

Reskilling and Reusing Retreat–April 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

Think of it as a “RE” treat.



REFUSE:

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

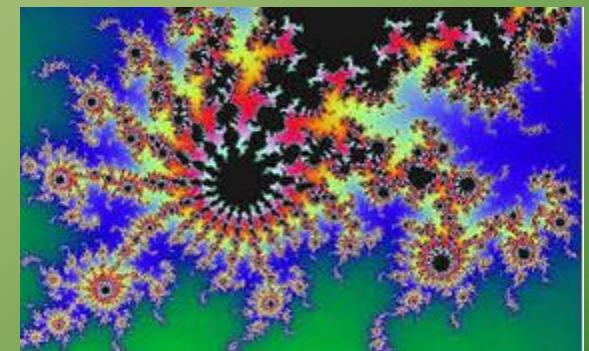
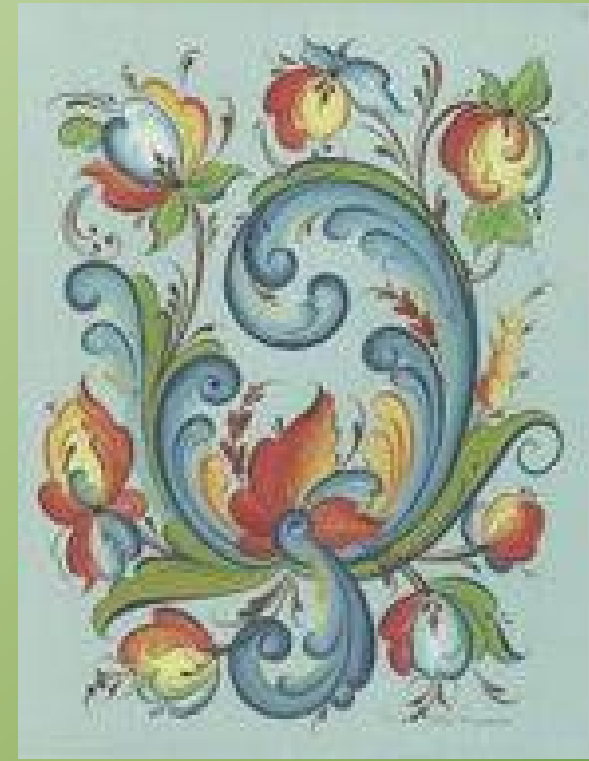
REDRESS:

buttress grievances with allegiance

blog site with links to audio and visuals

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

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.

