

Think of it as a “RE” treat.

Reskilling and Reusing **Retreat**—March 2019

## 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:

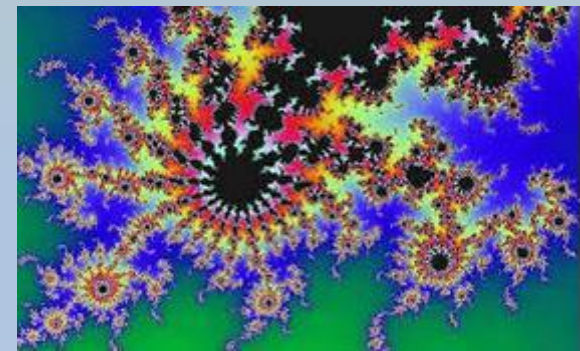
buttress grievances with allegiance

blog site with links to audio and visuals

3/25/2019

# 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)



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Fractal Mandelbrot set vs rosemaking: 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

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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.

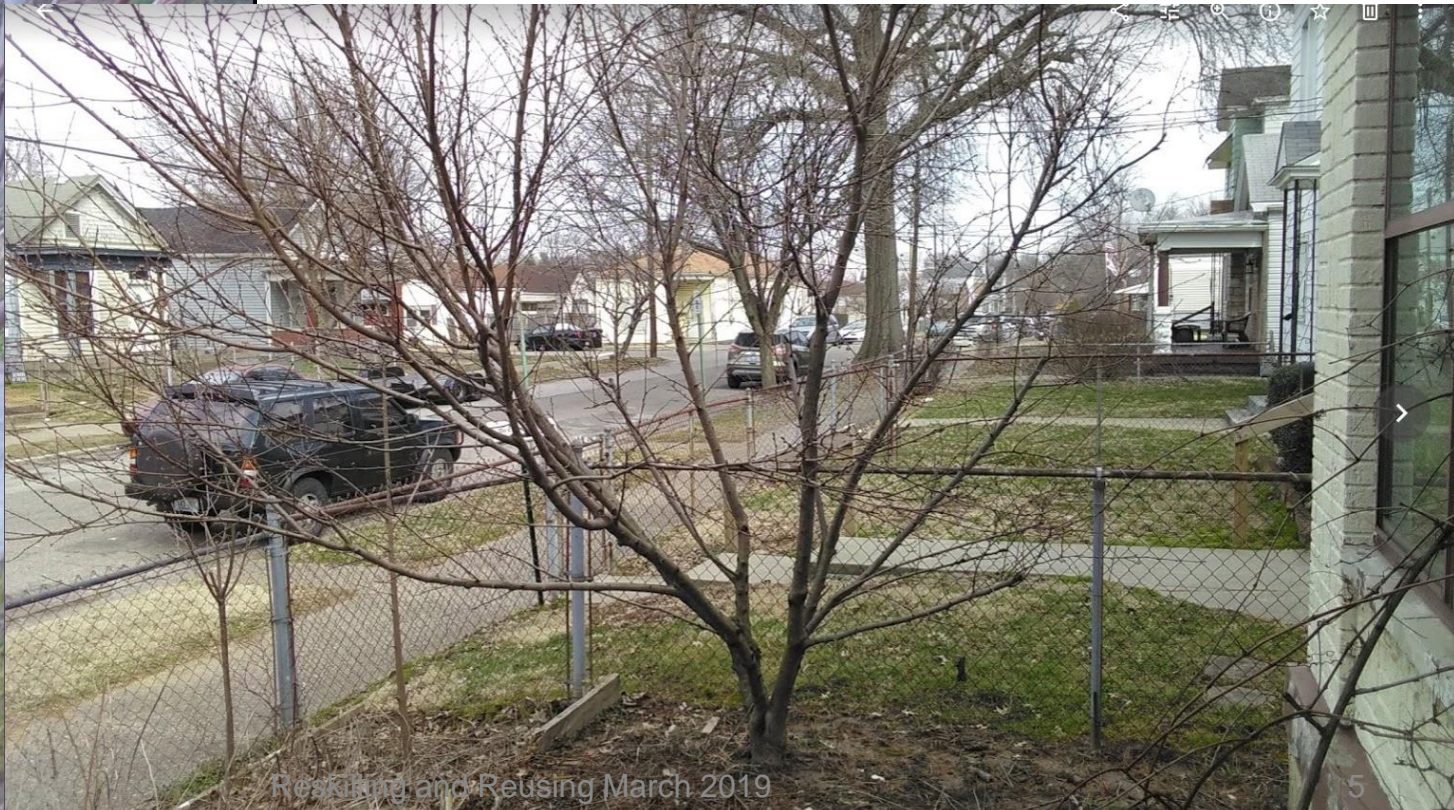
# Squash seed drying and bean sprouting





# Holstered Side-arm a.k.a. “Quick Draw” McClippers

- Every evening, go (with flashlight) to wharf park and chop some poison ivy using my bike to get there.






# No Rubbish Rubble



# 1<sup>st</sup> graders class: Read the Value



**PORTLAND ELEMENTARY**

## Backpack of Success Skills

**I am a prepared and resilient learner.**

- I can show my learning at my grade level.
