

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



REFUSE:

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

REDRESS:

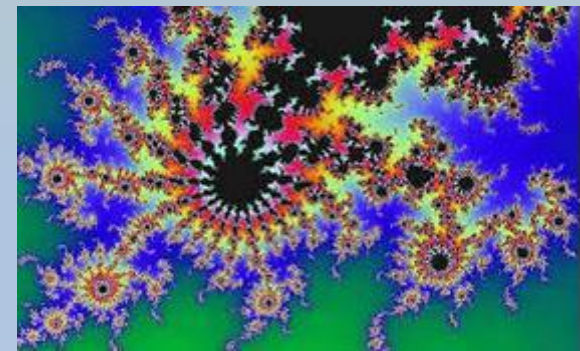
buttress grievances with allegiance

blog site with links to audio and visuals

1/31/2019

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)



1/31/2019

Fractal Mandelbrot set vs rosemaling: Hope in the cave will be shouted from the mountaintop.

Blast at any Mountain (figurative)

PROJECT MGMT Primer

- Integration
- Scope
- Timing
- Cost
- Quality
- Human Resources
- Communication
- Risk
- Procurement

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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.

4 things off the bat

1. Card table reuse: use it daily.
2. Using walking sticks
 1. Making it easy to walk at night over grass/rough terrain
 2. Using end to poke muscle knots
 1. Put one end on the wall and the other end on the sore muscle
 2. Dig into the sore muscle pain point for 20-3-40seconds. Repeat.
3. Use crock pot for cheap pumpkins at Aldi, but potatoes are sweeter so easier to eat.
4. Too much content in this presentation. Glean what you can!

1/31/2019



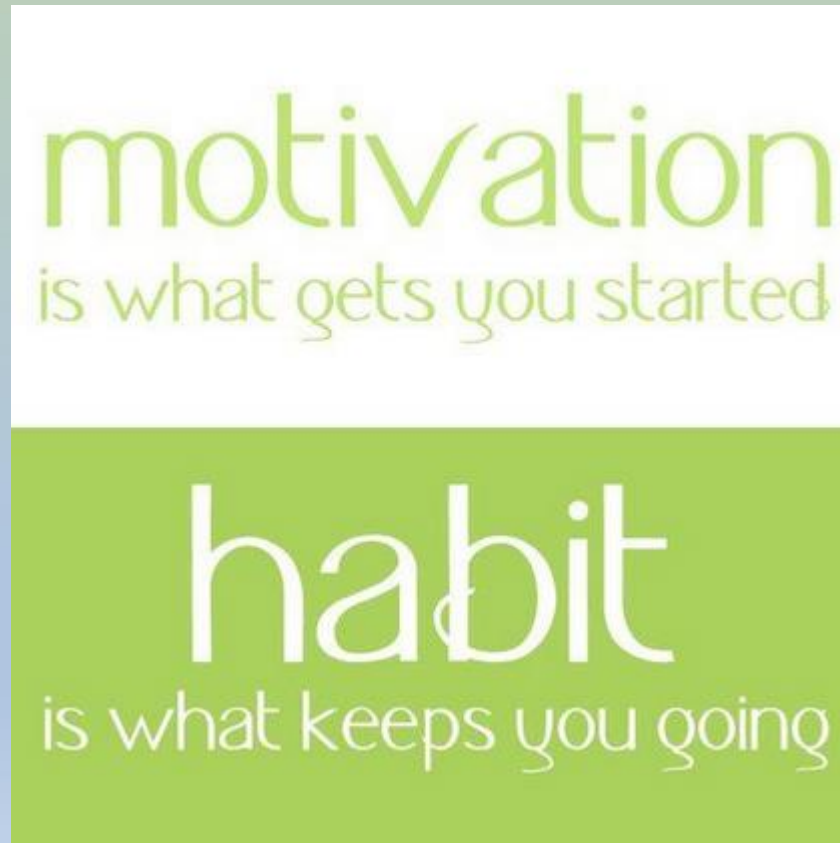
FROM LAST TIME:

Bringing teeth whitener to work for ease of use there, rather than at home.

Listen to george winston on piano...youtube comment: can only be described as mesmerizing, enchanting and above all, beautiful.

