

# Reskilling and Reusing **Retreat**—Mar2020 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

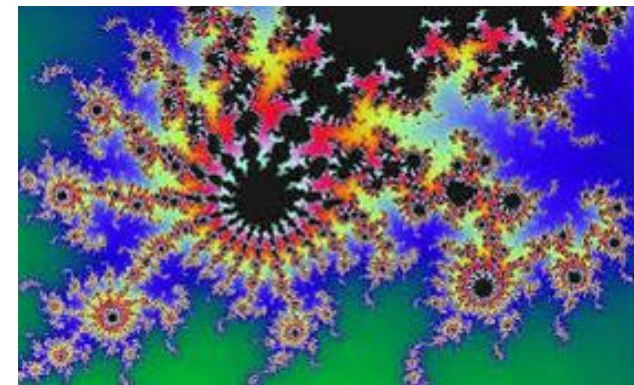
blog site with links to audio and visuals

## 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.

# Tree trimming features



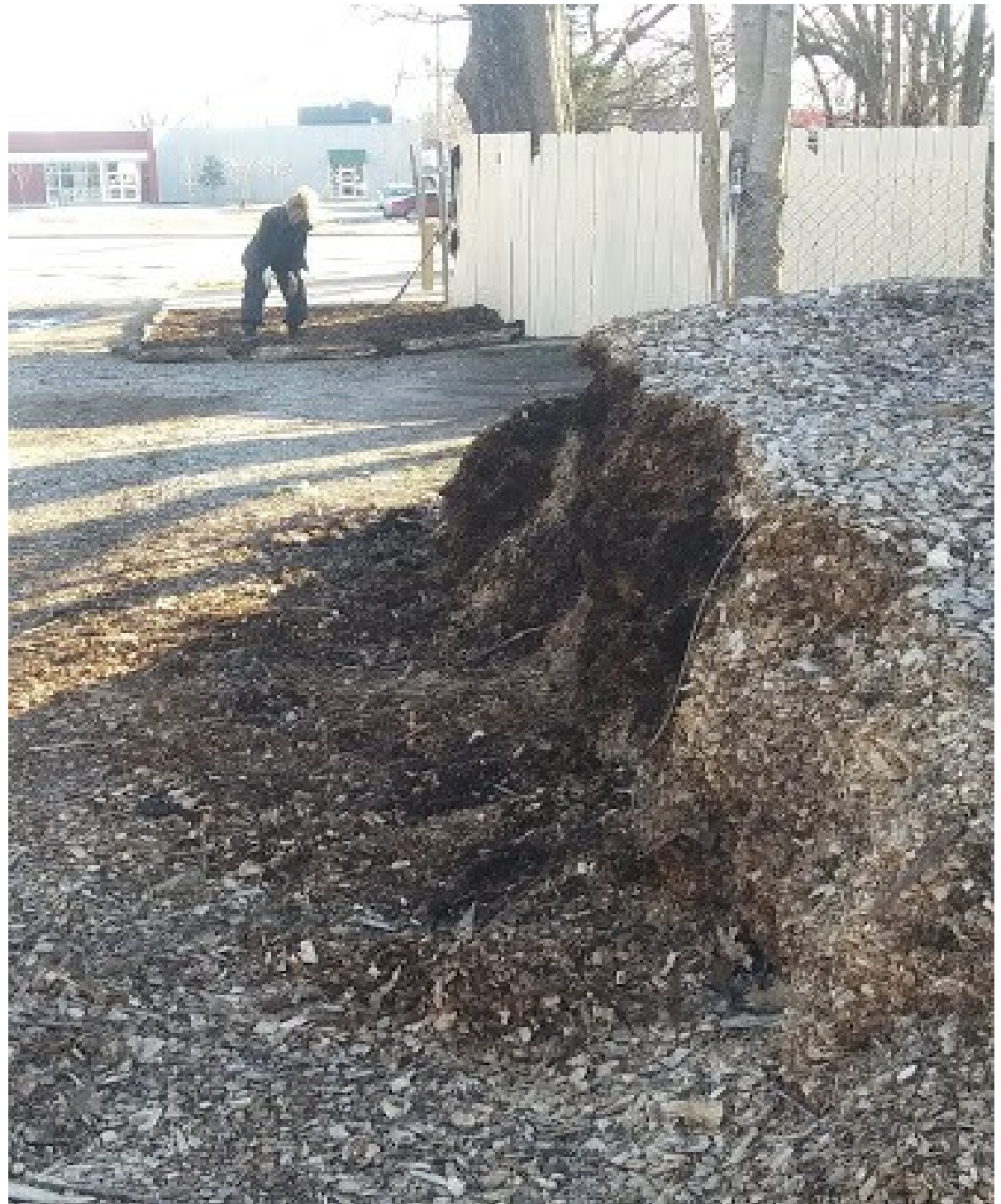


# ReStore furniture



# Wood chips: Dump and Use

- buy a city lot
- use a sled  
boat
- log  
perimeter
- butterfly  
garden
- seed library



# Fencing across a cement slab



# Fence corner without anchor





# Open lot for sale behind CVS: garden?



Cut branches:  
Sap running/  
bleeding



# Yard (?)





# Secret garden for a picnic





# Walking club in the knobs





# Shelf mushroom on walk

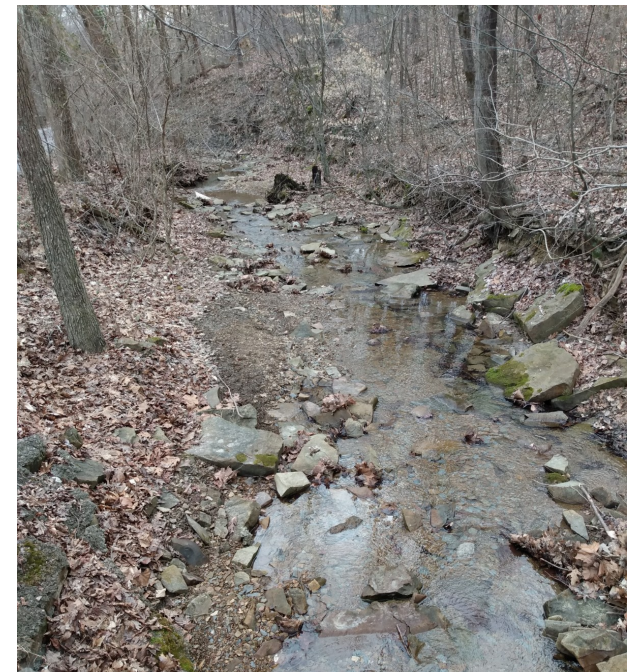




# Redundant photos of fence on cement













## Green cemetery: A Modest Proposal\*

Year still after year flows down the Seven Rivers; cloud passes, sunlight glows, reed and willow quivers...at morn and eve, but never more: westward ships have waded in mortal waters as before, and there song as faded.

Hey! Come merry dol! derry dol! and merry-o.

Tolkien's Tom Bombadil is as green and weird (and powerful) as they come...but he resonates with my recent ruminations. Tom's an environmentally minded poetry/singer in Lord of the Rings and is at ease with life and death, evil and good. What he would say to my idea as I declare here, no one knows: To wit, I have visited cemeteries dedicated to organic/green/natural burials--and they are as interesting and visceral as they come. Strike me down if our very own Portland Cemetery isn't across the street from Kroger, isn't next to a freeway bar, isn't next to an environmental magnet elementary school, and isn't owned by Metro Parks! What a perfect place for Kentucky's first green/natural cemetery to be born! Do you see the huge open space in the southwest corner? This is where it could go without even a pearl clutch. So what is a green cemetery and natural burial? No embalming and just a shroud or pine/wicker box. Very earthy. The internet is abuzz with it. It's time Louisville's high-thought, land-available zip code rise from the trenches. For the stout of heart on this, there are some things that need to happen to make this a reality:

1) JCPS need to get fired up about teaching their little ones that all things can be greenified--even if the older generation can only think of zombies and vampires on this topic.

2) Responsible husbandry of the area would include fruiting perennials such as black-and raspberries, horseradishes and asparagus beds nearby.