- I can use what I learn in real life.
- I can reflect on my work and make it better.
- I can use my time and resources effectively.
- I can grow in my learning and as a citizen.
- I can work hard to meet my goals.

**I am a globally and culturally competent citizen.**

- I can explore an issue with my community.
- I can explore an issue around the world.
- I can show empathy and compassion to others.
- I can show respect for all people and cultures.
- I can help others feel like they belong.

**I am an emerging innovator.**

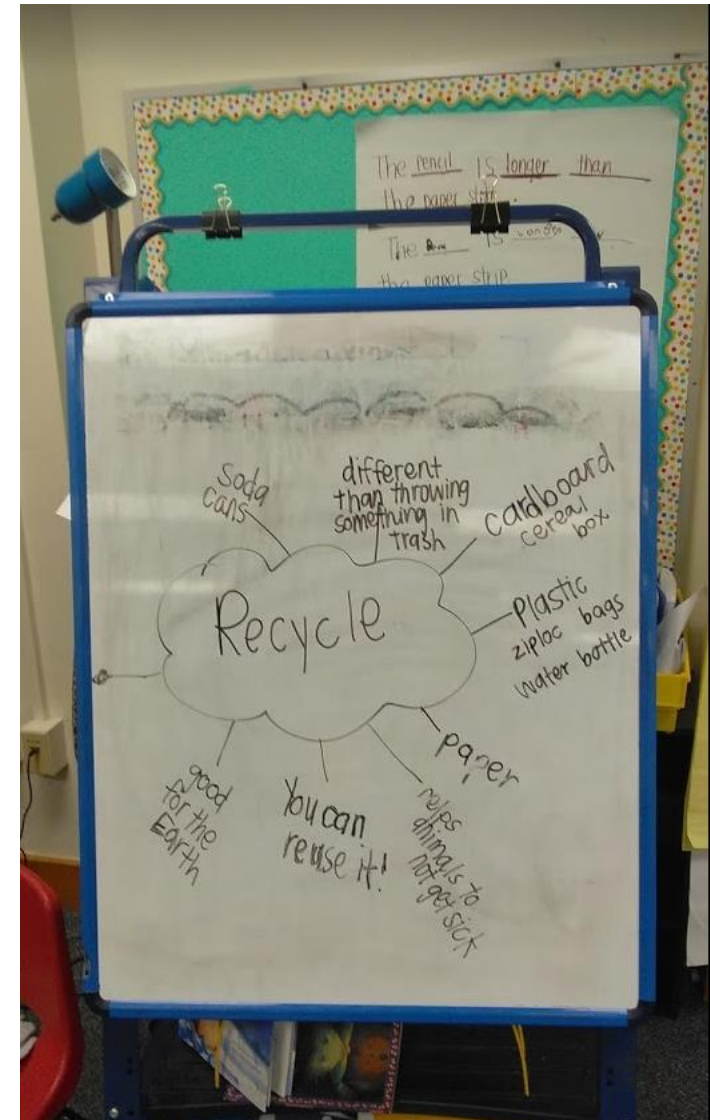
- I can ask questions to show that I want to learn more about something.
- I can describe what I do to figure out a problem.
- I can problem solve when there are challenges.
- I can listen to other people's ideas to make my work better.
- I can take risks and know it's okay to make a mistake.

