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Panoply panorama panpipe pansy aha pansexual. Knowing no boundaries of sex or gender: sound interesting? Then join Sally on Sundays at noon for out of the pan. All those gender questions making you think too hard? Whether it's transgender bisexual polyamorous or beyond will throw those questions into the pan and cook up the answers for you. So go on push that gender envelope. Only on 3 CR 855 am digital and 3cr.org.au

3CR 855 am 3cr Digital 3cr.org.au and 3cr On Demand out of the pan with Sally first broadcasting noon through one every Sunday Wurundjri people of the Kulin nation and we pay respects to elders past, present and emerging, hello to any Aboriginal and Torres Strait Islander people tuning in from all over the continent and to any First Nations people tuning in from anywhere over planet Earth because of course, we have the another episode from the crew from Pacific X in which involves cooking today, which is always a good thing particularly, as we need to keep warm in these chilly times, lots of ways to get in touch with the program today and you can email out of the pan 855 at gmail.com SMS 6, 1 4, 5 6, 7, 5 12, 15. Tweet at [sal gold](https://twitter.com/salgold) said so and that's the bottom line. And look for posts on Facebook, on Sally Goldner AM and out of the pan 3cr 855 am Melbourne, remember any opinions on the program are my own. Don't think they'll be any content warnings in the least the first half. And of course, if you want to do snail mail drop us a line. PO Box 1277 Collingwood, 3066, we're Communications diverse. All sorts of diverse. People need exercise and fitness and one of the awesome things that has been happening around this city for around four years, is the local government areas doing swim and gym nights for lgbtqa+ including trans and gender diverse people. And one such swim and gym night is happening in the outer north of Melbourne next weekend. And on the line to talk about it is Liz Shields, let's welcome. Thank you, Sally. Thank you. Oh, we're just having a technical hitch here. Hang on.

Lindemann because I'm not hearing you.

Live radio people of all genders. Yes, that's better. Now I'm hearing. You good, too, good. Thanks for your time on a Sunday. And if I can just ask which pronoun to use and you're actually on a particular location. So we'll ask which lands you are on as well. Perfect. Thanks, Sally. I use she and her pronouns. I'm a member of the LGBTQ+ community and I'm phoning in from Bunnarong country.

I'm actually on Phillip Island for the weekend. Whoo. What do you think just having a breather out of the big? The big smog so to speak. So loudly I thought I'd somewhere bit colder. Well look there's other parts of our wonderful State and as much as I'm probably not going to get any prizes from tourism Victoria for something. So, I won't mention any other names that can be colder, but I think it's sort of like, well, it's not quite different degrees of Hell, different.

Raise a fraction held the moment for the last two weeks, but that's saying that it's eased, a little, but it's important, of course, regardless of season, that we keep some form of exercise up. And sometimes quiz, haven't felt safe in sport and exercise because it can be a bit much 0, or gender normative heteronormative. All that sort of thing. You're involved with the fabulous city of Hume and you're done something about it. What have you all done there? Correct.

Sally. I'm a Community Development, work out at Hume, city council, and we are holding our first ever LGBTQ. A plus inclusive gym and swim night for the community and friends and family and children. So people can come and exercise or just relax and socialise in a safe and affirming environment. And I think it's important to say that the water will be heated and that's

Might be reassuring, but some people, well, look, if you are, and there's also a, sorry you go. There's also a spa and sauna and steam room, so, you could really warm up on these chilly nights. Well, look, I might have to store up some introvert. None of the spoons and come along next Saturday night, and then be all nice and relaxed and muscles stretched and relaxed for 3C H. Radiothon show. Next, my particular radiothon show next Sunday, keeping

Immunity strong be able to do it more strongly but there's much needed heating at the moment I have to say, look, I'm now my heart is very much with the swim and gym nights your next door neighbors in darebin got, in four years ago, February 2018. And that was where I sort of discovered, oh, I can do lap. Swimming is a form of exercise that works for me because because of the very issues that I mentioned in the introduction, I hadn't been exercising, you know, it's due to, you know, sort of

No bullying from doing sport at a so-called all boys school. And by taking up swimming, I'm a bit less of a flabby spice. So huge credit to these the swim and gym nights. I think they're Sensational bias design, maybe, but you know, it just lets go through it, you know, was there a particular sort of aha moment for doing this night. Was there a catalyst? Or was it just something that evolved tell us about that?

