

0:00:08.166,0:00:10.375

Welcome, everybody, to The Ogden Way Podcast.

0:00:10.375,0:00:16.000

I'm Ogden City Mayor Ben Nadolski, and we're here to talk about Ogden stories by telling the stories of Ogden's people.

0:00:16.208,0:00:19.208

And today we have Michelle Tanner,

0:00:19.250,0:00:21.583

from Ogden Friends of Acoustic Music.

0:00:21.583,0:00:24.041

OFOAM as it's lovingly called. Right?

0:00:24.041,0:00:25.458

That's right.

Michelle,

0:00:25.458,0:00:26.500

Thanks for being here with us.

0:00:26.500,0:00:27.250

Thank you.

0:00:27.250,0:00:28.291

Thank you for inviting me.

0:00:28.291,0:00:29.541

I'm so glad to be here.

0:00:29.541,0:00:31.958

Yeah. You are no different than anybody else.

0:00:31.958,0:00:35.500

When you start peeling the onion, you start getting some layers  
and you've got layers.

0:00:35.916,0:00:37.208

There's a lot to you, right?

0:00:37.208,0:00:39.375

Oh, I guess so.

0:00:39.375,0:00:41.291

Starting with. I'm an Ogdenite.

0:00:41.291,0:00:42.166

That's right.

0:00:42.166,0:00:45.166

And I've been here all my life. Except just a year in Salt Lake.

0:00:45.458,0:00:47.250

I didn't last very long way.

0:00:47.250,0:00:48.416

I wouldn't either.

0:00:48.416,0:00:50.708

In Salt Lake. But,

0:00:50.708,0:00:52.958

So you're from Ogden, which means you're pretty sporty.

0:00:52.958,0:00:54.041

You're salty.

0:00:54.041,0:00:56.166

Got a chip on your shoulder.

You're just like the rest of us, right?

0:00:56.166,0:00:56.916

Yes.

0:00:56.916,0:00:57.541

You got it.

0:00:57.541,0:00:58.083

You're gritty.

0:00:58.083,0:01:00.083

Edgy. You're edgy, you're gritty.

0:01:00.083,0:01:01.333

Right? Yep.

0:01:01.333,0:01:03.833

But you also love to give back.

0:01:03.833,0:01:04.583

Absolutely.

0:01:04.583,0:01:06.875

Love to build things, right?

0:01:06.875,0:01:09.958

Yes. I learned that from, my mom, Dottie Vernieu

0:01:09.958,0:01:13.416

was an amazing community, person who

0:01:14.750,0:01:18.291

worked at McKay hospital and did community services

0:01:18.291,0:01:22.166

for the rehab center,  
the cardiology department, and all kinds of things.

0:01:22.166,0:01:24.166

And I learned a lot from her.

0:01:24.166,0:01:27.166

I learned a lot from her and even followed - took after her.

0:01:27.375,0:01:29.625

Well, yeah. A bit.

0:01:29.625,0:01:33.708

So you had a full career in nursing  
before you were the overseeing home.

0:01:33.791,0:01:35.666

Well there was quite a bit of overlap there.

0:01:35.666,0:01:40.041

But I certainly did have a full career in nursing,  
mostly at McKay-Dee.

0:01:40.125,0:01:44.000

The newborn ICU started there

0:01:44.541,0:01:47.083

1980 and,

0:01:47.083,0:01:52.166

and then around 2004, right around 2004.

0:01:52.166,0:01:52.666

Yeah.

0:01:52.666,0:01:57.416

I was still working there,

but I also joined the Intermountain LifeFlight

0:01:58.250,0:02:00.625

team, of neonatal team,

0:02:00.625,0:02:04.666

and did newborn transports

and started working at Primary Childrens

0:02:04.666,0:02:10.958

And we've expanded over all these years, but I was able to retire

almost a couple years ago from nursing after

0:02:11.958,0:02:14.166

like 45 years.

0:02:14.166,0:02:17.166

And you've done nothing but just relax since then.

0:02:17.291,0:02:18.000

Right.

0:02:18.000,0:02:21.000

Well, strangely, I started off,

0:02:21.166,0:02:25.333

17 years ago or whatever 2008 is,

0:02:25.791,0:02:29.291

and I did that at the same time.

0:02:29.291,0:02:32.416

I was working my job, and I at the same time,

0:02:32.416,0:02:35.416

I went back to school and,

0:02:35.500,0:02:39.916

got my bachelor's degree, which is important  
if you're in the nursing field.

0:02:39.916,0:02:43.541

And I always said I got a degree in nursing, but

0:02:43.916,0:02:46.791

I got an education in business

0:02:46.791,0:02:50.500

and event planning and fundraising

0:02:50.875,0:02:53.500

because I started off home,

0:02:53.500,0:02:57.166

and it's a nonprofit organization that has

0:02:58.375,0:03:01.208

lived up to the like a pretty good sized budget right now.

0:03:01.208,0:03:04.291

Yeah, well, you do pretty good sized things.

0:03:04.291,0:03:06.083

Pretty good sized event, right?

0:03:06.083,0:03:07.250

It's it's pretty fun.

0:03:07.250,0:03:10.625

So our flagship event is the Ogden Music Festival,

0:03:10.791,0:03:13.666

and that's coming right up our 17th

0:03:13.666,0:03:17.625

annual Ogden Music Festival is coming up again at Fort Buenaventura

0:03:17.625,0:03:23.083

It'll be May 30th through June 1st, three days outside.

0:03:23.666,0:03:26.166

And if you haven't been to Fort Buenaventura

0:03:26.166,0:03:29.166

which a lot of people in Ogden, it's amazing.

0:03:29.541,0:03:32.166

They've been when they were a kid or they've heard about it

0:03:32.166,0:03:35.458

but haven't been there and can't believe it's such a cool place.

0:03:36.250,0:03:39.458

But we have camping on site and

0:03:39.458,0:03:43.166

a big nice main stage set up of workshop stage.

0:03:43.166,0:03:43.666

We have

0:03:44.833,0:03:47.833

vendors, you know, arts and crafts and,

0:03:49.541,0:03:54.583

food vendors and a great kids area and an instrument petting zoo,

0:03:55.083,0:03:58.875

which kind of is part of another arm of OFOAM

0:03:59.500,0:04:02.500

And that is our will and way program.

0:04:02.625,0:04:07.666

So again, the Ogden Music Festival is our flagship event and our,

0:04:08.000,0:04:12.666

our big event that, we reach the most people through once a year.

0:04:13.875,0:04:17.083

But throughout the rest of the year, we have,

0:04:17.083,0:04:20.083

we offer free music lessons at

0:04:20.875,0:04:22.208

Boys and Girls Clubs

0:04:22.208,0:04:25.208

and Youth Impact and Utah Neighborhood Connection.

0:04:26.083,0:04:29.291

And we do that because a lot of kids aren't it

0:04:29.583,0:04:33.291

don't find music lessons accessible

and they may not have an instrument to use.

0:04:33.291,0:04:39.250

So we have a pretty big instrument library and lending library.

0:04:39.250,0:04:44.458

So that's what will and way is Weber instrument  
lending library for Weber Acoustic Youth.

0:04:45.791,0:04:47.416

And then

0:04:47.416,0:04:50.833

we take those instruments  
and have an instrument petting zoo at the festival,

0:04:50.833,0:04:54.000

because it's a big part of our mission to hopefully

0:04:54.000,0:04:58.208

get instruments in the hands of kids and get them taking lessons

0:04:58.208,0:05:01.750

because we know how much, benefit they can get

0:05:02.833,0:05:07.833

intellectually, emotionally, socially and self-confidence.

0:05:08.416,0:05:09.958

Their brain works better.

0:05:09.958,0:05:13.375

You know, things have come together nicely with music lessons,

0:05:13.750,0:05:18.125

and it's something that no one can take away from them  
if they can learn how to play an instrument.

0:05:18.416,0:05:22.625

Yeah, I think that often is known for the for the festival.

0:05:22.625,0:05:23.500

Sure. Right.

0:05:23.500,0:05:28.083

That's just the big flagship thing that everybody we all go to.

0:05:28.125,0:05:31.833

We spend our days there. It's just a fun atmosphere.

0:05:31.833,0:05:34.833

There's it's fun, there's friends.