**I am an effective communicator.**

- I can have a clear purpose and audience.
- I can write, speak, and present clearly.
- I can use technology to help my learning.
- I can share my ideas in different ways.

**I am a productive collaborator.**

- I can work well with a group to reach a goal.
- I can help others improve their work.
- I can take others' suggestions to make my work better.
- I can learn from others by actively listening.





# WashOff Paint, tear off roof





# Dumpstered door and latch



# 'cheep' bird feeders and free suet bag



- <https://www.raptorresource.org/birdcams/decorah-north-nest/>



# Arc Fault Circuit Interrupters (AFCI)

- **Red electrical wire** indicates the secondary live **wires** in a 220-volt circuit, used in some types of switch legs
- [What Do Electrical Wire Color Codes Mean? | Angie's List](#)



# Good Shepherd Catholic Church





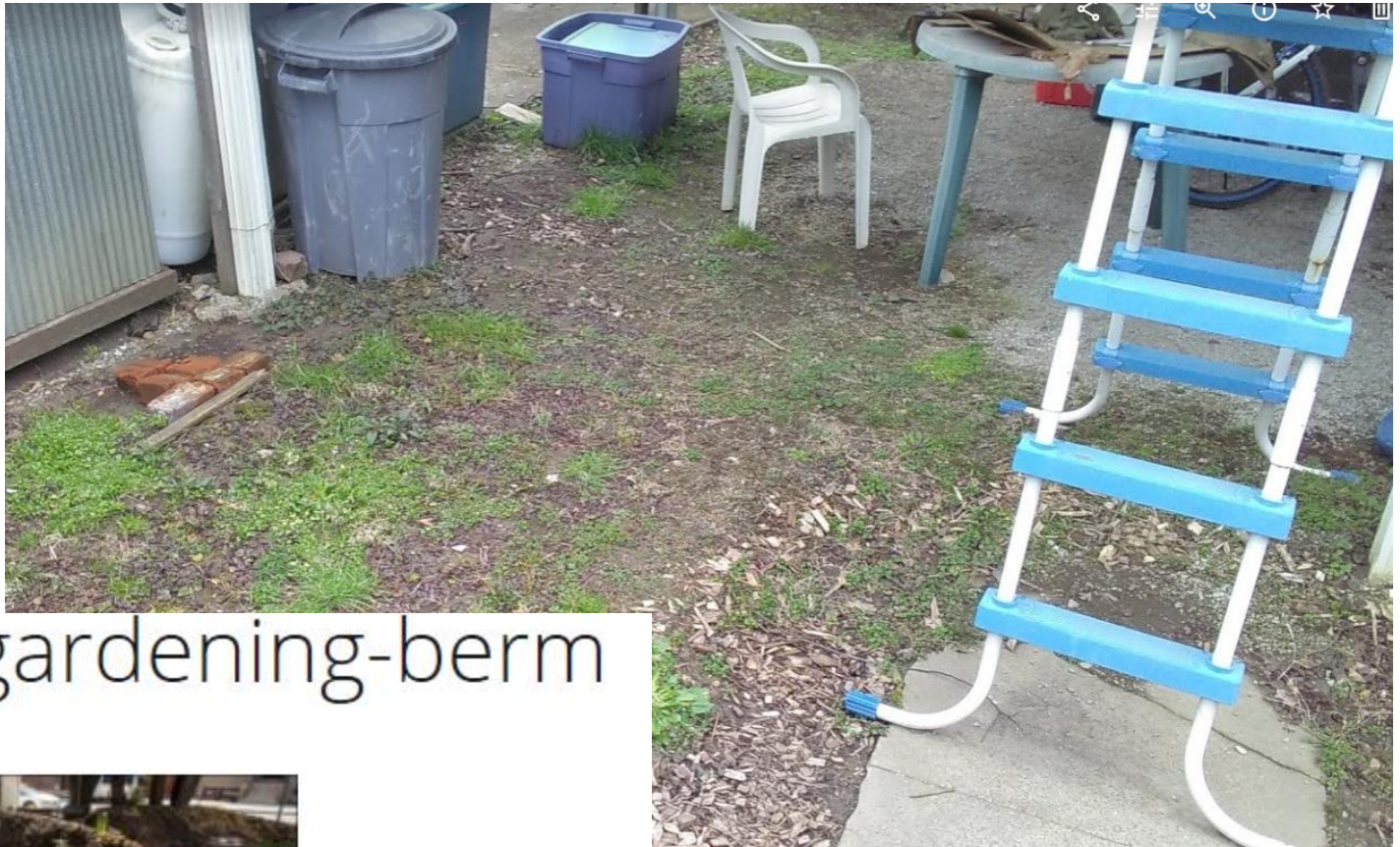
# Ground—Kitchen--mouth

- Cut sides of old tire and use the circle as border for raised bed. New ones every season.





# Rain garden: gravity = berm



mound-gardening-berm





# Use what's there already



Reskilling and Reusing March 2019





# Wood art with help from a crane





- **April fool's truisms and other incantations of fatuous and dry/wry/rye humor:**
- I have decided that people don't like my articles and find them overly confusing and banal, so I've both boycotted and gone on strike this month. While always encouraging everyone to write the editor about my writing, I only get it in person: "I've had just about enough out of you, you bone-headed whipper-snapper." So my AI-bot is standing in for this April's attempt at wordsmithery.
- I recently thought of a really good way to get rid of the illegal minibikes and off roaders that wreak havoc on historic sites on our river bottoms, but decided to keep it to myself because of the high illegality of the potential actions.
- Surveillance cameras in our Kroger should be used to offer all parents who hit their kids in the store a free foam bat since they are softer than the back of a hand. Best if a loving, roving robot makes this offer since there is inherent danger of the messenger/bat-giver being pistol whipped.
