

## 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:

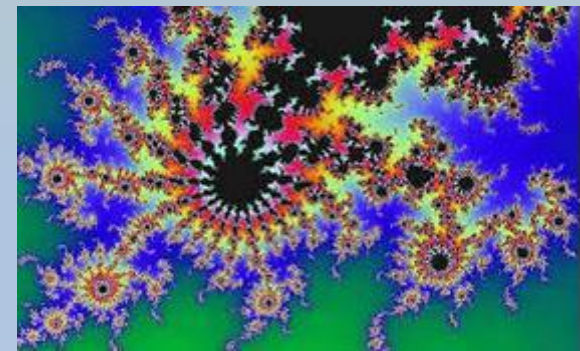
buttress grievances with allegiance

blog site with links to audio and visuals

2/25/2019

# 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)



2/25/2019

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

Take on anything with this strategy:

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.

2/25/2019

## One camera shot for the month:

new storm door from less used doorway

scope creep: need new threshold

water barrel with goldfish

4x4 support with 2x4

supports

downspout plastic conduit vs

reusing metal

still to install auto closer

piston



2/25/2019

## Radio Free Vermont by Bill McKibben

Record Radio show, then podcast/broadcast on low power radio. (familiar?)

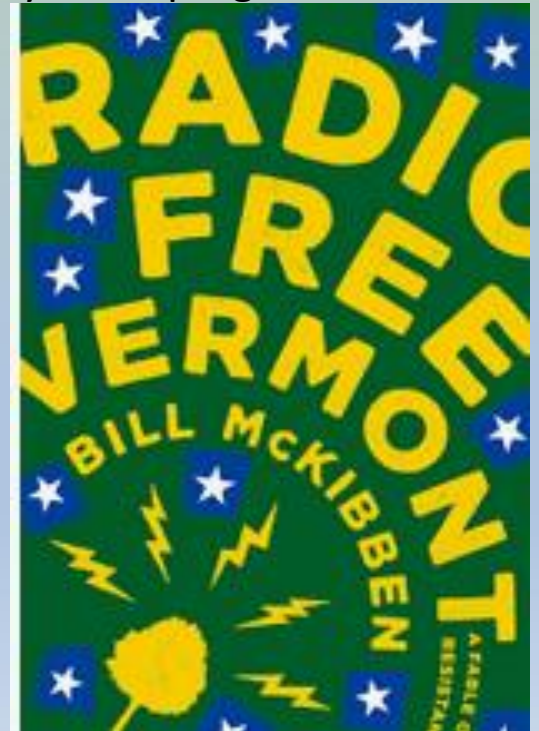
Encourages local consumption. Tape \$20 bills with faces of local heroes.

Break the law with media following along. Call for seceding from the USA.

Find dry humor along the way. “Don’t go all Aspergers’ about your Aspergers’.”

Everyone involved, even the nerds and Olympic medalists.

Develop relationships; know your neighbor.



## AND SO IT BEGINS:

Bird feeder in every back yard – things are getting weird for them

Keep old watering hose around for many purposes, even if broken

Find a place to store random things for contingencies/projects.

Take furniture from alleys, but only wood, since fabric can house bed bugs

Keep hand clippers with you as you bike/walk, and trim stupid woody growth – as a lifestyle – no need to do it all at once.

No Teflon cooking – Ohio River has PFOA's already.

Stop buying chips, bread, crackers – make rolled flatbread, heat on griddle, then freeze.

Make stews with crock pot, and if you want puree, just buy immersion blender for easy clean up. (Eat fast?)

Cheap braces from Aldi used this year: Wrist, ankle, back – joints need a break for a couple days, so use braces rather than ibuprofen (which doesn't give them a break). Also use old bike tube around shoulders to reduce motion during shoulder injury. Belt around waist also helps back support.



