

# Reskilling and Reusing –Jan 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

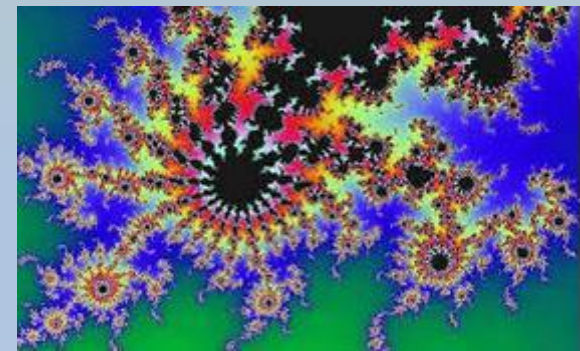
## Overcoming overdependence



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.

Branding: Reskilling Moment -- or a ReUse Moment--or a LifeHack moment.

HAEC Moment: a brief snippet of info that delineates 1st principles of H&E and brings it down to a small tidbit of ubiquitous interest.

Reskill: Removing scratches from glasses.

Reskilling: frozen water in cooling system seized water pump thus melted serp belt -- serpentine belt...loosening with vice grip attached to socket tip and held down with ratchet strap.

--cardboard to be used for laying on ground

--metal hanger for reaching in places...and aerial.

--ordering online/ listening to auto parts clerks.

Frozen paint grainy.

Wiegth lifting: dead lift and back strength.

Loosening myofascia: lying on dumbbell or leaning on arm of treadmill.

Switching bikes.

Raised beds at The Rec.

Straw bales at the community garden.

Buy a house as a project.

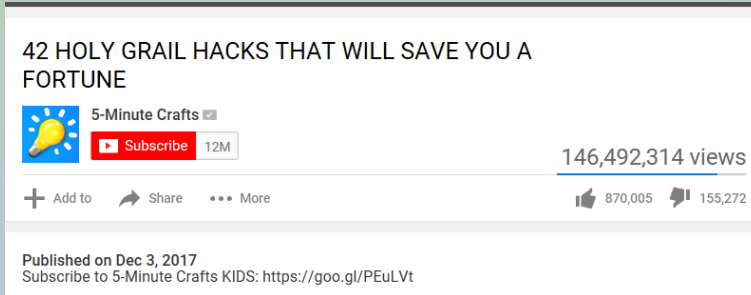
# Re-reading

- reading out loud; why? So you can influence offspring (captured audiences) while they remain passive.
- Also Balabolka text reader. Since "you are what you listen to" it is important that we choose what we hear rather than just receive what is on the e-media.
- It also requires a belief in words...which requires the ability to find meaningful words...
- which requires we talk about literary criticism.
- Also: Audio visual entrainment and brainstate



# Hack-a-mole: amore social mores

<https://www.youtube.com/watch?v=9YMpuLDnwo>



ultimate screwdriver hacks:

<https://youtu.be/0VWexitvP6Q>





# Food for thought

Planting radishes: February 15<sup>th</sup>.  
Wood ash is potassium rich.  
Modern man is: agrarian planner.



# RadioActive 4 U—Bully Resistance

- Resistance is fertile



## WFMP-LP FM Radio Station Information (FCC)

Call sign: **WFMP-LP**  
Service Type: **FL Class L1**  
Frequency: **100.5 MHz**  
FCC File #: **BL-20170404AAS**  
Power (P): **20 Watts / Power (V): 0.02 kW**  
Height Above Average Terrain: **217 ft. or 66.0 m.**  
Antenna Radiation Center:  
Above Ground Level: **253 ft. or 77.0 m.**  
Above Median Sea Level: **709 ft. or 216.0 m.**  
Antenna Structure Registration #: -  
Application ID: **1754482**  
Latitude: **38.246833333**  
Longitude: **-85.780565556**  
WFMP-LP FCC Data Last Confirmed on 2017-12-26 07:16:59 (Data: US)



# City News

- **Resilient Louisville**
- <https://louisvilleky.gov/government/public-works/reduce-reuse>

Check out the resource for donation.

## Goodwill

Goodwill is a not-for-profit organization that provides furniture, household items, and more.

## Habitat ReStore

Habitat ReStore is a not-for-profit organization that provides furniture, household items, and more.

## Freecycle

Freecycle provides a free online marketplace for specific items. All items are given away for free.

## Craigslist

Craigslist provides a free online marketplace for specific items. Items are sold for a fee.