- Reverse street musical buskers should be allocated to our high traffic sidewalks and offer half-dollar coins for passers by to listen to a single song of hope, fairness, justice, peace that'll stick in their memories like a brainworm. Go Fund Me was born for such as this.
- Vigil keepers should station themselves in the newly razed and exposed area near the L&I Bridge giving wide access to the river during Thunder-- to call in ambulances for the dozen or so humpty folks sure to fall off the quarter-mile 10-foot concrete retaining wall when trying to free solo while fully inebriated and wholly distracted by the non-stop overhead, dizzying entertainment.
- "Self-culling" is an evil concept that pops up in a wide variety of social settings and gaining popularity in these parts, rather than staying latent and hidden as in the past. (sic, *The Trouble With Normal*, a la Bruce Cockburn; saying the quiet part out loud)
- Half dozen secret plantings of kudzu in our wild places will soon and inexorably displace nasty and rampant poison ivy (that'd be good) and provide edible leaves to subsidize diets with healthy greens (that'd be good). Also would provide opportunity for public art-by-kudzu. (See [Annihilation](#) (2018)) to rival our 10<sup>th</sup> Street flotsam globe art on the bike path.
- Mung bean and rye sprouts will continue to grow in your insides and pop out your belly button just before you die in agonizing pain. ([Annihilation](#) again)
- Sign posting on library kiosk on school strike days: "We're not on strike, just get over here and read already."
- True insults require the question to your foil: "Is this your Asperger's talking or are you just mentally challenged or neurochemically maladjusted?" Practice this insult aloud 10-times daily in front of a mirror to get used
- to the complex word salad which promises consistently devastating results.
- This blurb is not endorsed by anyone and I'll lie to your face if anyone
- asks me if I wrote this. ([800 words](#) exactly; awesome!)
- Ill-advised and disrespectedly,
- PortlandNate's Bot

Anchor's Away!