2/26/2019



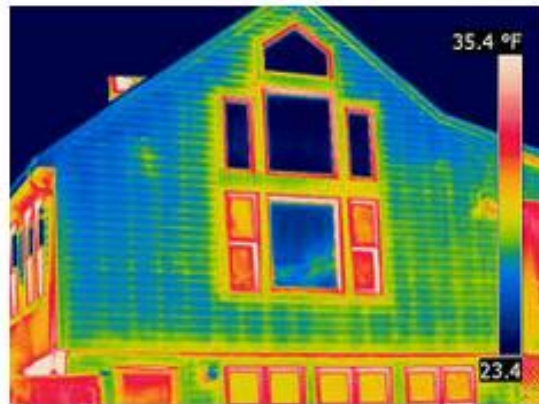
Car battery/transmission/repair/washing with warm water/beater vans are not extra for insurance (much).

Insulation— major solutions need to be found for myriad conditions. First, good diagnostics needed, e.g. heat/IR gun imaging technology platform for cheap.

Create emulsion for oil/water/vinegar mixtures: Use soy lecithin powder. Cheapest and easiest is in the drugstore: drink supplements such as Ensure (for those unable to eat solid food). It lasts forever and has no taste whatsoever. It is the perfect emulsifier when egg yolks or mustard aren't unwanted. Make vegannaise?



Use an Infrared Thermometer to Easily ...



An Introduction to Thermal Imaging ...



A to Z on a page

Use dough roller for sore leg muscles.

Knees are to be higher than hips when sitting in chair if lower back trouble.

in mid May thru mid July, start outings in the evening, and sleep in the car for a few hours...and then the sunrise is so soon after...Sleep when it's dark; play all day.

Put together a wagon to haul wood around the yard instead of having to drag it with the sled. Make wagon/trailer with just wheels and axles.

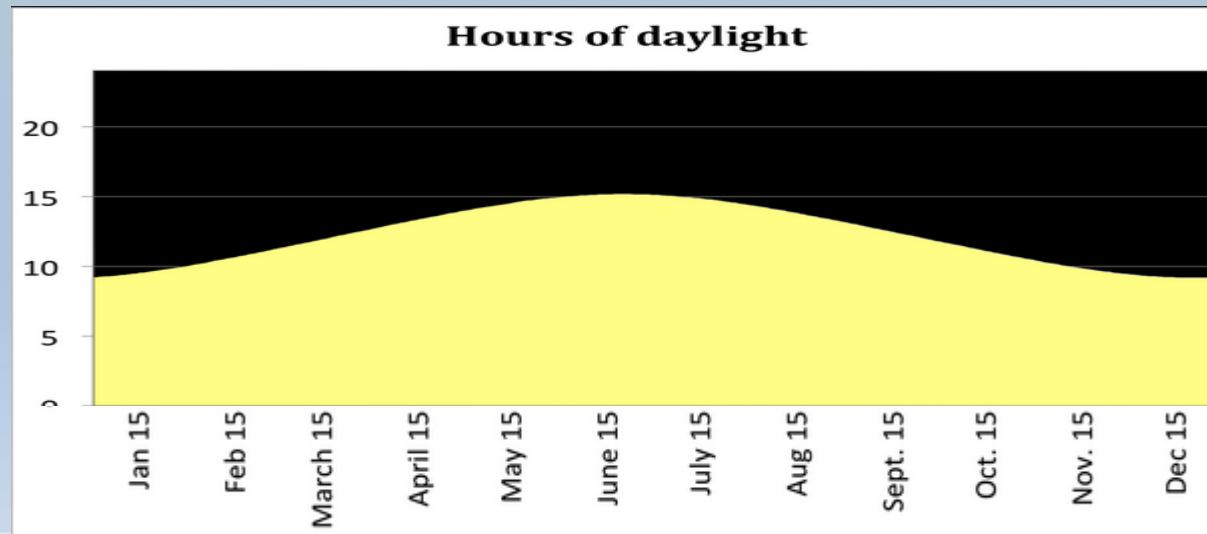
The heart of portland is off of exit 3 on I64. Exit <3 as the new branding scheme.



