

Marlee Grace/ Friendship Village / 5.31.20

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

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You're listening to Friendship Village with Marlee Grace. Friendship Village is an advice and music show. We've got some great questions that have already come in for today's episode. Again, you can call the station at 505-473-9696 during any musical block if you have something you need advice on. In the meantime, we'll be listening to songs together. Today, we already have great questions around how to start a dance practice, how to start or continue anti-racism work, and a really amazing question about Buffy the Vampire Slayer. So I hope you'll stay tuned!

[Music]

Welcome to Friendship Village, this is Marlee Grace, your host. That was Haley Kiyoko featuring Kehlani and before that we heard White Swan by T-Rex and we heard Fruits of my Labor by Lucinda Williams. So, Friendship Village is a music and advice show. We had a question come in from an anonymous emailer, you can also email your questions to [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). It was a person who asked about how to be vocal about anti-racism work during this time. If you've been watching the news or looking at sm, you know that in the past couple weeks we've had a lot of light shed on the system that has been in place for a very long time - it's not broken, it was built this way - but we've seen a lot of Black lives lost via murder of police officers. Some of those Black folks names are George Floyd, Tony McDade, Breonna Taylor, and Nina Pop. And a lot of white folks are coming into this understanding of - I want to do something about this, I want to use my voice. So for those of you who are just getting started, welcome to the table. A lot of us come to this work late, and I think there's no better time to show up and use your voice than now. I wanted to share a couple of resources, and again you can always look at my website - [marleeegrace.space/friendshipvillageradio](http://marleeegrace.space/friendshipvillageradio) and that will bring you to all of the past episodes - all of the past shows - and there I usually link a lot of things. Anything I share right now I'll link there. Three things that have been really helpful to me are: [My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies](#). I really like that book because it's written for white-bodied people, Black folks, non-Black people of color, it's really to learn about breath, and ancestral trauma, and where that's living in our bodies and how we can undo white supremacy in our bodies to be more available for justice. Another great book is [How to Be an Anti-Racist](#) and [White Fragility](#). Start reading, get to work, start to understand, start to speak out and don't be afraid. You might mess up, you'll probably mess up, and to just not be fragile if you get called in, you might cause harm, but just be humble along the way. Another great thing to do is find a Black anti-racist teacher, you might

have one in your community or online. One I really love is Rachel Cargle, she has a lot of amazing classes and resources specifically geared towards white women who might want to join the fight that we all really need to be a part of. That's a very basic beginning, but check out the website page for more resources and links and also redistribute your funds. There's a lot of bailout funds that could use our money right now. Do your best and show up. Silence is loud right now. Again, you're listening to Friendship Village, advice and music with your host, Marlee Grace.

[Music]

You're listening to KMRD and this is Friendship Village with Marlee Grace, an advice and music show coming to you every Sunday from 3-5PM Mountain Time. We have another question and this is about starting a dance practice. As some of you may know, I'm a dancer and I love to help other people dance. So, if you're feeling like - and again with what's going on with Black bodies in America right now, what's going on with a lot of our bodies with a global pandemic, we need to dance. We need to connect. You don't have to be a dancer to have a dance practice. You can just put on music, feel good in your body - slow music or pop music or ambient music - just saying, all of the Friendship Village playlists are on my website if you want to take a listen. Put some music on that feels good to you, get the record player out, whatever feels good. And just start moving your body. A lot of times when I teach dance class I tell people, you can think of different elements - move like you're made of air, or made of water, or fire, or earth - and just see where that takes you. Move intuitively. There's no wrong way to have a dance practice. You can dance in silence, dance outside, wherever feels exciting to you. I hope whoever you are and wherever you are, you start a dance practice, let it be fun, let it be joyful, let it help grief move through you. Again, Friendship Village is an advice and music show. You can call in to the station while we're listening to music at 505-473-9696.