Well, Lesha and Jim programs have always tried to be very inclusive. We've had women's only nights past and other all abilities discos every month for four years. And they had the idea to have a pride night, a pride disco, and so that idea was already there to have events targeted specifically for the lgbtqia+ community.

I think this year, we had our first flag raising for Idaho bird and shooting in Sunbury, Township on the Village Green. If anyone knows it and that was quite extraordinary. We had over 120 people. The mayor spoke at it. We had local, politicians, the commissioner Todd. Fernando our lgbtqi+ commissioner graced us with his presence, which was wonderful and heard some lovely stories from

Um, we're on Terry Elder Uncle Ringo about his connection with the indigenous and lgbtiq a plus community in Melbourne and his friendship with Jack Charles. And, you know, it was just a spectacular thing to see. The inclusive progress pride flag flying in Sunbury for Idaho but this year and I think, although, you know, there have been other things that have happened in the community, this really was the Catalyst to go, you know? We are we're doing this.

And obviously the community is here and we need to demonstrate that support and that inclusion. And we know that those nights are really popular. Well look absolutely. And I think that, you know, it's interesting, you know, it's interesting. I mean, we know lgbtiq a plus, people are everywhere. But, you know, the sort of, you know, going back a long

time. It always seemed. It was all inner inner city. Oh, dear. Far be it from me to say The Latte built and then it went to the flat white belt or something. Like

Like that. But, you know, it of course, we know queer people over and I remember doing in my role, as an educator, some training out, it Sunbury a few years ago. And when I posted about it on social media, a queer person, I'll say query in Sunbury said, oh wow, little old, somebody got some crew training and now of course a flag, raising a swim and gym night you know, for the city of humor. It's just that all these things are, you know, it's gradually as we know that we're there and I've had some great times up in Regional.

Toria before. But to call this year and chill out and castlemaine pride festivals which were awesome. It's just, you know, it's awesome. That as the saying goes, everything's time has come. And also, I mean, I've just got to save now. Todd Fernando, he's the pan. So to speak, if I can put it that way he's just a one of the loveliest people you'd want to meet. So that is it would have definitely added to the awesomeness really important though for Trans and gender diverse people.

You know, we need to feel also very comfortable in terms of changing rooms and showers. And whilst at the pools in the snare hits heated in The Spar is there. You know, we do need to have that hot shower afterwards in terms of arrangements and layout. So that people feel safe will say of all bodies, gender identities, gender Expressions, you know, how did you go about getting that? That arranged because that's a really important part of these nights?

Absolutely Sally and the staff at the Leisure. Centres have been trained and inclusion training and any potential backlash from other customers during the day, when they see their signage around the sites at the moment. So they've been made aware of that, and how to say, you know, look, actually, that's that's how you feel. But, you know, we've taken a position that we're supporting the community and were holding these events. And, you know, it's sort of making them feel confident to be able to address those issues.

We've got our lgbtiq, a + Leisure staff members working on the night, and they're really excited about that. And of course, we're telling people when they get there, that use the bathroom that you feel comfortable in. Like this, this is a safe environment. There won't

be any transphobia or body shaming or any other sort of things like that. And we have gender neutral and accessible toilets.

And change rooms as well as some dry change room. So, if you decide, you don't want to have a shower, there are all gender dried change areas. As you've got that, diversity color, that's what we like. Yeah, look, it is really, really important. I mean, in one sense, when it's one of those internalised Prejudice things particular, I think, internalized transphobia that this, well, I'm trying to be polite. This changing room nonsense is about as polite as I'll put it has, sometimes hit us.

And we need to just get that feeling we can go and get changed and showered as we need to back. So it's really awesome that that's happened and you know, of course, intersectionality is important and you mentioned all abilities, which is great. You've got lots of income physically, inclusive spaces, of course, Hume is a very Multicultural and multi-faith area as well. So that's really important as well. It's really great that all these things have been carefully, thought through, and how we do balance. What?