A heart. Usually means love.

I <3 you

2/26/2019





## UPTIGHT?

Golgi nerve signals die out at 20 seconds which then makes stretching easy... but my theory is that fighting against the golgi nerves won't make your muscles tighter. The golgi nerves are there to ensure you don't stretch too fast. I'm thinking that I can get good stretch in 10 seconds rather than 20 but that includes fighting thru the pain signals from the golgi nerves. Needs testing.

Dog owners who don't pick up dog droppings: In public places, just carry a can of white spray paint and spray the poop to keep the flies off and ensure no one steps in it. (Otherwise pick it up)



2/25/2019

# Who Are We?

ICELAND mythology is closest to Viking/Norwegian mythology before christianity than any other. Lots of animal lore/myths. Just like native americans. Rural religions.

NIH has videocasts of researchers presenting about everything. Just put it on in the background if you have broadband, especially neuroscience. Researchers know a lot more (about where we came from and what makes us who we are) than you might think. Epigenetics, CpG islands, histone open transcriptions upon maturation (ACAT repeats)



# A Universe in just one idea

I need to go to Law library and pull up case law for removing corporate ability to be chartered. How fun and hopeful to find such in the legal pipeline, long tho the pipeline is.

Look at pulitzer.org and consume the winners' material on a routine basis.

**STRETCH GOAL:** Along this pathway, it'd be nice to get to the point where I can sit cross-legged on the floor. I've never been able to do this, and have memories from elem school to this effect. It would show long-arc betterment if I could perform this--like I've never been able to before.





**Between Rocks and Hard Places:** I was at Cox's Park recently and saw they threw wet cement on big stones near the boat launch to stop erosion. That's exactly what we need between Wharf Park and the Shawnee golf course. Since the golf course is going to be 86'ed, instead of I-64 (woe is me), we oughta improve golf path pedestrian and bike accessibility. To do this requires the placing of a two foot conduit at the creek/crevasse between the park and the course...then throw stones and then wet cement around it, and plop up an easy bridge made out of green treated wood over it all. Nobody needs to know and no govt needs be involved, so this project should fit nicely into the Portland mindset, amiright? Anyway, that's not what I want to share in this article, in actual fact. Here's the crux... When one looks at Earth, Wind, and Fire, one soon recognizes, spiritually and banalistically that stones are harder than mud and sand, which is why Portland even exists. If you look at a map of LVL, and I suggest you do so often (with GIS overlay, as an aside), you'll see that the Ohio River ('whitecaps river' in Delaware language) humps north at Portland (locks and dams notwithstanding). That's because the rock under our feet as you read this is harder than that which is around us. It's some of the oldest rock on the planet and, like I said, it's hard. So then I know the symbol of Portland is the anchor, and rightly so, but I also think we ought to recognize our other unique individuality as well, e.g. why did the not-so-thick-headed buffalo trace along our shores to begin with? Why did every boat need to portage around these falls in the first place? We have hard rock, and we should recognize and say so. Obviously our neighborhood, to wit, needs a Hard Rock Café, but that's not going to happen, so we'll just get our 'hard rock' on in other ways. For instance, namers of future enterprises, new parks, exploratory churches, cafes, etc should be encouraged by the vocal and potent vanguards of our community by plea and admonition to name themselves 'the hard rock xxxx' (whatever xxxx may be). If the New York restaurant retained lawyers start eating our lunch, we'll suggest the new names be called the 'harder rock' instead of hard rock, and subsequently let the lawyers pound sand. But if I must truly be honest, I have to say, names are sweet and our hump on the map is cool and all, but what I really want is a viaduct in the ravine between the golf course and the Wharf Park for our city's finest runners/bikers. Layering on even further full disclosure, I really don't want someone to shut the Shawnee golf course. I'd even hit a few buckets of balls to support the finances of the place, if that's what it takes to keep it from being closed. [Editor's Note: Upon further analysis it is Iroquois Golf Course on the chopping block, not Shawnee, which is fine since the city can sell to real estate developers there who can put up cookie-cutter-whatevers and make some land grabbers' booty...unlike in Portland where such a flood of new housing construction would rot by being inherently "under water". PS: Once the viaduct is built, runners and bikers can don wood-and-iron proof helmets and streak thru the golf course, easily evading or outrunning pugnacious park security giving chase on their golf carts. Or our exercisers could traverse after hours, e.g. dusk/dark (with an unsheathed scimitars brandished for personal insurance purposes). I recommend this verdant path rather than braving the traffic on NW Pkwy and Portland Ave (not even a debate!). And...once again...this policy for the masses needs no govt funding or approvals: JDI, as Nike says; you know where the stones are that can be hauled over. Toodle Lou. #RockBedsNotPushedAroundByWhimpyWater #FieldOfDreams

