

Think of it as a “RE” treat.

## 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



## REFUSE:

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

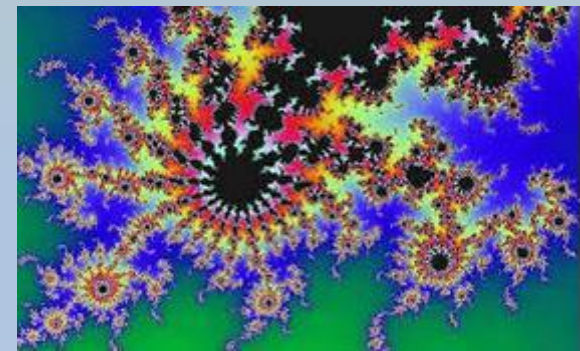
## REDRESS:

buttress grievances with allegiance

blog site with links to audio and visuals

# 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)



11/26/2018

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

Blast at any Mountain (figurative)

# PROJECT MGMT Primer

- Integration
- Scope
- Timing
- Cost
- Quality
- Human Resources
- Communication
- Risk
- Procurement

11/26/2018



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 the most.

## 4 things off the bat



1. rec center was going to throw away a rickety card table, but I overheard...and am now using it for WAH, and I like that it's a fold-away. Larger point: Need ears on the ground to see when things will be tossed with immediate intervention. Otherwise, it'll get tossed since all workers are just way too busy doing other things to bother with mindful disposal.
2. Another idea: start asking to repurpose/take/reuse things that are small and inconsequential at first...to grease the pipeline, and then later bigger things may come.
3. Reskill: go to the library and use the computer and play around a while with all the software they have. Nothing serious; no pressure. Use voice recorder to make my own white noise files.
4. <https://www.spotify.com/#playlist/196134> songs that sound similar  
11/26/2018

Bringing teeth whitener to work for ease of use there, rather than at home.  
Maybe I need to start bringing two laptops to work...with one being used after hours at the enterprise zone on main street.  
Listen to george winston on piano  
Make fun audio files of actions...and then send the file to my kids to see if they can figure out what it is that I'm doing.  
Institute for local self reliance, in portland maine <https://ilsr.org> ILSR.org  
250 billion tons of lost ice from greenland per year.  
LWV and common cause are good orgs.

## Who We Are

ILSR champions local self-reliance, a strategy that underscores the need for humanly scaled institutions and economies and the widest possible distribution of ownership. Through our work across the economy, we seek to empower communities to take charge of their own future.

Iowa and Kentucky are other states that still disenfranchise felons for life. Not only do those people permanently lose their right to vote, but also the right to serve on a jury of their peers, run for office, own a firearm, or obtain a professional license — unless they receive clemency from the governor.

Florida ballot initiative just gave this right to felons. KY ballot initiative was a joke.







Is decaying cement nutritive to soil just like regular limestone/rock/minerals?

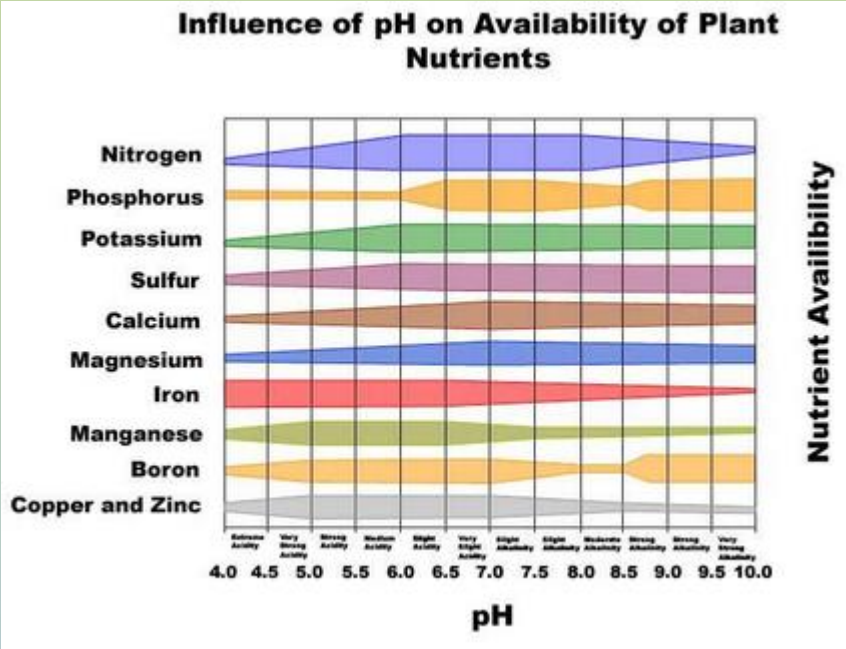
Not enuf to worry: maybe a pH/acid/base problem – but this can be tested and remedied. Best way for good pH is organic matter: leaves/chips/compost...and it buffers from big pH swings.