Reskilling and Reusing March



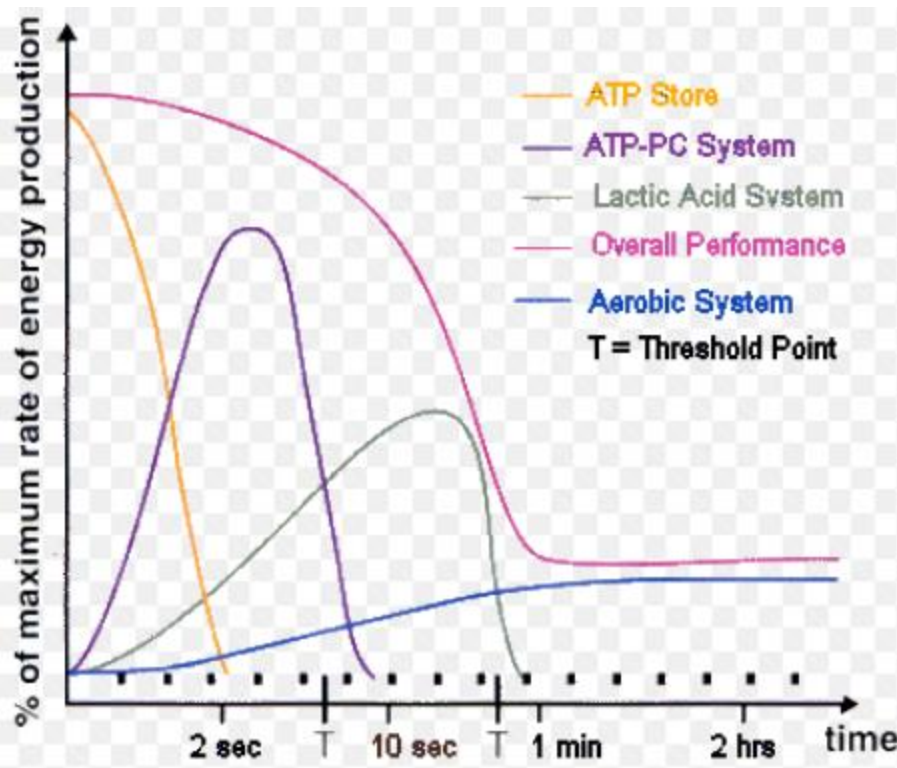
# Sponsored Praise Approval Gathering

- Portland Now Inc c/o Neighborhood House, 201 N 25th St, Louisville, KY 40212
- 
- Mr. Kerry Johnson
- Plant Supervisor
- Ohio Falls Generating Station
- Louisville Gas and Electric Company (LG&E)
- 811 N 27th St, Louisville, KY 40212
- 
- Dear Mr. Johnson,
- We the attendees of the March meeting of the nearby neighborhood association (Portland Now Inc; PNI; 5013c) are fully and proudly aware that our neighborhood is the beneficiary of the only hydroelectric plant established in Jefferson County (OFGS) and we also know that LGE has recently invested to make the turbine system much more efficient for collecting electricity for LG&E customers for decades to come. Regardless of what anyone thinks of the Green New Deal and regardless of whether you eventually choose to put up solar panels and wind turbines on your leased property from the Army COE, we are proud of your harnessing the mighty Ohio River energy for social good (as well as your financial gain). We hope the water turbines run for centuries to come and put our trust in your stewardship of this honorable yet intense responsibility to at least keep them well-maintained and functioning (into perpetuity, we hope). While we do know LG&E hosts tours and we know LG&E has outreach to the community, we are mostly just wanting as a group to acknowledge and celebrate your achievements--as this letter and its assignees, below, testify. We also recognize your role in the community, both in educating the public generally, and for committing to finding energy sources without putting carbon into the air where and when practicable. Please consider us a willing partner with you on any such endeavors, for we--attendees of this neighborhood association meeting and PNI in general--believe in the education and the health and well-being of our Portland residents, and the planet as a whole. Of course, then, we shall willingly and eagerly forge together a new, complex, and thoughtful energy future.
- Hereby attested,
- Nate Pederson, PhD; Chair of Health and Education Committee; PNI



