# Upstander Ripple Effect Episode 13: Perspective featuring Lisa MacVittie and Dr. Christian Gausvik

**Kevin Aldridge** 00:00

So what do we mean by the upstander ripple effect?

**Werner Coppel** 00:06

Stand up against hate and prejudice, even if it does not affect you

**Jackie Congedo** 00:13

from moral dilemmas in today's headlines, upstanders who rose for justice and stories of survival,

**Kevin Aldridge** 00:19

be prepared to walk away from this conversation inspired and motivated. Good day, everybody. And welcome to the upstander ripple effect. I'm Kevin Aldridge

**Jackie Congedo** 00:31

and I'm Jackie Congedo,

**Kevin Aldridge** 00:32

and this is episode 13, and we're going to be focusing on the topic today of perspective, and perspective means the ability to see the bigger picture in life. Perspective is about being able to see the forest as well as the trees, to avoid getting wrapped up in the small details when there are bigger issues to consider while listening to others. Perspectives helps us to simultaneously think about life issues, proper conduct and what's the best situation being discussed? This ability to look at systems as a whole, or to think in big terms, helps us to offer good advice. Perspective is distinct from intelligence, but represents a high level of knowledge. The capacity to give advice and to recognize and weigh multiple sides before making decisions. Perspective allows the individual to address important questions about the conduct and meaning of life.

**Jackie Congedo** 01:28

SoI should note that that's the definition of perspective from our friends at the VIA Institute on Character, because perspective is actually one of the 24 character strengths that that VIA has sort of classified and codified in the in terms of social science, social psychology and science. And I actually think I want to say I am pretty high in perspective, like when I tipped the inventory, that was one that, and I would imagine in your role,

**Kevin Aldridge** 01:54

yes absolutely

**Jackie Congedo** 01:56

you also are

**Kevin Aldridge** 01:57

I traffic in perspective every single day,

**Jackie Congedo** 02:00

exactly, many different, all types of flavors of perspective. And, you know, I was sort of thinking, you know, when we were talking about this theme, this topic, it kind of jumped out in, you know, for me, right away, in the conversations we were having as we were getting ready for this episode. Because, you know, I sat down right away, and the first question, you know, you asked is, How are you doing? How are you doing? And of course, what is unloaded at that point is your perspective, wherever you're coming from today, right? What's going on in your life and what's occupying your mental space. And for me, the perspective I brought today was, and I think, I think I even said, you know, while I'm I'm like, a little heavy today, I'm thinking a lot about security. I'm thinking a lot about, you know, all of these attacks that continue to come on Jewish institutions and gatherings. We're going to talk about some of them today, and about, you know, our own, you know, footprint as a museum, and our security needs and challenges and opportunities and so I and it was funny, I mean, not really funny, but interesting that you were Like, Oh, you're worried. Why? And it occurred to me that you're bringing a different perspective to the conversation, right? You're not living in that space. You're living in a different space,

**Kevin Aldridge** 03:30

yeah, or not only, not only because of that, but I think my perspective of how I have viewed the Jewish community here in Cincinnati, and the measures that you guys have been taking,

**Jackie Congedo** 03:40

yeah right

**Kevin Aldridge** 03:41

to, you know, make sure that you're protected and secure, I think have been extraordinary. And so in my mind, I'm thinking like, wow, but, you know, you guys already do a lot. What more could you be doing? But, but again, that's a different, you know, that's a different reality than the one, than the one that I'm sort of living in. So, so yeah, that I think that's a great example of just how you know perspectives as someone who is not living that day in and day out, sees what you're doing and looks at it versus how you feel about it, living, living in it every day and what more needs to be done. So yeah, I think that's a great example of how you know perspectives can be different even on the same, same topic,

**Jackie Congedo** 04:21

yeah. And you came to the table with your own perspective of things you were thinking about, and, you know, stuff in your personal world, you know, whatever's occupying your CPU space related to get just getting back from vacation, getting back into the swing of things, running errands.

**Kevin Aldridge** 04:36

Yeah, absolutely. And, you know, that's the thing we all sort of, I think you led the podcast with this is we also operate in our perspective the majority of our day, right? We live in our perspective all the time. And it takes a deliberative effort for us to kind of pause for a minute, to move out of where we are in our space in the world and our perspective, to take time out. To listen to and hear somebody else's perspective. So even our engagement, me, even in the in the asking of, oh, really explain that to me, helps me to understand a little bit more where you're coming from, right?

**Jackie Congedo** 05:13

Yeah.

**Kevin Aldridge** 05:13

And that took, that took me divorcing myself from where I was at for a minute to try to spend some time you know in your space.

**Jackie Congedo** 05:14

And that gets harder when you know in our own perspectives, things get really loud, right? Like in an environment of threat or scarcity, or perceived threat or scarcity, it's like it's all the more hardwired for us to just stay in our in our because, because just these things that I'm thinking about are taking up more than what I actually have available in terms of, like, my capacity and so, and any, any of us in this moment could feel that way. I'm sure you do often, and so to be able to say, like, pause the tape, I'm going to tune into something else for right now, yeah, is a deliberate act, and it's hard to do. I mean, one of the reasons I feel, but I think it's, I just want to say, I want to underscore that. I think it's so important. I think it's like, I think it is one of the ways out of this sort of, like crossroads that we find ourselves in, you know, in this kind of current moment and environment, is being able to broaden our perspective or or take on someone else's perspective. And one of the reasons, you know, one of the reasons I'm really grateful for the role that I have, is that I am immersed in the in this, in the scope and scale of perspective. Every day I can't, I can't, literally come into the office without walking through a space that echoes and sort of reinforces so much perspective, right? It's like just when you think, Gosh, things are pretty tough and there's a lot to be worried about. I mean, we're going to share some stories today of incredible survival against all odds and and those kind of stories just remind you of the perspective that we can have. You know, it's it could be better, for sure, and it could be worse.

**Kevin Aldridge** 05:22

Yeah, yeah. I mean, I think that taking of the time is incredibly, incredibly important. You know, it's my job to do it. You know, I get, I get paid to take it in every day. So it may be unfair to kind of compare me to, sort of like the average person, because I actually get paid to listen to other people's perspective. But I always say that I think because of the seat that I hold, it gives me a unique view of Cincinnati that I think not a lot of people get, because I get to hear from so many different corners of the city, and whether that's a short letter to the editor or a longer guest column or just email exchanges that I'll occasionally have with readers who will write me directly. And what I always find is, is that even beyond the surface of what you might read in terms of what somebody contributes, in the conversations that I've had with people, there's always stuff there that's deeper, right? So a lot of times, people will respond a two or 300 word letter to the editor that's written in, but what I will know from what other readers who might write in and respond is I might have had a deeper conversation with that writer and have a few more details or a little bit more understanding about their history or their life or where they're coming from, and that's what it takes for us to really kind of try to come together on some of these issues that we have is just try to spend a little bit more time not not jumping on people right with the first time we hear them say something that we disagree with, because there's always something beyond the sound bite. If we take time to dig a little bit, yeah, but, but mining for perspective takes it takes time. It takes effort. It takes a caring, you know, caring beyond what you have going on. You know, if we want people to care about what we care about, I think the flip side is, you can't be somebody that wants people to care about what you care about, but not care about what other people care about, right? It's, it's sort of hypocritical in that sense, as if only what matters to me is important. And I feel like maybe too often, you know, in our dealings with each other and in society in general, that's the attitude that we come to some of these discussions with that only what I want to talk about is important,

