

Reskilling and Reusing **Retreat**—Feb2020 RE-X 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

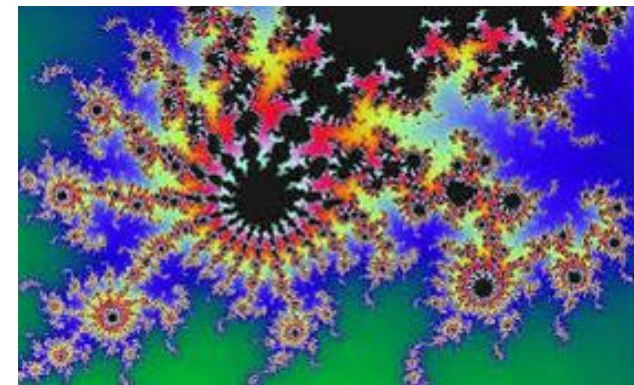
RE-SCUE/RESKEW/RENEW

REDO: RE-X, e.g. EVERYTHING

2/11/20

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



Take on anything with this strategy:

PROJECT MGMT Primer
Integration Scope Timing
Cost Quality
Human Resources
Communication Risk
Procurement



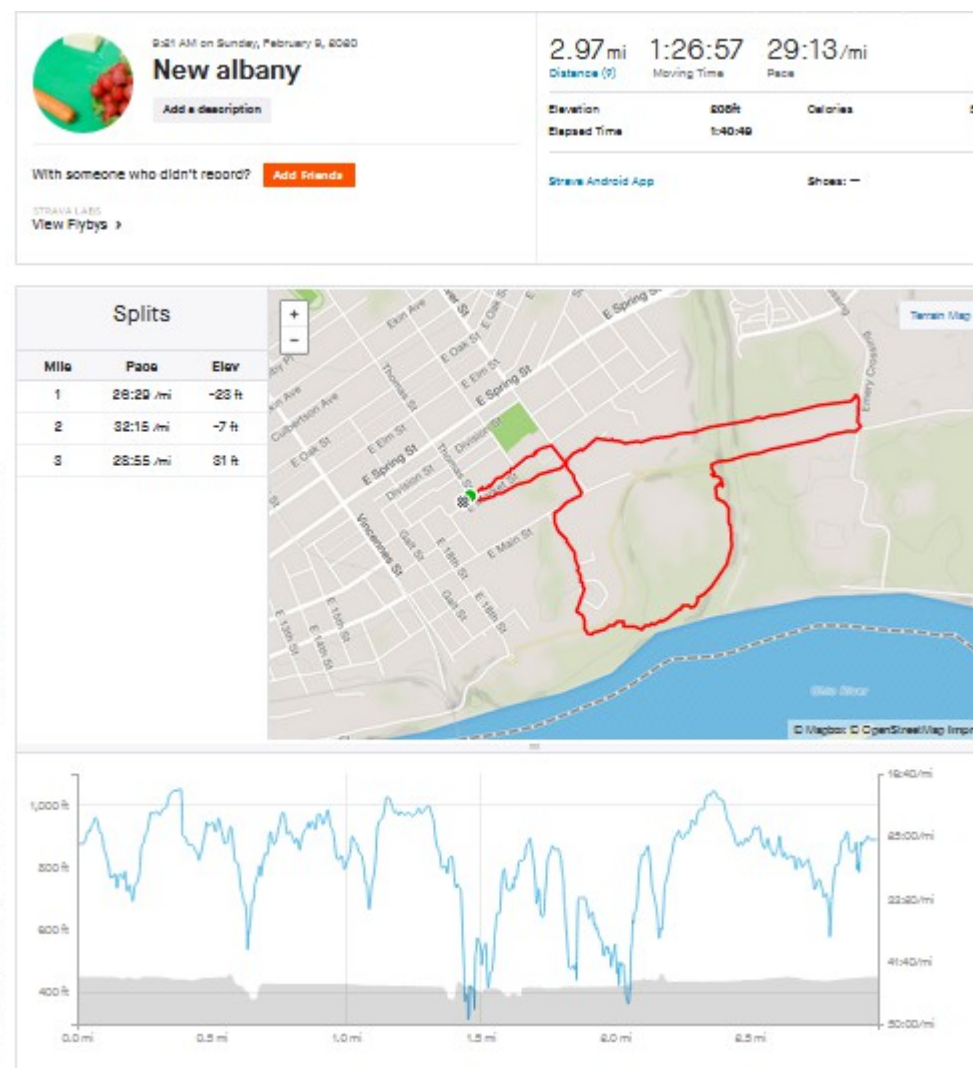
Reskill preamble (one breath): Everyone has the ability to be exposed to different things and to appreciate their personal problem solving -- and to celebrate the fact that whatever we're into is pretty important, that life is a gift, and that we are the dominant species because of our intellect and communication complexity--and we should do all to the benefit of the most.