[music]

You're listening to Friendship Village and this is Marlee Grace. This is an advice and a music show. So we have one of my favorite questions ever that has come in via the Friendship Village radio email address. So again, if you think of something throughout the week that you want advice on - it can be serious, it can be funny - you can email [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). So this is from my sweet friend Brady who asks, "One of my favorite Buffy [and the Vampire Slayer] moments that I return to time after time when I just feel like absolute garbage and really need to champion is the season two finale. Buffy is down on the ground and Angel is twirling his sword like a dumb dumb and says "that's everything, huh? No friends, no weapons, no hope? Take that all away and what's left?" we know she snatches that sword in the air like a queen and replies with the poise of a water crane, "me!" So Brady asks, what advice/medicine do you take from that glorious scene and Buffy's response from what we are dealing with now? So, I go to Buffy as a television series for a lot of my personal life advice. I think Buffy represents the strong woman who we see through the heroine's journey throughout the seasons of the television show. In this moment, I think we really see - it's another example of Buffy taking her

power back. The thing Buffy does is she takes her power back and then shares the wealth with other people. She lets her friends in on the fight. She doesn't hoard resources, she's like "I'm the vampire slayer, and oh, Willow, I think you're a witch." Xander doesn't really become anything but that's sort of like the creator of Buffy's play on men don't have super powers. In this instance though, I really think we see the lesson of whether it's blatant racism or police brutality that we're seeing out in the world or sheltering in place and that wearing down on you, maybe you have a chronic illness, maybe you're lonely because you miss people - we have the power to look for resources, implement them in our lives, and share them with the people around us. We can't let vampires attack us. That's what police are, right? That's what white supremacy is. It wants to suck the living life out of people, specifically Black people, but all of us. In this instance, we get to see Buffy pick up the sword - it's all of our duty to pick up the sword of justice and fight for what's right. So, that is my interpretation of the Buffy season two finale. If you have question or advice or want to talk about Buffy the Vampire Slayer, which also has one of the most beautiful lesbian romances - Willow and Tara - that's ever been on television, highly recommend watching the series if you haven't. Again, you're listening to Friendship Village with your host, Marlee Grace. If you have a question you can call into the studio.

[music]

You're listening to Friendship Village with Marlee Grace. This is an advice and music show. If you have a question you want answered, you can call anytime during the music while we're playing music. Throughout the week, you can also email [friendshipvillageradio@gmail.com](mailto:friendshipvillageradio@gmail.com). We have a question today about talking to family members about politics. How do we engage with our family members, specifically white folks right now who maybe have parents or family members who aren't quite at the same level of understanding about anti-racism and social justice and we might want to call them in. How do we enact change within our homes and families? I think starting with yourself - compile resources, whether it's links to funds for them to donate to, books for them to read. For me I try to remind family members when they say something like "Oh, I can't imagine if something like that happened to my kid" to just remind them that what we're seeing happening right now doesn't happen to white kids. So just explaining to them the difference. A lot of poor white folks sometimes struggle to understand white privilege because they're like "but I'm poor, I don't have anything." And yes, there is a separate thing called class privilege. A person of color might have class privilege but if they're walking through the world, police are only going to see their skin color first. If you are a white person, your white skin is what people see before they know anything else about you. I think going in gently with our family. Also, this is an urgent time to call in people - we need as many people working in solidarity right now together. But, your family might be angry with you if you try to talk to them about something. They might not fully understand. We can have gentleness and compassion for them and their experience and to send them resources. I saw someone today, I will link this in the notes, they made a really beautiful template that they sent to friends and family to say "hey, I just wanted to touch base to see where you're at with your own anti-racism journey. Here are some links to some actions, a video you can watch, I'm on this journey with you." And all of this anti-racism work, I've heard it said by an anti-racism teacher I

follow, [Andrea Ranae](#), this isn't a title we get. We don't get to be an ally or a "good white person," we are working towards that but it's a forever practice. We don't graduate and neither does our family. And especially for queer folks listening, if you have family members who are actively racist and violent and this is not a conversation you can have them for fear of violence against you or emotional abuse, you also have to take care of yourself. I do believe that people can change but I also believe in really harmful people and that they exist. Take care of yourself and see where you can invite in new conversation.

