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Sheila Long: Hello, everybody, welcome to the Head of the Table Podcast. My name is Sheila Long, and I will be your host for today's show.

We have been having an excellent Season 2 here, talking about our moms for Mother's Day and celebrating all of the great lessons that they've taught us, and things that we really carried forward throughout our life. So today,

I have the great privilege of having a special guest on this show, my mom, Mary Louise Hildebrandt.

[0:01:00]

Welcome to the show, Mom.

Louise Hildebrandt: Hi, Sheila, I'm so glad to be on my very first podcast. This is exciting.

Sheila Long: Yeah, I'm so glad you're here. I've been hearing about everyone else's mom, and all these great lessons, and then I was thinking, what can I tell about my mom, and then I thought, why don't you just come on the show, because you've had such an interesting life, and you've learned a lot of lessons from your mother as well.

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Louise Hildebrandt: Of course.

Sheila Long: It will be great to kind of share that with the audience.

Louise Hildebrandt: I would be happy to do that.

Sheila Long: Great.

Louise Hildebrandt: Where should we start?

Sheila Long: Where should we start?

Louise Hildebrandt: If you want to work from now to backward, and backwards, I am just adjusting to being in the house and talking on devices and looking at screens, and wearing masks when I go out, and trying to be careful about the virus that I can't see.

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And so far, I'm healthy. And I live with my husband, Tom, and he's healthy too.

Sheila Long: Well, that's great. That's why we have the whole Stay at Home order, right, to keep us all safe and healthy.

[0:02:25]

Louise Hildebrandt: That's right, yes.

Sheila Long: So, do you want to tell us the story about your mom?

Louise Hildebrandt: Oh, sure. I can tell you about my mom. My mother's name was Gemma Zumpano, and she was the daughter of Italian immigrants who had a grocery store in Bellaire, Ohio, where they sold Italian imported food, and made sausages and cheeses, and so forth, for Italian coal miners, who did the coal mining in Bellaire, Ohio, and Wheeling West Virginia area, in the hills.

[0:03:10] her background was very European, and no English was spoken in her home. So, one of the stories that she tells is that, she didn't like that very much, she wanted to be American. And so, when she got sent to school, she decided that she was going to try to leave her Italian language at home, and just speak English.

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And it was a slow go, but she was able to do it, and one of the incidents that happened at school, I believe it was when she was in first grade, her first grade teacher gave her a toothbrush, and apparently, my mother had never brushed her teeth. And so, the teacher said, "Don't worry about it if you don't have toothpaste at home, you could just use salt, and you could brush your teeth with water and salt in the morning and at night and your teeth will be bright and shiny."

[0:04:20]

Sheila Long: Awesome.

Louise Hildebrandt: Yeah, and so she did.

Sheila Long: Gotta love teachers.

Louise Hildebrandt: Yeah. And so that was one of her first experiences. And my mother lived to be 94 and she never lost a tooth in her whole life, she was always big on brushing her teeth and she became a very good English speaker, of course, and believed very strongly in education, and was very instrumental in having me work hard in school.

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Sheila Long: Yeah, immigrants, they bring that, you know, that really strong work ethic, they've come here to really like change their lives, and then like, the children of immigrants, they just grow up with those strong role models.

Louise Hildebrandt: That's so true. And the people that make it to this country are the strong ones, because the others either didn't have the courage to try, or they weren't healthy enough to survive the voyage.

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So anyway, yes, those are some good things that I inherited from my mother, and there's a lot more.

Sheila Long: There's a lot more, yes, there is, yeah. I wish we had that Italian grocery store, you know, that sounds good, but we can't even go on the grocery stores nowadays, but someday.

[0:05:45]

Louise Hildebrandt: Yeah, someday, yes.

Sheila Long: We'll go over to Brady street. Ok, great. So now you ended up working in education, do you want to tell the people about that?

Louise Hildebrandt: Oh, sure. I entered the work force in education later in my life after I had been in my first career which was, being a mom to you and your brothers and sisters.

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And that was a lot, and it was important to me to provide a stable home for you kids, so I just couldn't figure out how to get out into the work force while you kids were mostly all still at home. But as you gradually left, I did go back to school, and I became a licensed school counselor for the state of Wisconsin, and I worked in school counseling at different levels, after 24 years in school counseling which I absolutely loved, I know it was time to retire. And my husband Tom had already retired and so we decided that we didn't see enough of the children and grandchildren because we lived in another city, we lived in Appleton, Wisconsin.

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Louise Hildebrandt: And none of the children lived in Appleton.

Sheila Long: We all left.

Louise Hildebrandt: Everybody went to the big cities. And so, in order to see you we needed to get in the car and drive and then attend the event and the party afterwards

and then drive home and that was not fun. And we got tired and, in the winter, it was pretty dangerous.

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Louise Hildebrandt: And so, yeah, we did it for a few years and then we decided, "Why don't we just move closer to Milwaukee?" Because most of you kids were in Milwaukee and then there was the Chicago kids and then the one that lived in Ohio. One of you lived in Ohio, that was Eileen. She lived there but we just figured we would just be satisfied with getting closer to Milwaukee, and so we did.

