

Reskilling and Reusing –Oct 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



One idea: Many Projects

- One idea with many project prongs is a PROGRAM: (resume builder wording)
- Projects and field trips with Community Center youth
- Go to LVL1 to increase user awareness/skills
- Make things out of wood
- Make shoes that last (wooden shoes?)
- “Loom”inocity.



Piano recital on the web

- Aging folks engage their past and move forward
<https://youtu.be/h9fKlvkwROE>
- Take existing skills and maintain and advance social safety net
- Engage video; upload to youtube
- Youtube this month: piano, weaving, growing chard, auto diagnostics and water pump replacement



Stop kids' sequestration from us

- It takes a village: More adults need to be around kids. Those adults need to be tenacious about shaping behavior/attitudes. Develop relationships over time. E.g. camp counselors style vs hall monitors.



Can you canoe?

- Bike trailer as canoe hauler. Think big.
- Find trail to river that's easy to get to.
- Prepare to move heavy objects overhead.



Healthy food

- Cooking class: bean burger
- Binder is the key: tapioca or egg-replacer or corn starch. Use small amount of oil (wipe on with cloth, don't pour)—it needs heat to get firm.
- Meatless means no worries about getting it hot enough or having it cook long enough.
- Bake bread: Lots of baking soda to make it rise; put herbs to make it smell good. Avoid cheese; use Lite Salt
- Industrial food: composting requires segregation and monitoring.

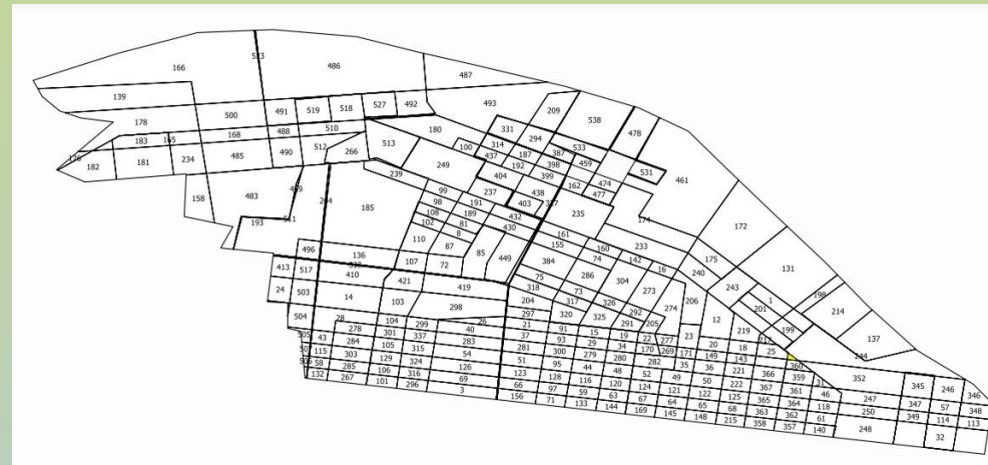


Gardening with others

- Hay bales. How to use them. How to buy/haul them. Where to put them. How to avoid the NO.
- Create/attend seed bomb making for monarch butterfly plants: Milkweed.
- Create space for group activities: Home, front porch, community center, church, restaurant, coffee shop, art gallery, ?foundary? Gazebo in summer?
- Find places with kitchens to play in. Churches, homes, community centers.
- Raised bed construction needs battery power.
- Brassica leaves