**Jackie Congedo** 09:36

yeah,

**Kevin Aldridge** 09:36

and I don't have time to listen to your

**Jackie Congedo** 09:39

Yeah. And I think, I think also just being honest about the fact that, like, time is a limited resource, and capacity, sort of, our most emotional, mental capacity, to hold any given perspective or amount of perspectives at any given time, is a limited asset. And so we should be honest that, if we're all committed to this, if we're all committed to trying to understand where other people are coming from, and maybe just live for a moment in a space of listening, that is going to take away the time that we have to live in our own perspective. And that's that's I think, and clearly you agree because of what we both do for for a living, I think that's a valuable like time well spent.

**Kevin Aldridge** 10:21

Absolutely

**Jackie Congedo** 10:22

I think it's I think it's essential, and I'm I sort of constantly trying to remind myself to do more of it. But it requires in an environment where there's so much fear, there's so much mistrust, there's so much and a lot of it's peddled, right? It's like intentionally sort of trafficked. We have to say, it's harder. It's harder to say, I'm going to create that space to let go of the circular thoughts in my brain and my own lived reality, to just be part of somebody else's story for a while. So to our amazing listeners and viewers, just by engaging in this podcast, you are clearly interested in broadening perspective and in engaging in other people's journeys and stories, and so we're really grateful. But just wanted to kind of start with this idea that that I think, you know, I think it kind of requires us, challenges us to be deliberate about looking for ways to broaden our perspectives. So in the interest of that, I figured we could kind of walk through some of these stories which have a number of different perspectives relevant to the work of, you know, creating safer, more just, inclusive spaces. So you know, the first few are the ones Kevin, that I was thinking about when I walked in today. You know, we're now in the last week, two weeks, we've seen a series of violent attacks against the Jewish community in in the United States, in Washington, DC, outside of the Jewish the capital Jewish Museum, at an event, actually, that was hosted by the American Jewish Committee, where people were coming together to talk about shared society and how to, you know, human relations to young people gunned down. And you know, by a by someone who was claiming to advocate for Palestinians. Really terrifying and sad. And then, you know, now, just this past weekend, there was another sort of violent attack on a Jewish community. And actually, the suspect in that case was just charged with, you know, a hate crime, a federal hate crime. And this one was in Boulder in Colorado, where where we saw sort of a similar kind of motivation out of the words of, you know, from the reports of the scene and what this person was saying, you know, fire bombing a crowd and in the name of justice for Palestinians, and I'm just using his, this person's, you know, framing of that. So, you know, I think we're and, you know, we also saw over the weekend, the the show of the Holocaust memorial and museum in Paris was vandalized, along with a number of synagogues there. We're hearing some smaller reports in the states of different Holocaust museums that have been tagged with graffiti or and so it's just a terribly troubling time. And you know, we're we're doing everything. What's sad about this is the very institutions.... You know, this underscores the need for work like ours now more than ever, and we're sort of battling against resistance to that and trying to find ways to make sure that we're continuing to do it as safely as possible. So it's highly concerning, and something, of course, we think about every day, all day, in the work that we do, anything I left out related to those pieces?

**Kevin Aldridge** 14:12

Yeah, no, no. I mean, I think when I, when I look at and I think about these, these tragic incident instances, you know, the first thing that I always lead off with is this notion of violence. Political violence is something that we all just have to reject outright. I mean, I don't think that you can say that enough, even though you feel like you say it these days, far too often. I think that it's a refrain that you know, people of conscience, you know, need to continue to to suggest, but as we're looking at, you know, perspectives, I think, and trying to take the the 30,000 foot view, you know, part of me asks this question is, is, what is it that in our society these days, is leading people to act out violently in ways and even sometimes against people who have absolutely nothing to do or no direct impact on the cause in which they're they're taking an issue with. And I, think, you know, looking at it from that 30,000 foot view, it's, it's, it's, how do we get to a place where we can, where we can end this conflict, right? I think that's where, where, when we look at this, where we all want to be, we all want to see where, you know, the Jewish community can have their self determination. The Palestinian community can have likewise. And you know, we can stop seeing all of this, this loss of life and and and starvation and famine and things of that nature that that are taking place. And I think that, not knowing details about, you know, the individuals who are behind this and beyond what's been reported about it being a hate crime and somewhat politically motivated, at least in one instance, you know, you Look at what, what moves someone to be so hard and so bitter that this is, this is the route that they would take to take the lives of someone else and essentially in their lives, whether that's through incarceration, through death penalty charges, through maybe things that go wrong, and the apprehension of the suspect with the police. And I think those are the things that that we have to take a look at, because until we can figure out how to address these larger issues that are moving folks toward political violence. I think it's too easy to just suggest, you know, that we like to use the terms, you know, crazy or, you know, nut jobs, or whatever the derogatory term of the day is for people who carry out these acts. I think that's a far too simplistic way to look at it and doesn't help us move forward as a society in terms of how what needs to happen in terms of reducing this type of political violence. Is it the rhetoric? I mean, I feel like the rhetoric that we have around a lot of these issues is super incendiary and incites people to move in these ways, and how do we talk about these very difficult and tough issues, no doubt, in in better ways that doesn't agitate set people on these courses that then lead to violence.

**Jackie Congedo** 17:53

Well, I think, I think... I appreciate your perspective and opinion on this. I think also what's happening is that there is a lot of hate in the world. And

**Kevin Aldridge** 18:05

no doubt,

**Jackie Congedo** 18:05

you know, as much as I want to say, an end to this conflict will resolve antisemitism. And I know that's not necessarily the simplicity with which you're suggesting, but I think that's something we have to wholeheartedly reject. That you know that in some way, like when I think about the rhetoric, there's been so much associated with this movement, unfortunately, that is antisemitic in nature and that and that calls for things like globalizing the intifada. Well, now this is what that actually looks like, right, where we say, and I think it's become sort of slang in the protest movement as sort of like a symbolic, you know, power to... rights for... you know, freedom for... but when we say things like globalize the intifada, that means, that means go after any Jew, anywhere or anyone who has any part of their identity or affiliation in their identity with supporting the right of Israel to exist, that that is these are the implications for that kind of rhetoric. So I think... I hear you, and I think that certainly escalation, we see this statistically tracked, that escalation in the Middle East leads to more hate crime, more antisemitic attacks against people who again, you know, some of the reporting on this, particularly in DC, has been that two Israeli embassy employees were killed. The guy who ran up and opened fire in front of a crowd in front of a capital Jewish Museum at a Jewish event did not know who was there, who he was, you know, who he was firing on. He just knew that they were Jews. So I think we have to, kind of part of me sort of bristles at this idea that there's any justification, not justification, but that there's any reasonable way to. To unpack or find rationale for someone's hatred. And I think, yeah, so while certainly it doesn't help, right? The flared tensions don't help. I think it's there are, there are just there is, there is hatred in the world, and there, there is people who are violent in their hatred, and I think that's what we've seen in the last couple of incidences.

