

# Reskilling and Reusing Retreat–Nov2019 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

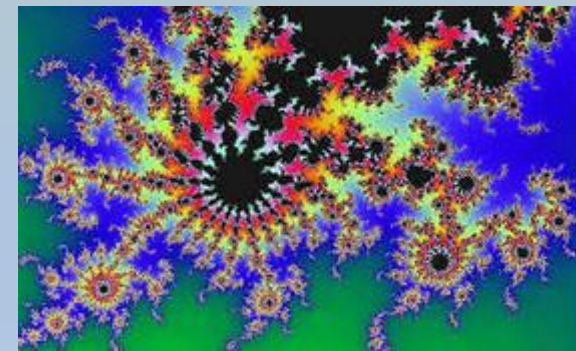
**REDO:** RE-X, e.g.

**EVERYTHING**

1/19/20

# 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<sup>3</sup>most.

Mike Neagle, President  
Danny Seim, Vice President  
Kacie Chase, Treasurer  
Kristina Turner, Secretary

# Portland Now, Inc

The Voice of Portland

PO Box 11781  
Louisville, KY 40251-0781  
[www.portlandnow.org](http://www.portlandnow.org)

Dan Caudill  
Director, owner  
Caudill Seed Co  
1402 W Main St  
Louisville, KY 40203

Dear Dan,

Residents in attendance at the November neighborhood meeting of Portland Now, Inc. (PNI) are pleased to have you and your company as a neighbor. We know of your vision for seed-filled future, and your know-how to get the goods out there. You enjoy great press coverage and we eat it up.

We sign below because we want to carve a future of dialogue and partnership. The Health and Education Committee of PNI envisions initiatives that promote health, logical thinking, and skills development--and we think now is a good time to reach out. How about it, neighbor!?

Without digging too deeply, initial ideas for all kinds of different cooperations might include:  
"Caudill kids veggie and flower garden"

Sourcing the Portland library branch's seed bank with donated seeds.

Bringing your seeds/products into the neighborhood either through donations, donations-in-kind, or co-managed grants.

Resilience and sustainability outreach and awareness.

Encouragement, participation, locality awareness.

Health: good eating promoted as well as encouraging working outside in yard and dirt.

Education: Motivation for kids about the complexity of bio-businesses --and a seat at the table for them if they apply themselves.

This is introductory, invitational, and community minded...

If you're interested in such involvement, we will pick that up right away when we reach out to you.

Sincerely and collectively,

Myrtle Dodson  
LLOYD HAGLAND

Sherry Stewart

Mary Steffen

Kacie Chase

Danny Seim

Kristina Turner

Linda Hamilton

Mike Neagle

Dan Caudill

John H. H. H.

John H. H. H.

LDH

John H. H. H.

John H. H. H.

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John H. H. H.

John H. H. H.

John H. H. H.

Health  
& Educ.  
Committee



KNOW



SEE



RESPOND

## I PLEDGE:

- ☒ To use my voice to let other adults know protection is our responsibility.
- ☒ To be a trusted adult to children.
- ☒ Report policy violations.
- ☒ To know the facts about child abuse.
- ☒ To be an active bystander if I see someone crossing boundaries.
- ☒ To respond responsibly if a child discloses abuse.
- ☒ To respond by interrupting behaviors and calling Child Protective Services (CPS), if I suspect child abuse.
- ☒ To insist that organizations in my community have protection policies.
- ☒ To help ensure our culture is one that protects children and puts them first.

☒ **I PLEDGE TO PROTECT  
CHILDREN FROM ABUSE.**

SIGNATURE

Nate Pederson











































I'm Training For 2020

Whilst we wait for the [Click to Add Title](#) Bridge to open to pedestrians (Isn't that the kind of thing to do in the deep midwinter-- hope even though you know reality (metamodernism)?), can we not appreciate the beast-mode train artery in the heart of Portland...like no other part of the city inside the I-264 loop? For instance, when I put on my imaginary VR goggles, I see the train conductors with santa outfits tooting and waving to kids, kids who zoom through the underpass with glee in their hearts. Now comes the whopper: I say we live the fantasy... Let's pass a local ordinance that designates December 15 to 25 as the dates we can honk when underpassing trains at Market St, Gilligan, Bank St or Portland Av (or anywhere along the RiverWalk with bike horns). These are the true santas riding herd with the iron horses (reindeer). I say we give Norfolk Southern train depot HQ a couple boxes of red santa hats (they are about \$1 apiece these days)..and ask conductors to don them when in Portland environs. Meanwhile, let's give our kids early Xmas gifts of binoculars so they can see if conductors are proffering their stocking caps during these 10 days of their tributational honks. The trucks on the roads and freeways are similar but not worthy of the caps since they are a bit more akin to one-horse open sleighs that often gets upsoot. Be that as it may and not one to pass up a haiku opportunity, I've availed myself here:

Bring the holidays...

