

# Reskilling and Reusing –June 2017

## **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

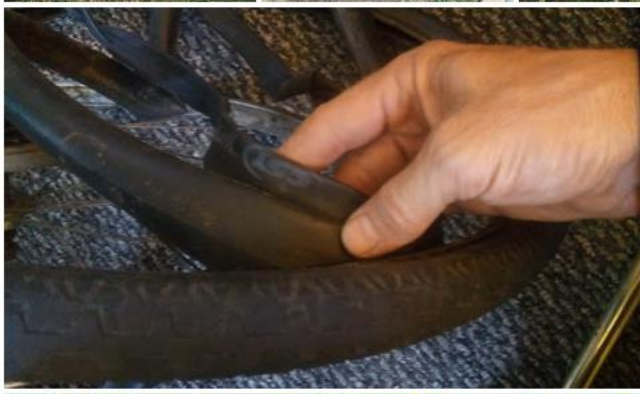
Sense of pride/accomplishment
























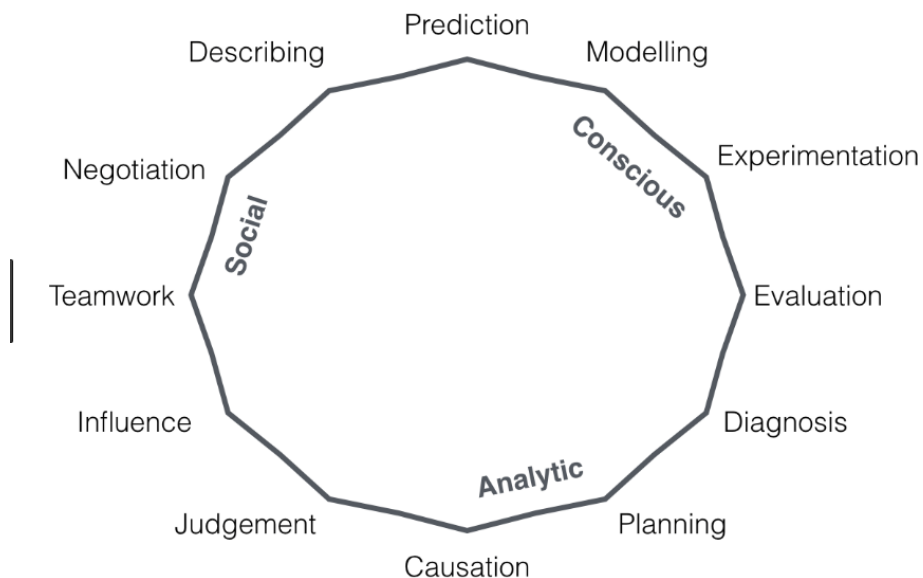
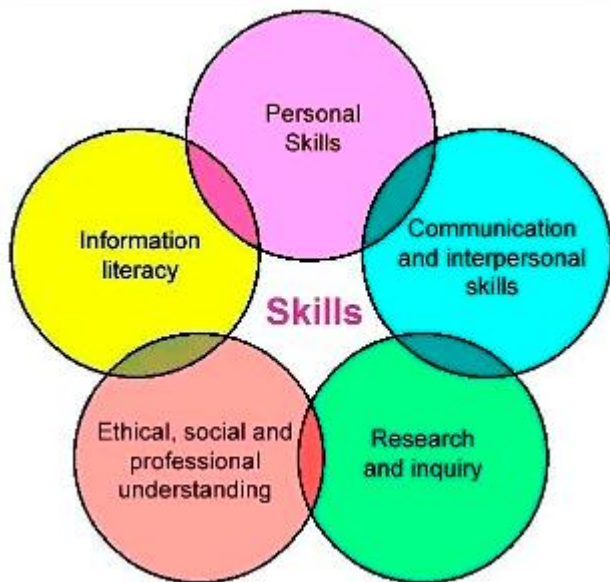
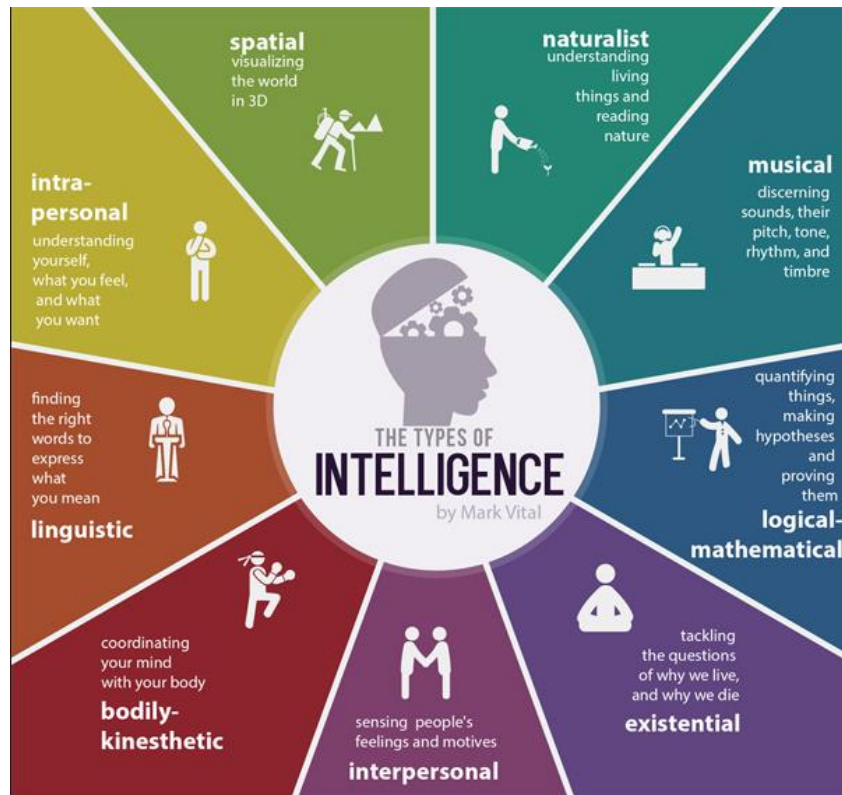
**VISUAL**  
SEE IT



