

# Reskilling and Reusing –June 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
- 2/3 of wealth owned by 1% of oligarchs.
- 1000 yr floods 2 yrs in a row



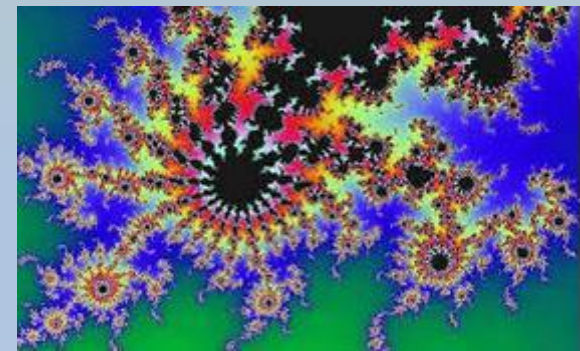
# Think of it as a “RE” event

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

blog site with links to audio and visuals

# 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



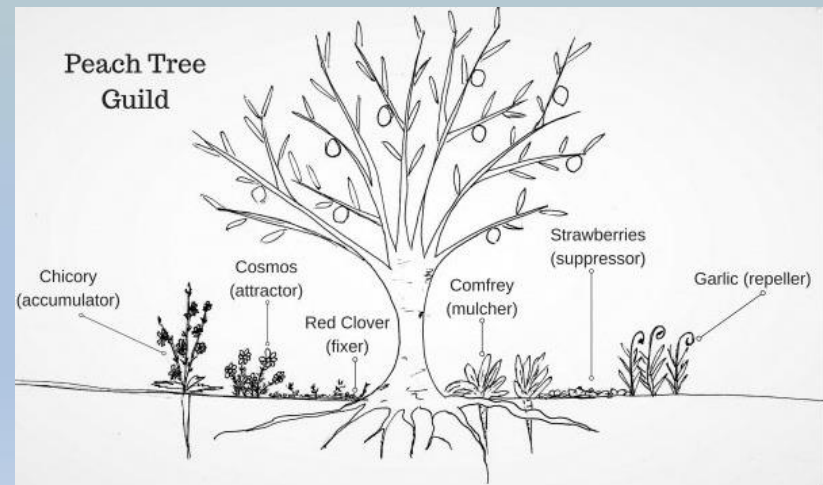
Reskill preamble: Everyone has the ability to be exposed to different things and to appreciate their personal problem solving -- and to celebrate the fact that whatever we're into is pretty important, that life is a gift, and that we are the dominant species because of our intellect and communication complexity-- and we should do all to the benefit of the most.