Institute for local self reliance, in portland maine <https://ilsr.org> ILSR.org

250 billion tons of lost ice from greenland per year...we're in trouble, so enjoy yourself today.



1/31/2019



Done: buy and install new toyota breaks and tires.

Not Done: go to bikeworks to get a new bike frame—but not open often enough; just buy something on craigslist.

Not fenestrated, but rather espaliered fruit trees.



1/31/2019

Take It (P)Easy: Tales from the Long Road

The best thing you've done all day is to have picked up this paper and started reading--but I digress. Over the 4-day holiday, I took a long road trip to cold country -- lots of snow up there, but the spirit of neighborliness was impossible to miss. While lamenting the cold, but yet lamenting what we lack back in Portland during the long ride back, I couldn't help be somehow hopeful of 40212--for some odd mangery Yuletide reason. In general, I'd say there are low-lying, prodigious freebie opportunities for maturing our neighborhood into bada\$\$ness of social benevolence. For some reason, they all begin with the letter "P"... Playing board games and putting together puzzles. Places to do things, such as extra long hours of operation of all the public and private spaces you can imagine. (Surveillance and security are easy to ramp up these days.) Public, portable rest room facilities in parks that are always open -- start simple and build from successes and work through predictable set-backs. Progress from humble beginnings in all things, be they belongings, skill level, or passion: Start where you are and develop--and watch the universe support you (The Secret; hey!). Political conversational spaces in our hearts so that when change comes (and it will), it will be right-sized for our ever-expanding imagination-- and will incorporate the requisite plethora of perspectives. Practice mindfully seeking sustained serotonin neuro-hormonal levels while minimizing dehumanizing dopamine/cortisol thrill-seeking ephemerality. Pick Portland!--not too cold, not too hot; not too industrial, not too rural; not too haughty, not too sycophantic—the Goldilocks of Louisville and the USA. And most importantly, Pretend that Lovecraft was right and that Cthulhu lives and will visit horror on all our somnolent complacency. #Whatweneedareafewreallyscareymyths #OpportunitiesStartWithP

We Jedi want you to forget all you have read and understand until we're ready for you to remember it as your own idea,

(P)ortlandNate



1/31/2019

OASIS IN THE FOOD DESERT

I've no grudge that Kroger family are the wealthiest in the world, and they are offering food to the probable-poorest of [neighborhoods](#), here in Portland. At least the Kroger/Kresge family deigns to allow fresh produce (fruits/veggies) that is sliding past their prime to be purchased at reduced cost rather than be tossed. The thinking is this: People will go without produce since it's so expensive, even though it is the only thing in the store that provides health to overcome their lifestyle-based chronic illnesses. So, it's working as designed. But we all know there's much more that gets thrown away, like maybe 40%. And the fact that much of this food is picked by illegal aliens in [Florida](#)/California fields, or is shipped over the Mexican border--only to be tossed in the dumpster-- just shouldn't be lost on us; irony is humanity's unique joys--owing to our enormous frontal lobe.

How about a thinly veiled parable that calls for the richest families in the world to acknowledge that there are two sides of this debate? It is for middle mgmt of these companies to say, boys will be boys, and it's the rank and file that need to say, "for the greater good, since the arc of history does bend, and I'm making sure it bends toward justice". This is nothing short of the middle mgmt revelation towards empowering risky deep goodness rather than pedantic maximization of efficiency for stock/stakeholder profit (for final consumption on golden-gulf beaches by early retiring money-managers).

It starts with a wooden shoe (sabot) in the gears that bends something, then the application form for maintenance is delayed due to family illness, then the wrong form is used to request, then maintenance uses 'book rate' shipping for the new part, then it is found that the wrong part was ordered, and it starts over...and when all is finally back to normal, a "shoe"-event happens again and the [slow-walk repair](#) process iterates. Once in a while a horse-shoe instead of a wooden shoe can be used, calling it then a derby-sabotage. (I'm not advocating or inciting towards anything; I'm just indicating possible bureaucratic meltdown in the face of hive-minded cosmic forces.) Meanwhile, nothing to do but put the expired (one day after sell-by date) fruit/veggie out in traditional dumpsters while the gizmo gets fixed, with someone hopelessly managing to forget to turn on the back flood lights. While after half a decade of this might find some homeless, hapless wanting to sue for a small cut-while-foraging, I'd say the legal liability would be worth the social benefit and thought leadership endowed upon the oligarchs at large. At the decade mark, I'd say we'd have legislators who were voted in on the promise to 'let no veggie rot in the dumpster'. Crazy laws ([e.g.](#) must work to get welfare) can be nestled next to other laws that portray dumpster diving as proper work. But in reality, there's no chance of anything happening, but I feel better knowing that everyone who reads this knows that solutions to hefty problems are abundant and in our own 2-3 block area. Please know that we deserve what we get, and we are incomparably evil to our children. There, I feel better now. Go on now; As you were; bring an umbrella. #HardRainsGonnaFall I really thought of making a children's crossword puzzle for my journalistic submission, but some post-holiday, darkest-time-of-the-year sentiments burn through the heart wall if you don't exorcise them properly. #PityTheEthicalMiddleManager #FeistyBetterThanIgnorant

