

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

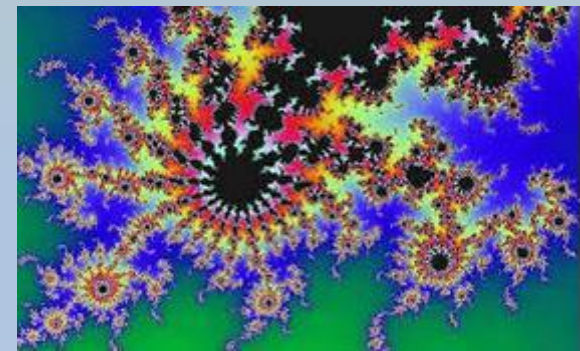
REDO: RE-X, e.g.

EVERYTHING

10/11/2019

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



10/11/2019

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

10/11/2019



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.

Reskilling:

HARDWARE

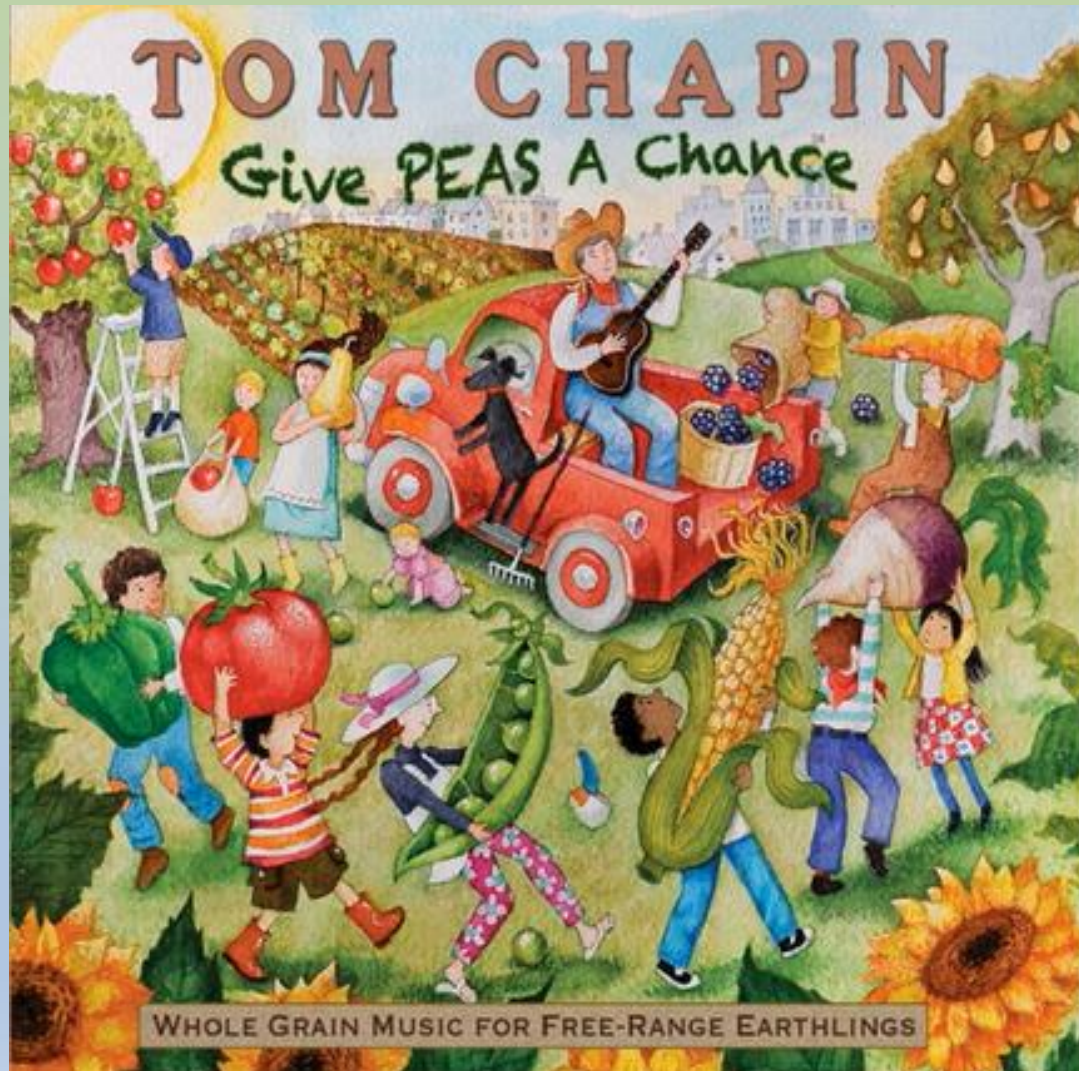
SOFTWARE

SOCIAL WARE

MINDWARE

Upskilling, reskilling, retraining, even new-skilling—these words are used interchangeably for the process of preparing workers for jobs that require technical skills along with creativity, interpersonal skills, adaptability and the capacity to continue learning.

Music by nerds but spot on. With story-telling too...



Someone's Gonna Use It

by John Forster & Tom Chapin

When you stand at the sink
did you ever think
About the water running
down the drain?
That it used to be in the
deep blue sea
And before that it was rain...

10/11/2019

Music group: Anarchitects.

Check out the Special Events at the National Storytelling Festival

In addition to the mainstage concerts—the heart and soul of the Festival—the International Storytelling Center curates special performances Wednesday through Sunday. Please note that many of these events are ticketed separately.

Microphone and spotlight and some wifi. Can be done.

Be kind to one another.”



10/11/2019

<https://www.storytellingcenter.net/festival/> 1st
weekend in October in N. Tennessee

Socio-cultural benefit is free to everyone.

Join Us This Sunday for the World's Largest Potluck



the big table

Sunday, September 15
Iroquois Park 5:00 – 7:00pm

New This Year

*Bring an instrument, a drum, or your voice,
and join **one** of these three different jam sessions after the meal.*

<i>Magical things happen when people come</i>	Join us this Sunday for The Big Table! We are excited about your participation in The Big Table and your
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10/11/2019