**Kevin Aldridge** 20:26

Yeah, but see, I don't think violence just or hatred just exists like in a vacuum, like hatred has a root somewhere, whether that's in bad whether that's in bad information, yeah, whether that's in bad teaching, whether that's in past trauma or injuries, hatred doesn't just materialize out of thin air, like most people don't just hate other people, because there's usually some impetus behind it and so, and I didn't mean to be so simplistic as to suggest that that sort of ending the conflict within this but certainly the conflict that we're seeing is a catalyst to, or, for lack of a better term, a reason for people who might harbor that hatred

**Jackie Congedo** 21:11

Or you could argue the misinformation....

**Kevin Aldridge** 21:14

Yeah, absolutely. And so when we talk about the things that that we need to look at and address if we want this political violence, we know misinformation is a is a huge part of the equation that needs to be solved. Finding a way to peace is a huge part that needs to be resolved. Dealing with the rhetoric and what is truth and understanding, you know, what is, what is accurate history, you know, is also a part of that. So I think there's a, there's a big stew of things that I think that are part of that 30,000 foot view that we need to be taking a larger look at that if we want to lower the temperature. These are the sorts of things that that have to take place in order for that to happen. People have to become more educated, they have to, you know, not in many ways, attack and go after people who might be on their side, like, you know, I want to believe that, like a lot of the people who were, you know, maybe involved or victimized in these instances, you know, want peace as well. They want to and are working toward trying to find solutions to that end. And these are the folks who are, you know, who are being attacked, you know, you know, here in the states. So I think that, you know, there are a lot of things that I think that we need to, you know, that we need to examine from that, that 30,000 foot view, and say, you know, there's a lot of work to be done in all of these areas, and what can we from our level, do to help contribute to that? Because, you know, a lot of us aren't policy makers, you know, we aren't, we aren't the ones who are, are sort of making these decisions. But I think on a at a one on one level. You know, we should be able to within our communities and that try to have, you know, try to have some of these tougher conversations, neighbor to neighbor.

**Jackie Congedo** 23:11

And that's the role that dialogue, relationship, and education fills. I really feel that way. I mean, you know, you could say a similar thing. You know, no two circumstances here are alike, but it's like, you know, people who spew racist hatred, it's not that people of color did anything to bring that on, or that it's in any way justified. But if we're really serious about solving for that, we have to understand, where's the misinformation, where this, where does this hate develop? How does it, you know, how does it influence, and how is it trafficked? And what's the what role does rhetoric play in it? And who are the examples, you know, who's setting the tone, and how is, you know, what does that tone sound like? So I think, yeah, I think you're right. I think if we're if we want to be problem solvers. We have to think about what we could more we could do. What more can I do? It's the upstander mindset. So, you know,

**Kevin Aldridge** 24:08

it's not easy. It's not easy work. I mean, antisemitism is the oldest form of hate, you know, known, and you know it's, it's every bit as insidious and, you know, pervasive and hard to root out and get rid of as as racism is. I mean, there, they're two different types of of hatred, but no less stubborn and difficult to eliminate and get rid of. And I think that those who choose to traffic in it, I think because of the internet and social media, it's become much more difficult to ferret that out, and there's more misinformation and propaganda and confusion that can be created these days that it's that it's sometimes hard to control, and I wonder if it's not completely, you know. If that horse is so far out of the barn that there's no way to kind of get it back now

**Jackie Congedo** 25:04

And and in our attempt to understand it, to use education to undo it, I think, you know, we want to resist the urge like, I mean, you know me, I'm always thinking of how to humanize and like, as twisted as that worldview is, let me see if I can understand it more, so that we can prevent it, so that we can use education against it. I also think that there's a slippery slope there, where it becomes like there's a this is, you know, there's a legitimate reason for this, or somehow this community brought it on themselves. And I think, I think that's dangerous too. So,

**Kevin Aldridge** 25:39

yeah,

**Jackie Congedo** 25:40

you know, there's, there's more we can do as problem solvers. And also we should be really explicit about saying, as you've said, you know, this is unacceptable, and, you know, and I'm grateful that in this case, there was swift, you know, charges, and these were hate crime charges, and so this seems to be being taken, I think, for, for what it is, which is, which is a good thing. But, you know, pivoting from sort of challenges on the left to some challenges on the right, related to anti semitism, and I think this is worth spending a minute on, because, because, over time, as I've sort of been working in this space and understanding the way this stuff manifests, and you know, particularly as someone who works in education, about the history and about the way anti semitism is weaponized, and how it really is used as a wedge, a political wedge, a scapegoat, there's sort of an interesting thing happening, and I say interesting with kind of quotes around it, related to the weaponization of anti semitism, and sort of the weaponization of attempts to to fight anti semitism today. And so I'm looking at this article in USA Today by opinion contributor Alex Zheutlin, I believe is how you, how you say his last name, and he's he's talking about what something that gave words to some, some, some things I've been thinking about for a while. The article is Trump task force may expose Jews to more antisemitism. And I think this is the really, you know, as we were talking about before, Kevin, like, the really precarious position that the Jewish community is in right now. Because, on one hand, we do have good reasons to be legitimately concerned about some of where we see pro Palestinian activism turn violent, turn antisemitic, et cetera, as we have just talked about, right? These are real concerns, and they're not hypothetical. They're lethal, and they're happening now and so and they require condemnation and swift action and urgency and, you know, and stringent handling and at the same time to weaponize those concerns. I think is we should, we should be smart enough to look out for that. So, you know, Zheutlin and his piece talks about, you know, the targeting of universities. And yes, like I said, I say all this with the with the asterisk and the qualifier that, like these universities have, I think, largely not done enough. They need to do more. And it can also be true that, you know, exploiting those fears and that trauma to support a broader agenda is not great if you want my opinion for Jews, especially you know the thing about antisemitism, it's like, I want to say it's a two-headed monster, but it's a multi-headed monster. It shows up in all different places, and the common denominator is extreme ideas, extreme politics, extreme conspiracy theory. And so any attempt to cut off the fuel for antisemitic hatred has to be like an equal opportunity player. There you have to you can't ignore the issues on the right and favor the left. You can't ignore the issues on the left and favor the right like and I just think that that this particular policy to aggressively pursue some of this stuff at the expense of civil liberties at the expense of academic freedom and speech is something we should pay close attention to. He says at the end of his piece, which basically shares a lot of these concerns, he says, "There's nothing novel about scapegoating Jews in times of political tension. What is new and particularly insidious is the pretense that such scapegoating is a form of protection." So here we are right as a Jewish community, trying to say we'd really like more help figuring out how to address these things, because they have lethal consequences and they're really dangerous. And then we're also saying, but can we, can we not use that as justification to pursue an agenda that's also going to undermine our security and that, I don't know how to walk that tightrope. It's an incredibly tough tightrope.

