

Reskilling and Reusing **Retreat**—Jan2020 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

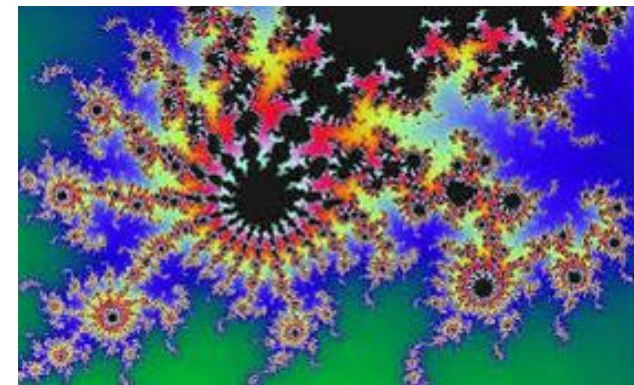
blog site with links to audio and visuals

RE-SCUE/RESKEW/RENEW

REDO: RE-X, e.g. EVERYTHING

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

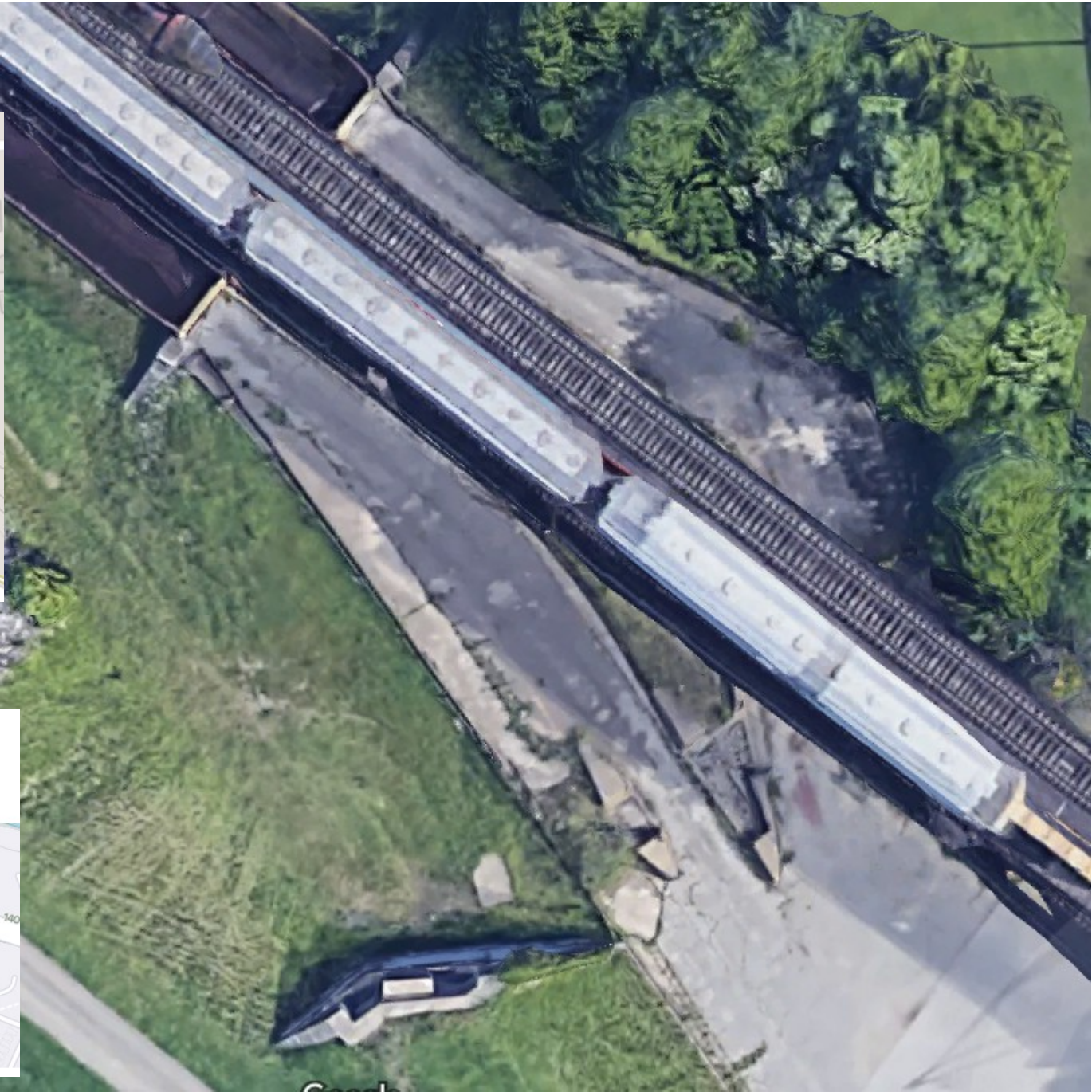
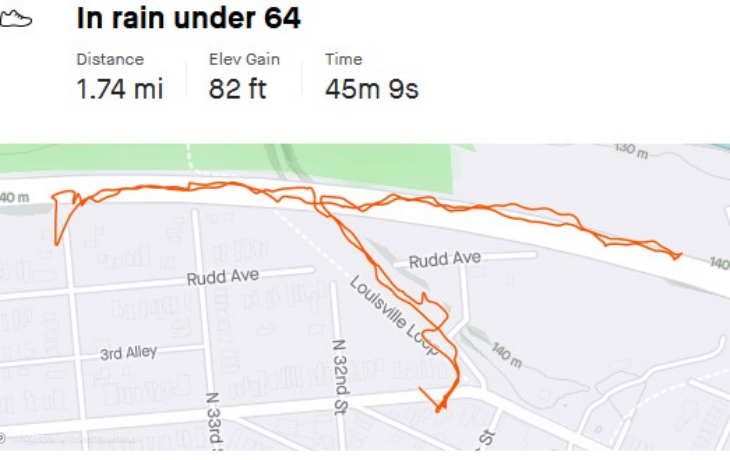
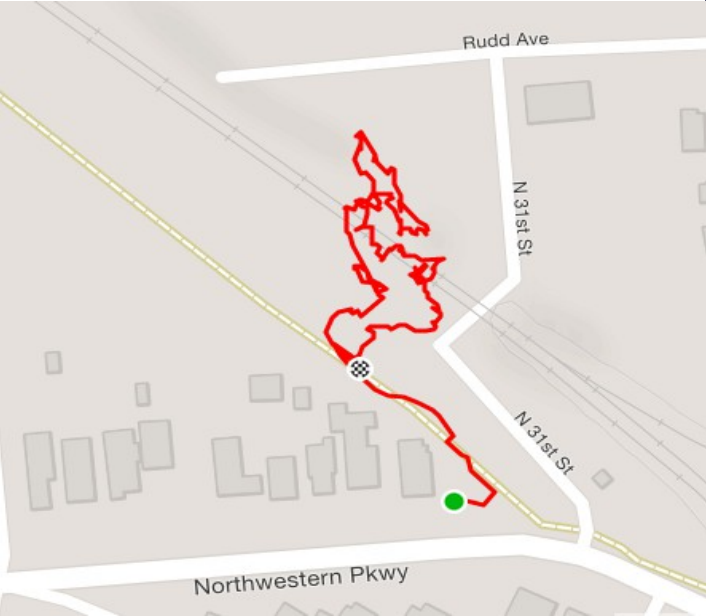
OBS for encoding streaming for youtube...Streaming the desktop to make a audio/visual presentation on the fly.

Movie Maker can be downloaded and used as video editor. There are others.

Presentation: Drag and drop from google photos to OpenOffice Impress.

Fitness1—walking club or clipping club

Strava



Dumbbell Workout

NewMe Fitness
www.newmefitness.com

Fitness2

Kids can use weight room
but dumbbells only.
Kids should all have bikes.