Hoping you tape this to your fridge, PortlandNate

2/25/2019



I have a tracfone, very cheap but such little memory—good skill to learn to purge memory and unneeded apps.

Start wearing something on our faces so Rekognition can't follow us around, per Amazon's software. Or wear a hoodie everywhere.

3-D storage: Make a 2x4 structure with 5ft legs that is just less than 4x8' so that a plywood piece can be put on it...one end anchored to wall... to organize rooms. Also use the extra doors that I have as shelves.

Exploratory committee for initiating a tool library— like Lyft?

Give 30Port community garden some 1/2 barrel 55 gallon drums to use to tote things around...and maybe put wheels on them.

Good lifting exercise: on back on bench with 15 lb dumbbells with back of hands facing ceiling, do an arm extension: Good for strengthening those muscles that get tired when reading a book on your back in bed.



2/25/2019



Epsom salt foot soak is good. Hot water cools quickly, so sit/soak by stove/fireplace and replenish with hot water, ad lib.

Weekend gardening at 9am before too hot, and exercise and garden, both.

Wash glasses in warm soap -- then microfiber dry: really clean. Also--put glasses into case at night.

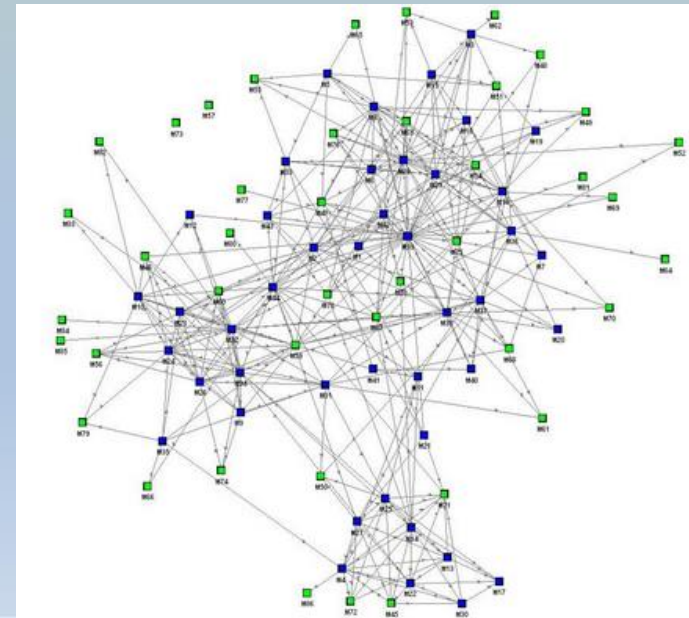
Hard to tell if canoes are exempt from licensure in KY. Hard to tell rules about DIY making of a trailer.

Hobbit/mellow music [https://www.youtube.com/watch?v=JV\\_PfGcPewY](https://www.youtube.com/watch?v=JV_PfGcPewY)

socnetv.org Social Network Visualizer (SocNetV) is a cross-platform, user-friendly free software application for social network analysis, visualization and network dependency.

