

Reskilling and Reusing –July 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



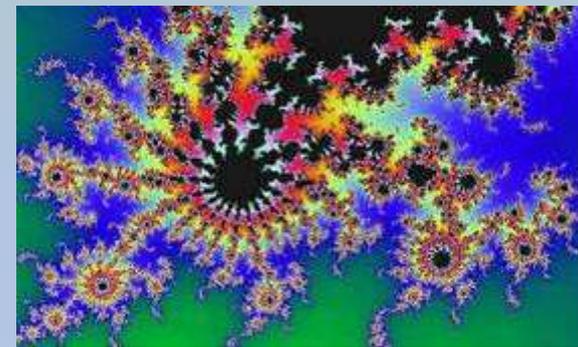
Think of it as a “RE” event

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.

News and Research

Executive Order to enhance RESKILLING

Including collecting all job history and educational history

Starts a discussion on a macro level

Podcasting Library-style



Japanese Beetles meet soap



White T-shirt on top



Bare-handed knock-down



Trees or no trees: cemetery rethink



Donate blood anytime



Rind not eat the whole
thing?



Shoulder exercise for a change



Rain catchment in the garden



Dual 2by4's is a 4by4



Sponsored bricks @ flower garden



Make it out of wood?



Wood furniture



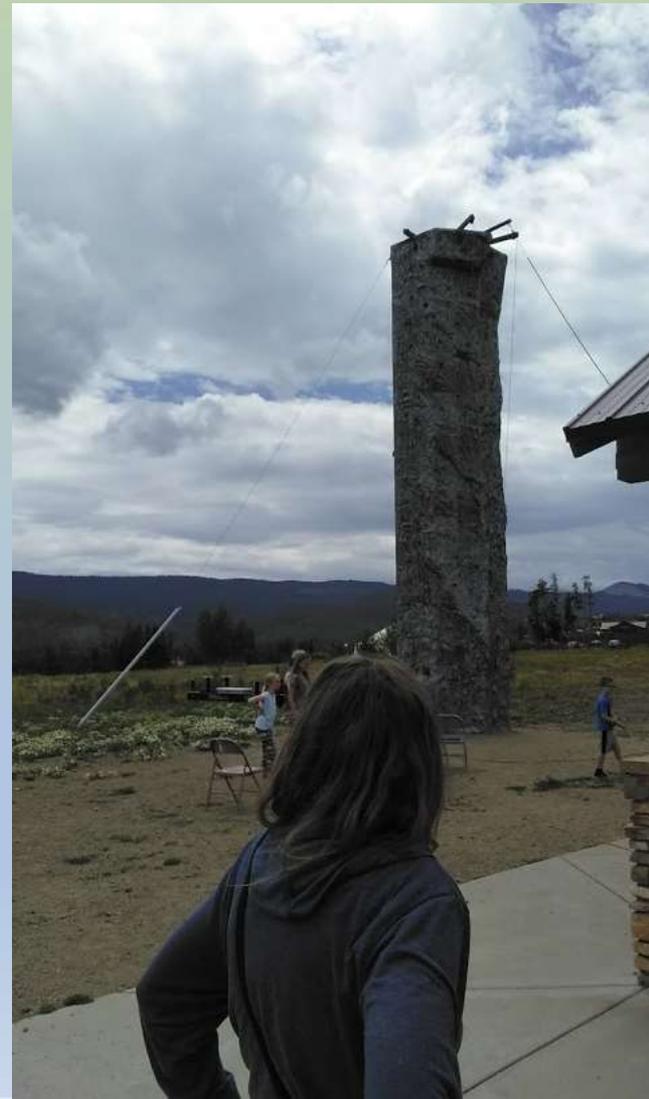
Wood burning art



Everything has a (is in) place



Climbing in mountains



Drive-by drive-way gardens



Veggie hedge with herbs



Straw bale garden



I have enjoyed jogging in new places in my past. Maybe I should explore downtown and 2nd st bridge by jogging at lunch. I could hang my clothes on my bike and, if poly, would be dry by EOB. Hip support from belt at hips and support sheet.

Without hands, I am able to move from knees to squat to standing...and can go to knees from standing. I'd like to keep that up. I wonder if I can do this with dumbbells...