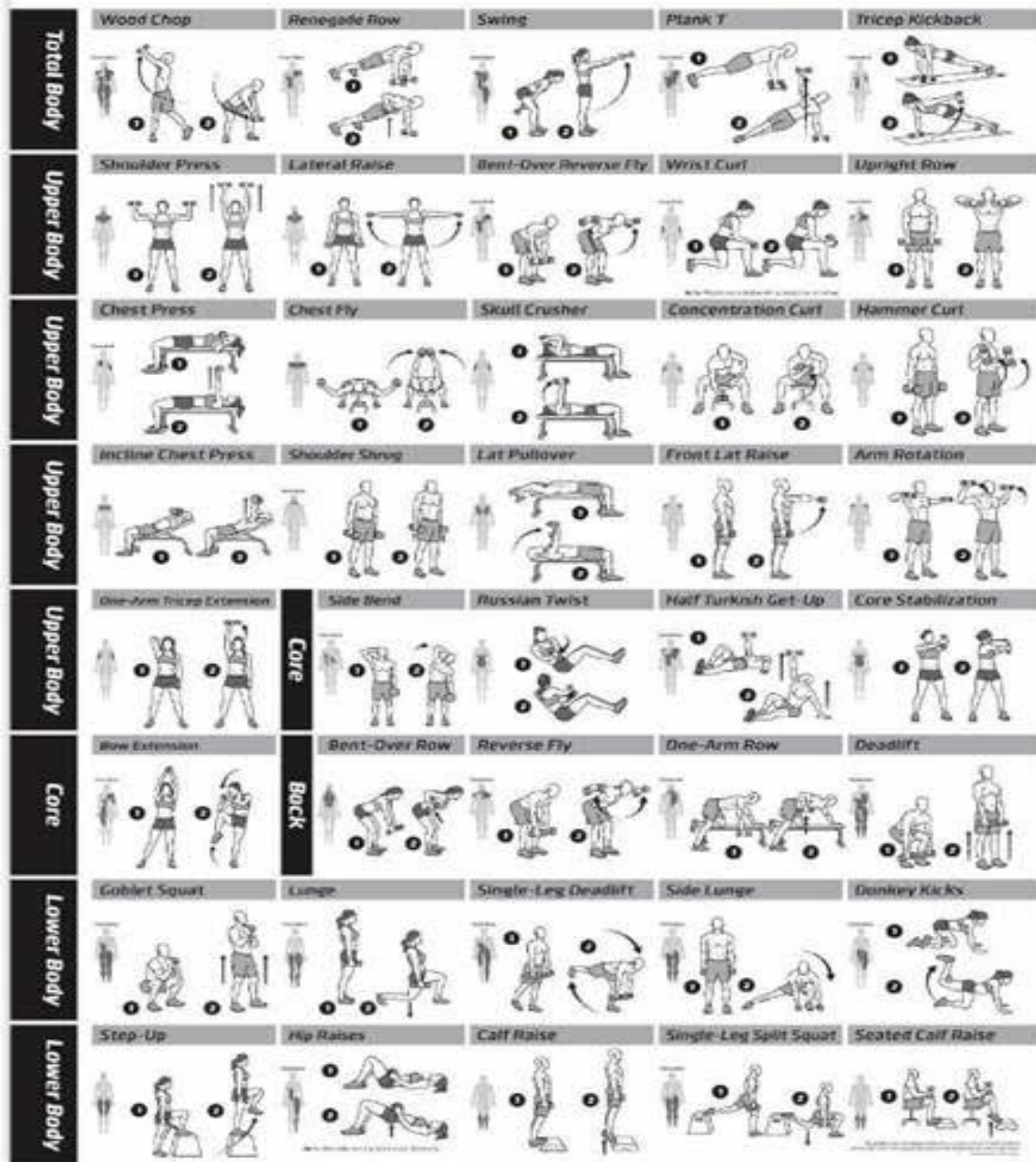
Cross-handed mantelling
will exercise chest muscle
near center of body.

Aldi: sandbag dumbbells.
Hard foam roller.

Stepper machine and
Reebok stepping platform
from auction.

Use treadmill to lean, and
thus stretch obliques/back.

Beware: rhomboids.