# HIIT: High Intensity Interval Training

- After 15 seconds, acid pain sets in no matter what
- Growth hormone is tripled after a 2 day fast
- Insulin inhibits growth hormone so don't eat before bedtime when GH is given off during Stage 4 sleep.



Most aging effects are due to lack of use (Muscles, bones, joints) and also inflammation.

Use sole inserts and use Walmart foot-pressure analysis

Use roller blades with walking sticks

Athletes have resting heart-rate=40-50.

Painpoint massage goal is to not only loosen muscle but to rip fascia from muscle bed so that muscle can be at rest in a new, healthy position rather than bunched in wrong way.

# Pop and bang rather than smooth

- $F * \text{time} = \text{momentum}$ .  $F = m * v / t$  Do normal things with fast jerks to impart greater momentum, which more easily breaks the stationary frictional force, etc. It's socially odd but frees up time. Just once again science/cortex overcoming psychosocial barriers.
- Science is silent: stretching after ibuprofens allows overstretching/injury.
- Bed is too saggy – found a flat thin strong backboard. Also many pillows under knees. Alex's bike and story of reuse/restoration. Disc brakes.



# Reusing lattice and chain



# Skills Maintenance: Music, Voice

- Weekly singing uplifting songs at Farm to Fork on Friday's: 5-7pm
- Found stool in empty house
- Foreclosure sale owner
  - Doesn't have time to deal
  - Networks with friends to just
    - Rummage through
    - Take what you want



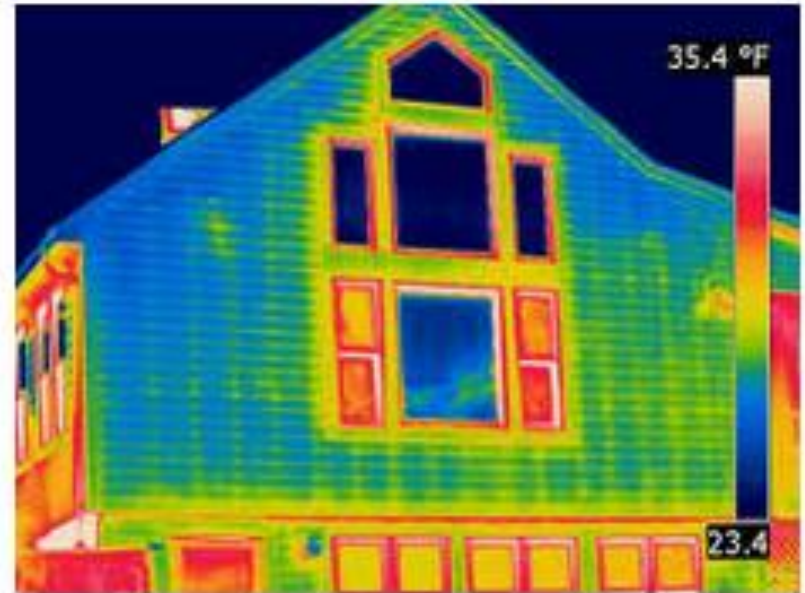


Painted Ladies Program: Reprise from last month.

PNI Neighborhood Association will be painting selected houses in selected regions with many colors. Could ideas for painting come from heat signature of the house? Ha ha.



Use an Infrared Thermometer to Easily ...



An Introduction to Thermal Imaging ...

# Prairie Doggin'

Find your set-out dates, sign up for reminders



April 12th is setout junk weekend.

