

Reskilling and Reusing –Sept 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



REFUSE:

Don't accept the way things are, the way the powerful manipulate, the unethical

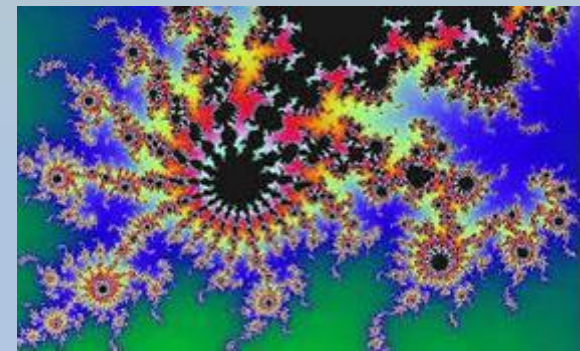
REDRESS:

buttress grievances with allegiance

blog site with links to audio and visuals

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

1. Rationale/Motivation/Deposition
2. Engineering/Geeky Design/Science
3. Art/expression
4. Invigorating Actions/Fulfillment
5. Food
6. Transportation
7. Heat/Protection
8. WellBeing/HappyNest
9. Hygiene
10. Connections/Relations
11. Bully Resistance
12. Sharing solutions to shared real problems
13. Be comfortable saying NO. (Refuse)



Blast at any Mountain (figurative)

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.

FROM THE OTHER PORTLAND (OR)

Varde (Norwegian word for trailmarker. Stacked rocks are used to mark hiking trails above tree line.) The rocks are not glued together, I just stack them. When they are knocked down by a bird, squirrel, raccoon, I simply stack them again. Kind of a Zen thing.

Firewood fence (on the right side of the picture). I use firewood to screen visually my side yard from the neighbor's back yard. I store landscaping materials there, and use it as kind of a transfer/storage/staging area. (The area is out of view from my back and front yards.) I am contemplating using the area for collecting and storing rain roof runoff in large barrels for emergency use or for garden watering.

Plant hanger. I used a piece of a branch that blew down in my yard to hang a flower basket. I simply tied the branch to the fence pole. (Gate leads to our neighbor's house. We share a back fence.)

Bird flyways. I used a long pruning tool to cut holes in the over-grown *Rhamnus purshiana* (a bush become tree) that grows in my neighbor's yard and forms an impenetrable hedge . It helps birds get in and out of the hedge, and the resulting darker areas add a three-dimensional look to the area.

I send a picture of my garden fork. Annually, I rub down the wooden handles of my garden tools with boiled linseed oil, and lightly oil the metal components for winter storage. The handle of this garden fork is one single piece of carved wood, including the hand grip, and boiled linseed oil makes it glow (not to mention preserves the wood)! It's one of my favorite tools.

A few photos for you from our yard - mostly about inexpensive garden art:

Mycelium between boards stored outdoors. Talk about a fractal study!

Alder trees ready for re-potting (at local native plant nursery).

Levitating rock (supported by old metal plant stand purchased at Goodwill).

Slab table again supported by plant stand.

Olle pot for efficient waterings. Terra cotta pots that let water seep slowly into the soil. (I cover the hole.)











Lights down low: lighting as a skill -
- mood and carbon

Burn wood not fracking outcome.