buy and install new toyota breaks and tires.

go to bikeworks to get a new bike frame

"As you get older, you lose your desire for excessive sweets.", says someone around the tgiving table.

Thanksgiving is a good time to share insights with those who don't know and might want to hear... e.g. the young and young-at-heart--therefore, always invite them to be part of any festivals.



Throw a block party on streets by libraries, churches, metro centers. Pick streets where you don't need lots of approvals (not too many owners). Block off street with cheap hazard tape.



11/26/2018



## Iroquois Park, Sunnyvale pavillion



11/26/2018



Iroquois Park; Sunnyvale hill pavilion. Nice, but can be anywhere.  
Spend more time outside; find excuses for it.



11/26/2018



A quiet evening at a park sparks imagination and sense of wonder.



11/26/2018

Crockpot at a picnic on a cold day hits the spot.

Next Earthsave potluck: Dec 8th by the beautiful water ("Ohio" in native tongue). Cox park by the boat ramp and wash-facility structure at the picnic tables. Bring a barbless hook fishing line...and binoculars.





Small scarves around neck and down front of shirt: secure/warm

What  
about  
the  
cold?



11/26/2018



IU Bloomington cooking class  
Potassium Chloride at home improvement stores



Dumpster diving at  
LVL1: smoker to make  
biochar, plywood sign,  
plastic tubing, glass



11/26/2018

## Metal and welding – Making it happen at LVL1.

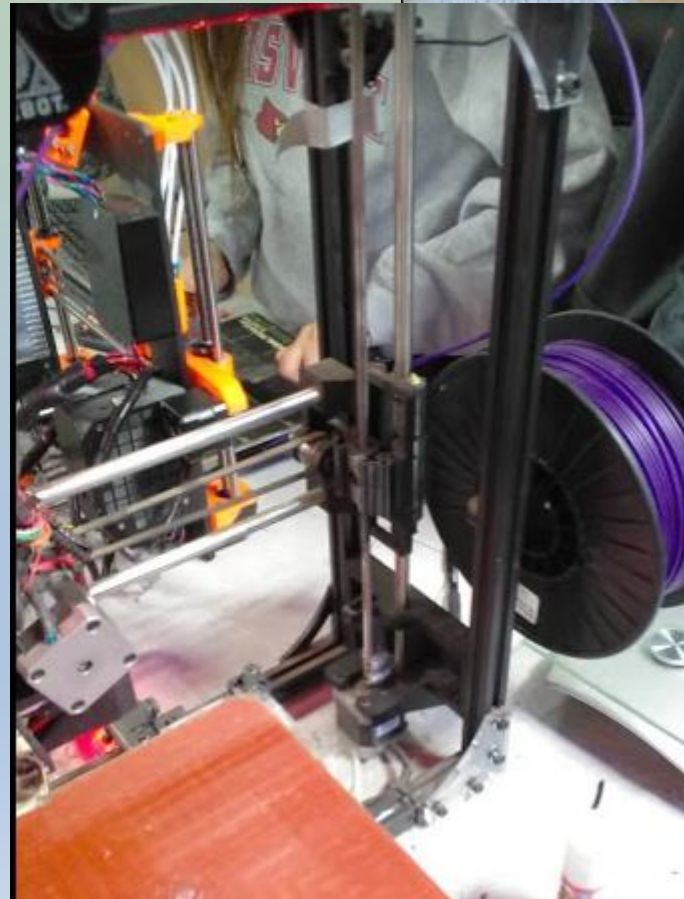


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LVL1 Makerspace:  
wood, metal,  
sewing, 3D printing



“RE” is now a thing.

