

Reskilling and Reusing –August 2018

Think of it as a “RE” event

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

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

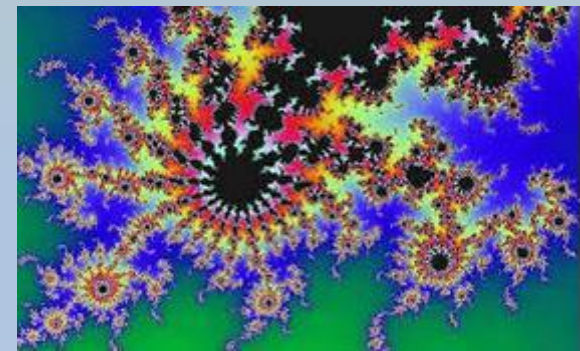


REDRESS:

buttress grievances with allegiance
blog site with links to audio and visuals

Fractal “Re”-Themes: Small and Big are the same

- 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 rosealing: 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 (one breath): 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.

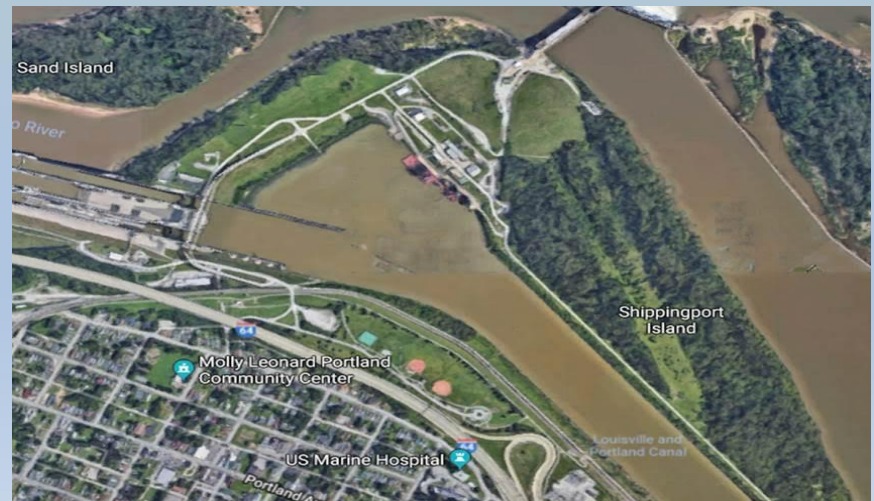
Just have potlucks:

Mulberry st and w market st in Jeffersonville IN. BIG FOUR STATION park. Under the pavilion located where the walking bridge ramp takes a sharp turn. Bathrooms nearby. Lots of parking 10 feet away. Water feature running. Event will go on even in precipitation since the awning is huge and awesome.



Outdoor; playing in the park

shippingport island has more open space than lannan park, or any other in portland. This is where the ultimate frisbee teams should play. The trees in the middle should be cut down and the grass mowed and the land smoothed for running and leaping...or it should be turned into an urban forest and plant trees every 20 feet from each other. Even bigger fields exist on the other side of the fences, but are too close to the hydroelectricity network, I guess. Also I don't know why we can't have running trails down the entire island. This fetish of worrying about homeless tenting in wilderness is cramping our collective recreational creativity.



FOOD Hack: Open a bag of frozen peas and nibble on them thruout the day
Put hot pepper into oil to infuse and use during frying...to impart spices easily.

Reading tutor: Where we're wearing weir ware?...on the beach!

Every 1 reads—Just like Merrick Garland
Contact environmental teacher at portland elem.

Music: Find my piano tuning tools.

Leadership: Just ask Portland for volunteers. Ppl need to know they are wanted. Ppl need to recognize they have something to offer.

Heat: wear white and park in front of a fan (reduce A/C). Fans on porch can keep mosquitoes away.