# Why Resilience? Set Backs, if not prepared, take years to recover from.





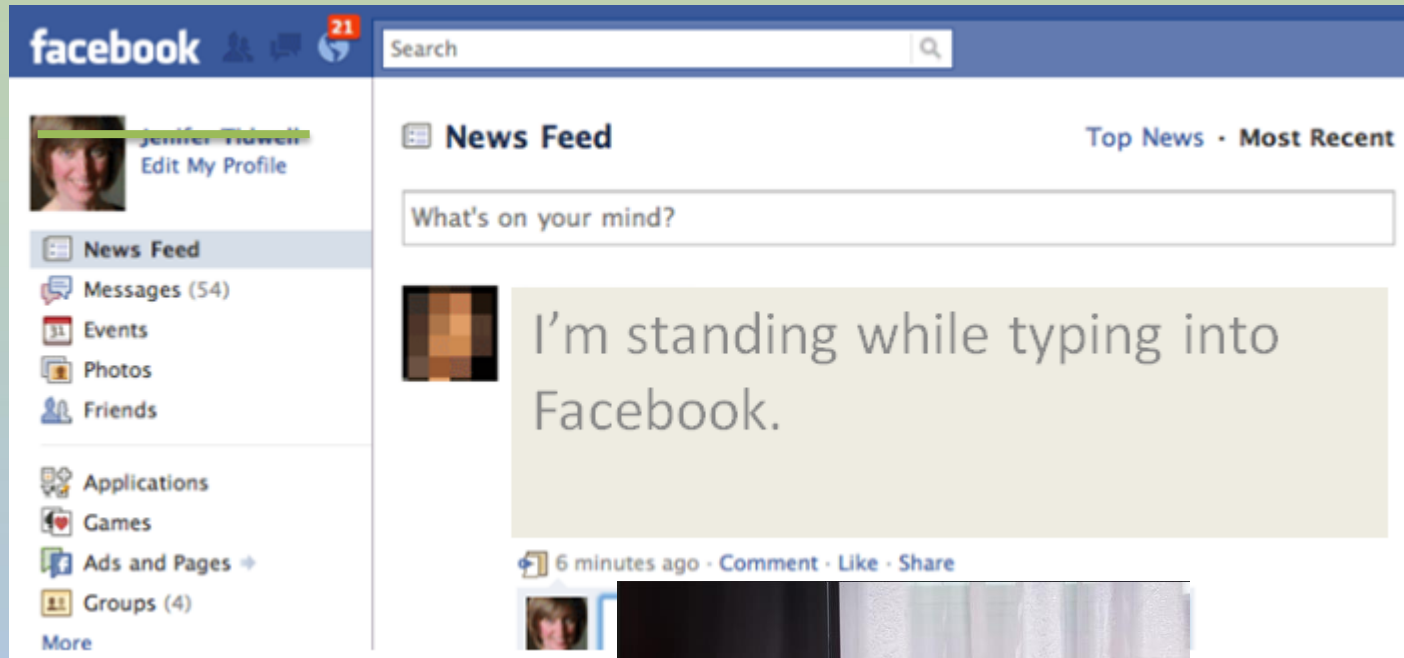
# Let's play 4 square to start things off



comfrey under fruit trees

Anything I can do, you can do better.

# Imagine standing while consuming electrical products



Anything I can do, you can do better.

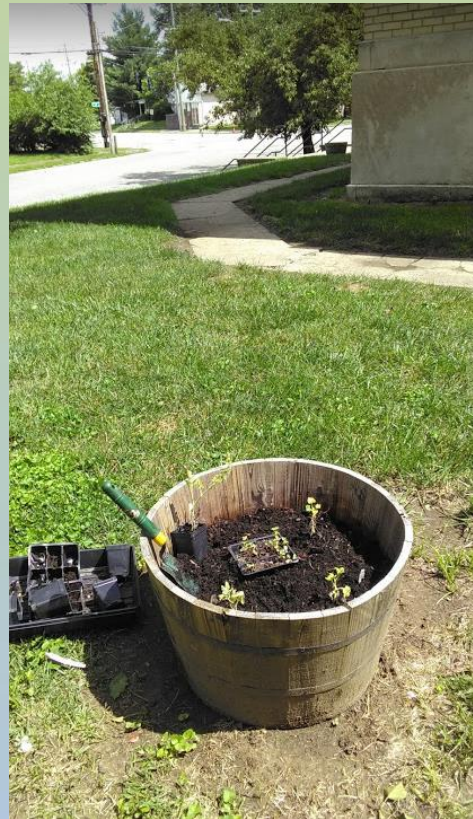
Rain barrels: Cheap—it's up to you, no one is forcing anyone to do anything



Anything I can do, you can do better.



# Ideas for a new place



Anything I can do, you can do better.



# Chips, dead poison ivy





# Riverfront Playground: safe





# Shed floor, found boxes, plums, seed starts



Anything I can do, you can do better.



# CHINDI RUG

## Alfombra Chindi

100% UNKNOWN RECYCLED MATERIAL  
100% DE MATERIAL RECICLADO DESCONOCIDO

SOFT AND DURABLE  
SUAVE Y DURADERA

HANDWOVEN  
TEJIDA A MANO

30 in x 46 in  
(76 cm x 117 cm)

4

CARE INSTRUCTIONS:  
MACHINE WASH SEPARATELY IN COLD WATER  
ONLY NON-CHLORINE BLEACH  
WHEN NEEDED. TUMBLE DRY LOW.