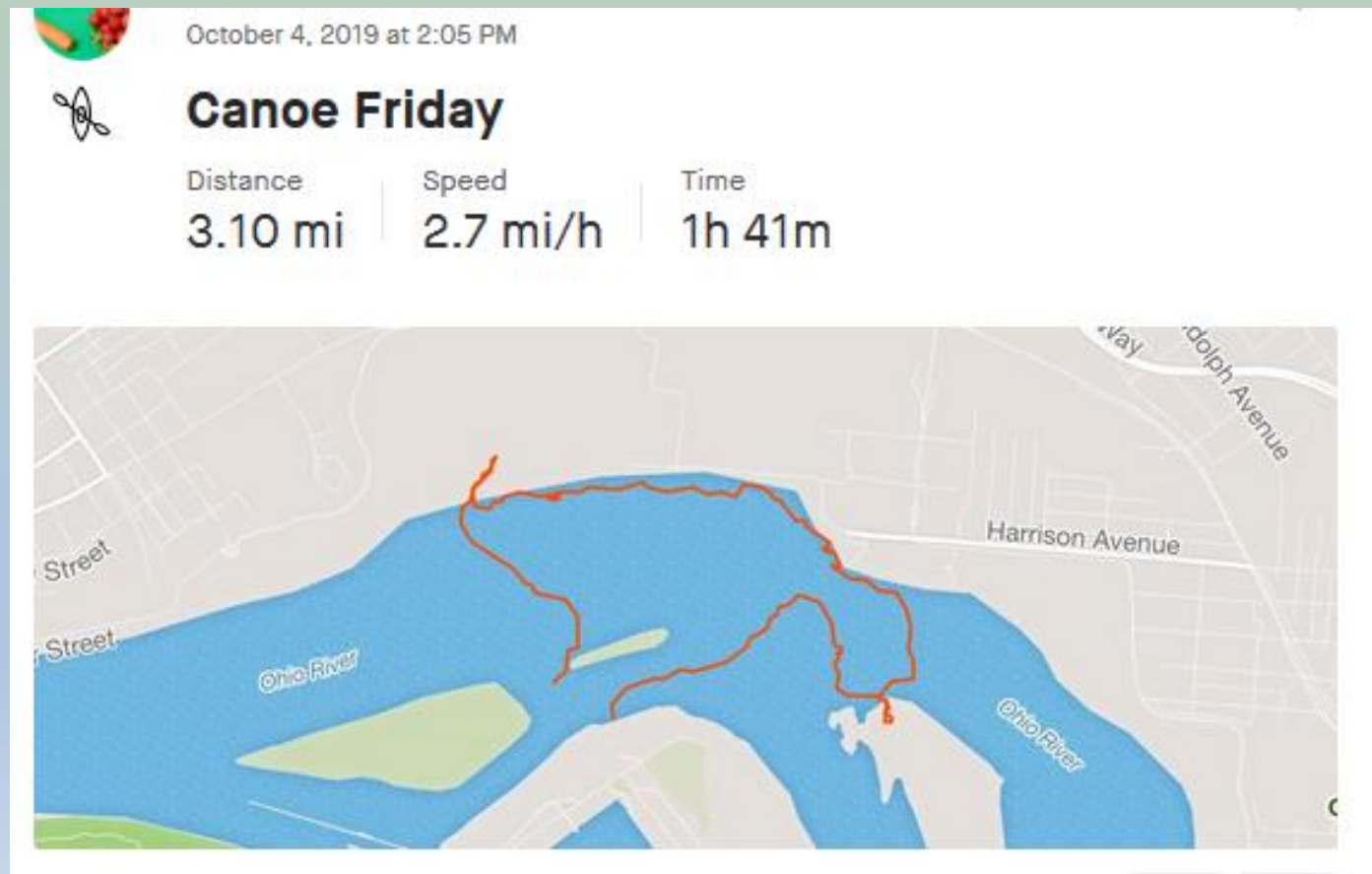
Fitness

Use strava, even when canoeing.

I started sprinting again. I need help with left leg flexors.

I started shooting while jumping. Harder.

Yoga is good; free at health center, but on hiatus until 2020 since leader is busy with Thespianism.



10/11/2019

Food hacks

Latest perspective on food intake: Start spicing it so much that I can only eat so-much.

Maybe add water to peanut butter and then keep fridgerated...to add flavor easily rather than heterogeneously with thick straight peanut butter.