## Climate Action and Resilience

On Earth Day 2016, **Mayor Greg Fischer signed the Compact of Mayors**, now known as the Global Covenant of Mayors for Climate and Energy. The **Global Covenant of Mayors**, signed by hundreds of mayors from around the globe, commits Louisville to **track and reduce greenhouse gas emissions and prepare for the current and future impacts of climate change**.

In May 2016, **Louisville was selected to participate in the 100 Resilient Cities (100RC) Network**, a program pioneered by The Rockefeller Foundation. Louisville joined 99 cities located in other parts of the world to analyze and prepare for the local shocks and stresses that result from a changing climate. Our city was selected for its pledge to address environmental issues that disproportionately impact low-income and minority neighborhoods. Equity is the underlying theme for this work.

# In Pictures: reskill/reuse



“There is no money” is called, in Europe, austerity...but in Portland it’s called reskilling and reusing and life-hacking.  
Felled tree trunks as community source for wood-burning supply.











## Remove Scratches from Eye Glasses

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Remove Scratches from Eye Glasses

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- What works? What doesn't?

What works? What doesn't?

What works? What doesn't?

What works? What doesn't?



Tangy protein



### Ingredients

1. 2 1/4 cups all-purpose flour.
2. 1 1/2 cups sugar.
3. 1/4 cup used coffee grounds.
4. 2 teaspoons cocoa powder.
5. 2 teaspoons baking powder.
6. 2 teaspoons kosher salt.
7. 2 eggs plus 1 egg yolk.
8. 1 1/4 cups chopped toasted hazelnuts.

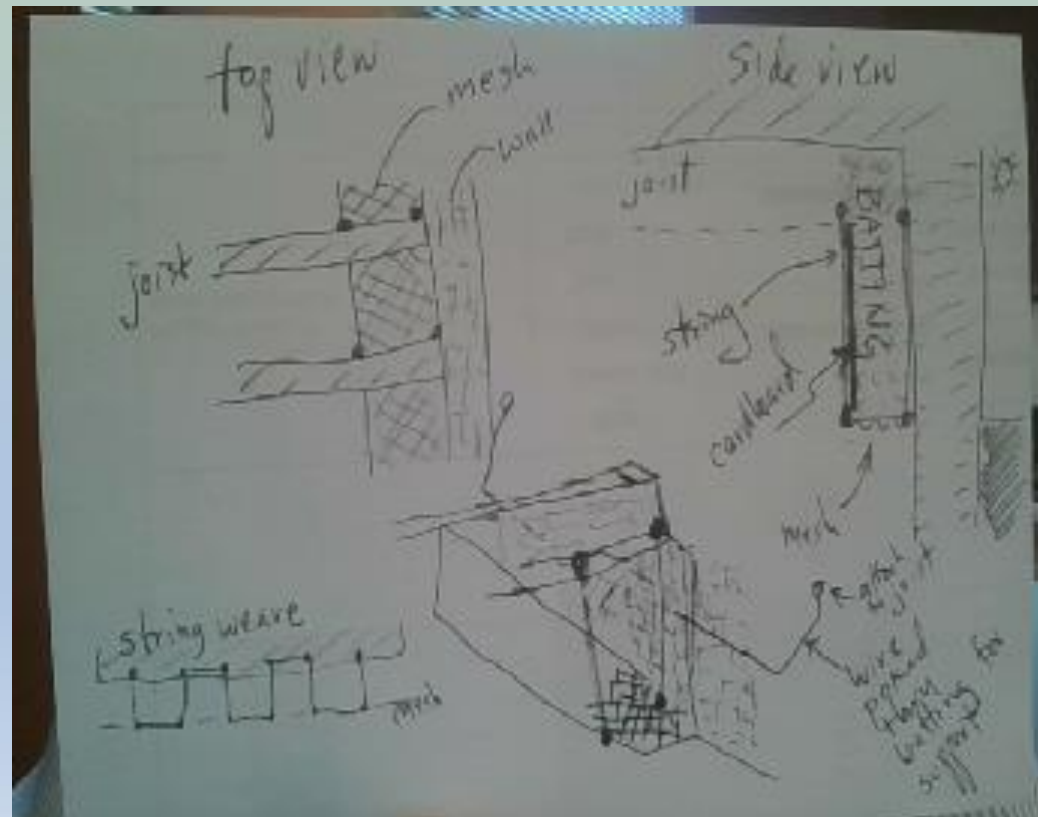
Coffee Grounds Biscotti | The Splendid Table  
<https://www.splendidtable.org/recipes/coffee-grounds-biscotti>