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Louise Hildebrandt: And we lived in West Bend, which is Northern Milwaukee in a really nice retirement community where we have a rented home that is very nice in the Kettle Moraine Forest and we have trails and we're able to get out and walk in trails and go down to Big Cedar Lake, which we can walk to, which is very lovely.

[08:50]

Louise Hildebrandt: And so, we have a very nice situation right now. And we each do volunteer work which we were never really able to do before because we were always having to say no because we were busy with jobs or other responsibilities. So, it's nice to be able to do that now.

[0:9:15]

Sheila Long: That's wonderful. So how is it going with COVID-19 in the retirement community?

Louise Hildebrandt: Well, it's changed things a lot because this is a real active little village that we live in, it's called Cedar Lake Village. And well, we have been in many clubs and activities, the trails, the pontoon fishing, the diversity committee, the current events, book clubs, various volunteer outreaches and we can't do it now.

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Louise Hildebrandt: So, we've had to modify and we're learning about Zoom. So, my exercise fitness class is on Zoom, we figured that out. The book club is on Zoom.

Sheila Long: Wow.

[0:10:10]

Louise Hildebrandt: And the -- what's the other? Oh, we have a support group, a spiritual support group for women and we're doing that on Zoom. We do a book study and then discuss it and discuss our lives a little bit. And we've just started doing that on Zoom.

So, beyond that, we try to -- well, we wear our masks when we go out.

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Louise Hildebrandt: And when we see people, we wave at them and if everybody has a mask on, we just visit a little bit outside and then we're on our way. Sometimes we have gatherings where we take a lounge chair and sit six feet apart and sing songs. So, we're finding things to do but I still don't really like it that much, but it's okay.

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Louise Hildebrandt: We're alive and healthy.

Sheila Long: Yeah. It sounds like you figured it out. It's really impressive.

Louise Hildebrandt: Thanks. We're very blessed.

Sheila Long: It's funny to watch all of the people getting on Zoom.

Louise Hildebrandt: Yes, it is. I'm sure it is. And we had -- when I Zoom-ed with you and the kids for Easter, I got to see everybody and different places and even within houses and different parts of their houses like the kids that wouldn't come down from their room and all of that.

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Louise Hildebrandt: But -- and it was a little -- it was great but it was a little awkward and I think it's just because it was the first time. We're just not used to it.

Sheila Long: Yeah. How's your book club going?

Louise Hildebrandt: Well, the book club, the Zoom book club didn't work out too well this time.

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Sheila Long: Okay.

Louise Hildebrandt: We lost half of the group. And so, we're just emailing our comments and answers to the question. We did Hillbilly's Elegy.

Sheila Long: Oh, really?

Louise Hildebrandt: I don't know if you've heard of that book, it's a really great book.

Sheila Long: Yeah. I just read it actually a few months ago.

Louise Hildebrandt: Yeah. And I loved it. And so, I just returned it this morning, I drove -- I mean, I walked over to the mailbox of the person who picked out the book and put it in her mailbox.

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Louise Hildebrandt: And then she's going to somehow need to get it back to the library which is -- has been closed for a month. So, I don't know how it will all work but we're feeling our way along.

Sheila Long: Yeah. So, the Zoom call didn't work out because people couldn't figure out how to get on the call?

Louise Hildebrandt: That's correct. Yes. Yeah. And some people are just -- they're not comfortable with email and computers in the first place.

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Louise Hildebrandt: So, it was harder for them. So, we didn't want to leave anybody out.

Sheila Long: Interesting. Yeah. It's just funny to see how everything is like evolving and what will change over time.

Louise Hildebrandt: Yes.

Sheila Long: And it's a nice thing to be able to have the people who aren't mobile, join in on Zoom. So maybe when you go back, that might be something that you continue or everybody continues.

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Louise Hildebrandt: Yes. It'll work out, it takes longer for some than others because of what their experiences are, or are not. So, we're all different.

Sheila Long: And then another thing I've been thinking about is how different it is based on what technology you have in the house and what you already have.

Louise Hildebrandt: Yes. Yes. Like we have Apple products here.

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Sheila Long: Yeah. And if your Wi-Fi is set up to be able to handle all that extra usage?

Louise Hildebrandt: I think so. I'm still learning though. It's just going to be a constant updating and understanding the new technology as it comes along. It's never going to end. I'm never going to know it all, I'll just keep learning and learning. And that's all of us, I believe.

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Sheila Long: Yup. So, I think somebody just joined the call.

Louise Hildebrandt: Oh, really?

Kevin Long: Yes. This is Kevin Long. How are you Sheila and Louise?

Louise Hildebrandt: Oh, Kevin Long? I know you.

Kevin Long: How are you, Mom?

Louise Hildebrandt: I'm good. I've known you for a long time.

Kevin Long: You have. You have.

Louise Hildebrandt: Yeah.

Sheila Long: So, this is my brother, Kevin. He's been on my Advisory Council, he's the longest standing member for MalamaDoe and Head of the Table and he's here to talk to our guest for Mother's Day.