Using treadmill to dynamically stretch; running on track and outside.



11/26/2018





Barrels roll down tracks  
without attention. Gravity  
used to move heavy objects.



11/26/2018

Say something that everyone can agree to so that you have something to build from.  
Agree to agree some more.



1619 Flux: Art+Activism  
1619 W MAIN STREET  
LOUISVILLE • KY • 40203

Kara Nichols and friends,

As attendees of the November PNI board meeting, we acknowledge the efforts you are making into and for the Portland Community and thank you for them. We think you are headed in the right direction and want you to know that we like what we see. All the right things in all the right ways; we support you. Of course PNI, the local neighborhood organization, wants to work with you in all kinds of initiatives...and potentially through our Health and Education Committee, if not many others. Reach out to us if you want; come visit our meetings; discuss areas of commonality; continue sharing enthusiasm and creativity.

Sentiment shared by all hereto on this day, November 6, 2018:

- Nate Pederson resident board member chair HAEC.
- Julie Matthews, Librarian
- GARY WATKINS, PNI REVITALIZATION COMM. CHAIR
- Sherry Stewart, The Portland Anchor
- Amelia Baylon, Louisville Grows Outreach Coordinator
- Tony Davis
- Sherry Finley
- Richard Morris PNI
- Larry Delaney; Portland Museum board, US Marine Hospital board, Portland Harbor Authority
- Bruce Cohen BC Plumbing Co
- Gordon Brown, Anchor Publications, MacKenzie Portland Anchor
- Jim Pigram
- Myssa Cisneros
- Kallie & Larry Stross
- Mary Liffer
- Rick T. Thomas
- Cheryl C. Smith

**PORTLAND NOW, INC.**

Portland Now is the neighborhood association for the Portland neighborhood in Louisville, Kentucky.

Donna Monroe Resident on 34th St.

JOHN EBERMAN PNI BOARD  
RESIDENT

11/26/2018



Orchard next to garden with bees, water, finistrated trees, fence



11/27/2018



“IN PARTNERSHIP WITH” -- gotta have a sign



11/27/2018



Fence and door can be made out of just branches and string



11/27/2018



Garden close to parking and fenced for rabbits



11/27/2018

Light from below makes this beautiful as well as illuminating a corner of a park.



11/27/2018



Wooden trellis: Once you know what  
you want to grow, it's there.



11/26/2018

Trim your tree to make it an ornament, an object of affection.  
POLLARDING or COPPICING.



11/26/2018



Isn't cement board non-warping in moisture? Perfect for outdoor ping pong.  
4 by 8 from the factory: ready to go.





Build a shed for your various garbage cans. In Portland, maybe put a chain in front to inhibit poaching.



11/26/2018

It's perfectly okay to have ladders on roofs;  
it makes it mentally easy to go up and work  
on things.



11/26/2018



How to spend a weekend without needing to be entertained  
sing some songs together and record them. Also find stories to read to one another...and send the mp3 to gramma for xmas gift. Go to YMCA and teach her about weight lifting. Make a puree with handheld blender. teach how to knit, and where to get cheap wool threads. And we can make an afghan or scarves together into the night. Visit maker space...to have access to sewing machine...for hemming. Visit leader from nbhd assoc and garden. Go have buttons made at the quaint used book seller. Buy a couple pumpkins and buy big pot for boiling it, and a strainer for the tough skin pieces. And buy a big cutting board for them... And draft a letter to condo bldg mgmt for making a compost pile out back.