**Kevin Aldridge** 30:15

Well, it's, it's a tough it's a tough spot to be in, and I think you did a good job of, kind of laying out, you know, sort of what the what the landscape is there. And I think that a lot of colleges and universities have really kind of struggled to deal with this issue for a lot of the same concerns that you know, people on the left have about, you know, Trump's sort of heavy handed attempts to go after universities like Harvard and others over the DEI... DEI policies. You know, universities have clearly not done a great job of or as good a job as they could in making sure that Jewish students, you know, are safe and protected, and that, you know, sort of antisemitic ideas or rhetoric has, it has no place on those on those campuses. They could clearly do a better job. But I also understand that they've been trying to sort of walk that tightrope, again, of freedom of expression, free speech. And we've talked about many times that if you don't understand what antisemitism is and how to how to ferret it out, you'll miss it. And I think universities have have struggled with that. And certainly the Jewish community has been, has been vocal in wanting to make sure, especially if you're a Jewish parent, you're sending your kid to one of these schools, you want to make sure that they're safe. That's not a ridiculous or an unreasonable expectation you know of any parent. And so there's that element of it, of wanting more help. But then when you have someone like the Trump administration who has their own agendas, whether that's the the elimination of DEI, or trying to go after, you know, immigrant students on campus and getting them out of the country, this becomes another avenue by which they can justify, justify going after that. And I think it, I think it leaves the Jewish community in a position of of, of saying, Hey, I don't necessarily disagree with you know, yeah, the concerns and trying to do more to to ferret this out, but the extent to which you're trying to do that and sort of manipulate it politically, how do we talk against that?

**Jackie Congedo** 32:38

Well, more vulnerable place? Yeah, absolutely, vulnerability, yeah, because

**Kevin Aldridge** 32:42

there are a lot of there, you know, there are a lot of people who sort of hold that conspiratorial view of Jews as being in control of everything, yeah, exactly. And this kind of plays into that. So it's like, you know, hey, you know, Jews speak up. And the president, you know, launches this task force that's now silencing students and deporting them and doing all of these things in the name of the Jews. So it it actually plays into that conspiratorial trope that that that a lot of Jews are concerned about as it pertains to antisemitism. So it's a these are, these are the complex sort of political conversations that we're dealing with right now. It's like, and if you don't, if you don't handle these conversations around these issues with the delicacy and nuance that they require, you wind...

**Jackie Congedo** 33:33

You traffic in really problematic things that can lead to these explicit forms that we've seen, you know,

**Kevin Aldridge** 33:38

absolutely because the outsider looking in, who doesn't understand it, if, if they read this piece by Mr. Zheutlin, would say, and if you're a Trump supporter or a member of MAGA, you would say, well, he's ungrateful, right? You know that, like Trump is trying to Trump is trying to help Jews, and here you are being critical. And, quite frankly, yeah, not, not, not grateful for what he's what he's trying to do to address a problem that you have said is a problem, right? And so that's, that's a that's a tough, tight tightrope to walk.

**Jackie Congedo** 34:14

And this is what I always say when people come to me and they want to say, you know, in the wake of an incident like this, or one of these incidents, what can we do? Isn't what? How can we be a better ally to the Jewish community? What can we do? And I always say, instead of saying, over there, say, What can I do in my community? Because, like I said, the multi-headed beast nature of antisemitism leaves room for all of us to be part of the solution. Unfortunately, this isn't just a factor of the left. It's not just a factor of the right, right conspiracy takes hold, take takes hold, and all of these different extreme places and ideologies. And so we should, if we really are serious about our allyship, about that offer to be allies, then we should say, Where does my voice carry the most weight, and how do I do that work inside my tent, with my family, with my network, with my politic, with my ideology, that's that's how we're actually going to change things. And I think that whether it's the left trying to politicize the issues on the right or the right trying to politicize the antisemitism on the left, we have to reject... we have to reject that unless it comes with doing the work of real moral courage and saying, How do I deal with the problems in my tent, in my family? So that's why, you know, this is a this is something I think that that really we should be paying attention to and and it is one of those things talking about perspective that requires us to hold such a broad perspective as we look at that issue. And then, you know, there's these other, you know, issues and lived perspectives that are happening out there as well, right? This is June, and so the month, you know, Pride month here in Cincinnati, and it's also the month of Juneteenth, and we have all kinds of headlines about, you know, corporate support pulling from Pride Month, and Juneteenth celebrations being canceled. And so, you know, I'm over here with my CPU, yeah, my hard drive being completely, you know, inundated and sort of monopolized with the issues of what's happening in the Jewish world and and on goes the rest of this, which is, which is also concerning, yeah,

**Kevin Aldridge** 36:36

yeah. It's, I mean, I think it's just more of, I mean, I see the common thing among these things is just the challenges that we continue to still have in our country with diversity. And, you know, people who are who are different. And you know, whether that's, that's Jews dealing with antisemitism, you know, LGBTQ people dealing with with homophobia and transphobia, and you know, Black folks dealing with with racism, like when we when we talk about what's at the heart of most of these issues, it's our inability to handle, to accept and to deal with difference, you know, to humanize, yeah, and to and to kind of live in harmony with that. You know, when I, when I see these, the Juneteenth celebrations and the corporate sponsors pulling out from Pride Month, you know, I think we understand that a lot of that is, is somewhat rooted in President Trump's attacks on DEI and his threats to pull funding and go after corporations, universities or whoever doesn't buy into his notion that we, quote, unquote, need to be this, this color blind society, which none of us would disagree with, except for the fact that that's not the reality that that we live in, and trying to pretend that it is doesn't do anything to solve the issues you know? Those who those who think that DEI or programs that don't give people a an undeserved opportunity, but simply ensure that barriers are not in place and that they're being considered. If you think those programs are no longer needed, then there's a pretty good chance that you don't belong to one of those groups you know, affected by those things. So it's easy to talk about what a group that you're not a part of, what's real for that group and what is not real for that group. You don't have that ability, or, you know, authority, to be able to say that as speaking about perspective, right, right? It's sort of that dismissal of the perspective that is lent to this sort of, this quote, unquote, anti, anti-woke notion that's that's leading to these sorts of events. Now, look, as a corporate entity, you can support or not support whoever you want to that is that is your your given, right? But I have a problem with these organizations that have been supporters of things like Pride Month and Juneteenth and now because of the President's threats, or they don't want to get on his radar suddenly, their allyship is in question, or they don't have the dollars to come forth with it, with that sort of thing. If it's a budgetary thing, fine, we understand that the economics change for a lot of but if it's just simply because you don't have the moral courage to stand behind groups that you're... That's why I'm always somewhat skeptical about some of this corporate support. Anyway, I think companies do what is in their best interest in terms of selling products and putting on a certain public face that that they feel like will help them them sell more of their wares. And when that, when the waves of attitudes change, they change along with it, so that they don't lose market share. So there's the cynical part of me, that's a part of that. But you know, hey, if you're gonna say you're gonna stand on these issues last week, you should stand on them this week.