I'm in terms of to use a small pan transport in getting there and safety in terms of parking and public transport. All those sorts of things. Yes, very good question. Broadmeadows is a great hub for transport so there's a lot of different bus lines that come there including the 903. The one that goes like all around everywhere and the train station and there's disability parking just outside. There's a

Five spots, I think outside the Leisure Center and it's there's something else on that night in broadmeadows like, you know on a Saturday night it would probably normally be a bit quiet and a bit know. Maybe people wouldn't feel as comfortable coming there after hours, but it's actually the Hume Winter Lights night is on as well. So there's going to be live music that's going to be projections on the building's. There's going to be

Fireworks later that evening and there will be shuttle buses for people coming from the North in callow through craigieburn who want to come to broadmeadows and another one from Sunbury. And they're not free though. They are \$20 for those shuttle buses, but if you wanted a more direct way of getting to Broad Meadows where the Leisure Center is. But also this winter lights festival will be happening, which is free and so people could elect to stay for that.

At afterwards because it's going to be pretty spectacular. Absolutely. Sounds like a huge huge night as Sarah least like would have said, if we're talking sport, there's me trying to be sporty, will give the address now and then give it again. So it is it broadmeadows Aquatic, and Leisure Centre at 41 285 10, Durham way broadmeadows starting at 6 p.m. to 8:30. So it's not too late, even for a non school night in terms of this demand.

Him night just want to reiterate that, you know, sort of, in terms of welcoming there won't be sexuality or gender or body as you said body characteristics policing at the door. So it's important that you know, a lot people, whether they're quiz with their kids kids with their quiz so to speak. You know, can all just come along. That's absolutely right. And we'll be there from Hume with that information stall. They'll be some other info stalls there so people can get information.

Nation about other services and activities are available for the community in the Hume area. There's our local Health Service dpv Health has recently done there rainbow tick accreditation, which is very exciting. So they've, you know, made a lot of changes to their intake forms and the training for their health staff doctors and nurses and Allied Health. So we really want to promote to the community what sort of inclusive and say.

Spices they are for them that are available, and the cafe will be open. So they'll be hot and cold drinks and snacks and tables and chairs so people can sit and, you know, have a chat as well and they'll be those stall holders to talk to. So we do really want to create a really fun and safe environment for everybody and that will include the staff. I'm sure the staff are going to be having a great time on the night and our trainers, doing the Zumba and pilates

Classes that are included in that price that will be happening during the evening. So you can bring along your swimming gear or you can have a workout if swimming is not really a thing. Well, yeah, it's a case of each to their own but you've been exercised diverse, which is really, really awesome as well and it is five dollars to get in and is that, you know, if is, is there a way I know? It can be tricky to arrange but of

You know, if those who can't afford it and, you know, being able to pass a, some people can pay it forward. You know, people give an extra five, that might cover some people who can't otherwise afford to come. That's a lovely idea. It's a wonderful idea. And we haven't actually discussed that, but no one will be turned away for lack of funds. So, yeah, if anyone is having trouble coming up with that, we've tried to make the entry fee as low as possible, but we recognize that even five

Dollars for people who are on a pension or a low-income or don't get a lot of income support that can still be a barrier that extra coming up with that extra money. So please just come and see the Hume staff at the table and we'll sort it out. There will be no one turned away for lack of funds. Absolutely not. Yep. I'll look, this is just absolutely no Sensational that, you know, that it's

Feeling this way. It's just, as I say we need more of them. And, you know, it's just that it's so safe and affirming because as, you know, as we said earlier, quiz, need those spaces, but even if you haven't been body shamed, or whatever, it just sounds like in the words of Mr. Daffy Duck from the middle of the last century. Good, unwholesome clean fun. Yes, exactly. And, and this is the the feedback that I've gotten from attending other events Idaho, but like a garden party in a community garden. And there were people there who

Were older and they'd caught two buses to get there and said, you know, it's just nice to to meet with other queer people and hang out in a space where you don't need alcohol and there's not that you know a sort of performative aspect to it. It's just really casual really low-key and you know we don't always have to make socializing and and get-togethers around alcohol or in a seedy nightclubs. You know, these are things happening in the suburbs because as you said, Sally queer, people are everywhere.

And you know, it's encouraging sure a healthy lifestyle and all the rest of it, but also a safer place to socialize and find out about what sort of services and activities are going on in your local area. So people don't have to travel a long way to see a doctor who's going to understand them or social support or other services. So yeah, we think that's really important. Look, it's just very, very awesome. Is there anything?