0:05:35.333,0:05:38.625

It's just a place that you can be for a long time  
and you just are going to enjoy yourself.

0:05:38.625,0:05:40.458

And it's really a great environment.

0:05:40.458,0:05:44.166

If you haven't been, you have to go, yeah,  
we try to describe it like that.

0:05:44.166,0:05:48.208

Just like you're saying it's, as a comfortable social environment

0:05:49.208,0:05:51.500

and it is it's a good vibe.

0:05:51.500,0:05:55.125

And when people when we do our surveys and we do the big word

0:05:55.333,0:06:00.916

thing, the biggest word that comes up is vibe,  
because it really is a good vibe.

0:06:00.916,0:06:05.416

It's relaxing and chill and you meet other people

0:06:05.958,0:06:08.958

and everybody has a good time all ages.

0:06:09.041,0:06:10.541

Yeah, it's totally family friendly.

0:06:10.541,0:06:13.625

I bring my kids down,  
my wife and I, you bring your chair, bring a lawn chair.

0:06:13.666,0:06:14.791

Right, right.

0:06:14.791,0:06:17.250

I think the lower ones are better.

0:06:17.250,0:06:19.958

You can get closer. Yeah. Hello one. Right.

0:06:19.958,0:06:22.958

And it's fun to just post up,

0:06:23.500,0:06:26.166

have your chair bring a blanket or whatever you might.

0:06:26.166,0:06:29.083

I feel like the kids are just kind of running around  
doing all kinds of things.

0:06:29.083,0:06:32.041

And there's activities for the for the kids. Yeah,  
they have a blast.

0:06:32.041,0:06:33.125

The kids have a blast.

0:06:33.125,0:06:36.791

And we recognize that these kind of positive

0:06:36.791,0:06:40.208

social activities are really great for families.

0:06:40.208,0:06:45.208

And so we we collaborate with several of the local,

0:06:45.208,0:06:49.791

other non-profits

that are youth serving and give them tickets so that they can

0:06:51.166,0:06:53.375

get a family to come out

0:06:53.375,0:06:54.333

a pair a single day.

0:06:54.333,0:06:59.291

Passes can get both parents in,  
and then if their kids are young, 16 and under gets in free.

0:06:59.750,0:07:05.333

We've always had that rule  
and we'll never change that because it's so important

0:07:05.333,0:07:10.541

to us to expose kids to music and,  
and this good social environment.

0:07:10.750,0:07:13.583

Well, I think what what you also expose kids

0:07:13.583,0:07:16.583

and families and just people to is,

0:07:16.833,0:07:18.791

what, what I call meaningful social connections.

0:07:18.791,0:07:20.833

It's one of the seven pillars of the ideal way.

0:07:20.833,0:07:21.416

Okay.

0:07:21.416,0:07:24.833

Those are their seven things  
that we need to focus on as a community.

0:07:25.000,0:07:29.916

Some of them as a city, but others as partners of the city  
and as a whole community.

0:07:30.625,0:07:33.041

In order to, to be our best and,

0:07:33.041,0:07:37.125

and really step into our best selves,  
we have to have access to these seven pillars.

0:07:37.125,0:07:39.000

And one of them is that meaningful social connection.

0:07:39.000,0:07:41.625

And that's great. Yeah. Right.

0:07:41.625,0:07:46.125

But that's what that's what I take away from that festival  
when I go is, you know,

0:07:46.125,0:07:50.291

I sit there and, some of the performance

I like more than the others.

0:07:50.291,0:07:53.291

And like, sometimes you get really get into one sometimes, like,  
yeah, you know, it's okay.

0:07:53.291,0:07:56.916

And there's because there's just different  
tastes and likes and flavors

0:07:57.250,0:08:01.000

in the event and, but I always enjoy it

0:08:01.000,0:08:05.208

because I'm surrounded by people that I know, people  
that don't know, but everybody's kind to each other there.

0:08:05.708,0:08:06.041

Right.

0:08:06.041,0:08:07.375

Which is also kind of the other way.

0:08:07.375,0:08:10.375

Like we're we're a very warm and welcoming people here.

0:08:11.000,0:08:14.000

And you see and feel and experience that there.

0:08:14.583,0:08:16.708

It's it's Ogden it is it.

0:08:16.708,0:08:17.916

You're there, it's Ogden.

0:08:17.916,0:08:20.625

And we really strive for that.

0:08:20.625,0:08:24.416

From the acts that we book, you know, we started out

0:08:25.333,0:08:29.500

really strongly as a bluegrass festival

because that was what I was used to,

0:08:30.583,0:08:35.041

going to a festival that my brother started in Flagstaff.

0:08:35.041,0:08:38.041

He actually influenced me to start this one.

0:08:39.083,0:08:43.958

But as the years went by,  
I realized that's a lot of bluegrass and a lot.

0:08:43.958,0:08:45.458

And it's not for everybody.

0:08:45.458,0:08:50.541

And, you know, Ogden has a lot of diversity  
and a lot of different likes and things.

0:08:50.541,0:08:56.166

So we started changing it up and we're so glad that we have.

0:08:56.625,0:09:00.916

And it really does, make it fun  
Friday nights usually kind of of more of a rock and night

0:09:00.916,0:09:04.125

and people get a little more, up and dancing.

0:09:04.875,0:09:08.916

Saturday, though, is a lot of acoustic music,  
but it's not all that.

0:09:08.916,0:09:12.041

And it we bring the best of acoustic music

0:09:12.583,0:09:15.250

from around the country and even, around the world

0:09:16.416,0:09:17.250

to our event.

0:09:17.250,0:09:19.750

But do you even bring mariachi music?

0:09:19.750,0:09:20.583

Oh, absolutely.

0:09:20.583,0:09:22.208

Floral offerings to a tune.

0:09:22.208,0:09:25.208

Okay, so a few years back,

0:09:25.375,0:09:28.333

I realized we have a huge population

0:09:28.333,0:09:31.333

in Ogden that we're not we're not serving.

0:09:31.458,0:09:36.208

And, 30% of our population

0:09:36.208,0:09:39.208

is Hispanic, Latinx, and,

0:09:41.208,0:09:43.333

we Arlene Anderson joined our board

0:09:43.333,0:09:47.500

my old friend

who used to also work with me in the newborn ICU.

0:09:47.875,0:09:52.166

Latina and said, shame on you

0:09:52.166,0:09:57.375

that you haven't had more diversity on your board

and in your offerings.

0:09:57.375,0:10:03.375

And you know, it's, it's something that is very purposeful

and you have to do it.

0:10:03.375,0:10:08.416

And if you don't do it, you're being neglectful

is what I feel like.

0:10:08.666,0:10:11.416

And same thing when it comes to booking music.

0:10:11.416,0:10:14.750

And this year we have, both a mariachi

0:10:14.958,0:10:18.791

band from Salt Lake, Mariachi Fuego, that's a youth band.

0:10:18.791,0:10:21.583

And actually their band leader marks.

0:10:21.583,0:10:24.958

I want us to teach us, for us, that youth impacted.

0:10:25.666,0:10:27.041

Excuse me. He and his daughter, Connie.

0:10:28.125,0:10:28.875

Amazing.

0:10:28.875,0:10:34.291

And then we have a band from New Mexico, Lone Piñon, that brings

0:10:34.666,0:10:38.916

real traditional, music from that part of the country.

0:10:39.041,0:10:41.166

And it's lovely music.

0:10:41.166,0:10:44.541

So we try, we're trying.

0:10:44.541,0:10:47.500

We, we book a lot of women on stage.

0:10:47.500,0:10:49.416

That's very important to us.

0:10:49.416,0:10:51.458

So I'm very thoughtful too.

0:10:51.458,0:10:53.625

So we're we're searching for this diversity.

0:10:53.625,0:10:56.291

Yeah. So Arlene Anderson, also school board member.

0:10:56.291,0:10:57.875

Yes, ma'am.

0:10:57.875,0:10:58.666

School board member.

0:10:58.666,0:11:01.750

Arlene, passionate community member,

0:11:01.750,0:11:04.958

passionate supporter of of cultural diversity, etc..

0:11:05.583,0:11:08.250

You wouldn't look at me and think diversity, right?

0:11:08.250,0:11:11.583

But it's actually I became much more,

0:11:12.583,0:11:15.583

engaged with the festival when you started to do that.

