

## Member Spotlight

<b>Name</b>	gail LeBow
<b>Why are you a member of IWCF?</b>	I like the idea of pooling our resources to make a difference in Idaho communities
<b>Describe your role at IWCF.</b>	new member
<b>What are your top 5 strengths (from StrengthsFinder)?</b>	haven't done the strength finder yet
<b>What does true leadership mean to you?</b>	Showing up and inspiring and encouraging friends and colleagues to be their best selves.
<b>What is your personal philosophy?</b>	Kindness matters. Slow down and smell the roses.  You are not required to complete the task yet you are not free to withdraw from it.
<b>Is what you're doing right now what you always wanted to do growing up?</b>	I never really thought about being retired when I was growing up-- but I really love the dailiness of my retirement.
<b>What is something that makes you feel accomplished?</b>	Learning a new language. Using another language to help someone who doesn't yet know English.
<b>What was the most unusual or interesting job you've ever had?</b>	I was a facilitator for contract negotiations for 4 public school districts in Canyon County: Nampa, Caldwell, Vallivue and Parma.  I created joint training sessions for the teachers, administrators and school board trustees on the district negotiations team and remained engaged as a mentor/coach to the teams throughout their contract negotiations process.
<b>What is one thing you cannot resist?</b>	a bike ride on a sunny day
<b>What is your favorite thing to do?</b>	walking or biking on the Greenbelt

**Describe a typical day in your life.**

Since I've been retired my days are very varied. What happens each day depends on the "to do" list and the weather. I meditate each day before breakfast. After breakfast I go outside and feed the birds and enjoy the scenery.

I like having multiple projects going simultaneously. Reading, studying and being outdoors are among my favorite activities.

I love learning a new language. I am particularly interested in learning new alphabets-- most recently I've been working on Arabic and Yiddish. I have several spinning wheels and am making yarn from a variety of fibers. Whenever possible I like to take a bike ride and if it is too cold to bike outdoors, I listen to a podcast while riding my stationary bike in the garage. A daily walk doesn't always happen but it is a high priority. My favorite places are the Greenbelt, The Foothills and the Hyatt Reserve.

**If you could take a two-week long vacation anywhere, where would you go?**

Right now I'm planning a vacation with my son to Victor and Swan Valley Idaho for fly-fishing, biking and hiking.

**What is one of your favorite books or authors?**

No Barriers by Erik Weihenmeyer

**Tell us something about yourself that might surprise us.**

I just renewed my Extra Class Amateur Radio license. I got my first Ham Radio license when I was in high school. When we lived in Bolivia I used the radio as a hobby but also for emergency communications with the CDC headquarters in Panama during an outbreak of Bolivian Hemorrhagic Fever.

**Who is someone you admire?**

My mother's good friend Selma who was also my very close friend, mentor and guardian angel.

**Favorite quote(s)?**

"Bloom where you are planted"

How you spend your days is how you spend your life.

Change the way you look at things and the things you look at change

**What have you seen lately that made you smile?**

The light on the snowcovered Boise Foothills right before sunset.

**What is the craziest thing you've ever done and would you do it again?**

Bicycling in India. Not possible to do it again although I wish I could.

**Do you grant IWCF permission to share your Member Spotlight to social media?**

NO