I might have left out in my questions, or, with you've suddenly just remembered all I needed to say. Is there anything else? I don't think so. I just think from my experience. When I've attended these sort of nights at other venues, you know what? I'm chatting to people in the spa. I ask people, you know, where do you live? Are you a local? And people said, no, you know, there was people there from Altona. There were people there from other lgas local government areas. Who

To attend these events. And so, I think it is really important that we do. Hold them in different areas, you know, including human, which is only 15 minutes from the city to broadmeadows. But, you know, it's not Brunswick, it's not Northcutt, it's not South yarra, not that, there's anything wrong with these areas, but we know that that's not where all lgbtiq a plus P Cleve and 44 people who, you know, they kind of ways access transport or if they have to get two trains or two buses.

Has to attend events that doesn't make them accessible. And we want to show that counsel counsel knows that there are lgbtiq a plus people in Hume. We see you. And we support you and we want to hear from you. So please come up and talk to me on the night. I will be at that information table, and I'd really love to hear more from people about what they would like to see in Hulme and any suggestions you have to make these nights better. If it is a really great

At night, we plan to have them in all our Leisure centres. So we also have a Leisure Centre in Sunbury and in craigieburn. So if this night goes well the plan is definitely to keep having them have them often and have them in different locations to really cater for everyone. And dare, I say there could be one in mid-summer in in the southern hemisphere summer as well. Yes'm so absolutely look. Sounds like a winner inclusive facilities and hot drinks. No,

Out, including caffeinated ones afterwards which were always needed. Yes, it's for the swimmers like me at the moment. It's God bless the hot showers in the cup of Suits him very much needed. All caffeine. If I'm brave enough to go in the morning, which I admit, I haven't been doing. I almost said this week. I wish I'd taken up Pilates but anyway, seriously, it's just very, very awesome. As you say, we need them. And look, I totally agree with you, on the distance that the gain, I harp on it a bit, but it was just such a lovely night that first one at dare.

We had people come from wangaratta and Hamilton. So, um, so we've got to get these rolling in the more they spread throughout Metro Regional rural Victoria. And eventually every, every local government area can say they've had one walk, just keep rolling. So this is a step forward for queer. Kind in pride month, of course to yay. Yes, yes. So throw those details out us. Once again on. If you've got them in front of you or do you, would you do if you've got them all, can I'm happy. I do it.

I do so thank you. So it's this Saturday night, the 18th of June from 6 p.m. to 8:30 p.m. you don't need to book. Just turn up. We didn't specify this from. Pretty sure children are free or not included in that price and if they're not come and blame me for that, I think maybe I'm just making that up, but yeah, and as I said, no one turned away for lack of funds. Please come along, I'd love to meet you. I'd love to hear from you. Please come and introduce yourself and say hi.

And say, you heard it on 3cr, he'll be a 15 meter lap. Pool play pool, warm water, pool, Spar, steam room, and sauna available on the night for everyone. And in the gym, they will be the cardio equipment for you to use the free weights and the machines, if that's your thing. And they'll be to group fitness classes at 6:30. We'll be Pilates, reformer Sally. So if you do want to give Pilates,

Ago, have a free taster then and it's 7:30, they'll be a Zumba class, which is the dance fitness in case people aren't familiar. So it should be a really fun night. We want people to feel safe and have a good time in a friendly environment that will have lgbtiq A+ staff members, the accessible ramp entrance to the pool, the Hoist and all the other accessibility requirements in the change rooms. And if there's anything else you need in terms of,

Disability then please just get in touch. So my email is Elizabeth page at Hume Vic. Dot gov dot a. You? Or you can send me a text or phone me on 04? Double seven-seven, double 5735. Okay. Then I'll make sure I get those Deets sort of, I'll put the flyer up, but see if I can get those deep into the podcast link as well. There's wonderful to catch up with you.

You and thanks to all the crew from Human helping to arrange. This hope as I say, I've got happy. If I can keep my spoons together for for the weekend, I think I might just rearrange my swimming schedule to come along and this one in, and just have some fun with some queer and Allied people. So, thanks again. Well done to him for everything you're doing, keep it Rockin. And yeah May the night be well go swimmingly so to speak.