0:11:15.666,0:11:18.083

Not that I don't like bluegrass,

0:11:18.083,0:11:21.083

but I'm like, it's just there's only so much for me.

0:11:21.291,0:11:24.583

So when you guys started to bring more diversity,  
I found more interest there.

0:11:24.583,0:11:30.250

And I had I started to have more fun at the event  
and that stayed longer and came back another day.

0:11:30.875,0:11:31.875

Oh that's great.

0:11:31.875,0:11:32.208

Yeah.

0:11:32.208,0:11:35.208

And so that diversity doesn't just appeal to diversity.

0:11:35.500,0:11:36.291

Right? Right.

0:11:36.291,0:11:40.416

I'm it appealed to me because to me that diversity is also again

0:11:41.125,0:11:44.500

and I don't know, I've just never really been like a one type

0:11:45.541,0:11:46.583

music guy.

0:11:46.583,0:11:48.250

I don't have that in my life.

0:11:48.250,0:11:49.958

I just like

0:11:49.958,0:11:55.000

entertainment, I like performance, I like the arts,  
and I like to watch people and be around good people.

0:11:55.208,0:11:59.208

And I love being around good energy,

0:11:59.833,0:12:04.875

you know, people  
that are happy and, loving and kind of supportive to each other.

0:12:05.666,0:12:07.416

And that's just what this event is.

0:12:07.416,0:12:09.791

It's it's

0:12:09.791,0:12:12.791

hours and hours and days in a row of that.

0:12:13.208,0:12:16.208

So if you like any of those things, this is for you, right?

0:12:16.250,0:12:16.750

Right.

0:12:16.750,0:12:20.333

And the people who I think enjoy it

0:12:21.291,0:12:24.416

more than any in some way are volunteers

0:12:24.916,0:12:27.916

who are working and

0:12:28.791,0:12:31.958

they don't have to work too much to get the three day pass. But,

0:12:33.500,0:12:35.083

it's a pretty it's a pretty good deal.

0:12:35.083,0:12:40.541

So if it if the price of the festival seems high,  
there's great volunteer opportunities

0:12:40.541,0:12:43.625

and then you'd have a little bit of ownership,  
a little bit of that is yours.

0:12:43.625,0:12:47.416

And you might say to your friend, well, my festival,  
this is my festival.

0:12:47.541,0:12:48.458

We hear that a lot.

0:12:48.458,0:12:52.875

And yeah, it just warms my heart whenever I hear, people that work

0:12:52.875,0:12:57.958

with the same high festival  
because it is, it's it is, it's it's our town.

0:12:57.958,0:12:58.500

Like.

0:12:58.500,0:12:59.375

Yeah, this is my dad.

0:12:59.375,0:13:02.375

It's our town. I, I raised me right.

0:13:02.375,0:13:04.500

I wasn't born and raised here, but I feel like the city raised me.

0:13:04.500,0:13:07.500

But it raises you through experience, right?

0:13:07.750,0:13:08.208

Right.

0:13:08.208,0:13:12.166

Being, you know, with people  
and when you're saying that, you can volunteer

0:13:12.166,0:13:15.291

and you'll feel more ownership and you can I call it

0:13:15.291,0:13:18.291

your my festival.

0:13:18.458,0:13:23.375

I was just thinking about, late, late at night at the fort by true

0:13:24.166,0:13:28.708

back when I was a volunteer at the GOAL Foundation,

we were organizing, running in the Hurt in the Dirt.

0:13:29.458,0:13:32.708

And I've never been more tired and or

0:13:32.708,0:13:35.708

and volunteering before or dirtier

0:13:35.916,0:13:39.500

or happier or more fulfilled, right.

0:13:39.916,0:13:40.250

Yeah.

0:13:40.250,0:13:43.833

And those are the times that I got to know Mike McBride.

0:13:43.875,0:13:46.541

That's when you build connection with each other.

0:13:46.541,0:13:48.166

It's meaningful social connection.

0:13:48.166,0:13:49.625

It's not just through events.

0:13:49.625,0:13:53.333

It's not just through music and, arts.

0:13:53.333,0:13:57.666

It's also through giving and sweating and volunteering and serving.

0:13:57.666,0:13:58.875

Right. It is.

0:13:58.875,0:14:03.333

And that really is an Ogden Ogden thing, I think.

0:14:03.916,0:14:05.916

And it was a long time before I volunteered.

0:14:05.916,0:14:11.083

I raised three kids, and I just who's got time to volunteer.

0:14:11.083,0:14:16.125

It was kind of foreign to me,  
despite what my mom had instilled in me of a sense of community.

0:14:16.833,0:14:19.708

But it was the Olympics that came around that I first encountered.

0:14:19.708,0:14:24.916

That's like the event of the right world and such hard work.

0:14:25.333,0:14:26.166

5 a.m.

0:14:26.166,0:14:29.500

to get on that course crew of the men's downhill, to be up

0:14:29.500,0:14:32.666

on the mountain and day after day I was exhausted.

0:14:32.666,0:14:34.416

But it was very meaningful.

0:14:34.416,0:14:36.708

And it's a slippery slope.

0:14:36.708,0:14:42.041

You yeah, you know, you end up finding more places to volunteer.

0:14:42.041,0:14:46.000

And as long as it's something that you like, it's not work.

0:14:46.000,0:14:47.625

It's it's fun.

0:14:47.625,0:14:49.750

And to be of service,

0:14:50.791,0:14:52.333

it's just a great feeling.

0:14:52.333,0:14:53.875

Yeah. And it is a slippery slope.

0:14:53.875,0:14:57.791

I remember my wife and I had these new bicycles like community

0:14:58.000,0:15:02.166

commuter bikes

and we put milk cartons on the back that we got from Cafe

0:15:02.166,0:15:05.333

Mercantile from Dick and Lance

when they opened their store on 26, and Harrison and,

0:15:07.125,0:15:09.333

and we rode down in the dark.

0:15:09.333,0:15:12.125

So cold that morning, running our bikes down

0:15:12.125,0:15:15.166

to Washington Boulevard to volunteer load busses for the marathon.

0:15:15.541,0:15:18.458

Oh, right. I did that for the first time last year.

0:15:18.458,0:15:18.958

Did you?

0:15:18.958,0:15:22.041

And the notices and I haven't signed up yet.

0:15:22.041,0:15:25.041

And I thought, well, of course I'm going to do it again.

0:15:25.375,0:15:27.041

Christy.

0:15:27.041,0:15:28.750

Mike's Christy was there.

0:15:28.750,0:15:31.958

And you know, I just got into it like,

0:15:32.166,0:15:35.416

okay, this is how right load up and then we're good

0:15:36.416,0:15:36.916

safety.

0:15:36.916,0:15:39.375

Third.

0:15:39.375,0:15:42.375

But you know why that is why.

0:15:43.416,0:15:46.416

Well it's kind of the and EMS sort of thing.

0:15:47.083,0:15:50.083

First you need your for your basic bodily

0:15:50.166,0:15:53.166

functions of breathing and water and food.

0:15:53.708,0:15:57.458

And you've got to have fun and some kind of

0:15:57.458,0:16:00.583

a connection to do anything.

0:16:01.541,0:16:03.791

Just like we're talking about volunteering

0:16:03.791,0:16:07.291

or working or and then you got to be safe.

0:16:07.291,0:16:08.833

So it's third.

0:16:08.833,0:16:11.708

Otherwise you would just be home  
if you didn't have those other two things.

0:16:11.708,0:16:14.291

Just be safe to stay here. I'm safe here. Don't do anything else.

0:16:14.291,0:16:16.875

Yeah, yeah. That's fair. I like your mindset.

0:16:16.875,0:16:20.833

Well, you're more adventurous than you lean  
on, is what I'm guessing, because.

0:16:21.375,0:16:24.375

I mean, if you were a LifeFlight nurse, right?

0:16:24.583,0:16:25.333

There's some adventure.

0:16:25.333,0:16:26.500

You've had some adventure in your life.

0:16:26.500,0:16:30.208

Yeah, and some sleepless times and challenging.

0:16:30.208,0:16:33.250

Definitely challenging situations, for sure. Yeah.

0:16:33.250,0:16:34.875

So volunteering is a slippery slope.

0:16:36.000,0:16:37.500

One day, my wife and I were riding downtown.

