

# Reskilling and Reusing –Feb 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

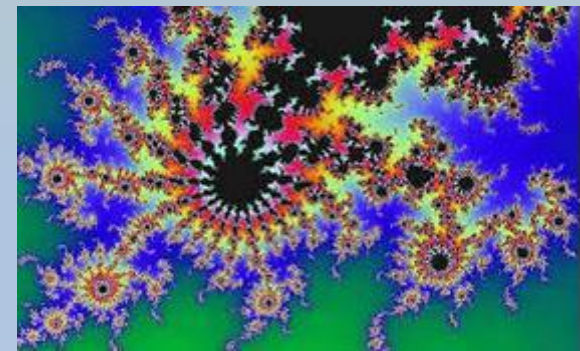
## Overcoming overdependence

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



# Fractal 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.

# Just this month: imagine that

Reskill: strainers: for salt crystals and for getting rid of glass in soil.

"Curator" is what we need now-days. e.g. youtube of audiobooks, but thoughtful and intriguing...

Joining FreshStop local food venture. Volunteer at local school to teach kids how to make amazing food from microwave ovens, e.g. roll up a raw cabbage and cook it in the microwave until the xxxxx starts to yyyyyy. This could be a child's science project.

Turned up bike handlebars.

Drill two holes in the front of the seat and slip a thick wire through it in order to keep seat from tipping upward.

I removed cast iron furnace in bsmt. Now how to lower the floor by removing dirt in bsmt: shovel into 5 gallon pale and dump onto tarp at top of stairs, then drag tarp to compost or other area for grading, e.g. by cement slab next to cars. Or sequester the soil for use on top of carport for garden.

Where is my ankle support for my left ankle at night?

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It only takes one high schooler or a FL congressperson to vocalize the need to heed their voices...and the avalanche will occur. Totally catalytic/enzymatic...much better than mass-action-based change.

2/20-- utube on how to

ReUse the K&I Bridge: Bring the artists: Try to make symbolic efforts in front of the entrance to the K\*I bridge so that when people visit it, just like Mecca, they can see that there are people who want it open. Maybe public art around there...paint on the street, etc. But it's impractical so must engage artists. Local activist-oriented artisanship.

I want to see garden processes and tools in colombia.  
Reskilling: What people do in colombia.

Turkish getups on youtube--done: Ready to incorporate into routine. Biggest surprise was difficulty in standing up from kneeling position.

Buy crossword puzzle book.

I learned from pool jets at YMCA that bottoms of feet have lots of nerve endings that are atrophied. Goal: Take shoes off when possible for brain health.

Reskilling: learn to love sports with low cost and easy to expand the number of participants: soccer, tennis and frisbee.

If the field lines can be chalked, that'd be good. A community chalk dropping machine? A cheap hack for this?

#### Activities:

--I will work on repairing the code violations at my house over the next 4 weeks

--I will continue to empower myself in the realm of growing items from a starter (expand my knowledge of planting while in Columbia) over the next 4 weeks

--I will continue to generate interest in meeting in the weight room on Monday nights at the community center the next 4 weeks

--I will either make a yeast or non-yeast bread 1 time a week for (yeast at least once!) the next 4 weeks

--I will organize my work space at home within the next 4 weeks

--I will continue to work on getting one of my vehicles up and running over the next 4 weeks

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<https://www.youtube.com/watch?v=6ZgLEYaUbbI&feature=youtu.be> relieve hip pain.  
Try to pull my leg away from my hip somehow.

Heard on radio: USA is lonely place, so tongue is one of few friends, thus we inappropriately attach as a trust issue. Does bacon have sugar in it? YES. That's the trick.

The Rec: put up on wall the instructions for playing billiards.

The Rec: get a sign up sheet for all kids who promise to not knock over a straw bale garden plot and will discourage and not participate with others who do damage the garden.

Like Holden Village, build a cement wall of big rocks for terracing.

The Rec: pickleball anytime? Curtain? Field painted lines? Can Danny from Lannan Park ballfield also paint soccer lines at The Rec? wrestling?

Garmin analysis:

After 3-4 minutes, then my HR was maxed out. Takes a while. 1 mile is only 150 calories.

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Heart rate monitor on everyone. Open your steps/heart rate data to a trusted adult -- community organizer/health clinic social worker.

Who cares? Why care? Smart people say a recession is coming and there won't be money for hand outs of food, heat/electricity, etc. and thus we need to get ready for self-preservation and preparation for being resilient.

Sign up at The Rec if you want your grass mowed. If census shows you are over 75 y.o. and no young person lives with you, then you are a candidate, but must be within 1/2 mile of The Rec. Program will continue until mowers are stolen or broken.

Move and lift shed via wood trunk sections from wood pile. I'm excited.