Thank you, Sally. I'd love to see you there. Always a pleasure talking to you. Thanks Liz. Liz shield from City of Hume talking about the first query lgbtqa+ swim and gym night. Put on by the city of Hume in Melbourne's North, which will be next. Saturday 3cr. Let's have a breather 3cr 855 am 3cr Digital 3cr Dot org, Dot and 3cr On Demand out of the pan with Sally.

Trans family is a not-for-profit organization. Providing a peer support group for loved ones, including parents, siblings extended family, and friends of the trans and gender diverse person. Trans family runs discussion groups in person. And online, we offer a safe space to share your experiences. Ask any questions regarding your situation.

And provide peer support. We are especially Keen to hear from loved ones in Regional and Rural Victoria.

Donations to trans family are tax deductible for more information, visit transfamily.org, dot a you or look for us on Facebook, trans family of is a 3cr supporter.

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just to recap everything on the show thus far. We opened up with Stephen Cummings gymnasium, so you can be Zumba Zumba ring in the gymnasium at broadmeadows next weekend, for the quiz women, Jim night, and we also heard from mental as anything. Let's cook the full version of

The long-running theme of this show rest in peace greedy Smith. Well there was a there was a reason this show is planned despite any appearances to the. Contrary that I'm doing my best to take a non-binary approach or something like that. Because once we have now at the latest episode from the crew from Pacific X and it just might happen to have something to do with cooking. Let's have a listen to episode 9.

From the Pacific ex crew and their guests today.

Tired of her lover. My loyalty Karana for California to Kira, Isabella Wanaka, Aloha woman, jaka and hello.

We are PX whanau, a Pacifica lgbtiq, plus podcast created during the covid-19 pandemic as a voice for our community informing and promoting good health and keeping our rainbow far no safe from Kovu.

This is presented by the Pacific X Collective and produce on where Wonderland in the Studio's of 3cr in nam Melbourne Shuffle over. My name is Tony Kaye threatened, he him proud, someone queer, man, living in nam Melbourne. Now, today I'll be chatting to miss, Catalina, the host of the bent spoon. The been spirit is an online series and channel 31 series, that tells our queer stories.

Through the beautiful out of food and creating food Miss Catalina, I'll let you introduce yourself.

Hi everyone. My name is Catalina. I am off someone talking in background and I was born in New Zealand and I grew up in Australia and I'm also coming from the lens of the 13 people, the coordination. Always such a pleasure to chat to him is Catalina. Now the been spoon was filmed through our covid and it had some really great representation in terms of gender and sexuality identities. Tell us about that experience, especially throughout covid and

Why was the representation important? This is a beautiful experience anything. When it comes to a representation, I think it was important that different communities from different cultures and our background a highlighter because not often we see them in our queer community. So it was important that people see themselves, so they feel like they're valid that they are enough. Thank you, Miss Catalina. Now I enjoyed the been spoon for getting new recipes and I

Think for me, more importantly was learning about different cultures and different people, what were some of the stories that you really enjoyed throughout your time on the bed spoon? I think the stories that can really wants that you connect to for me it was the toys story about when she transition back to present in as male and then going back to prison as female and wife is story where he had no connection to his father and then his father out of the blue came out and helped

Him when he was going through some difficult times and all his other friends didn't hear anything from them, but his father came around. So those beautiful stories. Thank you Miss Catalina and for anybody wanting to catch up on the episodes, you can get more information on Thorn, Harbor dot-org and congratulations to all of the guests and to miss Catalina. The bench burn, was the winner of the 2021 Globe Community award for outstanding lgbtiq.

Media reporting. Congratulations. And that's our show for today. Thank you, Miss Catalina for being with us.

You've been listening to PX far, no with the Pacific X Collective speaking about keeping covid safe. And what that means to the Pacifica lgbtiq a plus Community for more of the latest information about covid. Go to www.healthcare.gov, you listen and download our episodes from 3 c, r dot org. Dot EU /px finer and to find out more about who we are. Go to Pacific x.com.

The PX phono would like to take the Victorian government. Multicultural Communications outreach program for their financial support and the community radio network for getting the program out to you.

Theme music was produced and recorded by Dina.

Catch us again next week, on out of the pan on 3cr community radio 8:55 a.m.

Ready to kick my feet.