Hot-Pepper Infused Olive Oil |
My Real Food Life



Eye shopping: See it on youtube – decide that's what you need.
Also Instagram. The trouble with normal is...
WERU in Maine, low power (\$20/day) had art on library walls, hedges
as speaker, guitar/microphone/amp/singing cool new songs.



Garden: make a kiln to make charcoal/biochar...and use wood to burn and as substrate for biochar.

Homasy

Homasy 80 GPH (300L/H, 4W) Submersible Water Pump, Ultra Quiet For Pond, Aquarium, Fish Tank Fountain, Powerful Water Pump with 5.9ft (1.8m) Power Cord

★★★★★ • 1,520 customer reviews | 124 answered questions

#1 Best Seller in Aquarium Water Pumps

Price: **\$8.49** ✓prime

FREE Shipping on orders over \$25—or get **FREE Two-Day Shipping** with Amazon Prime



INTLLAB

INTLLAB 12V DC DIY Peristaltic Liquid Pump Dosing Pump for Aquarium Lab Analytical 2mm ID x 4mm OD

Be the first to review this item

Price: **\$9.80** ✓prime

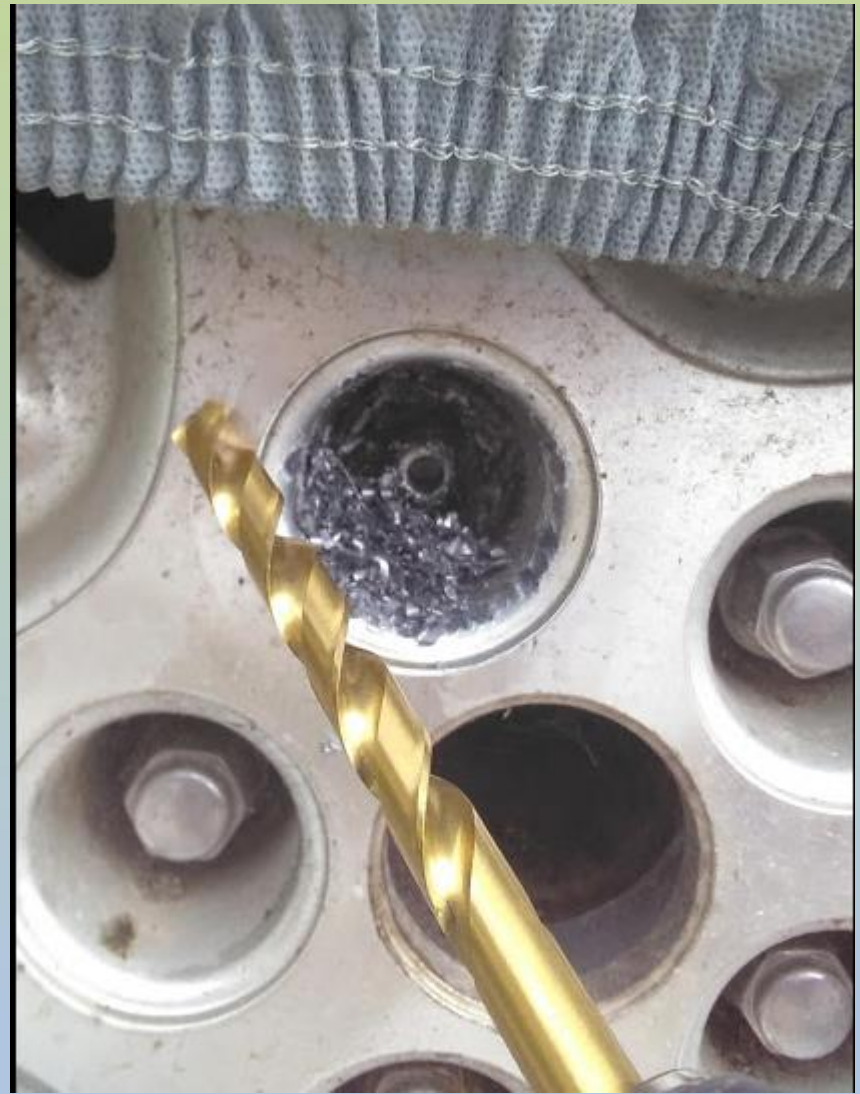
FREE Shipping on orders over \$25—or get **FREE Two-Day Shipping** with Amazon Prime

