

Reskilling and Reusing Retreat–June2019 REX REALM

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

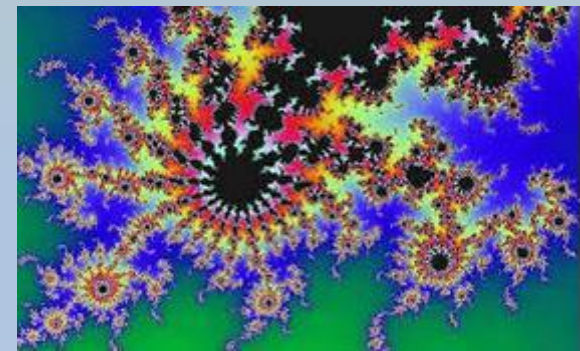
REDO: RE-X, e.g.

EVERYTHING

6/25/2019

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)
14. Rescue/BeKind – Wrinkle in Time



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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.

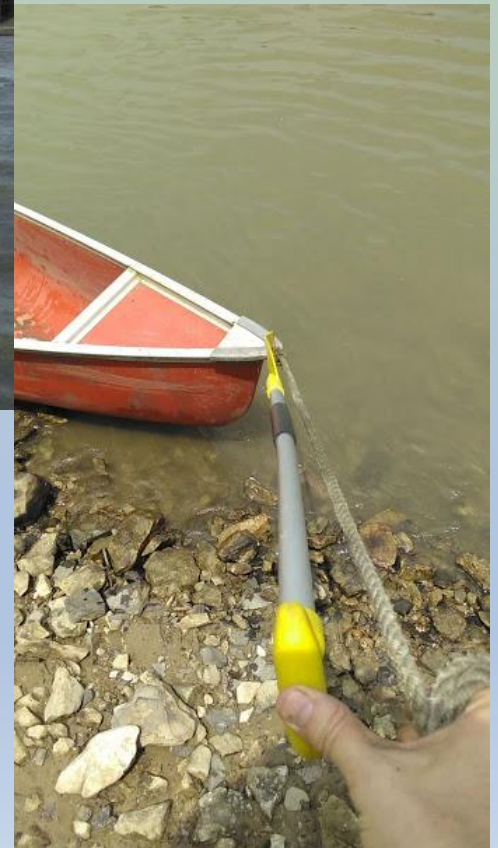
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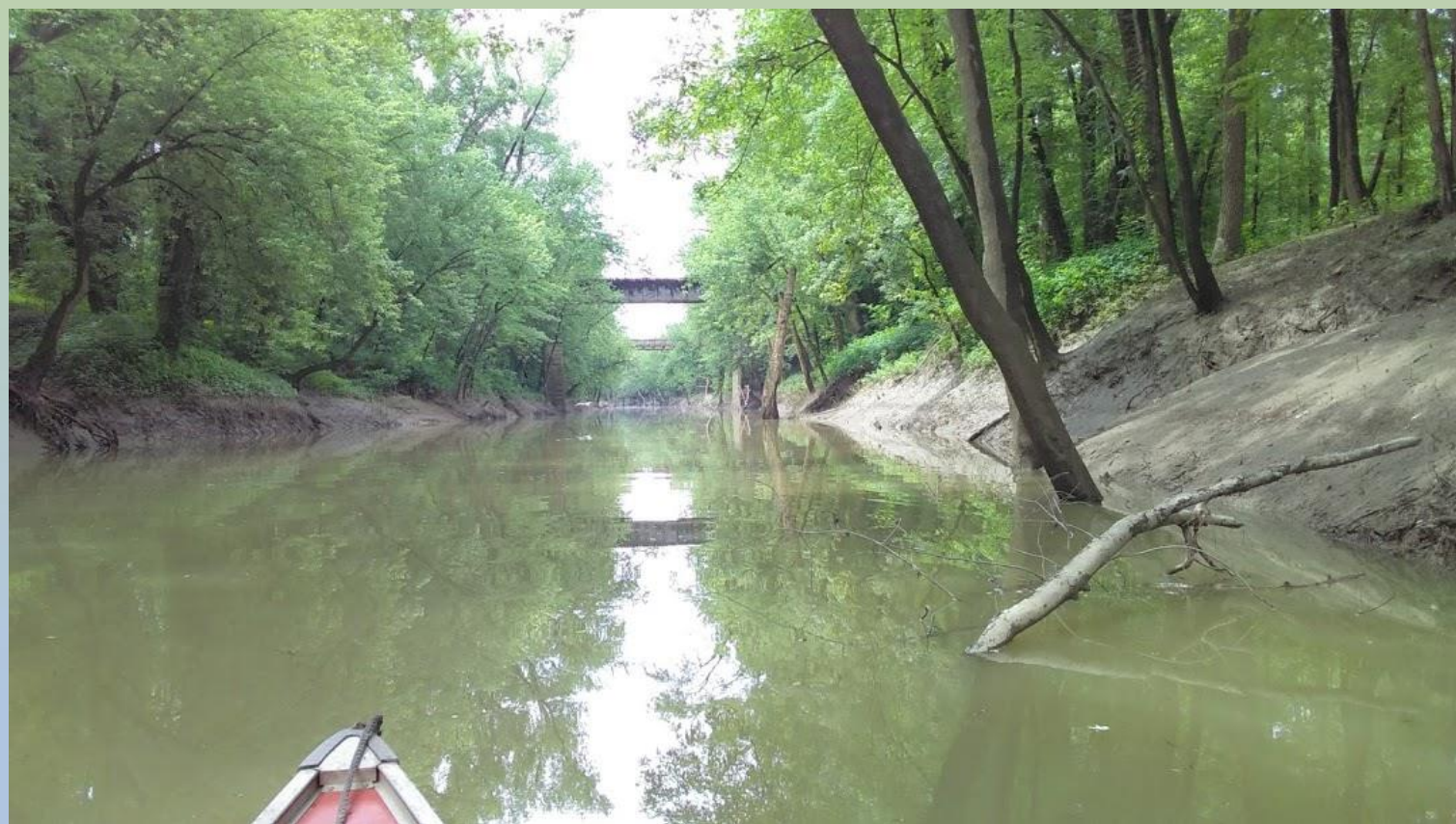
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PORTLAND IS PARTLAND. I'm not from Kentucky, I'm from Minnesota where the best canoeing in the country covers the top third of the state, so pardon my unabashed enthusiasm: the Kentucky state line goes all the way across the river to the shore of Indiana, so the Ohio River is part of Portland unless someone tells me different. In fact you could say that most of Portland is either railroad(ed) or under water (deep pun). There are more fish in Portland than people—let that sink(er) in. Let me lean into you slowly: It's summer: get a canoe and launch it at the Shippingport Island boat launch. (oops, that was kind of not too slow.) Get your best buds into this, taking turns all day on the beach; 7 days a week, 6am to 8pm--just passing the time on the river is all it is. How to get a canoe? From Craigslist: a 16 footer for \$100—there are two of them like this as of this writing and more all the time. And turn around and sell it for same price anytime you please—they are pretty indestructible unless you are in the mountains in spring. No roof rack or trailer needed: Put yoga mats on the car roof and go slowly through the side streets to the locks' boat landing. Paddles and life jackets are super cheap at Marts of the K- or Wal-type. WEIRD AND WILD: Once you're in the water and paddling, you'll find out that fish sport is a two way street. I look forward to barbless fishing someday this summer (barbs imply slow death to the fish even if you catch and release), but I didn't expect attack from the other side: silver (or Asian) carp almost jumped into the boat when I startled the school in a quiescent pool--15 fish jumping 15 inches out of the water at 15 pounds apiece headed right for my canoe—not lying, even if it sounds like another fish story. Apparently these carps are “Established” downstream of the