3) Educate the public that there's an abundance of info and history on green cemeteries for pondering and review.

4) Join in: There's not even one green cemetery in KY, either natural or hybrid, even tho all states surrounding KY have them.

This stuff is so cool since it touches on a bouquet of human issues and opportunities...and available for free for the open minded.

Oh, and do we already recognize the need for general upkeep of the cemetery in general; the few volunteers and Metro staff aren't cutting it. Just driving by the cemetery on the way to Kroger or the freeway bar will show the needed upkeep: fences wildly ripped up, tree branches askew, granite/cement walls collapsed. Right now, the cemetery is a disrespect to the memory of Captain Mary Miller, even though we daily celebrate her new paddle-wheel boat; this isn't right.

So thus, while this article is about environmental awareness, it's also about socio/cultural creativity in the face of blockheaded, putrefied recalcitrant neuro-Luddites. e.g. if we want environmental sustainability, we have to first work on cultural health. (Did I just say the quiet part out loud; pinch me and wake me up from my hubris!).

A few ordinances and codes might need to be changed or created start moving this needle. I recently re-learned at Café Louie that all citizens can stand before the city council for 3 minutes for any reason, so why don't you and I speak to them, with heartfelt tenor, about this novel initiative. I also think state laws and permissions are needed, so we could use support from Frankfort in their tried and true fashion: Generating high-minded rules and regulations but not giving a penny to fund it "appropriation"; oh well.

On top of all this, I can have a ray of hope that future obituaries will somehow indicate in the wording that it's to be a natural funeral; I can only hope for such cultural and behavioral improvements.

"...when I die don't bury me in a box in a cold dark cemetery; out in the garden would be much better cuz I could be pushin' up home grown tomatoes!" --Guy Clark (1983)

Why don't us nubile believers to this vision just park ourselves in the Portland Cemetery on Friday evenings between Good Friday and Halloween to sing this song until the earth beneath us dances to our tune?

\*Inspired by the songs and sentiments of Tolkien's Tom Bombadil. I think Tom would nod his approval.

And we all said, "Huh?",  
PortlandNate





Find inline skates to use on the paths...and on tennis court.

Find wire brush at 407 so I can start scraping off peeling deck paint before painting.

Grab 10x10 tent for ESL picnic on Saturday.

Reskill: determine project--> ID skills needed and lacking-->get basics from youtube-->go in-depth with library books-->ask local expert that you (only periodically) use for high skill projects-->ask city for local particularities-->source materials locally: RE-STORE, alley, junk yard, or big box store.

Trade off: Ibuprofen and Tylenol in tandem.  
Aging: must keep strong thru exercise.

HS Drop outs can get HS diploma if over 21. Virtual program. District charges fees. Can keep costs low maybe. (Taylor County has it.) SB 63.

KET KET.org KET App Legislature Updates

JRR Tolkien's Lord of the Rings audiobook on youtube.

<<<Musical interlude>>>

Golf for back flexibility. (Shawnee golf course)

Fix hoop house at LVL grows people's garden—reusing construction site plastic

Jakobin: publication that's far left. Hear the Bern Episode 30.

Michael moore losing weight by only eating when hungry. How to tell when you're hungry?  
--eight different types of hunger that can be considered as you develop a relationship to your own eating habits and your body's signals:

1. Eye Hunger – Food that you see and are drawn to visually
2. Nose Hunger – Smells of food that you love, inspiring you to hunger
3. Ear Hunger – The sounds of food preparation or dining can actually make you hungry!
4. Mouth Hunger – The mouth actually has a sensory desire to experience food (taste and texture)
5. Stomach Hunger – The very natural, physical hunger we feel when our stomachs are empty
6. Mind Hunger – Analytical eating! When you tell yourself you need more protein, water, or that you should cut out certain groups
7. Cellular Hunger – Our bodies ask us for things we need on a cellular level, both liquids and solids
8. Heart Hunger – We also experience hunger when we are sad and lonely — food is a major source of comfort!

Poor theater: grotowski and augusto boal..... ritual and myth rather than setting, props and text. And somewhat Artaud....ideas of educator Paolo Freire: Pedagogy of the Oppressed.