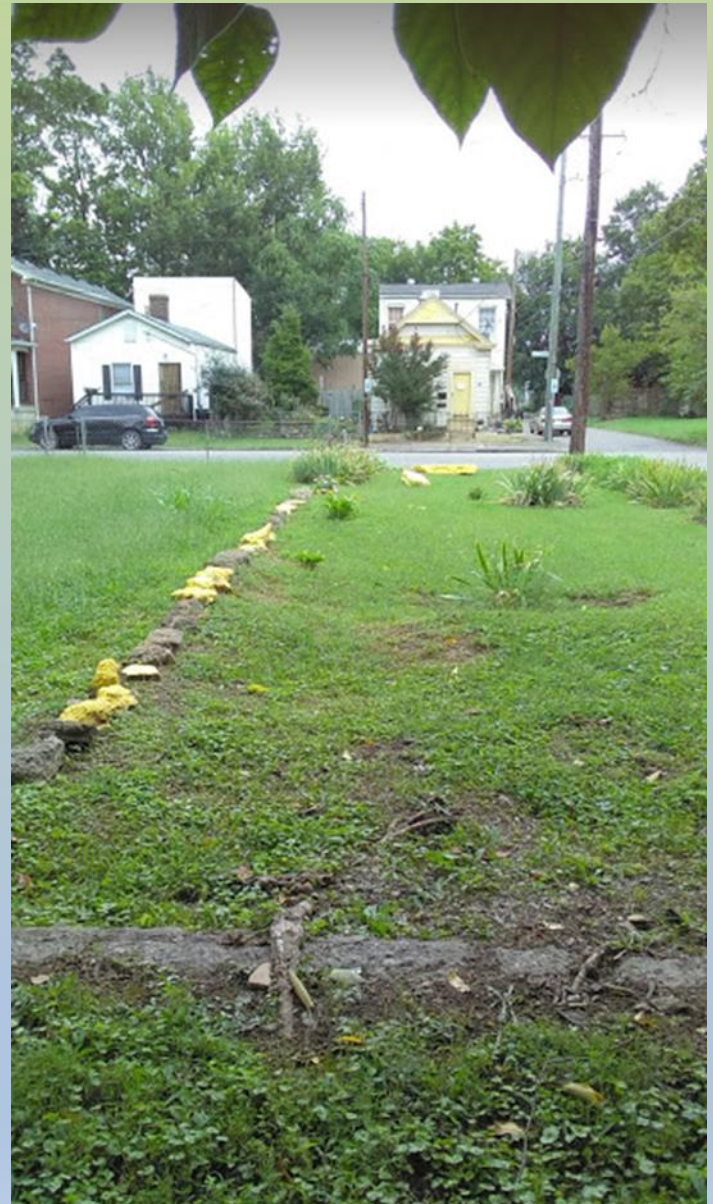






Collect water from dehumidifier.





Pickling onions is really awesome too, not just cucumbers. I wonder if pickling cucumber seeds allows for more complete digestion.





Kid tutor: Make a book out of 1 piece of paper and 1 staple. Folded into 8's.

Tree
grant - UL
honey suckle
Labor

Twitter

Poll Grant II - LVL Nature Center

5 Senses Garden
Remove weeds / weeds
Clean out water trough
Falling apart barrels
maple tree removed

Browle Stokes - Env Teacher
Michelle Coo - ETR Coord

Brow
502-

Vandalized
stump
weeds
walkway weeds
hibiscus
Cut back
poles - in
drill
move metal thing
Clean out bird houses
Thin trees
Lid for, logs
Trim tree - extend





Insulate those hard to reach spaces

Try to stuff insulation up into the wall using a shuffleboard stick. Remove backing and put up piecemeal if needed. Dream : Take out plaster from shoulder height about one foot opening. Using flexible stick with flanged end, push chunks of insulation up into the wall, either up or down. Then replace the one foot section of wall, instead of taking down the whole wall.

Collecting, not hoarding. Collecting has purpose, such as making make-shift treehouses to stop logging and mining in Germany.



We live in tree houses and an occupied meadow. In our struggle we don't solely try to fight lignite coal and





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What's Resilience Got To Do With It?

Helping Our Students See Their Lives in New Ways

National Writing Project
Urban Sites Network Conference
Louisville, KY
April 25, 2009

Bonnie Benard
WestEd - Oakland, CA
Bbenard@wested.org



412 x 360 - louisvilleky.gov

Nutrition, Physiology, Exercise

Flexibility: Seizas sitting on knees-- for over an hour.

Find your bliss: 2" glider machine, 2" jog around track. Admit ADHD/boredom.

Strength and wind after warming up, even rock climbing.