**AUDITORY**  
HEAR IT



**KINESTHETIC**  
DO IT

Be happily overwhelmed!



<https://www.myrepurposedlife.com/featured-projects/>  
<https://www.mlgardnerbooks.com/blog/2013/12/26/free-for-all-friday-my-repurposed-lii>

Hi, there! I'm Gail Wilson, the author and mastermind behind My Repurposed Life. I'm obsessed with finding potential in unexpected places and believe that with a little hard work and imagination, any old thing can be made useful again—myself included! I hope you'll enjoy the journey and pick up a few tools along the way... literally!



Big mirrors that reflect onto garden plants will increase photosynthesis. Sheets of aluminum foil, eh? Sheets glued to backing that pick up sun in morning and noon, and shade afternoon when too hot. Problem in the garden: wind. Reflective mylar on the ground will also keep the ground cool (moist).

Reskilling/reusing progressive dinner: We go from place to place and hear someone in their home (or outside) talk about what they are doing to be reskilling/reusing or healthy or educating themselves. This would be videorecorded.

ESL class: rethinking everything: putting bananas, peanut butter, pickles, oatmeal, ketchup and chocolate where you thought a self-respecting foodie would think they never should go.

ESL cooking class: making spice bombs. Granulated peanut butter with salt, sugar, acid. Sprinkle on, then heat up to melt it in.



# Goal:

I will implement strategies to increase my resilience and maintain my current healthy lifestyle until 6/30/2017

## Activities:

- I will get a bubbler, find a place that has a functional drain for the bleach water and start my first batch of wine within the next 4 weeks
- I will continue to empower myself in the realm of growing items from a starter (finish planting the Jade plant and plant the tree in the boulevard) over the next 4 weeks
- I will plant all the plants into my gardens within the next 4 weeks
- I will do exercises to increase my strength in the inner elbow area weekly over the next 4 weeks
- I will stretch and run 1 time a week for the next 4 weeks
- I will get at least 8,000 steps on WAH days for the next 4 weeks
- I will maintain getting my heart rate in the 160bpm range 1 time a week for 15 minutes the next 4 weeks
- I will practice my rock climbing skills at least 1 time a week for the next 4 weeks