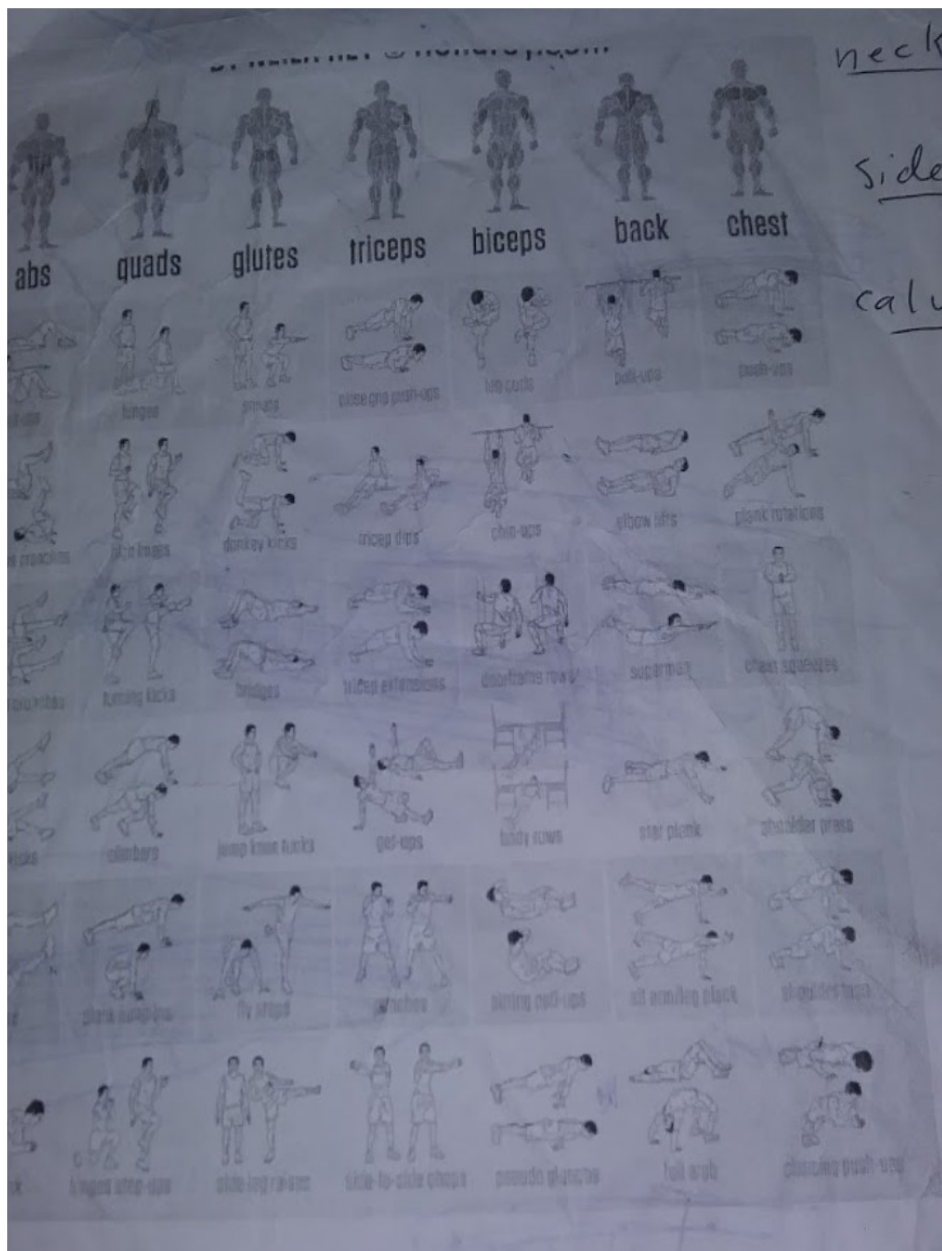


YMCA new toys





Body weight exercise

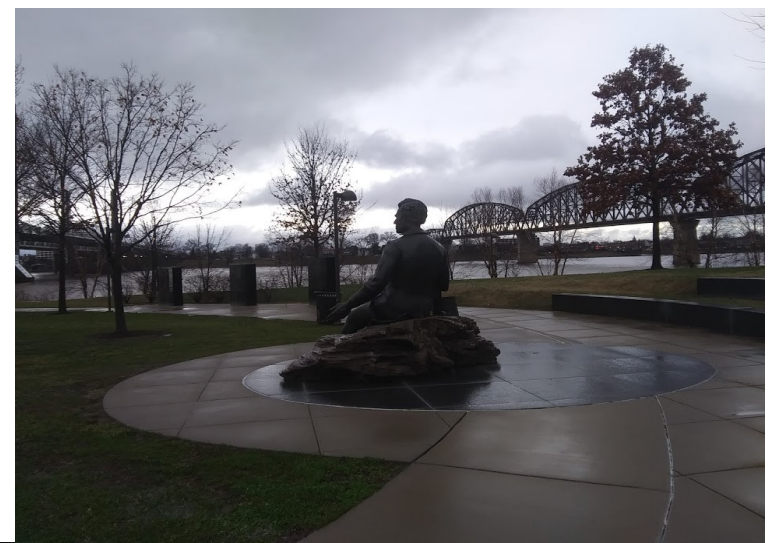


Food hacks

Dehydrated soy noodles from asian market...with BBQ sauce.
Slice oranges thin to keep good ratio of rind to succulence.



PicnicDeluge: No rain under the overpass



Canoe entry (Parking 20 feet away)



Using the Library

Wednesday, January 8, 2020 from
7:00-8:30 p.m. at the
Highlands-Shelby Park branch
Louisville Free Public Library (LFPL)
Mid-City Mall,
1250 Bardstown Road.

We will show short film(s) of Dr. Richard D. Wolff, likely the preeminent U.S. Marxist, and/or one provided by the Extinction Rebellion on climate change. There will also be a brief session on mind-mapping, a terrific tool for studying the twin related issues of climate change and cooperatives-based socialism. Additionally, the floor will be open to all attendees to speak on either of these two truly vital issues.

Metro Parks Volunteer Coord