INSTRUCCIONES DE CUIDADO:  
LAVAR A MÁQUINA POR SEPARADO EN  
AGUA FRÍA. USAR SOLO BLANQUEADOR  
SIN CLORO SI ES NECESARIO. SECAR A  
MÁQUINA A BAJA TEMPERATURA.

Imported by/ Distribuido por  
Batavia, IL 60510

Made in India



Reused clothing  
into rugs, sold  
by WalMart



# Comfrey and horseradish: lazy gardeners' success story



Anything I can do, you can do better.





Anything I can do, you can do better.

# Seed saving and berry eating





# New Roots cuts



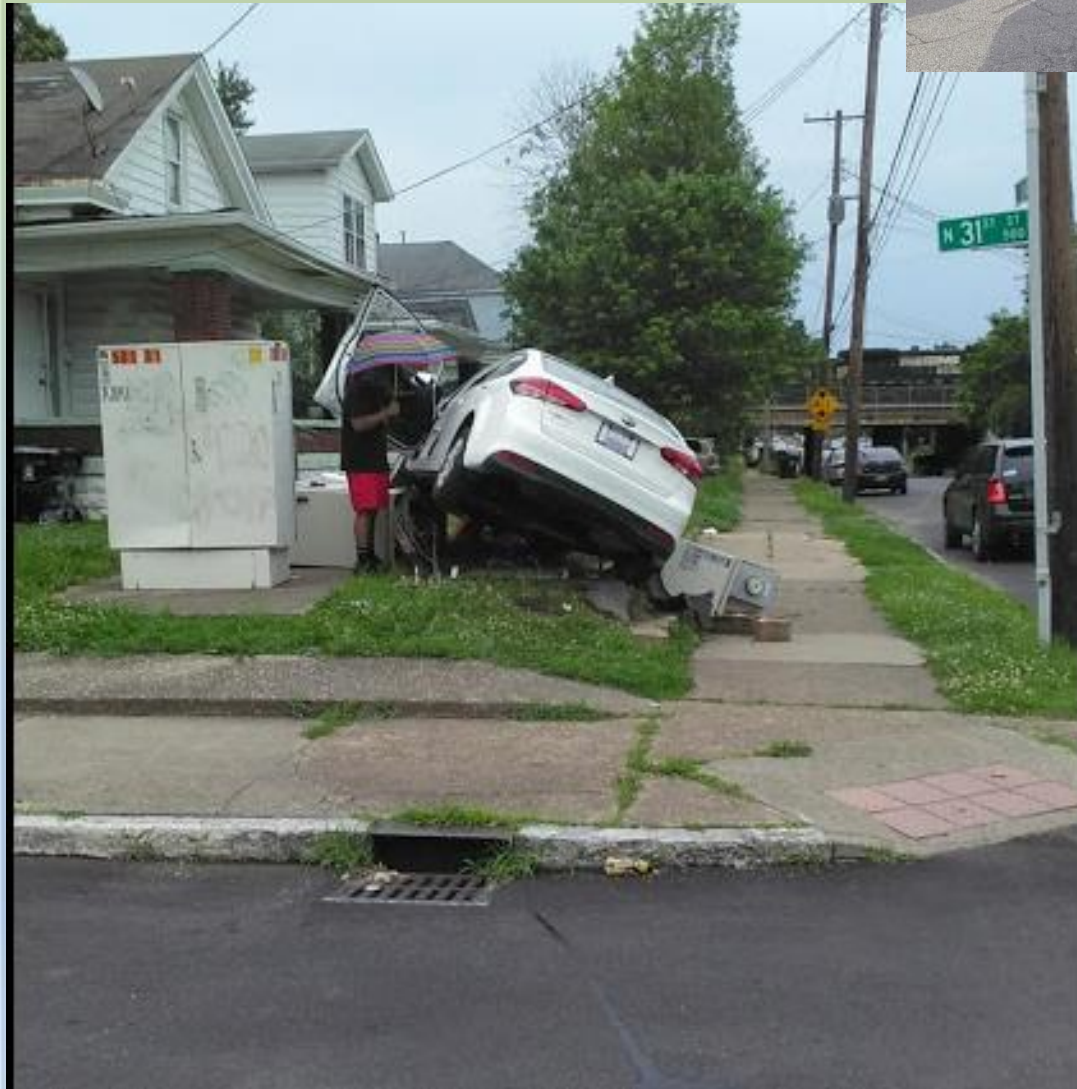


# Pigs and snakes need homeostasis



Anything I can do, you can do better.