0:16:37.500,0:16:39.208

Now I'm the mayor.

0:16:39.208,0:16:41.541

There was a slippery slope all the way.

0:16:41.541,0:16:42.458

Right.

0:16:42.458,0:16:43.875

But don't you feel better when you do that?

0:16:43.875,0:16:46.333

Like you have to be feeling like, oh, it's a slippery slope.

0:16:46.333,0:16:49.333

I had this whole career. I retired.

0:16:49.416,0:16:51.291

Now I'm nowhere near

0:16:51.291,0:16:54.291

retired because I'm giving so much in my volunteer work.

0:16:54.458,0:16:56.583

Yeah, yeah, that's it's hard.

0:16:56.583,0:17:01.125

I mean, I find being the executive director very rewarding,

0:17:01.958,0:17:05.166

and I'm very proud of what we've built

0:17:05.750,0:17:09.208

from the music festival to our will and my program

0:17:09.208,0:17:13.208

and we'll talk about Dia de Los Muertos in Ogden.

0:17:13.208,0:17:16.791

I sometime will segue to that, I'm sure.

0:17:16.791,0:17:18.583

But, I'll make sure of it.

0:17:18.583,0:17:22.750

Right, because I know that's one of your favorite things.

0:17:25.666,0:17:29.041

Yeah, it's very rewarding, but it is exhausting.

0:17:29.041,0:17:33.250

And so I'm like, I know why I retired when I turned 65.

0:17:33.250,0:17:35.166

It's because you're tired.

0:17:35.166,0:17:39.208

And after working a whole lot, you know, I sleep.

0:17:39.208,0:17:46.333

I took me about a year to catch up from sleep,  
and I kind of feel like I took about that much time

0:17:46.333,0:17:50.625

to kind of recovering from some PTSD, traumatic experiences

0:17:50.625,0:17:54.666

with some gnarly transports where, you know,

0:17:55.291,0:17:57.666

the things that happen to children and,

0:17:57.666,0:18:01.000

I've always had a good attitude about babies and

0:18:02.500,0:18:06.208

I know there's so many things that can go wrong with babies,  
and not all

0:18:06.208,0:18:09.916

babies are meant to be here on Earth.

0:18:10.000,0:18:14.083

And there's worse things than going to heaven  
for some of these babies.

0:18:14.625,0:18:19.125

And so I've always had that attitude has been my buffer  
to deal with things.

0:18:19.125,0:18:20.041

Hard times in

0:18:21.166,0:18:23.416

dealing with,

0:18:23.416,0:18:27.250

newborn intensive care babies  
that don't make it and that sort of thing.

0:18:27.500,0:18:29.375

But the children, it's hard.

0:18:29.375,0:18:31.958

That's really hard.

0:18:31.958,0:18:33.250

They're tough.

0:18:33.250,0:18:33.666

Yeah.

0:18:33.666,0:18:36.666

We have, well, first of all, it's a

0:18:36.875,0:18:40.625

that's an amazing mindset

because, it comes from a place of strength.

0:18:40.625,0:18:45.500

I know you don't just have that mindset

that you have to be strong enough to have that mindset.

0:18:45.500,0:18:48.500

But I've noticed with for our police

0:18:48.500,0:18:51.583

and fire personnel, when there's a child involved

0:18:52.583,0:18:54.958

that sets them back. Yeah.

0:18:54.958,0:18:57.500

When those come through the into watch reports

that I get every day.

0:18:57.500,0:18:58.125

All day.

0:18:58.125,0:18:58.666

Yeah.

0:18:58.666,0:19:01.666

When those happen,

0:19:01.875,0:19:03.916

we have to follow up with those that were involved.

0:19:03.916,0:19:07.625

And there's been a real cultural change

0:19:07.708,0:19:11.916

with, firemen and EMS on that.

0:19:12.458,0:19:16.083

They're recognizing that it used to be 15, 20 years ago.

0:19:16.750,0:19:18.541

They just stuff it, just bury it. Yeah.

0:19:18.541,0:19:22.875

You know, and there's a real conscientious push for,

0:19:25.666,0:19:27.625

debriefing

0:19:27.625,0:19:32.625

and follow ups and it it's really helps.

0:19:32.833,0:19:33.166

Yeah.

0:19:33.166,0:19:38.833

We have we were the first city in the state  
to have peer support for our first responders.

0:19:39.333,0:19:39.708

Yeah.

0:19:39.708,0:19:42.916

And I remember on TV talking about that. Yep.

0:19:43.291,0:19:46.291

I know mayor was super heavily  
involved in helping to make all that happen.

0:19:46.291,0:19:50.166

And, that's Mayor Brown, chief administrative officer.

0:19:50.291,0:19:52.000

She runs the whole city for me.

0:19:52.000,0:19:55.333

And with me, she's one of the best humans I've ever met.

0:19:55.625,0:19:57.125

And I don't say that lightly.

0:19:57.125,0:20:02.541

She, I agree, but we're really proud here in Ogden  
that we were first out in that.

0:20:02.916,0:20:07.208

And now it's a requirement in every department in the state House  
to have that for.

0:20:07.250,0:20:10.250

It's great for the police and for fire. Oh that's great. And,

0:20:11.416,0:20:12.916

when I was working LifeFlight,

0:20:12.916,0:20:17.250

one of my colleagues was working on, doing their research

0:20:17.250,0:20:20.250

and a master's program on.

0:20:22.208,0:20:25.208

Hands on follow up for PTSD for.

0:20:25.458,0:20:28.000

And it takes everybody and it takes buy in from all of them.

0:20:28.000,0:20:31.208

But you see these strong men, and when they're the ones

0:20:31.208,0:20:34.958

that are preaching to their the other people,  
the other people listen it.

0:20:35.250,0:20:37.958

Yeah, it's working, it's coming, coming around.

0:20:37.958,0:20:42.250

And yeah, they've done a really good job  
in our department of breaking down the the stigma.

0:20:42.666,0:20:44.625

Yeah, exactly.

0:20:44.625,0:20:45.375

Use the word.

0:20:45.375,0:20:45.958

Yeah.

0:20:45.958,0:20:50.625

And, but they so peer supports like our first line of defense  
and that's, that's a program

0:20:50.625,0:20:54.041

that as peers that they volunteer to, to take training

0:20:54.041,0:20:57.541

and to be kind of the first person that can reach out and connect

0:20:57.750,0:21:01.333

and just make check on people or touch point, you know, and yeah,

0:21:01.541,0:21:04.416

but then we have access to a deeper professional counseling

0:21:04.416,0:21:09.125

resources and, crisis management people and,  
and they're professionals.

0:21:09.125,0:21:12.708

They know what they're doing  
and they know how to help during the moments of crisis.

0:21:13.500,0:21:19.000

And I think if if people realize  
how frequent that happens to our people

0:21:19.083,0:21:23.250

in our departments, they probably have a lot more grace for them.

0:21:23.458,0:21:24.041

Yeah.

0:21:24.041,0:21:27.250

But, these emergencies with children is one example.

0:21:27.875,0:21:29.541

Yeah. And

0:21:30.500,0:21:33.958

I know there's times that you can pin on things if,

0:21:35.166,0:21:38.166

if it takes a while for things to set in, it's

0:21:38.166,0:21:42.458

not that day or even the next day or the next day,  
maybe the next week.

0:21:42.458,0:21:45.458

You really something feels really wrong.

0:21:46.666,0:21:49.750

And that's when it's important

0:21:49.750,0:21:53.250

to seek help and get talk about it.

0:21:53.958,0:21:58.208

And if things go for many months, I can't remember the whatever.

0:21:59.625,0:22:01.583

It's going to stick with you for the rest of your life.

0:22:01.583,0:22:02.250

You know it.

0:22:02.250,0:22:04.958

It's really they've they've learned a lot about it.

0:22:04.958,0:22:07.791

And I don't know all the

0:22:07.791,0:22:10.000

by any means, but,

0:22:10.000,0:22:15.666

that was kind of a piece of advice when I left my group was this  
this is real.

0:22:15.666,0:22:17.416

That PTSD is real.

0:22:17.416,0:22:20.291

The things we deal with every day is is very hard.

0:22:20.291,0:22:23.291

And, don't take it lightly.

0:22:23.291,0:22:24.333

Talk about things.

0:22:24.333,0:22:27.416

And anyway, well, I've never been in LifeFlight.