Cold Sun tea with OJ and lemon juice is pretty good.

Increase flax intake by a quick walmart visit— boost omega-3 fatty acids

From Tiny House book:



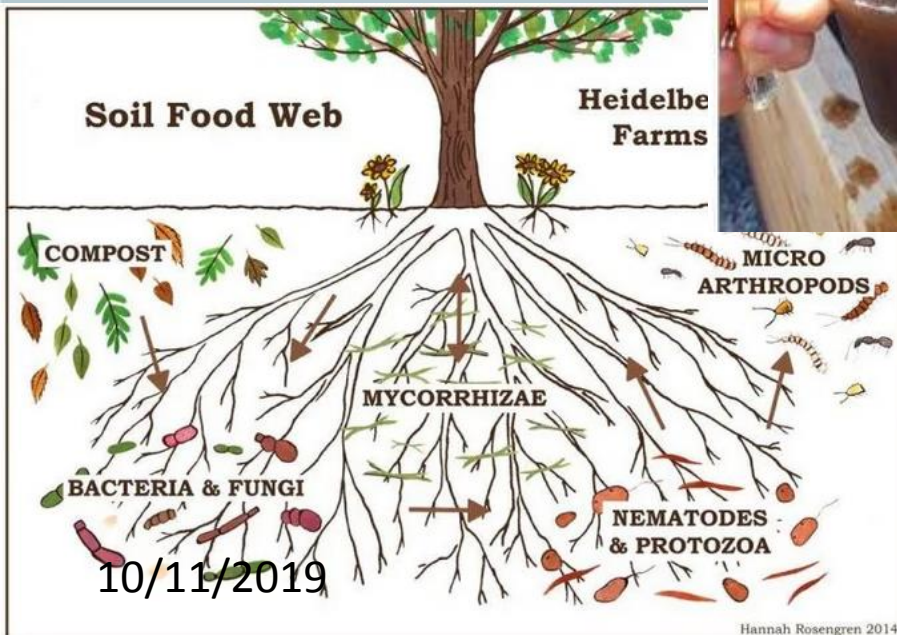
Seaweeds provide mostly potassium chloride instead of sodium chloride (table salt). Almost any fresh, non-rotting seaweeds can be collected, dried, powdered, and used as salt. They taste like table salt but milder. WARNINGS:

1 Never eat any that are not fresh or that have foreign growth on them or gathered

Compost tea: **trays**...put compost on bottom thinly, then put water over it and put in sunshine...and it's ready when it's bubbling but not yet smelly. Then take the slurry and put it on ground by plants, and pour off water and spray on leaves. Bacterial residue on leaves might fend off bugs and fungus.

Garden

WOOD CHIPS



House hack

Going barefoot-- requires washing/wash basins: at walmart they are \$1 or \$1.50.

Make time to swim – (kids water safety – drones/surveillance/AI, prevent drowning)

Umbrella for sun; catching on. Parasol



10/11/2019

Health/sports

Rib cartilage tear: be patient--You may notice clicking, popping or grinding at the site of your rib cartilage tear, especially when you take a deep breath.

Shin splints go away when pushing my knees together...or toes together...or lift up outside of foot.

Great exercise is to rebound for a 3 point shooter (ball can go in any direction; many ways to return ball quickly to shooter)...and a way to group affiliate quickly... (People like favors.)



10/11/2019



September 28, 2019 at 9:13 AM

Nearly 5k

Distance	Pace	Time
2.36 mi	11:54 /mi	28m 6s

Best estimated 2 mile effort (23:31)

Best estimated 1 mile effort (11:07)



City –
few trees between 10th and 22nd.



10/11/2019

PAINT THE BRIDGE! We should paint the
overhead walking bridges since it's trendy.

Freedom Fries (my hot take) I'm the first to recognize the Gestalt sense of Portland is independence and self-sufficiency. I've also heard people say they like their freedom ..and they say xyz group will take it away and such and such. So my thought in this dialectic is to immediately take a wider view of freedom...in which I riff in my minds eye towards the Magna Carta, the western world's first set of human rights, which came into bloom when the York crossbow was the gang bangers weapon of choice. What do I mean? Ever since the invocation of the Magna Carta, we've been sequestered into believing one person is of infinite worth--an extremely savvy methodology for creating unimaginable global human debt. (Humans are creative, if not mean-spirited, but that's way off topic.) The makers of the Magna Carta (and their extant derivatives) hate one thing profoundly: self-sufficiency and self-actualization. Do you now see why Portland is the regions compost pile even though our heritage, history, and spirit is incomparably profound? If you don't, that's fine--there are colleges that teach this stuff for the interested student. But the take home message is that if you're feeling lonely, you're not alone... our angst has been engineered over centuries by the Magna Carta creators. There are antidotes for the taking which can manifest self-sufficiency and avoidance of debt peonage; take heed. The lowest lying fruit is here: find stuff you like to do for free and nearby. Lest the list be too long, let me launch a few of my latest discoveries... the free library (truly jaw dropping assets for free), free rec center (hobby supplies, weight room, computers, cable tv; all ages, open late), free yoga at the health center (you're hips are more uptight than you think), free park benches (for the brave who don't mind bantering with homeless), free 24/7 WiFi at rec center and library, free climbing cement cemetery monuments for exercise and thrill seeking (and posting on social media), free beaches for exploration along the river, free permission to climb trees in any park, free bulk foods from Dare To Care, free community garden plots. Please note that before the Magna Carta creators made our life seemingly unbearable, the buffalo and their 'native' hunters roamed around with big smiles on their faces since things were simple, abundant, and real. All happened on the land that you stand on as you read this. Can you feel their echoes? Probably not, that's not part of the school curriculum, darn. So go ahead and don't ask too many questions of the powers that be (the Magna Carta Minders), and enjoy all the free stuff that's been in our little northern nib of Louisville for at least 3 million years or has recently been added. Big frontal lobed folks like us humans can do this, so I don't mind bringing it up to those who have ears to hear. Freedom Fries, as George Bush once said, can be either under-or-over cooked, and we can strive to make our freedom "just right". #GoldilocksFreedom