# Tau of cars



Anything I can do, you can do better.



# 30Port community garden



Anatomy of 30 seconds Stretching:



Anything I can do, you can do better.

## A photograph of various grocery items arranged on a light-colored tiled surface. The items include: a large bag of white bread, a box of Kroger brand frozen white corn, a bag of Kroger golden sweet corn, several yellow bananas, a bag of frozen french fries, a bunch of yellow lemons, a bottle of Kroger yellow mustard, a jar of peanut butter, a container of Quaker oatmeal, and several other smaller jars and containers. The background shows a tiled wall and a window with blinds.

# Vegetarian potlucks: move to parks in summer

Anything I can do, you can do better.

# Vegetarian potlucks: move to parks in summer

Anything I can do, you can do better.



# News: Recycling in the Rec Center

critical pedagogy--  
creating moments where  
students (or citizens who  
are open to life)  
understand how the world  
works and how they fit  
into it.

Take a good book/article, copy as text...then  
google translate to a couple languages you  
want to learn...then use speech software to  
put this in the background to listen to as you  
go about your day.



Anything I can do, you can do better.



Just eat it?

BBQ Grill  
takes all  
comers



# Canoe Outings start with portage



Anything I can do, you can do better.

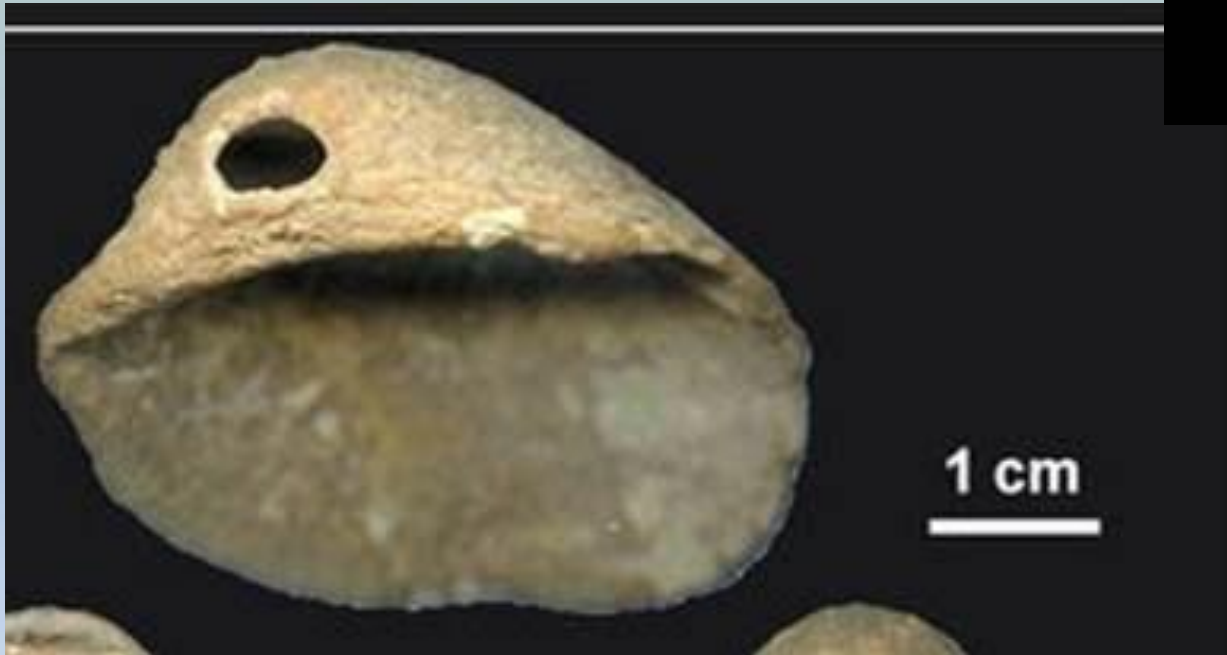


# Filters and funnels



# Humility is a reskill.

Gorillas and Neanderthals: stunning



Browse



Eye makeup



Frown



Unattention



Bite



Hair barrette

Anything I can do, you can do better.