0:22:27.416,0:22:32.291

I've done from helicopters and wrestled animals,  
but I've never been in crisis around that.

0:22:32.625,0:22:36.916

We but I've been around our departments

long enough now as a mayor.

0:22:37.041,0:22:41.416

And that's really where my my love and respect for our,

0:22:42.625,0:22:44.666

fire department and our police department come from

0:22:44.666,0:22:48.250

is watching them go through such challenge.

0:22:48.500,0:22:51.958

So commonly, so frequently.

0:22:52.208,0:22:54.666

And it's not because,

0:22:54.666,0:22:57.583

you know, they're creating

0:22:57.583,0:23:00.500

crises, it's that that it's just that in the world,

0:23:00.500,0:23:04.458

when you're in a populated place,  
there are people somewhere always in crisis.

0:23:04.458,0:23:06.416

There's always something, isn't there? Right.

0:23:06.416,0:23:09.416

And it's more regular and and common than people realize.

0:23:09.916,0:23:11.875

Yeah. And that's what they do.

0:23:11.875,0:23:16.125

They prepare for it and they respond to it and recover from it  
constantly.

0:23:16.375,0:23:16.750

Yeah.

0:23:16.750,0:23:19.750

I have a lot of respect for OPD and OFD.

0:23:19.875,0:23:21.666

They do an amazing job.

0:23:21.666,0:23:22.708

They really do.

0:23:22.708,0:23:25.708

And, and I also get to experience like what they do.

0:23:25.791,0:23:27.416

Like I get to see how well they do it.

0:23:28.958,0:23:30.666

But honestly it's those moments of crisis

0:23:30.666,0:23:35.083

when they're going through it that bring me more respect.

0:23:35.333,0:23:35.791

Sure.

0:23:35.791,0:23:38.791

Even than the job performance part,

0:23:38.916,0:23:41.916

because they go through it and then they have to

0:23:43.125,0:23:44.125

I know they have to.

0:23:44.125,0:23:48.541

There's always another shift  
and they have to keep showing up for the next shift.

0:23:48.541,0:23:49.958

And they can't be off.

0:23:49.958,0:23:50.500

They can't.

0:23:50.500,0:23:53.166

They're not allowed, you know. Yeah I'm allowed.

0:23:53.166,0:23:56.625

Sometimes it's easier that way to just keep showing up.

0:23:56.666,0:23:59.666

Right. But if you don't like

0:23:59.916,0:24:00.541

talk about it.

0:24:00.541,0:24:01.125

Right.

0:24:01.125,0:24:04.125

Or some I don't know, I think

0:24:04.541,0:24:08.500

I'm not one that likes to talk about my feelings to other people,  
but they I do find that

0:24:08.500,0:24:11.916

once I start talking about what I don't want to talk about,  
I'm like, I don't like talking about my feelings.

0:24:12.375,0:24:14.833

I actually start talking about you start to talk about it.

0:24:14.833,0:24:15.791

Right?

0:24:15.791,0:24:18.791

And and I think that's super cathartic for, for people.

0:24:19.000,0:24:19.458

Yeah.

0:24:19.458,0:24:22.958

And I'm glad that we've developed a culture  
and we have leadership that supports that.

0:24:22.958,0:24:26.416

And, and has helped lead out on that in the state of Utah.

0:24:26.416,0:24:28.000

First in the state.

0:24:28.000,0:24:30.291

That's it's something to be really proud of it.

0:24:30.291,0:24:30.708

Yeah.

0:24:30.708,0:24:32.208

It's I'm really I'm really proud of them.

0:24:32.208,0:24:35.333

And kudos to prior admin for for all that work.

0:24:35.333,0:24:35.958

Yeah.

0:24:35.958,0:24:38.958

And one part of that yeah are the support dogs.

0:24:39.208,0:24:39.583

Yeah.

0:24:39.583,0:24:40.250

That are yeah.

0:24:40.250,0:24:42.583

At different fire stations and stuff.

0:24:42.583,0:24:44.708

That's, that's such a wonderful program.

0:24:44.708,0:24:47.625

Well I think what we're talking about  
is being there for each other.

0:24:47.625,0:24:49.041

Yeah. We're being we're

0:24:50.541,0:24:51.583

in that line of work.

0:24:51.583,0:24:54.916

That's a really hard line of work for the things that you see.

0:24:54.916,0:24:56.291

But you're there to help.

0:24:56.291,0:24:59.166

That's why you that's what brought you there. Right? Right.

0:24:59.166,0:25:00.916

That's why they're. Yeah. Yeah.

0:25:00.916,0:25:05.083

It's that fundamental sense of service  
and to give back to others and to help others.

0:25:05.291,0:25:06.083

Right.

0:25:06.083,0:25:07.541

And you want to be there to do that.

0:25:07.541,0:25:09.666

You want to be there for them.

0:25:09.666,0:25:13.125

But in so doing, you sometimes need someone there for you, right?

0:25:13.458,0:25:16.458

Yeah. And that's what that's why we're a community.

0:25:16.458,0:25:19.250

It's not just us. Right? Right.

0:25:19.250,0:25:22.250

So as you have

0:25:22.666,0:25:28.500

sort of set out into retirement

and you've kind of set that took you a year of sleep, right?

0:25:28.541,0:25:29.333

Yeah.

0:25:29.333,0:25:32.291

And you, did you feel like you were missing that in your life? And.

0:25:32.291,0:25:32.833

Oh yeah.

0:25:32.833,0:25:34.833

There you get behind for sure.

0:25:34.833,0:25:37.833

It's it's like putting money in the bank. You've got it.

0:25:39.041,0:25:40.166

If you build it up,

0:25:40.166,0:25:45.000

you can maybe have a day where you are short,

but if you don't then you're catching up the next day or.

0:25:45.208,0:25:46.875

Yeah, so you should be.

0:25:46.875,0:25:52.125

So you felt like, well, I've been building this, organization  
for all these years.

0:25:52.333,0:25:53.041

Yeah.

0:25:53.041,0:25:57.041

I'm going to double down again and put all that energy that I had.

0:25:57.208,0:25:58.708

Well, we more volunteer.

0:25:58.708,0:26:01.416

So we have such an amazing team at our farm.

0:26:01.416,0:26:03.791

If we're circling back to that help.

0:26:03.791,0:26:08.166

Co-director Reba Nissen is amazing.

0:26:08.166,0:26:10.208

And I-

0:26:10.208,0:26:13.416

There's no way that we'd be gone without the both of us working

0:26:13.416,0:26:16.416

so hard on on of what we do.

0:26:16.416,0:26:20.875

We also have an amazing project manager, Carrie.

0:26:21.458,0:26:26.458

And our marketing person, Diane is amazing.

0:26:27.083,0:26:32.125

She's with, Ogden Arts and then our committee

0:26:32.125,0:26:37.916

and our team leaders

who really have ownership and manage at the volunteers

0:26:38.166,0:26:41.291

at the festival and train them ahead of time

0:26:41.291,0:26:44.500

and make sure that all the shifts are taken care of and

0:26:45.458,0:26:46.958

it just comes together so well.

0:26:46.958,0:26:49.958

But there's so many things that are year round.

0:26:50.291,0:26:54.458

The grant writing

and the grant reporting, the fundraising in general,

0:26:54.458,0:26:58.875

volunteer board of directors with the governance

and the fiduciary duties.

0:26:58.958,0:27:00.833

Yeah, right.

0:27:00.833,0:27:04.291

Yeah.

And I've managed to hang on to the

0:27:04.791,0:27:07.791

the fiduciary part of it, pretty much just me.

0:27:07.791,0:27:08.541

I'm working.

0:27:08.541,0:27:14.166

To train someone on the bookkeeping and, that part.

0:27:14.166,0:27:18.625

But it's hard because it's very detailed

0:27:18.625,0:27:23.041

and it's that detailed, thorough thoroughness

0:27:23.041,0:27:26.208

in ensuring every transaction that allows me to spew out of

0:27:27.250,0:27:31.666

a budget report that I can submit to Ogden Arts, for example.

0:27:31.666,0:27:35.166

Or we were County ramp to say, this is how our money was spent.