New (1) from \$9.80 & **FREE shipping** on orders over \$25.00 shipped by Amazon. [Details](#)

Specifications for this item

Part Number	606015745013
Brand Name	INTLLAB
EAN	0606015745013

Drilling a bolt
Holding up an old vehicle



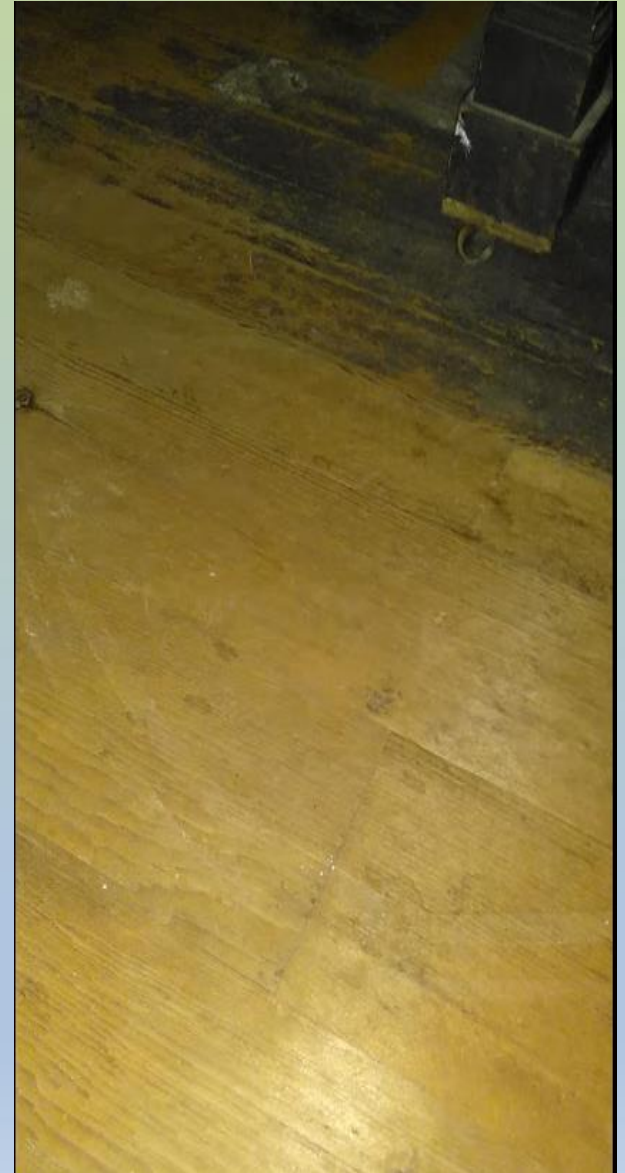
Donating on junk day—Temporary fencing support structures



Piano roller ruts on unfinished flooring:
Vinegar and hot water soak.

Also for feet: vinegar and water

And weeds in cracks: Vinegar and water



Water collection under what?



