

Marlee Grace / Friendship Village / 6.7.20

[Music]

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

[Music]

You're listening to FV with your host, Marlee Grace. That was "Let's Groove" by Earth, Wind, and Fire and before that we had "Stay" by Maurice Williams and "Hello From the Edge of the World" by amazing harpist, and my friend, Mary Lattimore. So, Friendship Village happens every Sunday from 3-5PM on KMRD and it's a music and advice show. If you want advice or you have a question about love, life, creativity, being a human in the world, you can call the radio station during a musical block at 505-473-9696, you can also email friendshipvillageradio@gmail.com. I look forward to hearing from you!

[Music]

That was Trisha Yearwood with "She's in Love with the Boy." Personally, one of my favorite 90s pop country songs ever written. That line, "Katie looks at Tommy like I still look at you" it makes me cry every freaking time. This is Friendship Village with your host, Marlee Grace. And 90s pop country holds a dear place in my heart. As I was growing up in the 90s, my dad was the editor and wrote a column for a weekly country music magazine. So a lot of country music in the house growing up and on the radio. Before that we heard "Expect the Bayonet" by Sheer Mag out of Philadelphia and "You Didn't Fix it Yourself" by Arthur Russell and "Lesson in Leavin'" by Jo Dee Messina, a cover, that song was originally done by Dottie West. Highly recommend listening to that version also. Friendship Village is a music and advice show every Sunday from 3-5PM you can call the station at 505-473-9696 or email friendshipvillageradio@gmail.com.

[Music]

That was Talking Heads with "Once in a Lifetime." And you're listening to Friendship Village with Marlee Grace. Before that we heard "How Will I Know" by Whitney Houston and "Chasing That Rainbow" by Allen Jackson and "Crazy" by Patsy Cline. Friendship Village is an advice and music show. You can call in at 505-473-9696 or email friendshipvillageradio@gmail.com. We do have our first question of the show. If you're a local or live here or have traveled here yesterday to our small town of Madrid, if you were here around noon you saw that many of us neighbors gathered here to march through the street in solidarity with the Black Lives Matter movement. We said George Floyd and Breonna Taylor's names outloud - two of the Black people who have been murdered by police in the last couple months. Two of countless murders that have been happening at the hands of police brutality. It was a really inspiring day to stand together in a predominantly white town to do that work together. And I had a couple people ask yesterday, and someone called in to say, where do I start? I can see the obvious scope of why it's

important to be anti-racist, but I'm not sure I have all of the tools. I just wanted to say yesterday I printed out a flyer that I handed out after we marched together, it's a really basic - it's a half-page - it's no huge theory on anti-racism or how to do that work, but it has a lot of links to different bail funds, links to defunding the police, different Black anti-racist educators that you can pay and learn from, different books that you can read, different petitions you can sign, different Black organized funds and ecosystems that you can redistribute your funds to. I have a lot of copies of those left, I also have digital PDF. So that's where you can start if you want that information I'm happy to share it with you. On the last show I also shared some things so you can email friendshipvillageradio@gmail.com, I'd be happy to send you the link. You can print it out at your own house. If you're also living in a small town or a rural area and there's not a lot of bigger organizing where you are, I don't identify as an organizer or activist, but I did make this very simple PDF one page that you can print out on your home computer and hand to your neighbors. That's a lot of what we're being asked right now is to communicate with other white people - share resources, share knowledge, wake each other up right now - so that that labor doesn't fall on Black folks and non-Black people of color. That's my thoughts for the day on that! Again, you can email me for the link to that. If you're living somewhere else and you want to distribute it to the community you can do that - I don't need credit or anything, it's just a list - and share it with people who need it! If you have other questions and you want to call in, give the station a call at 505-473-9696.

[Music]

That was Bonny Doon with "Longwave" and before that we heard "Can't Do Much" by Waxahatchee. And those two bands - shout out to Bobby and Katie who are listening right now, tuning in from Michigan and Kansas City. Shout out to all of our listeners tuning in from outside of the Madrid area who are listening online. And before that we had "Deeper than the Holler" by Randy Travis. You're listening to Friendship Village. I'm Marlee Grace and I'm here for all of your advice questions. You can call 505-473-9696 or email the show at friendshipvillageradio@gmail.com.