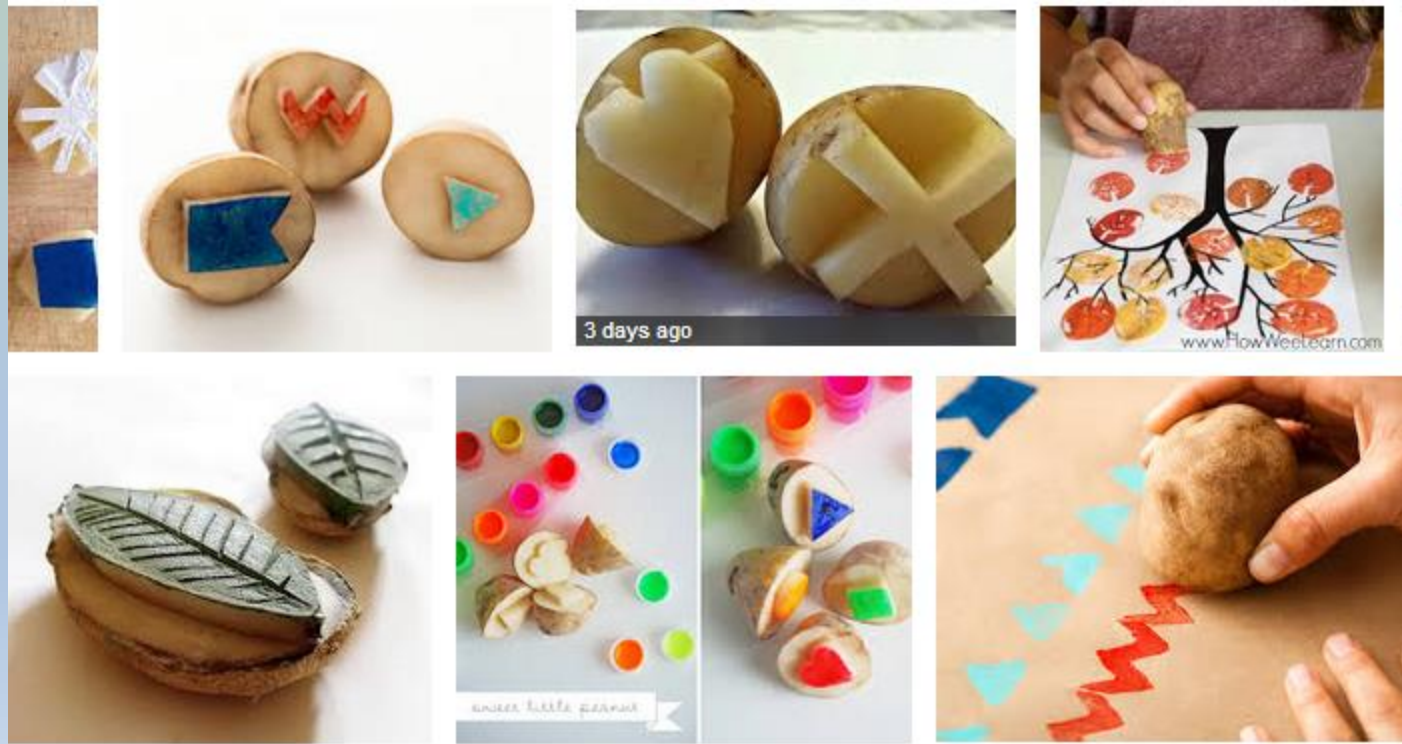
GIS



- Ideas are tied to location
- GIS is location placeholder
- Profit and power are spoken for: city planning and business sales.
- Community support and co-helping is neglected step-child. Turn it into cinderalla.
- Block by block awareness and dialogue about xyz, where xyz is maybe Health and Education

Branding

- Raise awareness without spending money on fancy fliers:
 - Cut a potato into a hand stamp
 - Make stain from fallen black walnut tree
 - Stamp a walnut henna with emblem
 - Solidify emblem to make a brand have power



Community Media Center

- “Marin County Media Center” for creating
 - Podcasts
 - Concerts
 - Live radio broadcasting or webcasting
 - Leaders and organizers
- Churches, community buildings, abandoned homes, library attics. Must engage legal and management recalcitrance...thru war of attrition/entrenchment.



Fake money

- Money isn't gold backed so it's all fake
- Bitcoin costs \$1 per transaction, so it's all hype
- IOTAcoin is free transactions, so awesome potential.
- IOTA opens the mind: Just give someone a few IOTAcoin if they were nice to you.
Permenant record of income, thus popularity contest.



Dumpster diving

- 2 by 4's could be gone in one hour
- Used 2 by 4's to build an addition to wood shed
- Be ready to pull over at any moment and get out.
Wooden drying racks.
- Bike tube for resistance exercise
- Glove by construction site
- Old floor timbers



Dental hygiene

- Buy sports mouthguard when grinding teeth
- At night, if teeth are sore in morning
- During chopping of wood
- Take calcium supplement
- Don't chew on ice or hard candy.
- Healthcare providers:
Broken bones and broken teeth. (Lifestyle takes care of all else)



Tetherball

- Tetherball in which park?
- So cheap they are easy to replace.
- Roll it back inside at closing time (or leave out)
- Other ideas: QR code to post successful feats in jungle gyms. (Parents post.)
- Make 20, put in storage until buyer comes around. (heavy? Maintain strength with pushups)



CEO Roundtable

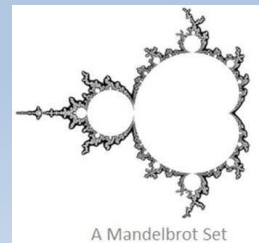
- Diabetes Prevention
- Louisville Health Advisory Board
- Thurs, Nov 2nd; 8:30 – 10:30am.
- CDC Prevention Program
- Partner with everyone – and inform everyone that everyone is encouraged to be healthy either alone or with help from programs.



A Room with a View

I was just reading Max Tegmark's book (MIT professor), borrowed from the Portland library, about underlying cosmic physics--including Mandelbrot's fractal string theory, $x \rightarrow x^2+c$ --and tripping out at the thought of Level IV multiverses...and it struck me that the mythology of the Heisenberg Uncertainty Principle (which states that matter allows itself to be detected in location/position if only the momentum is poorly known and vice versa) is relevant in our neck of the woods. The essence of the Heisenberg Uncertainty Principle is that the detection process in physics influences the thing studied. This of course relates to Portland in this way: If anyone steps out and tries to do anything in the 'hood, you can no longer **really** know the 'hood anymore. To do anything involving action and leadership is to remove oneself from actually being a part of the True North of being a Portlander. This is not a problem unless one has a penchant for active leadership as well as being a true Portlander. This concept, of course, has nothing to do with particle physics but everything to do with neuro-social-andro-cultural perception, e.g. social media/milieu. I'm not sure how to make a neighborhood self-aware enough to know that it should actively avoid behaving like a bunch of Uncertain quantum electrons, and migrate into acting like Relativistic Energy Fields of flexibility and abundant potential. But in the end, I'm not too worried since we're still in the 1st world, and we merely have 1st world problems. It's obvious that a single Ohio River mega-flood (how dare it!) would put us all in a swirl of subatomic quantum foam. So if someone comes to your door and asks how are you, will you act like a nuclear decaying particle and flash your pistol, or will you engage in the dance a la WaveForm of a good old-fashioned electro-magnetic dialectic hoedown? I. Say. This. For. A. Reason. In sum, it's always charming and hypnotic to look at our world as an alien, e.g. a physicist... maybe next time the alien perspective will be biomimicry, archeogene flow, machine intelligence, etc. Why not?

#RobotsAndGorillasThinkYouAreWeird #ThinkGlobalActFractal #PortlandHoedown
#WhatsNewWithView



A Mandelbrot Set

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)