Bear crawl: forward and sideways

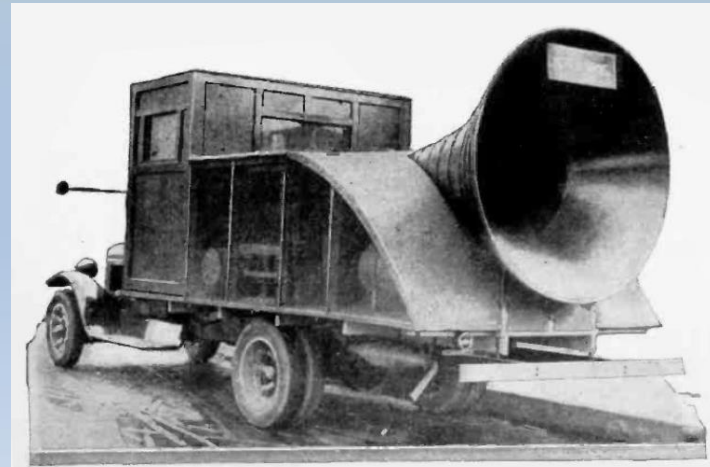


TEST DESCRIPTION	YOUR RESULT	✓ LOW RISK	⊖ MOD RISK
Total Cholesterol	194	< 200 mg/dL	200 - 239 mg/dL
HDL	41	≥ 60 mg/dL	40 - 59 mg/dL
LDL	127	< 100 mg/dL	100 - 159 mg/dL
Triglycerides	138	< 150 mg/dL	150 - 199 mg/dL
Glucose (fasting) (non-fasting)	89	70-99 mg/dL < 140 mg/dL	100 - 125 mg/dL 140 - 200 mg/dL
Blood Pressure	118/80	≤ 120/80 for < 50 years of age ≤ 130/85 for 50+ years of age	> 120 and < 140 sys or > 80 and < 90 dia for < 50 years of age > 130 and < 140 sys or > 85 and < 90 dia for 50+ years of age
BMI	26	18.50 - 24.9	25.0 - 29.9
Waist Circumference	37	male ≤ 40 inches female ≤ 35 inches	N/A

ANCHOR ARTICLE SUBMISSION FOR OCTOBER

Wheeled Cheerleaders Are Coming

I was on the street recently pondering about \$12/hr jobs and could hardly hear myself think due to the huge rap-containing car woofers puffing away on a dB cylinders. Since I've been thinking about totalitarian regimes in world history lately, I had an inspiration. Why not rent these giant speakers on wheels as a means to speak to the community? For instance: Yes, we have social media and church functions, but why not a new twist for info blasting? How about slow-rolling, low riders pumping out pre-recorded broadcasts about expected behaviors...or a microphone in the car for real-time updates on information to be relayed...or maybe some cute behavior-shaping catchy songs for burning into our brains as an ear worm (other than the ice cream truck jingle--Do Your Ears Hang Low). While many alleys are not feasible since they are impassable in spots--and people don't hang out back as much as they plant themselves on the front porch--the narrow streets of our Portland neighborhood would be the choice that allows this idea to become extremely effective. But why here?--when compared to similar tactics in the east end where roads are wide, properties are expansive, folks are plugged into their Virtual Reality sets, and the populace from those zip codes are generally not so easily susceptible to the power of suggestion (one might dare to surmise). Putting some legs on this idea, here are some thoughts as to what information would be disseminated using this old, established technique for sending messages to the masses via automobile: "Hey, Portlanders--This is a reminder for you to remember that you are supposed to think you are nothing, yell at each other, slap your kids often, be despondent unto the point of using meth and other 4-letter chemicals, throw trash everywhere indiscriminately, don't show up when the court summons you, and lie to get federal benefits and the cops off your back--and don't call them even if you really need them...and whatever you do, don't vote. Boycott elections because only you are smart enuf to know you can stick it to 'em by not voting. Don't encourage your kids to study but rather to play wackamole games with their thumbs. Don't make food at home, but eat the oily salty stuff they wrap in white bags down the street." Also as people get used to this new paradigm of proclamation, start in with this: "Do not form groups, and remember to always taunt and beg those you meet on the street so that everyone avoids each other. Always tip your hat to Jaguars and Bentleys that go by, for they make our local economy hum." Sounds like a plan...for just \$12/hour. Please be aware of future amalgamated augmentations: speakers on overhead drones and driverless cars with auto-firing Tasers for kids who throw rocks at the woofer-wagon. Real money for real work: but who will pay for this? With millionaire and mega-corporations falling over themselves to influence our minds and wallets, the corporatization of this whole aforementioned cockameme scheme is just a matter of time. *From behind the curtain*: Since everything is changing, isn't this just a fun new strategy coming from the past and into our little ghetto? Tut-tut: Portland needs everyone on our A-game and maybe we are bringing our C-minus game on any given day. If some choose to be the resisters of this oncoming storm of marauding bullhorn bawlers, we gotta know our self-induced weaknesses and work on them with a sense of humility that only getting in touch with our feminine spirit-guide can do. In the meantime, we can ride our bikes to work in the morning and yell at kids who are waiting for the bus, "Have a good day at school!" and watch their faces light up. #UppercutToTongueInCheek #RovingMemeSpouter #WhoWeReallyAre #WeSmuggledSlaves2FreedomUndergroundRightHere PortlandNate



Next Month : MOTS (More of The ...)

- Reskilling/Reusing/LifeHack/Refuse/Redress
- Portland Library
- Louisville KY
- Last Tuesday of the month
- 6:30pm-7:45pm
- Podcast/slides available at:
- <http://Metageny.com/reskill> (blog)