

This is 96.9FM, KMRD-LP, Madrid, New Mexico. I'm Marlee Grace, and you're listening to Friendship Village.

[Music]

That was Jimmy Rogers Kisses Sweeter than Wine. Jimmy passed away this past weekend at the age of 87. That was a song that my dad used to sing when we were kids, I love that song so much. We started with If You Want to BE Happy by Jimmy Soul from the soundtrack of one of my favorite movies ever, Mermaids. You're listening to Friendship Village, music and advice with me, Marlee Grace, every Sunday from 3-5PM Mountain Time. And we have our first question of the show! If you have a question during the show, give me a call, 505-473-9696. You can also email friendshipvillageradio@gmail.com. This caller says, "my partner recently decided to move out of our tiny studio apartment. Two introvert sharing a small space in pandemic when there are very few third spaces to spend time has been a heavy strain on us. We're shifting to a new phase of our relationship, which is beginning to feel like the end of our romance, and I'm struggling with crippling loneliness. What do you turn to when you are faced with despair and have trouble finding your steadiness amongst the pain?" Sigh. You know, I've been talking to a lot of people lately about the dynamics of partnership in quarantine, it's something I think a lot about in my own partnership and something I talk so much about on the show. I think we're in such a codependent microscope. Recently my partner was leaving for three nights, and I remember thinking "you can't go." In normal times I'm like "see ya, have fun, can't wait for 3 nights by myself." But in the pandemic, which is already really lonely energy mixed with quarantine with one person and not being able to have as much as a social life or one-on-one time with other people, or the one-on-one time is masked or distanced outside - I think it's really normal to swing into some sort of space in partnership where we're so reliant on the other person. I don't think the space has to be as scary as it feels, but I think that loneliness is really common even if you are spending a lot of time with someone. You can feel lonely in a crowd, it's true. You can feel lonely quarantining with someone if you're not connecting to yourself enough, is what I think. For me, what do I turn to when I feel crippling loneliness? I turn to myself. I turn towards esteemable acts that make me feel good, whether cleaning, going through a walk or playing with my dog or making a phone call, doing a task I've been avoiding. Taking a bath, watching a show, reading, I've been reading so much more lately. Loneliness, I think we often abandon ourselves. We feel lonely and instead of turning to the person who can love us the most, which is ourselves, we turn away and we look desperately

everywhere for something other than ourselves. Even though it's scary and more work, just keep turning towards yourself and see what happens. Many blessings on the shift in the relationship. That sounds scary to stop living together with someone you love if that's the way you've set up your dynamic. And praying for the universe's will to be done, and the knowledge of that will, borrowing from some 12 step language, but how can you be in alignment with the greater good, the greater picture, and it might be really uncomfortable in the earth body place. You can do it, you can turn towards yourself. Many blessings, thank you for that beautiful question. You're listening to Friendship Village, if you have a question feel free to email me or call the station while the music is playing!

[Music]

That was Your Smith with Wild Woman, you're listening to Friendship Village, I'm Marlee Grace. We've got some great questions on the show today. I've been encouraging listeners to call in and dedicate a song to someone, you get to tell me the vibe and I pick the song for you. This one goes out to Zoe from Isabel, Zoe and Isabel are regular Friendship Village listeners and Isabel helps me transcribe all these shows, for those of you who listen and like to read the advice, shout out to Isabel. Isabel and Zoe's 8 year anniversary, that's no easy feat out there, my friends, we talk a lot about relationships here on Friendship Village and this is a beautiful one. To Isabel and Zoe.

[Music]

That was Sugar Time by the Mcguire sisters, before that we heard London Boy by Taylor Swift and before that we heard All my Life by Kaci and Jojo, dedicated to Isabel and Zoe who are celebrating their 8 year anniversary. Happy anniversary, friends! A little PSA about car donations to KMRD. I am happy to report I just donated my rusted out, but beautiful and not really working 1998 white Jeep Cherokee, I loved her so much, she got me from Michigan to NM but it was the end of the road for her. I donated her to KMRD, no matter where you are listening from, those of you who listen online, all over the country, the world, you probably can't donate if you live in a different country, if you live in the U.S., you can donate your car. Just call 855-500-7433 or visit kmrdfm/cars to get started. They pick it up for free and schedule when it works for you and it's tax deductible and benefits KMRD's operating budget. The greatest part to me was they came and picked it up from anywhere you want. Consider donating your car to KMRD. It's a great way to repurpose things in your life and benefit this amazing community radio station. You're listening to

Friendship Village and we have more questions! If you have a question, you can call 505-473-9696 or email friendshipvillageradio@gmail.com. This caller says, "I'm looking for some advice. I'm nonbinary and I've been using they/them pronouns for over three years now. I got a new job 10 months ago, and it's my favorite job I've ever had. The folks I work with are progressive and accepting, and for the most part I feel fine being around them. The challenge is that my coworkers get my pronouns wrong every day. I think in the past 10 months I've heard my pronouns correctly used just two times. I rarely correct them because that leaves me feeling really worked up and no one I'm working with knows how to receive that kind of correction (they'll be confused or over-apologetic). I feel like I'm the only one advocating for myself and like I'm not doing a very good job with it. Especially in these pandemic times when my coworkers are some of the only folks I interact with in person, it leaves me feeling pretty downtrodden even though I truly love my job and feel so grateful to be where I am and what I'm doing. Any advice on how I could better advocate for myself?" Ugh, what a beautiful question! Well, I'm going to answer it to the best of my abilities as someone who doesn't use the/them pronouns, but I certainly have a lot of people who I love very much who've gone through similar experiences. So I will guide as best I can and I love that the question is really about advocating for yourself, which I think even though I might not have experience with this exact thing, I think I can touch on advocating for yourself. My first thought which is maybe so cheesy but I had a friend who did this and it solved this problem very quickly, is that they literally wear a button that says "my pronouns are they/them." There's a myriad of fun they/them buttons out there if you feel called to do that. If you're like, that's the cheesiest thing I've ever heard, Marlee, please don't give me any more advice, I'm so sorry. But that's an option. The other one is, what I'm hearing you say, which I think is true for a lot of humans, when we give them a gentle correction that's like, hey i actually preferred to be called this, or my pronouns are actually this, we have to give this person more emotional labor because they messed up. And that's exhausting. I want to acknowledge your experience, I think it's really normal to not want to correct someone because it's more tiring and works you up more and takes you out of your headspace while you're at work. But yet, being misgendered is also taking you out of your headspace. I'm wondering if there's a way you can structure a sentence that's like "hey, no big deal, but my pronouns are actually they/them and it's really important to me, it makes me feel super seen, and really good when you use my correct pronouns." if they're like "oh oh I'm sorry," having another backup line like "really no need to apologize, if you