## FROM TOES TO STARS

2/25/2019



## Radio Ecoshock – RAINY DAY FOOD Feb 2019 podcast

Oat groats in bulk. Pasta, rice (dehydrated). How to store: Mormon women youtube.  
Buy a big bucket of rice? Pasta? Wheat berries? Oat groats?

Canneries going out of business. Preppers have been coopted. Decrease in 95%.  
Survivalists vs Preppers. \$ and xenophobia. Preppers don't believe in climate change (derision). Only those who take time to study the science get climate change. We are stuck; 1ft in and 1ft out. PERSONAL collapse happens first, rather than society collapse. Give handouts. Experts can't grow even 25% of their own food; too hard to harvest enuf calories, and harvest happens all at the same time...even with 40 acres and a tractor. Prepping for AGING for the baby boomers. e.g. less to maintain, and stay close to family members. Contraction is right now. Humans can see opportunities, but not systemic problems/risk. Weird.  
[Survivalacres.com\blog](http://Survivalacres.com/blog) Food might become the new currency of the future. Easy to be a doomer...there will be a die off. Sensational ridicule from mainstream media. Food is the issue, but climate change is the source of trouble. US govt won't be there; it's all private effort. But not to be defeatist. Do not take down websites/blogs; leave it for someone to find it.

Put up greenhouse plastic around a few raised beds at 30Port garden to extend season.

2/25/2019



# Curate much?

**Curator:** job description. **Curators** are responsible for assembling, cataloguing, managing and presenting/displaying artistic and cultural collections. Some

I should consider myself a **curator** in all things. Nice name that exudes leadership, wisdom, fairness, creativity, intelligence, passion. We're all curators of our lives.

Find yellow ribbon and climb each tree at any park you're in and tie a ribbon...and take a picture of the trees with ribbon...as a challenge.

DVD's from 2018: order from library – don't pay Netflix/amazon prime/cable.

Is it your birthday? Invite friends and family for game/puzzle night.

2/25/2019



3<sup>rd</sup> world is doing better than Portland – Let's ramp up our game.

“This year what struck me the most was how innovators in underdeveloped countries are overcoming economic challenges and lack of infrastructure to meaningfully advance health care delivery. Despite limited resources, these people are providing ingenious solutions to health care issues, some of which have actually put their countries further along than the U.S. in scaling digital health solutions. e.g. folks are advancing health care delivery through innovative approaches that leverage a wide variety of care access points, mobile technologies, and less-specialized clinicians.”

TAKE IDEAS FROM OTHER PLACES AND BRING THEM INTO OUR OWN ORBIT.

nearly half of US adults have CV disease. Drugs and surgery don't fix this, only behavior change does.

Meanwhile, we ONLY focus on opiates. Oops.



Great events in History audiobook: mr stewart from east india company walked across india/asia to return to england. He was a vegetarian. Look up East india flag -- looks just like USA flag.

Future jobs that AI can't do: Candidates looking to become more marketable and valuable should hone in on improving their creativity, cognitive skills, and ability to process high-level information.

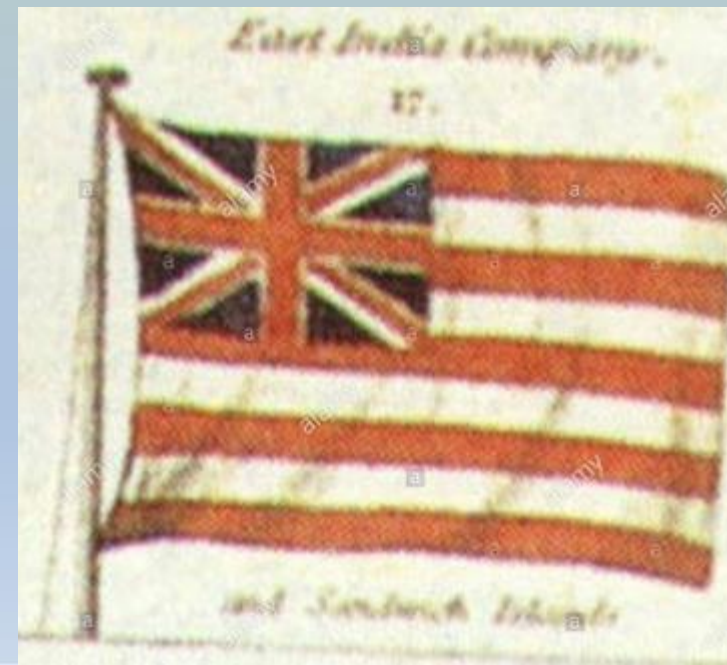
Where to get a feather so as to tell micro-zephyrs in drafty homes?