It was great to meet you both last night. Below is a list of the things we discussed for the park. Please let me know if I have missed anything. I will be passing this information along to a couple different departments to see what we can do.

.....

Most of these projects will involved our landscaping team, so let me get with Nathan Strange, our landscape supervisor and see what his thoughts are.

Thank you both so much for taking an interest in Portland Park!

Sarah

Gardens need investors

My name is Kelsey Goff and I am an AmeriCorps VISTA serving as Outreach Coordinator at Louisville Grows.

Every year, we offer all of the community garden leaders in Jefferson County information on our community garden grant and a coupon for our Seeds and Starts Sale.

Money, Property, Pruning, Planning/Preparing

Reuse



Oversized door scavange



Backyard hardscape reveal

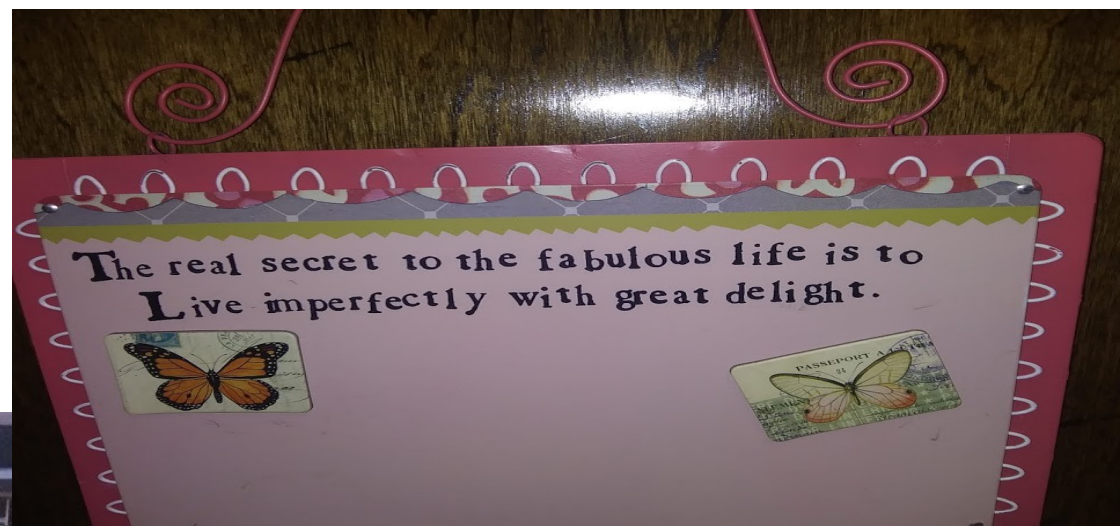


Garage structure



Solar and straps







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.