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Louise Hildebrandt: Oh, my goodness, what a great surprise. Wonderful. I was just thinking about you.

Kevin Long: Well, Happy Mother's Day.

Louise Hildebrandt: Thank you.

Kevin Long: I feel good that I'm at least a little bit early as I'm traditionally late with my terribly underwhelming Mother's Day gift, so I owe you for that.

Louise Hildebrandt: That's not true.

Kevin Long: I made transgressions in the past.

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Louise Hildebrandt: Not true.

Kevin Long: Well, Sheila had asked for some of my siblings and me to call in just to remind you of ways that you've inspired us and I have an example that I can provide but I also happy to take the conversation in a different direction if you'd prefer Sheila.

Sheila Long: No, that's great.

Kevin Long: So, Mom, I think the way that you've really inspired me and my brothers and sisters, as well as other people around you has been -- your dedication to your faith and particularly your dedication to your faith in times of need.

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Kevin Long: You've never been a person who despaired and cursed the darkness, you're always a person who lit a candle and always remained faithful to God and remained consistently trying to make things better.

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Kevin Long: Whether it's in your personal life, our family life or broader community and in social issues, and for that reason, you've always very much inspired me. And I've seen your children model your actions in that regard. So, thank you for being an inspiration for all you've done to raise my brothers and sisters and myself.

Louise Hildebrandt: Oh well, you're very welcome. Thank you for recognizing that and reminding me of those times.

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Louise Hildebrandt: Yes, that is true. And I've seen that in your kids that you make the best of things and I'm proud of you.

Sheila Long: Thank you, Mom.

Kevin Long: Thank you. Well, I don't want to monopolize the conversation. I know the podcast is relatively short but I do really appreciate the opportunity to participate. And Sheila, thank you for that.

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Kevin Long: And Mom, thank you for being her guest and for everything else that you've done.

Louise Hildebrandt: Oh, you are so welcome. I'm so honored. I love you.

Kevin Long: I love you. Alright. I'll cut off now. Thanks, Sheila.

Sheila Long: Alright. Thanks, Kevin.

Louise Hildebrandt: Okay. Okay, bye.

Sheila Long: Okay. Great. That worked out well.

Louise Hildebrandt: Well, that was a surprise.

Sheila Long: We'll see what else happens here. You never know when you're recording.

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Sheila Long: Okay. So what Kevin was mentioning like that faith in times of need, one of the things that I remember from our childhood was, how much you really valued people who adopted foster children. And I remember before I entered school, a few friends of yours, they adopted some children who were in the foster system. And I remember you just talking about what lovely people they were and how these children really needed help and these families they just really took it upon themselves to give them a great home and to help them.

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Sheila Long: And I see it like in your career choices that you really always try and do that. You're always looking out for children who need help like disadvantaged children. So, do you remember talking to me about the foster children?

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Louise Hildebrandt: so I knew a couple of families that had foster kids and got to know some of them and yes. Well, it takes a village to raise a child and it's very important to provide some kind of a stable home for a child to grow up in and so that means a lot.

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Sheila Long: Great. So, are you interested in helping any children nowadays? Now that you've moved to West Bend, you're in a bigger market than you were when you were in Appleton?

Louise Hildebrandt: Yes, I am. I've been doing some volunteer work that pertains to special populations, meaning people of color and kids that are in school that feel ostracized.

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Louise Hildebrandt: So, I've done some advocacy for them and gotten other people from this retirement community involved as well. And we said, "Well what we can do to help these kids feel better and cheer them up a little bit?"

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Louise Hildebrandt: And their sponsor or I guess who you call the advisor, she said, "They like to eat." And so being old people, we like to cook and so it just has worked out really well. We've taken meals and had lunch with them and then listened to

music and did some dancing and playing games and things and some serious things too we've done as well, having some serious talks.

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Louise Hildebrandt: So that has been something that has happened here in the community or here since we moved to our retirement community.

Sheila Long: Great.

Louise Hildebrandt: And I also have some interest -- if I'm able to network with some other professional people, I would really like to be able to help kids that are struggling with school.

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Louise Hildebrandt: Sometimes, they -- there's just one or two little things that are going on in their lives or with their mental language processing that is giving them trouble and it messes up their education because they feel like they're not smart and they sometimes don't like school then and sometimes become troublemakers.

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Louise Hildebrandt: Not always but sometimes or they just get sick and don't want to come to school. So, I would like to do some consulting to help struggling students be happy in school and work together with their families and their teachers and maybe if they're involved with medical professionals to try to...

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Louise Hildebrandt: Just to help them get over the hump and the big item I think that I can offer that other people might not be able to offer is to just recognize that any kind of a learning plan for the child really needs to be created by the child and the child needs to be listened to.

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Louise Hildebrandt: And being a counselor to children, I am able to do that and of course it would include a team of people who care for the child and want to -- want the child to succeed and I'm looking to create some kind of a network just so that I can learn what's already going on in this community that I could be part of.