Melting siberia: 1.5GT per 2 years. 10% more CO2 in 10 years

Norway not renewing contract with paying science publisher, Elsevier.

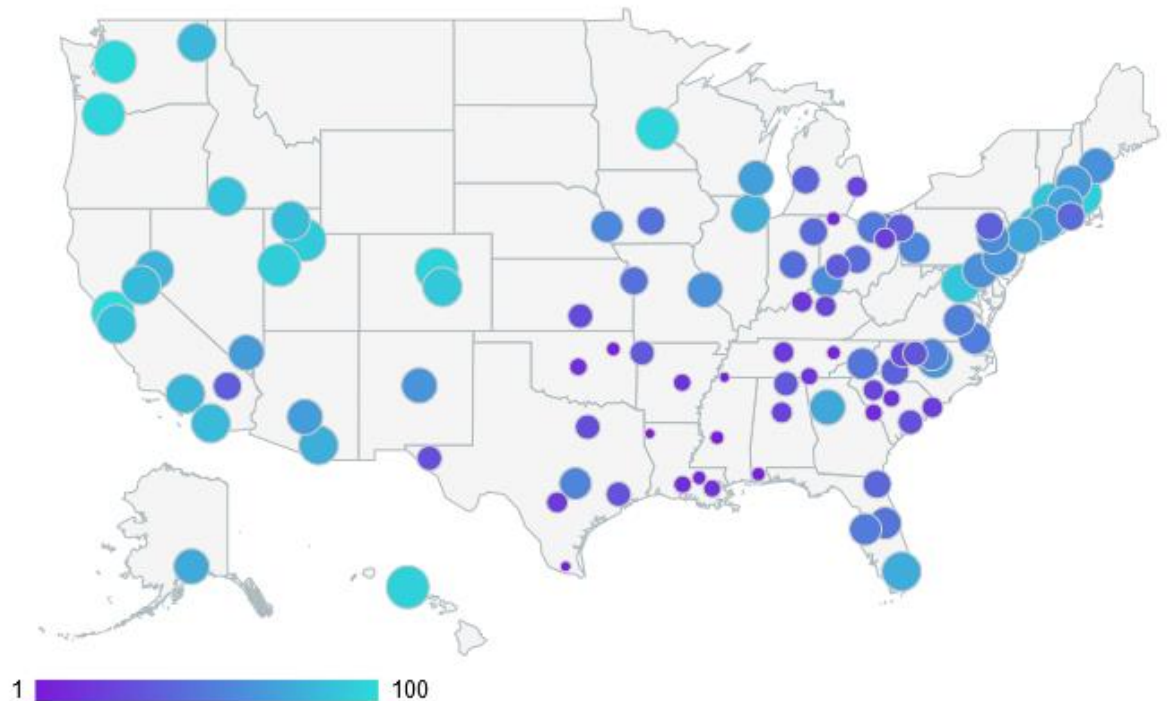
Need easy app for micro-money transactions.

Cycling thru town very slowly all over the city -- as a protest. The Organizers of such would need to be resilient to backlash...thus this needs to be third-party administered.

Elected Officials were at Library last Saturday. Citizens need to (1) get enthused, (2) know what they are talking about, (3) trust their officials can get stuff done even by trickery if necessary.



# LVL is 17<sup>th</sup> most obese city



1. What are some tips for eating healthy without breaking the bank?
2. What are the biggest mistakes people make when trying to achieve and maintain a healthy lifestyle?
3. What is the impact of obesity on the economy and worker productivity?
4. Should employers play a role in helping workers maintain a healthy lifestyle? How?
5. What policies should government pursue to fight obesity and lower the cost of health care?

# How to fix people (the machine)

- NIH Behavioral and Social Sciences Research Festival 2018
- Getting at why people Change: Considerations of Genetics and Psychosocial Theory in Health...
- People get better if they stop self-injury (perceived self-injury).