[Music]

That was "Easy Lover" by Phil Collins. You're listening to KMRD-LP, Madrid, New Mexico. This is Friendship Village. I'm your host, Marlee Grace. We had another great question. Every Sunday we talk advice and listen to music together. We had an email at the Friendship Village email address - you can send questions there throughout the week if you care to. Somebody asked, the frenetic urgent energy of social media is really depleting my nervous system and I just don't know what to do. I feel like I should be on it, I feel like I need a break. What's your advice? First, something a dear friend said to me today, she said "Instagram is not your higher power." I really needed to hear that today. I put so much faith in social media - my appearance there, what I say there, what I want to say there - that I give it all the control. When really, my higher power, my version of the spirit of the universe - you might call it God, you might have some other name for it, all knowing divine being - for me as soon as I start to obsess over

anything, I have replaced my higher power with that thing. That could be my relationship, could be six hours of the same television show in a row. We all know that feeling where we just start obsessing. Drink some nice tea, take some herbs that really coat your nervous system, and just slow down. The fight for justice is a marathon, not a sprint. I feel like a lot of people's eyes are getting opened, it can be overwhelming, the frenetic energy can actually be much more harmful to people around you. Slow down, make sure to turn your phone off, it's all still going to be there when we turn it back on. We forget that the phone has an off button, it does. It powers down, all the way to off. Not just sleep, not just airplane. You can really turn it off, put it in another room, put it in a box. A lot of different options. It's up to everybody to take care of themselves right now. If we are burnt out, we are not going to be of service to other people. As always, when I give advice on the airwaves, I am also speaking to myself. When we're not eating well, when we're not going for our walks - when I say "eating well" I mean whatever is true to you, whatever is nourishing to you in your eating practice - not doing our things that make us feel good because we're obsessing over what other people think of us, what's on the internet, what's my role right now. I think yesterday if you were here in Madrid, you really got to see the impact of what it means for neighbors to come together. That had nothing to do with social media. We maybe found out through spreading the word on Facebook or text message or on social media - but the gathering itself was about real life talking to our neighbors. Just remember that social media is a performance, that doesn't mean you have to be performative on there and be fake - but everybody is showcasing a curated experience there. Just remember that, pause, take your herbs, you're doing great. Or maybe you're not and need to step it up a little [laughs]. For me, it's being realistic with myself, checking in, where do I need to pivot, where do I need to up the inner work and outer work. Sending you many blessings to the person who emailed that. If you have a question, you can call in at 505-473-9696 or email friendshipvillageradio@gmail.com.

[Music]

That was "Golden Days" by Whitney and before that we heard "Paper Bag" by Fiona Apple. This is Friendship Village and I'm your host, Marlee Grace. I have an excellent question coming in from the Friendship Village email address. Every Sunday 3-5 we're talking advice, we're talking life, and we're talking music. And we're usually talking about being gay, just like me. So this emailer says "what advice would you give to a queer male in his 30s who has never been in a serious romantic relationship before but he wants to? I feel like the immediacy of online apps - Tinder, Grindr, Scruff, Bumble - have made us into a fantasy dating group where we search for our fantasy profile in relentless lust rather than explore our other attractions." Wow, what a beautiful question. First of all, queer dating! It's really different than hetero dating. There's just less of us, or there's maybe a lot of us that don't know yet. But I think there's less. I definitely have experienced this in the lesbian dating community. There's a lot of crossover - you're gonna date your ex-girlfriend's ex-girlfriend. Some kind of layered event like that, it's going to come up. I know for me, last year - I was someone who came out later, I came out in my late twenties after being in a marriage, married to a man - and so I think when I started dating women, there was definitely this pressure I was putting on myself, that's like an age thing. Something you did mention is "I'm in my thirties." I think we put a lot of pressure on ourselves about where we

