

Reskilling and Reusing –August 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

Overcoming overdependence

Where? <http://metageny.com/reskill> blog site with links to audio and visuals

Themes

- Rationale/Motivation/Deposition (last)
- Engineering/Geeky Design/Science
- Art/expression
- Invigorating Actions
- Food
- Transportation
- Heat/Protection
- WellBeing/HappyNest
- Hygiene
- Connections/Relations

To ReSkill or not To ReSkill ???

(That is the question)

- Reskilling bifurcation: 1--The Economist: start learning code immediately. 2--The wolf-crying Arborist: start growing your own food and living simply NOW! 3--Ignore them both, focus on sports, and perish without knowing the cause of your demise.

P-Art-Land



Kitschy



Elmer Food





I'm a green with you!





- **Earthy:** Wood chips overnight produced browned water -- wood chip tea. Like bourbon without the alcohol.
- Cob House: dirt and straw with a roof.
- Terracing: Japan
- Mushrooms



Firehouse Food



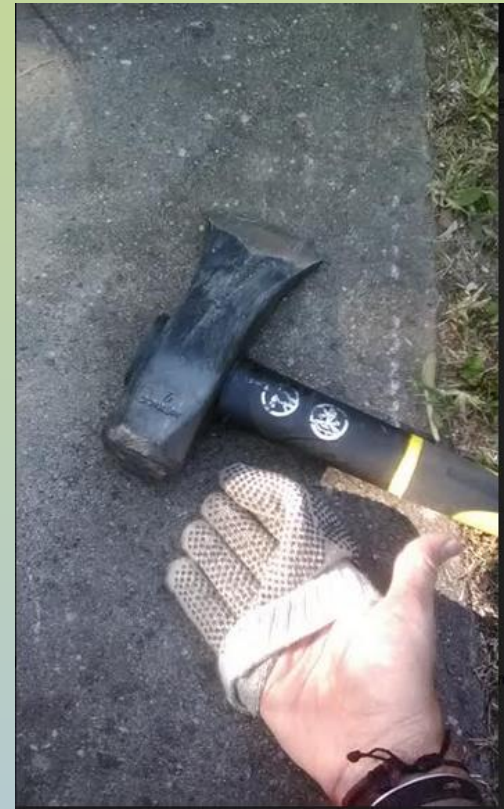


Bike-a-haulic

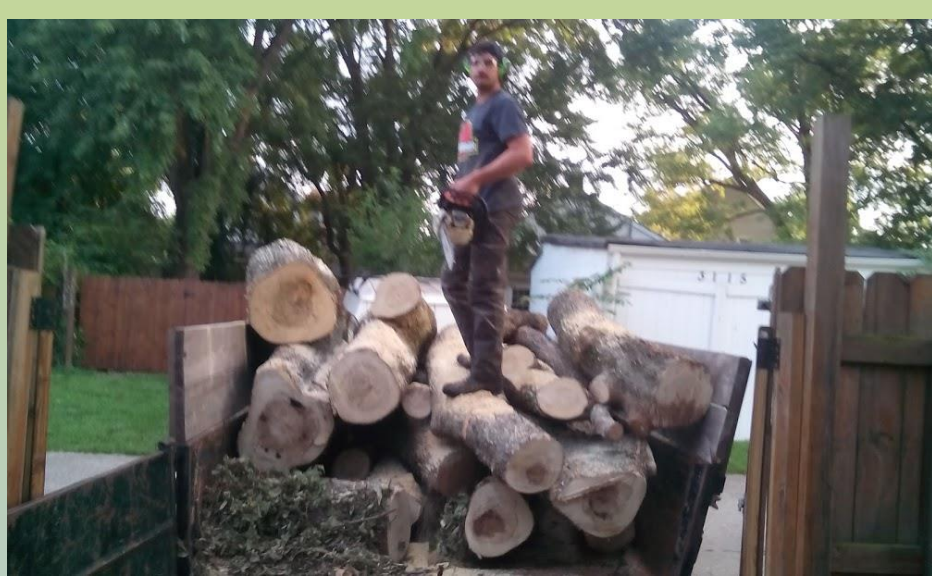


Oh, Tokyo!





Intimate: 1-2 hours of pressure on my thumb from a rubber band basically removed the pain I was having.