HmFarmers markets



Hmong gardeners



Partnerships among many partners: Layers of quality



Vines for twine to train tree away from path
Passion fruit ripens



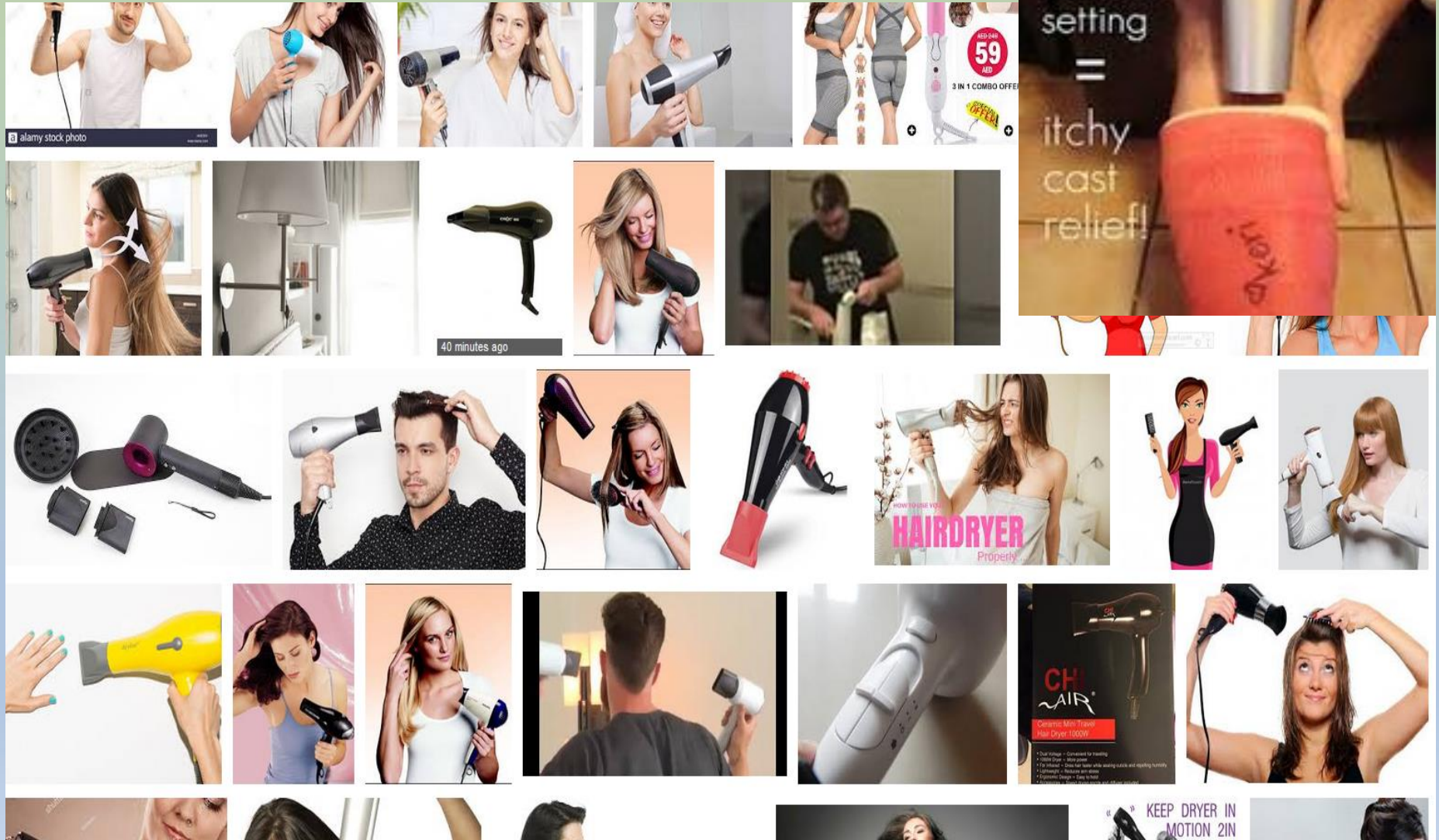
Channel downspouts to compost pile
Dripline from shed is perfect for plant beds



Wood lovers: shrooms. Oh, to be able to call someone...



Bathe and blow dryer



Unwanted, old bathrobes



Black permanent marker to reuse discarded envelopes



Updates: Broader thinking—Aristotle is trending

Thots on hay-- Carve out possibilities/mushrooming



ANCHOR ARTICLE SUBMISSION FOR SEPTEMBER

Skin in the Game: Persian Rug on your arm?