If you buy a house:

- Good ladder
- Access to plywood
- Drafting/sketching and design focus
- Insulation and vapor barrier plans – not brick

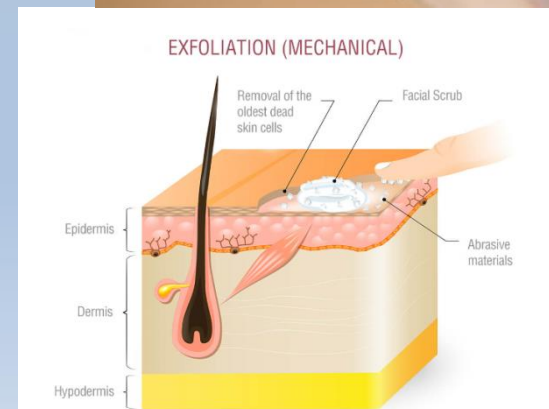




# Ashamed to say...

Hygiene: get in the habit of going to the steam room or warm pool and periodically scraping skin off the body

Storied history of Shame: It is the subtle nuanced influencing technique of mature societies. Think about Japan and the Quetico.



# GOAL!

Goal: I will implement strategies to increase my resilience and maintain my current healthy lifestyle until 2/21/2018

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 over the next 4 weeks
- I will run 1 mile 3-4 times a week for the next 4 weeks
- I will try to generate interest in meeting in the weigh room on Monday nights at the community center the next 4 weeks
- I will look into buying a heart-rate monitor over 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 make strides on fixing my radiator leak over the next 4 weeks
- I will change the frame on my bike over the next 4 weeks
- I will run to work at least 1 time over the next 4 weeks

# Anchor Article for this month

## PARTY ON

Here's an idea for yet another party: Saying farewell to people who've left Portland because they invested, saved-up and are now moving to greener pastures. Portland is a huge womb--why not celebrate that very fact. See here: we're a neighborhood that is happy to have people come in and rehab/flip/improve-from-dregs... but we realize we're not the best neighborhood in some respects, in fact we don't even have pedestrian access to New Albany (pshaw). Not begrudging those who desire to emigrate from this x-hole, we should at least have an annual 'good luck, and glad to have helped you out' party to celebrate everyone's good fortune. Party should be near the geographical center of the neighborhood... Maybe La Porte Park. A major feature of this 'bon voyage/cast off' party will be a contest to see who can flip (a la American Ninja Warrior TV show style) a tractor tire from one end of La Porte park to the other. Trophy name: Freak'n Flipper Zealot Maven. And just to make sure nice houses don't go neglected, here's the smackdown challenge for all of us: if we know a neighbor is old and declining, we need to socially gird our loins and ask them, 'Do you have a plan to ensure your children make good choices about your house when you are gone?' The oldsters' homes are the womb of those who might, in turn and over the course of time, eventually leave Portland for greener pastures. Do you feel me? If we really want to be the mother of economic toddlers, as mentioned, then we need to start reaching out to neighbors in this way, IMHO. Granted Portland has lots of trashed homes, but it's mea culpa if we let any more of the tended ones slide into perdition. Just as an aside, we should all start to recognize that the value of the house that the city says it is assessed at for taxing purposes is likely way, way overstated and it is reasonable for us to consider making a case with pictures and internet data that indeed we are mostly paying more taxes than we ought. Unsurprisingly, the city loves this overage, but our hood is not METRO. By the way, you DID NOT hear this from me. With reasonable housing valuation, we're looking at more incoming starters/flippers--so this has a net positive consequence. You think no one is on our side on this expedition of inquiry? Why not try contacting Google Fiber--they've got skin in the game and are bigger than god...and would like to see you pay less taxes for obvious reasons. I'm not going to do this, and no one else is either, so it's on you--the reader--right now--as you hold the paper. \*Talk freely amongst yourselves\* #ItStartsHere #StartInPortland #WelcomeWagonMeetsFareTheeWellWagon #PutThePaperDownAndPickUpThePhone \*We are North End\* By the way, I don't think I've written anything that will put me in jail--which is awesome...but nothing to protect me from thugs, which is not. BTW yet again, this is random-- but: a big shout out to Western Middle School choir for participating in a wonderful concert, heard on public radio on Christmas Day; thanks for doin' your thang--Being young light in the dead of old man winter! DO MORE!

A: "No, I don't have a cigarette",  
Portland Nate





# 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)