McAlpine dam but have a mere “Invasion Front” upstream of it. I digress by stating these carp are invaders who are destroying the underwater ecosystem—it's a new day when they arrived in 2012. Who knew? Another thing found when paddling is weird and wonderful debris: Thick barge rope hangs from trees for the harvesting. I bring this up only to mention that when I brought such a rope on to shore and proceeded to slap it on the ground to remove residual water before putting it into my vehicle, a cop came roaming up two minutes later. I bet they thought there were shots fired (at tin cans, down by the river) which was picked up by the glorious shot spotter system the police routinely use. Two minutes is fast; the area might be wild and remote, but it is safe and protected by Portland's Finest—i.e. There is a LGE hydrodam and Army Corps of Engineers lock system just a ‘3-wood’ away, so we can see why they're protective. PRIMARILY, the canoeing experience will be filled with pitched battles between wind, current, submerged logs, overhanging roots, banks of sand/mud/boulders, discharging locks, and shore-fishers' lines. Along the bank, currents can be mild, unless they are at the front of an island. Usually you can see the eddies and you won't believe your marveling eyes. Look for turtles/blue heron/wild milkweed/fluttering foul. Lots of poison ivy on the Kentucky side, so stay on the open beach, but Indiana is all flotsam and no poison ivy—green light for wilderness exploration. The long loud horn means water to be gushing out soon, so stay clear when the signs say so. Sometimes you get a little mud under your sandals/boatshoes. Recommend 2 people to a canoe, but one paddler is okay as long as you shift from front to middle to back of the canoe and can J-stroke and draw as the ever-changing situation arises. It's kind of an education and experience duo. Remember when it's super-hot on the pavement this summer that it's at least 10 degrees cooler on the water. I get that people are attached to their palm electronics, but ziplock bags were made for times like this. FREEBIE: We should use this boating resource gifted to our community by our Federal and mega-corporation partners, or we might lose it. There might be room for 300-400 canoers per day instead of, say, zero-to-one. Seeing as this is a community newspaper, the collectivist aspect is this: I think we should have all