Reused Barriers



Every day compost



Greens in the lawn



Greens in food and drink



Greens on the Village Green

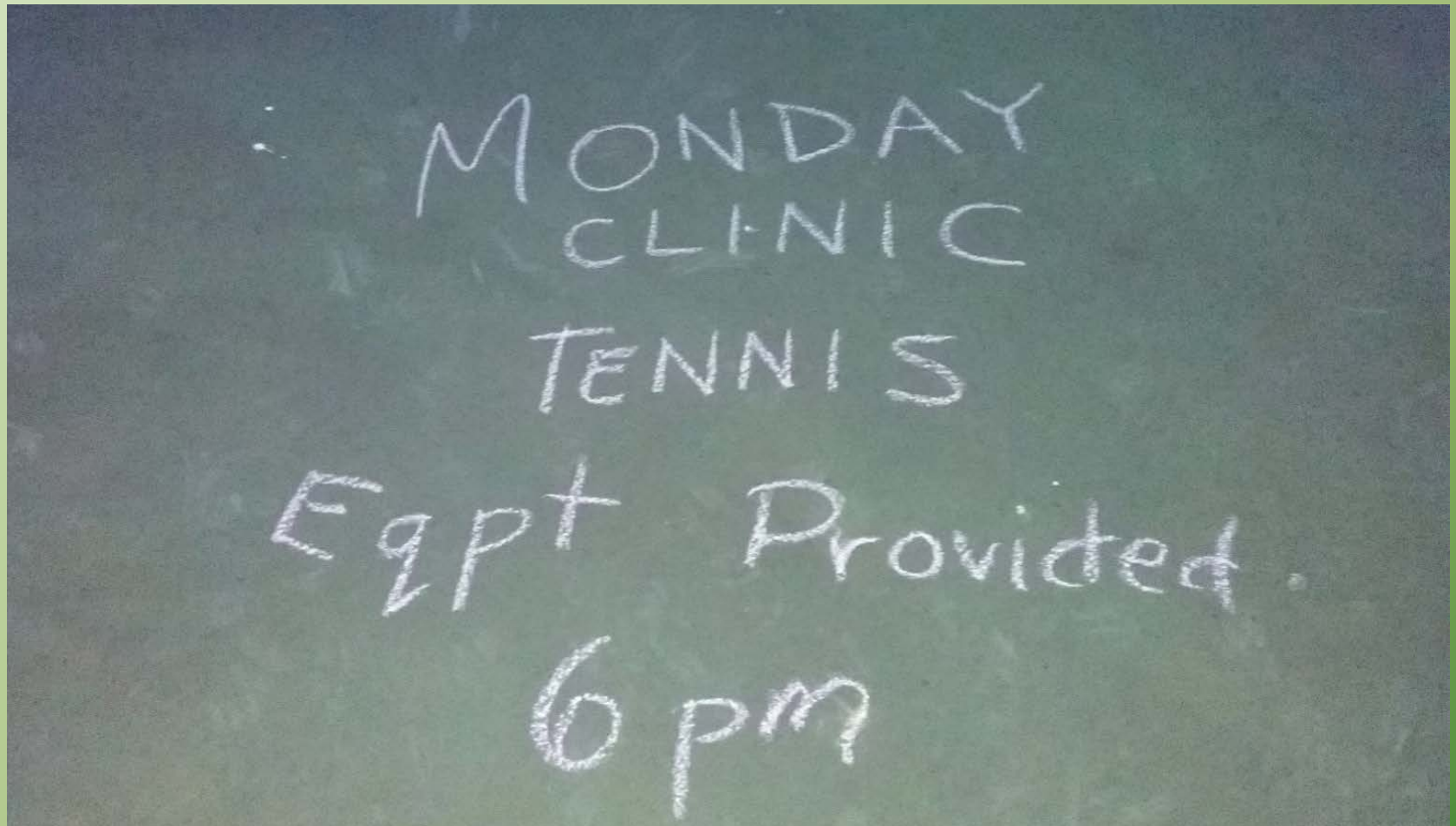


Looking for a good punny vegetable joke: Lettuce know.