11/26/2018



What happened this month in sustainability, reuse, resilience?

#### Shop Louisville ReStore | Habitat ReStore

[louisvilleresstore.com/shop/](http://louisvilleresstore.com/shop/) ▼

Nov 16, 2018 - From furniture and appliances to electronics and building materials, we carry a massive and ever-changing inventory of items for your home. Habitat ReStore provides an affordable alternative for everyone in our community to purchase new and gently used building materials that may ...

#### 2018 Sustainability Summit - Louisville Sustainability Council

[louisvillesustainabilitycouncil.org/2018-sustainability-summit/](http://louisvillesustainabilitycouncil.org/2018-sustainability-summit/) ▼

Oct 29, 2018 - University of Louisville Student Activities Center Ballroom 2100 S Floyd St. Louisville, KY 40208. The 5th annual Louisville Sustainability Summit brought ...

#### UL Free Store/Sustainable Closet - Home | Facebook

<https://www.facebook.com> > Places > Louisville, Kentucky > Charity Organization ▼

Nov 15, 2018 - UL Free Store/Sustainable Closet, Louisville, KY. 465 likes · 4 talking about this · 1 was here. Open Monday and Wednesdays 11am-1pm when UoL is in...

#### Jackie Green mayoral Q&A - Louisville - Louisville Business First

<https://www.bizjournals.com/louisville/.../mayors-race-a-q-a-with-jackie-green.html> ▼

Nov 2, 2018 - Jackie Green is an independent candidate for mayor, who wants to make Louisville more sustainable.

#### Inner Sustainability Retreat - University of Louisville

[louisville.edu/sustainability/events/inner-sustainability-retreat](http://louisville.edu/sustainability/events/inner-sustainability-retreat) ▼

Nov 3, 2018 - UoL Sustainability. Navigation. Home · Sustainability Council · Annual Reports · Climate Action Plan · Council Documents · Meeting Schedules · Memberships & ...

#### Sustainable Climate Environment Advocate Louisville KY - LinkedIn

<https://www.linkedin.com/.../volunteer-sustainable-climate-environment-advocate-louisv...>

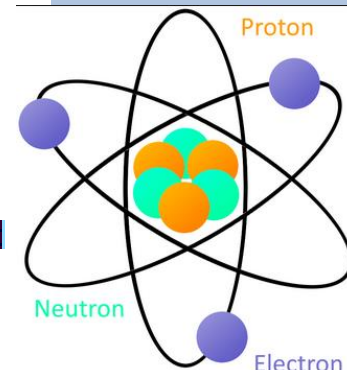
2 days ago - Citizens' Climate Lobby is a non-profit, non-partisan, grassroots advocacy organization focused on national policies to address climate change. In order to ...

## Mayor Fischer, partners announce federal grant to launch trauma resilient community initiative

November 12, 2018

## Louisville Resolution for 100% Renewable Energy

During the "Rise for Climate, Jobs, and Justice" rally held in Louisville on September 8th, the organizers, (including the Sierra Club), presented a "Resolution For 100% Clean Energy for Metro Louisville." to Louisville's Metro Council President David James. President James has formally introduced the resolution as its sponsor. We were gratified by his support. It is now scheduled to be considered by the Metro Council's Parks and Sustainability Committee twice: First on Thursday, NOVEMBER 29, and then more fully on DECEMBER 13.





## Monthly Goals for Resilience and Well Being

- I will continue to empower myself in the realm of growing items from a starter and seed (cover crops)
- I will explore the routinization of google docs/calendar for to-do's and a distribution list (add flags for important items)
- I will write in my veganism blog monthly
- I will educate myself more at level 1 and possibly purchase a device for an EEG
- I will continue to ramp up my social media impact
- I will update my website to better advertise and support my projects
- I will be mindful of routine hygiene (whiten teeth, vitamins and brush teeth twice a day)