From 10,000 feet,
PortlandNate



Holler in the Hollow: Echoes of trees gone by

First See The Old Ones:

--Ever wonder about the number of trees ripped and ravaged by the river and shipped to our shores? I do.
--Did you see the hundreds of trees taken down in Wharf Park to make way for a big boulder throw down? I did.
--The other day, I was looking at Danish greenlands. e.g. parks, and found cool tree-trunk uses that we could maybe lease for permission if our Orange v. Greenland pitch is a bust.
--A year ago, a nice log bench was put at 12th and the bikepath using an existing felled tree. Check it out!
--Delightful that the river seems to rip their heart out before they fall so there's a lot of war stories embedded for exploration. See photo of the next hollowed batch on our shores that will bite the dust soon.

Slowly it dawns:

Put logs in our parks! Our greenspaces can be so darn boring, since no one wants to play ultimate Frisbee or throw the pigskin or fly kites anymore. It's just so obvious one wonders why no one thought of it before. Portland is the only neighborhood north of Shawnee that has rustic access to the river and its abundant flotsam and jetsam...and heave-hoing a few choice monstrosities into our parks is delectably enticing...and culturally enriching.

Exorcising the Lorax:

Let me exercise caution. In no way does this imply putting the tree trunks vertical so that kids would get idea of climbing it. They might get hurt; they might have to learn to exhibit judgment; they might need to create personal agency and body balance. Nothing vertical (including trees) should be allowed in parks --but the pesky Lorax gets in the way. See the vertical monster (picture) at Metro HQ; scandalous. Since the Lorax is only in books the most expedient things to do is to ban books that encourage tree glorification or hugging of any kind --and ban speaking of all loose-lipped beings such as the Lorax and hatted cats.

Vice, Death and New Markets:

If the idea hadn't already sprouted for logs in green spaces, we could've mounted an effort to export the idea nationwide so it'll be that KY is known for alcohol, horse trading/running, cigarettes and tree trunks. Perfect, but in an alternate universe. Speaking of vices that bring death and ruin, I suggest also putting trunks in cemeteries so we can get into the habit of sitting on old decaying things like a trunk chair while we contemplate life and its aftermath. If this catches on, then Boutiques could be ventured and opened on Sundays for these big cemetery features and their hungry followers.

Now Comes The How:

If Shawnee footballers don't want to do the heavy lifting as a midnight celebration after a big win against Atherton (hint, hint), then we could ask a local big rig place like Mercer Trucking. Their big wheels could lend a hand, which they might be eager to do as penance for the ripping up of our roads via bigboy lugging in the unforgiving summer heat on the thin tar of Main Street. (Get a place by the train tracks *en route* to the freeway would you already?)

Drip drip goes the money spigot:

Does this need any funding? Probably zero, but after taxes, maybe a lot. I just heard on WXOX low-power radio (ArtxFM; 100.7 MHz) that parks foundation put in new 5-on-5 soccer fields on the south end, so maybe they can chip in maybe \$20 even though Metro has zero money for anything novel? (The Louisville Parks Foundation will provide Micro Grants, of up to \$5000, to community organizations <https://www.lpfky.org>)

#gentleantigentrification #thinkresponsibly #blatherrinserepeat #idontcareornotcare...IjustBuddha #iliveforlikesandviews #shadersgonnashade #tacticalassymetry #nooneasksmeijustdoit

#loraxlostnowwhat #confessionsofafailednihilist #memoriestakealongtimetodecayaway

My apologies as always,

PortlandNate



Trim branches: still cuts sun's heat, but allows below space.



10/11/2019



10/11/2019







10/11/2019



Turnips, beets, rhubarb



In Closing:

Things touched on:

Reskill

ReUse

LifeHack

Resilience

Refuse

Redress



10/11/2019

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)