Angry Birds



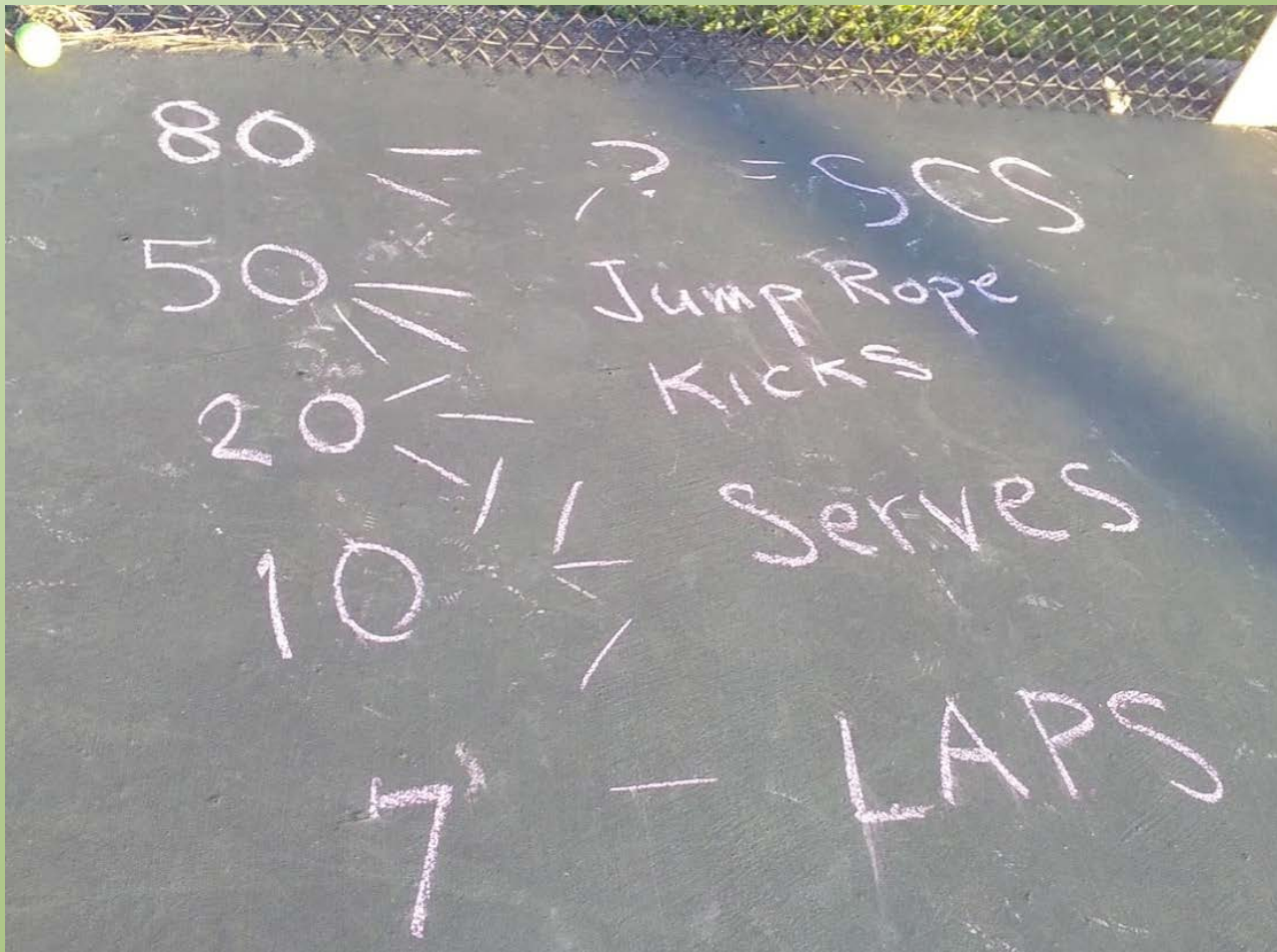
Ads on the court



Court play



Unstructured structure



Kick the crack ogre



Mantling anywhere



Call in flooding: takes time



Germantown curb-attitude



Shells in ShelbyPark



Trash is job 1.



