

Hello everyone,

Gratitude is on my mind again, this time in terms of role models. A friend mentioned to me in a lovely email that he is grateful for the many role models in his life which help him to visualize himself behaving in ways that align with his values and with his heart. I am honored to be included as a role model for community support. His role models include a former co-worker on how to deal with conflict and how to be enterprising without being aggressive. His major professor in graduate school was a role model for how to stick to a task and see it through. His first boss in college was a role model on how to allow time for creativity and ideas and then move on to getting started with the work, using the guidance of the early excitement to motivate the project. His wife is a model for him in how to provide space for others in a group activity.

What I love about this is that it is not envy or resentment of other people for having these perceived skills or abilities. Instead, it is an acknowledgement and appreciation of the value of certain types of behavior and a sense of gratitude for having or having had people exemplifying these traits in our life. Viewing people as role models can really help us in shaping our own behavior, by envisioning ourselves behaving in new or different ways. Each of us may have different role models just as we have different approaches to life and different tastes and preferences. It is worthwhile to examine who our role models are at this time of life, since this like so much else can change over time. One of my role models seems to approach almost everyone with an offered hug. That I notice this and admire it shows that it is one of my values and something I'd like to do more of. Notice who your role models are and be grateful to them for their roles in your life. Who are your role models and for what?

On the subject of gratitude, thank you to everyone who attended NFDI's benefit for Northwest Folklife on March 30. It was a wonderful evening and we raised over \$2000. Thanks again especially to Allspice and Zakushka for playing, to Sno-King for yielding their dance space on a Saturday night, to Cedar Valley Grange for donating the use of the hall, to Scandia for use of their sound system, and to Penny Curtis for running sound.

I am also grateful to Nancy Atwood who responded to my question about why members value NFDI, stating that she hadn't known anything about the folk dance activities in the northwest when she first moved here a year ago. Mary Keiter told her about NFDI, Nancy subscribed and is enjoying the Northwest Folkdancer every month. Although she doesn't have much opportunity to dance now that she's moved, she likes the connection NFDI gives her with the folk dance community in the northwest.

The question stands: please email me at bmaslan08@gmail.com and tell me why you are a member of NFDI, why it is worthwhile to you to keep your membership current. Please tell your friends about NFDI. Maybe you'll enrich someone's life or be a role model for them while helping us to grow NFDI.