11/26/2018



Inhibiting Incipient Insouciance for Ensuring Insurance

I heard on talk radio that Detroit has super high auto insurance; I guffawed. Having lived in other regions of the country...and having lived in other regions of greater LVL... let me just say this: Car insurance is super expensive in Portland. I think we know all the reasons without saying so; that's fine. Do we just accept this or do we redress our grievances thereupon??? The latter; here 'tis: Zip codes with highest car insurance rates (and lowest family income) should get more bus service (routes and frequency)—as a matter of principle. Yes, it'd be nice to also have covered bus stops...and umbrella giveaways for those who hold bus cards...or at least grass, uneroded dirt, unbroken curbing if not cut-awayed curbs at bus stops...with free wifi on those buses. (All easy, low lying fruit for moving away from expensive automobiles.) Ratcheting it up a notch, how about bike racks at Kroger...and giveaways of good used bikes and free bike locks and helmets--all administered out of the Metro Health Center HQ near DQ? Furthermore, city subsidized purchase support for 3-wheel bikes so that encumbered/seniors can bike around too. (I saw the state of ambulation of our neighbors at my polling place just recently—oh, my--and society is getting older in general.) We can also petition the gov't to add the trendy new LouVelo bike racks along the river west of 9th street...and to facilitate usage of electric Bird scooters with built in GPS that only works in Portland's zip codes. In addition to more frequent bus service, I suggest adding bus routes that include a circle around to Shippingport Island and the creation of a paved road thru Shawnee Golf Course all the way to Wharf Park (can't get there any other way with a bus). And when these new buses to the parks are in place, the city can celebrate by film showings in the park: Sandra Bullock's bus-crazy *Speed* (1994) and *Speed 2* (1997).

**Appendix:** Slowly, let's bring about the notion that we don't even need cars...and the fewer there are, the lower the auto insurance premiums may be...and the less abandoned cars will be hanging around due to overfilled impound lots. And an unintended consequence of this would lead to another shocker: Less accidents lends itself to less injuries which would lead to less law suits against insurance companies which would lead to lower insurance rates. Furthermore, indeed, the fewer maimed folks from car accidents that exist, then the more people who could still be able to ride bikes and ambulate up to bus stops. So, just because I have to watch tons of car and car insurance commercials (since I watch football on TV), this shouldn't mean that I go along with the underlying set of assumptions that I should pour money into our car-centric culture. We need insurance for food access and heat in wintertime, for sure, but not some of these other things like our own personal 2-ton killing machines. Reduction in car insurance rates (or switch to taking the bus/bike) would free up funds for things like paying property tax bills and buying healthier food. So, then there are things Metro can do to help our community...and things we can do ourselves. Teaming up with Metro on systemic, long-standing issues is novel, but aren't we kind of living in really shake-things-up times? However, if Metro balks to ideas like this (even though the Council is now veto-proof-- with help from “91.9% Purvis”), they'll toss it into the long term planning department and we won't see any possible action for at least 15 years. If so, in order to get movement, we should shoulder up to random major employers who frankly are several times more powerful and financially secure than our metro government--with this to show: RESULTS! FAST!

**Footnote:** Consider these ideas as part of a punch list for projects steeped in “delayed gratification”-- which is no fun but all the mental health professionals say are a really useful practices towards becoming a good human. #RecycleYourCar #DropYourPremium #TheWheelsOnTheGovtGoRoundAndRound #RethinkingInsurance #GoodAndBoring

Accused of inculcating an ethic of ascetic aesthetics,  
PortlandNate

11/26/2018

Most expensive	
• 40212	– \$2,779
• 40211	– \$2,759
• 40210	– \$2,756
• 40215	– \$2,631
• 40203	– \$2,597
• 40309	– \$2,540
• 40208	– \$2,494
• 40202	– \$2,465
• 40214	– \$2,271
• 40216	– \$2,237
Least expensive	
• Pewee Valley, 40056	– \$1,744
• Finchville, 40022	– \$1,743



THE CONFESSION of incompleteness...with book analysis.

Things not touched on:

Refuse

Redress



11/27/2018

# 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)