Sidewall removal



LED Grow lights and hay bales



Reusing signs



Holster: \$4



Knot Ignorer



Sand: Shovel up



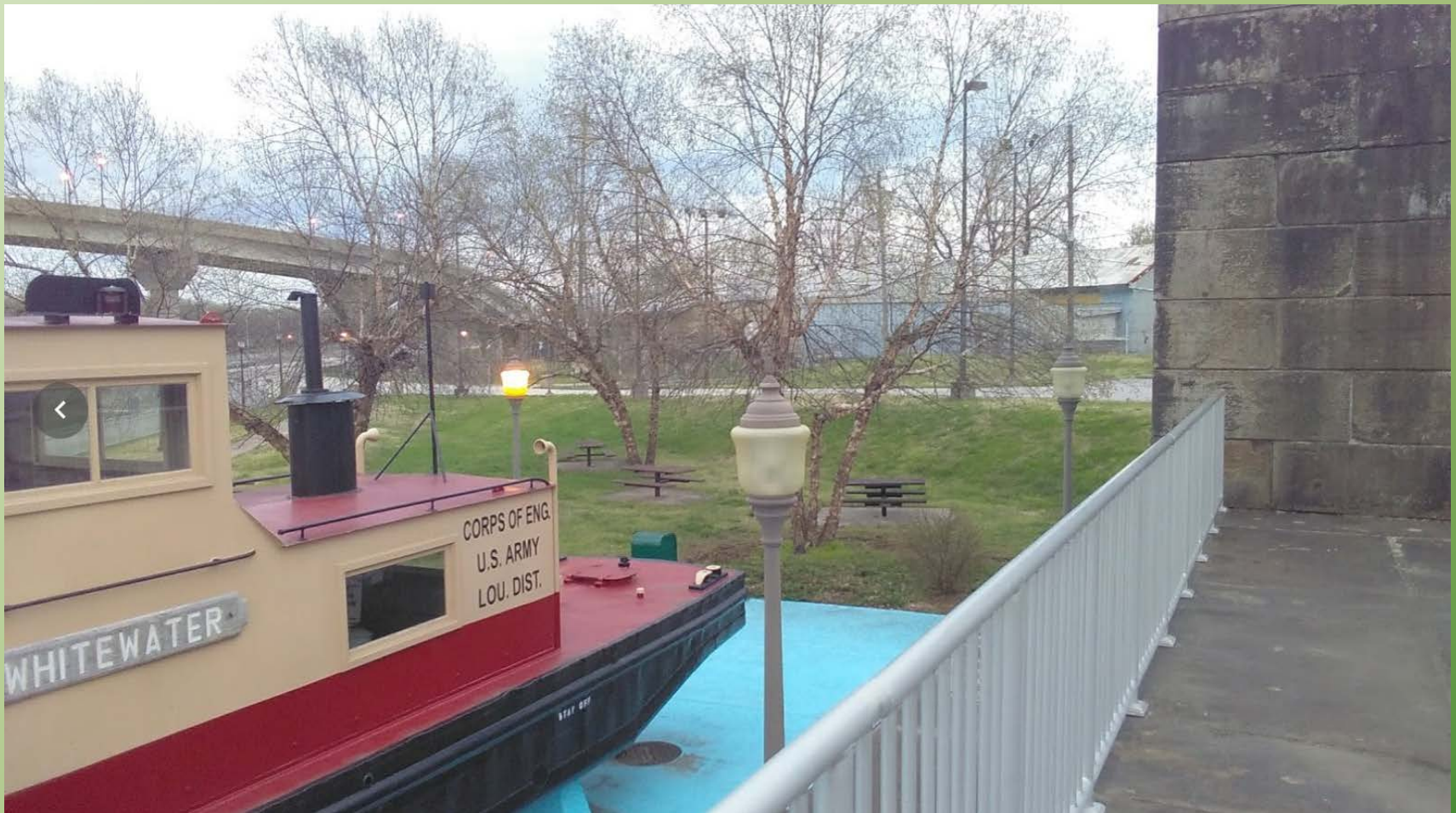
So many demolitions; All can
have a pile out back.