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Download the Transit App for TARC and LouVelo

1/31/2019

Garmin motion/heart monitor

Next: 4 pages of
notes.



1/31/2019



COOK *"Cooking is not a luxury, it's a necessity."*
33% of Americans don't know how to cook,
making them lifetime hostages to the
food industry.

Get 8 hours of sleep.

Caffeine 1/2 life is 5 hours. Caffeine made spider webs look totally nuts...it's a powerful neuroactive (adenosine receptor blocker). 10 hours after consuming, caffeine is at 25% of original. Thus, no coffee after 12pm if sleep at 10pm.

'm happily hope-free. Guy McPherson.

San fran council: no single serving ware unless upon request. Must be durable...or compostable. 25 cents for disposable cups. Wash the dishes on site or have someone pick them up to wash offsite.

Book on tape: History of Eastern Europe. Fighting against a dumb system (soviet): The good soldier Shrike... a good book about resisting totalitarianism. Also see Cocotis... the forest being from east europe. BOTH are not on the internet.

Widows is a good movie.

Attend Shawnee HS sports events

Angela davis: disarticulate. (BDS supporter, thus anathema to monied establishment folks)

"all human wisdom is contained in these two words, 'Wait and Hope'". The Count of Monte Cristo

Shoplifters film is good

Look up some funky case law in portland and report to anchor about the content and process of the study. Use UL Law Library of course.

Make a walking bridge across the creek between shawnee golf course and wharf park--rather than just downed tree trunks. Make it out of this and that, and keep it painted with support from local organizations. Otherwise off-season walking thru golf course is cut short. Make it narrow so four wheelers can't get across and rip up the golf greens.

Flooding, from east coast rains from climate change, will destroy portland in the next 300 years, so we ought to start ramping up our artistry along this topic.

1/31/2019

On her shoulders, film on netflix about nobel peace prize woman.

Cavers' Preamble (the quiet part out loud): "I've decided to take the huge, 'no-strings' grant money offer... and so when you don't hear me talking about xxxxx, it's because having money is better than having my values and clear conscience about things that support fairness and human dignity. I held on as long as I could, and I hope you won't see the transition too transparently, but the pull was too tempting. #Sorryandthanksforallthegoodtimes"

Maybe take afternoon off next Monday instead of the whole day.

Why is it so hard to eat pumpkin, while I wolf down potatoes?

I had a highly symbolic/representational dream last night that involved many aspects of my being, my present circumstances, and my past...That indicates that my brain is making synaptical strengthening such that my sleep is quiescent enough to allow solid brain consolidation and robustness-making.

-<https://youtu.be/Wg2cJmD7lcl> sounds from deep space: converting radio signals to sound waves -- eerie.

If you are jogging with someone who is too slow for you, just raise your arms in the air to equilibrate the effort between fellow runners.

-deep massage possible with using walking stick and digging into buttocks area. Also could use flotsam stick, rounded off. I like standing while getting a butt massage rather than writhing on the floor on top of a bocchi ball.

Finding scandalous info about epoch-type intrigue would almost certainly be thwarted by trillionaire scions with a wiggle of the finger. Thus socio-technical innovation is the only way to shift paradigms any more.

Ann lamott: all truth is paradise.

Tylenol hurts liver, and ibuprof hurts kidneys. Best to toggle.

For fibromyalgia: ginseng

For tension headaches and neuropathic pain: kava kava

For spasms and muscle cramps: valerian root

Is tylenol better than ibuprofen? yes, for better sleep.

