

Reskilling and Reusing Retreat–May2019

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” treat.



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

RE-SCUE/RESKEW/RENEW

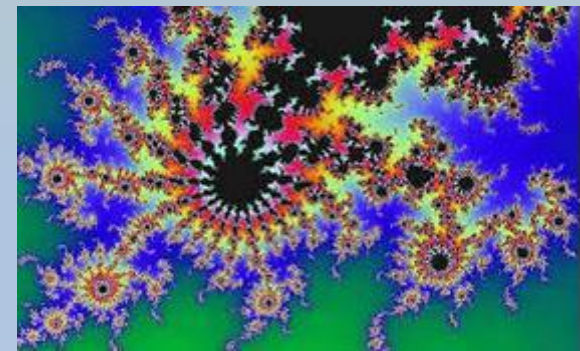
REDO: RE-X, e.g.

EVERYTHING

5/28/2019

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)
14. Rescue/BeKind – Wrinkle in Time



5/28/2019

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



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.

5/28/2019



5/28/2019



5/28/2019



5/28/2019



5/28/2019

about drying hands after washing: Just shake them and rub them on hairy arms which adsorb lots of the water. No towels needed at all.



5/28/2019





5/28/2019

5/28/2019





5/28/2019



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5/28/2019



5/28/2019



5/28/2019



5/28/2019



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I pledge allegiance to.....

- bulk foods - freezer, crackpot
- composting
- Face book snave
- Media: songs, films
- Sourcing: Avocado vs. peanuts
- GARDENING
- Fiber - up
- "Rock Class" vs. cooking class



- plastic vs. glass vs. metal

- Recycle ReUse

Spice-it

• Sprouting

eat more

- veggies

- fiber

eat less

- processed

- meat

be kind &
thatful

that ful

Taste buds

Compassionate
earth, country,
state, city,
block, home, u.