## Walker Art Center

The other weekend I walked to the music at the library intersection. I actually both walked and biked to this Portland Festival throughout the festivities; they were good activities for body and soul. So moved by the music was I that I found myself the following week screaming *a la* AC/DC while biking my daily commute along the river path: Thunderstruck! Portland Festival main stage was good but also 2nd stage put in a good showing. But I'm now finding that I need my fix again -- we need more free outdoor music--posted on FB--guaranteed activity Friday and Saturday evenings in the summer--not too big so thus no extra security needed (except for chillaxing off-duty officers and vigilantes, packing). Stuff is already happening, grant you. Faulkner gallery hub has lots of goings on, which is swell, and other places are popping up--but we could still use more and more (because we're humans, and humans are insatiable consumers of music (etc)). Uniquely, Faulkner has the art component-- The art is so wonderfully intimidating. But what if you're like me and "look but don't see" the meaning half the time. The community, vis-a-vis I, could use Art Appreciation 101 and Artistic Expression 101--> so as to have some semblance of the requisite mental grappling while embracing different states of mind: holding a beer, sipping a wine, nursing a cocktail, chugging a latte, slurping a snowcone, masticating a teething ring. Maybe a start could be for familyroom, mosque, synagogue, and popup parklets to screen public viewings of Exit Through the Gift Shop. 3 DVD's available at the free, Free Library, all on the shelf as of now. (Not yet banned; awesome!) This brings me to the concept of painting walls as art. For me, tagging is for starting and maintaining revolutions; roar! Just being cute with graffiti is grotesque, like worms on bad meat. You'll know what good tagging is mean when you watch the flick. Pulling this together finds us marrying art with music. Ebony and ivory. And then walking to such an event: Primo goal in life; raison d'etre! If you have to come late, cuz you're walking, the events should be live streamed of course...and easily found by hashtag hunting #Portland402Events (402 as in 40212 + 40203). Extending further, it's not just Art Appreciation--it's also Artist Appreciation. Artists make the art. Venues and events create spaces for artists who are flocking to Portland because Germantown is prohibitively expensive now, as I see it. Here's where the mayor and council come in: Up front capital investment to install a permanent (chainsaw-proof) "open mic" stage with a 60 amp solar hook up for daytime amplification (BYOG: Bring your own gear). Please note, the electricity is free (Thank you, Father sun!) But where to put? 3 options laid out here: Venue 1: "train hill" by Lannan Park and all points east like "dog hill" in Cherokee Park. (Speaking of dog hill, I saw a concert there 10 years ago: Forecastle). Maybe #Portland402Events needs (not a forecastle; ship part theme) but a "Mad'm Captain" theme in honor of Mary Millicent Miller who, back in the day, was the Wonder Woman of the Ohio River! Maybe shorten the name to just "Mad Captain" events stage. The sub-theme of events on this stage could be the selling of locally ground flour for pennies ("millicent miller"). An alternative location proposal, Venue 2, could be at the Marine Hospital--of course! Another, Venue 3, to be more protective of the assets, could be on the roof of Div 1 HQ. None of this needs to happen -- if we do nothing, artists and their art will go to "Russell@\$20M" (home of the recent 20 million dollar federal neighborhood grant). Uber Alles question: Do we really want artists in our 'hood? Do we really want to walk to their music and other creative manifestations? Are all our answers right in front of us (in the palm of our droided hand) and right in our own neighborhood? Discuss amongst yourselves. Start posting thots to any social media: #Portland402Events ...and watch us show all other 'hoods what preeminent cultural domination looks like. Bang, I said Bang! Thunderstruck! By the way, if you hadn't noticed: taboo taunting transfuses this testament: from roof parties at the police station to uppity female riverboat captains to revolutionary tagging--Some pen-happy mush-mind in this 'hood needs a leash or at least a hinge. (Disclosure Statement: Not burdened with fiduciary responsibilities nor monetary ties with any entity above.)

Just sayin',  
PortlandNate

