

Reskilling and Reusing –March 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

Resilience:

Everyone's talking about it

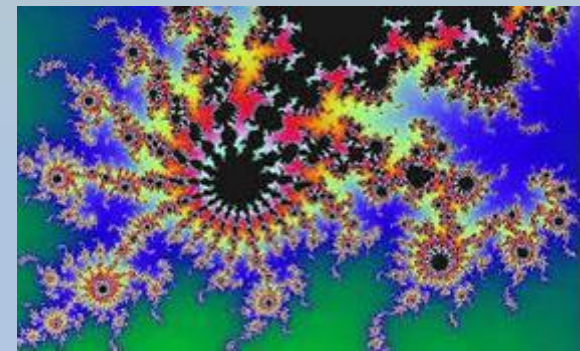


Where? <http://metageny.com/reskill>

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.

Hypno-trance Techno-assist

YouTube: binaural beats to stimulate the mind. Today. Free.

Hypnosis is to humans –what AI is to computers.

Images hypnotize, then words can influence.

Random time frame program that speaks your mantras, e.g. ‘tend your garden’ at super high speed. 4 per hour? All day.

Cheap tools to monitor your heart, steps (Garmin)...and brain (EEG). Buy fitness devices for family so as to mutually inspire and maintain contact.



YouTube



Activate Brain to 100% Potential ✓ Gamma
Binaural Beats ✓ Genius Brain Frequency #GV165



Good Vibes - Binaural Beats ✓

Subscribe 230K

541,138 views

Food for thought

- Grant application for community garden
- Lots of time and effort – pick your priority
- Growing anything at all—keeps us mindful
- In defense of grain (In defense of food)
- RoundUp banned in EU.
- **Hippocratic oath:** I will impart a knowledge of the art to my own sons, and those of my teachers, and to students ... but to no others.
- I will use those dietary regimens which will benefit my patients according to my greatest ability and judgement, and I will do no harm or injustice to them.
- Consider Aldi vs Kroger.



Guns into tools

- ...Turn swords into plow blades. – Old Tyme Religion
- ...Start shooting at cell phone towers and watch the gun lobby evaporate.
- ...need expensive and highly machined bullets.
- ...are expressions of anger, just like other countries use bombs to big effect.

Bought vice-grip clamp from bargain supply to clamp tire patches.



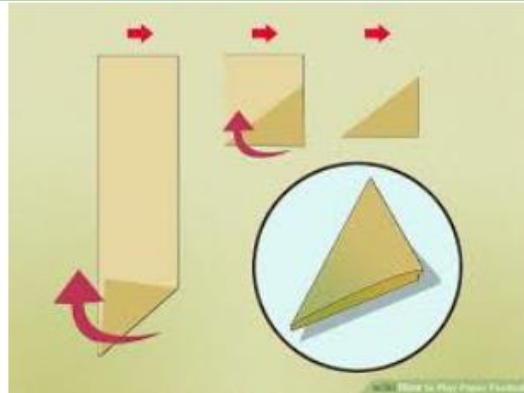
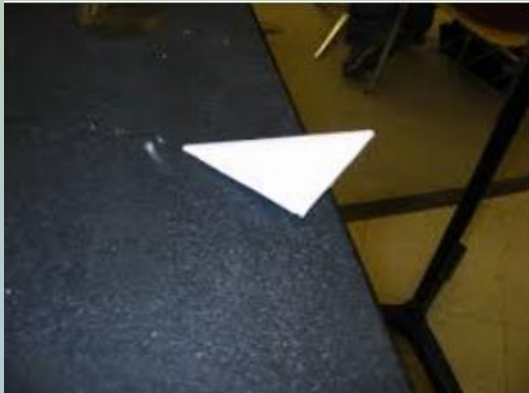
City News

- **‘Be Kind’...**
- **How to translate compassion into action**
- **Need drones to hover over construction dumpsters to pick out reusable items.**
- **Resilient to flooding.**



Community Development:

Mazes and football and hockey
Posting rules of 8-ball billiards



In Pictures: Colombia

















Wellness Coach: GOAL!

Goal: I will implement strategies to increase my resilience, mental wellness and maintain my current healthy lifestyle

Activities:

--I will continue to empower myself in the realm of growing items from a starter --I will continue to generate interest in weight training or tennis on Monday nights --I will organize my work space --I will continue to work on vehicle maintenance --I will spend time daily exposing myself to binaural beats in both ears

Anchor Article for this month

Microsoft Office Tool: REMOVE BACKGROUND
--enables pop-in images to create desired effect



Anchor Article for this month

Dogs on Piles of Chips

I was visiting another US city last summer and experiences a savvy wilderness area by a huge river that had been thoughtfully reclaimed as a well-endowed dog park that was coated with a carpet of wood chips. See now: Great idea for Portland since the population of dogs is about that of humans (sic). Quick confirmation of this is done by reviewing 2010 Census data on canine ownership (45% in KY; almost highest in the nation). I think it would be worth a try. If it fails over time, and it might, then we can just dig up the fence and use it for some other projects in the county. Here's the twist to consider: Put big gates on the park so that trucks can dump wood chips into it. Dogs love scrumming thru such, especially if rodents start living in the piles. They will dig after them like snoopy never did see. And the wood chip drivers would save \$200 in a dumping fee so they could donate a portion of this windfall to help maintain the park's accessorization expenditures. This is healthful to the dogs, since if a dog is kinda mean, it never gets outside except its own backyard--since the owner doesn't want it out and about--but in the dog park the pooch can see a larger world and maybe get a little less frenetic. Maybe put up a kiosk at the park where people can post info such as dog-walking services, free dog food pick up times and places, free puppies and such. Locations to consider are several: (1,2) Lannan and Wharf Parks, (3) the open field across from Kroger/BASF/trains, (4, 5) inside clover leafs of the freeway entrance/exit on Bank (lots of trees to lift their legs on), (6) E. Leland Taylor Park...or (7) no-man's land on NW Pkwy between 37th and 38th Sts or (8) in the forest behind the Lock and Dam Visitors Center/Corps of Engineers building (lots of space and public parking and closed in evenings; see picture). I'm ignoring the 20 year plan to fix up the Portland waterfront since the governor might just veto any some such--no use in Waiting for Godot. It's just a fence...we can do this with our beer money once the powers-that-be give the green light. This idea needs a champion since the writer is uberbusy and isn't a dog owner so is in the game skinless. Channel a black-hole and if you hear a Hawking say yes, then read on: Dear self-appointed champion: Just contact the city councilperson, mayor, neighborhood association, local church pastors, federal highway administrators, BASF, the railroad and army corps of engineers. Piece of cake; low lying fruit. (Just kidding. There's a reason a HS diploma is valued in this society; stuff takes effort and broadmindedness; good thing we're in the 1st world where we have even a ray of hope to get this done without delivering several bribes.) The alternative is to just start allowing dogs to run around the neighborhood like we let our cats. Roaming dogs, speaking from personal experience, seems to work just fine in most 3rd World Countries unless Fido don't wanna like you. #HighlandDogParkGotNothingOnUs #DogsOnTheOhioRiver #BlackHolesLoveSnoopy Don't make me sit up and beg, PortlandNate



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)