- FASTING

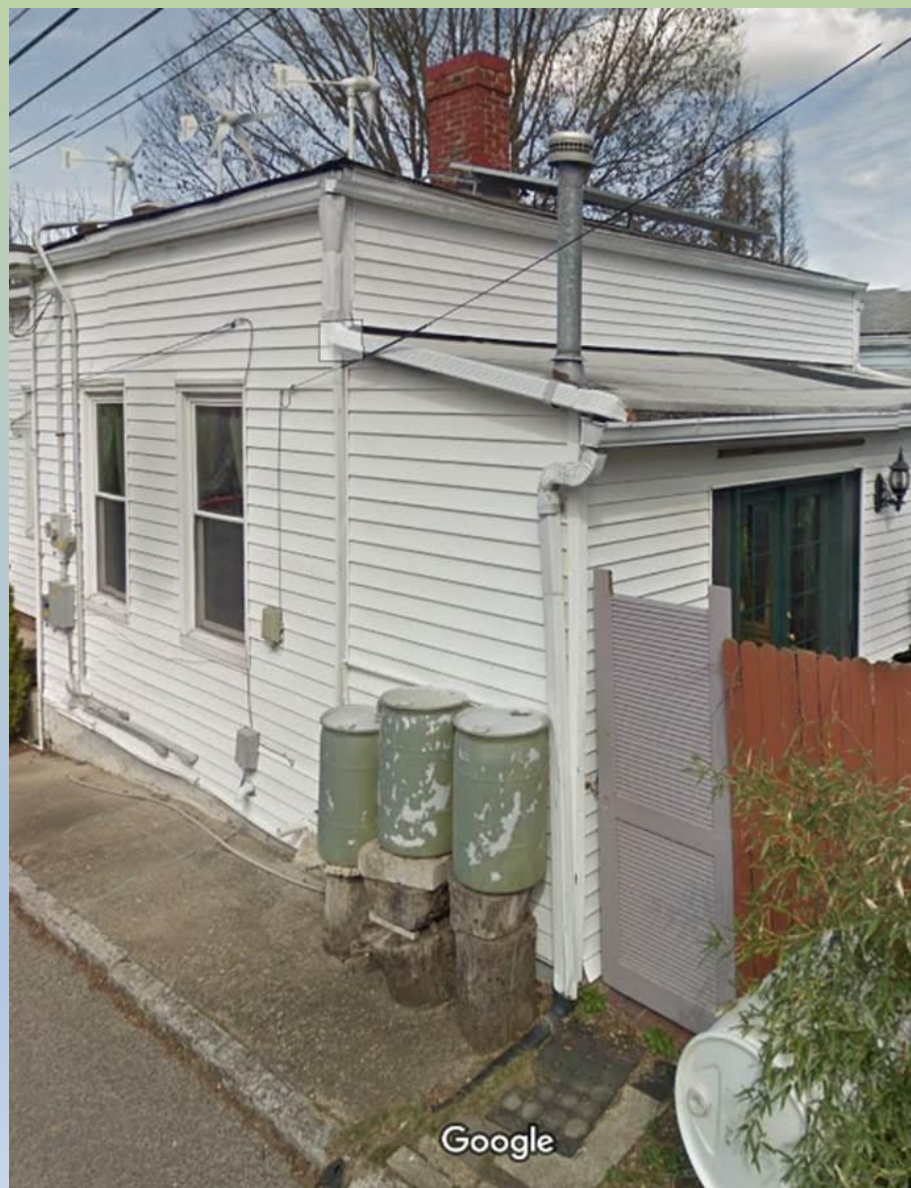
laggards

majority

early adapter

change curve





5/28/2019



Colleen Younger
Property Valuation
Administrator

[Online Conference](#)

[Home](#)

[Check Conference Status](#)

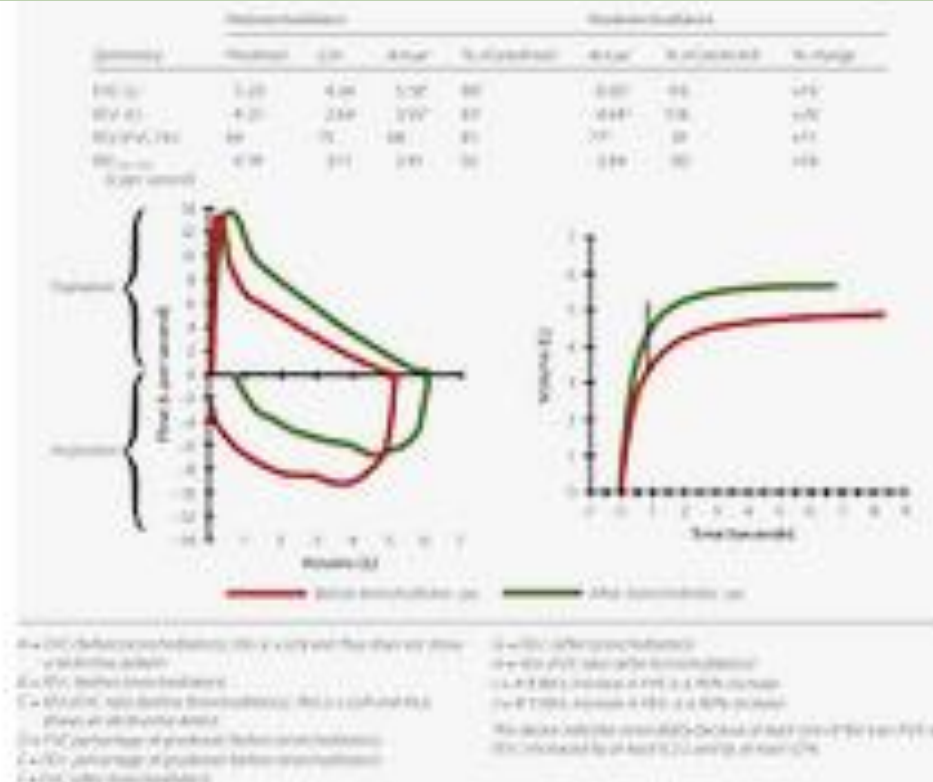
[Tutorials](#)

Conference Status

Using exercise ball to sit in does this: creates great ability to stretch everything at any time



When removing gunk from lungs, ensure all air is blown out to root out any phlegm. I learned this when doing clinical studies involving spirometry.