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Louise Hildebrandt: Or if there is an unmet need that people have that I might be able to fit into and meet that need, that would be just great. So that's one of my goals in the next...

Sheila Long: That sounds wonderful.

Louise Hildebrandt: Yeah. Actually, it's one of -- yeah, it's one of my goals.

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Louise Hildebrandt: And objective wise, it would be -- I'm thinking two every month, I want to connect with at least two professionals every month in this area to see what's going on and what the needs might be that I might be able to fit in with.

Sheila Long: That sounds wonderful. So, your daughter, Colleen, she wrote a book.

Louise Hildebrandt: Oh, yes.

Sheila Long: And in her book, she talks about how to network actually.

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Sheila Long: She has a really nice page in there talking about that.

Louise Hildebrandt: I'm very anxious to read that book.

Sheila Long: Yeah, she has this like the Wrigley Park Networking Group and then she has ways how you can go out and talk to different people about what's going on and also how to network and that's another great tool. She's an incredible networker.

Louise Hildebrandt: Yes, she is.

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Louise Hildebrandt: In fact, that's where I learned that word.

Sheila Long: There you go. Networking. Alright, well, good luck to you with that. I know there's a lot going on...

Louise Hildebrandt: Thank you.

Sheila Long: ...in Milwaukee with underrepresented people and marginalized races and you have that experience, 20 years' experience and also, we had a lot of Hmong growing up in Appleton, there's a large Hmong community in Milwaukee too.

Louise Hildebrandt: Yes, yes.

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Louise Hildebrandt: And sometimes, it's not -- if you do the -- if you study the data that I have studied, what I've learned is that learning success doesn't have much to do

with race, it has more to do with opportunities and resources and one of the big obstacles is poverty.

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Louise Hildebrandt: And it's not so much race as it is poverty. But sometimes, it is masked as race and appears like it's race but it really is that people just do not have the cultural, I guess resources to give their kids.

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Louise Hildebrandt: And that makes it really hard for kids in schools sometimes.

Sheila Long: That's really great insight. And a lot of times, it's hard to say if you just don't have -- if you are living -- you don't have the same things that other people have and it might really put people at a big disadvantage.

Louise Hildebrandt: Yes, for sure. All kinds of things.

Sheila Long: Yeah, and that's wonderful, you're helping people already and that you're looking to help more people and you have such a wealth of knowledge, so that's really great.

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Louise Hildebrandt: I do have some good ideas and I've done some extensive reading too on that subject of having -- listening to the little child to really understand what they're experiencing and why they are in some cases shutting down or becoming angry or becoming sick.

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Louise Hildebrandt: And so, I believe that that's something that I can contribute to the team.

Sheila Long: Do you have a story of a child where that happened, that you want to share?

Louise Hildebrandt: I could. Yes, yes. This was a case of a little girl who was always getting into fights.

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Louise Hildebrandt: She was always getting into fights in the hall, in the classroom, on the playground, on the bus and it was interfering with her learning and people tried and -- different teachers tried to figure out why she was so angry and talked to her -- talked to the little girl's friends and nothing seemed to make sense.

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Louise Hildebrandt: And then what finally surfaced was that she was missing her family. She was an immigrant from another country and she had to leave her siblings behind, two of her siblings behind, when she came to the United States.

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Louise Hildebrandt: And she was hurt when her -- when she saw other kids who had brothers and sisters in school and she was embarrassed, plus she was sad because she missed her family that she thought she would maybe never see again.

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Louise Hildebrandt: So once we got that figured out and gave her a chance to talk about that and draw some pictures and sensitize the other kids to what she was experiencing, she settled down and she became a lot happier and a lot more cooperative and willing to go along with what was happening in the classroom.

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Sheila Long: That is just such a wonderful story. I mean not a wonderful story for the girl but just a story about why listening matters and all the valuable work that counselors do in the school system.

Louise Hildebrandt: Yeah, I really think that's a contribution that counselors can make.

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Louise Hildebrandt: And particularly school counselors because they understand teachers and understand the benefits of all of the people that work in the school like the speech and language pathologists who are really, really brilliant and they can look at a child's face and know that they've got some kind of a processing problem or they have an expressive problem or they maybe aren't even understanding the language.

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Louise Hildebrandt: And so, it's wonderful to be able to be able to be aware that there are people like that in schools that can work together and make a difference for kids.

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Louise Hildebrandt: What I really believe is that in this wonderful country that we have, there are great educational opportunities and it's free for kids and it's such a shame that they can't take advantage of it because once they become 18, they've

aged out of it, there's no more free education anymore and they -- and it's a shame that they would miss out.

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Louise Hildebrandt: Taxpayers pay for it, it's their benefit, it's their right as Americans and they should get the benefit of it and it's important to help remove those obstacles.

Sheila Long: Yeah, it's really important. Thanks a lot for sharing that story and just why -- in helping to explain why it matters to everybody too and why we should all care because if -- once when they age out of it, then they still might need some help and we're -- and we're interfacing with them.

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Sheila Long: They might be working at a local restaurant, they might be delivering our newspaper, you just never -- you never know, they might be working in your corporation helping in the mailroom or something and it's just good to kind of know what goes on.