Pinching earlobes overcomes two types of pain: lactic acid from fatigue...and stretching pain. Good. Earlobe pain doesn't have body awareness associated with it, since it's just the darn earlobes.

Bought a Frisbee for \$7; now looking for people to throw it with.

Wild garden vs grass vs neighbors vs non-pollinating fruit/veggies. Edible leaves from stems are fibrous -- Is the tannin test a real thing? Roll leaf in hand--if it turns to mush, then eat, but if it turns to shards, too much tannin. Also, start making wild teas, and decrease calories enormously. Secret: source of a pot of hot water.

Chop rhubarb and blend it...and use it as vinegar.

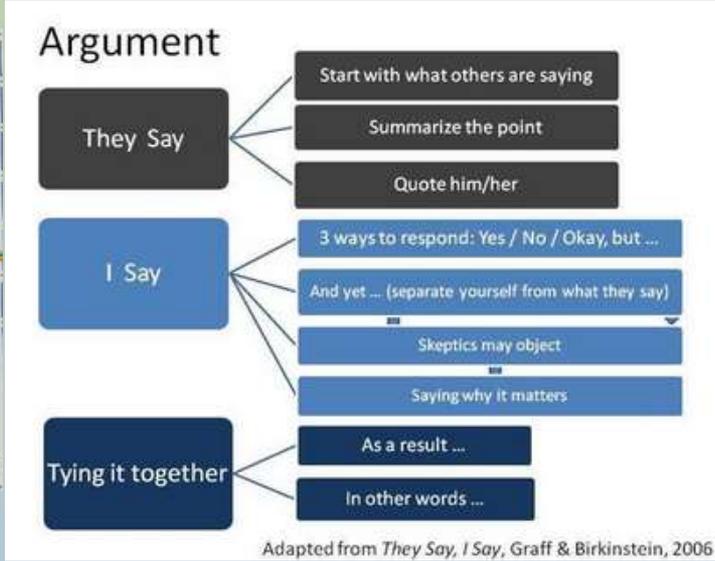
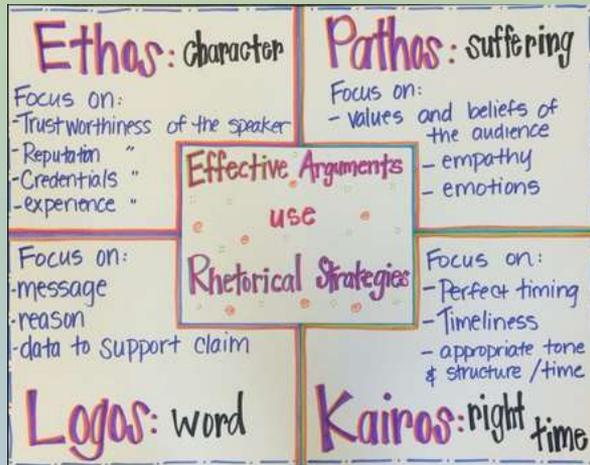
SOIL: library is great, but community garden is too porous.

Romania by the sea: clone



Aristotle (rhetoric) vs. emotional Plato vs. hungry/cold/enslaved

Aristotilian debate: Frame the discussion, clarify definitions of terms, describe existing perspective, describe the positives of opposing views, and add new aspects of your own to the mix.



The Resilient Barnstar 1

I award the Resilient Barnstar to BullRangifer for his continual good nature and his willingness to persist in improving Wikipedia despite continual personal attacks. It's great to have you here. [Maustrauser 13:41, 13 January 2007 \(UTC\)](#)

Wiki awarded to bullrangifer1 who comments on trump-Russia dossier often.

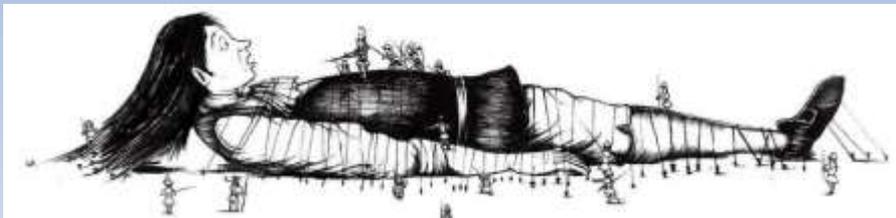
Well Being Coach -- Activities:

- 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 check out level 1 (computer/electronic hack club) over 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)