

Reskilling and Reusing –Dec 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

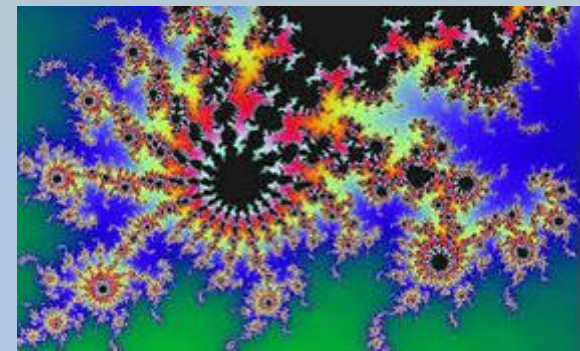
Overcoming overdependence

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



Themes

- Rationale/Motivation/Deposition
- Engineering/Geeky Design/Science
- Art/expression
- Invigorating Actions/Fulfillment
- Food
- Transportation
- Heat/Protection
- WellBeing/HappyNest
- Hygiene
- Connections/Relations
- Bully Resistance
- Sharing solutions to shared real problems



Fractal Mandelbrot set
vs rosemaling

Blast at any Mountain

PROJECT MGMT Primer

Integration

Scope

Timing

Cost

Quality

Human Resources

Communication

Risk

Procurement



One idea: Whose Health (who) cares

- DIRECT FOCUS
 - Google: Solve all health issues on line or word of mouth(Keep costs low) except broken bones.
- INDIRECT FOCUS
 - Solve health issues by making all health care free—let the doctors worry about which magic pill to give me.
 - Organize for this social change

DR MY EYES!!!!

-Jackson Browne



Rubber match

- Rubber cement was used for patching hole. I like patching hole rather than buying new tube.
- Once car tire is patched/plugged, ensure air pressure is up to 40psi in order to keep it from leaking.



More: amaz'n amazon

- Amazon PRIME video on demand
- [Willard: The Hermit Of Gully Lake](#)
- DIY nerd Ron Hazelton's House Calls
- Library DVD: This old house.



Food for thought

Rooting hormone

Sprouting in sunroom – put up door to upstairs

Rack in the sun

Watering can via holes in cap of plastic bottle

Pick sunniest part of house and put pots there
(spring)



RadioActive 4 U—Bully Resistance

- WEQY local radio in StPaul MN at protest in DC
- LVL Local radio
 - WXOX ARTxFM
 - WFMP
 - Ham Radio
- Put up antenna on car : hanger
- Antenna on house?
- Internet only? Podcasting: Preet Bareera—Al Franken?
 - Reskilling: Longest podcast event in Portland history
- Mainstream Radio: ugh?!
- Mix music and speech
- Talent Night at Portland Rec

WFMP-LP FM Radio Station Information (FCC)

Callsign: **WFMP-LP**

Service Type: **FL** Class: **L1**

Frequency: **106.5 MHz**

FCC File #: **BLL-20170404AAS**

Power (H): 20 Watts / Power (V): **0.02 kW**

Height Above Average Terrain: **217 ft.** or **66.0 m.**

Antenna Radiation Center...

Above Ground Level: **253 ft.** or **77.0 m.**

Above Median Sea Level: **709 ft.** or **216.0 m.**

Antenna Structure Registration #: -

Application ID: **1754482**

Latitude: **38.2458333333**

Longitude: **-85.7580555556**

WFMP-LP FCC Data Last Confirmed on 2017-12-26 07:10:50 (Status: LIC)



City News

- **Resilient Louisville**
- **Homeless Politics**
- **Commandeer Freeway Billboard:**
- **Where are the sanctuary churches if this is a compassionate city?**