Louise Hildebrandt: Yes. Yes, it is.

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Louise Hildebrandt: I look at adults -- I occasionally work with homeless people and sit down and eat with them if I'm at a situation where there's a -- working in a soup kitchen and part of that is serving and cleaning up but another part of it is just sitting down and getting to know people and listening to their stories.

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Louise Hildebrandt: And I look at them and I think -- I wonder what your childhood was like. I wonder what it was like for you when you were little and if things had been different if your life would be a lot easier now that living on the street.

Sheila Long: Yeah, that's great insights. Okay, what do you know about clean energy? I know that's another big hot topic with you.

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Louise Hildebrandt: Yes. Well, I care about the planet and I don't like what's going on with the atmosphere, that we have so much carbon in it and I'm hoping that we'll be able to go to clean cars and clean energy shortly.

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Louise Hildebrandt: And I know there are a lot of obstacles and there are a lot of reasons that we need to keep extracting fossil fuels from the earth and burning them but if

we could slow that down, it would be great for you and for your children and your children's children. It's not going to affect me that much because I'm going to be gone by the time things really get bad.

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Louise Hildebrandt: But it doesn't look good right now, that we're junking up the air around us and other kinds of trashing the earth that will also have an effect but I think the worst of it is the warming of the earth right now and how it's disrupting our weather patterns and how it's really destroying certain communities and islands that are being flooded.

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Louise Hildebrandt: There's going to be -- it looks like there's going to be more of it. And so that's important to me.

Sheila Long: So, have you been doing any work on that?

Louise Hildebrandt: Well, I've been helping people that are more involved in it than I am. There's a group called 350.org and they -- 350.org is a national group but there are chapters in different cities.

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There's one in Milwaukee and there's one in Madison. And Tom, my husband and I have been connected with the one in Madison. And so, they are doing actions and I've been helping with that. I'm not one of the key people but I have been helping with it.

Sheila Long: Okay. Great.

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Sheila Long: Well, that's like really important. It's definitely apparent. You know what's interesting about this pandemic?

Louise Hildebrandt: Yes?

Sheila Long: I don't know if you followed this but with so many people not traveling and working from home.

Louise Hildebrandt: Yes?

Sheila Long: They're saying -- and have you seen that? The impact that it's been having?

Louise Hildebrandt: Yes. We're going to learn a lesson from this hopefully. Yes, the air quality is getting better everywhere. Yes. Yeah.

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Louise Hildebrandt: And the price of gas is going down too but that's a separate matter.

Sheila Long: Yeah, that is interesting. So, do you want to tell -- oh, it looks like we have someone else who just joined the podcast as well.

Louise Hildebrandt: Oh, boy.

Sheila Long: Let's see. Hi, who just joined us?

Colleen McFarland: This is Colleen.

Louise Hildebrandt: Oh, hi, Colleen.

Colleen McFarland: Hi, Mom.

Louise Hildebrandt: Oh, what a Mother's Day treat.

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I didn't know this was all going to happen.

Sheila Long: You didn't. This is a surprise, huh.

Louise Hildebrandt: Yeah, it's good to hear your voice.

Colleen McFarland: Well, surprise.

Sheila Long: So, we were talking about your book, Colleen. Mom was talking about how she needed to network and I just mentioned that she should read your Wrigley Park, like how to network. You have those guidelines in your book?

Colleen McFarland: Yes. That's a good checklist, Mom. You might check this.

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Colleen McFarland: I think you would enjoy that.

Louise Hildebrandt: Well, I will. I'm eager to learn.

Colleen McFarland: Nice.

Louise Hildebrandt: So, I'll be reading it.

Colleen McFarland: That's great.

Sheila Long: We've been hearing about Grandma Louise and, you know, GGM. So Great Grandma Louise how she came from Italy and Kevin was actually on the

show too and he kind of gave a story about something that really inspires about our mom.

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Colleen McFarland: Nice.

Sheila Long: So, do you have like a story or something that you'd like to share?

Colleen McFarland: Sure. I have a story about my mom that I'd like to share.

Louise Hildebrandt: Oh, wow.

Colleen McFarland: Yes, well, a few times early into my career, I got in a situation where my job was eliminated because the company merged with another company.

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Colleen McFarland: And my manager who lose their jobs and then a little while later, they would find me and then I would lose my job. After one of these occasions, I was feeling down about it and I called and talked to my mom. And she gave me some good advice that stuck with me over the years when I'm not only been in that situation but in other situations that are challenging. She said that you need to do three things every day.

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One is you need to get some physical exercise, and I always in my mind interpreted it like enough so that you sweat. And the second thing is you need to do something spiritual whether it's praying or meditating, something that calms your mind. And then the third thing that you need to do is something for someone else, so that's something for someone else, so not something for yourself. And that advice, mom, has stuck with me.

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Because what you want to do is, you're afraid you're in a tough situation, you want to do just everything, focus on yourself.

Louise Hildebrandt: Mm-hmm.