Viking heritage: Rec Center has beads for free.



5/28/2019

PORTLAND CAN BE SO VERY PETTY

Pun times ahead: Music puts the Muse in our daily ick. [Groan]. Music is God's greatest gift previous to his soon-coming posthumanous All-AI Trans-Dimensional Empire gift to robots (Avenger's Antman is on to something). [Thanks anyway, but moving on...] Musician and Muse-man Tom Petty died 700 days ago and this past month there's news of estate drama in abundance, but that doesn't take away from how awesomely attention-getting his "I Won't Back Down" (Stand My Ground) song still is. "There ain't no easy way out" and "The world keeps draggin' me around"...these are words that should be on everyone's lips and everyone's minds as they drive to work or from work or looking for work... [But look--A shiny object:] I see the Portland Festival is here again...and I hope the bands each sing this song, so if there are 8 bands, then we get to hear 8 versions of it -- better than U2b auto-play! I always keep it in my 2nd set when I give a concert...although I sing it from the perspective of vegetables growing in the garden ("won't be turned around")--but that'd be a digression transgression. Getting back to Petty's death... it appears that on his fatal fateful day he heard from the doctor that his hip pain was emanating not from just crap, but from a truly broken hip. He took an extra dose of pain killer that night that kinda threw him over "to the gates of hell" as he puts it in our favorite song that we are now discussing... And I totally understand pain being so devastating to force the need for opioids to at least function even a little bit. Lee Child's 2017 book (The Midnight Line; Jack Reacher series) is all about this, and it draws tears to the reader's eyes--in addition to being a fantastic book (and don't bother waiting for the movie--they are nothing like Child's books--bu.u.u.ut I might see the movie 'John Wick meets Jack Reacher')). Now I'm the first to recognize the uber-arching rationale for not going after pain-killing drug makers and purveyors--and all descriptions of such rationale hold words uniformly with the prefix of 'graft-', like graft-enforcement and graft-jurisprudence, graft-science, and maybe even 'graft-dodger'. Yes, I'm harsh, but I'm not judging the users--we live in hard times for the mind and the body...esp as baby boomers' bloom into full ligament inflammation (largely due to inactivity, diet, foreign chemical intake and a bit from heredity). Hard times indeed, oh well, but at least we have our Muse for the ick [groan again]. As my 90+ aging mother plans for the singing of "Sing your way Home" at her eventual funeral service, that still doesn't dissuade me from lobbying for the respectful playing of "Stand my ground" (sic), but as usual, my suggestion will largely fall on deaf ears. If you read this article during the Portland Festival, please scream to the band: "Play our anthem: Stand my ground"--with a heart ever-full of hope and defiance. If the band yells back that they don't know how to play it, just say: "Em-D-G; piece of cake!"

#FixFacebookBeforeUsingHashTagsAnymore

Anchor's Away, but--shucks--still can't reach bottom, PortlandNate

5/28/2019



- **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 10th 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

Principal...

Dear Ms.

Hey, thanks for leading the troops.

Hey troops, thanks for all the hard work.

I know it is hard work both physically and mentally and spiritually

I know the system is being tested in which you are suppose to thrive

I know it is a calling and you are following your heart's desire

There are those in the nbhd that are glad you are here investing in youth and making a difference in Portland.

PNI looks at good things going on in the area and wants to encourage them, and that means you

Keep up the good work; keep up the good fight for fairness and doing the right thing for society—which really needs leaders to come up from the ranks, and that's where you come in (to lay foundation and internal stability of students).

You are welcome to interact with your nbhd association anytime; we are here to support emotionally and strategically.

Who knows what you all will be doing this summer; but I know you deserve your summer off...and the oppty to recharge batteries for the next go-round.