LiveStreaming Gatherings

Youtube live

Fitness1—walking club

Strava



25 Best Stretches for Flexible Fascia

Saved

Fitness2 psoas



new toys
from Aldi:

soft weight set
Ab wheel,
push up bar,
massage roller,
stepper from auction



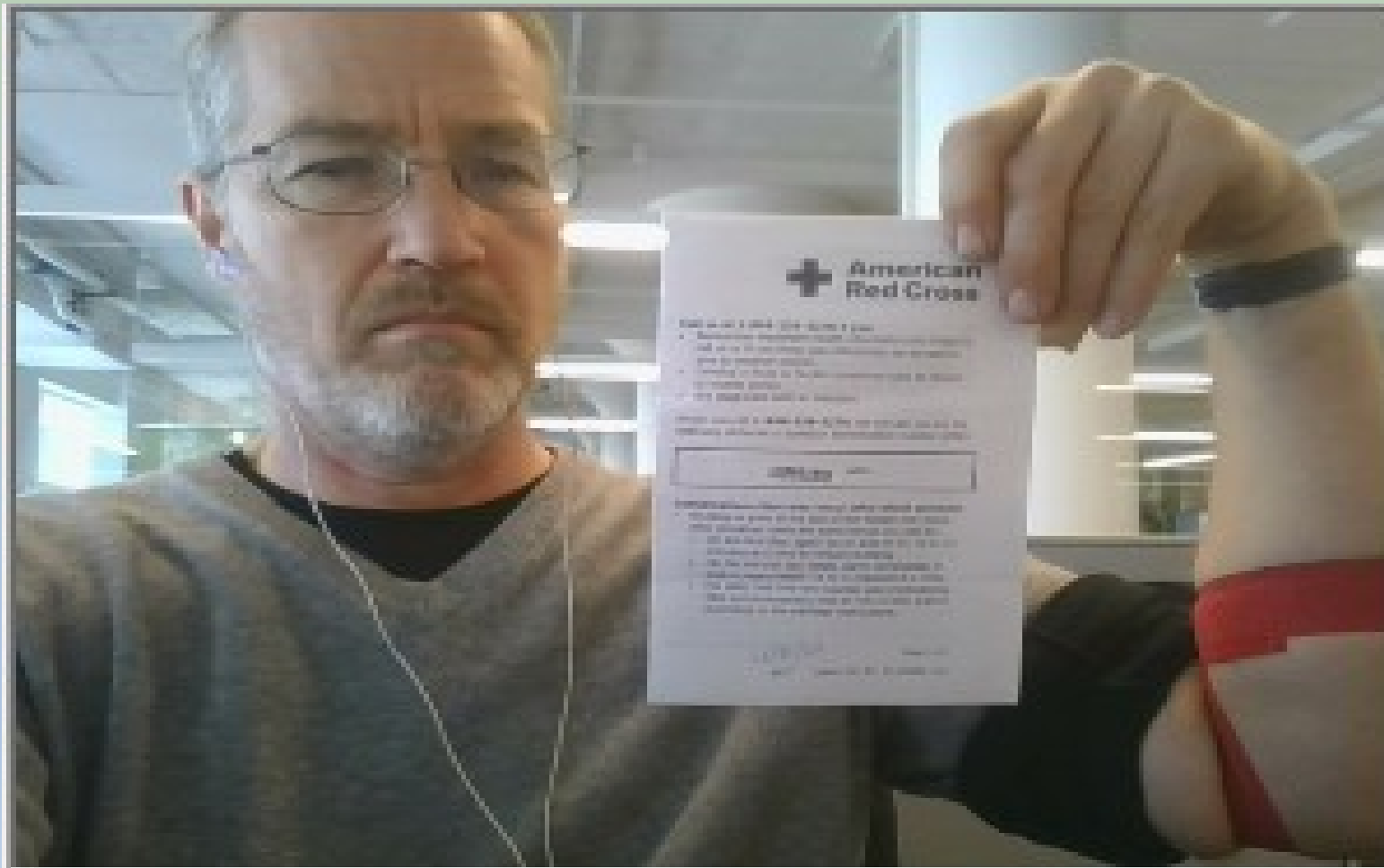
Maranda Osmonde-White on PBS TV, movement stretches without pain