Wood chuck





55' Irrigation Pipe

Light-weight (35 lbs)

Push-Up Mast

(with coffee mug on top)



Metal Me This!

Peacific, Oh Shun!



How to use built environment to improve workout...in addition to just mere floor space. Options with no infrastructure: floor ex; windmill/cartwheel.

Backbridge/summersault. Balancing: http://onegymnast.com/?page_id=399

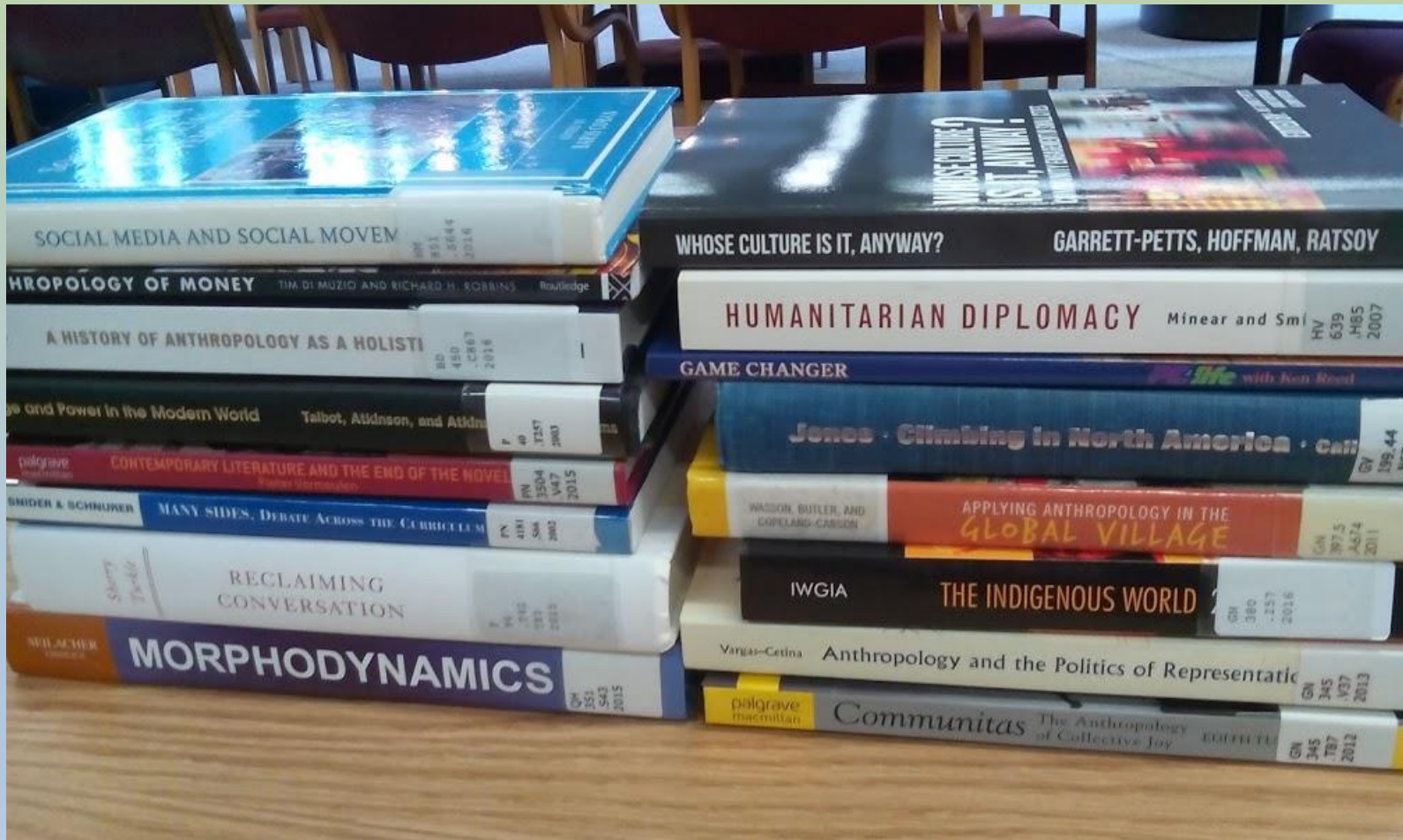
Acro Skills

- Forward Roll.
- Backward Roll.
- Handstand.
- Cartwheel.
- Round-Off.
- Front Walkover.
- Back Walkover.
- Handstand Forward Roll.