Communion thru social suffering; blatant homosocial abuse.

When you are used to privilege, equality seems like oppression.

Lilly luffborough, staff on Slate.

Mother came upon wonderful quotes from a great essay writer: Ralph Waldo Emerson. He gets me going.

To know that one life has breathed easier because you have lived--that is to have succeeded.

Do not go where the path may lead. Go instead where there is no path and leave a trail

see tesla movie via library

Lift weights with two sets of dumbbells: one for big muscles, and one for finer, but with further range of motion.

<http://www.gutenberg.org/files/50115/50115-0.txt> autobiog PT Barnum.

when I'm 70 or 75, I'll move to speaking only in spanish so as to stimulate the mind.

Welcome wagon -- creepy for all nbhds, but i think portland needs a space for educating new owners about tricks and peeks.

I'm not being critical, just descriptive...but if the description seems like a criticism to you, then maybe reality needs a little paddle on the butt.

I say these things of my own free will, not being motivated by grant money or storied mytho-phantsm crowd dynamic.

're-education camps' are sweat shops as heard on demo now today...thus be careful of 'reskilling retreats'.

--start a long campaign to design, get approved, and put up appropriate signage around the town, and monitor that it is still there periodically. For instance, Rec Center computer room has KING and QUEEN, but it is sexist, so should be replaced.

Messaging is key, so why not have our own walls filled with messages stemming from the vision/mission statements of the establishment? If the vision stmt is too boring, change it.

Mutinee

Reskill: sometimes stretching joints is so painful that you lose sense of your surroundings and only delve into the pain; this is needed to improve the joint range of motion--after injury.

Walking sticks are great for walking in wilderness after dark. Very good.

We need a calendar of all events -- don't know how to robotize this.

' a journalist asking a question is not harrassment', Amy Goodman.

Molecular gastronomist vs chef-of-the-yummy.

See scene where ENTs show up...Isn't this our secret hope?

Join up in youtube for horrible mocking while simultaneously watching a garbage TV show that calls itself news. Can ROKU be used to tune the TV and Youtube feed to be in sync? Cool idea. Disengorgement of power illuminati's via mockery of the withering kind.

- find book/film about leaders in hollywood, media, wall street. I hate weird music in documentaries, so there.

Reskilling retreat focussing on wine and beer making. Kroger, restaurants, bars: all will hate this, but so what.

pamper my laptop workspace at home to make it inviting.

figure out how to store info without paying google.

--buy nightlights from bargain supply...helps so no falls during the night.

Air conditioner efficiency is needed, but humans also need to allow for 80F instead of 72F...and we must dress appropriately... AND AVOID OBESITY which is an insulator.

Richard Branson is trying to break monopolies in A/C by his offering a prize for energy efficiency.

Youtube of raven, long.

- "agglomeration economy" of silicon valley.

Lots of shiny objects obfuscates analysis of underlying issues.

ROBERT LUSTIG neurologist.

LIKE on facebook is meant to addict. Via dopamine.

Serotonin: you need it, and when you get it, you're fine. Tryptophan is key amino acid.

Serotonin is down regulated by dopamine -- very puritanical. Unity: religion. See people/face to face -- generates serotonin.

Peace/contentment. (But preaching is dopamine). Addiction can be monetized easily, e.g. LIKE.

Robert lustig. The hacking of the american mind.

The corporate consumption complex has capitalized on this.

Reward and stress is wall street or sex: cortisol and dopamine. Argh!

Exercise and mindfulness can reverse depression, way better than SSRI's.

Upping serotonin: 4c's: connect (eye to eye), contribute (altruism), cope and cook. <http://www.robertlustig.com/4cs/>

Vegan foods with tryptophan: chocolate, oats, dried dates, sesame, chickpeas, almonds, sunflower seeds, pumpkin seeds, buckwheat, spirulina/algae, and peanuts.

I consider myself a jedi knight, therefore I command you to forget all this, below, and then think of it in a month's time and consider it as your own personal epiphany. Things will work better this way.

Engineering is cortisol and dopamine: solving tough problems on a tight schedule.

