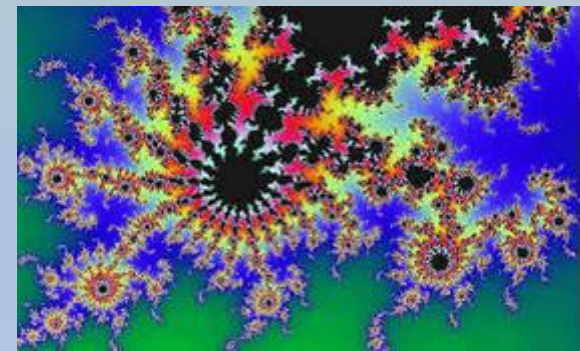
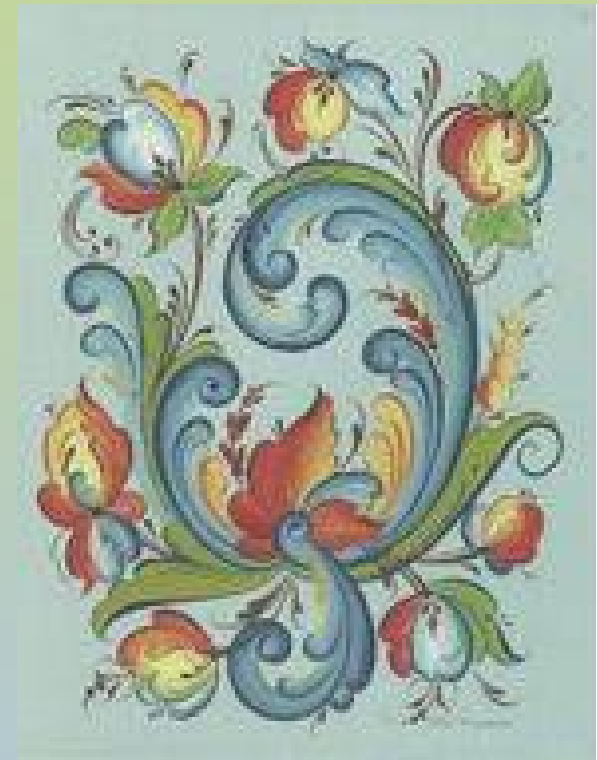




# Fractal “Re”-Themes

- 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.

# Stiff Joints are not bones

Anatomy of 30 seconds Stretching: Doing first 20 seconds until I feel the fuzz from Golgi nerve release, then wait 5 seconds more, then spend the last 5 seconds pushing the muscles quite a bit, even into the pain (since it is already stretched and prepared for further stretch).

Takes hours/days to recover (and improve flexibility) from the stretch.



# Used music

Recycled songs from previous generations?







# Garden In Community



# Perennial plants and insects





# Hand clippers vs poison ivy





# Outings with purpose.



Q: Why golf?  
A: Golf is waking  
hypnosis.



# Plastic sleds and wood wars





# Podcasting by committee



# Hummus and roux milleiu





# Canvassing for votes: Exercise



2008 crash = 2018 demo





# Junk Day themes: a mess



## Walking and grabbing







Just sitting there waiting; why not?





MORE!





Then what?



# Anchor Article for this month

## Lip Service and Annexation

For those who don't choose to titillate their dopamine and serotonin receptors with opiates, I present a more natural high associated with kickin' butt and takin' names (hats off to oxytocin and endorphins). Read on for more info. The idea is for each of us to find our voices and practice speaking from our hearts and minds. Going ol' school with this, it'd be best to search and find in the following way: in person (not just twitter, texting, FB Live or YouTube). Like anyone seeking a high, this rush needs organization. Here's the answer: Envision a permanent tent setup in the corner of Kroger parking lot (it's never full) or maybe a parked mobile van on the street. It'd be a pop-up tent speaker's corner like all the cool cosmopolitan cities have--with snacks and coffee always in play. Rather than being timid and accepting injustice, we could shift the narrative from 'how dare you say that!' over to 'how dare you not say something!'. Our new Portland mantra should be: Bone up on 'takin names' skills for shaming/embarrassing and/or creating win/win/win scenarios we want so we can finally fund based upon our needs rather than oligarchic pseudo-whim.

Why this? In order to prepare for our big day: All citizens can get a whopping three minutes in front of a city council meeting, but just once then you're in the back of the line again. Thus we need an offensive strategy that includes a herd mentality (3 minutes per herd member is a force to reckon with). At the same time, let's create PhotoVoice of everyone's ideas and proposals (it's a thing).

Speaking at City Council meeting lives forever in the MetroTV archives--so participants would be wise to practice the plan. Before going off the handle, please be mindful that in order to speak one's mind, any uppity speaker must have the ability to withstand possible blowback on many levels. So true. Gratefully, we've recently been learning that those who have the best voices to speak without impending danger to livelihoods are high school students and (maybe) tenured professors. I'm not sure high schoolers know they have this unique bequeathment: with no college debt or mortgage along with a growing brain that is starting to grasp just how much isn't getting done --and that the situation requires someone to crack the whip. Maybe we should focus on supporting our nearest high school students: Shawnee High School (A@S). Portlanders need to do the right thing here: Change the neighborhood borders so as to annex Shawnee High School...with the potential of maybe just phagocytosing all of Shawnee. See photo; nothing wrong with adding a high school and a little extra Lebensraum for the greater Portland preeminence. Yes, this is a lot to take in but these concepts have been boiled down to a few hashtags mantras for noshing:

#YourBestAdvocateStaresAtYouInTheMirror

#AnnexShawneeHighSchool





# 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)