Lots of wood donated by neighbor. Lifting weights at YMCA helps move it around.



Using stairs for exercise: When descending, heart rate drops unless (1) go down 3 flights, then (2) go up two, repeat. Going up/down two steps at a time is good when used to it.

Answering machine: "Hi; in order to reach nate pederson, please text me your name and two words on the subject you are calling about and Nate will call you back. Sorry for the inconvenience, but this will avoid my wasting my time on weaponized bots."

Anchor article: Volunteers go around the community pumping up people's car tires... others leave fliers asking people to call in with tire pumping requests. There are so many caveats it's almost funny -- we've really lost our way.

I like this: Reading a play script from a book while acting it out...in front of an audience. There are many good plays that haven't been put to screenplay yet, and acting gives people a chance to explore growing acting skills. I did this in Holden Village with an Ibsen play. The good thing: it takes some rehearsal but not required to memorize.

Binaurals give the brain what it needs, either some stimulation or calming:

<https://www.youtube.com/watch?v=HA6nSQawROM>

The dispossessed: le guin about anarchy.

# Picture this





## <Picture 2>



<Picture 3>





# Anchor article: March 2018



## Spinning Wheel by Blood, Sweat, and Tears (Anchor article)

It's comin' on to spring, and the tree sap is running...and our minds are springing-- and sparking too. To wit: Every time I look at the sun (nature's fusion genius), and think on our human nuclear fetish, I shake my head since the sun is yelling at us every day: "It's fusion, stupid!" not our 'dirty' nuclear fission, a la Uranium for one. As long as we're stuck with the penchant for electrical gadgets in an electrified society, we might as well just heed the yelling and fund fusion research. If we 'gofundme' about 3 trillion we could get there, resulting in all municipalities making all the electrons they would ever want. In the absence of research efforts of a few trillion dollars, we're stuck with what we have. Digging up decayed fossil plants is our fetish worth dying for, apparently. Hmmm. Well, since we're being irrational, we might as well enjoy the limbic part of our brain as we careen towards whatever...Let's make up a few cool community activities, a la Egyptian and pan-american pyramid construction...right here in Portland. I was once in Minneapolis talking with a Sierra Club enthusiast and I learned that a flywheel can... oh, forget the story-- it's too boring. But here's the residual idea that resonates with me about it: In a park of our choosing (Lannan, of course), put a heavy spinning flywheel that can be used to generate electricity...and can be sped up if you ride the stationary bicycle that's hooked up to it (and which solar panels can contribute to if we want). We need electricity in the park since the homeless are asking for it and we need lights to play tennis and baseball after dark. The beauty of the flywheel idea is that it gets people actively on a bike, since we generate the electricity from using the bikes hooked up to the flywheel. But how do we determine who can and should be biking to keep the wheel going? I propose we partition the neighborhood into 30 or so sections, and every section would coordinate their neighbors in their section for one week a year during those months that people actively are outside and using the park. That takes coordination, which is what our cell towers are for. If the flywheel idea is not gonna fly (why wouldn't it, though?), then how about a water tower that we push water up with a water pump attached to a bicycle ...and get electricity on demand, generated by switching the water to fall through the waterwheel generator...(Obviously we have the falls of the Ohio to dip into as a hydroelectric source but this property is sequestered by a Utility agency that says Ohio river falling water is property which is properly owned--and not by you. We could just buy their hydroelectricity but that's no fun. This flywheel or waterwheel idea is different than solar energy which is just boringly sucked up by panels without anyone's help...and that doesn't build community and doesn't get people exercising. Also, stand-alone solar energy requires big batteries which are toxic (note to Elon Musk) and both panels and batteries are liable to be stolen from a park--while no one is going to steal a flywheel or a water tower; no way. All this stems from the fact that our leaders tell us we're running out of money, so it's DIY-time. Of course there's danger, but lawyers have to feel self-important, so we go bravely into those things that have meaning but involve a modicum of risk. <random> By the way, this is entirely separate from the idea of a raised bed garden in our parks that use bicycle pumping power to lift the water for the park's raised bed vegetable gardens that are 9 feet in the air to keep away jumping deer (made from straw bales)--using Ohio River water or sequestered run off from the freeway overpass. That's for next year's proposal. </random> All we are asking for is an installed flywheel in the middle of Lannan Park; we citizens promise to keep it humming. Maybe construction and design are to be partially funded by the city and partially through GoFundMe. The city is in the throes of budgeting so March/April are prime time to volley a hot one onto them. #ThisIsSoDoableItsDumb #WeGotThisButLetsFakeLikeWeDont #CommunityBuildingCurrentlyInHospice #PrivatizeOurParksSaidNoOneEver #BigRockSpinning #AnotherDoorToDoorProject #BreadAndCircusWithPurpose #WaitWhat?

# 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)