For those of you who unconsciously look at their hands throughout the day at least once (you know you do it), this article is written for you, especially if you pass by, live or work in Portland. The idea of putting henna on one's hair is older than western civilization. The idea of henna tattoos for the skin are just as old--but not so well known, lasting for a mere 3 weeks before fading. In stark-raving contrast, the prevalent subcutaneous ink tattoos you see around, e.g. everywhere, is a forever permanent paint jobs. I'm an anti-fan of these normal essentially irremovable tattoos; I'd like to see lots of petitions to keep tattoo parlors out of Portland and instead invite the opening of a henna parlor or two with open arms. (But since when do entrepreneurs ask my opinion?). Yes, I hear your retort that hennas are Iranian/Persian, but don't let that distract you. <<Now to get off topic>> Normal tattoos are not strictly needed, except in the case of the military; they need tattoos when in combat zones soldiers could lose their heads-- and teeth (dental records) --and dog tags as was the case in my recent page turner adventures of jack reacher--Bad Luck and Trouble (poor Officer Orozco). (Isn't war fun? No.) <<Back on topic>> Let's just say that permanent tattoos are to be lambasted, ridiculed, and perhaps taxed out of business existence... they are unhealthy and unsightly and creates a persona that is defiant/irresponsible which--in this age of resistance via subterfuge and slow-walking our unwanted villains' objectives--gives away our attitude too easily. That's just my take; maybe not yours, in fact almost for sure not yours, but be that as it may... The best tattoo is sourced from locally grown black walnuts and is painted on the skin, not under the skin. Now comes our new (if not still imaginary) Henna Parlor: Call it paulie-walnuts-henna-parlor if nothing else comes to mind. (Paul Manafort gives walnuts a bad name.) And taking these even further, perhaps Portland can open a henna Bath business which result in darkening the skin on the entire body for 3 weeks. Trippy. Or even better: just get on YouTube and teach yourself how to make your own henna/walnut dye and make ink stamps out of locally grown potatoes to press on the skin...and hear news of folks sharing locally-grown potato stamps instead of needles. (See accompanying image.) You may be wondering why discuss this now? Well, it'll soon be black walnut harvesting time, as in really soon: September. If you find a black walnut tree nearby, tell your friends or paste on FB... I see that fallenfruit.org knows of 5 tree locations to harvest within the Watterson loop and I know of one in Eastern Cemetery--and one just 10 feet east of the community garden behind the Portland orchard on 30th and Portland. In summary: no tattoo parlor; lots of temporary hennas operating maybe as a cottage industry (is this repeat business? Yes). Dare you to start a petition on your block on this exact issue--and bring signatures forward to a responsible civic partner to wake them up to novel, hilarious notions that spark infinity. And now the discussion of the permanence of tattoos: in our culture, we change our minds on so much, so why bother having tattoos removed...just get temporary/henna tattoos instead! In this way, let the ink fade on the crooked cross or the inverted broken cross (swastika or peace sign) and join together for collective branding in solidarity against a bigger upcoming foreboding foe. [[Hopefully at least one of you has read the last battle scene in The Hobbit where dwarves, elves, humans, eagles, wizards and hobbits all joined forces to defeat the vengeful horde of marauding (orange?) orcs.]] I know there's a likelihood of 99.99% that I'll be totally ignored in this (as well, I should), but at least I feel better having said it --all with an eye on finding common ground to move the needle in Portland (no pun intended) towards healthy body, healthy mindset, resilience brainstorming, and new business development (whoever just thought 'henna ink factory': raise your hand!). How did I get on this kick? Yeah, I did it -- I once picked up a rotting black walnut under a black walnut tree and investigated for the fun of it and I got me a wildly random hand henna for 3 weeks like nobody's business. Feeling confused about this? Just pick up a black walnut and hold it for a few minutes -- and let the infectious spirit of skin-color playfulness take root in your heart. Let's meetup on any social media platforms to continue the discussion by using one of these: #gathernutsandpaint #jobsjobs--wait-what? #bankswillfundthis #gotayennaforahenna?

The Sheik of Babble-On,

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)