0:27:36.791,0:27:38.833

And I'm really proud of the of that

0:27:38.833,0:27:42.250

because being a nurse and teaching myself that

0:27:43.416,0:27:45.375

we, got some help one time

0:27:45.375,0:27:48.750

from, score, which is a

0:27:49.916,0:27:53.500

part of the SBA, the Small Business Association.

0:27:54.125,0:27:57.250

And it was part of it for the nonprofit part.

0:27:57.250,0:27:59.916

And he said, this report is amazing.

0:27:59.916,0:28:02.583

This this is how what he teaches in his college

0:28:02.583,0:28:06.583

level class of how how much detail is important.

0:28:06.583,0:28:09.583

And, you know, you can go too far on the detail, counting

0:28:10.208,0:28:12.916

pencils or whatever. But

0:28:12.916,0:28:15.500

so, I feel good about that.

0:28:15.500,0:28:20.083

But I'm, I'm looking forward to the days  
when I can pass that off to someone else.

0:28:20.083,0:28:23.791

And I'm looking forward to when Reba retires in a couple of years

0:28:23.791,0:28:26.791

from her day job. But,

0:28:27.666,0:28:30.666

The Division of Child and Family Services and,

0:28:31.833,0:28:34.083

she wants to be full time at this,

0:28:34.083,0:28:38.375

and we'll find a way to pay, because right now,  
we really don't have employees.

0:28:38.375,0:28:41.583

We have, stipends that are paid

0:28:42.416,0:28:46.708

and it's not a living wage, you know?

0:28:47.250,0:28:52.000

So if we're going to evolve to that stage, we need to figure out  
how do I make that work?

0:28:52.000,0:28:56.333

And it's pretty scary in this climate of federal,

0:28:56.416,0:28:59.833

federal cuts are really scary.

0:29:00.333,0:29:04.416

And I don't know how that trickles down to the city  
and county level, but quite a bit.

0:29:04.958,0:29:06.166

Quite a bit. Yeah.

0:29:06.166,0:29:08.500

So the Darren I was hoping it was.

0:29:08.500,0:29:11.500

Yeah. Well, I mean we can, we can talk about that, but

0:29:12.625,0:29:13.375

first of all, we got to talk

0:29:13.375,0:29:16.375

about if she's got a whole career in DCFS  
she's going to need a year of sleep.

0:29:16.375,0:29:17.416

She's going to need that too.

0:29:17.416,0:29:18.166

Yeah, right.

0:29:18.166,0:29:19.500

Her and then recovery.

0:29:19.500,0:29:20.208

You're going to hand it off.

0:29:20.208,0:29:22.750

And it's not just the music festival.

0:29:22.750,0:29:26.458

There's also do you do the smart also that you always have coming.

0:29:26.458,0:29:29.166

So you've got an annual cycle right. Right.

0:29:29.166,0:29:30.416

See how I did that.

0:29:30.416,0:29:33.416

Yep. You segue right right back to

0:29:33.583,0:29:35.041

right. So can you share more. Yeah.

0:29:35.041,0:29:36.291

Let's talk about that.

0:29:36.291,0:29:40.958

So we started a little festival to celebrate

0:29:42.791,0:29:43.916

the Day Of The Dead.

0:29:43.916,0:29:46.916

It's such a wonderful cultural holiday.

0:29:47.583,0:29:51.541

You know, people mourn so hard when people die.

0:29:52.208,0:29:55.791

And it's refreshing to look at it

0:29:55.791,0:29:59.166

differently that they're they're moving on.

0:29:59.166,0:30:04.208

And this is just as much

a part of life is being born, is dying, and

0:30:04.916,0:30:08.791

and to really recognizing the people that you loved

0:30:09.375,0:30:11.833

and honoring them after they're gone

0:30:11.833,0:30:15.625

with altars and a friend a little items

0:30:17.041,0:30:18.666

and and so we do that.

0:30:18.666,0:30:24.875

We build a beautiful altar and often brings great music  
because that's what we do.

0:30:24.875,0:30:26.083

And we insist on that.

0:30:26.083,0:30:29.625

And we bring national touring bands in again.

0:30:29.666,0:30:32.708

We get great support from RAMP

0:30:32.708,0:30:35.708

and Ogden City helps us with that as well.

0:30:35.958,0:30:38.541

And we're not the only event.

0:30:38.541,0:30:43.000

There's been an event that's been going on before,  
and this is kind of a funny thing

0:30:43.000,0:30:47.875

that I won't go into too much,  
but I didn't realize there was another event in Ogden.

0:30:48.541,0:30:50.291

That's how out of the loop I was.

0:30:50.291,0:30:55.208

And so, a couple people approached and they said, let's do this.

0:30:55.208,0:30:56.166

And I said, great.

0:30:56.166,0:30:59.166

And even writing the grant,

0:31:00.166,0:31:04.791

I'm not sure Ogden City recognized that it was a separate event,  
that there were two different.

0:31:04.791,0:31:07.791

And I did, but great. Oh, good.

0:31:07.958,0:31:09.958

Well, here's the deal.

0:31:09.958,0:31:13.333

Nobody has rights on the 4th of July or

0:31:13.958,0:31:16.666

it's, it's a great event.

0:31:16.666,0:31:18.666

The more the merrier is the way I look at it.

0:31:18.666,0:31:22.041

And there have actually been more events picked up.

0:31:22.041,0:31:25.666

There's been like there was up to about four. So it's great.

0:31:25.666,0:31:29.833

And each has a different twist

and honors different areas in Mexico.

0:31:30.250,0:31:33.041

And, ours.

0:31:33.041,0:31:38.541

We pride ourselves on the music that we bring

and that we're tied with Ogden School District.

0:31:38.916,0:31:40.000

And so

0:31:41.000,0:31:42.666

we use we

0:31:42.666,0:31:47.083

put their student performers on stage, bagpipers,

0:31:47.083,0:31:50.666

they're teaching mariachi and classes now here.

0:31:51.083,0:31:54.083

And,

0:31:54.166,0:31:56.041

And then we have a art show,

0:31:56.041,0:31:59.375

and the kids work on a theme for a few weeks, and

0:32:01.125,0:32:03.500

it's juried, judged and juried.

0:32:03.500,0:32:08.291

And it's it's a great event that the kids are so proud,

and then they can sell their artwork

0:32:09.541,0:32:11.208

if they choose to. Sure.

0:32:11.208,0:32:14.583

And last year at the amphitheater, which was a great move,

0:32:14.583,0:32:19.250

we we moved to the amphitheater

and we'll be there again this year, October 11th.

0:32:19.916,0:32:22.958

So prior to that, we were in schools, which was great,

0:32:23.541,0:32:28.916

but it was hard to get people into the auditorium

to see the entertainer

0:32:29.041,0:32:33.125

because there was so much going on outside Sir

Ben Lomond, for example.

0:32:33.125,0:32:35.500

But now what you're starting to talk about is more than events.

0:32:35.500,0:32:40.291

You're starting to talk about the programs  
because of the programs have deeper impact to them

0:32:40.750,0:32:46.166

than the even the events where the events have impact in the moment  
and bring people to the

0:32:46.541,0:32:50.708

to the programs and the opportunities for the petting zoo,  
for the instruments, etc..

0:32:50.708,0:32:51.625

Right? Right.

0:32:51.625,0:32:55.333

Expose them to the programs,  
but it's the programs that they experience over

0:32:55.333,0:32:58.750

time, right, that have a much deeper impact on the people.

0:32:58.750,0:33:00.041

Right? Right.

0:33:00.041,0:33:06.083

Whether it's working on their visual art items or,  
practicing their mariachi stuff.

0:33:06.083,0:33:07.000

It's really fun.

0:33:07.000,0:33:11.083

Yeah, but that's where that that's  
what I wanted to talk to you about before.

0:33:11.833,0:33:16.208

Before we go, is that,  
it's the impact that has on people's lives because I come.

0:33:16.208,0:33:19.208

I don't come from an arts background in my in my youth.

0:33:19.333,0:33:21.375

But I come from a sports background.

0:33:21.375,0:33:23.416

But that doesn't mean that, everybody

0:33:24.666,0:33:26.833

that sports for everybody, right?

0:33:26.833,0:33:31.333

It's more it's about having something that that you, focus on

0:33:31.333,0:33:34.541

and that gives you the drive to, to be better and to.

0:33:34.583,0:33:36.458

So, you know what I mean. Sure.