churches within 6 blocks of the river buy and use boats (or kayaks), since many of the youngest church-goers may not have been on boats yet and it's a prominent concept in the Gospels, e.g. “fishers of men should try the nets on the other side of the boat”. Another collective use could be biker ferry hours where bikers come to the shore and a canoe-ferrier takes the biker and bike to the far shore...since the K&I bridge is not open to law-abiding folk and the big four is 4 miles away. Or maybe rent out canoes/kayaks from the nearby Rec Center. The Rec Center also has showers so if you do get wet or go for a swim, you can quickly get the Protozoa and Nematodes off your skin with all alacrity, without health detriment, assuming our combined sewer overflow retrofit is purring per spec (Thanks, in advance, Lannan Park overflow catchment basin). On this topic, the bacteria count currently in Louisville is 500 per liter, while Pittsburgh apparently has 10,000 so yay us, right? You suck, Penguins/Pirates/Steelers. UNINTENDED OUTCOMES: There are things to do for the wild at heart that don't include ripping up Wharf Park with metal frames on wheels running on liquid short-chain hydrocarbons just after a rainstorm. It's okay that no one listens to complaints of losing this park to homeless and mudders; it's not okay when the canary dies in the mine (Wharf Park) and no one notices, at least from the perspective of the canary since death is its “raison d'etre”. (What??) CONCLUSION: Save up a few twenties. Get in shape to lift a canoe onto and off your vehicle, and walk 50 feet with it, however you devise. Get your shoulders and back ready for the wind and current. Mostly I'm writing this for pensioners and kids on summer break--and weekend warriors who want to get away on a weekend without spending any money—basically everyone who wants to get and stay in shape and enjoy beauty. ADDENDA: Just like I don't formally encourage people to use the stairs instead of the elevator for their health, due to obvious legal matters of being sued for someone falling down them per my suggestion...so too in this setting, I hereby disavow any encouragement of any kind without your getting approval by some socially sanctioned omnibus protectionist entity, per unitus plebium argumentatus ad nauseus. Portland is partland and partwater and don't forget it. #soundsfishytome #I_have_just_a_boat_heard_enough