Colleen McFarland: If you, You know, trying to find another job or solve the problem that's in front of you but allowing yourself or you're actually requiring yourself to do a few other things each day that you can actually achieve and accomplish really makes you feel a lot better. I've learned, so that's been a wonderful gift that you gave me, Mom.

[0:40:27]

Louise Hildebrandt: Aw, I'm so glad that was helpful to you. I forgot about that but that's very true. Yeah, that's very true.

Colleen McFarland: I've passed it on to many people.

Louise Hildebrandt: So, well, thank you for recognizing that and reminding me. It makes me smile. I'm smiling.

Colleen McFarland: You're smiling? Good.

Louise Hildebrandt: Yes.

Colleen McFarland: I'm smiling too.

Colleen McFarland: That's my story, Sheila.

[0:40:55]

Sheila Long: All right. Well, great. Well, thank you a lot for sharing that with us.

Colleen McFarland: You're welcome.

Louise Hildebrandt: I'm looking forward to that book, Colleen. Are you still on?

Colleen McFarland: I am. Am I supposed to still be on?

Sheila Long: You can -- yeah, she's our next guest actually. After you, we'll be recording with Colleen.

Louise Hildebrandt: Okay.

Sheila Long: But -- yeah, the book should -- the book was wonderful. I finished it last night. It was great.

Colleen McFarland: Thanks for reading it.

Sheila Long: No problem.

[0:41:25]

It had a very touching ending too where my son wouldn't go to sleep last night, so he was watching me reading the book. We just listened to Screenagers which is about how you're not supposed to be on your screen and then I -- it's only an eBook, so I'm like reading on the screen and then I like kind of started crying.

Louise Hildebrandt: Aw.

Sheila Long: And then he's like, what did Aunt Colleen write? And then I'm like, oh, Chris. Like her, Colleen's son, he changed his patterns of being on screen so much because of all of your work, Colleen. So thanks a lot for doing that.

[0:42:05]

Colleen McFarland: Oh, you're welcome. I'm glad you read it and glad it spoke to you. That's neat.

Sheila Long: Yeah. All right. Well, thanks for being on the show, Colleen and --

Colleen McFarland: You're welcome. Okay. All right, good bye.

Sheila Long: Okay.

Louise Hildebrandt: Bye, Colleen. Bye-bye.

Sheila Long: All right.

Louise Hildebrandt: Love you.

Colleen McFarland: Love you.

[0:42:25]

Sheila Long: Okay, so, Mom, do you want to tell us just one last story about your mom?

Louise Hildebrandt: Yes, I do. I do. My mother always emphasizes the importance of hard work. She said, you have to make up your mind to do something and just do it and never be jealous of people who have more than you do.

[0:42:50]

When you see people that are successful, don't be mad at them because they have more than you. Just be their friend and you can learn from them. Watch their habits and you can have success in your own way by picking up some of their good character traits.

[0:43:30]

And so, I thought that was -- that was a very good thing. Because sometimes, I, myself might look at other people and say they have a better life than I do and maybe you want to warm up to those people. And I have -- and I remember my mother's words and I go ahead and be -- get to be friends with them and find what fine people they are.

[0:44:00]

And a lot of times, learn and become a better person myself.

Sheila Long: That is such a wonderful lesson.

Louise Hildebrandt: Yeah.

Sheila Long: One thing that I really loved about your mom that we were talking about as we were preparing for this was how she always had interesting people in her life.

Louise Hildebrandt: Oh, yeah.

Sheila Long: It was always like -- it was like a -- what was that called? Mr. Roger's Neighborhood or -- like there is always someone who she just found like the intricate story from them.

[0:44:30]

Louise Hildebrandt: Uh-huh. Yes.

Sheila Long: So that's like another nice lesson that you just said is why she was really like so instrumental and helping you develop to the person that you are. So, we actually have another caller on. Who joined us?

Eileen: Hi, Eileen's here.

Louise Hildebrandt: Oh, Eileen. Oh, my goodness.

[0:44:55]

Louise Hildebrandt: Hi, Eileen.

Eileen: Hello, mom. How are you?

Louise Hildebrandt: I'm good. Are you in your house in Mason, Ohio?

Eileen: Mason, Ohio.

Louise Hildebrandt: Oh, wow. How is it there?

Eileen: It's great. Sunshine.

Louise Hildebrandt: Yup. You didn't have bad weather, did you?

Eileen: No, everything's been fine.

Louise Hildebrandt: Oh, good. Good.

[0:45:25]

Sheila Long: Okay, so, Eileen, we've had Colleen's been on and Kevin. Elizabeth actually some other -- something came up, so she's really bummed out. She can't

make it. And Pat's going to just be sending his messages not on the podcast. So, we wanted to hear if you have like a story or something about how mom touched your life?

Eileen: Sure. So, when I think of you, mom, I think of someone who I aspire to be.

[0:46:00]

You basically set the standard for what I feel like I need to be as a human being. You never talk poorly about other people, you're always focusing on how blessed we are. You always did as we were growing up. You know, we talked about how God has blessed us. You always wanted to pray for others and just be kind to people.