Disk break maintenance – no longer squeaks.

Cut down early poison ivy in wharf park.

“Never flag in zeal” ???

2/26/2019





# Reskilling around the Metro

City budget cuts – we're all on our own now.

## [Louisville Community Grocery - Home | Facebook](https://www.facebook.com/loufoodcoop/)

<https://www.facebook.com/loufoodcoop/> ▼

4 days ago - Nonprofit Organization. University of Louisville Sustainability Council. College & ...  
Louisville Community Grocery shared OneWest's post. Yesterday at 8:07 PM ·

## [EcoReps Lunch & Learn: Hart Hagan on the Green New Deal — UofL ...](https://louisville.edu/sustainability/.../ecoreps-lunch-learn-hart-hagan-on-the-green-ne...)

<https://louisville.edu/sustainability/.../ecoreps-lunch-learn-hart-hagan-on-the-green-ne...> ▼

Feb 10, 2019 - University of Louisville. Search UofL. Go. Apply. Undergraduate · Transfer · Graduate ·  
Dentistry ... UofL Sustainability. Navigation. Home · Sustainability Council.

## [Sustainability Roundtable: David Wicks - The Ohio River Recreational ...](https://events.louisville.edu/.../sustainability_roundtable_david_wicks_-_the_ohio_riv...)

[https://events.louisville.edu/.../sustainability\\_roundtable\\_david\\_wicks\\_-\\_the\\_ohio\\_riv...](https://events.louisville.edu/.../sustainability_roundtable_david_wicks_-_the_ohio_riv...) ▼

Feb 7, 2019 - Please join us for UofL's Sustainability Roundtable series on alternating Fridays at ...  
On a 250 mile stretch of the Ohio River from Portsmouth to Louisville, river ...

A \$5 million, five-year federal grant to launch an initiative to promote resilience and equity for Louisville families and young people most affected by trauma, inequity and violence.

2/26/2019



Be Responsible: Get involved. **REDRESS!**

Play small ball for a long time.



## Representative Reginald K. Meeks

The nexus between fantasy and reality was bitterly unveiled this week. IF you didn't know, you didn't know; but if you DID know, you spoke up and spoke out! Many did.

In some respects, it was the dysfunction of DC come to Frankfort to roost. The stretching of truth to justify a campaign promise; the mass profiling of a People and a Country and the inability of a skeptical public to find truth in poopy political verbiage. The result was a Resolution being passed and sent to DC which endorsed 45's version of why a wall is

Get emails from your state reps and follow them on twitter/soc media.

Start with a referendum: "Make referendum language easy to understand so that a 5th grader understands the question within 30 seconds."

2/26/2019

## Redress re-addressed: Then there's ideas hot off the twitterverse...



**Chris Hedges** @ChrisLynnHedges · 1h

In his latest essay, "Extinction Rebellion," Chris quotes Roger Hallam (@ExtinctionR) and discusses how to force the elites to negotiate. [truthdig.com/articles/extin...](https://truthdig.com/articles/extin...)

"There's a fundamental difference between breaking the law and not breaking the law," he went on. "It's a binary difference. When you break the law, then you're massively more effective in terms of material and psychological influence as well as media interest. The more dramatic the civil disobedience, the better. It's a numbers game. You want people blocking the streets, but you need ten, twenty, thirty thousand. You don't need 3 million. You need enough for the state to have to decide whether to use repression on a mass scale or invite you into the room."