Tracy, I'd 55 am 3cr Digital 3cr Dot org dot EU and 3cr On Demand out of the pan with Sally first broadcasting noon through one every Sunday afternoon. Thanks for your company and we just heard from the Earl Scruggs review from the live at Austin City Limits album and the swimming song. Once again, the Deets of that fabulous event coming up next Saturday at the Broad Meadows pool or broad me

Is aquatic and Leisure Centre is is that it will be. If I can bring bring the van up. Here we go cough. Please don't go. If you have a cough that it's too huge. If we stopped everyone has a cough at the moment. I think there'd be no one in public at all but seriously please exercise. Good judgment broadmeadows Aquatic and Leisure Centre 41, 285 tender and way broadmeadows 6 p.m. for

Five dollars per person, if you can't afford it, lots of quiz there, that's always a good thing. Of course, we should be mentioning. This is a particularly queer weekend because it's the birthday of the Queen's. Hello, to all the Queen's out there and kings and non-binary royalty, big one for everyone and just whatever you do. Stay safe with your on the roads in any capacity or partying or something. Please look after yourself and stay warm as well. Of course, it's also.

Rod month this month. Which I, I was thinking about this. I you know, one of these dangerous habit so occasionally indulging and look, it's a look, I think we obviously need visibility but I just sometimes wonder where the pride month is a bit of a northern hemisphere, particularly USA. Stating, I had totally totally quadruply infinitely, respect Stonewall nor the people who stood up there. I sometimes don't feel connected to Pride, March month as much. Maybe we're out and about in the southern hemisphere.

Fear summer here, but there's always lots of events on as well. So I think that, yeah, overall visibility is a good thing. It's just how it's done. I remember a few years ago, a person told me about, and this is a really bad one on how they organized a May 17th

Idaho bit event or a workplace did. There was no speeches. No acknowledgement of country. No explanation of Idaho. Bit, they just had wait for this queer sausage rolls and rainbow party. Pies and a few drinks and never

For now and left. Now that's the sort of thing where you go near not good. On the other hand, I want to give a full tick. I had a wonderful Idol Hobbit day. I had the honor of speaking to a school's first-ever Idaho bit assembly, which was absolutely Sensational and just, they did it perfectly. I talked about queer history that a great performance. They not knowledge country. Well, they talked about values. I mean, you know, I just, you know, total Sally Sally queer tick from me and that's not an official Rainbow

Kick. But I'll give it my tick. Anyway, that's how you do it. You know, you just got to put the effort in and prepare it well and the Joy from the school, particularly the queer students, and queer teachers was just, it was happily infectious will say. So it's nice to have those sorts of events. There's been another nice thing happened this week and I'm going to play a track from the Spy vs Spy album, Trash, the planet. And this track is called our house. I'll tell you why. I'm just playing it after we hear from it, 3, cra.

55 am 3cr digital through co.org, do you and 3cr On Demand out of the pan with Sally

Good times when your leather in our house, there's something down.

Where do you live?

Okay, so this is Sheba.

And so is this.

And it is she Bob a program that explores feminist issues tune in Monday's 10:30 a.m. for a show where only women get to speak but everyone can listen.

Are you wondering how you can pledge your support for a 3ci radio program during radiothon? It's easy. Call us on 94 1983, double seven or visit our website at through co.org that I you or you can even come into the station at 21 Smith Street Fitzroy during office hours and pay by cash check or if Voss or simply posters your check or money

order to PO Box, 12 double, seven in Collingwood, 30 double sinks and thank you for being part.

The three seniors annual radiothon.

3 CI 855 am 3cr Digital 3cr Dot org dot U 3 CR on demand out of the pan with Sally first broadcasting noon, through one on Sunday afternoon, thanks for your company. And well we just heard from Spy vs spy on a track from their album Trash the planet. One of the four albums they put out in the late 80s, early 90s one of the Forgotten. Great. Australian rock bands are great 3-piece and I played our house because I'm going to dedicate that to the natives.

Game for Emily who are back home in where they need to be with their Community after being too long away from them. I'm not sure if their house is perhaps having the shithouse issues that they do, I'm sure it's just seriously lots of love and it's just nice to feel that this country that we're in is getting some Humanity back, you know, it was interesting chatting to someone during the week. They said that, you know, there are lots of people because most of the last

Five years have been Ln P at a national level. They haven't really experienced any good government. I mean there was some good issue if efforts done by the rudd-gillard-rudd but of course, it was marred by infighting. It just feels like this is the sort of Australia that I remember, we're okay? Nothing was perfect but at least we tried to make it better. It feels like it's coming back. Let's stick to that feeling of Hope. Let's get that vibration in our body. Just a bit of fun that came in, totally unconnected to the show from the satirical.