[0:46:27]

I really just think that growing up -- I think I sort of assumed that was just a mom thing that everybody's mom was like that, which is sort of like their role and it wasn't until like I grew up that I realized that moms come in all different shapes and sizes and we just really got lucky with you.

Louise Hildebrandt: Aw. Well, that is so sweet. Thank you. I'm very humbled. I'm -- yeah.

[0:46:55]

Thank you for saying that. I'm glad that you were able to get something good from your childhood.

Sheila Long: I completely agree with Eileen. Like every time I get these packages from you and there's always -- like they're very heartfelt and there's always like a God message in there like letting us know that we're blessed and it's just such a wonderful gift that you give us.

Eileen: You know what, it's funny say that, Sheila, because I was going to say that too.

[0:47:30]

Just -- I feel like your love for us has really palpable especially when you send things. It's like getting a big warm hug in the mail. I don't know, you have -- it doesn't have to -- it may not be like a super flashy gift but it's -- you just feel the love with it. Like you have your little sweet notes and the way that you have the little ribbons and -- I don't know, like you just put a lot of thought into it.

[0:48:00]

And you can just kind of feel that it's like this little package of love, which I find really amazing because I don't feel like that is a strength of mine. So, when I get it, I'm like, oh, how does she do that? Like how does she make you feel all this love just from this package?

Louise Hildebrandt: Aw. Thank you.

Eileen: I really liked that.

Sheila Long: So, this is our 13th podcast, so I've asked 12 other women -- or our dad was on too, so and him.

[0:48:25]

Sheila Long: Eleven women plus our dad. He was on and everybody kind of has a bit of inferiority complex to their mom. So, I think this might be ours. Like with the gift giving that -- in just how like it's -- you're always encouraging us to like be better people and to pray and to be kind for others.

Eileen: Yeah, it's amazing. We all try to be like you, mom.

[0:48:55]

Louise Hildebrandt: Oh, well. You sure -- you sure making my day here. Thank you for all of the -- all of the compliments and all of the things you've overlooked. I really appreciate it. It's great to have fans that love me.

Sheila Long: So, for all the moms out there who -- like with this pandemic, people have been telling me to give yourself grace.

[0:49:25]

Sheila Long: So, this is the moment where you can just -- everybody's going to make mistakes but just in the end, your kids, they're going to remember like the wonderful things that you've done.

Eileen: Thank you.

Sheila Long: Well, we're back here today at the Head of the Table podcast with Mary Louise Hildebrandt and um, we actually had some additions to the show. First of all, I wanted to let our viewers know all of the great things that my mom did to help us launch MalamaDoe which I forgot to mention before. Mom, remember when I got the first legal document people had to sign and we had it written in some kind of cool lingo and my mom was not a fan of the cool lingo so kind of went through it. Right Mom?

Louise Hildebrandt: Well, it needed to do a little bit of editing if I remember, not much. But, just a little.

[0:50:30]

Sheila Long: So, it is very clear. Right. You were right about the cool lingo. It just kind of needed to disappear. So, that's been gone. And then also remember rolling out the podcast logo?

Louise Hildebrandt: Oh yes, when you had all of those different sketches of different people.

Sheila Long: Yes, we had our first three takes and my mom just happened to be sleeping over. Right, you were sleeping over. And then you kind of looked at them and you got really into podcasting and how the logo should be. It has to be at the Head of the Table, right?

(51:10)

Louise Hildebrandt: Yes, the table stayed.

Sheila Long: You were like, you are the Head of the Table and some of those logos didn't have a table in it, and you were like, why isn't there a table in it. So, thanks for doing that.

[0:51:24]

Louise Hildebrandt: Right, and then there was that Head without a body. I remember that.

Sheila Long: Yea, that one. It's all on Instagram if anyone is interested. Yea, that one ... you just never quite know. Ok, well actually I wanted to read you something that was sent to me by your son Pat.

Louise Hildebrandt: Oh, Pat, yes.

(51:45) I am opening up something here. So, remember when we were little we always did prayer time in the home.

Louise Hildebrandt: Yes, of yes.

Sheila Long: But you had us come up with our favorite Biblical verse. Do you remember that?

Louise Hildebrandt: I think, it sounds like something I would have done.

Sheila Long: Well, that is what Pat wanted to remind you of it. He still remembers what the biblical verse was that he had to know. We all had to have our favorite one.

Louise Hildebrandt: I think I know what his was.

Sheila Long: Do you? Yea, what was it.

(52:25)

Louise Hildebrandt: "Rejoice in the Lord always again I say Rejoice."

Sheila Long: There you go. How do you know that?

Louise Hildebrandt: I don't know, I just do. Because he was such a happy kid.

Sheila Long: Ok, well he said that as a child you had me select a Bible Verse. Philippians 4:4

Louise Hildebrandt: 4:4

Sheila Long: And so, but he wanted to let you know that Philippians 4:5 the next verse reminds him of you. Yea, isn't that nice?

Louise Hildebrandt: Yes.

Sheila Long: So do you know what Philippians 4:5 is?