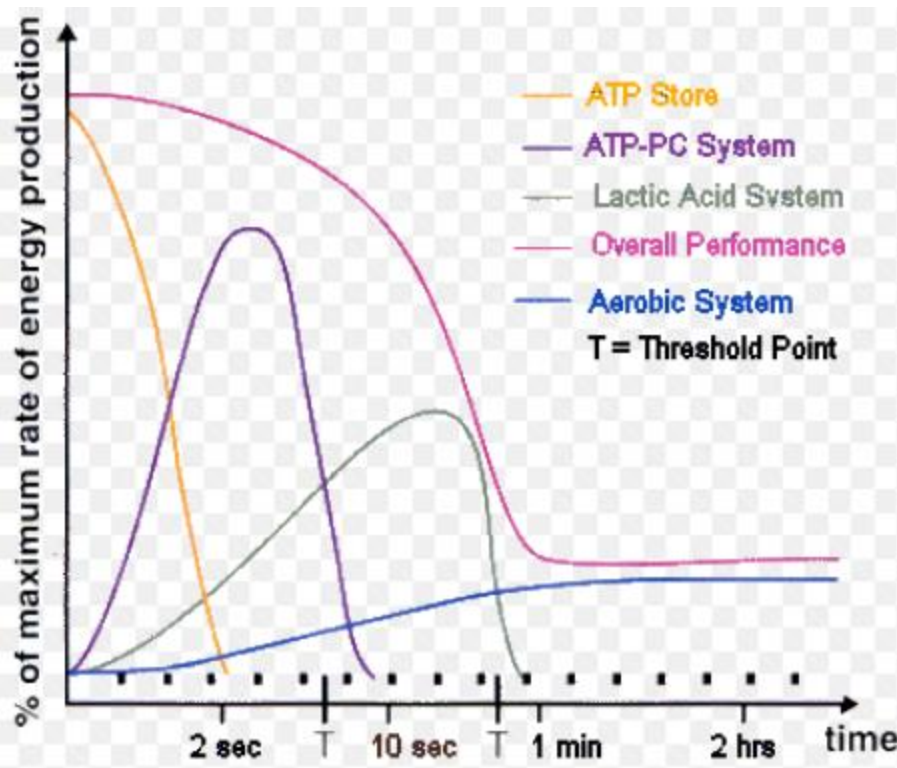
So if you would be so kind as to send on this letter to the valued staff and teachers, then that'd be great.

Hereby attested,

All in attendance, below, as well as 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.

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

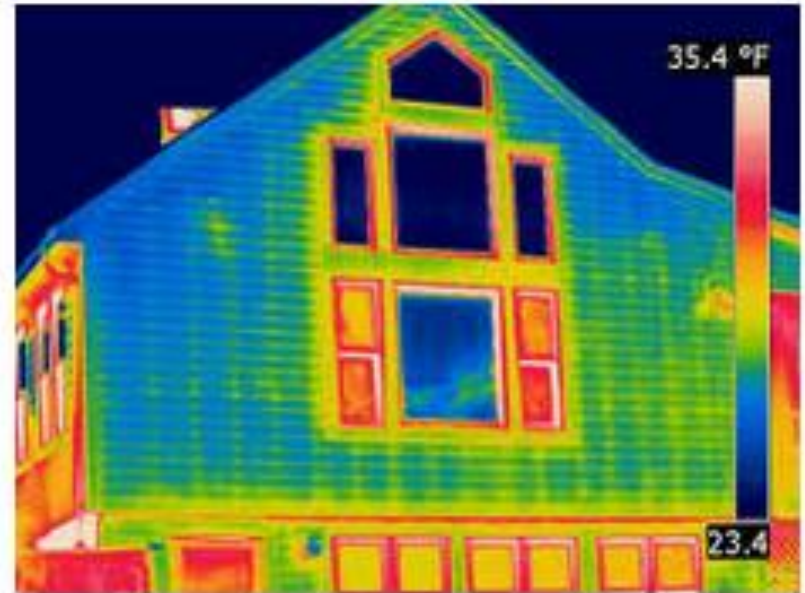


Painted Ladies Program: Reprise from last month.