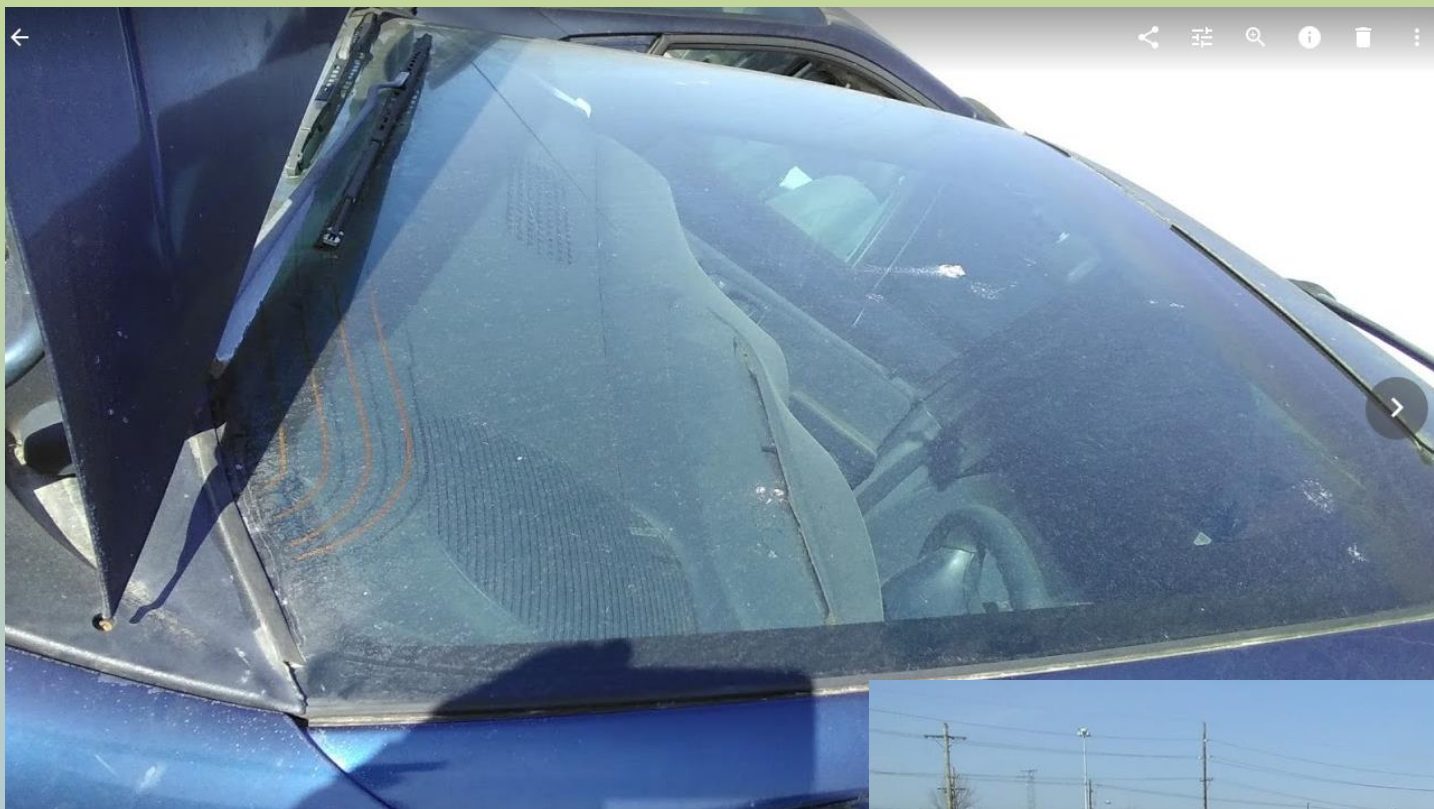


In Pictures: reskill/reuse



















SORRY,
REFUNDS
EXCHANGES.

EARN
2X
EL. POINTS
GIFT CARDS
EVERY DAY.

BUY HERE,
USE THERE.
SAVE
AT THE PUMP!

3 days of

GOAL!

- Goal: I will implement strategies to increase my resilience and maintain my current healthy lifestyle over the next 4 weeks
-
- Activities:
- --As the weather permits, I will work on repairing the code violations at my house
- --I will continue to empower myself in the realm of growing items from a starter
- --I will run 1 mile 3-4 times a week
- --I will follow up with the administrative needs and write a letter to the manager of the community center to be able to play tennis indoors
- --I will look into buying a heart-rate monitor
- --I will make my own bread 1 time a week
- --I will create a plan to organize my work space at home

Anchor Article for this month

Fe-Fi-Fo-Fum! What do I smell!?

I can pull myself away from the Twittersphere to quickly pen my appreciation for still having hope. As a recovering nihilist, this isn't easy, but the support of the neighborhood goes a long way. Given the fact that my Twitter feed is well endowed with the state of the world, it's good to step outside and fill my lungs with the refreshing smells of Portland in wintertime. The smell of cigarette smoke as I enter Kroger reminds me that some solutions to tough problems are still within individual's reach (Just stop smoking; we have free patches for you.) The smell of train diesel fumes at every turn reminds me that there are heavy lifting jobs for those who want to trade muscles for money. The smell of wood smoke reminds me that not all felled trees are destined for the rubbish pile. The smell of factory chemicals reminds me that facilities deep in residential areas need to keep waste on short leashes to then keep the masses from environmental indignation lest we picket nasty actions. The smell of warm spent grain hurled from the kettles reminds me that beer is food and money, both. The smell of big rooms on dark evenings filled with hot food reminds me that conscientious residents can both nosh holiday fare while striving to encourage the good and nip the bud off the bad as part of an ongoing lifestyle. As there is no App yet devised for creating smells when accessing Twitterdom, electronic hallucinations don't have the smells one gets by being here, in this place--nor the tacit hope built therein. Who knew that the nose could be the elixir antidote for even the most level-headed nihilistic perspectives.

#DeepDarkWinterInPortland #WhatsYourFavoritePortlandSmell

Verily,

PortlandNate

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)