FAG DANCING EXTRAVAGANZA

The other day, I happened upon a PYT on an ATV * flooring it thru an intersection with an unlit ciggy dangling precariously like a deep sea angler fish. A sight to behold between chin and nose. Upon review, I had a vision...Portland has a skill that could be world class--to be capitalized on. A reason to make Portland a destination vacation hotspot.

Before I bring out my bright idea, just let me back up by saying that our country has a long history of award winning films with big stars using great finger gymnastics and mouth contortions to get the drug in their lungs--and into our minds...that's all gone as well as all things tobacco mostly. We have a national void that we can fill. Can I just say this: I think it's generally understood that Portland is awash in smokers who won't stop smoking until death do them part...so we may as well cash in as a neighborhood on this hold-out penchant.

Here's my idea: I'd like to see a fag dancing competition -- and before you get your undies in a bunch I'll need to tell you that the word f-a-g and cigarette are the same thing. I'm thinking we'll let entrants ply their wares for 1 minute in order to dazzle the judges. People would come from all over to see this, no doubt, once it catches on. Finger flipping fag flamenco. Americans love competitions in the heat of the summer--this is our ticket to fame. There's no limit to how off-the-charts this can go: can you stand a lit cigarette on your nose like the deep sea angler fish can? Do you use it to attract prey and the opposite sex like they do?

If you have natural talent, you might find a corporate sponsor for your habit and get free supplies to practice on as well as swag to wear with pride around the 'hood.

And even more ideas: Since there already is a movie about Portland pole dancing that didn't catch on as a cult film, we might as well branch out to lip and fingertip dancing which can be watched by all ages. This fag-dance event could also include group binge watching the old cigarette movies...and augmented by a someday popular butt-flipping corn hole tournament.

Speaking of cults, there might spring up a subculture of growers of tobacco in front yards in preparation for legalizing other psycho active plants in coming years. For greater resilience, we should develop a program to encourage smokers to grow their own tobacco, and when they need a hit of nicotine, just go out to the garden and squeeze the leaves for a couple seconds for a transdermal buzz...and to roll their own by drying leaves to use over the winter. Beats paying taxes for cartons.

Still more: Not to be missed, herein is the opportunity to sell the unabashed flamboyant penchant for self-destruction so characteristic of our neck of the woods. The results of Census2020 will no doubt find we have the highest smokers per capita. And Kroger data divers will find we have the highest purchases of cigs per pound of vegetable. You think I'm joking?

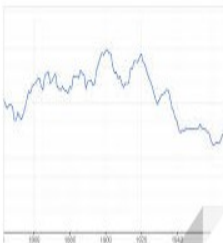
To be sure, we can also have a competition on giving out one liners that are meant for random people on the street in asking for a cigarette. These are rich.

At this worldwide event, we can have a booth with the Health Department's propaganda about smoking cessation programs so we can boo them as party poopers. Maybe.

Summation: Why the fag-dance-competition? Since we can see our destiny, we may as well attract attention and bring outside money into Portland. You with me? Let's start planning today.

*pretty young thing on an all-terrain vehicle

PS: Word Study-- Aside: "Fag" history shows a very popular term in 1822 ("sticks for burning") and the roaring 20's (Pall Mall meets flappers) and generally after Milk was double-tapped (xenophobnomenon; 1980) according to google Ngram viewer. PortlandNate



Reserve this spot for letter to
Mayor about bridge/partnerships



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KENTUCKY RESOURCES COUNCIL

[The 2020 General Assembly Regular Session Continues:
Read About The Bills We're Supporting, Opposing, and Tracking!](#)

For the past 35 years, the Kentucky Resources Council has been active in promoting legislation to protect the environment, conserve natural resources, protect the public in matters relating to public utility regulation, and to safeguard and advance the rights of the public to be involved in matters of governance. We have also been very active in working to oppose bills and resolutions that would adversely affect these values, and building successful coalitions to oppose such bills.