Planche and Kip



Tower of Bibl: QR Code for abstract/reviews



Extreme ve(n)tting



- On radio: Flutes for PTSD. Grants are hard; money needs to trickle down. Believe in arts as therapy. Drum circle. Dancing = born again.
- Key = catharsis.
- “Beans and cornbread had a fight” Song.

PORTLAND ANCHOR submission

Parkour and Mental Scrambling

I was just in conversation with a conductor of a train the other day and she said how enamored she was about parkour and being able to scramble around the built-environment of the city just as she was able to scramble around their locomotive and traincars. While the conversation went off into various finger-hold nuances, I was wary not to waver into the idea of climbing trees since that has such liability for even bringing up the idea in people's minds (oops, there I go again!) - Little did the conductor know that the prior evening I had the opportunity to take the wrong bus home from downtown so was forced to jog from 18th and Market to my place near Portland's Carnegie (may he live in peace) Library. A jog through Portland in work clothes in the heat made for some reverie that neared dehydration-induced hallucinations, which include the following: 1) Google Fiber rocks. 2) Abandoned homes with big openings in their structure usually waft strong urinic odiferous zephyrs. 3) People roll down their car windows and let you know how they feel about your jogging with pants on. 4) Boone Square Park is awesome for parkour! May the record show that Portland espouses and enables mighty parkourness which includes these: A) cementitious cemetery walls in two locations (St. John's and Portland, in which place-marker monuments exist from all kinds of different types of people) which are great for mounting and mantling. B) the boulder hill and quarry slabs at Wharf Park. C) the upside-down rock climbing holds at La Porte Park's climbing structure. D) the retaining wall at Boone Square Park to make jogging around the park more than challenging when hopping up to the lawn and jumping down to the sidewalk are added to the exercise regimen. The morals of the story: always wear sneakers when in 40212 and 40203 since you never know when your internal parkour passion will match a geographical opportunity...and take the correct bus home.

PortlandNate

Mailed: \$10/year



Practical magic:

- Linguistic reskilling: "how about sports!"-- 1) block: "I don't know about the game" 2) block and tackle: "I don't follow sports much due to its over commercialization" 3) home run: "I wouldn't know but my vegetable garden is awesome: Just last evening I was planning to plant..." The same thing goes for unethical and intolerant language. Response training!

Too many words

- I know there are people traveling to DC that have room in their vehicle for normal folks like me, but finding them is hard -- timing, etc. We need an AI assisted program (hitchiker app) like Uber for long distances. I want to be able to travel to DC and protest if I need to, but don't want to spend so much time working on dogged logistics.
- City budget should include 'bare bones' minimum, vs extras for compassion or greater quality of life. Many things need funding, but some things can be discretionary. **Thru out the year**, this tension b/n competing priorities can be discussed, so that the fog of the budget process can occur rationally in April/May.
- Why focus on reskilling: Chris Hedges recently: We must embrace a despair that unflinchingly acknowledges the bleak future that will be created by climate change. We must see in any act of resistance, even if it appears futile, a moral victory. Our character and dignity will be measured by our ability to name and resist the malignant forces that seem to hold us in a death grip. Catastrophic climate change is inevitable. Our technology and science will not save us. The future of humanity is now in peril. At best, we can mitigate the crisis. We cannot avert it. We are fighting for our lives. If we do not rapidly build militant movements of sustained revolt, movements willing to break the law and attack the structures of the corporate state, we will join the 99.9 percent of species that have vanished since life first appeared on earth.

War(d) of Words

- Bad products: back scratchers and picker uppers: should be able to stretch to reach your back and bend over to pick things up from the floor. Demand flexibility rather than accommodate the lack.
- Black Walnut henna tattoos

Hey, Houston—ding over there!

- Reskill report card: "pretty good" but not resilient. e.g. cheap and healthy food and gardening, but is it able to withstand any shock? What kind of shocks and how buffered are the defenses? Who has time to even ponder such? Trauma will come fast and everyone (but a few) will be in shock and crazy, so just give up. What does it mean to be a human? Why are we here? Where are we going? Why ask why?

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

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