

Reskilling and Reusing –Nov 2017

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

Where? <http://metageny.com/reskill> blog site with links to audio and visuals



Themes

- Rationale/Motivation/Deposition (last)
- Engineering/Geeky Design/Science
- Art/expression
- Invigorating Actions
- Food
- Transportation
- Heat/Protection
- WellBeing/HappyNest
- Hygiene
- **Connections/Relations**



One idea: Sociality

- DIRECT FOCUS
 - Google: DeepMind AI to help social problems
- INDIRECT FOCUS
 - Reskill depends upon social environment
 - Shaping, influence, manipulation, emotional drive



Blast Last Month (+ Social)

- Exercise ball vs ibuprofen
- Potato Masher: Mush&Toast
- Curtain over door
- Radiator (cardboard, gloves, IPA)
- Old bike/car: STP and zinc, Teflon liner, back ups, tire leaks
- Hang to dry vs dryer
- 2x4's and pallets – finding, splicing, securing (few tools)
- Music – tool for where you want to go. Piano, jug band jam
- Cold air leaks into house—Social!
- Wood chips and leaves: base of trees
- Oatmeal vs cheerios (speed)
- Tow Bar; home made



Sociality Redux

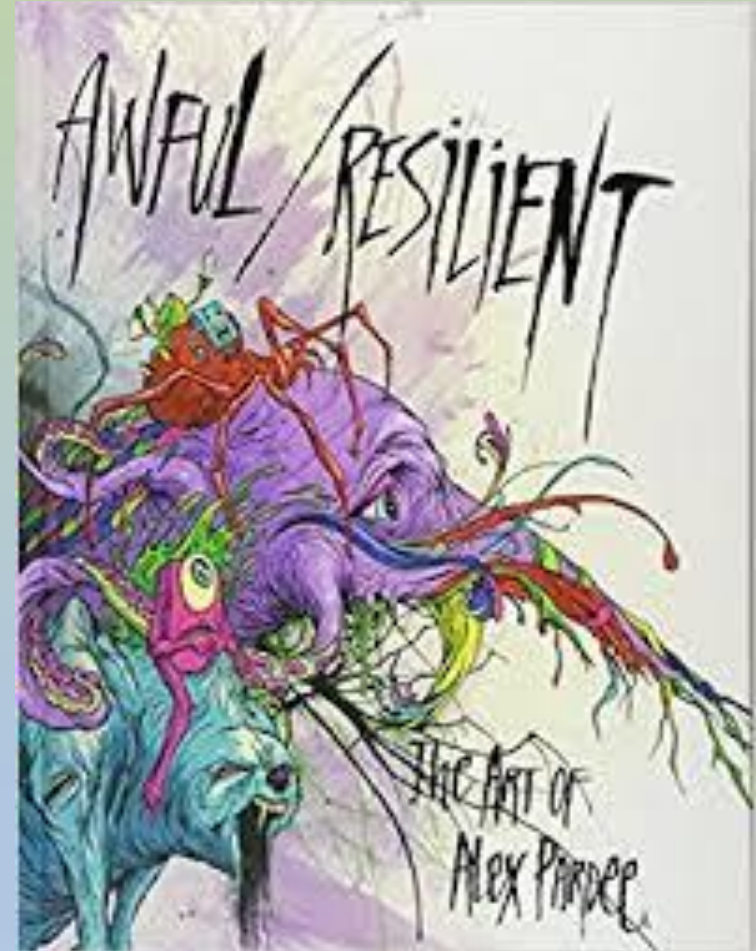
- Which is preeminent? Do goals fit into the social constraints...or do you struggle with social constraints in order to achieve your goals?
- In an urban setting, 95% of actions are socially related/bonded... but 95% of sociality is based upon stable/resilient/quiescent local environment.

More: Good genes

- Buy another pair of jeans at walmart...or figure out how to repair thinning fabric
- DIY and on-the-cheap: Frugal DIY".
- Find zip ties for some tubes inside van engine.
- Create rain gardens where downspouts occur.
- Seems like apples are getting cheap here in the fall; how to improve taste? Add salt; add vinegar. Room temp rather than cold when eaten.