should be. So first I just want to say, release yourself of that. I think that's going to free your energy up to be more available to yourself. If you kind of take that part out of it, I think you'll be able to manifest your dream man. Here's my advice, here's my idea. This is from direct great results, I found my now life partner this way, Jackie. Let's send some love to Jackie, our beautiful firefighter. She's fighting a fire in Arizona right now, let's send her lots of love and protection and safety as she tends to the land. So, before I dated Jackie, I dated someone else. And this person was a unicorn person, shiny and bright and celebrity-esque, I was just like, wow, this person. I thought that was what I wanted. I wanted the magic. And this person had the magic, we had that incredible spark but there was no way to turn it into a true, sustainable partnership. I realized that I had a lot of relationships like that - they were hot, we were attracted to one another, it's fun, it's addicting. And what I finally started calling in was I really made a list - and I actually made a list that brought me to my ex-husband, John, who's now my dear friend and we were together for five years - so I've done this practice a few times to really write out, what are the real qualities I want in a partner that aren't part of the flashy, cool part. I was like, I really want someone who will listen to me, but will call me on my BS. Who will encourage me, but doesn't let me get away with stuff. Someone who is tapped into their own self work and is willing to go to therapy. Someone who is an artist and thoughtful, that doesn't mean they have to be a professional artist, but they're creative and see the world creatively. Someone who's interested in some of the same music but also different. Someone with whom a quality of our relationship is adventure and eating good meals together with vegetables from where we live. And Jackie and I really envisioned that when we were picking where we want to live - we want to live in a small town that has lots of queer people and is fun and can be close to where she works - and we found that. There's a manifestation that's powerful and all people can tap into it. That's what I think! The other part, you're probably like, where am I going to find this person? Hello, COVID-19, hello global pandemic. How do we date off the digital sphere? I don't really know, I'm not attempting to do that at this moment but when you can go around people, I met Jackie at the artist residency that I was running. When you go to spaces that are in line with what you're excited about where you want to be - whether that's a dance performance or an art gallery opening, or an event or a protest - something that is just people being together. It's Pride month, we're not in some of those social situations that so often bring us together with other queer people but there are people hitting the streets right now. Heck, you can meet somebody there that's dedicated to the same revolution you are. Sending you many blessings and love, thank you so much for your question. There's love out there y'all - it's beautiful, it's queer, it's coming for ya. This is Friendship Village.

[Music]

That was One Day by Sharon van Etten and before that we heard the Shirelles "Will you Love Me Tomorrow," the Zombies sang us "Song of the Season," we heard Ace of Base, "The Sign." Such a hot song. This is KMRD Madrid, New Mexico and you're listening to Friendship Village.

[Music]

That was Something Sweet by Shy Boys. You've been listening to Friendship Village. I've got two little PSAs here. One is about our town's compost pile. Everyone is welcome to contribute kitchen scraps to the compost pile at the Madrid Community Garden. The Garden is located along the Greenbelt between Cave Road and Bridge Road. Find the compost pile on the west side of the garden and dump your scraps in the active bin following posted instructions. All carbon can return to the earth. Garden stewards are actively composting and creating soil for the coming season. So, I'm going to be doing that this week. I know I've got some vegetables, some scraps that could go over there. The other thing I wanted to share - a little accountability, something I'm going to do this week - is listen go the "Changing Times" radio series - as a newcomer to town, and I met a few other new people yesterday at our march - so I wanted to share this. Over the course of many months in 2019, a group of KMRD DJs and volunteers produced a four-part radio series investigating the ongoing impact of cultural and economic changes upon our community. Featuring the voices and talents of dozens of Madrid area locals, the series aired on KMRD in October. The four episodes address housing gentrification labor and law and order. If you missed the broadcast, check it out at KMRD.fm/changingtimes. Thanks everybody so much for listening to Friendship Village today, I'm Marlee Grace. If you have questions throughout the week you can always email friendshipvillageradio@gmail.com.

Resources referenced:

[Changing Times in Madrid, New Mexico radio series](#)

Madrid Community Garden