# Blades are big



Oregon

## **Oregon 91VXL056G 56 Drive Link Long Top Plate 3/8-Inch Low Profile Chain**



42 customer reviews | 9 answered questions

Hand powered weed whacker

- works like a golf club
- periodically needs to be sharpened
- Can work on long grass
- doesn't throw grass clippings far
- Rule is 10" grass

# Wear white, 15 min sun 4 Vit D, walk/stretch

Dynamic stretching: 20 yards; FOOTBALL-- cool walks (lift to toes, little skip, leg up, arms swing big); heel kick (fast); cross step behind; cross step in front; carioca; side lunge slide; angled walking lunges; high step lunge (lift leg, then place in front, lunge then touch lead leg's elbow to ground); angled bounding lunge; backward lunge; inchworm; cross legs (reach both hands toward front of back foot; keep back leg straight); SOCCER-- high knees; butt kicks (hands behind back, arms straight); side kicks (every 4th step); closed knees (skip sideways then rotate high knee all the way forward); open knees (skip then rotate knees from in to out when high); walking hip stretch (back leg straight; not a lunge); walking glute (Figure 4); kicks 50% (cold hamstrings); Walking Quad Stretch; Walking Hamstring Stretch (swinging arms); Walking calf stretch (same as hamstring stretch, but lead foot has toe in the air); High Kicks (arms at eye level, and kick to them); Toe and heel walking; Ankle Rolls;

Also: tight shoulders: Put back against the wall and both elbows and wrists...move arms up and down for 30 secs.





# News and Research



LFPP--lots of papers/magazines can be read online...and easily searched.

## RECYCLING NEWS

'We Got Lazy': U.S. Recyclers Try Cleaning Up Their Scrap; Prices for recyclables are plunging, a glut of paper and plastic is accumulating and some material is being sent to landfills

Bob Tita Wall Street Journal (Online) [New York, N.Y.]06 June 2018

Some companies see an opportunity in converting mixed plastics, which they can buy cheaply or get at no cost, into diesel, gasoline and industrial chemicals in airless reactors. Renewlogy, a Salt Lake City company converts scrap plastic to diesel and petrochemicals by melting it in reactors without air. Lower production costs from continuous operations, coupled with growing production volumes, mean that a \$5-million Renewlogy reactor can make money even if oil prices fall as low as \$30 a barrel,

# Library search on CoOps

Customer- driven Business: A community-owned grocery is (slowly) making its way to Louisville

BAILEY LOOSEMORE. **Courier - Journal**; Louisville, Ky. [Louisville, Ky]30 May 2018: D.2.





# Metro staff, Global efforts: Solar and nuclear boats



**Resilient Louisville effort starts with focus on education, racial equity, economy and sustainability**

## Meet Louisville's Chief Resilience Officer



In April 2017, Eric Friedlander was named Chief Resilience Officer by Mayor Greg Fischer. In this role, he will lead the city's efforts to withstand, and bounce back from, disasters. Resiliency efforts are funded and supported by the Rockefeller Foundation -- which focuses on urban, environmental and economic issues.

Friedlander will serve as a key link between the local level, account for pre-existing conditions and mechanisms that will address the city's focus on low-income and vulnerable populations. Friedlander will focus on issues

- Louisville's built environment challenges;



Anything I can do, you can do better.

# Public Interest Research Groups

<https://publicinterestnetwork.org/courses.html>

PIRGs are in all states except KY and IN...and 4 others UT, ID, MS, AL.  
I'm looking at this since I heard about CalPIRG on KPFA.





