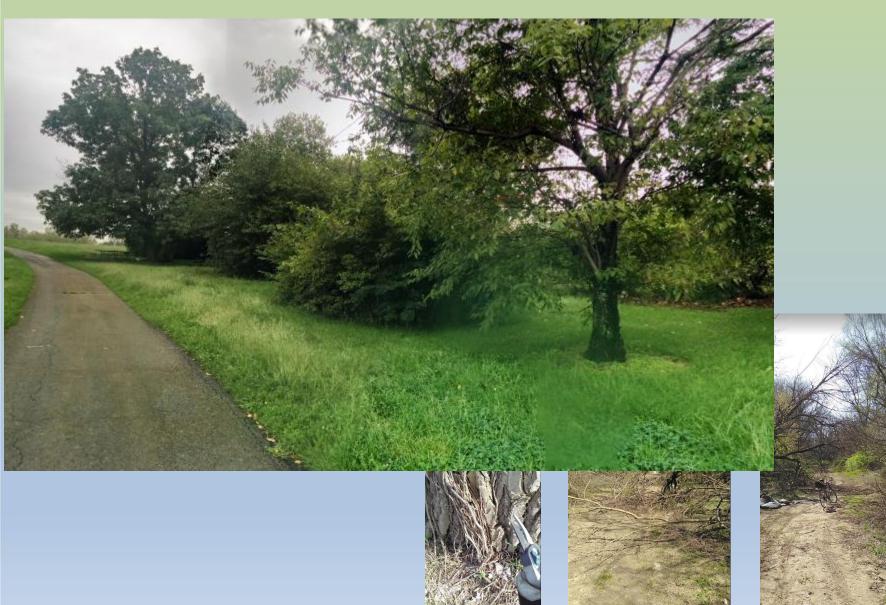
How to Use Fennel (or Dill) to Keep Caterpillars Off Your Vegetable Garden... Butterflies like dill and fennel...and parsley

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







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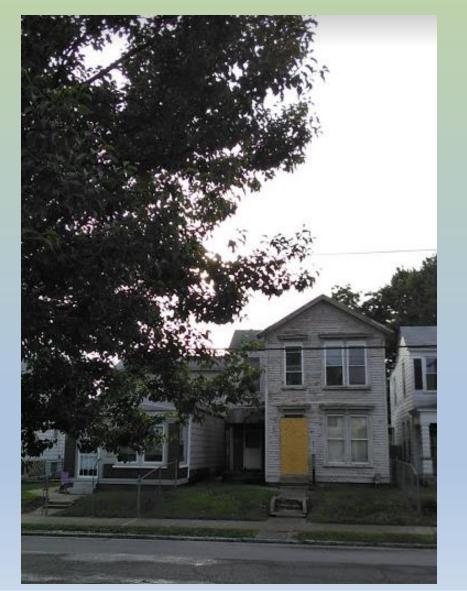
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Stand Up and Say Something ! is "Loconomics : Veggies & Fruit nearby" 30 seconds - opinion - stories - factoids Hi, my name is ____ and ... · INTRO · DETAILS - Experiences - Feelings - Learnings · CONCLUSION *Andio compilation presented at next Earth Save potluck. Ideas for Topics on Local Fruits, Veggies Specific foods, e.g. panpan Kids / Family Farm Slow Food 100 mile plate | Resilience Food Miles Cultivars Less Calories Exercise (Grow your own) CSA Farmers Market Sharing Permaculture Networking Backyard Garden Learning Organic Education Community Garden You might be supprised My family thinks One memory I have Is ... Maybe mene care, be Starting Phrases: Now that you asked ... My First reaction is ... I'm no export but ... In my experience ...

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://plav.google.com/store/apps/details?id=com.venmo&bl=en_LIS +







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 trademarkings).

Fugue: 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:
- <u>http://Metageny.com/reskill</u> (blog)