If algal blooms are noticed, testing of water samples with algae is recommended because not all blooms produce toxins. Many algal blooms in Kentucky are composed of harmless green algae which may look like underwater moss, stringy mats or floating scum. It is impossible to tell visually if a water source contains blue-green algae or not, or to determine which specific species are present without laboratory identification.

Oh gosh, I wish there was something to do about our culture of addiction. Hmmm...maybe someone will come up with an idea in about a month or so.

#ReimagineObitsAgeIncrease #DontThinkAboutAnElephant

Go ahead and get addicted to crap--we don't have anything to work on as a society or as a planet -- just fetishize yourself and put yourself in the obituary early. Really.

4th death: when internet forgets you. 1st: biological, 2nd: funeral, 3rd: all living humans forget you.

Fix wobble in book rack at library.

For audacity mp3, I amplified 20 dB and allowed clipping. Comes across well even the music.

- 'let the enlightened market decide' -- much better than 'let the market decide' since one depends on good education/awareness of externalities.

Wamp tru%p.

Creator's game is movie about lacrosse true native roots.

Anthropologists need to go to russia and canada to excavate when permafrost melts. Also mastadon dna.

Buy new tennis shoes or get good soles, so I'm interested in running

1/31/2019

Crockpot at a picnic on a cold day hits the spot.

Next Earthsave potluck: Feb 9th by the beautiful water ("Ohio" in native tongue).

- Cox park by the boat ramp and wash-facility structure at the picnic tables.
- Bring a barbless hook fishing line...and binoculars.



From last time:
 Say something that
 everyone can agree to so
 that you have something to
 build from.
 Agree to agree some more.



1619 Flux: Art+Activism
 1619 W MAIN STREET
 LOUISVILLE • KY • 40203

Kara Nichols and friends,

As attendees of the November PNI board meeting, we acknowledge the efforts you are making into and for the Portland Community and thank you for them. We think you are headed in the right direction and want you to know that we like what we see. All the right things in all the right ways; we support you. Of course PNI, the local neighborhood organization, wants to work with you in all kinds of initiatives...and potentially through our Health and Education Committee, if not many others. Reach out to us if you want; come visit our meetings; discuss areas of commonality; continue sharing enthusiasm and creativity.

Sentiment shared by all hereto on this day, November 6, 2018:

- Nate Pederson resident board member chair HAEC.
- Julie Matthews, Librarian
- GARY WATKINS, PNI REVITALIZATION COMM. CHAIR
- Sherry Stewart, The Portland Anchor
- Amelia Baylon, Louisville Grows Outreach Coordinator
- Tony Davis
- Sherry Finley
- Larry Delaney, Portland Museum board, US Marine Hospital board, Portland Harbor Authority
- Bruce Cohen BC Plumbing Co
- Gordon Brown, Anchor Publications, MacKenzie Portland Anchor
- Jim Pigram
- Myssa Cisneros
- Kallie & Larry Stross
- Gary Bonfield
- John Neal
- Richard Morris PNI
- Suzanna Bernera
- Mary Liffer
- Rick T. Thomas
- Sheryl C. Shultz

PORTLAND NOW, INC.

Portland Now is the neighborhood association for the Portland neighborhood in Louisville, Kentucky.

Donna Monroe Resident on 34th St.

JOHN EBERMAN PNI BOARD
 RESIDENT

1/31/2019

Mayor Greg Fischer sets goal to reduce greenhouse gas emissions by 80% by 2050

"Reduce, Reuse, Recycle: By throwing less away, you can reduce the amount of waste in our landfill and reduce the amount of emissions from breaking down the waste."



Sunstrand Sustainable Materials

www.sunstrands.com

What happened this month in sustainability, reuse, resilience?

Bracken said they're working on a budget, so they'll do it in much the same way they built the truck – reusing, recycling, repurposing what they find.

"We're going to auctions, estate sales, thrift shops," he said. "We enjoy doing it that way."

He said it was too early to tell how much money they'll be investing.