**Jackie Congedo** 40:16

Yeah. And I just also want to point out that we're not talking locally on either of these so far, you know, there, there have not been any, to my knowledge, questions about our Juneteenth celebrations in Cincinnati. And certainly, I can't speak for the whole, you know, the whole corporate sector, but I can say that our our partners in the corporate space, have been extraordinarily generous and continue to stand, you know, so I think actually, in times like these cities like that, have the community cohesion, connectivity, the three layers of separation, or three, you know, points of separation between people or between entities are all the stronger for it, because, you know, in a big city environment, it's easy to say those people over there, they're on the chopping block. But here, you know, we all know, we all know everybody. And so there's, there's a certain like resilience in that to sort of what's spinning on the national level. It's like, well, here in Cincinnati, we know how to do this, and we're just going to keep doing this, yes, and so that's something I think we can really be proud of.

**Kevin Aldridge** 41:21

well. And I think we have, we have a lot of corporations in this community, you know, sort of starting with the Procter and Gambles,

**Jackie Congedo** 41:28

yeah, absolutely

**Kevin Aldridge** 41:30

that have not been shy over the years of taking tough stances. I mean, you know, P&G over the last decade. I mean, we can think of all of the socially conscious, you know, Camp marketing campaigns that they've done over the years. So, yes, so I would agree with you that, you know, that Cincinnati might be one of the outliers in terms of what we've seen from the broader sort of national corporate culture, where you've seen sort of the Targets and the, you know, the Walmarts of the world sort of been, been the knee on some of these issues, very disappointingly. And, you know, they've, some of them have paid a price for that, you know, turn,

**Jackie Congedo** 42:15

yeah, yeah. I think, I think P&G is a good example of, they really walk the talk, and have done so for for so many years and and it's, it's humbling to see that, you know, to see that continue here, here in Cincinnati. So pivoting a little bit to a different perspective, this is some of our stories from the archives this month. So we're highlighting Lisa MacVittie. And Lisa is a survivor who was born in Berlin in 1932 she talk about like an extraordinary perspective, an extraordinary story, contracted polio as a child, and after Kristallnacht, right, that sort of first night of organized violence against the Jewish community in Germany, her parents made the decision to escape, which was an incredibly difficult decision, because she was in a body cast because she had polio. So I think about, you know, all of the stories that we share involving people who fled, mainly through Europe. But actually, Lisa's story is pretty different. She has a totally different, you know, in addition to the extraordinary nature of having to escape in a full body cast as a child with a with a critical illness, she has a very different story of escape, which is also a reminder about how little control -talk about perspective-

**Kevin Aldridge** 42:16

Yeah,

**Jackie Congedo** 42:17

you know how little control people had when they were trying to escape the Nazis?

**Kevin Aldridge** 43:46

Yeah. She and her family made the trip out of Germany to Naples, Italy, and then sailed to Shanghai. It was a huge transition for them. Life was very difficult. Lisa's father died in China, and her mother was left to raise the children. Lisa eventually immigrated to the United States and settled here in Cincinnati and joined the Air Force. She told us about trying to adapt to life 5000 miles from home in a place where they did not speak the language. Let's let's check out her story.

**Cori Silbernagel** 44:16

You know, you talked a little bit about having to learn Japanese in school. What were some other ways that that this occupation was realized in the Shanghai ghetto?

**Lisa MacVittie** 44:31

Well, they put us all to gather. Actually, they they made the rules, and the rules had to be enforced by inmates, actually, or whatever you want to call us. And they had to get permission from Goya. He was, they had a he was from the good faction, faction of Japan. Mm. Yeah, and he was the overseer for the Shanghai ghetto, and you had to have permission to leave the honk honky area at all, you know you if, if you he, they gave you a card or something. If you get stopped on the other side of that imaginary fence, sure, you know, then you better have one of those passes.

**Cori Silbernagel** 45:32

Yeah, yeah. It sounds, you know, it sounds that although your family had escaped, you know, Nazi Germany, life was still really very difficult, very restrictive, and you know, it's it's hard to balance that survival yet also struggle. What? What happened upon the end of the war, how, how do you remember learning about the war coming to it? Actually,

**Lisa MacVittie** 46:05

we did have a radio in the we didn't have it, but there was a radio in Bucha, and the Japanese never could find it. It was a short wave, and it traveled between like, Joe would have it today, Andrew would have it the next day or forever time basis. Dean, wow, they just moved that yeah, thing around so they couldn't find it. You know, the judges couldn't find

**Cori Silbernagel** 46:41

so Is this how you got your news of what's always happening, right?

**Lisa MacVittie** 46:45

Wow. And then also, they, after the war, they had this huge, like a cork board, where you pin up a message or something on it. That's before you had stickies. Yep. Yeah. They had this board, and on it would be John Smith is looking for, for Adam, or somebody you know, and that that had supposedly like they had incoming messages that they pinned up on that every morning at about four o'clock, those messages came through, and they were put up on that board. And my father would check the board each time to find out who's left in Berlin, you know. And of course, none of my family, my father's family, survived that didn't get out. So it was he kept looking checked the board every morning.

**Kevin Aldridge** 47:53

Wow, that was as the as these all are just incredibly impactful stories where you just love hearing from the survivors and what they go through. And the great thing is, everybody's story is so different and nuanced. And when you think about her winding up in a in a Jewish ghetto in Shanghai,

**Jackie Congedo** 48:18

Japanese occupied Shanghai, yeah, is

**Kevin Aldridge** 48:22

not that, and the way that she described the living conditions there, and even sort of the restrictions that they had to live under, I think most of us living today, we kind of like chafe against that, but, but considering what she was escaping from and just even being alive, you know, it your surroundings become relative. At that point. It's like you're, you're grateful to be in a in a Jewish ghetto with the restrictions that you have there, versus, you know, the the fate that so many of their their family members and friends and other loved ones suffered, who who could not escape and who could not get out. And so it just talking about perspective. It just, it does, just give you perspective to to recognize, on some levels, how blessed you are, how blessed we are with the freedoms that we have, and just kind of the ability to move and and if you know, if you're fortunate enough to live, you know, in a nice home and in a nice neighborhood, you know that to not take that for granted, because there are many people for whom that wasn't the the reality for for a good portion of their lives. And I think, you know, Lisa's tale is a testament to that.

**Jackie Congedo** 49:35

Yeah, I was noting also as I was listening and watching the video for those who are watching this, or for those who are listening, what we were seeing, you know, as she was being interviewed in her home, she has a lot of Japanese decor, you know, things from sort of the Far, Far East. And I think that also like that adds a whole other layer of like, wow, you know, the complexity of stories of survival that she has clearly, I don't want to say an affinity, but, you know, there's part of her identity now that will forever be tied to Japanese history, in a way that was complicated, but ultimately was part of her story of survival.