Setup WIFI camera out the front door. Strong signal. Maybe I can use a laptop if androids are no good.

## In Closing:

Things touched on:

Reskill

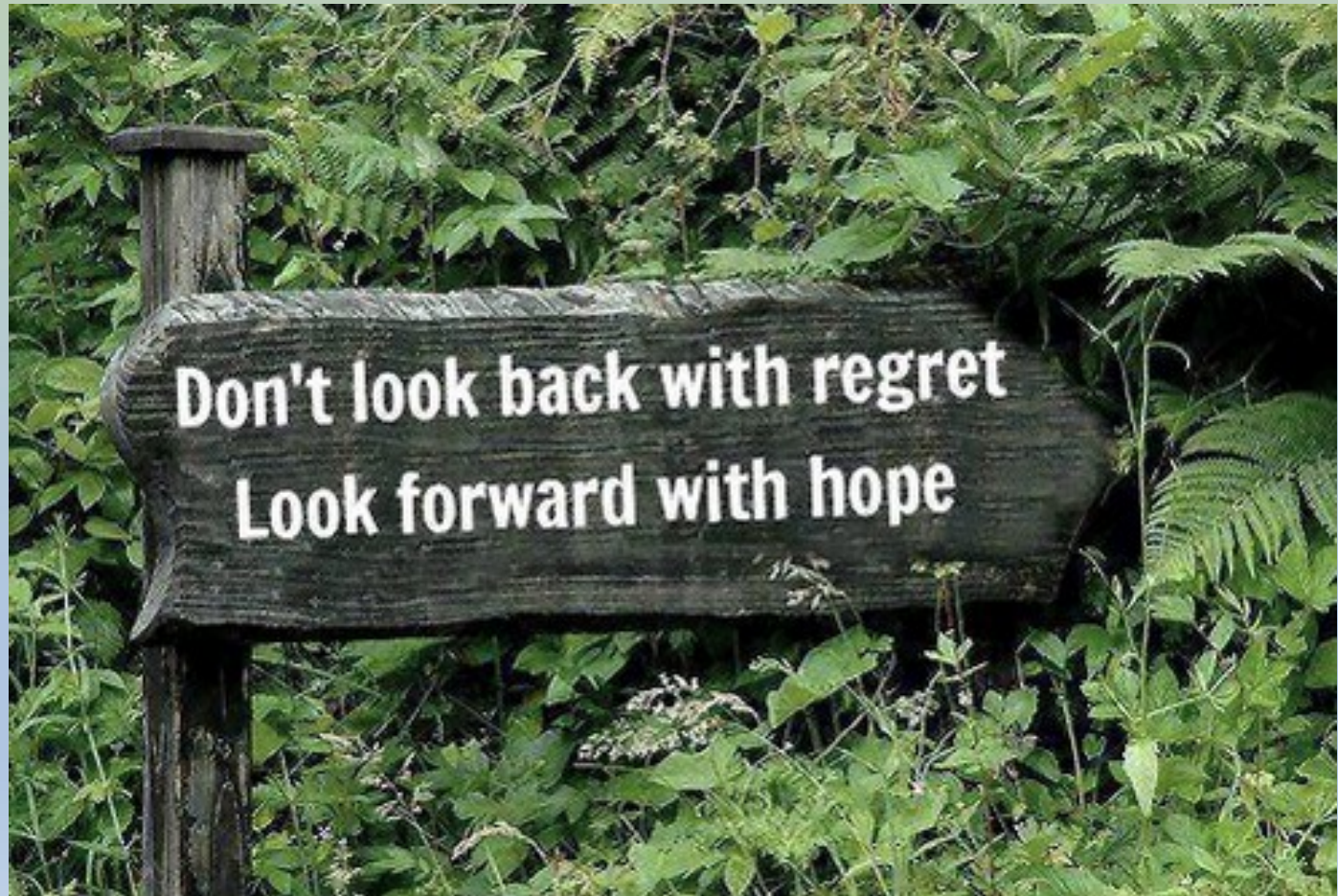
ReUse

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))