## Way over yonder:

In the past month at Holden, we have seen the sun rise above Buckskin Mountain again, dozens of inches of snowfall as well as inches of snow melted away, nearly record-low hydroelectric power, the Holden Village Film Festival, two Friday night plays in a very chilly unheated Village Center, Coffee House open mics with our artists in residence, lunches enjoyed outside in the sunshine, and more. There are lots of upcoming events to look forward



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# In Closing:

Things touched on:

Reskill

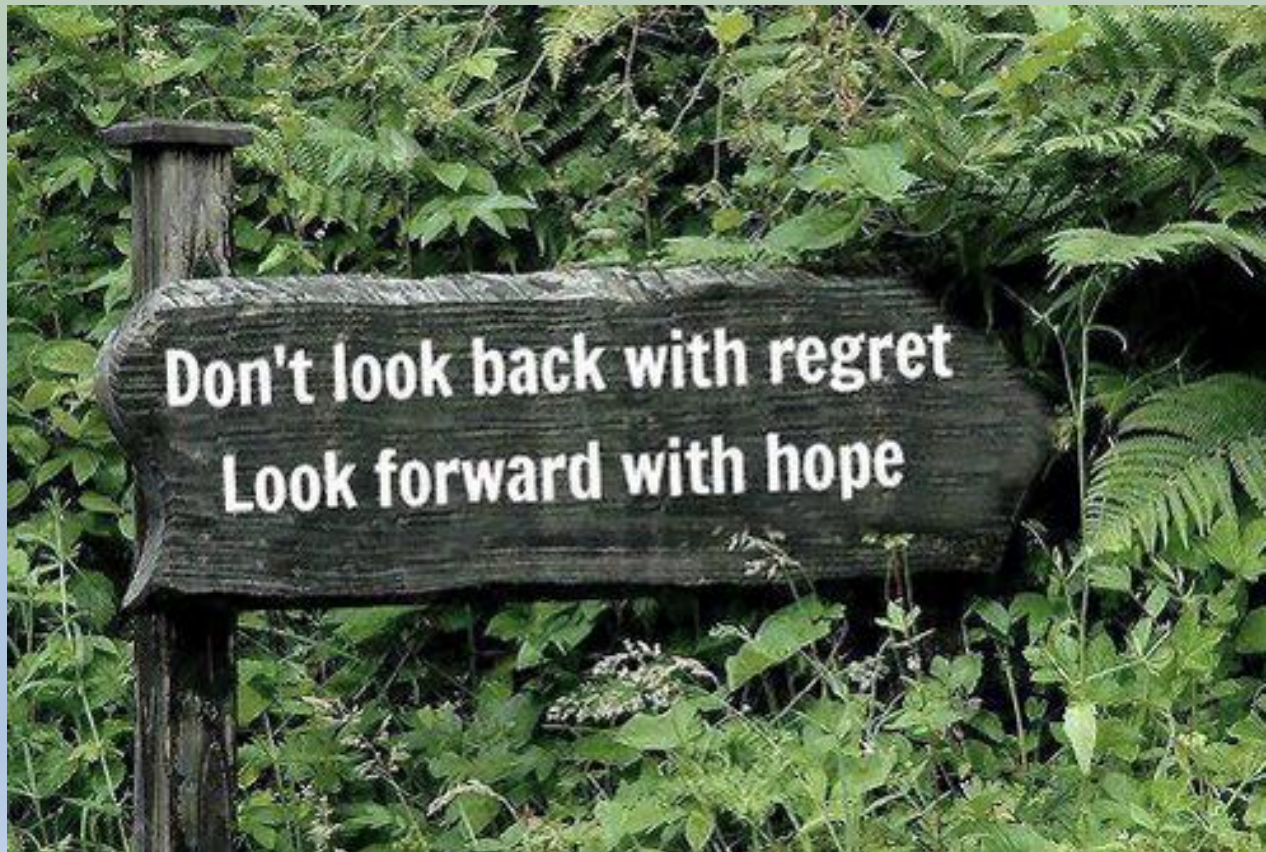
ReUse

LifeHack

Resilience

Refuse

Redress



3/25/2019



# 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)