Locks: Play all day until 8pm



Locks: Picnic area



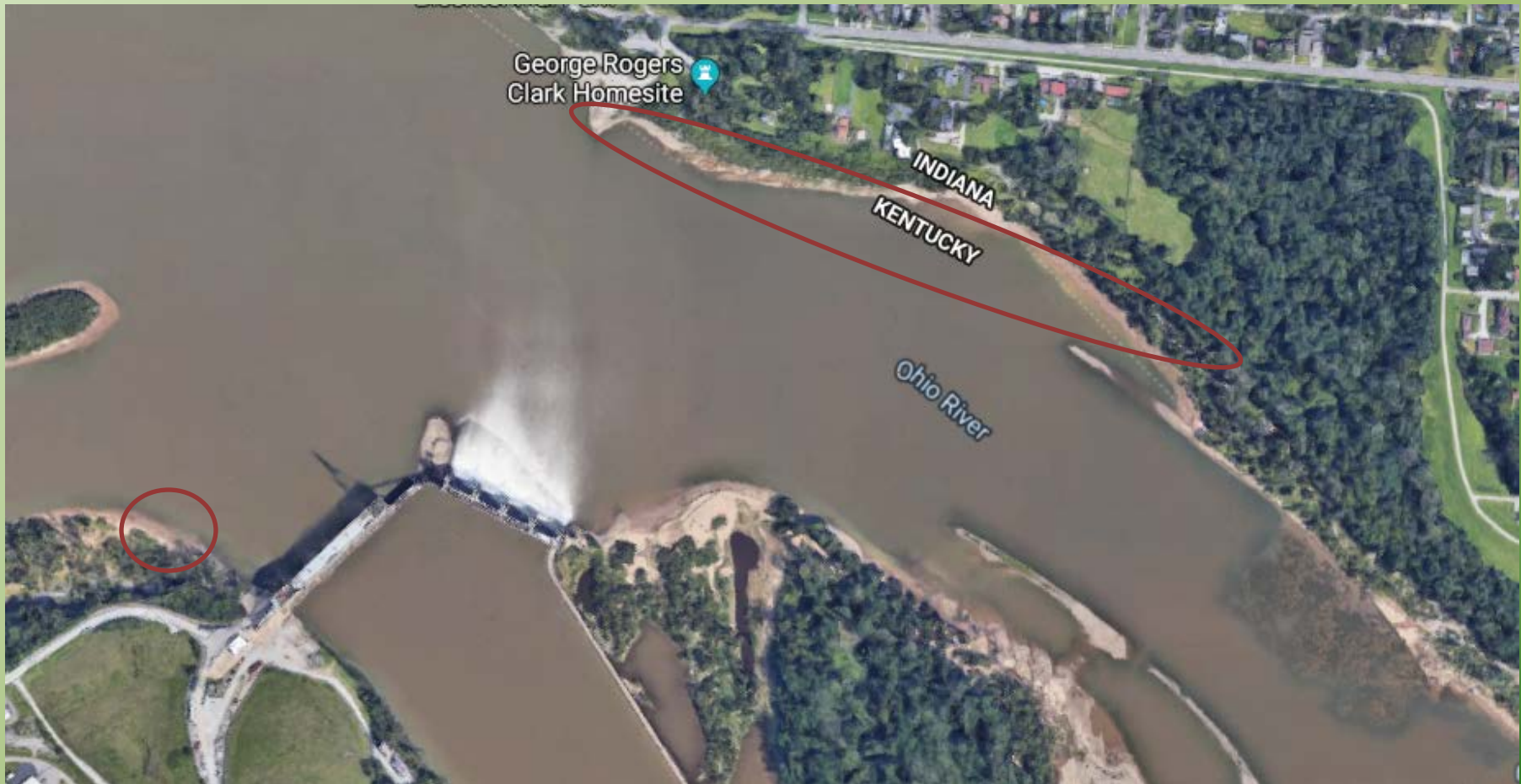
Easter sign



Norse beads at the Rec Center



Boat launch: day in the sun in IN



Extrapolation?

HUFFPOST PERSONAL

04/06/2019 08:30 am ET | Updated 23 hours ago

I Won't Be Buying Groceries Here's How I'm Surviving.



By Rob Greenfield





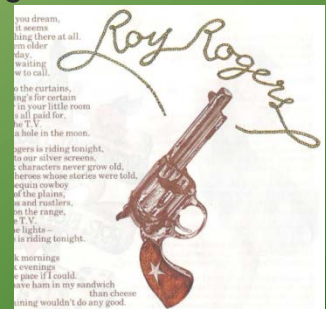
Parking lot for Wharf Park?