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.

In Closing:

Things touched on:

Reskill

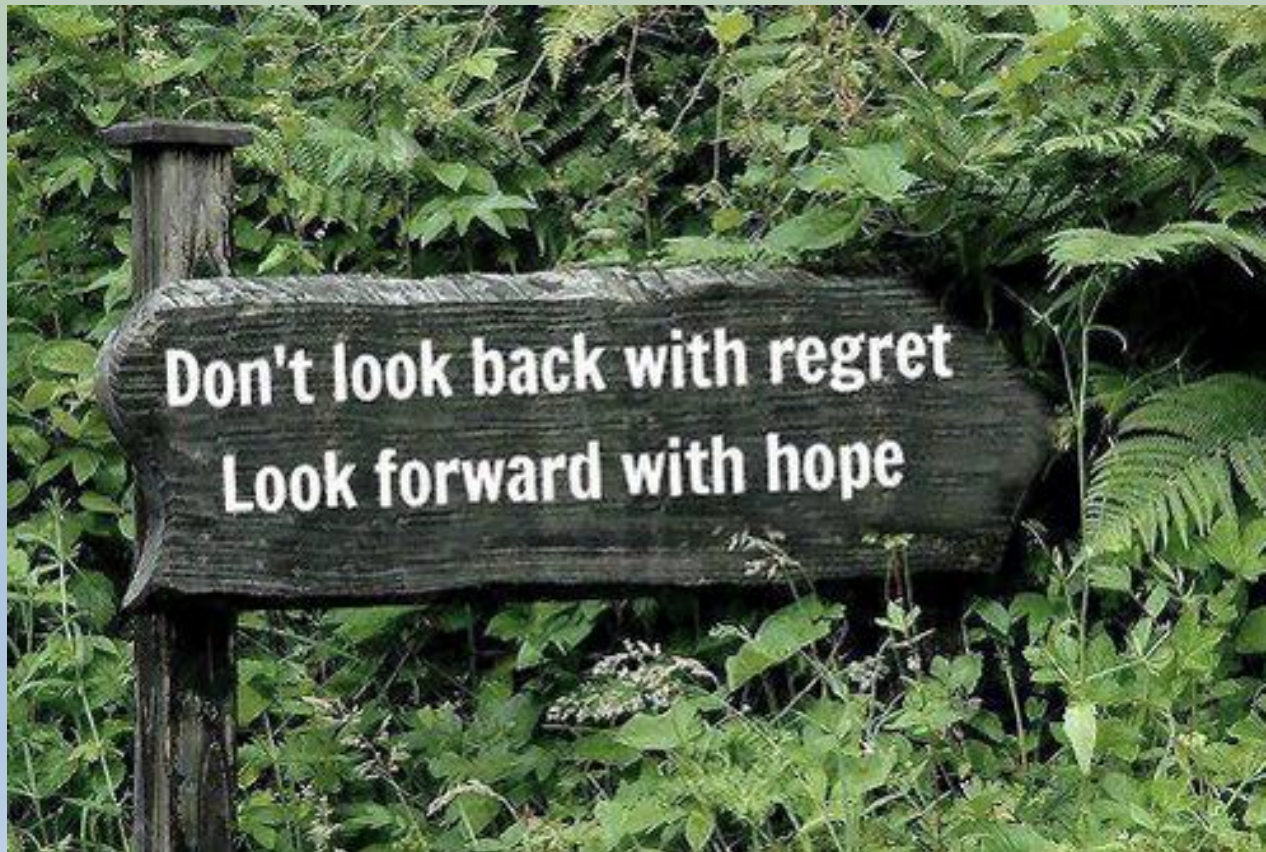
ReUse

LifeHack

Resilience

Refuse

Redress



5/28/2019

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)