0:33:36.458,0:33:38.833

And those are, those are human qualities.

0:33:38.833,0:33:41.291

That's not just something that sports only does.

0:33:41.291,0:33:44.291

There are a lot of kids and and people that find the same,

0:33:44.875,0:33:48.083

life lessons in the same fulfillment through arts.

0:33:48.708,0:33:50.291

Right? Absolutely.

0:33:50.291,0:33:53.500

Arts can make huge differences in people's lives.

0:33:53.625,0:33:58.791

Like like I was saying,  
if they have some troubled times in their home and they're,

0:33:59.583,0:34:03.166

and they're learning an instrument, they can go off

0:34:03.166,0:34:06.250

with that in their own space and learn that.

0:34:06.250,0:34:09.041

And like I said, no one can take that away.

0:34:11.625,0:34:12.875

I learned that from Amy

0:34:12.875,0:34:16.916

Helm, who grew up in the home of,

0:34:16.958,0:34:20.708

college for guys name

0:34:20.708,0:34:24.916

her dad from the band, Levon Helm.

0:34:25.458,0:34:30.041

And it was back in the 60s  
and it was a pretty wild time for a rock and roll band.

0:34:30.708,0:34:35.833

And she was a kid,  
and she really struggled with her family situation.

0:34:36.375,0:34:39.375

But she had her music and she.

0:34:39.583,0:34:42.500

She came and did, outreach for us at the monarch.

0:34:42.500,0:34:47.375

And those kids just really listened.

0:34:47.375,0:34:50.416

And there was a, a kid after who said,

0:34:50.416,0:34:54.708

I know exactly what you're talking about, and thank you for that.

0:34:54.750,0:34:59.208

But music really got her through those times.

0:34:59.416,0:35:03.208

And now she has her 16 year old son

0:35:03.208,0:35:06.208

who's, doing

0:35:06.208,0:35:09.666

amazing things in the music scene, and he goes by Lee.

0:35:09.666,0:35:12.708

He's named after his grandfather, but Lee,

0:35:13.958,0:35:16.166

and he sings and drums, which is a skill.

0:35:16.166,0:35:19.416

Not very many people do that, but his grandpa did anyway.

0:35:19.666,0:35:21.875

But that's that's the thing I love the most about the arts.

0:35:21.875,0:35:25.541

It's not just the art, it's about developing the artist.

0:35:26.708,0:35:28.708

Right? Sure. For me, that's what I.

0:35:28.708,0:35:32.541

I recognize the value in the power of the arts because,

0:35:33.250,0:35:36.250

I think it's another avenue for people to,

0:35:36.375,0:35:40.208

to create and to, develop and to achieve.

0:35:40.541,0:35:41.666

Yes. Right.

0:35:41.666,0:35:46.833

And it does carry into every other areas in their lives,  
just like someone participating in sports.

0:35:46.875,0:35:50.208

Right, is going to do better in a, in all sports then.

0:35:50.916,0:35:55.208

I mean, I've always thought that to be  
I remember when my kids took gymnastics,

0:35:55.375,0:35:58.833

they all of a sudden got better at baseball and soccer too.

0:35:59.041,0:35:59.708

Yeah.

0:35:59.708,0:36:03.291

Well you can  
you can compete in sports, but you can also compete in arts.

0:36:03.291,0:36:06.708

You can compete in music, you can compete with yourself.

0:36:06.833,0:36:09.333

I mean, I've tried to learn a musical instrument.

0:36:09.333,0:36:11.500

It's hard. It's not easy. Right?

0:36:11.500,0:36:16.333

Maybe it comes easier to some than it does to others,  
but it's not easy.

0:36:16.333,0:36:19.333

It takes hard work, right? Absolutely.

0:36:19.500,0:36:21.791

And hard work is the only hack

0:36:22.916,0:36:24.250

for success.

0:36:24.250,0:36:27.250

The other way of saying there is no hack for success, right?

0:36:28.125,0:36:30.583

It's only hard work. Yeah.

0:36:30.583,0:36:33.708

And to see somebody playing an instrument or,

0:36:34.791,0:36:36.750

you know, sharing their art that they've created,

0:36:36.750,0:36:41.333

that is the result of their hard work, right? Yes.

0:36:41.916,0:36:44.791

And to me, that's where art is

0:36:44.791,0:36:47.875

another way to develop ourselves as people, as art

0:36:47.875,0:36:52.875

and as our people go after girls,  
we step into our greatness by being great as people.

0:36:52.875,0:36:54.125

Right? It's true.

0:36:54.125,0:36:56.833

That's what part of what makes Ogden great.

0:36:56.833,0:36:57.500

Absolutely.

0:36:57.500,0:37:01.791

The people and the and the way we like to embrace

0:37:01.791,0:37:06.041

others, help others and do the hard things right,

0:37:06.708,0:37:10.041

do the hard things and learn to like to do the hard things.

0:37:10.208,0:37:11.333

Right? Right.

0:37:11.333,0:37:14.916

And anyway, it just translates into life that in a way that,

0:37:16.083,0:37:17.125

you know, if you're not, if

0:37:17.125,0:37:21.208

if whoever's listening to this,

if you're not an athlete or been through sports,

0:37:22.000,0:37:24.791

maybe you've done it through arts,

0:37:24.791,0:37:27.791

just know that other people do the same thing through sport.

0:37:27.791,0:37:32.375

And so for those that have done it through sport but

haven't done it through art, just know that it's the same thing.

0:37:32.375,0:37:34.625

They've developed themselves through the arts.

0:37:34.625,0:37:37.166

And it's not about sport versus art.

0:37:37.166,0:37:41.791

It's about who we are

and how we become our best and providing access

0:37:41.791,0:37:44.791

to opportunities and programs.

0:37:45.250,0:37:46.291

And events.

0:37:46.291,0:37:49.291

Yeah.

To do that and be that for ourselves and with each other.

0:37:49.291,0:37:50.291

Right? Yes.

0:37:50.291,0:37:53.708

And it helps so much if, if there's encouragement

0:37:55.333,0:38:00.375

because I know kids often don't think a lot of things are cool.

0:38:00.375,0:38:01.958

Well, what's being cool? I don't know.

0:38:01.958,0:38:04.208

But if you can learn how to play an instrument,

0:38:05.375,0:38:07.333

you'll be pretty cool.

0:38:07.333,0:38:08.291

It's true.

0:38:08.291,0:38:09.625

Like all I know.

0:38:09.625,0:38:12.875

And if you're a good sports player. Yeah. It's cool.

0:38:13.125,0:38:15.166

Yeah, but all I know is, Dad.

0:38:15.166,0:38:16.833

And I'm not cool.

0:38:16.833,0:38:19.583

That's all I know right now. But.

0:38:19.583,0:38:23.208

But, that's what I love about the work that you've done

0:38:23.208,0:38:26.333

and why we asked to be here is that you've you've created,

0:38:27.333,0:38:30.541

opportunities, you've created events, you bring people together,

0:38:30.916,0:38:33.958

you create opportunities

for meaningful social connections with each other.

0:38:35.125,0:38:36.750

Just as we talked about. Right.

0:38:36.750,0:38:38.166

So thank you for that.

0:38:38.166,0:38:43.791

Well, and I, I'm just the stuff going through my mind right now  
is I really want to shout out

0:38:43.791,0:38:49.791

to our, after our youth serving afterschool programs here in Ogden  
that are amazing.

0:38:50.083,0:38:52.583

That youth impact blows my mind. Yeah.

0:38:52.583,0:38:56.916

And the Boys and Girls Clubs  
with all their ten satellites and YMCA.

0:38:56.916,0:38:57.500

So great.

0:38:57.500,0:39:01.708

The YMCA, we're trying to work with them  
and then coming up, connection. Yes.

0:39:01.875,0:39:05.458

I mean, there's just so many people out there  
doing so many good things that people take for granted.

0:39:05.833,0:39:07.000

Right, right.

0:39:07.000,0:39:10.000

But they're they're it's all about our kids  
being there for our kids.

0:39:10.333,0:39:12.083

It's the kids are our future.

0:39:12.083,0:39:14.166

No doubt. Yeah.

0:39:14.166,0:39:16.791

Before we wrap up, what's your favorite performance

0:39:16.791,0:39:20.291

of all time at the music that I've seen at the music festival,

0:39:21.416,0:39:23.958

that would be Robert Earl Keen.