Oklahoma had laws back in the 1880's but they were ignored. It was the wild west and today's TV channels can tell you how it was (channel 3.3 with rabbit ears). There were local-law tough-guys and railroad/rancher tycoons... Everyone for themselves. Did I say Oklahoma? I meant Portland...and did I say 1880's, I meant 2019. Sorry about that: replace them all with Portland 2019, baybay. It was/is the time of "Do what you want!" We're perceived as so poor and backward that we can get away with almost anything. I say let's erect antennae towers in our back yards and from it create a free, renegade wifi network for TV and broadband (who needs GoogleFiber?)...and let's fly unregistered drones to find stuff in backyards to steal. And teach your kids wild tricks you learned so they can get better and better over the generations until we really are the most regal of all High Chaparrals. Taking this too far (of course), I'd like to see a Shawnee HS Senior take on a project of producing a short film about "The High Chapar-Portland", complete with high-capacity Glocks and 4-wheeled off-road high-horses chasing-off red-skinned wood-chucks and lassoing white-tailed deer birthing a fawn down by the river-bottom. If the youngster puts in a \$15 US Copyright/Trademark fee for the film, this would corner the market for a video I'd pay good money to see at a private viewing at our favorite viewing venue (oh, yeah, we don't have one--well, then the Shawnee HS gym, I guess). It'd be a split screen production with the original western show on the left screen and the Portland 2019 on the right screen. Mind-blowing without the need for a can of cannib-whatever. And what happens to the fees you pay for the viewing? Why, sirs and madams, it stays right here in the community...unlike just about anything else we give our money to. Period. And why do we need HS fundraisers? Cuz we don't fund our schools. Why not? Cuz we're a poor state. Why poor? Since we gave all the coal money to out-of-state coal company owners (you know the song). Thus, having wasted all our assets, we are left with three things: Staying warm/cool, eating a decent diet, and mesmerizing our (otherwise creative) minds using electrical blips on screens--which should keep us more than busy. In conclusion, we wasted everything; everything is broken (song by Bob Dylan, Nobel Laureate in Literature who also wrote Idiot Wind)--and the best that we can hope for is to die in our sleep (The Gambler, Kenny Rogers, circa 1970's). ...unless...a...miracle...happens... (Yeah, like that's going to happen.)

Tortuistically, nihilistically, wild-westianly, and thanks-for-taking-the-time-to-readishly,

PortlandNate

Anchor article



ReART in Portland OR



In my personal life, I've been an avid recycler, composter, worm-bin-using, eco-conscious person for years. As an artist, I've long worked with mixed media, including plastic slurve lids, bicycle tubes, office supply stickers, bullet shell casings, and many other found materials, but my primary art material over the last ten years has been recycled cloth combined with wax. The opportunity to have five months gleaning has been valuable to me to challenge myself and push the boundaries of what I can make art with.

www.brendamallory.com

**REDUCE
REUSE
REART**

Green Dream?

GREEN NEW DEAL GOALS

- **NET-ZERO EMISSIONS**
- **GOOD HIGH-WAGE JOBS**
- **INFRASTRUCTURE & INDUSTRY**
- **CLEAN AND SUSTAINABLE ENVIRONMENT**
- **JUSTICE & EQUITY**