# In Closing:

Things touched on:

Reskill

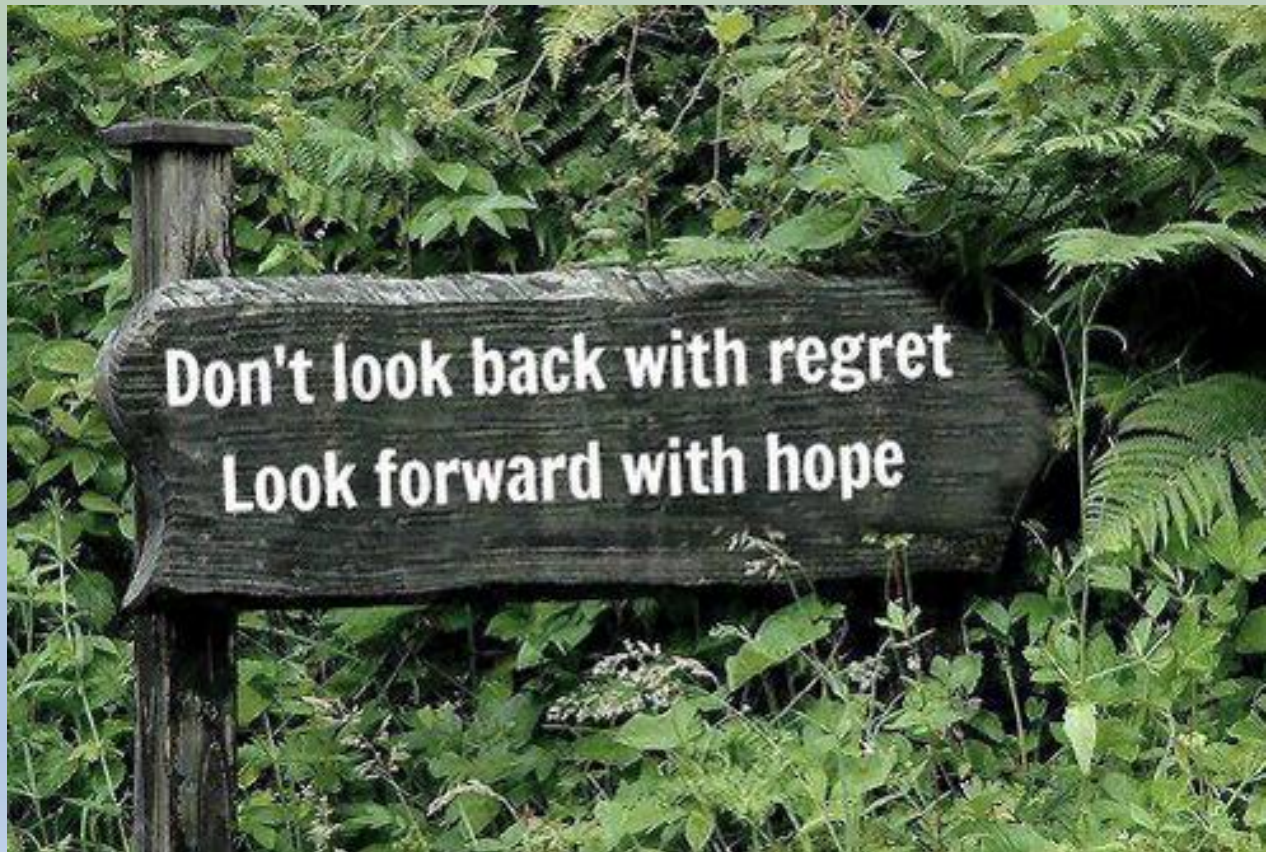
ReUse

LifeHack

Resilience

Refuse

Redress



2/25/2019

# 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)