**Kevin Aldridge** 50:15

Yeah, yeah. I think that's interesting, because it does make me want to take more note. Like, when you are in people's homes, like to to take note and just kind of ask questions about that. Because if you were just in her home, you might notice that she had, like, a lot of the Japanese decor, but if you don't ask about it, you might just assume maybe she just kind of likes that. But there's, there's actually, like, a real life story behind, yeah, behind that. And it just, you know, makes you wonder. You know, every time you step into someone's office or home or or a place of habitation, and you see different things like, what are the what are the stories behind?

**Jackie Congedo** 50:51

It's a reflection of their journey, right? And that and the complexity of their journey and their perspective on things, all right? So transitioning to our upstander highlight this. This episode, we're going to highlight one of our past upstander award winners, which is a good time to do that, because we are coming up on our third annual. I guess you could say fourth annual, because we had a pretty small upstander awards four years ago. But regardless, our third or fourth annual upstander awards. And so looking back at Dr Christian Gausvik's story, who is a physician here in Cincinnati, and in his life and in his practice, he really has, I think, gone out of his way to prioritize and care for two groups of people who can face marginalization, both the elderly and the LGBTQ community.

**Kevin Aldridge** 51:43

Yeah, early on in life, he found a connection to the elderly when he got a job working in a nursing home when he was in his in his teens. That connection continued as he went through his medical training and during his residency, a very busy time of his education. After medical school, he started a nonprofit called the Giving Voice Foundation. Its goal is to provide cross generational conversations and connection to improve the health of older adults through advocacy, education, engagement and storytelling. So let's take a look at Dr Gausvik.

**Dr. Christian Gausvik** 52:19

I was thinking about the upstander award in that night, and all of all of the things that went along with that, I think one of the best things about it was kind of the ability to reflect on other people's view of me and kind of get that perspective. Because I think probably like yourself, we all spend a lot of time analyzing ourselves and thinking about what we're bad at and what we're good at, and kind of having that ability to step back and see how other people who chose to reach out and nominate someone maybe think about them. I think justice and fairness are good good words. I have focused a lot on health equality for the LGBTQ community in Cincinnati, and so I think that's been a big area where perhaps fairness and justice have played out. I think there's there's components of that that you could see in the work of the Foundation as well. So yeah, I would agree with those, yeah,

**Trinity Johnson** 53:16

and I wanted to definitely talk about giving voice. But I did also want to touch on your advocacy for the LGBTQ community. Can you share a little bit about that work, and it's so very important. You're you're really at in the middle of two very important movements, right? And also, I think, raising awareness and dialog. So tell us a little bit about that side of your work as well. So

**Dr. Christian Gausvik** 53:43

honestly, I was in residency, my husband and I were looking for a primary care physician. I started asking my contacts, surely, there's someone who is part of the LGBTQ community who's doing primary care in Cincinnati. There really was not. And this was, you know, back 20, 1819, kind of in that time period. Since then, things have improved. But it reminded me, even as I was on this journey to really focus on geriatric health, that there's this component of our community that is really not well represented in medicine, and so I think that's what sort of pushed me to really try to craft a practice that would speak to those patients. And as I really kind of dived into the data around the LGBTQ community and healthcare and their interaction with the healthcare system, there's a lot of data about how much those folks defer healthcare, how many of them don't have primary care physicians because they've either had bad interactions in the past or have fear of judgment? And those stories play out daily as I meet new patients, and they sort of describe things that have happened in their past, ways that they were sort of pushed away from prioritizing. Health. And so that's been a really rewarding part of my medical practice, of really focusing on building a practice where folks can feel like they can build the right kind of trust to get the kind of health care that they deserve to get. And I think again, that kind of piece of connection and stories plays out there as well. It's you know, you hear the stories of what these patients have gone through of various generations, and really working to build that relationship and connection as their medical provider, to make sure that that they trust you in a way, that they're going to come to you when they need something, and that you can then reciprocate by by guiding them in the right direction. So I think that's been a great piece of of that part of my life, and it's been really rewarding to kind of build that in the community.

**Jackie Congedo** 55:52

You know, we talked at the beginning of this episode about the work of creating space for perspective, but there's also a role for people who are bringing that perspective, different perspectives, into sort of the collective consciousness, yeah, and I think that, you know, Dr Gausvik is doing that right? It's like, this is a perspective that he lives in all the time, right, as a part of his identity and recognizing just from kind of like a user experience space, like, wow, this is, like, it's not just me out here that needs something that doesn't exist,

**Kevin Aldridge** 56:27

sure,

**Jackie Congedo** 56:28

and then sort of taking it upon yourself to be an ambassador for that perspective in a way that helps broaden other people's perspectives, I think is really powerful. And I think, you know, that's as we think about pride month, what's so worthy of celebration, right? Is that there's been so much of that work done by people who you know, who had you know, in many cases, very little support to do it right, like took it upon themselves to say, this is a perspective that needs to be heard, that needs to be championed, that more people need to understand, and I'm going to do the courageous work of being the messenger,

**Kevin Aldridge** 57:08

yeah, for sure. I mean, I think, I think that's the story that you could look at at a lot of you know, minority communities, and say that a lot of gaps have been identified first by folks like that, who have seen either gaps in the system or who have been, you know, victimized or turned off by the system. And then there's someone like Dr Gausvik who comes along and says, I am going to be the person who changes that, or who tries to create a new paradigm to fill these gaps and create these experiences. And so it began with, you know, sort of his own personal journey and his personal perspective. But as I listened to him, and I talked about as how he began to cultivate and really began to build his practice, it came from listening to the perspectives of others. So I always say this, that no matter what part of the community that you're from, whether that's the African American, Jewish, LGBT community, your perspective may not be representative of the whole

**Jackie Congedo** 58:12

not homogenous

**Kevin Aldridge** 58:13

Yeah, you have, you have some part of that experience, but there are others whose voices need to be a part of that, so that you can come up with the best possible program, product, what have you. And he was able to do that. And and it reminds me when we were reading the definition of perspective in the beginning, it talked about that listening to and gathering perspective leads to better solutions, right? And so he, he was able to generate a better solution for those in the LGBTQ community and those in the elderly community by actually listening to a broad range of perspectives to develop something that's really good and beneficial to a lot of to a lot of people. So I applaud him for that. Yeah,

**Jackie Congedo** 59:00

it's extraordinary work, and just grateful to have tremendous champions for the work of, you know, putting these perspectives, like I said, into our shared consciousness and and being a real advocate and a good listener. As we sort of wrap up here, I want to close with our upstander shout outs, and we have a couple of them this month, because this is June. And in addition to being, you know, the calendar home, obviously, of Juneteenth and Pride month, it is also Upstander month. And so we are really excited to have this amazing slate of programs and events. We have the Upstander Awards, which, as I mentioned, is the fourth annual because I was reminded that Christian was a winner that first year. So yes, the fourth year of our upstander awards on June 22nd.

**Kevin Aldridge** 59:50

1st class event, by the way. I last year was my first opportunity to experience it. And if you have not gone to the Upstander Awards, I'm telling you. You need to get your tickets. You need to come out and support and check it out. It's a great, great first class.

**Jackie Congedo** 1:00:05

I kind of want to be like, these days, how much would you pay for good vibes? How much would you how much do you think a night of like, nonstop inspiration and feel good that like we actually are good. We actually have more in common. We are are all human beings like just that reminder, what do you think that's worth?