0:39:23.958,0:39:28.625

He was my favorite guy from Texas, and I used to travel around

0:39:28.625,0:39:32.166

if he was performing in one of the states adjacent to us, I'd go.

0:39:32.166,0:39:34.166

I'd be there.

0:39:34.166,0:39:36.083

And we got him at our festival.

0:39:36.083,0:39:39.916

And to be able to announce him on stage as my favorite artist.

0:39:40.250,0:39:43.416

And oh, it was so great that was so fun.

0:39:43.708,0:39:46.500

Yeah, I can I can tell it's fun.

0:39:46.500,0:39:49.666

Just by the way your energy changed  
when I asked you that and you started to answer it.

0:39:50.291,0:39:52.500

Yeah, and then I have several more to.

0:39:52.500,0:39:55.958

I could go on and on, but a good one to come in this year

0:39:55.958,0:39:59.166

is Marty Stuart and his Fabulous Superlatives.

0:39:59.833,0:40:03.125

He he just I haven't seen him live.

0:40:03.125,0:40:07.208

And that's unusual for me to book a band that I haven't. But

0:40:08.666,0:40:11.916

every all I have ever heard is he just the best show.

0:40:12.041,0:40:13.875

So come on out for that.

0:40:13.875,0:40:18.208

And Cimafunk from Cuba I have seen and he's really fun

0:40:19.916,0:40:22.416

so I don't know my favorite.

0:40:22.416,0:40:25.416

Yeah I do so

0:40:25.750,0:40:28.750

you can ask me that question now because you're the night train.

0:40:29.166,0:40:30.000

You're the radio person.

0:40:30.000,0:40:31.333

Oh right.

0:40:31.333,0:40:34.666

I have a show on Call the Night Train every Monday night.

0:40:34.666,0:40:37.291

So for those of you that recognize your voice

0:40:37.291,0:40:38.958

I'm Michelle from Ogden.

0:40:38.958,0:40:41.958

Now you know

0:40:42.166,0:40:45.166

My favorite, my favorite performers that stand out the most for me.

0:40:46.083,0:40:49.083

And this is just kind of has to do with

0:40:49.208,0:40:50.666

why I love the event.

0:40:50.666,0:40:53.666

I'm there around people I like and care about,

0:40:54.041,0:40:57.916

people that I've built community with and served with.

0:40:58.416,0:41:01.875

And I'll just never forget when you had a performance

0:41:02.666,0:41:06.708

by, volunteer board members of of them. Yes.

0:41:06.708,0:41:07.625

That was great.

0:41:07.625,0:41:13.166

And I got to watch my Chief Administrative Officer,  
Mara Brown, play the violin, and that was great.

0:41:13.166,0:41:15.375

I think she was a vocalist in the performance, too.

0:41:15.375,0:41:20.583

And to me, that's the one

I remember the most and stands out as my favorite because it was,

0:41:20.666,0:41:25.375

it involved and included people that are among my favorite people.

0:41:25.750,0:41:28.166

That was so great. I'd love to do that again.

0:41:28.166,0:41:32.708

Yeah, I know who Mike's favorite was to.

Who?

Elephant Revival.

0:41:34.166,0:41:34.541

Right?

0:41:34.541,0:41:36.208

We're getting a

0:41:36.208,0:41:39.208

100% affirmation positive affirmation on that one.

0:41:40.000,0:41:42.666

I saw them at Telluride last year.

0:41:42.666,0:41:44.458

They keep getting better and better.

0:41:44.458,0:41:47.458

They broke up and got back together.

0:41:47.750,0:41:52.125

Anyway, if you can go to our website and look at.

0:41:52.250,0:41:55.541

So that's all foam.org, check out all the artists that are coming

0:41:55.541,0:41:59.500

and each has a little video attached so you can see what to expect.

0:41:59.500,0:42:02.791

But we offer an affordable

0:42:02.791,0:42:05.791

rate on Sunday for everybody \$25.

0:42:05.958,0:42:09.500

And we've got some really good talent on Sunday.

0:42:09.500,0:42:13.250

So we that's a thing we do for our community.

0:42:13.250,0:42:16.083

We call it our community rate.

0:42:16.083,0:42:18.250

Your community rate. Well, yeah.

0:42:18.250,0:42:21.250

That's your I think I wrap up every show with a call to action.

0:42:21.916,0:42:23.291

You just nailed it. Oh,

0:42:24.250,0:42:25.916

go to that website.

0:42:25.916,0:42:27.208

Say it again.

0:42:27.208,0:42:31.375

OFOAM.org

0:42:31.416,0:42:32.625

O-F-O-A-M-dot-org

0:42:32.625,0:42:38.375

Ogden Friends of Acoustic Music

OFOAM.org and buy your tickets for this year's event.

0:42:39.041,0:42:40.541

Mark your calendar.

0:42:40.541,0:42:43.708

Make sure you go, if you really want to live it up

0:42:44.375,0:42:46.875

and really lean into it, you're there Friday night.

0:42:46.875,0:42:48.833

There's a there's a tempo to the whole event.

0:42:48.833,0:42:51.833

Yeah. It ramps up on Friday night. A lot of energy.

0:42:51.916,0:42:54.458

People kind of sleep in and recover on Saturday.

0:42:54.458,0:42:55.333

Right.

0:42:55.333,0:42:57.250

And then it sort of ramps up again.

0:42:57.250,0:42:59.041

And then everybody sort of chills out on Sunday.

0:42:59.041,0:43:02.041

And then we go back to our daily, yeah, work schedule. Right.

0:43:02.083,0:43:05.166

We let you out a little early Sunday so you can recover. Right.

0:43:05.166,0:43:10.666

So you can go settle down and and get back,  
get ready for your week ahead in a better place.

0:43:10.666,0:43:11.166

Right.

0:43:11.166,0:43:14.916

I want to shout out to Yesenia,  
who runs a Dia de Los Muertos event.

0:43:14.916,0:43:17.000

She's doing an amazing job organizing that

0:43:18.541,0:43:22.458

I know Yesenia, her and Socorro and my daughter, our friends.

0:43:22.458,0:43:25.458

Oh, nice. Yeah, her daughter's adorable.

0:43:25.666,0:43:27.541

And yes, super cute kid.

0:43:27.541,0:43:30.333

Good people. Good people.

0:43:30.333,0:43:32.833

They make up a good, good town. Yes.

0:43:32.833,0:43:34.333

Ogden's a great place.

0:43:34.333,0:43:36.833

Michelle Tanner, thank you for joining us today.

0:43:36.833,0:43:37.333

Thank you.

0:43:37.333,0:43:38.875

And thanks for all you do, Mayor.

0:43:38.875,0:43:41.166

Know it's a privilege to do it.

0:43:41.166,0:43:44.166

It gives me energy to give to others to serve.

0:43:44.416,0:43:46.666

And I sense that from you to.

0:43:46.666,0:43:49.000

And thanks for coming out of retirement.

0:43:49.000,0:43:52.333

Thanks for sticking it off for a year,  
but coming back and doubling down again,

0:43:53.833,0:43:54.583

it's worth it.

0:43:54.583,0:43:58.458

Yeah, I know, and you'll miss it when you when you phase out again.

0:43:58.583,0:43:59.500

Right. And headed off.

0:43:59.500,0:44:04.625

But thanks for everything that you are and everything you do  
and all the opportunities you give us as a community

0:44:04.625,0:44:07.791

to come together and all the programs that you create to give kids

0:44:07.791,0:44:10.791

and to give families an opportunity to to be their best selves.

0:44:11.625,0:44:14.833

Arts is is a pathway to to greatness for many, many people.

0:44:14.833,0:44:17.833

And we're proud to be a community that supports it. Right?

0:44:18.041,0:44:21.041

Yes, we are proud. Very proud. Thanks. Yeah.

0:44:21.333,0:44:22.666

This is the Ogden Way Podcast.

0:44:22.666,0:44:24.791

I'm Ogden city Mayor Ben Nadolski

0:44:24.791,0:44:27.750

This is Michelle Tanner, and we're signing off today.

0:44:27.750,0:44:29.708

And thank you for being here.

0:44:29.708,0:44:32.166

Make sure you get out there. Give back the audience.

0:44:32.166,0:44:33.958

It starts with you. It always ends with us.