The Celtic Pig duo will take over the restaurant and dining space on Feb. 1 and

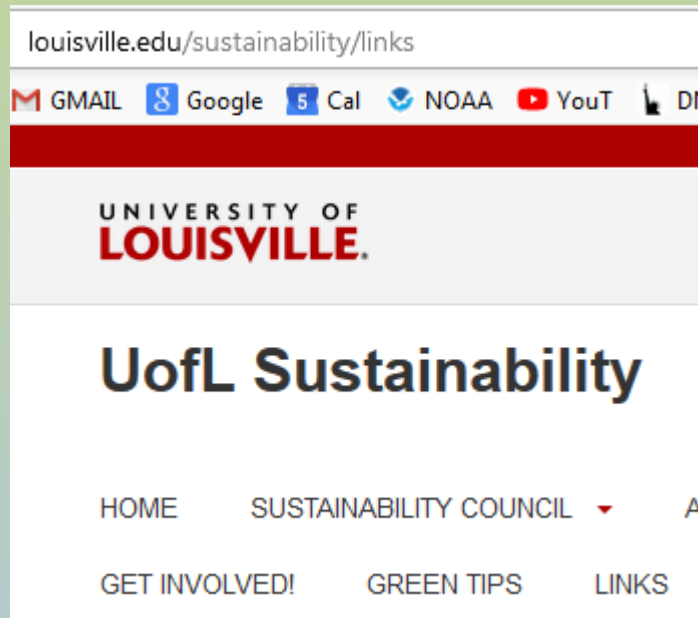


Sustainability Roundtable: Carolyn Waters on environmental education and citizen science

Please join us for UofL's **Sustainability Roundtable** series on alternating Fridays at 11am!

Our guest on February 1st will be Bellarmine University professor and environmental educator Carolyn Waters. Carolyn will facilitate a participatory presentation (in the nature of the research she is currently conducting) that demonstrates several of the projects she has been working on in one tidy bundle of ideas. Specifically, she will touch on: 1) photovoice methodology as a way to engage people outside of the usual sustainability "bubble" in environmental issues, 2) infusing critical pedagogy into environmental science classrooms, and 3) a demonstration of an iNaturalist citizen science project that is a collaboration between students in one of her Bellarmine courses and the Louisville Olmsted Parks Conservancy.

Anyone with an interest in sustainability can give talks at the Sustainability Roundtable and participate in the audience, including faculty, staff, students,



UPCOMING EVENTS		MORE
JAN 08	UofL Free Store Spring'19	
JAN 11	Garden Commons Workdays - Fri 2:30	
JAN 17	Social Justice Movements: Past and Present	
JAN 31	Ecolympics Kickoff Party & Cardinal Cupboard Grand Opening!	
FEB 01	Ecolympics 2019	
FEB 01	Sustainability Roundtable: Carolyn Waters on environmental education and citizen science	
FEB 06	Pizza & Politics with Adam Edelen	
FEB 15	Seed Starting Workshop 2019	
FEB 19	UPA Spring 2019 Lecture Series: Layla George, President of Olmsted Parks Conservancy	
FEB 22	EcoReps Lunch & Learn: Global Peace & Prosperity with Clean Energy	

1/31/2019

HEALTH COACH GONE --- Monthly Goals for Resilience and Well Being

- I will continue to empower myself in the realm of growing items from a starter and seed (cover crops)
- I will explore the routinization of google docs/calendar for to-do's and a distribution list (add flags for important items)
- I will write in my veganism blog monthly
- I will educate myself more at level 1 and possibly purchase a device for an EEG
- I will continue to ramp up my social media impact
- I will update my website to better advertise and support my projects
- I will be mindful of routine hygiene (whiten teeth, vitamins and brush teeth twice a day)



1/31/2019

Be Responsible: Get involved. REDRESS!

KY has supermajority of republicans. Get involved in politics as a lifestyle thing; recognize this is where power lies, and have **fun** with it.

New legislative year, so positioning is in active mode.



REDRESS: Forget it.

By MARK WOHLANDER-- So, as I often do, I would invite each of you to join me on my imaginary mountaintop, a place where unlike the capitol building, a place where all Kentuckians can peacefully assemble, shout loudly and petition their government, something which is no longer authorized in the halls or chambers of the capitol.

Take a moment to consider just 18 words enshrined in the First Amendment where it is written, "...the right of the people peaceably to assemble, and to petition the government for a redress of grievances."

Although our Founding Fathers were able to guarantee the right to in 18 words, it took Gov. Bevin 9,226 words to withdraw and stomp on those rights.