**Kevin Aldridge** 1:00:24

I'll just say it's priceless. And I'll only say that because I don't know what a upstander ticket is, and I don't want to, I don't want to undersell the ticket, so I'm just going to say it's priceless.

**Jackie Congedo** 1:00:35

That's fair, very diplomatically answered, but I will, in all seriousness, say that we have an amazing slate of finalists this year. We're going to announce the winners on June 22 we have Jesse Eisenberg, you know, as our celebrity host, joining us. We've got some special appearances from the Lacheys and their amazing cast of label-less. The musical that they wrote, produced about, you know, stories of young people who have different identities, sort of sharing the struggle and opportunity and those identities. And so it's going to be an amazing event. And we have, in addition to the awards we give out, which are, you know, surprises to the winners that night, we have a number of leadership awards that we give out, also. These are several different categories of leaders in our community who are really lighting the way with their upstanding and so I want to, I want to dedicate our upstander shout out to the five of them first. And, you know, we were talking beforehand about, like, again, this theme of perspective. And it occurs to me that each one of these people has either sort of channeled their own perspective, right, and as Christian did, or has set aside their perspective, done that hard work of saying, like, all this stuff that's occupying my my head, my mind space, I'm going to pause for a second because I want to champion this issue, or I want to lift up an experience or solve for a problem that hasn't affected me, I think, is really outstanding. And that's certainly the first, you know, for our first winner, the business upstander of the year, Dan Meyer, who is the CEO and co founder of Nehemiah Manufacturing, which, oh my gosh, if you have not gotten a front row seat to what they do at Nehemiah, it is, it is nothing short of absolutely amazing and transformative, you know, Dan. Dan, I don't think, has any, had any personal experience with incarceration in terms of himself personally, but wanted to use business as a way to give back and do good. And he saw this unmet need in terms of giving people opportunities who had a, you know, a record, who otherwise just too often fall back into things because they don't have anywhere that will hire them. And so he's like, really created this whole ecosystem of employment and services and community around people who are re entering after, after serving time to work at Nehemiah. It is, it is amazing to watch what happens there.

**Kevin Aldridge** 1:03:00

Yeah, I actually think like people like in businesses like Nehemiah manufacturing are really critical to sort of helping our society and our community sort of move forward for all the reasons that you said. We know the barriers that exist for people who are returning citizens, and we know the recidivism rate is high for those who are unable to establish themselves, yeah, through employment. So, so I wish we had like 50 more Nehemiah manufacturing, you know, here in Greater Cincinnati, you know, to to take on this mission and try to legitimately give people who need, you know, who have who have done their time, who've served their time for whatever it was that they did, they've done, or who have addiction challenges and things of that nature, that that second chance is is is huge. And so hats off to them for what they do.

**Jackie Congedo** 1:03:59

And it's so beautiful watching. I mean, I was part of this year's leadership Cincinnati class, and we had the privilege of spending one of our sessions at Nehemiah, and we got to hear from some of the people who work there, and obviously the leadership and Dan, you know, you can just tell how, personally I can tell you, if he were sitting right here, he would say, like, the gift has been mine to receive, sure, because he can't talk about it without getting choked up, because it's been so such a privilege for him to be able to step in in this way, and to see the transformation and to help and to lift. It's just an incredibly inspiring story. So kudos to Dan. We're excited to celebrate him on the 22nd

**Kevin Aldridge** 1:04:34

Yeah, I think a lot of people miss that point that you make, like, what Dan has realized, like, a lot of times when you give back and when you help, like a lot of people think like, oh, well, that's just so that you can feel good about yourself and what you're doing. But what I share all the time is you learn more. You get more from those that you help than they actually get from you, because, if nothing else, it allows you to gather a perspective and an appreciation for maybe what you've been spared from, you know, in your life, versus what other people have have been through, and even to see the resilience of other people can that you can draw from to help you figure out, Hey, man, if, if this man or woman can overcome these obstacles and make it happen like I gotta suck it up, you know, I gotta, I gotta quit being, you know, such a little baby about some of these. That's the perspective. Yeah, yeah. So hats off for sure, to Dan and to Nehemiah for sure.

**Jackie Congedo** 1:05:33

And then, and then second, we have sort of a two for one, upstander shout out. We have the Duke Energy illuminator award going to Paula Boggs Muething, who is the Chief Administrative Officer and General Counsel at FC Cincinnati. Prior to that, she was a city manager for Cincinnati during the pandemic, and I think just an unsung hero of the pandemic. You know, I think about the time of isolation and how we weren't even with each other, but so many real heroes like Paula or behind the scenes keeping our city running, keeping people safe, going to extraordinary measures and completely unprecedented times to navigate something that there was no playbook for. And so, you know, and she did it with grace and compassion and stamina and perse, you know, perseverance, persistence. So I would say that's, that's like the one, one piece of that is, is incredible. Kudos to Paula, and we're excited to celebrate her. But also our friends at Duke Energy, who have stepped up every year to shine a light in the illuminator award on stories of people in our community, leaders in our community, who are standing up and stepping up. And in doing that, they are also flexing those upstander muscles. So we have great partners at Duke Energy who, again, corporate folks who talk, walk the talk, walk the talk. Very grateful for them. And then our lifetime achievement award goes going to Chip Harrod. And gosh, Chip has such a legacy of upstanding in this community. I mean, for decades, you know, as founding president of the Underground Railroad Freedom Center, and you know, working in sort of inter-community interfaith spaces and multiple different iterations and organizations and programs. You know, most recently, launching the Festival of Faiths. And you know, lots of other interfaith initiatives and sort of inner community initiatives. And we were just talking about this before, like, Chip has done a lot of work at the intersection of communities that he is not part of,

**Kevin Aldridge** 1:06:05

absolutely

**Jackie Congedo** 1:06:10

So, you know, yeah, kudos to him,

**Kevin Aldridge** 1:07:34

absolutely. I mean, I'm a, I'm a big fan of Chip Harrod, you know? I mean, when I think of Chip Harrod, I think of a guy I've known chip for probably 25 years now. I mean his my knowledge of him and relationship with him probably spans most of my journalism career, and he's a guy who I can say that you really feel like his heart is in the right place in terms of how, in terms of how he moves, and, you know, sometimes you question people's agendas and why they're involved in certain things and why they do certain things. But, you know, Chip is one of those guys that I've never had that question about, like he's, he's always seemed very genuine and sincere and in his efforts and wanting to bring people together and and see us all get along and have equality despite our differences. So hats off to chip Well, well, well deserved.