## Well Being Coach -- Activities:

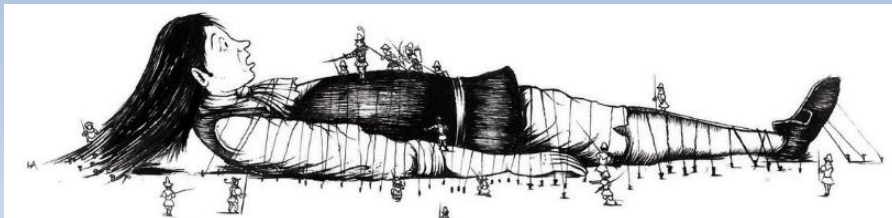
- I will continue to empower myself in the realm of growing items from a starter over the next 4 weeks
- I will explore the routinization of google docs for to-do's and a distribution list over the next 4 weeks
- I will routinize project planning time and outreach for the new community garden and be there every Sunday at noon for the next 4 weeks
- I will continue to move the office upstairs within the next 4 weeks
- I will spend time daily exposing myself to binaural beats in both ears for the next 4 weeks
- I will check out level 1 (computer/electronic hack club) over the next 4 weeks
- I will evaluate my nutrition choices, portions, possibly fasting and timing for the next 4 weeks
- I will evaluate my exercise routine frequency, duration, intensity and style for the next 4 weeks



## Anchor Article Submission: Swift Makes Points

You are free to ignore this blurb, but I'd rather you wouldn't. First comes a story, then the relation to here and now, and then the Mongolian call to arms/action -- the usual banter and blather (that only the 'touched' can appreciate--so say some). And as always, I hope there are so many articles written in this month's edition by those otherwise lacking the infliction of ins seriousness--so as to nudge out my opines from the pages herein. We'll see. So for the story: Jonathan Swift wrote Gulliver's Travels which was probably about Ireland and its successful bid to rid itself of the British Empire and the quixotic/inept/brutal demands. As the story goes, Gulliver is shipwrecked and is washed ashore, unconscious. Local inhabitants, Lilliput residents, were tiny/small but many of them worked together to tie down his body with thread so that he couldn't move due to the ensuing web/weave. The Lilliputians pwned him and it was a good situation at first but when the puny became petty and mean-spirited then they lost it all--as the story goes. This is a good parable (cautionary tale) for today. We can see Gulliver on OUR shores, whether that's our weakening education, access to services, infrastructure, corporate bullying via telecom or energy or food availability or transportation/right of ways. We as PortLilliputians can make an impact, but if we don't act together or if we get petty, we'll lose our seat at the table. (Is a seat at the table what we want, or are we happy that others are making all the decisions for us in our lives -- all of them?) The call to arms/action is to band together in the form of likeminded groups. The jolt to this is that I polled folks at the Portland Festival last month and most people see groups for things like-- knitting or finding jobs--not for combatting Gulliver. So, even though Portlanders have a rich heritage of banding together in solidarity and such, I'm not sure it's on anyone's mind anymore. The only way, and I hate to say it, is for the rich, educated, well-connected to come in and shake things up (populism reprise). This is classical gentrification and that may not be a bad thing when moving the needle from homeless encampments to something better, like buying and rehabbing a vacant domicile torn asunder by the doings of 2008. Picking the hero to get on the bandwagon with is something we are learning to be a little more mindful of--as of late--as we are witnessing (I could go on). My (now revised) bipartite call to arms/action is to channel our inner PortLilliputianism, and also try to have an influence on where our demigodic spearheaders dare to tread. I know it's a lot to ask, and doing nothing is, as always, an option. On top of it all, maybe you won't even be reading this article in the first place for reasons described above (go back to the beginning if you don't remember, Ready\_Player\_One). Such are the times we live in. Practice your square knots and let's go out and tie down some beach flotsam. #PunksNeverGiveUp #pwn\_gulliver #WhyKnotLilliputians

Penned (in) by PortlandNate



Anything I can do, you can do better.



# 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)