[Music]

That was Mutual Benefit with Lost Dreamers. You're listening to FV on KMRD, this is Marlee Grace. And I want to talk a little bit about underwriting. KMRD is a non-commercial radio station, so we rely on support from our listeners and sponsors to fund our operations. Businesses and sponsors can receive on-air recognition of their contribution by becoming an underwriter of the station. It's a great way to spread the word about your business and keep KMRD on the air. For more information, contact Stella at [howdy@kmrdfm](mailto:howdy@kmrdfm). Thank you for supporting Madrid community radio. What a fun opportunity! If you have something you want to share with the world, you can underwrite a radio show. How fun, goodness for all. So we have another amazing question, and this question is about social media. And, let's see. Someone asked, they're hearing some confusion about what to post - on this show we've talked about the different murders of Black people that've been happening, forever, but recently in our news we're seeing them more by police. And there's a lot of urgency and necessity for white folks to speak up, to break their silence. Silence is violence, you might be seeing that. And so this person is saying, "I'm hearing a lot of confusion about what to post - how to convey solidarity, what's appropriate, what's just taking up space, how to de-center whiteness and also tackle it?" I think what they said, "de-centering whiteness" is really at the core of when you're looking to what to share right now. I hope to use my space, whether it's the show or my social media presence, to really just use that platform to redirect. So whether it's my newsletter I send out every week, Instagram, Twitter, just focus on where can I point people to that isn't me right now. What educators, what funds to donate to, what books to read, other social media feeds of folks to amplify their voices who are speaking up right now. You just have to try on what's working for you, and of course I see a lot of white folks who are artists sharing their art, and I don't think there's anything wrong with that, I think it's just - we want to make things that can be easily shared because a lot of times if you're a white person, a lot of your followers might be white. So they need to collect resources so they can start learning from different writers and educators who are Black. A platform - if you have 6 followers, if you have 1 real life friend- you have an opportunity to redirect, decenter whiteness, and direct them to other people who have been committed to this work for a really long time. There's different asks, everyone's going to want a different thing. Some people will say "you're not posting enough!" and some people will say "you're posting a lot!" I think it's really good to remember, no matter what is going on in our world - racism, classism, homophobia - people will always have their opinions about what they think you should do. It's a balance, finding a harmony in how to show up, how to step back. It takes practice. Social media can be really depleting right now, so remember to take breaks.

They can be short breaks. Our voices are needed - it might be exhausting to get on Instagram and that doesn't touch the exhaustion that the Black community is feeling right now watching members of their community be murdered in the middle of the day. So I just have to check my exhaustion and show up when I can on social media and take breaks. I can nap and recharge so that I can have clarity on what I want to share and where I want to point people. And you might mess up, and that's ok too. We need you! If you mess up, you can make amends for harm that may have been done. I'm still learning too, it's a forever learning of how to do this, how to be a good person showing up in the world, and we have to accept that we're the oppressor at the same time. It's a forever learning experience. I'm really grateful today to y'all who have listened in. I feel like it's a beautiful opportunity for me to get to share this on the radio waves, I'm grateful for the questions and to be of service in this way. Check out my website [marleegrace.space/friendshipvillage](http://marleegrace.space/friendshipvillage), I'll share a lot of links there to what I talked about today. Shoutout to Isabel, my assistant, who is also helping me transcribe these episodes, so if you have someone who is deaf or hard of hearing or would rather read than listen, they have an opportunity to still experience the show. I hope those are helpful. Let's keep listening to music!

**Resources Mentioned:**

[My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies](#) by Resmaa Menakem

[How to Be an Anti-Racist](#) by Ibram X. Kendi

[White Fragility](#)

Rachel Cargle

Andréa Ranae