Posted Thursday, January 10, 2019 9:44 am-- <http://kentuckytoday.com/stories/trampling-on-rights-of-kentuckians,17146>

When the General Assembly began its 2019 session Tuesday, citizens in attendance were greeted with a statement of emergency. — Gov. Matt Bevin's latest attempt to silence critics and restrict public participation in the people's business.

Bevin and legislators saw a lot of public participation last year, when teachers, public employees and retirees jammed the Capitol to protest pension legislation that Republicans passed in a process so shady that a unanimous state Supreme Court declared unconstitutional. <https://www.kentucky.com/news/local/news-columns-blogs/tom-eblen/article224123285.html#storylink=cpy>

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In Closing:

Things touched on:

Reskill

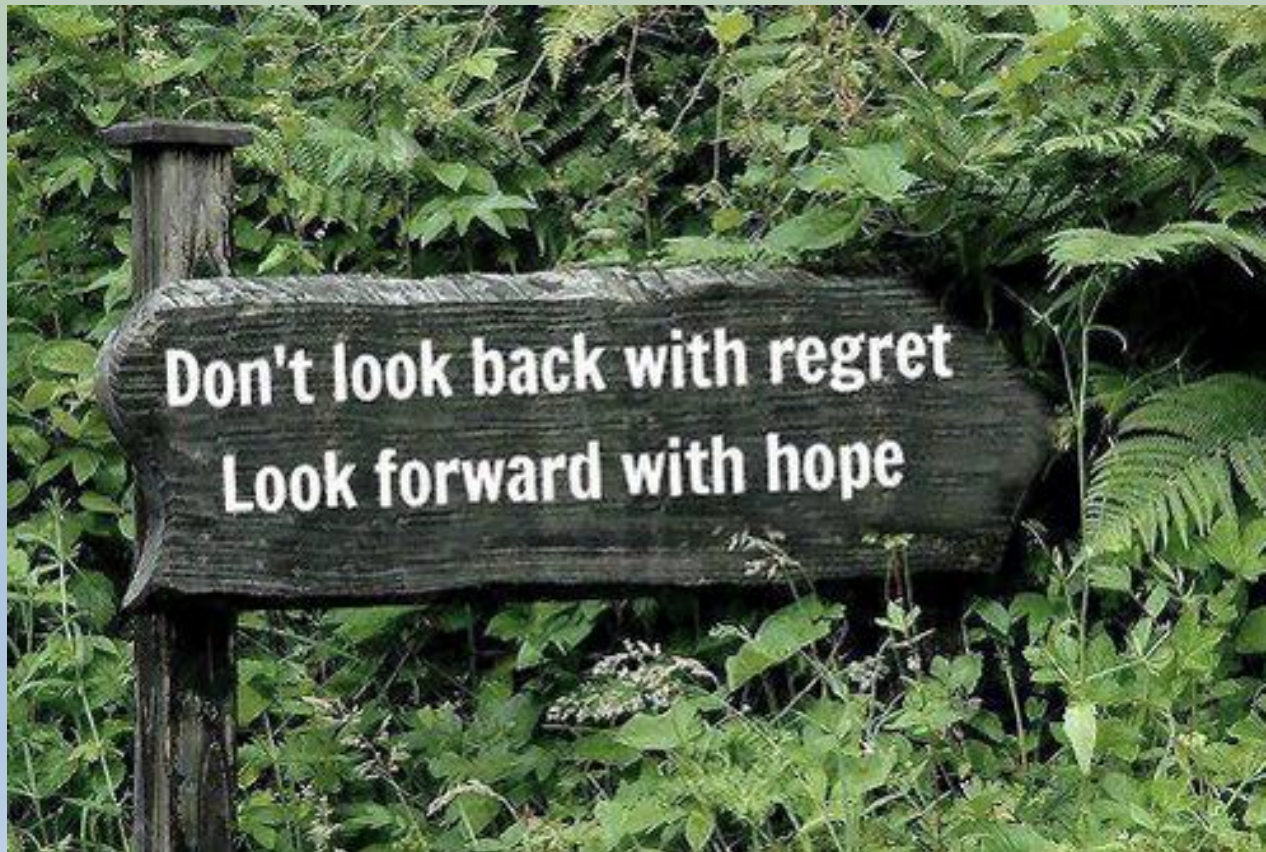
ReUse

LifeHack

Resilience

Refuse

Redress



1/31/2019

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)