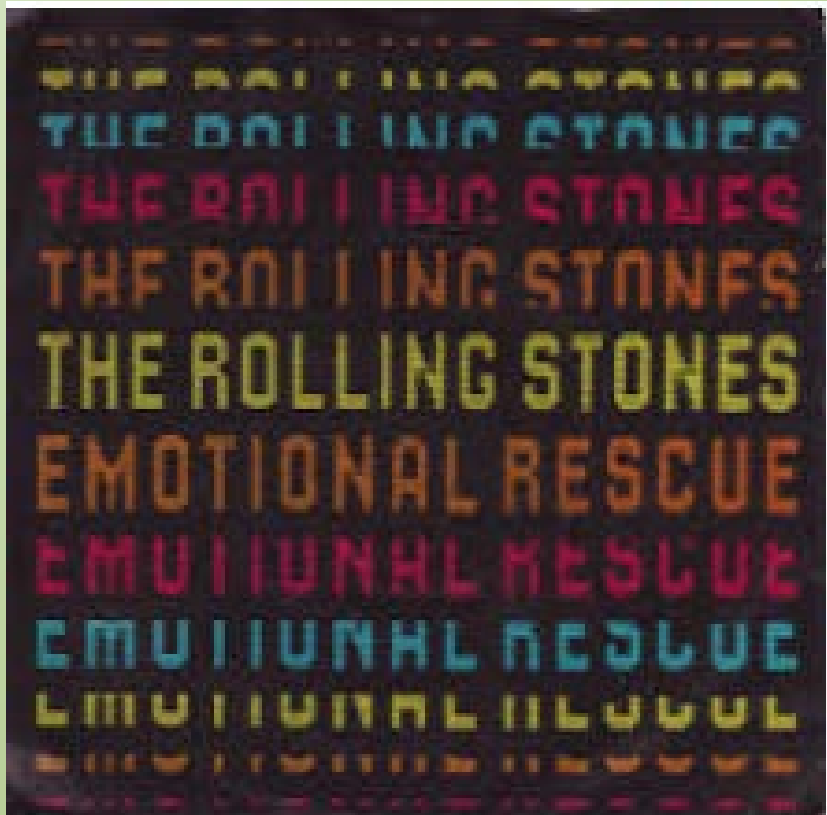


PORTLAND LIBRARY LANDS THE ELECT

The annual Café Louie event was held at the Portland Library on March 22nd (9am Saturday) with perfect attendance from our local elected officials: Attica Scott, Charles Booker, Gerald Neale, Donna Purvis, and Barbara Sexton Smith. Local beverage was provided by Heine Bros and local breakfast pastries from Farm to Fork. Several dozen local citizens were present and many asked questions to these leaders via notecards. The answers to many are summarized here, but that doesn't take the place of being there; make plans to attend next year. The Elect were clear about seeking to empower women and girls, decrease poverty, restore voting rights to convicted felons having done their time (like 48 other states). Of course the state and local budget crisis loomed: ideas are to impose a restaurant tax, cigarette tax, gambling tax, cutting excess bureaucracy, cutting services, cutting neighborhood development discretionary funds--It was acknowledged that raising taxes decreases ability to get re-elected, but this is an example of public service. No clear resolution can be seen. About the question about how to get involved, the elect suggested to just call so that their call tallies can be exclaimed in floor (knife-fight) discussions. And just attend meetings of committees or the council. And start sharing passion and ideas now rather than waiting until the session starts in January (too late then). Prepare to protest dumb ideas, like cutting public education. Use TARC to get downtown and organize a van pool to Frankfort. It was clarified that our bridges (infrastructure) is not a priority to the state. Best ways to keep informed: LRC.ky.gov (Bill Watch; 525, 2015), follow civic organizations like KFTC and ACLU, get the KET App, and watch videos/livestreams of meetings at LVLKKY.gov (sic)...and read 8 white papers posted there. The most zen moment was when some of the elect said to get passionate about what you care about, while others mentioned to not take it personal nor get overly defensive. Politicals are reaching out to Portland via the library's priority of sponsoring Café Louie--will you reach out to the community and the leaders (servants) therein?

Nate Pederson -- VP of Friends of the Library (Portland Chapter)

Emotional Rescue



Emotional Rescue — Beaumont'...