PNF CHEAT SHEET

Remember, proprioceptive neuromuscular facilitation (PNF) is a technique used primarily by physiotherapists to safely and rapidly increase flexibility. The principles of PNF will be extremely useful to you in these hip sequences. For a detailed discussion of PNF, turn to page 55. But for now, here's an overview:

- Contract your muscles.
- Hold the contraction for 3 to 6 seconds.
- Relax all of your muscles.
- Relax even deeper and wiggle to release all tension.
- Push the newly relaxed muscles to stretch them.

Be healthy: share the health



Food hacks

picnics in parks

ramen noodles with camping
stove

parkour, climbing, hoops

RICE PAPER fingerfood



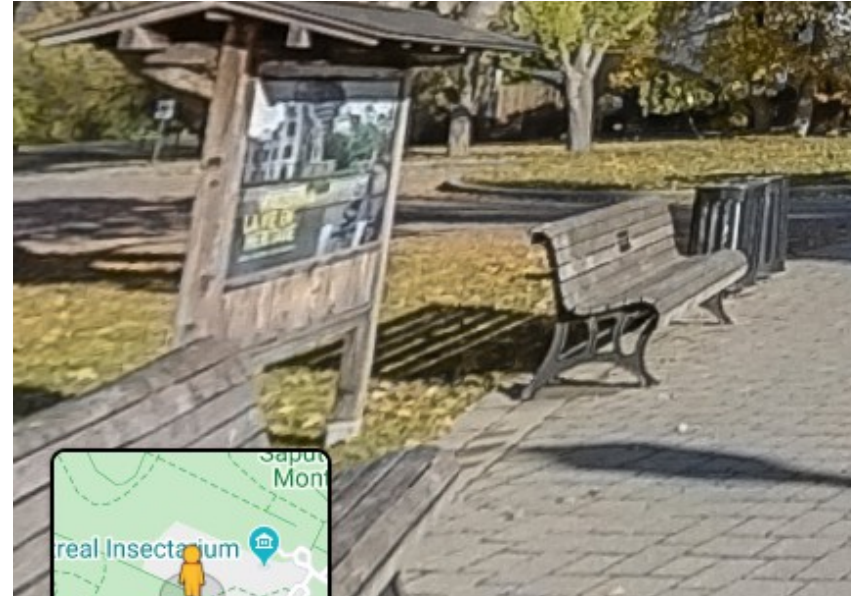
Reuse plywood sheets



Hardware
candlewax to
facilitate long
screws into thick
wood



frontyard reveal: weaving or kiosk



Walking around



Gardens now and future



Garden

Shed overwintering issues

wood chips

fruit tree pruning

share excess: all kinds of tubers

Comms with others: group efforts

Jerusalem artichoke

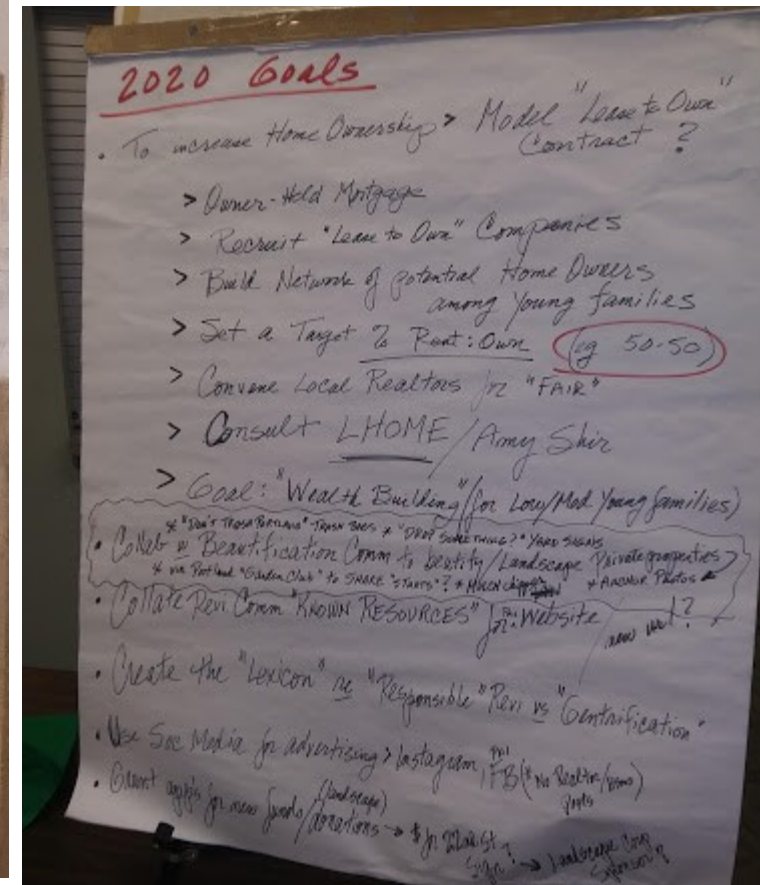
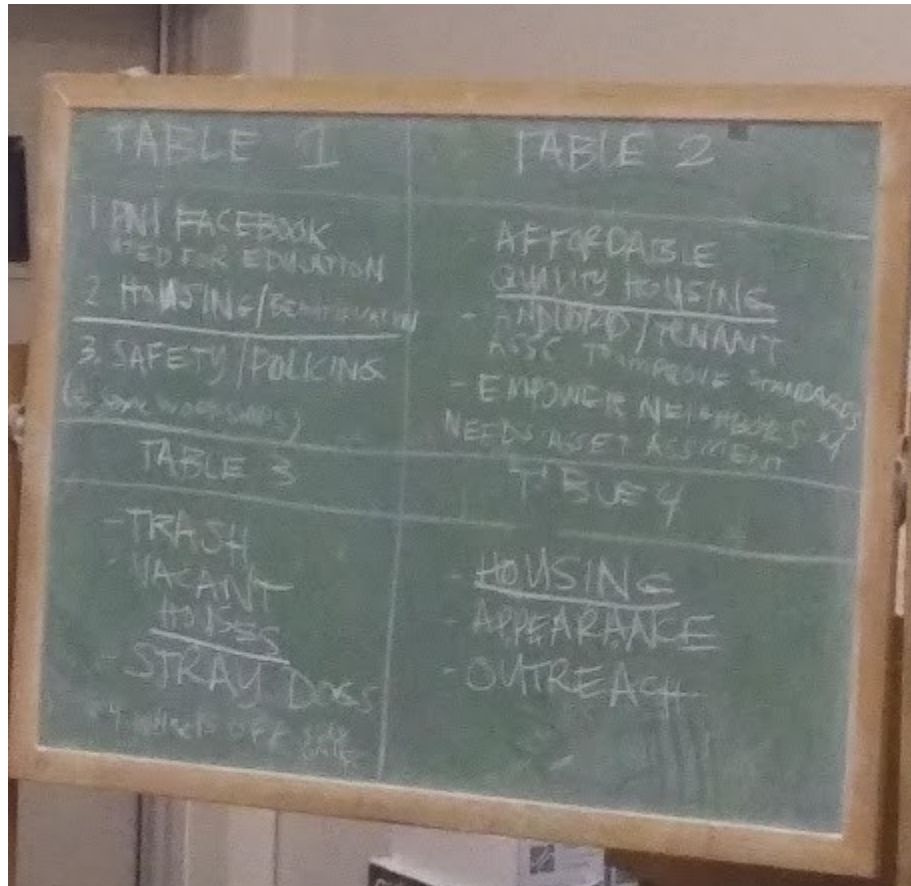
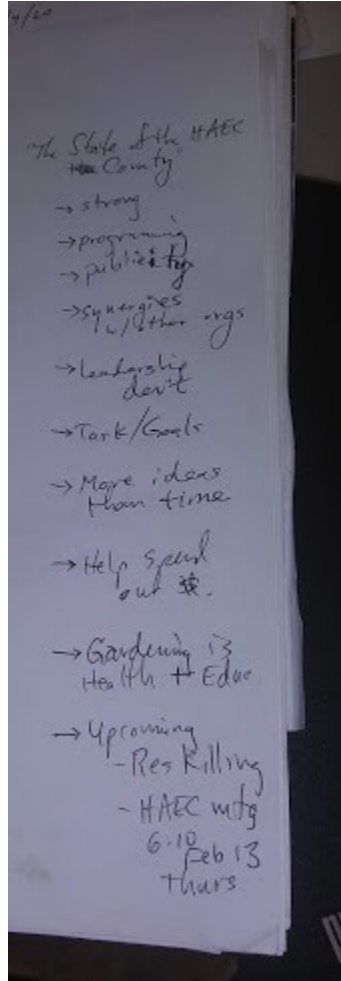
seeds from caudill seed co.