could just use them moving forward, that'd be great." Not like, I'd appreciate it, but that'd be great, because that's what should happen now. Play with that, write it out, see what feels good. Some of it is like, fake it til you make it with the confidence. You might feel shy, you might feel small being misgendered, you might feel out to sea in this moment of oh what am I supposed to say, I don't want to take care of this person, just deliver it really clearly. As much as you can be like - or even though you might be filled with rage and anger, just be like "super common mistake, but my pronouns are actually they/them, but if you could use those moving forward that'd be great." Those are my thoughts. I'm sorry that's happening to you at work, again, I think you're not alone. A lot of non-binary people, that happens to them - whether at work or even in their own friend group. If I have a friend who's recently switched to those pronouns, maybe the first time I get clunky, I feel trusted, also, when someone corrects me. When a friend is like "hey, Mar, just a reminder, I'm only using they/them pronouns now." I'm like, thank you so much for reminding me and I then also get the gift of trust, they trusted me not to overreact or to make it weird. You could be giving your co-workers a gift by showing them, you seem progressive and cool, I trust you, let me be really clear about this with you. Many blessings, that's a lot to navigate. If you love your job, I think there's a lot of room for growth around how you communicate with other people and advocate for yourself. I think you're going to be able to shine bright and I believe in you. Thank you so much for your call! You're listening to Friendship Village. I hear that there's going to be some rain today in New Mexico, it's forecasted. Who knows! Here's a little song about the rain.

[Music]

That was Walk Right Back with the Everly Brothers. Sigh. Just a sigh, just a - I was going to say sigh of relief but I think it's just a sigh about still wading through life over here. Let's see, what else did we listen to? Jody Miller, Connie Frances, Vacation, Gail Garnett, Johnny Ray, Eddie Gourmet. Here's the thing about Friendship Village, we have some more questions, some more advice questions. This person says, "I'm super curious about demystifying publishing/self-publishing for myself... could you talk about what your process was getting your first book out there? I was really intrigued when I read it was a zine first! And how about the recent book self-published book from this radio show, what was the process there? Would love any advice you might have on this!" Well, my first book I self-published but my second book was How To Not Always be Working and that did start out as a zine. Gosh, I have so much to say

about this. I've been thinking about how I can explain so more people can have the information about self-publishing. The steps are really - decide what you want to write about, write about it, design it or find someone to design it, and then pay someone to print it. You can put things up for pre-order and that can help you know how many orders or copies to order of whatever you're making. You can, a lot of times a local print shop will print it, fold it, staple it for you. That's what I do, I use a printer in Grand Rapids, Michigan. So yeah. Make the writing, design how it's going to be, and then find someone to print. Use your marketing channels to continue. That's how you do it. YOU have to believe in yourself and believe the world needs what you're making. You can start with your zine and then someday it'll become a book. So much of this is about really believing in yourself. Many blessings, dear caller. I'm going to give a part two answer after the next song because I want to give a clear answer. Love this question. This is Friendship Village, 96.9FM, if you have a question email me at friendshipvillageradio@gmail.com.

[Music]

That was Sunny and Cher "I Got YOU, Babe." We heard Leslie Gore and Clyde McFadden. We started off with Herman's Hermits. YOU're listening to KMRD, this is Friendship Village. To come back to the question of how do you get into self-publishing, it can feel like a mystery to people. The other thing I say to people, when they're trying to figure something out, is schedule an hour of uninterrupted "figuring it out" time. If you want to self publish a book, give yourself an hour. Get some snacks, make some tea, and start Googling. Where, locally, can I have something printed? What are on-demand print websites? What are the comparisons in price, quality, paper, etc.? Can I print in color or do I want to print in black and white? Opening a fresh Google Doc to really start to write out, this is the title of what I'm writing, these are the bones, the chapter names and then start expanding on the themes. Part of it is just believing that you're worthy of publishing your work or having your work published. Working with a publisher can be amazing, it can also be draining and you don't have as much control but they have distribution power and are sending it all over the world. But you might have shops that you really like who might want to wholesale your book. You can price your zine or book if you're self-publishing to be enough that you could have someone wholesale it at 50%. And getting the word out! Send a letter, put it on social media, newsletter list, keep brainstorming. IN this hour, if you really give yourself an hour to plan exactly what you want to do and how to launch and talk about your work, I really think you can do that. This is something I've been wanting to

teach more, I really love empowering people to do that in their lives, there's no gatekeepers in self-publishing which is so beautiful. Many blessings on your journey, I'm sure you'll find the right thing and the right timing. Here's a little Dusty Springfield!