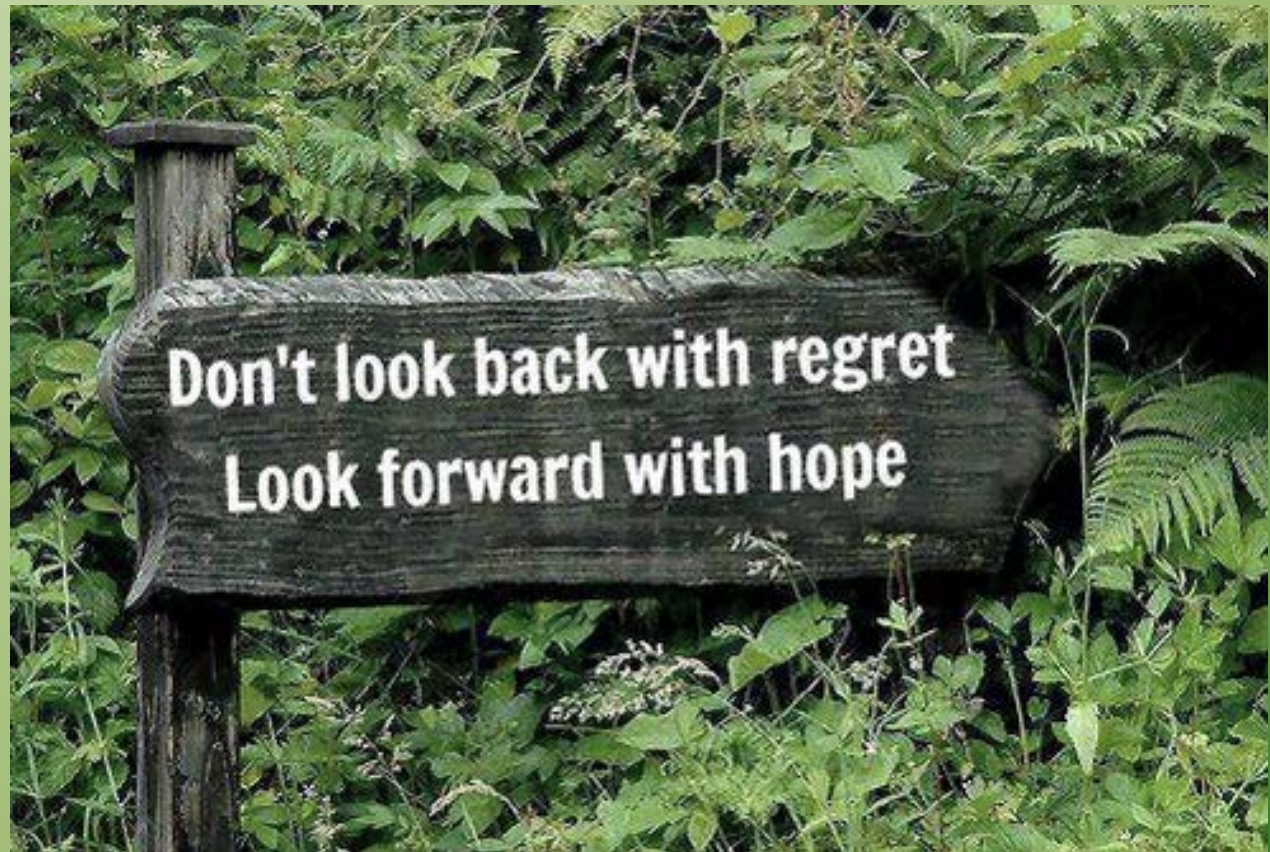


What – wait!?

- Being more skinny allows my fingers to dig into weird, tortuous sinews/tendons to root out scar tissue, whereas when fatter, the fat gets in the way of some serious site-specific digging. And if fat prevents people from massaging their scar tissue, then their injuries linger longer, and decreases their chances of removing fat through exercise. What a horrible conundrum for injured fat people!
- "Spot and assess" is Butina's reason for jail. Check out who might be useful in the future.
- Ski Poles for asphalt path
- Downloaded GPS map for wifi android so I can jog with map and speed anywhere in KY/IN. Cool. NAVMII app.
- Overheard: what the poor need is laundrymat.
- Enviro-activist Walter Hang: "I was paranoid that I wasn't being paranoid enough!"
- Putting a little salt in a dish and licking tip of finger and dabbing and sucking it off is a quick way to relieve tongue yearnings for something, as opposed to eating something sugary or fatty.
- Golf swings keep the back limber and flexible

In Closing:

- Things touched on:
- Reskill
- ReUse
- LifeHack
- Resilience
- Refuse
- Redress



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)