Or bring the goods I should say....

Iron horse winner!

All this to imply, simply: Our love of stuff--linguistically bestowed amply in this re-lyric

Away is a manager...sleeps in King-sized bed...the little sweaty Chinese...(no can) la

head...I love thee large packages...in UPS's tender care...and fit us a flat screen wh

King of Honky-Talk,

PortlandNate







# In Closing:

Things touched on:

Reskill

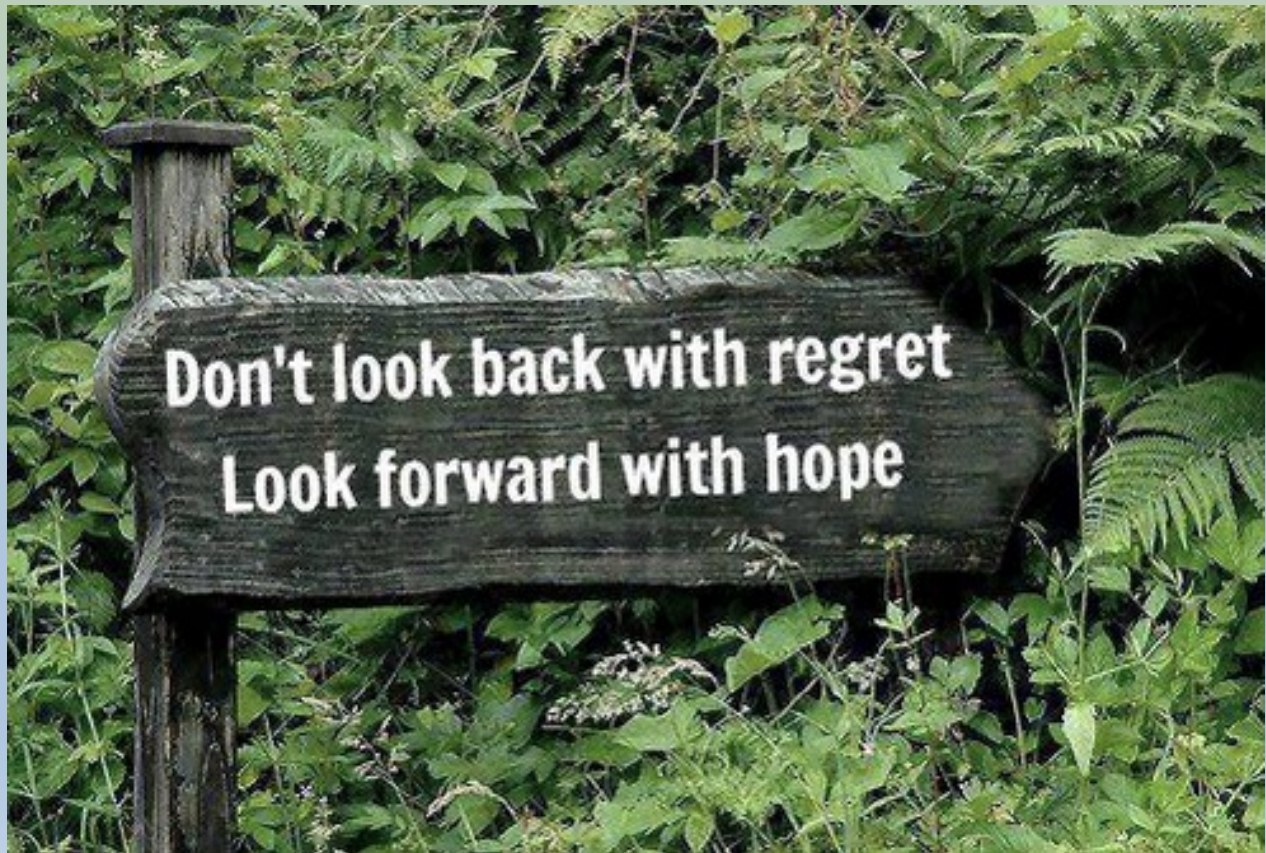
ReUse

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))