To whom it may concern,

My name is Alexandra (Ali) Mxxxxx and I am one of the leaders of an environmental club at Atherton High School. Because of worsening environmental conditions, we thought it would be a good idea to become more involved with other environmental activists from our community. The impact of food on the environment and how a plant-based diet helps reduce that has long been an interest to me. We would like to have you or a representative at a meeting after school, if possible. We would also love to participate in any volunteer opportunities through your organization. Thank you for your time. We look forward to hearing from you.

Sincerely,

leadership



Train pain



expel





Anchor: I want to see a huge water pump to spew water super-high into the air just for fun. This would be upstream of the dam since the water level is better regulated. ...but only on special days, like every Saturday. We could put colored search lights on it for an evening extravaganza. We could turn the plume onto paying attendees so they could learn to withstand water cannons, since that's where we're headed as a culture, some think. Best spot is tip of shippingport island... spouting to Indiana so as to not bother lock traffic. This is independent of Phase IV of waterfront project fixup. Perfect location since Portland can see the flume and so can Jeffersonville/clarksville which has the highest density of population on evenings and weekends. I'll insist, when I argue in front of Frankfort and city councils, to use electricity for pumps from the hydroelectric plant. Free flumes! The fountain is going only when hydro is on.

Reserve this spot for letter to
Mayor about bridge/partnerships

More RE-asons!

Resist, restore and reimagine: congressperson Omar, from Minn.

Re-imagine:

ran into board mtg of Grocery Coops. At library.