6/25/2019

Driftwood in front of house



6/25/2019



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6/25/2



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You're invited!

Join WNRG, IMPACT and HAPI for the kick off of

The Kindness Rocks Garden Project



Take one, give one, or leave one.

Kindness is contagious.

One simple message can change
an entire outlook on life.

WNMG Disclaimer: It is recommended that participants get permission from their leaders when participating in WNMG events/activities during normal work hours. Thank you from the Leupoldville WNMG Market.

Humana.

Office Supplies Reuse Event

Stop Holding and Reuse Everything (S.H.A.R.E) is a chance to get rid of surplus office supplies and get stuff you might need.

How it works?

Bring unused surplus office supplies to the drop-off event. And if you need something you find there, take it with you.



Only contribute supplies that haven't been used by you or your department in the last few weeks to months.

When

	Date	Time	Location
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6/25/2019



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like garlic, mosquitoes can't stand onions either. Just look at how bad they make humans cry can you imagine what an onion would do to a tiny insect? Cutting up onions and sprinkling them through your garden will keep insects from ravaging your vegetables,

Glocal from Jeff Heie on Vimeo. Working from home, buying all your food from the farmers' market down the street, and making the outdoors your gym, all make the need for a car minimal. Living Locally.

More on Living Locally:

Book Review: Farewell, My Subaru: An Epic Adventure in Local Living

Living On The 100 Miles Diet

Take the 10 Percent Shift Challenge to Boost Your Local Economy

Rooting Plants From Cuttings



Living On A Dime



Subscribe

119K

16. Steel Wool

Do you have holes in your walls or little nooks and crannies? Well, those good be open doorways for mice to come and play. An excellent way to repel these rodents and keep them from getting into your home uninvited is by plugging the areas with steel wool. The mice will be unable to eat through the material and you can sleep soundly without any scurrying to keep you up at night.

New roots

Kroger apples are lousy, so put them in potato stew for fiber and sweetness. The stew kills vitamin C, but oh well.

sound deadening in library, == have an acoustical engr look at it for maybe \$200, and then the library or friends could do the work.

Div 1 police has butchertown -- "If I wanted to do direct action against the pig factory and let you know ahead of time so that you aren't brutal to protestors, would you tell the factory owners?"

Physics/Chemistry

Chemtrails and laminar/turbulence (Reynolds)

Reskill: Physics – Patience in educating others when you already know.

Shoring up pole and rewiring the grapevines at bird sanctuary.

Weeding

Raking leaves in shade garden

Cutting down suckers and seedlings.

Getting tree out of broken barrel in garden

Advocacy Alert: KYTC's I-Move Kentucky and SHIFT Plan-- I owe it to myself and community to go to Frankfort once a year and try to do heavy lifting, and when I fail, I'd document it and then focus exclusively on local action, since KY is broken, as is USA.

6/25/2019

Prairie Doggin'



Louisville becoming Microsoft artificial intelligence technology hub ...
<https://www.lanereport.com/.../louisville-becoming-microsoft-artificial-intelligence-tec...>

Jun 7, 2019 - LOUISVILLE, Ky. ... The AI Innovation Digital Alliance with Microsoft, in part, will help companies in vulnerable industries **reskill** and upskill their workforce to ...

How to Reuse Old Clothes To Save Money - Advantage CCS

<https://www.advantageccs.org/blog/how-to-reuse-old-clothes-to-save-money>

May 26, 2019 - **Reusing** old clothes is a great way of changing up your wardrobe while avoiding to spend any money. Check out these tips to reuse old clothes and save money!

DUF6 Mission | duf6-mcs

duf6-mcs.com/duf6-mission-2

4 days ago - ... Department of Energy (DOE) sites near Paducah, Kentucky and Portsmouth, ... to uranium oxide; **reusing**, storing, transporting and/or disposing of the DUF6 ...

In Closing:

Things touched on:

Reskill

ReUse

LifeHack

Resilience

Refuse

Redress



6/25/2019

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)