Louise Hildebrandt: I cannot think of it right offhand. Can you give me a hint?

(53:10)

Sheila Long: It has something to do with gentleness.

Louise Hildebrandt: Yes, yes.

Sheila Long: It is: "Let your gentleness be evident to us all." He just wanted to say Thank you for your quiet leadership!

Louise Hildebrandt: Aw. Well that is sweet. He is certainly welcome. I don't know if he will hear this or not but" Your Welcome Pat. I love you. "

Sheila Long: He also said - You show strength by your actions and continue to accomplish great things.

Louise Hildebrandt: Oh! Well. Good. I try to get a few things done. I don't know how great they are, but I try to get things done.

Sheila Long: Yup, you never know. And Happy Mothers Day!

Louise Hildebrandt: Well, thank you. It is going to be a wonderful Mothers Day. I am very lucky. If I knew how great you kids were I would have wanted to have a lot more of you.

Sheila Long: But, you did have six. Plus two you know, half step siblings.

Louise Hildebrandt: Oh yea. Oh yeah.

Sheila Long: And then Pat, another thing, he is very impressed that you made the dulcimer.

Louise Hildebrandt: Oh yes, I still have the dulcimer.

Sheila Long: For all the people listening out there, you took like a wood working class.

Louise Hildebrandt: I did. I took what's called a "Dulcimer Workshop." We got to decide what type of wood we would use and I chose mahogany for mine. And I made a beautiful dulcimer. And I still have it. But the strings need some work. I am hoping that I can get it repaired and then make it make some music again.

Sheila Long: Because he asked if he could play the dulcimer again.

Louise Hildebrandt: Oh, ok!

Sheila Long: So you have a fan club here.

Louise Hildebrandt: That will motivate me.

Sheila Long: That will motivate you and will COVID-19 you know we are just getting stuff done in the house.

Louise Hildebrandt: Oh yea, oh yea. For sure.

Sheila Long: And then Elizabeth actually made a recording. Elizabeth is our youngest sibling. I requested everyone come on the show and give like 1-2 minutes of one story but she gave you a lot of great feedback so I am going to play it for you. If you want, I can stop it. I'd you want to just jump in I can stop it. It goes for like a minute and a half.

(56:10)

Sheila Long: So, just for all of the people listening out there

Elizabeth Hildebrandt: Hi Mom, It's Elizabeth, I couldn't make it to the call today but I didn't want to miss the opportunity to let you know some wonderful things you have taught me. Being a mom I have figured out that we are teaching our kids all the time, whether we mean to be teaching them or not. And so here are some things that I have learned from you whether you realized or not that you are teaching them to me.

How to pray with people.

How to make people feel comfortable in conversation.

How to include people.

How to enjoy playing games.

How to notice and find joy in other people's happiness.

How to make a good meal out of few ingredients.

How to speak to children with as much respect as adults.

How to respect other people's personal space.

How to authentically apologize.

Know what you need to be your best self and make sure you get it.

If you cut food up into little bites people are more likely to partake.

It's ok to take a break.

If you make a mistake, make it right.

If you love someone, show them.

Thank you Mom.
You're my hero and I love you,

Louise Hildebrandt: Oh, I love you too Elizabeth if you are listening. Well that is a lot. You remembered a lot of good things.

Sheila Long: It was really thoughtful.

Louise Hildebrandt: It was a lot so I am all teared up here. But, you know what is really generous about you kids is that you don't remember the bad stuff so I am really grateful. Thank you for doing this Sheila. Thank you very much.

Sheila Long: No problem and thank you, all of the stuff that Elizabeth said is really great, how to pray with people that is something that really comes natural to all of us.

Louise Hildebrandt: Well, I am glad. That is what we need to do, It helps us get the grace from God that we need to do what we really need to do. And these times when we do not really know what the future holds at least the near future it helps us have the courage to carry on and be hopeful. So thanks everybody for being such great kids. And I am thankful to God that I was so greatly blessed.

(59:22)

Sheila Long Thank you. So Happy Mother's Day. We will just kind of leave it at that. And thanks for being on our show.

Louise Hildebrandt: Glad to be on it. It was a real privilege. I love you.

Sheila Long: Love you too Mom. Bye-Bye.

Louise Hildebrandt: Bye.

(01:00)

Sheila Long: Wow. So, I think that kind of wraps up our show.

Louise Hildebrandt: Is that going to conclude? Okay. Well, thank you for this wonderful opportunity to be on my very first podcast. And hello to all of the interested listeners out there.

[0:50:00]

Sheila Long: Yup, we're growing. And thank -- yeah, and then thanks to everyone for tuning in and please feel free to listen to our podcast wherever you get your podcast and share the word with others because we really want to inspire people to celebrate moms and celebrate women and help them have careers that really, like touch their soul. Kind of like our moms do for us. So, thanks to everyone tuning in.

Eileen: Thank you.

Sheila Long: Thanks to everybody for listening to the Head of the Table podcast.

[0:50:30]

Sheila Long: Please feel free to look for us wherever you find your podcast. Let your friends know as well. Thanks, everyone.

[0:53:03]