Local food

Locally owned and operated

Looking for board members so they can be eligible for grants

In Closing:

Things touched on:

Reskill

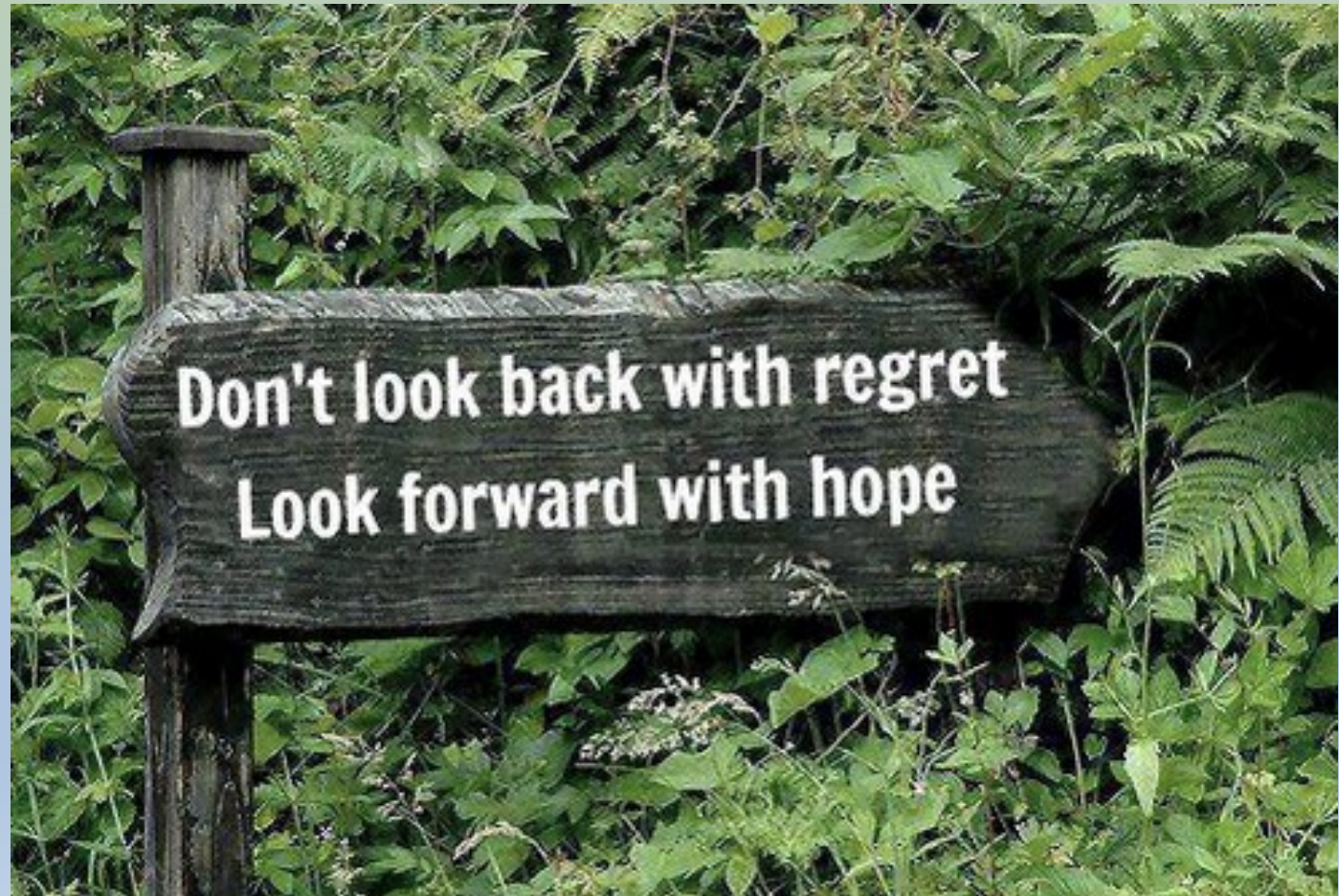
ReUse

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\(blog\)](http://Metageny.com/reskill(blog))