Type, the shovel Gotta Laugh at this because we need a little bit of a laugh. After the last nine years, the shovel mock headline, Catherine, deep slams, Arden Albin, easy talks, after discovering, it's about trans-tasman issues, love it. And I've got to know when they was talking during the lockdowns of opening travel between New Zealand and Australia. It was you know the trans-tasman bubble and when was they're going to be the sister are Tasman bubble. Well we should tolerate

I'll choices. There's also a silly right-wing sort of thing over the last few weeks. Some Republican politician America saying, straights are going to be extinct in the next few years. Now look, we tolerate those lifestyle choices to. So yep. Very, It's just sometimes I know can be hurtful, but sometimes you just got to laugh at some of the things that these people say and what sort of emotional state they're coming from.

Freedom of species come is coming up next. I'm something very important and very diverse species will have on their show today, Ali who's going to talk about animal activism in Europe after living there, for a few years. So more International, and diversity, diverse connections. And of course, all shows on this Sunday. Next Sunday will be a radiothon mode. Very important part, please. Donate to 3C H radio van, it's really, really important. It's, we

Don't take ongoing government funding to keep our independence and I've hmm, I won't say anything there. I could I mother was a but if I did I might get myself in trouble without careful preparation. And that's all I'm going to say and yes we need your support and my guess next week will be the fabulous, Allison Thorn. I mean talk about pride month and the positives in the real truth of it. She'll be talking about the freedom. Socialist solidarity solidarity salon.

And, you know, sort of event on Stonewall day. So, I mean that I just couldn't think of a better person to have live in the studio and transfer will be my first lives in the studio. Guess I think I've only had one in the last two years. Couldn't think of a better way to bring alive, guess back into the studio on radiothon day. I mean, Allison is just so much into woven with 3 CR has Freedom Socialist Party, and radical women, who do amazing work, they keep their Community strong, we keep our song and

And a strong and to do all, we can do it all together, we can make it work. What else has been in the news this week? Well, you know, Rebel Wilson revealing she now has a female partner regardless of what label she uses. I mean, you know, it's I was thinking about this, you know that wow with that in one sense, when celebrities come out, it's always a big thing. But, you know, maybe it'll get to a point.

Where it isn't. So who knows? Whether it's a big thing. But, yeah, look, it's private, private life, to some extent of people choose to make public, that's their business, and

nothing to do with Igbtq A+, but in relation to the Western Bulldogs play, and I've had a temporary name blank. I don't really understand why that video was released in the last 24 to 48 hours. Okay, he made a mistake but he's repairing.

Had himself, you know, to try and get it done. I just didn't see the point in putting that video out and I just really question whether there was any any need for it if he's trying to Rebel, it Rehabilitation himself and mental health, stuff happens. You know, we lose certain things. I mean, some people might say it was only a football game, but what everyone's mental health is, everyone's mental health and I think we need to be a little more.

Cautious and respectful. Also, I'm going to say something else. Regardless of someone else's views, I saw some pretty age discriminatory remarks against singer, Tina Arena on Twitter this week, and you might disagree with some of the view. She said on some issues. And yes, she apparently, she was a fan of a, our X. Now X p.m. was a fan of her, but that's no reason to be age discrimination. I think we've got to just get back to debating issues and not attacking people. And so I think that overall we're

Into as I say, were hung a U-turn and hopefully going in the right direction when it comes to some Humanity, I better get out of here and measure say Make Way for freedom of species. Again their guests Ali talking animal activism in Europe. Take it out today with a track from one of my favorite artists of all time who doesn't get a good enough credit, in my opinion, a great songwriter and I managed to track down. I'm an oldie, this CD on discogs, which is where I got the Spy vs Spy CD.

And Bob Seger early Seger volume 1. And this is was a track that I hadn't heard before and it's just really stuck with me. It's Bob on his piano at its best. The Silver Bullet Band raging along in a nice way. Let's warm ourselves up with Wildfire. Thanks for tuning in to out of the pan. I'm Sally Goldner back with radiothon show next week.