"currying flavor" with influencers

- "Transition people" -- those people that haven't arrived yet in full sustainable resilience. Transition people buy bulk wheat berries from WalMart, and bulk yeast from Costco, etc. It takes a while, and these people like to release one strand of culture at a time, e.g. they want to eat healthy, but keep their convenient lifestyle, then 3 years later they work on convenience, e.g. sequential behavior change. Thus the name transition people. I'm one of them. I buy amazon prime-delivered radiators, but for old cars that I don't use hardly anymore.



App 4 That

- How about an app that tells me how many days it has been since I have done an activity -- e.g. I should swim monthly.
- Water Filtration in the wild
 - Cat toxic parasite oocytes are 10 microns, so a 5 micron filter will be good. Only bad bacteria is e.coli, otherwise not to worry if not too dense.
- Free spent grains: Grow your own.
- Ordered toner, so plan for printing things now. Put toner cartridge in ziplock when not using.
- No ESL this month. Send out email?
- Set up twitter metro311 and put it on my screen
- Jogging is hard at beginning – need a friend?

Youtube

- DIY anything
- Audiobooks
- Rain/beach/bowls for avoiding distractions
- Obviously music and lectures and news/entertainment



City News

- **Resilient Louisville effort to start with focus on education, racial equity, economy and sustainability**
- June 30, 2017
- Louisville's resilience efforts will initially focus on strengthening education, racial equity, economic development and sustainability throughout the city — challenges identified in partnership with more than 200 citizens, Mayor Greg Fischer announced today.



ELIZABETHTOWN

RE-USE CENTER

SHOP & SAVE, DONATE & DEDUCT.

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shop & save

Shop at our warehouse to save money because our products are priced drastically below retail.

Open Tuesday through Thursday

What We Do

Our center accepts donated, used and new/surplus, building materials (includes appliances) to distribute through its warehouse, for community improvement. Anyone can donate: individuals, contractors, distributors, manufacturers, corporations. Donors may claim a charitable tax deduction for the estimated fair market value of their donation.

Whom We Serve

We serve all of the Elizabethtown and Greater Louisville area.

In Pictures: reskill/reuse



Anchor Article for this month

Shape of Things to Come

Looks like it'll be another round of mayoral selection without the mayor coming from Portland. Argh! What will it take? The power and will of the community will not rest until it sits on its rightful throne. Maybe it won't even be a human that is our best bet for a Portland-grown Mayor. I'm thinking maybe it could be a transgendered Miley Cyrus look-alike General Intelligence algorithm with a Mitsubishi roboshell. Can you imagine the newspaper headline? "SHE WINS!" But it's not a 'she' and it's no longer a 'he', but it's an IT (non-gendered and Info Tech), so the front page becomes: "SHEIT WINS ELECTION!" What a day when a General Machine Intelligence algorithm takes a shot at things. Who would tell the difference between comparatory maximization of ethically non-brutal algorithmic matrices versus mere firings of neurons? Initially this hegemonic shift would be euphemized as "AL Gore Ism" (he invented the internet), a hair's-breath homophone of 'Algorithm'. And what priorities would the new city hall Algorithm paradigm program propose to propagate? Sister Citying with San Juan, PR, of course. Our neighborhood would be renamed 'Portland Rico' due to its similarity with our southern island sister: Not every house has electricity (check). Many homes have water damage (check). Meals delivered from agencies are just candy or 'barely on the pyramid' (check). Outsiders decide our fate (check). FinancialSharks tearing at the *lien* meat (check). Roads are washed out with no plan to restore (check; bike path). Leaders practicing free throws with rolls of our Dollar Store paper towels (...not yet). Since Portland is just a tiny neighborhood, but PR is a 'state' we should watch what they do and take notes. Where is our corresponding San Juan? 17th, 22nd, or 26th and Portland Ave?--Time will tell on this ever-interesting horse race. Here's where it gets spiritual: Don't PR and Portland landshapes look eerily alike? Discuss. Also Portland looks like a sideways peace sign. Also it looks like the head of the Don't Tread On Me poster, a branded mantra for the disenfranchised who will never say they are deprived or depraved. SearchEngineKeywords: SHEITwins, ShapeOfPortland, hiddenINplainSIGHT, h/tOnion
Sorry4Length but carpet bombing required due to upcoming election,
Portland(Rico)Nate



Next Month : MOTS (More of The ...)

- Reskilling/Reusing/LifeHack
- Portland Library
- Louisville KY
- Last Tuesday of the month
- 6:30pm-7:45pm
- Podcast/slides available at:
- <http://Metageny.com/reskill> (blog)