**Jackie Congedo** 1:08:31

Yeah, yeah. I think a lot of folks you know who want to say, well, this or that, you know, it's like, well, at least he stepped out to try. Yeah, you know what I mean? I mean taking on some of these really hard issues during times where people are not talking to each other, where groups are not communicating, they can't sit at the same table, and saying, like, this might not be a perfect attempt, and it probably won't fix everything, but like, I'm willing to try. I'm going to be the first in line to try, and I feel like that has been Chip's. That's Chip's legacy. He's just, he's he's just completely undeterred by, you know, sometimes I'm like, thinking about the global problems in our world, and Chip Harrod, right here in Cincinnati, is like, doesn't matter. We're going to sit at the same table and we're going to figure this out. And in some of the hardest times, he's insisted on that, and I know it's a very hard time right now for those bridge builders. And I just want him to know that, you know, the arc of the moral universe is long, so we go through bumps and deviations and but at the end of the day, his hard work is paying off and grateful for him.

**Kevin Aldridge** 1:09:38

Well, you... One could also say that, you know, where would things be if it had not been, yeah, if it had not totally, I mean, it to use the line of, could it have been worse? I mean, we success and failure can be relative. Sure, things don't always work out the way that we want, but the reality is. Sometimes the work that you put in keeps something worse from happening.

**Jackie Congedo** 1:10:04

Yeah, and that's hard to measure. You know, you will never really know what didn't happen because of because of activism and work like that, and also so we have an Upstander Legacy Award going to the incredible legacy of Brigid Kelly, a friend, an incredible public servant, who we lost this past year, and only 40 years old. I think about people like Brigid, and I think about her a lot in this time. And I think, man, if we had another 40 years of Brigid Kelly, this world would be a much brighter place. But we have to be grateful for the 40 years we got. And you know, as our as our Auditor, also in the Ohio State House, Brigid just had this incredible way of of like, getting outside the entrenched politics of issues and talking to people. I mean, she was like a Norwood girl through and through, and she just lived the idea of community. I just, I have so much respect for the incredible person who was Brigid Kelly,

**Kevin Aldridge** 1:11:05

Absolutely. And in these political times when you can have people an example like that, yeah, who people, pretty much unequivocally across the board, yeah, say was just a good person, right? Like, that's that's tough to come by in today's politics, and Brigid Kelly certainly had that.

**Jackie Congedo** 1:11:25

Yeah, yeah. So her family is going to join us at the Upstander Awards and receive this in her honor. It will be a very moving moment, I'm sure. And you know, hope that Brigid is looking down on us, and I'm proud of the fact that we're trying to continue in her legacy. And lastly, our nonprofit upstander of the year going to Kristin Shrimplin. Talk about perspective. Kristin is President and CEO of Women Helping Women, which obviously helps women out of you know, incidences of domestic abuse and violence, and she is a survivor herself of this, and brings that perspective with her, to her work every day. I mean, to hear this woman talk and how she navigates this stuff. She just exudes commitment to the cause. And I think that's that's in part, because obviously, you know, this is part of her journey. But I think it sells her short, because I think that just like Christian every person she hears from, every person she helps, every story she encounters, is just more fuel for her to do this work because, because it's having impact outside of her and beyond her. So kudos to Kristin. She's just an outstanding champion in our city.

**Kevin Aldridge** 1:12:34

Yeah, fierce is a word that absolutely applies to Kristin. Got that red hair. She is. Listen, I tell you, you know, there are a lot of leaders of organizations for a lot of causes in this city, but I doubt there are few more dedicated, committed, passionate and just all out for what they do than Kristin Shrimplin. I've had an opportunity to know her for quite some time now, and I've always been impressed with how she's how she's run that organization, her dogged determination behind is, yeah, she She never misses an opportunity to try to advocate and promote for women who are impacted by, you know, domestic violence, and always wants to keep that in the forefront of the community conversation. So hats off to her again. This is a great, I mean, this is a great slate of community leaders that you guys have selected this year. There's, there's not a single person on that list that you could, you could say is undeserving for for the recognition.

**Jackie Congedo** 1:13:36

Yeah, I think part of it, it's a really hard process every year to think about who we should honor. And there's so many. We're fortunate in Cincinnati to have outstanding leadership in so many different ways. But what stands... stood out, really, I think about all of these folks, in addition to their contribution, is sort of the way in which they go about their work, right? That they they're undeterred and fierce in their commitment to their cause, but they pursue their mission in a way that inspires other people to be part of it. So there's a difference between I've been thinking a lot about the phrase I'm forgetting who said it, but we can run fast, we can run solo and get there fast, or we can run a little slower and get there together. Yeah, and like, what matters at the end of the day, when we think about enduring change, we have to figure out how not just to get there first, but how to get there and stay there. And that is the work that these people have done and are doing. So it's going to be a great night. June 22 tickets are going fast. If you want one, go to our show notes. You can click the link in our show notes and sign up. We're it's going to be a great night, and I can promise you, you will have all the good vibes. You will reap all the benefits of feeling good about our world walking out of the upstander awards.

**Kevin Aldridge** 1:14:54

It's quite a production, too, man. You guys do a great job with the with it, with the production. There. It's, it's a sight to see. I mean, you got neat, interesting little gadgets and trinkets and ways that the audience can engage and interact with the event. I thought it was my wife and I had a great time last year.

**Jackie Congedo** 1:15:12

Awesome. Well, we're excited to have you again, and kudos to our production friends who are currently behind the cameras, who make so much of that magic happen when we when we put it on every year. So look forward to seeing on the 22nd we have our 5k on the 29th if you're a runner, you should make sure to participate, or even if you're a walker, this year we have an honorary race marshal in Kathrine Switzer, first woman to run the Boston Marathon. And you know that's like an iconic upstander story, right? The pictures of her like being pushed out of the race by all these men who didn't want her to run. She just was like, Absolutely not. I'm running, you know. And it sometimes it takes that to be the first to say, like, I'm sorry. You're not ready. I'm ready. We're ready, and we're gonna do this today. That's right. So Kathrine's gonna be with us, and those tickets are selling, those registrations, or slots are selling fast. So join us for the 5k join us for the Upstander Awards, and here's to our upstanders in our community who are creating amazing ripples of change. We're all grateful for you, and we will see you next time on The Upstander Ripple Effect. Let us know your thoughts on this episode. Our email is in the show notes. You can listen anytime on Spotify, Apple podcasts, or visit Holocaustandhumanity.org/podcast. You can also connect with us on Instagram and Tiktok @holocaustandhumanity and x and Facebook @cincyhhc. The Upstander Ripple Effect is a production of the Nancy & David Wolf Holocaust and Humanity Center. The Center's mission is to ensure that the lessons of the Holocaust inspire action today. This series is part of the Cynthia & Harold Guttmann Family Center for Storytelling. Visit us in person at historic Union Terminal in Cincinnati, Ohio, or online anytime at holocaustandhumanity.org. Managing Producer is Anne Thompson. Consulting Producer is Joyce Kamen. Technical Producer is Robert Mills, and Technical Director is Josh Emerson. The opening sequence is by Ken Furman. Select music is by Kick Lee. This is recorded at Technical Consulting Partners studios in Cincinnati, Ohio.

**SUMMARY KEYWORDS**

Upstander Ripple Effect, perspective, anti-Semitism, political violence, Holocaust survival, Jewish community, hate crimes, misinformation, rhetoric, corporate support, Pride Month, Juneteenth, LGBTQ community, elderly advocacy, interfaith initiatives.