To read about the environmental, conservation, consumer, civil rights, and general

In Closing:

Things touched on:

Reskill

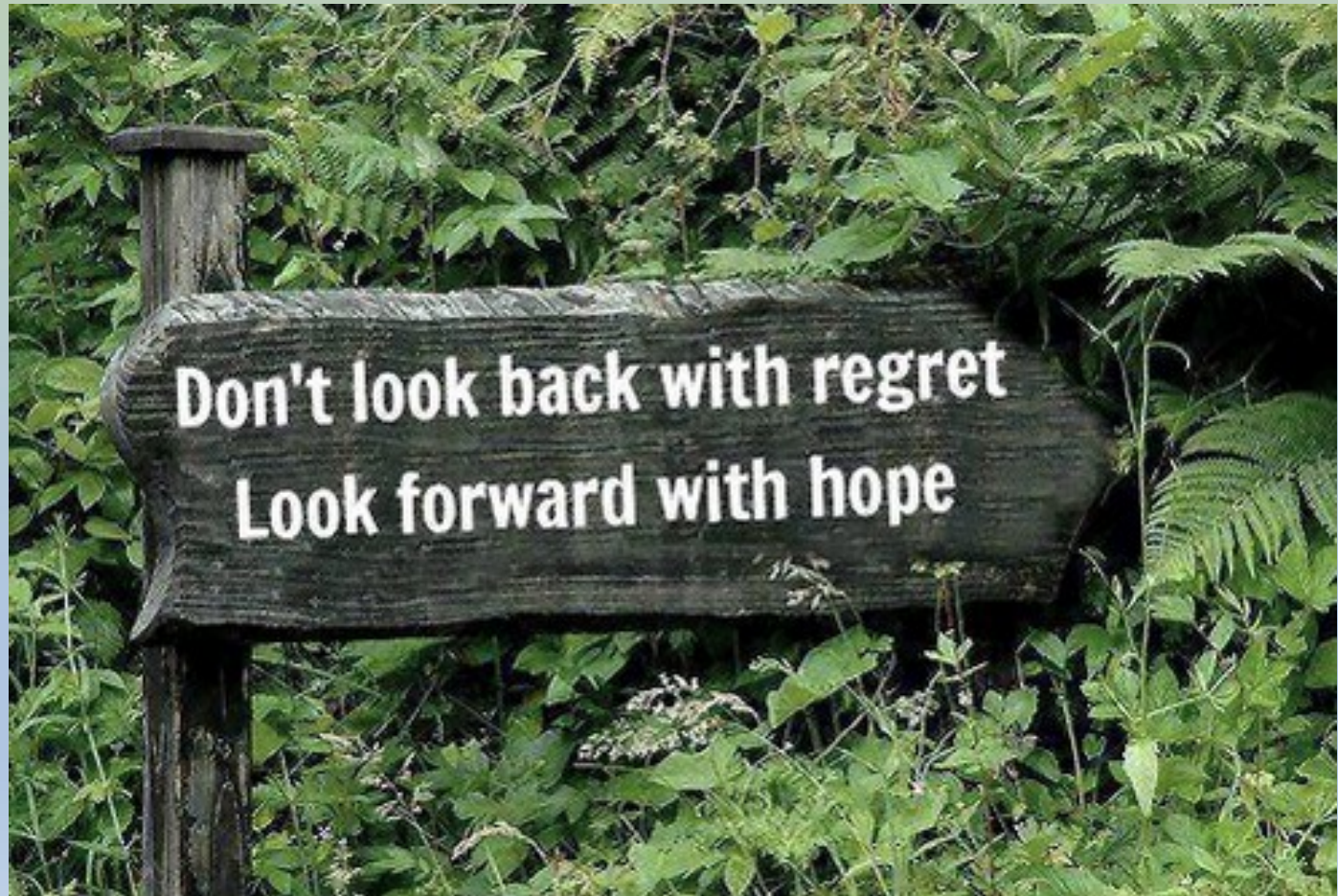
ReUse

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))

